

APPENDIX D

Competition Eligibility and Requirements by Program

Program	Weekly Commitment	Competition Opportunities	Minimum Age Requirements	Prerequisite for Program Eligibility	Competitive Level Restrictions***
Excel	4 hours	Number of events: 1 Type of event: In house showcase Where: Held at Revolution facility When: End of June	4	•No specific prerequisite •Candidates must show potential to acquire advanced skills through desire to learn and physical ability.	No official competitive level attained
Progressive 6	6 hours	Number of events attending: 1* Type of event: ODP Where: TBD with in the GTA When: Between March and June	5	•No specific pre requisite •Candidates must show potential to acquire advanced skills through desire to learn and physical ability.	ODP Showcase B and Beginner Level
Progressive 9	9 hours	Number of events attending: 2 Type of event: 1 ODP and 1 OCP Where: TBD in GTA When: Between Jan and June	6**	•Must have achieved a minimum level OCP level 2	OCP Level 2
Progressive 12	12 hours	Number of events: 3 Type of event: ODP & OCP Where: TBD in Ontario When: Between Jan and June	6**	•Must have achieved a minimum OCP level 2 with potential to move to level 4	OCP Level 4
Invitational 6	6 hours	Number of events: 1* Type of event: OCP Where: TBD in GTA When: Between Jan and June	7	•Must have achieved a minimum OCP level 2	OCP Level 3
Invitational 12	12 hours	Number of Events: 3 Type of Event: OCP Where: TBD in the GTA When: Between Jan and June	6	•Must have achieved a minimum OCP level 3 and show potential to achieve OCP level 4	OCP level 4
Aspire	17 - 20 hours	Number of Events: Up to 4 Type of event: OCP/ CPP Where: Ontario / With in Canada (Max 1 travel meet/season)	8	•Must have achieved a minimum OCP level 4 and show potential to achieve OCP level 7 with 1 year of entrance to the program	OCP level 8
Travel	20 -25 hours	Number of Events: Up to 4 Type of Event: PNN/OCP/ CPP/JO Where: With in North America Aprox. 2 travel meets/season. May be more if athlete makes a team).	8	•Must have achieved a minimum OCP level 7 PNN Aspire for athletes 10 and under	OCP Level 9
Elite	25-27 hours	Number of Events: 4 + Type of Events: JO/FIG/Canadian Model When: Between Oct and June Where:International (Mostly within Ontario and Canada)	10	•Must have achieved minimum national program requirements and show aptitude, desire and potential to maintain them.	No maximum level restrictions

*These programs will also participate in our club competition, Revolution Rewind, in addition to there scheduled event in the years we host only. In the event we do not host our meet these programs will only attend 1 event/year

**Athletes are not eligible for OCP competition until age 7

***Athletes WILL NOT be permitted to compete above the maximum competitive level as stated for their program. Should an athlete show interest and ability to progress past the maximum competitive level for their current program, a change in program and/or hours will be necessary to compete at the higher level. Competitive restrictions are in place for the safety of the athletes. Harder skill levels require more practice time to gain adequate proficiency.

Special Notes

ODP= Ontario Developmental Program A strength and conditioning program used in Ontario to help young athletes prepare for skill development and eventual competition	OCP= Ontario Competitive Program The standard system Ontario used for competition. Contains 9 levels, each with it's own set of progressively harder requirements .	JO= Junior Olympic Program The American system used for competition.	CPP= Canadian Provincial Program This is the standard program used for competition in all other provinces. Contains 5 levels, each with it's own set of progressively harder requirements	PNN= Pre Novice National Program Designed for gymnasts ages 8-10 only. This system is for advanced athletes with special requirements to promote higher difficulty through modified but specific required routines and elements.
FIG=Federation International de Gymnastique Standard international rules governing elite gymnastics				