2026-2028 Interclub AGG Program Chart

IC Free ODP I (ages 7-8)	
Body Movements	**Max**
1total body wave	0.2
1total body swing	0.2
1bending	0.2
1lean or lunge	0.2
1relaxation	0.2
1A-BM series	0.3
Balances & Pivots	
1balance	0.2
1pivot or chaine turn	0.2
Jumps & Leaps	
1jump	0.2
Arm Movements (0.2 each)	
2 different series	0.4
Steps, Skips & Hops	
1 series (min. 6 steps)	0.3
Acrobatic Movements	
1 acrobatic	0.2
Flexibility Movements (0.1 each)	
2 flexibilities (legs L-R-M or back)	0.2
Total	**3.0**

IC Free Level - 2 (ages 9-10) Level - 3 (ages 10-12)	
Body Movements	**Max**
1 total body wave	0.2
1 total body swing	0.2
1 bending	0.2
1 twisting	0.2
1 lean or lunge	0.2
1 relaxation	0.2
1 BM A-series	0.3
1 BM B-series	0.4
Balances & Pivots	
1 balance	0.2
1 balance series	0.3
Jumps & Leaps	
1 jump	0.2
1 jump series	0.3
Arm Movements (0.2 each)	
2 different arm movements series	0.2 0.2
Steps, Skips & Hops	
2 series (min. 6 steps, 2 types)	0.3 0.3
Acrobatic movements (0.2 each)	
2 different acrobatics	0.2 0.2
Flexibility movements (0.1 each)	
1 flexibilities (legs L-R-M or back)	0.1
Combined Series (0.3 each)	
2 different series	0.3 0.3
Total	**5.0**

IC Free Level - 4 (ages 12-14)	
Body Movements	**Max**
1 total body wave	0.2
1 total body swing	0.2
1 bending	0.2
1 twisting	0.2
1 lean or lunge	0.2
1 relaxation	0.2
2 BM A-series	0.3 0.3
2 BM B-series	0.4 0.4
Balances & Pivots	
1 balance	0.2
1 balance series	0.3
Jumps & Leaps	
1 jump	0.2
1 jump series	0.3
Arm Movements	
1 series	0.2
Steps, Skips & Hops	
1 series (min. 6 steps, 2 types)	0.3
Acrobatic movements (0.2 each)	
1 acrobatic	0.2
Flexibility movements (0.1 each)	
1 flexibilities (legs L-R-M or back)	0.1
Combined Series (0.3 each)	
2 different series	0.3 0.3
Total	**5.0**

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IC Free **IC Level - 5 (ages 14-16)** **IC Level - 6 (ages 16 +)**	
Body Movements	**Max**
2 total body waves	0.2 0.2
2 total body swings	0.2 0.2
1 bending	0.2
1 twisting	0.2
1 lean or lunge	0.2
1 contraction	0.2
2 BM A-series	0.3 0.3
1 BM B-series	0.4
Balances & Pivots	
1 balance	0.2
1 balance series	0.3
Jumps & Leaps	
1 jump	0.2
1 jump series	0.3
Steps, Skips & Hops	
1 series (min. 6 steps, 2 types)	0.3
Acrobatic movements	
1 acrobatic	0.2
Combined Series	
3 different series	0.3 0.3 0.3
Total	**5.0**

Notes

- A group consists of 4-10 gymnasts and reserve gymnast belongs to the group.
- Up to 2 gymnasts from any lower (excluding ODP level) 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)*:
    - ODP I: No younger or older gymnasts is allowed to compete in this category.
    - Level 2: Two members of the group may be one year older than the given maximum ages.
    - Level 3,4,5: Two members of the group may be one year younger or one year older than the given minimum or maximum ages
    - Level 6: Two members of the group may be one year younger than the given minimum age.

- The Length of the Competition Program

Level – ODP I & 2,3: 1 min 15 sec - 1 min 30 sec
Level – 5 & 6: 1 min 25 sec - 1 min 45 sec