

2027 DEVELOPMENT PROGRAM AND PRENOVICE

Level 1. Born: 2020-2019 (7-18)

Composition Requirements	Level 1B Free	Evaluation and Penalties
Body Difficulty		DB Panel
Max 0.3 value of each BD Min 4, Max 6 BD Min 1 of each body group Min 1 with NDL		Not Scored
Dynamic Elements with Rotation		DA Panel
Max 2 series Series 1: Vertical and Pre-Acro elements as listed in COP Series 2: Choice		Not Scored
Body Waves Max 3: Definition as per pg.60 in the COP		
Dance Steps Combination (S): Min 2 series as per COP		Artistry Panel: Not Scored

Level 1. Born: 2020-2019 (7-18)

Composition Requirements	Level 1B Rope or Ball	Evaluation and Penalties
Body Difficulty		DB Panel
Max 0.3 value of each BD Min 4, Max 6 BD Min 1 of each body group Min 1 with NDL		Not Scored
Dynamic Elements with Rotation		DA Panel
Max 1 series Min one rotation under flight of apparatus		Not Scored
Difficulty of Apparatus: Max 8		



Level 2. Born: 2018-2017 (9-10)

Composition Requirements	Level 2A Free	Level 2B Free	Level 2C Free	Evaluation and Penalties
Body Difficulty				DB Panel
Max Value Min 4, Max 6 BD Min 1 of each body group Min 1 with NDL	0.3	0.4	0.5	Up to 6 BD with max value per level 0.3 penalty for missing NDL BD No Max to number of Pivot rotations with the exception of #16, #17 (see additional notes)
Dynamic Elements with Rotation				DA Panel
Max 2 series Series 1: Vertical and Pre-Acro elements as listed in COP Series 2: Choice				Min 2 rotations in each series 0.1 for change of axis or level Max 0.4 per R
Body Waves Max 3: Definition as per pg.60 in the COP				0.1 each BW

Composition Requirements	Level 2A Rope	Level 2B Ball	Level 2C Hoop, Ball Regional	Evaluation and Penalties
Body Difficulty				DB Panel
Max Value Min 3, Max 6 BD Min 1 of each body group	0.3	0.4	0.5	Up to 6 BD with max value per level No Max to number of Pivot rotations with the exception of #16, #17 (see additional notes) Up to 2R in performance order Height of the throw as per COP
Dynamic Elements with Rotation				
Max 2 series Min one rotation under flight of apparatus for value 0.1				
Difficulty of Apparatus				DA Panel
Max 8				Up to 8 DA elements in performance order
Apparatus Dimensions				
Hoop: Inner Diam 700-900 mm; Weight 200 g min				Ball: Diameter 140-200 mm; weight 270 g





Level 3. Born: 2016-2015 (11-12)

Composition Requirements	Level 3A Free	Level 3B Free	Level 3C Free (Regional)	Evaluation and Penalties
Body Difficulty				DB Panel
Max Value Min 4, Max 6 BD Min 1 of each body group Min 1 with NDL	0.4	0.5	0.6	Up to 6 BD with max value per level 0.3 penalty for missing NDL BD No Max to number of Pivot rotations with the exception of #16, #17 (see additional notes)
Dynamic Elements with Rotation				DA Panel
Max 2 series Series 1: Vertical and Pre-Acro elements as listed in COP Series 2: Choice				Min 2 rotations in each series 0.1 for change of axis or level Max 0.4 per R
Body Waves Max 3: Definition as per pg.60 in the COP				0.1 each BW

Composition Requirements	Level 3A Hoop	Level 3B Ball Choice: Hoop/Clubs	Level 3C Clubs Choice: Ball/Ribbon (Regional)	Evaluation and Penalties
Body Difficulty				DB Panel
Max Value Min 3, Max 6 BD Min 1 of each body group	0.4	0.5	0.6	Up to 6 BD with max value per level No Max to number of Pivot rotations with the exception of #16, #17
Dynamic Elements with Rotation				Up to 3R in performance order Height of the throw as per COP
Max 3 R	Min 1 rotation under flight of APP.	Min 2 rotations under flight of APP.	Min 2 rotations under flight of APP.	
Difficulty of Apparatus				DA Panel
Max 10				Up to 10 DA elements in performance order
Apparatus Dimensions				
Hoop: Inner Diam 700-900 mm; Weight 200 g min	Ball: Diameter 140-200 mm; weight 270 g		Clubs: Length 360-500m, 100 g	Ribbon: 4 m



Level 4. Born 2014-2013 (13-14); 4B, 4C – Regional Level 5. Born 2013-2012 (14-15); 5B, 5C – Regional Level 6. Born 2011 and up (16+); 6B, 6C - Regional	Evaluations and Penalties:
Body Difficulty: Free – Levels 4A, 4B, 5A	DB Panel :
Min 3, Max 6 BD Min 1 of each body group Min 1 with NDL	Up to 6 BD 0.3 penalty for missing NDL BD and/or f No Max to number of rotations with the exception of #16, #17 (see additional notes)
Dynamic Elements with Rotation	DA Panel
Max 2 series Series 1: Vertical and Pre-Acro elements as listed in COP Series 2: Choice	Min 2 rotations in each series 0.1 for change of axis or level Max 0.4 per R
Body waves: Max 3: Definition as per pg.60 in the COP	0.1 each BW

Apparatus : Levels 4A – 6C	
Body Difficulty	DB Panel
Min 3, Max 6 BD Min 1 of each body group	Up to 6 BD with max value per level No Max to number of Pivot rotations with the exception of #16, #17
Dynamic Elements with Rotation	
Max 3 R *Levels 4A, 5A, 6A – Min 1 rotation under the flight of Apparatus *All other levels Min 2 rotation under the flight of Apparatus	Up to 3R in performance order
Difficulty of Apparatus	DA Panel
Max 12	Up to 12 DA elements in performance order
Apparatus Dimensions	
Level 4&5 follow Junior Norms	Level 6 follow Senior Norms

PreNovice. Born 2016-2015 (11-12)		Evaluations and Penalties:	
Body Difficulties: Free		DB Panel :	
0.6 Max value of each BD Min 4, Max 6 BD Min 1 of each body group Min 1 with NDL		Up to 6 BD 0.3 penalty for missing NDL BD No Max to number of rotations with the exception of #16, #17 (see additional notes)	
Dynamic Elements with Rotation		DA Panel	
Max 2 series Series 1: Vertical and Pre-Acro elements as listed in COP Series 2: Choice		Min 2 rotations in each series 0.1 for change of axis or level Max 0.4 per R	
Body waves: Max 3: Definition as per pg.60 in the COP		0.1 each BW	

Apparatus : Hoop, Ball, Clubs		
Body Difficulty		DB Panel
0.6 Max Value of each BD Min 3, Max 6 BD Min 1 of each body group		Up to 6 BD at 0.6 max valu No Max to number of Pivot rotations with the exception of #16, #17
Dynamic Elements with Rotation		DA Panel
Max 3 R		Up to 3R in performance order
Apparatus Difficulty: Max 10		Up to 10 DA in performance order
Apparatus Dimensions		
Hoop: Inner Diam 700-900 mm; Weight 200 g min	Ball: Diameter 140-200 mm; weight 270 g	Clubs: Length 360-500m, 100 g

ADDITIONAL NOTES

Incorporating maximum value elements into free routines supports gradual development at each level, aligning with the Long-Term Athlete Development Model. This approach fosters technical proficiency, reduces the risk of injury and burnout, and helps gymnasts transition smoothly from provincial to national levels, ensuring a well-rounded skill set for long-term success in the sport.

Value Adjustments:

The gymnast will receive the designated value as outlined in the chart, regardless of any increase in difficulty level — including variations of balances such as flat foot versus relevé. Exception: Rotations * Vertical rotations for R may be used in series with pre-acrobatic elements. Additional 0.1 will be added for change of Axis or level. Note: Requirement of **Min 1 Series of Vertical and Pre-acrobatic elements with rotation in Free routine**

Body Wave (W): The definition of W can be found on page 60 of the Code of Points. A gymnast may choose to perform a fourth W; however, it will not receive additional value.

*Rotations:

The gymnast will receive the full value of the rotation element, regardless of the maximum score allowed at their level. For example, a gymnast in level 2B who performs a double attitude rotation will receive a full credit of 0.5.

Exceptions:

BD# 16(Fouetté) in the COP Rotations - A maximum of 8 heel supports is allowed. Gymnasts may perform double rotations, but must not exceed the limit of 8 heel supports

BD# 17(Illusion backward) in the COP Rotations– Maximum number of rotations (heel support) - 3

BD# 14 (“Kabaeva”) or bent 30° (“Kramarenko”) in the COP Rotations – Will not be evaluated

BD # 19 (Utyascheva) in the COP Balances – Will not be evaluated

Dominant Leg means the front leg in the “favorite / best splits”

This dominant leg must be:

- the front leg in any compulsory (Dominant leg) leaps (split leaps, turning split leap/jete en tournant)
- the support leg in Dominant compulsory skills with leg raised to the back (arabesque balance/rotation, penche balance)
- the raised leg in Dominant compulsory skills with leg raised to the front or side (passe rotation)
- no penalties for more advanced difficulties (i.e., going on releve)

The non-dominant (ND) leg must be:

- the front leg in leaps
- the raised leg for all balances and pivots with the leg to the front or side
- the support leg for all balances and pivots with the leg raised to the back
- Leap Body Diff. # 22 will be counted towards Non-Dominant requirement