

INDIVIDUAL COMPETITION

2007-2008 Rhythmic Interclub Program

Level & Age as of Dec. 31, 2007	Length of Routine	Requirements Apparatus 1	Requirements Apparatus 2
Level 1 Age 7 – 8	1:00 – 1:30	Free 4 A - one from each body group <i>No score given</i>	N/A
Level 2 Age 8 – 10	1:00 – 1:30	Free 4 A - one from each body group Max SAC = 3.0	Rope 4 A - one from each body group Max SAC = 2.0
Level 3 Age 11 – 12	1:00 – 1:30	Rope 4 A - one from each body group <i>plus</i> 2 A from different body groups Max SAC = 3.0	Hoop 4 A - one from each body group <i>plus</i> 2 A from different body groups Max SAC = 3.0
Level 4 Age 13 – 14	1:00 – 1:30	Hoop 4 A or B: one from each body group <i>plus</i> 2 A or B: must be different body groups Max SAC = 4.0	Ball 4 A or B: one from each body group <i>plus</i> 2 A or B: must be different body groups Max SAC = 4.0
Level 5 Age 14 & over	1:00 – 1:30	Ball 4 A or B: one from each body group <i>plus</i> 2 A or B: must be different body groups Max SAC = 5.0	Ribbon 4 A or B: one from each body group <i>plus</i> 2 A or B: must be different body groups Max SAC = 5.0
Level 5STAR Age 14 and over <i>Open to anyone, however, all former Provincial or National stream competitors age 14 and over, must be in this level</i>	1:00 – 1:30	Choice of Apparatus (not free) 8 A, B, C - must be 2 from each body group Max SAC = 7.0	
Level 6 Age 18 and over	1:00 – 1:30	Choice of Apparatus (not free) 8 A, B, C - must be 2 from each body group Max SAC = 7.0	

- SAC – In order to receive value, the routine must show good variety in the use of the apparatus, with a minimum of two of each type of apparatus movement, typical to that apparatus. The Difficulty Judges may deduct .50 from the SAC value if there is not sufficient variety.
- Each SAC will be counted as .10 by the Difficulty Judges (i.e., a throw with an “A” jump would still only receive a .10 value).
- All throws must be at least 1 meter above the head for Level 1. All other Levels should be consistent with Provincial Stream Program guidelines.
- Body Difficulties must have apparatus in motion in order to have value, but do not follow FIG re: technical movements for Balances/Flexibilities, etc.
- Athletes in levels 2 to 5 have a **CHOICE of EITHER** Apparatus 1, or Apparatus 2 routine. In levels 5Star and 6, athletes may choose any apparatus they wish (no free routines). Athletes will only perform 1 (one) apparatus per competition. An athlete could have more than one apparatus routine prepared during the season and then rotate the apparatus they perform at different competitions.
- In the Interclub program, each routine should have equal representation of all 4 groups (jumps, turns, balances, flexibility).
- Competitive leotards must meet FIG requirements regarding skirts, appropriate coverage, etc. Style of leotard will NOT affect the scores given by judges. “Club” suits are acceptable.

GROUP COMPETITION

2007-2008 Rhythmic InterClub Program

Level & Age <i>as of Dec. 31, 2007</i>	Length of Routine	Group Size - Duo or Trio Only
Level 1 Age 7 – 8	1:30 – 2:00	Free <ul style="list-style-type: none"> • 4 A • 4 Formations • 2 pre-acrobatic elements • No score given
Level 2 Age 8 – 10	1:30 – 2:00	Hoop <ul style="list-style-type: none"> • 4 Formations • 4 Exchanges: <ul style="list-style-type: none"> ○ 2 A exchanges ○ 1 exchange by rolling ○ 1 exchange by passing
Level 3 Age 11 – 12	1:30 – 2:00	Ball <ul style="list-style-type: none"> • 4 Formations • 4 Exchanges: <ul style="list-style-type: none"> ○ 2 A exchanges ○ 1 B exchange ○ 1 exchange by rolling ○ 1 exchange by bounce or passing
Level 4 Age 13 – 14	1:30 – 2:00	Ribbon <ul style="list-style-type: none"> • 4 Formations • 5 Exchanges: <ul style="list-style-type: none"> ○ 3 A Exchanges ○ 2 B Exchanges
Level 5 Age 14 & over	1:30 – 2:00	Hoop <ul style="list-style-type: none"> • 5 Formations • 6 Exchanges: <ul style="list-style-type: none"> ○ 2 A Exchanges ○ 2 B Exchanges ○ 1 Exchange by passing ○ 1 Exchange by rolling
Level 5STAR Age 14 and over <i>Open to anyone, however, all former Provincial or National stream competitors age 14 and over, must be in this level</i>	1:30 – 2:00	Choice of Apparatus <ul style="list-style-type: none"> • 5 Formations • 6 Exchanges: <ul style="list-style-type: none"> ○ 3 A Exchanges ○ 3 B Exchanges
Level 6 Age 18 and over	1:30 – 2:00	Choice of Apparatus <ul style="list-style-type: none"> • 6 Formations • 3 A Exchanges • 3 B Exchanges

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- Each SAC will be counted as .10 by the Difficulty Judges (i.e., a throw with an “A” jump would still only receive a .10 value).
- All throws must be at least 1 meter above the head for Level 1. All other Levels should be consistent with Provincial Stream Program guidelines.
- Body Difficulties must have apparatus in motion in order to have value, but do not follow FIG re: technical movements for Balances/Flexibilities, etc.
- Athletes in levels 2 to 5 have a **CHOICE of EITHER** Apparatus 1, or Apparatus 2 routine. In levels 5Star and 6, athletes may choose any apparatus they wish (no free routines). Athletes will only perform 1 (one) apparatus per competition. An athlete could have more than one apparatus routine prepared during the season and then rotate the apparatus they perform at different competitions.
- In the Interclub program, each routine should have equal representation of all 4 groups (jumps, turns, balances, flexibility).
- Competitive leotards must meet FIG requirements regarding skirts, appropriate coverage, etc. Style of leotard will NOT affect the scores given by judges. “Club” suits are acceptable.
- All Group exchanges must be done with a distance of at least 3 meters between the gymnasts.