

## 2017 GCG Provincial Stream Individual Program (as of December 13 2016)

AGE as of Dec 31 2017	“A” New or Returning Provincial Athletes		“B” New or Returning Provincial Athletes		“C” Returning National Stream or Provincial Athletes		“D” Returning National or Provincial Athletes		Code of Points Junior Requirements as per FIG
Level 1  7, 8 Born 2010,2009			Free Rope	3-6 Body Difficulty Min 1 – Max 2 of each body group <b>Max. Difficulties 8.00 pts</b>  For Apparatus Requirements – See GCG Compulsory Apparatus Chart					<b>Free Routine Requirements for 1B, 2A, 2B, 3A, 3B, 4A, 4B &amp; 5A</b> <b>Dance Steps Combination:</b> Min 2 series Min 8 sec each Value: 0.3 each For levels 2C ,3C, 3D, 4D: refer to Free Requirements Chart <b>Pre Acrobatic:</b> Max 2 Series Min 2 or 3 rotations value of 0.2 or 0.3 (CoP) No chaineé, turning jumps, passé turn or bum rolls allowed. <b>Waves (BW):</b> Max 2 full BW Value: 0.2 each Can be included with Dance steps or Difficulty No Repetition of the same isolated wave ----- <b>Apparatus Requirements</b>
Level 2  9, 10 Born 2008, 2007	Free Rope	3-6 Body Difficulty Min 1 – Max 2 of each body group <b>Max. Difficulties 8.00 pts</b>  For Apparatus Requirements – See GCG Compulsory Apparatus Chart	Free Ball	3-6 Body Difficulty Min 1 – Max 2 of each body group <b>Max. Difficulties 8.00 pts</b>  For Apparatus Requirements – See GCG Compulsory Apparatus Chart	Free Hoop Choice (Rope or Ball)	<b>Free – refer to Free Requirements Chart</b>  <b>Apparatus:</b> <b>3-6 Body Difficulty</b> Min 1 – Max 2 of each body group Min 2 rotation difficulties <b>Max. Difficulties 8.00 pts</b>  For Apparatus Requirements – See GCG Compulsory Apparatus Chart			Max 2 Series Min 2 or 3 rotations value of 0.2 or 0.3 (CoP) No chaineé, turning jumps, passé turn or bum rolls allowed. <b>Waves (BW):</b> Max 2 full BW Value: 0.2 each Can be included with Dance steps or Difficulty No Repetition of the same isolated wave ----- <b>Apparatus Requirements</b>
Level 3  9, 10, 11 Born 2008, 2007, 2006	Free Hoop	3-7 Body Difficulty Min 1 – Max 3 of each body group <b>Max. Difficulties 8.00 pts</b>  For Apparatus Requirements – See GCG Compulsory Apparatus Chart	Free Rope Ball	3-7 Body Difficulty Min 1 – Max 3 of each body group <b>Max. Difficulties 8.00 pts</b>  For Apparatus Requirements – See GCG Compulsory Apparatus Chart	Free Hoop Ball	<b>Free – refer to Free Requirements Chart</b> <b>Apparatus :</b> 3-7 Body Difficulty Min 1 – Max 3 of each body group Min 2 rotation difficulties <b>Max. Difficulties 8.00 pts</b>  For Apparatus Requirements – See GCG Compulsory Apparatus Chart	Free Ball Ribbon Choice (Rope or Hoop)	<b>Free – refer to Free Requirements Chart</b> <b>Apparatus:</b> 3-7 Body Difficulty Min 1 – Max 3 of each body group Min 2 rotation difficulties <b>Max. Difficulties 8.00 pts</b> For Apparatus Requirements – See GCG Compulsory Apparatus Chart	For minimum apparatus technical group requirements see GCG Compulsory Apparatus Chart  0.3 deduction for each missing apparatus element  The non-dominant hand must be used to perform the fundamental apparatus technical element during 2 body difficulties (Ball & Ribbon)
Level 4  11, 12, 13 Born 2006, 2005, 2004	Free Ball	3-7 Body Difficulty Min 1 – Max 3 of each body group <b>Max. Difficulties 8.00 pts</b> For Apparatus Requirements – See GCG Compulsory Apparatus Chart	Free Hoop Choice	3-7 Body Difficulty Min 1 – Max 3 of each body group <b>Max. Difficulties 8.00 pts</b> For Apparatus Requirements – See GCG Compulsory Apparatus Chart	Hoop Ribbon Choice	3-7 Body Difficulty Min 1 – Max 3 of each body group <b>Max. Difficulties 8.00 pts</b> For Apparatus Requirements – See GCG Compulsory Apparatus Chart	Free Rope Ball Clubs	<b>Free – refer to Free Requirements Chart</b> <b>Apparatus:</b> 3-7 Body Difficulty Min 1 – Max 3 of each body group Min 2 rotation difficulties <b>Max. Difficulties 8.00 pts</b> For Apparatus Requirements – See GCG Compulsory Apparatus Chart	<b>Risks:</b> Levels 1B, 2A, 2B, 3A, 4A, 5A, 6A: Min 1 rotation with apparatus  For Levels 1B, 2A, 2B, 2C: risk may be counted if a gymnast throws during a rotation OR completes rotation under a throw OR catches in a rotation  All other levels – Min 1 risk as per CoP  Apparatus Difficulty: as per Junior CoP

<b>Level 5</b>  13, 14, 15 Born 2004, 2003, 2002	<b>Free Rope Ribbon</b>	3-7 Body Difficulty Min 1 – Max 3 of each body group <b>Max. Difficulties 8.00 pts</b>  For Apparatus Requirements – See GCG Compulsory Apparatus Chart	<b>Ball Ribbon Choice</b>	3-7 Body Difficulty Min 1 – Max 3 of each body group <b>Max. Difficulties 8.00 pts</b>  For Apparatus Requirements – See GCG Compulsory Apparatus Chart	<b>Rope Clubs Choice</b>	3-7 Body Difficulty Min 1 – Max 3 of each body group <b>Max. Difficulties 8.00 pts</b>  For Apparatus Requirements – See GCG Compulsory Apparatus Chart		
<b>Level 6</b>  15 & up Born 2002 and older	<b>Ball Hoop Choice</b>	3-7 Body Difficulty Min 1 – Max 3 of each body group <b>Max. Difficulties 8.00 pts</b>  For Apparatus Requirements – See GCG Compulsory Apparatus Chart	<b>Ball Clubs Choice</b>	3-7 Body Difficulty Min 1 – Max 3 of each body group <b>Max. Difficulties 8.00 pts</b>  For Apparatus Requirements – See GCG Compulsory Apparatus Chart	<b>Ribbon Hoop Choice</b>	3-7 Body Difficulty Min 1 – Max 3 of each body group <b>Max. Difficulties 8.00 pts</b>  For Apparatus Requirements – See GCG Compulsory Apparatus Chart		
<b>Music - Length of Routines Levels 3, 4, 5 &amp; 6 (1:15 – 1:30); Level 1B &amp; Level 2 (1:00 – 1:30)</b>								

#### Additional Notes:

- **Provincial Level 1: Gymnasts will not be ranked or scores publicly displayed.** The same form of recognition must be given to all athletes.
- For all levels musical accompaniment of voice with words may be used for 2 individual exercises in respect to ethics (1 point deduction for over the limit)
- Apparatus of choice (does not include “Free”): One set of awards will be given for choice apparatus. All-Around is the total of three routines.
- National Stream Individuals from the previous year, must enter Category “C” or “D”(age appropriate level: Level 3C, 4C, 4D, 5C, or 6C)
- Provincial Stream Program Levels: Refer to the GCG Compulsory Apparatus Chart
- Individual Provincial Stream Gymnasts cannot challenge one age level up.
- Regional Participation: 3B, 3C, 3D,4B, 4C,4D, 5B, 5C, 6B, 6C

## 2017 GCG Provincial Stream Group Program

AGE as of Dec 2017	Apparatus and # of gymnasts	Routine Length (minutes)	Composition	Formations & Collaborations
<b>Level 1</b> <b>7, 8</b> Born 2010, 2009	<b>Free</b> 3 & 4 5	1:00 - 1:30	3 Body Difficulty Min. 1 of each body group All free requirements = same as individual. <b>Maximum Difficulties 8.00 pts</b>	Minimum 4 formations Minimum 4 collaborations
<b>Level 3</b> <b>9, 10, 11</b> Born 2008, 2007, 2006	<b>Ball</b> 3 & 4 5	1:00 - 2:00	3 difficulties with exchange & 3 difficulties without exchange <b>Max. 7 difficulties (1 by choice)</b> Min. 1 of each body group Max.1 R Min. 2 Dance Steps <b>Maximum Difficulties 8.00 pts</b>	Minimum 4 formations Minimum 4 collaborations  Risk Note as per Ind. risk may be counted if group throws during a rotation OR completes rotation under a throw OR catches in a rotation
<b>Level 4</b> <b>11, 12, 13</b> Born 2006, 2005, 2004	<b>Rope</b> or <b>Ribbon</b> 3 & 4 5	1:30 – 2:00	3difficulty with exchange & 3 difficulties without exchange <b>Max. 7 difficulties (1 by choice)</b> Min. 1 of each body group Max.1 R Min. 2 Dance Steps <b>Maximum Difficulties 8.00 pts</b>	Minimum 4 formations Minimum 4 collaborations
<b>Level 5</b> <b>13, 14, 15</b> Born 2004, 2003, 2002	<b>Ribbon</b> or <b>Ball</b> 3 & 4 5	2:15 – 2:30	3 difficulties with exchange & 3 difficulties without exchange <b>Max. 7 difficulties (1 by choice)</b> Min. 1 of each body group Max.1 R Min. 2 Dance Steps <b>Maximum Difficulties 8.00 pts</b>	Minimum 4 formations Minimum 4 collaborations
<b>Level 6</b> <b>15 &amp; up</b> Born 2002 & older	<u>Choice of:</u> Single Apparatus: <b>Ribbon</b> or <b>Mixed 2 &amp; 3; 4 &amp; 5</b> 2 clubs & 1 hoop 4 clubs & 1 hoop 4 clubs & 2 hoops 6 clubs & 2 hoops	2:15 - 2:30	3 difficulties with exchange & 3 difficulties without exchange <b>Max. 7 difficulties (1 by choice)</b> Min. 1 of each body group Max.1 R Min. 2 Dance Steps <b>Maximum Difficulties 8.00 pts</b>	Minimum 4 formations Minimum 4 collaborations

### Additional Notes:

- **Level 1 groups will not be ranked or scores publically displayed.** The same form of recognition must be given to all Level 1 groups.
- All groups must follow the Junior Group Fundamental Requirements outlined in the FIG CoP
- For minimum apparatus technical group requirements, please refer to GCG Compulsory Apparatus Chart
- 0.3 deduction applied for each missing apparatus requirement
- 0.3 deduction for less than 1 difficulty of each body group
- Athletes may compete in a group one age level up from the level they compete at as individuals (excluding Level 1 or any athlete aged 8 and younger)
- An athlete cannot compete in both a Provincial group of 3 & 4 and a Provincial group of 5 in the same competitive season
- An athlete cannot compete in both a Provincial group and a National group of any type in the same competitive season unless they move up from a Provincial group to a National group. They cannot then move back to a Provincial group in the same season
- One National Stream gymnast may compete in an age-appropriate Provincial group of 5 or in a Provincial Level 6 group of 4 or 5 provided she is not in a National group
- An athlete may compete in one Provincial group AND one AGG group in the same year
- An athlete may compete in one National group AND one AGG group in the same year
- There is no level 2 Provincial group
- A gymnast may not move down an age group
- Musical accompaniment of voice with words may be used in respect to ethics