ODP-P (7-8 years)

1.1. *Competition Categories*

7-8 years (**Child**): gymnasts aged 7 & 8 years old, only.

- No younger or older gymnasts is allowed to compete in this category.
- Gymnasts will not be ranked or scores publicly displayed
- All gymnasts will be awarded the same "participation medals or ribbons" with no statement of ranking
- The judge chits for the routine will be returned to the coach with comments to provide feedback to the coach.

1.2. *Competing Groups*

A group consists of 5-10 gymnasts **(only in Ontario)** and a reserve gymnast belongs to the group.

1.3. The Length of the Short Program

The permitted length of the short program is 1 min 25 sec – 1 min 45 sec.

2. TECHNICAL VALUE (Required Elements)

Competition Category 7-8

Required Elements

- **Body Movements** (0.2 each)
  - 1 total body wave 0.2
  - 1 total body swing 0.2
  - 1 bending 0.2
  - 1 lean or lunge 0.2
  - 1 relaxation 0.2
  - 1 BM A-series 0.3
  - **Max 1.3**
- **Balances**
  - 1 balance 0.2
  - 1 balance series 0.3
  - **Max 0.5**
- **Jumps/Leaps**
  - 1 jump/leap 0.2
  - 1 jump/leap series 0.3
  - **Max 0.5**
- **Arm Movements** (0.2 each)
  - 3 different series
  - **Max 0.6**
- **Series of Steps, Skips or Hops** (0.3 each)
  - 2 different series
  - **Max 0.6**
- **1 Acrobatic Movements**
  - **Max 0.2**
- **3 Flexibility Movements** (0.1 each)
  - legs L-R-M or back
  - **Max 0.3**

Total Maximum: 4.0