



Goals of the Program:

- Assist clubs in maintaining and growing athlete membership.
- Competitive opportunities for all athletes at all levels.
- Targeted at the “part-time” AGG athlete – who doesn’t have the time, desire or commitment for a full time training schedule to accomplish the Provincial or National stream programs however, enjoys the sport and wishes to participate and challenge themselves.
- Fun, participation, club driven
- More relaxed competition atmosphere

Designed for:

- One or two day athlete within your club program.
- The “adult” athlete that wishes a competitive challenge.
- Retired athletes who wish to return to the sport
- The largely recreational based clubs.
- Smaller venues with lower ceiling heights that are not suitable for the Provincial or National stream programs

Eligibility and Mobility:

- All gymnasts must be members in good standing of Gymnastics Ontario in order to participate in a Gymnastics Ontario sanctioned event
- Athletes participating in the InterClub stream program MUST be registered with Gymnastics Ontario as InterClub level Aesthetic Group athletes. Registrations should be received to Gymnastics Ontario by October 15th of the current competitive season. The Program Manager for Rhythmic Gymnastics must be informed of any late registrations or upgrades after the October 15th registration deadline.
- Level changes of gymnasts will be accepted without Technical Committee approval until December 31st of the current competitive season. After December 31st, all level changes will require approval from Gymnastics Ontario Rhythmic Technical Committee.
- Upgrades from Recreational registration to InterClub category will only be accepted by the committee up to **one month** before Invitational Competition registration deadline.
- The AGG competition season is from January 1st to December 31st. Age eligibility of athlete level is in accordance with the year of birth of the athlete. (January 01st – December 31st)

For example:

A gymnast born in 1991 will be 18 yrs. old in 2009
A gymnast born in 1992 will be 17 yrs. old in 2009
A gymnast born in 1993 will be 16 yrs. old in 2009
A gymnast born in 1994 will be 15 yrs. old in 2009
A gymnast born in 1995 will be 14 yrs. old in 2009
A gymnast born in 1996 will be 13 yrs. old in 2009
A gymnast born in 1997 will be 12 yrs. old in 2009
A gymnast born in 1998 will be 11 yrs. old in 2009
A gymnast born in 1999 will be 10 yrs. old in 2009
A gymnast born in 2000 will be 9 yrs. old in 2009
A gymnast born in 2001 will be 8 yrs. old in 2009

- InterClub stream eligible gymnasts may participate/compete in any or all of the InterClub Programs offered by Gymnastics Ontario (Individual, Group and/or Aesthetic Group competition). No additional membership fee is required, BUT gymnasts MUST be registered in each category they wish to compete.
- A gymnast leaving a member club and joining another member club during the remainder of the current competitive season must complete the athlete transfer form. A minimum of 15 days is necessary to process an athlete transfer. A gymnast cannot officially represent their new club within that 15-day period, but can still compete as an independent during the 15-day period. The transfer must be confirmed by Gymnastics Ontario and **no exception will be made to this requirement.**

Ontario InterClub Stream Aesthetic Group (AGG) 2008-2009

AGG InterClub Coaches

Coaches must have a **minimum of NCCP Level 2 Theory and Technical Certification in Rhythmic Gymnastics** to coach InterClub Stream athletes in their gymnasiums, or to gain access to the competition floor at any Gymnastics Ontario sanctioned InterClub Stream competition, training camp or other activity.

Coaches must also have completed **both Part “A” and Part “B” of the online Risk Management and Respect In Sport** courses, and must renew these courses as required – expired certifications will not be accepted as valid.

Coaches must be registered with Gymnastics Ontario as **“Coach of Athlete”** to be able to gain access to the competition floor at any Gymnastics Ontario sanctioned InterClub Stream competition.

InterClub Competitions

Open Competitions to InterClub Program gymnasts

- Invitational competitions sanctioned by Gymnastics Ontario offering any or all of the InterClub Rhythmic and/or Aesthetic Group Gymnastics Programs.
- Ontario AGG **“Red Ribbon Invitational”**, offering InterClub and Provincial stream AGG.

Competition Hosting

- All clubs wishing to host an Interclub Invitational are required to go through the same process as with Provincial and National Stream Invitationals.
- Request for sanction approval to host an AGG competition **MUST** be submitted to Gymnastics Ontario. The competition will then be posted on the website with all important information attached.

Themes

The following “Creative Routine” Themes were chosen for the 2008 and 2009 competitive season.

Level 1	<i>A Bug’s Life</i>
Level 2	<i>Colours of Nature</i>
Level 3	<i>80’s - Disco</i>
Level 4	<i>The Past</i>
Level 5	<i>Open Theme</i>

At the 2005 Gymnastics Ontario Technical Assembly a recommendation was given to the delegation to keep the above themes for a 2 year period. The recommendation was approved by the members of the assembly. **The above themes will stay active for a two year period (2007-2008 Competition season and 2008-2009 Competition season).**

Awards

- Participant certificates or ribbons are highly recommended.
- Colourful Ribbons, small medals or stickers are recommended
- Hosting clubs are urged to create their own awards, e.g., Most Graceful, Most Unified, Most Original, Most Spirited, Youngest Team, Club with Most Gymnasts Registered, etc.
- Participation Ribbons may be presented to all gymnasts. It is recommended that groups placing 9th and up should receive participation certificates/ribbons.



Aesthetic Group Gymnastics – InterClub Program

	Requirements - Free Routine No Apparatus	Requirements - Creative Routine
<p align="center">Level 1</p> <p>8 – 10 years old</p> <p>2:00 – 2:30 minutes</p> <p>Free Routines</p> <p>Creative Routines <i>A Bug's Life</i></p> <p>Groups of 4-10 members</p>	<p>Jumps and Leaps</p> <ul style="list-style-type: none"> ▪ 2 different "A" difficulties <p>Balances</p> <ul style="list-style-type: none"> ▪ One Balance – choice from either A or B difficulty in Appendix 1. (flat foot or on toes) <p>Pivots</p> <ul style="list-style-type: none"> ▪ One Pivot – such as pivot on one leg, minimum 360 ° (degree) or Pivots on both legs (chaine turn) <p>Body Movements</p> <ul style="list-style-type: none"> ▪ a) 1 total body wave ▪ b) 1 total body swing ▪ c) 1 bending movement ▪ d) 1 body rotation ▪ e) 1 relaxation movement ▪ f) 1 body movement A series (2 different body movements in combination of any of the above or some other - i.e. figure eights, circles, etc.) 	<p>Jumps and Leaps</p> <ul style="list-style-type: none"> ▪ 2 different "A" difficulties <p>Balances</p> <ul style="list-style-type: none"> ▪ One Balance – choice from either A or B difficulty in Appendix 1. (flat foot or on toes) <p>Pivots</p> <ul style="list-style-type: none"> ▪ One Pivot – such as pivot on one leg, minimum 360 ° (degree) or Pivots on both legs (chaine turn) <p>Body Movements</p> <ul style="list-style-type: none"> ▪ a) 1 total body wave ▪ b) 1 total body swing ▪ c) 1 body movement A series (2 different body movements in combination of any of the above or some other i.e. figure eights, circles, etc.
<p align="center">Level 2</p> <p>11 – 13 years old</p> <p>2:00 – 2:30 minutes</p> <p>Free Routines</p> <p>Creative Routines <i>Colours of Nature</i></p> <p>Groups of 4-10 members</p>	<p>Jumps and Leaps</p> <ul style="list-style-type: none"> ▪ 1 "A" difficulty ▪ 1 "B" difficulty <p>Balances</p> <ul style="list-style-type: none"> ▪ Two different Balances – choice from either A or B difficulty in Appendix 1. (flat foot or on toes) <p>Pivots</p> <ul style="list-style-type: none"> ▪ Two different Pivots – such as pivot on one leg, minimum 360 ° (degree) or Pivots on both legs (chaine turn) <p>Body Movements</p> <ul style="list-style-type: none"> ▪ a) 2 different total body waves ▪ b) 2 different total body swings ▪ c) 1 body movement A series (2 different body movements in combination of any of the above or some other i.e. figure eights, circles, etc.) ▪ d) 1 body movement B series (3 different body movements in combination of any of the above or some other - i.e., figure eights, circles etc) 	<p>Jumps and Leaps</p> <ul style="list-style-type: none"> ▪ 1 "A" difficulty ▪ 1 "B" difficulty <p>Balances</p> <ul style="list-style-type: none"> ▪ Two different Balances – choice from either A or B difficulty in Appendix 1. (flat foot or on toes) <p>Pivots</p> <ul style="list-style-type: none"> ▪ Two different Pivot – such as pivot on one leg, minimum 360 ° (degree) or Pivots on both legs (chaine turn) <p>Body Movements</p> <ul style="list-style-type: none"> ▪ a) 2 different total body waves ▪ b) 2 different total body swings ▪ c) 1 body movement A series (2 different body movements in combination of any of the above or some other i.e. figure eights, circles, etc.
<p align="center">Level 3</p> <p>14 – 16 years old</p> <p>2:15 – 2:45 minutes</p> <p>Free Routines</p> <p>Creative Routines <i>80's - Disco</i></p> <p>Groups of 4-10 members</p>	<p>Jumps and Leaps</p> <ul style="list-style-type: none"> ▪ 2 different "A" difficulties ▪ 1 "B" difficulty ▪ 1 jump series – jumps must be different, with different body shapes <p>Balances</p> <ul style="list-style-type: none"> ▪ Two different Balances – choice from either A or B difficulty in Appendix 1. (flat foot or on toes) <p>Pivots</p> <ul style="list-style-type: none"> ▪ Two different Pivots – such as pivot on one leg, minimum 360 ° (degree) or Pivots on both legs (chaine turn) <p>Body Movements</p> <ul style="list-style-type: none"> ▪ a) 2 different total body waves ▪ b) 2 different total body swings ▪ c) 1 body movement A series (2 different body movements in combination of any of the above or some other i.e. figure eights, circles, etc. ▪ d) 1 body movement B series (3 different body movements in combination of any of the above or some other ie figure eights, circles etc) 	<p>Jumps and Leaps</p> <ul style="list-style-type: none"> ▪ 2 different "A" difficulties ▪ 1 "B" difficulty <p>Balances</p> <ul style="list-style-type: none"> ▪ Two different Balances – choice from either A or B difficulty in Appendix 1. (flat foot or on toes) <p>Pivots</p> <ul style="list-style-type: none"> ▪ Two different Pivots– such as pivot on one leg, minimum 360 ° (degree) or Pivots on both legs (chaine turn) <p>Body Movements</p> <ul style="list-style-type: none"> ▪ a) 2 different total body waves ▪ b) 2 different total body swings ▪ c) 1 body movement A series (2 different body movements in combination of any of the above or some other i.e. figure eights, circles, etc.

Ontario InterClub Stream Aesthetic Group (AGG) 2008-2009

	Requirements - Free Routine <i>No Apparatus</i>	Requirements - Creative Routine
<p style="text-align: center;">Level 4</p> <p>16 + years old</p> <p>2:15 – 2:45 minutes</p> <p>Free Routines</p> <p>Creative Routines <i>The Past</i></p> <p>Groups of 4-10 members</p>	<p>Jumps and Leaps</p> <ul style="list-style-type: none"> ▪ 2 different "A" difficulties ▪ 2 different "B" difficulties ▪ 1 jump series – jumps must be different, with different body shapes <p>Balances</p> <ul style="list-style-type: none"> ▪ Two different Balances – choice from either A or B difficulty in Appendix 1. (flat foot or on toes) <p>Pivots</p> <ul style="list-style-type: none"> ▪ Two different Pivots – such as pivot on one leg, minimum 360 ° (degree) or Pivots on both legs (chaine turn) <p>Body Movements</p> <ul style="list-style-type: none"> ▪ a) 2 different total body waves ▪ b) 2 different total body swings ▪ c) 1 body movement A series (2 different body movements in combination of any of the above or some other i.e. figure eights, circles, etc. ▪ d) 1 body movement B series (3 different body movements in combination of any of the above or some other i.e., figure eights, circles etc) 	<p>Jumps and Leaps</p> <ul style="list-style-type: none"> ▪ 2 different "A" difficulties ▪ 1 "B" difficulty <p>Balances</p> <ul style="list-style-type: none"> ▪ Two different Balances – choice from either A or B difficulty in Appendix 1. (flat foot or on toes) <p>Pivots</p> <ul style="list-style-type: none"> ▪ Two different Pivots – such as pivot on one leg, minimum 360 ° (degree) or Pivots on both legs (chaine turn) <p>Body Movements</p> <ul style="list-style-type: none"> ▪ a) 2 different total body waves ▪ b) 2 different total body swings ▪ c) 1 body movement A series (2 different body movements in combination of any of the above or some other i.e. figure eights, circles, etc.
<p style="text-align: center;">Level 5 Adult</p> <p>30+ years old</p> <p>2:15 – 2:45 minutes</p> <p>Free Routines</p> <p>Creative Routines <i>Open</i></p> <p><i>Minimum of 3 Participants, with no maximum number</i></p>	<p>Jumps and Leaps</p> <ul style="list-style-type: none"> ▪ 2 different "A" difficulties <p>Balances</p> <ul style="list-style-type: none"> ▪ Two different Balances – choice from either A or B difficulty in Appendix 1. (flat foot or on toes) <p>Pivots</p> <ul style="list-style-type: none"> ▪ Two different Pivots – such as pivot on one leg, minimum 360 ° (degree) or Pivots on both legs (chaine turn) <p>Body Movements</p> <ul style="list-style-type: none"> ▪ a) 2 different total body waves ▪ b) 2 different total body swings ▪ c) 1 body movement A series (2 different body movements in combination of any of the above or some other i.e. figure eights, circles, etc. ▪ d) 1 body movement B series (3 different body movements in combination of any of the above or some other i.e., figure eights, circles etc.) 	<p>Jumps and Leaps</p> <ul style="list-style-type: none"> ▪ 2 different "A" difficulties <p>Balances</p> <ul style="list-style-type: none"> ▪ One Balance – choice from either A or B difficulty in Appendix 1. (flat foot or on toes) <p>Pivots</p> <ul style="list-style-type: none"> ▪ One Pivot – such as pivot on one leg, minimum 360 ° (degree) or Pivots on both legs (chaine turn) <p>Body Movements</p> <ul style="list-style-type: none"> ▪ a) 1 total body wave ▪ b) 1 total body swing ▪ c) 1 body movement A series (2 different body movements in combination of any of the above or some other i.e. figure eights, circles, etc.

Requirements Notes

- The total body movements used in the series can be applied to the requirements for the individual body waves or swings. For example if an A Series and a B Series that contain 2 different total body waves and 2 different total body swings are completed successfully then all requirements for the body movements are met.
- Must use 2 different jumps in a jump series. For a jump series, may re-use the same jumps as in the single jump requirement.
- Group members are not all required to do the same balance or jump for a jump or balance requirement, but it will be scored at the lowest level.
- One step is allowed between a jump series.
- Out of bounds penalties will be applied if a gymnast steps out in the Free Routine, or steps out in an obvious error during the Creative routine. Gymnasts may step out in the Creative routine for a costume change or to pick up or put down apparatus or other obviously choreographed parts of the routine.
- Timing will start from the beginning of the first full movement after the group has taken the starting position on the competition area. Timing will stop as soon as all gymnasts are totally motionless.
- An over-run or under-run of 5 seconds is permitted.

Competition Notes

- Gymnastics Ontario InterClub AGG competitions offer a Free Routine, similar to that in the International AGG rules (IFAGG). In addition, Gymnastics Ontario offers a Creative Routine that allows participants to demonstrate their creativity in use of varied apparatus and costumes.
- Choreography of Aesthetic Group Gymnastics should ensure that both the Free and Creative Routines include elements of Rhythmic Gymnastics with emphasis on natural body movements, such as locomotion, body waves, contractions, swings, circles, balances, bends, turns, spins, leaps, etc.
- Up to 2 gymnasts from any lower or higher age group are permitted to compete on a team in an age category to make up the required minimum group numbers (e.g., 4 gymnasts):
 - One gymnast may be 1 year older than the official maximum age for the category;
 - One or two gymnasts may be 1 year younger than the minimum age for the category.
- Gymnasts are permitted to participate in more than one age level in order to make up the required minimum group numbers.
- All groups must perform both Free and Creative Routines with the same gymnasts in order to be eligible for any Overall or Grand Prize awards. However, groups may still compete in only one routine and be eligible for the applicable award.
- To encourage participation, groups of 3 participants or groups of more than 10 are permitted to compete. With the exception of Adult Groups (no group maximum), smaller groups will be evaluated but not eligible for awards.