

CHAPTER V

REG. 5.1

PROVINCIAL STREAM TECHNICAL PROGRAM

2011 GCG Rhythmic Provincial Individual Program

AGE as of Dec 31/2011	“A” (new or returning Provincial Athletes)	“B” (new or returning Provincial Athletes)	“C” (returning National Stream* or Provincial Athletes)	ARTISTRY & D2
Level 1 7-8 Born 2004-2003		<i>Free Rope</i>	4 A, B (0.80) Free & Rope require 1 body diff. from each group	<p>(A) Maximum 10.00 TO FOLLOW FIG CODE OF POINTS</p> <p>(D2) Levels 5 & 6 Maximum 10.00</p> <p>(D2) Levels 3 & 4 Maximum 8:00</p> <p>(D2) Levels 1 & 2 Maximum 6:00</p> <p>TO FOLLOW FIG CODE OF POINTS: Apparatus Difficulties (Mastery with and without throws and risk) MAXIMUM ONE RISK To be confirmed following World Championships</p> <p>(D2) FREE Refer to National Level Notes</p> <p>1.2 Series of Rhythmic Steps</p> <p>1.5 Body Waves</p> <p>1.3 Pre Acrobatic Risk Preparation “PR”</p> <p>1.0 Elements with Rotation</p>
Level 2 8, 9 Born 2003-2002	<i>Free Rope</i>	6 A, B (1.20) Free : minimum of one Rope: 2 Jumps/Leaps 2 Pivots 2 Choice	<i>Free Ball</i> 6 A, B (max 1.20) Free – Minimum of one Max. 2 from any group Ball: 2 Flexibility/Waves 2 Jumps/Leaps 2 Choice	
Level 3 9, 10 Born 2002-2001	<i>Free Hoop</i>	6 A, B (1.20) Free & Hoop: Minimum of one Max. 2 from any one group	<i>Free Hoop Ball</i> 8 A, B (1.60) Free & Hoop: Minimum of one Max. 2 from any one group Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice	
Level 4 10, 11, 12 Born 2001-00-99	<i>Free Ball</i>	8 A B C (2.4) Free: 2 from each group Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice	<i>Free Ball Rope</i> 8 A B C D (3.2) Free: 2 from each group Rope: 3 Jumps/Leaps 3 Pivots 2 Choice Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice	
Level 5 13, 14, 15 Born 98-97-96	<i>Free Rope Ribbon</i>	8 A B C D (3.2) Free: 2 from each group Rope & Ribbon: 3 Jumps/Leaps 3 Pivots 2 Choice	<i>Rope Hoop Ribbon</i> 8 A B C D E (4.0) Free: 2 from each group Rope: 3 Jumps/Leaps 3 Pivots 2 Choice Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice	
Level 6 16 & up Born 95-94-93 etc.	<i>Ball Hoop Choice</i>	8 A B C D E (4.0) Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice Hoop: 2 from each group Choice: according to apparatus	<i>Rope Clubs Choice</i> 8 A B C D E F (4.8) Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice Clubs: 3 Balances 3 Pivots 2 Choice Choice: according to apparatus	
Music - Length of Routines Levels 3, 4, 5 & 6 (1:15 – 1:30) Level 1 & 2 (50-60 seconds)				
Scripts are required for 3B - 4A - 4B - 4C - 5A - 5B - 5C - 6A - 6B - 6C				

Body Difficulties: A higher level body difficulty, if executed correctly, will be evaluated as maximum value for that level.

(If Level 3A performs a ‘D’, Difficulty the value awarded would be 0.2)

Choice: 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 Athletes: National Stream Individuals from the previous year, must enter Category “C” (age appropriate level; Level 4C, 5C or 6 C)

Returning athletes younger than Level 4C must enter the age appropriate “B” category.

2011 GCG Rhythmic Provincial Group Program

Age as of Dec 31/2011	# of Gymnasts Apparatus	Routine Length	Difficulty (D1)	Difficulty (D2)	Artistry (A)
Pre-Novice 7, 8, 9 Born 2004 – 2003- 2002	2 or 3, 4 or 5 Free	1:00 - 1:30	Difficulties – A B 4 Isolated difficulties (0.8)	Refer to Individual Free Routine notes Max. 5.0 PLUS Collaboration 0.1 simple collaboration 0.2 with any of the actions listed in the FIG COP Page 111, REG. 3.2.5; 3.2.6 0.3 with body rotation	Maximum 10.00 4 Formations
Novice 9, 10, 11, 12 Born 2002 - 2001 – 2000 '99	2 or 3 4 or 5 Ball	1:30 – 2:00	Difficulties - A B C D 3 Exchanges 4 Isolated difficulties Maximum 1.0 Value for exchange (4.6)	(D2) = 8.00 Apparatus Diff. (Mastery with and without throws and risk) (Maximum 1 risk)	Maximum 10.00 4 Formations
Junior 13, 14, 15 Born '98 – '97 – '96	<u>Choice of:</u> Single Apparatus: Rope or Ball <u>or Choice of:</u> 1 rope/ 1ball 2 ropes/ 1ball 2 ropes/ 2 balls	1:30 – 2:00 2:15 – 2:30	Difficulties - A B C D E 3 Exchanges 4 Isolated difficulties Maximum 1.0 Value for exchange (5.0)	(D2) = 10.00 Apparatus Diff. (Mastery with and without throws and risk) (Maximum 1 risk)	Maximum 10.00 4 Formations
Senior 16 & up Born '95 – '94 – '93etc.	<u>Choice of:</u> Single Apparatus: Hoop or Ribbon <u>or Choice of:</u> 1 ribbon / 1 hoop 2 ribbons/ 2hoops 2 ribbons /2hoops 3 ribbons/2 hoops	FIG 2:15 to 2:30	Difficulties – A B C D E F 4 Exchanges 4 Isolated difficulties Maximum 1.0 Value for exchange (6.4)	(D2) = 10.00 Apparatus Diff. (Mastery with and without throws and risk) (Maximum 1 risk)	Maximum 10.00 6 Formations

Scripts are required for ALL GROUPS

GCG PROVINCIAL PROGRAM GROUP RULES:

Group Composition & Eligibility:

Athletes may compete in a group one age level up from the level they compete as individuals (excludes Pre Novice)

An athlete cannot compete in both a Provincial Duo & a Provincial 4/5 Group

- An athlete cannot compete in any type of Provincial Group & also a National Group of any type
- Exception: an athlete may compete in one Provincial or National Group, AND one AGG Group.

Body Difficulties:

- A higher level body difficulty, if executed correctly, will be evaluated as maximum for that level. (e.g: If a Junior group performs a 'F' difficulty, the value awarded would be **0.5**)
- Balanced use of body groups

Junior & Senior Groups:

- Junior & Senior group routines may either be single-apparatus routines or mixed- apparatus routines. Groups will continue to compete, & awards given, as groups of 2 or 3 as one competition & set of awards, & groups of 4 or 5 as another competition and set of awards, regardless of the apparatus chosen.

