



TECHNICAL RULES AND REGULATIONS

Section I (i.ii)

**Ontario Competitive Program (OCP)
Level 1- 10 and National Information**

www.gymnasticsontario.ca

TABLE OF CONTENTS

INTRODUCTION	2
I) PROGRAM STRUCTURE	3
1.1 Philosophy	3
1.2 Documents in Effect	3
1.3 Types of Competitions	3
1.4 Age Eligibility	4
II) GENERAL REGULATIONS	5
2.1 Memberships Registration	5
2.2 Age Categories	5
2.3 Coaching Requirements	6
2.4 Judging Requirements	6
2.5 Participation of Gymnast	6
2.6 Mobility	7
2.7 Petition Policy	8
III) COMPETITION FORMAT	8
3.1 Schedules and Competitive Order	8
3.2 Warm-Up	9
3.3 Music	9
3.4 Scoring	12
3.5 Routine Review	12
3.6 Regulations for Judges	14
3.7 Regulations for Gymnasts	17
3.8 Regulations for Coaches	21
3.9 Awards	22
IV) TEAM ONTARIO and SELECTION PROCESS	23
4.1 Gymnast Selection Policy	24
4.2 Coach Selection Policy	24
4.3 Tour	24
4.4 Ontario Championships	24
4.5 Eastern Canadian Championships	25
4.6 Canadian Championships	25
V) TECHNICAL CHARTS	26
5.1 Level 1-5 Compulsory Charts	27
5.2 Level 6-10 Optional Charts	31

Technical Rules and Regulations

ONTARIO COMPETITIVE PROGRAM – LEVEL 1-10 AND NATIONAL

INTRODUCTION

This manual has been prepared to present the principles and standards of judging taken from the USA Junior Olympic (JO) Program. This manual is intended to be used as a resource for both coaches and judges.

In principle, rules and definitions are based on the 2013 -2017 USA (JO) Program. This manual is not intended to apply to competitions conducted under FIG or CJO rules. FIG and CJO judging requirements are not included. Judges preparing to judge at National and International competitions should refer to the FIG Code of Points and the GCG Women's Program Manual for complete judging requirements.

Clarifications will be documented and circulated in the Ontario Competitive Program (OCP) Technical Clarification Bulletin which will be posted on the GO website on a regular basis. Other basic and useful information has also been included in the various appendices. Individual coaches and judges are encouraged to send questions to the Ontario Women's Technical Committee(WTC) as appropriate.

Recognition goes out to the working group members involved in the creation and maintenance of this program with the Women's Program Manager (WPM): Cathy Buchner, Cheryl Donoghue and Shelly Lefler and Diane Gallagher. Thank you for your dedication, vision and hard work.

I) PROGRAM STRUCTURE

1.1 PHILOSOPHY

The OCP Manual should be used as a tool for competitive gymnasts of all ages and abilities. The program encourages both participation and excellence. It should challenge all gymnasts and allow them to move up to higher levels when they are ready to do so. It can also act as a feeder system for the gymnasts who show potential to move into a national program by providing a seamless progression in the required difficulty as one moves up from level to level. The program strives to be progressive, yet responsible.

- The OCP replaces any prior provincial programs.
- The OCP cannot be a duplication of GCG programs already in existence.
- There may be components from the Ontario Development Program (ODP) used as an alternative type of competition for 6-9 year olds.
- Where appropriate the OCP will be compatible with US rules to allow Ontario gymnasts to compete out of province.
- The OCP will focus on stability/consistency and will be used for an Olympic quadrennial regardless of changes to FIG.

1.2 DOCUMENTS IN EFFECT

Ontario Development Program (ODP) – governed by GO, for gymnast ages 6+.

Ontario Competitive Program (OCP) – governed by GO, for gymnast ages 7+.

Professional and Operational Guidelines for Women's Artistic Judges– governed by GO.

Aspire Program - governed by GCG/ as per GCG Aspire Manuals.

Canadian Junior Olympic Program (CJO) - governed by GCG, used for Eastern Canadians Championships and Canadians Championships only.

High Performance Program – governed by GCG/ as per GCG High Performance (HP) Manual.

1.3 TYPES OF COMPETITIONS

This is an overview of the types of competition available to the levels and terminology:

“Qualifier”

- Level 3-5 Compulsory – competition held after Tour Selection until last weekend in April.
- Level 6-10 Optional – competition held after Tour Selection until the first weekend in March.

“Invitational”

- ODP, Level 1-2, Ages 7 and 8, Masters and meets after May 1.

“Gymnastics Ontario Event”

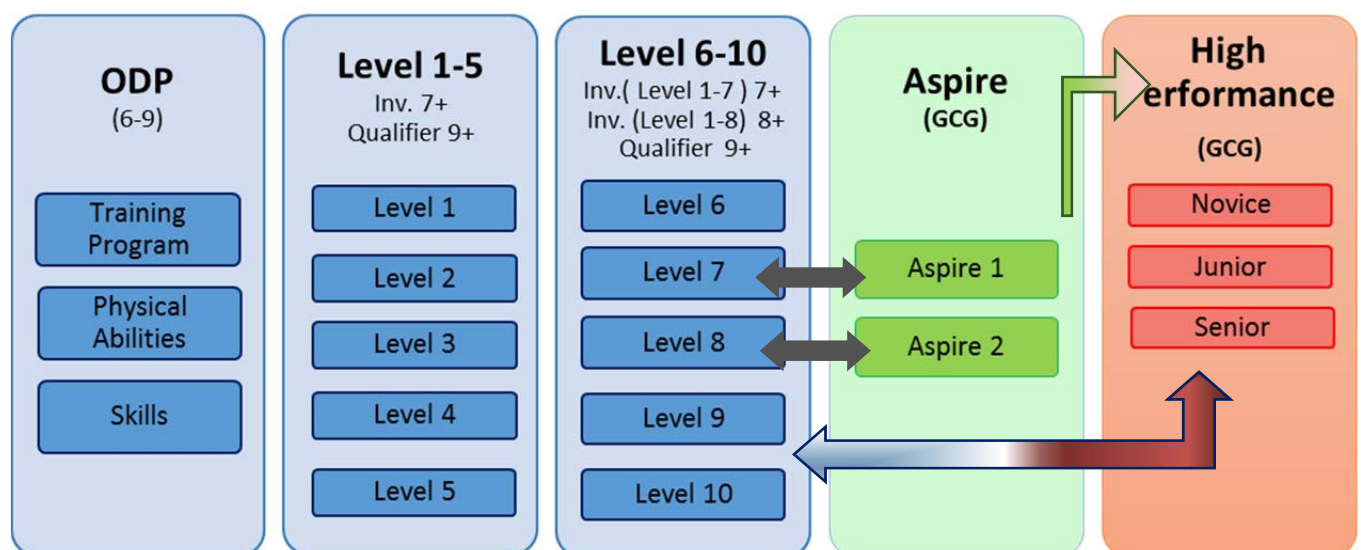
- Tour Selection – competition held mid-November to select Team Ontario for a travel competition.
- Elite Canada Screening and Aspire/HP Competition Opportunity – competition held for gymnasts to try-out for the high performance program.
- Level 3-5 Ontario Championships – competition held for those gymnasts who qualify.
- Level 6-10 Ontario Championships – competition held for those gymnast who qualify and Team Ontario Selection for Eastern Canadian Championships and Canadian Championships.

1.4 AGE ELIGIBILITY

The competitive age of a gymnast is based on her age as of December 31, 2017 (year of Ontario Championships):

	2016-2017 Season	2017-2018 Season	2018-2019 Season
Age 6	Born in 2011	Born in 2012	Born in 2013
Age 7 and 8	Born in 2010 and 2009	Born in 2011 and 2010	Born in 2012 and 2011
Age 9+	Born in 2008 or older	Born in 2009 or older	Born in 2010 or older

- ODP Program
 - Physical Abilities Age 6+
 - Skills Age 7+
- OCP Program includes Levels 1-10.
- 7 year olds are allowed to compete in Levels 1-7; they are not permitted to participate in the Open Qualifying System and are not eligible for Ontario Championships.
- 8 year olds are allowed to compete in Levels 1-8; they are not permitted to participate in the Open Qualifying System and are not eligible for Ontario Championships.
- 9+ year olds are allowed to compete in Levels 1-10, but only those in Levels 3-5 (Compulsory) and Levels 6-10 (Optional) are permitted to also participate in the Open Qualifying System and are eligible for Ontario Championships.
- Masters 18 + Invitational Competitions only
- Event Specific Athletes L- Level 7 Age 14+, 2 events



Suggested Path for Mobility:
Can start at any level but ideally recommended to start at Level 1 and work way up through Compulsory Levels. Level 5 recommended to go Level 7 but can enter Optional Level 6 or at appropriate level.

Gymnasts register for season in Level 7 or 8 and compete at the qualifiers or can register as Aspire 1 or Aspire 2 and compete at the designated competitions.

Aspire Two could lead into Novice HP.

Gymnasts register for season into Level 10 and if successful in earning HP status become HP in one of the three GCG HP categories. If unsuccessful gymnast returns to Level 9 (ie. Novice to Level 9) or Level 10.

II) GENERAL REGULATIONS

The following information applies to all Ontario events:

Please refer to the Technical Rules and Regulations posted on the GO Website.

(www.gymnasticsontario.ca) for updates and clarifications of all rules.

- Where a rule is not listed in these Technical Rules and Regulations, the Technical Clarifications or in any current Technical Bulletin, please refer to USAG JO Code of Points.
- GO and the WTC are responsible for the rules and regulations and reserve the right to make changes and/or clarifications to these regulations as needed.
- No clarifications will be applied at competitions unless they have been circulated in advance by the Women's Program Manager (WPM) a minimum of two weeks in advance of the competition.

2.1 MEMBERSHIP

- Gymnast must register as a member of GO in one competitive category and level within 15 days of commencing training in a competitive season. Clubs may make adjustments to the gymnasts' levels any time up until October 15th. Final changes to levels must be made by October 15th in Amilia (the GO registration system).
- All gymnast and coaches must be registered correctly with GO to participate in any GO event.
- All coaches and judges must be currently certified and registered with GO as GO Women's Artistic Gymnastics (WAG) judge/coach.
- For individual members registration information and determination of GO membership fees please refer to the Registration Handbook or contact the Memberships Services Coordinator at membership@gymnasticsontario.ca.

2.2 AGE CATEGORIES

The tentative age categories for the season will be as follows:

Level 1-2 Invitational	Age Categories = Competitive Age (age categories can be combined and determined by the host club in reference to combining categories for awards)				
Level 3-5 Compulsory Qualifiers	Level 3		Level 4		Level 5
	Age 9		Age 9		Age 9
	Age 10		Age 10		Age 10
	Age 11		Age 11		Age 11
	Age 12		Age 12		Age 12
	Age 13		Age 13		Age 13
	Age 14+		Age 14+		Age 14+
Level 6-10 Optional Qualifiers	Level 6	Level 7	Level 8	Level 9	Level 10
	Age 9	Age 9	Age 9	Age 9	Age 12-15*
	Age 10	Age 10	Age 10	Age 10	Age 16+*
	Age 11	Age 11	Age 11	Age 11*	
	Age 12	Age 12	Age 12	Age 12*	
	Age 13	Age 13	Age 13	Age 13*	
	Age 14	Age 14	Age 14+	Age 14+	
	Age 15+	Age 15			
	Age 16+				

Note: Above categories for Ontario Championships will be determined and communicated after registration has been received.

*eligible to qualify to Canadian Championships (as per GCG).

2.3 COACHING REQUIREMENTS

Please see Article 2 and Section F for Coaching Model and Requirements, Coaching ID cards, competition floor access etc.

2.4 JUDGING REQUIREMENTS

Please see Article 1 and Section G for Professional and Operational Guidelines for Women's Artistic Judges.

2.5 PARTICIPATION OF GYMNAST

Invitationals

All GO WAG member clubs are eligible to register gymnasts and coaches into invitational competitions. Invitational competitions are under the organization responsibilities of each Host Club/Meet Director.

Qualifiers

Qualifying Process

- The club/coach will register their gymnasts and coaches directly with the host club and in Beyond the Scores (BTS) 'GO Events'.
- A minimum of two clubs must be in attendance to be recognized as a Qualifying Competition and for these scores to count towards qualifying.
- Gymnasts must participate in a minimum of two qualifiers to be eligible to qualify for Ontario Championships.
- Gymnasts can count up to a maximum of four qualifier scores per season (first four scores).
- Mobility – please see 2.6 Mobility section.
- Gymnasts qualify to Ontario Championships as an All Around gymnast in the following manner: the gymnast's best two All Around scores from the qualifiers are totalled, then averaged and ranked to determine the top 40 (TBC) gymnasts (multiple divisions) in Level 3-5 and top 32 gymnasts in Level 6-10 in order to identify the gymnasts who participate.
- Gymnasts qualify to Ontario Championships (Level 7-10) as an Event Final gymnasts in the following manner: the gymnast's best two apparatus scores from the qualifiers are totalled, then averaged and ranked to determine the top eight gymnasts (max. two gymnast per club) in order to identify the gymnasts who participate.
- Gymnasts who do not make HP status (as per GCG) are considered Level 10 gymnasts. If those gymnasts wish to attend Ontario Championships they will be required to qualify by attending one additional qualifier (follow the petition process) to get a score to be eligible to petition into Ontario Championships.

Registration

- Clubs must register their gymnasts as members of Gymnastics Ontario within 15 days of commencing training in a competitive season.
- Clubs must register their gymnasts through BTS for the season by October 15 of each competitive season:
 - “ 16-17 Level 3-5 GO Registration”
 - “16-17 Level 6-National GO Registration “
- Clubs must update their BTS profile each season.
- Gymnasts must be registered and compete in a minimum of two Qualifiers to be eligible for

Ontario Championships.

- Clubs are responsible for securing their own competitions and any ‘make-up’ competitions.
- Clubs must register with host clubs and provide payment through a registration form (through BTS).
- Clubs must declare when registering if gymnasts are competing as All Around or Event Specific gymnasts.
- Event Specific gymnasts must be in OCP Level 7 or higher, be a minimum of 14 years of age and may compete in either one or two events.
- Event Specific gymnasts must declare their event(s) (maximum two) at the time of registration (October 15th of each competitive season).

Refunds

- Qualifier refunds are managed by the host club and communicated in their Call to Meet.
- No refunds will be granted for gymnasts registered for Tour Selection and Ontario Championships.

Event	Fee	Registration	Deadline Dates	Late Fees/ Refunds/ NSF
ODP and Invitationals	Determined by Host Club (payable to Host Club)	As per Host Club and Call to Meet		
Qualifiers (Clubs can register in up to maximum of four Qualifiers)				
Tour Selection Competition (i.e. Tour)	\$115 for per gymnast	WPM and host club	As per WPM	No refunds due to illness, injury or inclement weather conditions
Ontario Championships Refer to Qualifying Process for further information	\$115 for AA or EF gymnasts			
	\$140 (\$115 + \$25) for AA and EF gymnasts			
	\$115 for National gymnasts			

2.6 MOBILITY

Withdrawals

Withdrawals are managed by the host club. Coaches must communicate any withdrawal directly to the host club as soon as possible and/or within timelines as communicated on the Call to Meet.

Level Changes

- For Invitational Competitions - Level 3 to 10 gymnasts must compete in the same level or higher as they are registered in for the Optional Qualifiers.
- For Qualifiers -Gymnasts who change levels will not be allowed to count their score from the previous qualifier(s). If a gymnast makes a change in level she will not be scheduled for additional qualifier(s).
- Qualifying Competitions -Gymnasts who change levels will **not** be allowed to count their score from the previous qualifier(s). If a gymnast makes a change in level it is up to the club/coach to secure competitions for their gymnast at the new level.
- Gymnasts who move up a level will be permitted to compete at a maximum of four qualifiers at the new level.
- Qualifying gymnasts who are selected for any Team Ontario event must remain at the level they

competed at in the selection event for the remainder of the season.

- **Recommended mobility scores between seasons is 37.00.**

Movement to a Higher Level

- A gymnast may move to a higher level at any time during the season .
- It is the responsibility of the club/coach to secure alternative competitions for the gymnast if the host clubs are unable to accommodate due to full registration.

Movement to a Lower Level

- Gymnasts may move down a level providing a level change request is submitted on time to the host club and providing there is space available in that qualifier.
- It is the responsibility of the club/coach to secure alternative competitions for the gymnast if the host clubs are unable to accommodate due to full registration.
- Gymnasts may move down only one level per competitive season.

Movement from Event to All Around gymnast (and visa- versa)

- Levels 7-9 and Ages 14 and older: an All Around gymnast may move to an Event Specific gymnast up to 2 weeks after their first qualifier.
- An Event Specific gymnast may change to become an All Around gymnast up to two weeks after their first qualifier.
- A gymnast who changes levels while changing from All-Around to event specific will **not** be allowed to count her scores from the previous qualifier(s).

2.7 PETITION POLICY (Level 6-10 Ontario Championships only)

Refer to Section C of the Technical Rules and Regulations for Petition Process. Petitions to Level 6-10 Ontario Championships is based on an gymnast being registered at a minimum of two qualifiers.

The Petition application and Fit to Compete form can be found on the website under Resources, then Forms.

III) COMPETITION FORMAT

3.1 SCHEDULES AND COMPETITIVE ORDER (DRAW)

- Qualifier schedules must be sent to GO for approval and posting on the GO website.
- Host Clubs can request assistance for schedule to be completed by GO.
- GO event schedules will be completed by GO.
- For all competitions, groups rotate in Olympic order. Clubs rotate within each group as follows: clubs will drop by one if there are seven or less in a group **OR** Clubs will drop by two if there are eight or more gymnasts in a group. For Ontario Championships Gymnasts will drop by one if there are seven or less in a group **OR** Gymnasts will drop by two if there are eight or more gymnasts in a group.
- BTS must be used by all host clubs for Qualifiers and Selection Meets (Tour, Championships, Screening etc.).
- In **Option 1 format**, the earliest allowable start time for general warm-up is 7:45 a.m. The latest allowable scheduled finish time for competition (i.e. when the last competitor dismounts) is 9:00 p.m.; if using **Option 2 format**, the earliest allowable start time for the competition is 8:30 a.m. (*warm-up may begin at 8:15 a.m.*). Competitions may not exceed 12 hours in length.
- **Maximum number of gymnasts for all competitions:** Where a single set of equipment is used, the maximum number of competitors per rotation/group is twelve (to a maximum of 60 per session). In the case of double equipment where floor mats are shared, the maximum number of competitors per rotation should be ten (to a maximum of 50 per flight per gym).

Please Note: For **ALL** competitions gymnasts from the same club will not be scheduled to compete on more than two apparatus at a time. Exception: in competitions where two or more categories are competing at the same time, gymnast will not be scheduled to compete on more than three apparatus at a time.

3.2 WARM-UP

General Warm-up: 15 minutes, in a gymnasium on a matted surface. All dance elements, single acro elements with or without flight, beam acro series and vault runs are permitted during the 15 -minute general warm-up period. Floor acro series are NOT permitted. Warm-up can be performed on any matted area.

Event Warm-up Splits and Order: In a group with nine or more gymnasts, the first half of the group will warm-up and compete. Then the other half of the group will warm-up and compete. The split should be as even as possible (i.e. 5/4 or 4/5). If the level of the gymnasts is the same (i.e. entire group is Level 8), but different age categories, the rotation drops by club only (age is not a consideration when the same level is involved). If the level is different, then the rotation changes based on level (i.e. Level 7 and 8 in the same group would alternate turns). Within each level, the club must drop.

**No alterations to the warm-up options are permitted, unless approved in advance by WTC.
Any alterations must be included in the Call to Meet.**

3.3 MUSIC

Level 3-5: Host clubs will provide the compulsory music. The default version will be the piano version. Any club who wishes that a different version be played must request so when checking in at the judges table.

Level 6-10 and National: Music must be USB/iPod (unlocked screen) format only. Coaches should have a CD as a backup. Hosts must provide all equipment methods (including a back-up computer to play CD).

Competition	Level 1-10 Warm Up	National Warm-Up	Draw Information for Level 1-10 and National Categories
Invitational Competitions (ODP, Level 1-2 7 and 8 year old (or any competition held outside the qualifying dates))	Option 1 (for shared floor) or Option 2 determined by the host club *modifications to any warm up must be approved by WPM and communicated on the call to meet.	Refer to GCG *modifications to any warm-up must be approved by WPM (in consultation with WTC) and communicated on the call to meet. *for qualifiers and GO events with National portions (.ie. Screening and Ontario Championships) where categories are combined the GCG JR/SR warm-up format will be used.	A random draw by club for starting apparatus and order within a group. The gymnast order for each club is set by the coach from that club. Coaches are to submit their gymnast order to the judges upon arrival at each apparatus. Gymnast rotations: drop by club except when rotations have mixed levels, drop by level than drop by club. <i>*When National Gymnasts are competing, they will adhere to GCG rules for warm-up, but they will rotate events as the group finishes, rather than waiting for all 4 events to finish.</i>
Qualifier Competitions (any competition held during the qualifying dates)	Option 2 *modifications to any warm up must be approved by WPM and communicated on the call to meet.		For ALL competitions gymnasts from the same club will not be scheduled to compete on more than two apparatus at a time. Exception: In competitions where two or more categories are competing at the same time, gymnasts will not be scheduled to compete on more than three apparatus at a time.
GO Competitions (Tour Selection, Screening and Ontario Championships)	Option 2 (Event Finals at Ontario Championships is Option 1)		A completely random draw by club will be used to determine the competitive order. The gymnast order is set by the draw and can only be changed by the Meet Director in conjunction with the CCJ. Gymnast rotations: groups with seven or less drop by one gymnast, groups with eight or more drop by two gymnasts. <i>*When National Gymnasts are competing, they will adhere to GCG rules for warm-up, but they will rotate events as the group finishes, rather than waiting for all four events to finish.</i> Level 6-10 only - Event Finals Gymnast Rotations: drop by one gymnast

	Option 1	Option 2	Special Circumstances	National and Aspire at Ontario Competitions
WARM UP	All Groups will complete their apparatus warm-up and competition at each event. Then all groups will rotate to their next event at the same time.	As each competitive group finishes an event the CCJ will move the gymnast to their next event, provided that the next event is finished and ready to receive the gymnasts.		
General Stretch	15 minutes			
	Level 1 – 5: 1 minute per gymnast, blocked running time by stacked mat/vault height			
VAULT	Level 6-7 : 1 minute per gymnast, blocked running time by vault height. When only one) gymnast is warming up at a vault height, the coach can request an additional 30 seconds.		In mixed groups that have different warm-up times, but vault at the same height, the levels will warm-up separately. (i.e.: all Level 7 gymnasts warm-up for one minute each and then all Level 8 gymnasts warm-up for two minutes each).	*Aspire: See the current Aspire Manual Section 6. Warm-up and Competition Format.
	Level 8-10: 2 minutes per gymnast blocked running time by vault height. When only one gymnast is warming up at a vault height, the coach can request an additional 30 seconds.			
	Level 8-9: 4 minutes for one gymnast at a height when performing a round-off entry or a salto vault.			
BARS	Level 1 – 5: 1 minute per gymnast, blocked or individual time Masters (18+): 1 minute, 30 seconds per gymnast (blocked by bar width)		Mixed Groups: In mixed groups that have different warm-up times, the levels will warm up separately (i.e.: all Level 7 gymnasts warm-up at 1 minute, 20 seconds each and then all Level 8 gymnasts warm-up at 2 minutes each).	
	Level 6-7: 1 minute, 30 seconds per gymnast, blocked or individual time. Time is blocked by chalk/ no chalk. Single gymnast: upon request, the gymnast can receive an additional 1 minute above their allotted warm-up time. Equipment adjustment is excluded from warm-up time.			
	Level 8-10: 2 minutes per gymnast, blocked or individual time. Time is blocked by chalk/ no chalk. Single gymnast: upon request, the gymnast can receive an additional 1 minute above their allotted warm up time. Equipment adjustment is excluded from warm-up time.		For Raised bars, all levels: one gymnast is allowed a 3 minute warm-up, two gymnasts are allowed a 4 minutes warm-up.	
BEAM	Level 1 – 5 Option 1 and 2: 1 minute per gymnast, blocked by beam height, three person bump start. Masters (18+): 1 minute, 30 seconds per gymnast (three person bump start, blocked by beam height).		When the height is adjusted the time must stop and then is re-started for the next blocked group.	* When National Gymnasts are competing, they will adhere to GCG rules for warm-up, but they will rotate events as the group finishes, rather than waiting for all four events to finish
	Level 6-7: 1 minute, 20 seconds per gymnast, blocked by height. three person bump start where possible. For groups of three or less, all gymnasts warm-up together and then compete.			
	Level 8-10: 2 minutes per gymnast, blocked by height, three person bump start where possible. For groups of three or less, all gymnasts warm-up together and then compete.			
FLOOR	Level 1-5 : Option 1 (for shared floor only): 1 minute per gymnast blocked time. Minimum of 4 minutes. Split at 10+ gymnasts. Option 2: 4 minute minimum to warm up with a maximum of 10 gymnasts. Then the floor is cleared for the 1 st routine. In groups larger than 10, the 11 th gymnast may begin warm up after the first gymnast has competed, and so on. One of the coaches of the 1 st three athletes may request an additional minute.		Shared Floor, a maximum of ten gymnasts may warm up and compete at one time. This also applies when WAG and MAG gymnasts are sharing a floor. Option 1 must be used for a shared floor.	
	Level 6-10: 1 minute per gymnast, blocked time. Minimum of 4 minutes.			
	Level 6-10: 4 minute warm-up with a maximum of eight gymnasts. Then the floor is cleared for the routine. In groups larger than eight, the ninth gymnast may begin warm-up after the first gymnast has competed, and so on. One of the coaches of the 1 st three gymnasts may request an additional minute.			

3.4 SCORING

For all Qualifying competitions BTS will be used.

Type of Competition	Ages	Scoring/ Flashing Scores
Invitational	Ages 7 and 8	No flashing of scores. Competition results for 7 and 8 year olds are to be available for coaches ONLY.
	Ages 9 and older	The Start Value (SV) and the Final Score(FS) are flashed for each apparatus.
Qualifiers and Ontario Championships	Ages 9 and older	<p>The SV, execution and the FS are flashed for each apparatus.</p> <p>The judge's scores will be posted in the coaches' area after each rotation (must be out of view from spectators).</p> <p>Coaches will have five minutes after the competition to verify scores. After this time there will be no further changes to any score. All scores will be final.</p> <p>The posted scores are to be removed at the start of the next session of competition.</p>

3.5 ROUTINE REVIEW

Video Taping and Review Policy

- All Events must be videotaped at the following competitions: Tour Selection and Level 6-10 Ontario Championships.
- Only the skill(s) in question will be observed, to a maximum of three times and only at regular speed.
- The Competition Chief Judge (CCJ) and the judging panel will view the video. The coach is not present at the review.
- Videotapes from coaches or the audience may not be submitted as part of a protest or appeal for any reason.
- There are no protests for Level 3-5 Ontario Championships as SV is always out of 10.

Step 1: Inquiries

- Coaches may inquire verbally to the D1 at the end of the rotation about the SV (content), and E Score of their own gymnast's routine.
- There will be no video review for inquiries.
- If not satisfied with the results after the initial inquiry, the coach is then permitted to file a protest with the CCJ. Protests must be based on SV only.
- Coaches Inquiry about a gymnast or coach of another club: occasionally a coach can make an inquiry in writing about a gymnast or coach from another club to the CCJ using the Coaches' Inquiry Form.
- The inquiry can only be on the presumption that the rules were not applied, or were applied incorrectly.
- Inquiries cannot be made on the execution, or composition of any gymnast.
- The inquiry must be made within 15 minutes after the completion of the rotation. In the case of the last rotation, the coach has five minutes after the completion of the last rotation to submit an inquiry.
- The CCJ will provide a verbal response to the coach's inquiry.
- There is no fee for an inquiry.
- Abuse of this inquiry procedure by a coach may lead to sanction against the coach.
- The CCJ will record all inquiries on the Meet Report Form.

Step 2: Protests

- Protests must be based on the SV only.
- All written protests and fees must be submitted to the CCJ within 15 minutes after the last gymnast competes in that rotation (i.e. all four events are to be completed in that rotation, and then the 15 minute countdown begins) for Option 1 warm-up. For Option 2 warm-up, the 15 minutes begins when the last gymnast in the group that contains the gymnast for whom the coach is submitting a petition has competed. In the case of the last rotation, the coach has five minutes after the completion of the last rotation to submit a protest.
- The D1 will consult with the panel and the CCJ. The fee will be returned only if the protest is accepted.
- The Protest fee of \$30.00 is payable to the host club.

Step 3: Jury of Appeal (for denied protests)

- Coaches have ten minutes after receiving a response to a protest to request an appeal.
- A Jury can be initiated only by an active coach on the competition floor, on behalf of their gymnast if they can demonstrate that a technical rule has been violated (e.g. interpretation of a rule, meet organization, apparatus problems and any unforeseen circumstances).
- The decision of the Jury is final. There is no further appeal.
- The CCJ and WPM (or designate) will be responsible for convening the meeting of Jury members in a private area.
- The Jury of Appeal will consist of the CCJ and two technical representatives. The two technical representatives for the jury will be WTC members selected in the order outlined below. If WTC members are not available, the appropriate level judge as determined by the WPM and the Judging Chair will fill the remaining Jury positions.

Rank Order of Jury of Appeal
WTC Chair
WTC Judging Chairperson or Designate
WTC Levels 6-10 Chair
WTC Judging Sub-Committee Rep
WTC National Coaching Chairperson
WTC Member-at-Large (coach/judge) * <i>in 2nd year of term</i>
WTC Member-at-Large (coach/judge) * <i>in 1st year of term</i>
WTC Member-at-Large (coach)
WTC Levels 1-5 Chair
Appointed Judge

- No person with club affiliation related to the situation may be a member of the Jury of Appeal.
- If the Apparatus Head Judge of the event in question is a WTC member, she/he must declare “a conflict of interest” and not sit on the Jury of Appeal.
- The Apparatus Head Judge and the coach will each give a brief synopsis of the situation and will both withdraw for discussion by jury members.

3.6 REGULATION FOR JUDGES

3.6.1 General Requirements

They must:

- Possess a thorough knowledge of the Ontario Competitive Program (OCP) and all Technical Clarifications pertaining to the program
- Successfully complete the Ontario Beginner Judges' Course or equivalent
- Be registered members of Gymnastics Ontario
- Fulfill yearly requirements as specified for his/her judging level

3.6.2 Responsibilities

They have the responsibility to:

- Participate in the judges' meeting prior to the start of each session of competition
- Arrive on time for the start of each scheduled judges' meeting
- Remain 15 minutes after the conclusion of the competition: when the final gymnast competes on their apparatus
- Wear the required judging uniform
- Prepare thoroughly on all apparatus in advance of the competition
- Evaluate each exercise accurately, consistently, quickly, objectively, fairly and ethically
- Understand and comply with the necessary record keeping tasks; provide written record of their evaluation of the exercise
- Act in a professional manner at all times and exemplify non-partisan ethical behaviour

3.6.3 Restrictions

Compulsory Level 5 Judges: are permitted to judge Level 1-5 compulsory gymnasts only

Optional Level 9 Judges: are permitted to judge Level 1-9 gymnasts (D2/E panel only for Level 10)

Optional Level 10 Judges: are permitted to judge Level 1-10 and National gymnasts

3.5.4 Structure, Composition and Function of Judging Panel

Structure of the Judging Panel

- Level 3-5 and Invitational: the judging panel consists of two judges per panel.
- Level 6-10: the judging panel consists of three judges per panel for qualifying competitions.
- Tour Selection and Ontario Championships: the judging panel consists of three (3) judges per panel.
- For specific panel composition please refer to Section G of the Technical Rules and Regulations.

Functions of the Competition Chief Judge (CCJ)

- Arrives at competition site 30 minutes prior to start of judges' meeting
- Facilitates judges' meeting prior to the competition (attendance, schedule information and technical updates, allows for sufficient time for events to meet as a panel)
- If necessary, makes appropriate changes to the panel of judges
- Supervises/Verifies the checking of equipment to ensure all apparatus measurements meet regulations as well as signals, scoring systems and timing devices are in place
- Co-ordinates completion of honorarium and mileage forms and ensures that judges are reimbursed according to GO guidelines
- Monitors working of D and E Panels
- Supervises entire competition (in conjunction with the Meet Director) and deals with any breaches of discipline or any extraordinary circumstances affecting gymnasts, coaches and judges during the competition

- Decides in consultation with D Panel concerning technical failures and exceptions, (defects in apparatus, musical recordings) or organizational deficiencies or similar circumstances that occur through no fault of the gymnast, and whether the exercise may be repeated
- Signs the verification sheet in the case of a change to a Start Value or score
- Deals with coach's inquiry and protest forms, ensures form(s) are completed correctly and submitted within required time limits, delivers form(s) to D Panel and communicates decision to coach. **NOTE:** If a coach inquires, informally or formally through a Protest regarding a Start Value (SV) or Specific Flat (not "up to") composition deductions only, and upon review it is ascertained by the D Panel and/or CCJ that an incorrect Start Value was awarded, an adjustment to the Start Value must be made regardless of whether it increases or decreases the Start Value and/or Final Score
- Monitors coaches' interactions with D Panel
- Works in collaboration with Meet Director to ensure smooth and efficient running of the competition
- Works in collaboration with Meet Director to ensure safety of gymnasts, coaches and judges is maintained (follows protocols of Risk Management Guidelines)
- Applies CCJ Deductions (in collaboration with Jury of Appeal and or Apparatus D Panel as appropriate)
- Serves as member of Jury of Appeal
- Completes Meet Report and GCG Competition Form (for Level 9 and National sessions) submits to GO within **7 days of competition date**

Functions of the D Panel

- The D Panel's primary responsibility is to evaluate the content of the exercise.
- The D Panel consists of two (2) judges: the D1 (Apparatus Head Judge) and D2
- Records the entire routine using symbol notation
- Jointly determines the Start Value (SV)
- If an agreement cannot be met, consults with the E Panel judges
- Observes the exercises attentively and evaluates the faults and corresponding deductions correctly, independently and without bias
- Independently determines deductions for faults
- Independently submits E Panel score (Specific Apparatus Deductions – execution, composition, and artistry: E Panel Deductions in the General Table of Faults).
- Throughout the competition monitors equipment at the apparatus to ensure all apparatus regulations are maintained.
- Monitors warm up – When gymnasts report to an event and after establishing the competitive order, the D Panel should ensure that the gymnast's coach is present before requiring her to begin the warm-up. Coaches must not be asked to supervise the warm-up of gymnasts from another club by the D Panel
- In collaboration with E Panel, discusses and makes decisions regarding coaches' protests and inquiries

Functions of the D1: Apparatus Head Judge

Guides the judges before the competition for the correct work on the apparatus.

- Supervises the work of the secretary/scorer for score or delegates this responsibility to the D2
- Informs the CCJ of any irregularities or violations contrary to the rules of behaviour by coaches, judges or gymnasts
- Ensures that neutral deductions for time, line and behaviour faults are taken
- Monitors the span
- Provides an oral report to the CCJ regarding the functioning of the panel and apparatus
- Responds to questions/clarifications from coaches

- Monitors working of E Panel
- Oversees calculation of Start Value (SV), the E Score and the final score
- In collaboration with D2 and E Panel, discusses and makes decisions regarding coaches' protests and inquiries and communicates decisions to coaches (inquiries only). **NOTE:** If a coach inquires, informally or formally through a Protest regarding a Start Value (SV), or Specific Flat (not "up to") composition deductions only and upon review it is ascertained by the D Panel and/or CCJ that an incorrect Start Value was awarded, an adjustment to the Start Value must be made regardless of whether it increases or decreases the Start Value and/or Final Score
- Greets gymnasts and provides instructions regarding warm up
- Verifies and signs verification sheet after each rotation
- Makes the necessary changes on the verification sheet following the adjustment of Start Value (if the verification sheet is still at the table), then informs the CCJ
- Calls a conference as appropriate

Functions of the D2

- Supervises the work of the timer(s) and line judges
- Flashes or supervises the flashing of the Start Value (SV) and Final/Flashed Score
- Assists the D1 in verifying scores
- May be required to supervise the work of the secretary/scorer if specified by the D1

Functions of the E Panel

- The E Panel's primary responsibility is to evaluate the execution, artistry and composition of the exercise.
- Observes the exercises attentively and evaluates the faults and corresponding deductions correctly, independently and without bias
- Records the entire routine using symbol notation
- Records deductions for faults (Article 6 - Table of General Execution and Amplitude Faults and Specific Composition, Execution and Artistry Deductions for each apparatus)
- Submits score quickly using the scoring system provided
- In collaboration with D Panel, discusses and makes decisions regarding coaches' protests and inquiries

Seating Arrangements for the Judging Panel

- The D and E panels are seated together.

Functions of the Secretary

Under the supervision of the D1 at each event, the secretary, when provided, is responsible for:

- The recording of the SV, judges' total deductions: E Score (execution, artistry and composition deductions) and/or FS, neutral deductions and the calculating of the Final/Flashed Score.
- Communicating the FS to the flasher.
- Ensuring the correct flashing of the competitor's number and her final score.

Functions of the Assistants

Assistants are under the supervision of the D2 and may be activated as:

- Line judges on floor to determine stepping outside of the border marking.
- Flash the FS and/or SV as provided by the D Panel.
- Time judges on uneven bars, balance beam and floor exercise to:
 - Time the duration of the exercise and adherence to the intermediate time.
 - Enforce adherence to the warm-up period.
 - Time the duration of the fall period at uneven bars and balance beam .

3.7 REGULATIONS FOR THE GYMNASTS

3.7.1 Requirements for Gymnasts.

Gymnasts must:

- Be informed about the OCP and all Technical Clarifications pertaining to the program.
- Obtain permission from the D1 or CCJ to leave the apparatus and/or competitive floor in order to use the washroom, or for any other reason. A 0.50 deduction will be applied to the final AA score of the gymnast for leaving the competition area without permission. **Gymnasts are expected to remain in the competition area throughout the entire competition including awards. Gymnasts are expected to remain at their apparatus in the designated waiting area until the end of each rotation. At the end of the competition, they should continue to remain in the competition area until called to line up for the awards presentation or told to go to the awards area (if in a different location than the competition gym).**
- Obtain permission of the D1 of their apparatus or CCJ to leave the competition area (i.e., go to washroom, take items to parents, leave designated waiting area to speak to coach, get ice from medical personnel, etc.). A warning will be given for the first infraction of this rule. Each subsequent infraction will result in the deduction of 0.50.
- Wait for a signal from the D1 to begin her routine (ex. green flag raised, hand raised or name called). If the gymnast begins before she has been called by the D1 the deduction of 0.50 will be applied by the D1 in consultation with the CCJ. If the gymnast starts the routine before the signal is given, the coach will be asked to stop the gymnast and have the gymnast repeat the performance immediately.

3.7.2 Competitive Attire

- The gymnast must wear correct athletic competition attire (as per OCP regulations, wearing of Ontario team leotard is permitted. For GCG Competitions gymnasts must wear correct athletic attire as per FIG, GCG) including :
 - Leotards with or without sleeves; if with sleeves then sleeves must be skin tight; if sleeveless the shoulder straps must be minimum 2 cm wide.
 - Full-length one piece leotard (unitard) (must be skin tight) or leotard without legs; the leg cut of the leotard may not extend beyond the hip bone and the leotard leg length cannot exceed the horizontal line around the leg, by more than 2 cm below the base of the buttocks.
 - The length of the legs of the unitard must be full leg length (to ankles).
 - Long tights worn over or under the leotard are not allowed.
- No jewellery (bracelets or necklaces) may be worn except for small stud type pierced earrings. There is no limit to the number of studs in each ear.
- Hip or other padding is not allowed. Bandages and wrist wraps are permitted and are to be securely fastened. Bandages worn by the gymnast may be any colour.
- No headbands are permitted.
- Underwear (including sports bras) should not be visible
If underwear is visible due to the cut of the leotard, warn the athlete's coach. If the gymnast does not correct it, take a deduction on her subsequent event. Underwear, including sports bras, should not be intentionally visible throughout the entire routine. However, if briefs or bra straps show due to activity, do not take a deduction. Common sense should prevail
- The CCJ will first warn the gymnast if there is an infraction and advise the gymnast to remove the incorrect attire (jewellery or leotard). If a correction does not occur after the warning is given, the deduction of 0.20 is applied at each subsequent event where the infraction is observed.
- Handgrips are permitted at uneven bars.
- The wearing of gymnastics slippers and socks is optional.

- For information pertaining to Masters refers to Section 1 (i.ii) OCP level 1-5 and Invitational Competition Information.

3.7.3 Use of Magnesia

- In the preparation of the uneven bars, reasonable use of magnesia is permitted.
- Small markings with magnesia may be placed on the balance beam.
- The spreading of magnesia on the floor exercise mat is not allowed. Small marks, i.e. "X", are permitted as orientation for difficult acrobatic elements in the corners.
- Drawing chalk lines (lines for hurdle) on the vault runway near the approach to the springboard is not permitted. Use of velcro or tape to identify markings is permitted. A deduction of 0.20 for infraction of this rule will be applied to the final score by the D Panel in consultation with the CCJ.

3.7.4 Apparatus Modifications

- Springboards brought to a competition by a club must stay at the event where they are initially used for the entire competition and must be available for all gymnasts at that event. This also applies to small mats used for round-off entry vaults.
- For mounts, a 30 cm block may be used instead of a springboard. The block must be removed after mount (same rule as for springboard). A 0.30 deduction from the FS will be applied if the block/springboard is not removed.
- Landing mats are mandatory. A 0.20 deduction will be applied to the FS if the athlete fails to land on landing mats.

VAULT

- 105 cm, 115 cm or 125 cm for all ages and all levels.
- 120 cm is permitted for gymnasts performing Tsukahara and round-off entry vaults.
- Level 1-5: The coach may stand in at vault with no deduction provided the gymnast is not touched.
- Use of the 10 cm supplementary mat for landing is mandatory and is placed on the 20 cm landing mat. A total of 10 cm of **additional mats for landing** are allowed without deduction and may be placed on the 10 cm supplementary mat for landing only. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. The coach may hold the landing mat in place.
- Springboards brought to a competition by a club must stay at the event where they are initially used for the entire competition and must be available for all gymnasts at that event. This also applies to small mats used for round-off entry vaults.
- Coaches/gymnasts are not allowed to draw chalk lines (lines for hurdles) on the vault runway near the approach to the springboard. Use of velcro or tape to identify markings is permitted. The deduction of 0.20 for infraction of this rule will be applied to the final score by the D Panel.
- On vault, the use of a collar around the springboard may be used for any vault but is **mandatory** for all round-off entry vaults. Failure to use the collar when performing a round-off entry vault will result in a "0" (VOID) score for the vault.
- A small floor mat may be placed on the runway in front of the springboard for **round-off entry vaults only**. There are no specifications for the size of the small mat. It is the host club's responsibility to ensure that an appropriate mat is available.

UNEVEN BARS

- Bar heights: as prescribed by FIG.
- Level 1-5: A coach may stand in at the uneven bars with no deduction during the gymnast's competitive performance, provided the gymnast is not touched.
- Bar width: the width of the bars may be extended to a maximum of 190 cm for all levels and age groups.

- Upon approval by the CCJ, the gymnast is permitted to raise both bar rails (each 5 cm or greater) if her feet or hips brush the floor when swinging. Permission and verification must be done in advance of the start of the competition. Without permission, there is a deduction of 0.50 from the final score. The time to raise the bars **is not** included in the time allowed for warm-up. The D1 will determine the order of the warm-up for gymnast raising the bars.
- The springboard or 30 cm block **must be removed** from the end or underneath the apparatus after the mount on uneven bars. Use of the collar around the springboard for round-off entry mounts is optional.
- Use of the 10 cm supplementary mat for landing is mandatory and is placed on the 20 cm landing mat. A total of 10 cm of **additional mats for landing** are allowed without deduction and may be placed on the 10 cm supplementary mat for landing only. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. The coach may hold the landing mat in place.
- The additional mats for landing may be placed before the exercise is begun or immediately after the mount and removal of the spring board if the mount is on the same end/side as the dismount. The coach may hold only the landing mats in place.
- The mats under the uneven bars may be added, removed or left in place during the exercise. The coach may not hold these mats in place.
- Coaches are permitted to place a small board under the spring board and on top of any supplementary mats for bar mounts, or the supplementary mats may be positioned after the spring board is removed.
- If water is applied to landing mats to hold them in place, it is the coach's responsibility to dry them off.

BALANCE BEAM

- 7-11 years = 110 cm or FIG.
- 12 years or older = FIG only.
- Balance beam will be lowered by 10 cm if 12 cm mats are used under the beam.
- Level 1-5: A coach may stand in at the balance beam with no deduction **during** the gymnast's competitive performance, provided the gymnast is not touched. A deduction of 0.10 (taken from the average by the D1) will be applied for coaches that stand in for the **entire** performance.
- Use of the 10 cm supplementary mat for landing is mandatory and is placed on the 20 cm landing mat. A total of 10 cm of **additional mats for landing** are allowed without deduction and may be placed on the 10 cm supplementary mat for landing only. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. The coach may hold only the landing mats in place. Landing mats may be placed underneath the beam (for dismount only) for Level 1-5. The springboard **must be removed** from the end of or underneath the apparatus after the mount on beam. Use of the collar around the springboard for round-off entry mounts is optional.
- Coaches are permitted to place a small board under the springboard and on top of any supplementary mats for beam mounts, or the supplementary mats may be positioned after the springboard is removed.

FLOOR EXERCISE

- Floor area: 12 m X 12 m.
- Up to 10 cm of additional mats are permitted for acro series.
- Level 1-5: there is no deduction for 'coach on the floor'.
- Level 6-10: If the coach purposely moves onto the floor to place or remove a mat after the routine has started a deduction of 0.50 will be taken by the D1 from the gymnast's final score. The deduction for 'coach on the floor' is applied only once, regardless of the number of times the coach physically enters the floor area. No deduction is applied if the coach inadvertently steps onto the corner area when placing, adjusting the placement of or removing the mat. No deduction is applied if the coach enters the floor area during the exercise to remove any object

that might impede or endanger the safety of the gymnast. The coach may not hold the mats in place or be present on the floor area to spot.

3.7.5 Warm -up Regulations

- Gymnasts have the right to warm-up and compete in the designated competitive order.
- The order of warm-up by clubs may not be altered unless agreed upon by all coaches in the rotation. The order of competition by clubs may also not be altered unless agreed upon by all coaches in the rotation regardless of there being changes to the height of the equipment.
EXCEPTION: Vault and Balance Beam (see General Information Regarding Warm-Up Options).
- When gymnasts report to an event and after establishing the competitive order, the gymnast has the right to have her coach present before beginning her warm-up time on the apparatus.
- Coaches will submit the order of competition for the gymnasts in their club upon arrival at the apparatus.
- In competitions with group(s) of nine or more gymnasts at each apparatus, the first half of the group will warm-up and compete. Then the other half of the group will warm-up and compete. It will be split 5/4 or 4/5. **EXCEPTION:** Vault and Balance Beam (see General Information Regarding Warm-Up Options).
- There are two warm-up options: Option 1 and Option 2 for Qualifying Competitions. These warm-up formats are also in effect for all Invitational Competitions. **Variations to these warm-ups must be submitted and approved by WPM/WTC.**
- Variations to warm-up options used at invitational Competitions must be included in the club's Call to Meet.
- Refer to the OCP Apparatus Charts for additional requirements regarding specific apparatus warm-up format .

3.7.6 Special Situations

Late Arrivals:

If a gymnast(s) is/are late due to extenuating circumstances, they are permitted to warm-up, and compete in all four events provided the third rotation has not started. If the third rotation has started, the gymnast will be permitted to warm-up and compete in the final two rotations.

The Meet Director and CCJ are responsible for determining the competitive order of rotation for the gymnast(s).

A sufficient general warm-up will be provided, as determined by the Coach, CCJ and Meet Director, not to exceed 15 minutes.

Gymnast leaving the competition before awards:

- The coach must submit a signed written request along with the gymnast's name , number and level to the CCJ.
- The CCJ must determine whether the request is reasonable (i.e., injury, illness, mandatory school function, wedding, dance competition, etc.). A request to leave early because the gymnast did not do well or the parent does not want to stay would be unreasonable.
- If the CCJ is in doubt, she/he should consult with a WTC member, Judging Committee member (if in attendance) or non-affiliated D panel judge(s).
- The CCJ is required to sign the form and include the following information:
 - Whether permission was granted.
 - The names of judges/WTC members who were consulted.
 - The rationale for the decision.

- This document must be sent with the Meet Report within **7 days of the competition date** to WPM.

3.8 REGULATIONS FOR THE COACHES

3.8.1 General Requirements for the Coaches

- Coaches must know the OCP and all Technical Clarifications pertaining to the program and act according to its rules.
- Coaches must conduct themselves in a fair and sportsmanlike manner at the apparatus and during the competition, which includes the warm-up, march-in, competition and awards ceremony.
- Coaches must dress in appropriate attire during warm-up and competition (refer to the Gymnastics Ontario Technical Rules and Regulations Document for the coaches' dress code).

Coaches are Permitted

- At vault, uneven bars and balance beam to prepare the spring board, to adjust the rails on the uneven bars and to adjust the height of the balance beam.
- At vault, uneven bars and balance beam, to be present at the apparatus during the routine/vault without deduction. Coaches should avoid blocking the view of the judging panel when they are present at the apparatus.
- To be present at all apparatus in case of injuries or defects on the apparatus.
- To address a verbal inquiry or clarification to the D1 about the SV and deductions for execution, composition and artistry of their own gymnast's routine at the end of the rotation.
- To file a protest with the CCJ if not satisfied with the results of the initial inquiry. Protest must be based on the SV and specific flat (not "up to") composition deductions only. **NOTE:** If a coach inquires, informally or formally through a protest regarding a SV and/or specific flat (not "up to") composition deductions only and upon review it is ascertained by the D Panel and/or CCJ that an incorrect SV was awarded, an adjustment to the SV must be made regardless of whether it increases or decreases the SV and/or FS.
- To make an inquiry in writing about a gymnast or coach from another club to the CCJ using the Coaches' Inquiry Form. The inquiry can only be made on the presumption that the rules were not applied or were applied incorrectly.
- If the gymnast starts her routine before the signal is given, the coach will be asked by the D1 to stop the gymnast and have the gymnast repeat the performance immediately.
- Refer to Apparatus Sections for more information regarding spotting regulations for each apparatus.

Coaches are Not Permitted

- To block the view of the judges; however, there is no deduction for this offence. Judges should request that the coach moves.
- To change the height of the apparatus without permission.
- To speak to the D2 or E Panel judges about a performance during the competition.
- To interfere with the rights of other participants.
- To delay the competition.
- To display flagrant, undisciplined and abusive behaviour.

To give signals and/or verbal commands that are considered coaching. These types of behaviours include technical cues such as: "straighten your legs", "jump higher", "stretch through your shoulders", "don't arch", "jump higher", "wide shoulders/arms", "do your leap line" etc. One warning is applied. The deduction for technical cues by a coach/athletes is 0.20.

Sanctions

- Sanction will be imposed by the CCJ for infractions by coaches as follows first offence: yellow card. second offence during same competition: red card and immediate removal from competition.
- In the interest of the gymnast, when there is no other club coach on site, the penalty imposed will be financial (as established by GO).
- For a second offence, it is not necessary to have repeated the same offence.
- If a coach demonstrates flagrant undisciplined and abusive behaviour, she/he may immediately receive a red card and be removed from the competition.
- All incidents involving sanctions must be reported in the Meet Report.

3.8.2 Dress Code

- Coaches are representatives of their clubs and of GO. Therefore, proper attire and behaviour are imperative.
- All coaches are expected to comply with discipline dress codes. This includes attire at the warm-up and competition site.
- Please refer to Section F for the Coaches dress code policy

3.9 AWARDS

Coaches have up to five minute after the publication of the results to verify and communicate any error(s) to the CCJ. After five minutes the results will be considered as accurate.

Minimum awards to be presented at All Competitions	
One gymnast in a specific category	Single All Around gold medal
Two to three gymnasts in a specific category	Gold and silver medals, and ribbons for All Around places
Four to five gymnasts in a specific category	Gold, silver and bronze medals per Event and All Around for 1st to 3rd places; ribbons per Event and All Around for 4 th to 8 th places.

3.9.1 General & Invitational Competitions

- Prior to each competition, host clubs must announce their age category breakdowns based on registration/schedule.
- No more than three ages are allowed in the same level (unless the participating clubs are contacted for their approval). Exception: Age 14+ category can have more than three ages grouped together.
- Awards are to be given for each Event ranking and All Around ranking. A **minimum** awards standard has been created for Compulsory Qualifiers up to 8th place, which may provide a guide for host clubs. The type and number of awards (past 8th place) are at the discretion of the host club.
- In the event that all the gymnasts registered in one category are from the same club, it is recommended that a call be made to the club to notify them of the situation. The coach should be given the option of changing the gymnast's category. In this situation, gymnasts may move up an age category, but may not move down an age category.
- 7 and 8 year old gymnasts should receive a participation recognition award in addition to their apparatus and all-around awards (must be the same for every participant).

3.9.2 Qualifiers:

- Gymnasts will march in immediately prior to the awards ceremony.
- Medals (1st to 3rd) and ribbons (4th to 8th) with no bumping for ties (categories are listed above in Competitive structure).

- For Qualifying Competitions categories with maximum 25 or more competing gymnasts in one category will be split for awards.
- Categories will be split by date of birth at the median of the total gymnasts to be split.

3.9.3 Selection Competitions (ie.Tour Selection)

- Gymnasts will march-in immediately prior to the awards ceremony.
- Any additional awards presented must follow specific guidelines/criteria as set out by the WTC.
- A separate presentation (in addition to medals and ribbons) must be made to the selected Team Members.
- Teams named on site are considered tentative until confirmed and circulated by the WPM.

3.9.4 Ontario Championships

- Gymnasts will march-In immediately prior to the awards ceremony.
- There will be **no** bumping in case of a tie.
- Any additional awards presented must follow specific guidelines/criteria as set out by the WTC.
- **Awards Presentation All Around Competition:** For each category event awards are presented first, followed by All Around awards.
- **Awards Presentation Event Specific Competition:** Following each event specific competition the awards presentation will occur. The event specific award will be a different medal than the AA award.
- **Awards Presentation Team Awards:** Following the final age category session of each level the team awards presentation will occur. The Team Award will be an award (1st-3rd) based on the top three event scores per club per level (all age categories).

IV) TEAM ONTARIO and SELECTION PROCESS

Event	Levels	Selection Activity	Selection Date
Canada Winter Games	Level 10	CWG Trials	NA
Tour	Level 6-10 (Age 14+)	Tour Selection	Mid November
Elite Canada		Elite Canada Screening Activity	National Qualifier(s)
Ontario Championships	Level 6-10	Qualifiers	Level 6-10 (November to March)
	Level 3-5		Level 3-5 (November to April)
Eastern Canadian Championships	Level 7-10 and Aspire	Ontario Championships	Early April
Canadian Championships	Level 9 and 10*		May/June

*GCG has decided status quo for one more year

4.1 Gymnast Selection Policy

- Ontario Tour Selection (OCP Level 6-10 Age 13+) National Stream Cup / CWG (Level and Categories announced annually)*, Optional Qualifying gymnasts must be registered in the qualifying system.
- Each Team Ontario selection (i.e. exact team size) will be circulated in the Call to Meet. Petitions will not be accepted.
- Starting with the 2014-15 season Tour Gymnasts can only be on the Tour Team in the same level for two consecutive years (Level 9 and 10 can only be on the Tour Team for 3 consecutive years).
- Elite Canada Screening Activity (for HP Gymnasts): Gymnasts wishing to obtain the screening score

to compete at Elite Canada must register in the respective category at the Elite Canada Screening Activity as per GCG Rules and Regulations Section 5.

- All camps are made available to gymnasts, coaches and judges for the purpose of team building, gymnast development and professional development. Expert clinicians will be utilized and other provinces may be invited to attend. Please Note: the Pre-Tour, Pre-Easterns and Pre-Canadians Training camp is highly recommended for all team members and alternates.

4.2 Coaches Selection Policy

- Please refer to Technical Rules and Regulations Section F, Coaches Policies and Guidelines.

4.3 Tour

- Each tour team will be selected from the Tour Selection Meet (exact team size will be circulated in the Call to Meet). Petitions will not be accepted. Trip details (e.g. leotard purchase and cost-sharing for the trip, etc.) will be circulated on site after the competition. Team gymnasts will receive a detailed information package upon being named to the team.
- To qualify for a Tour Team, gymnasts must compete on all four events at the Tour Selection Meet. Petitions will NOT be accepted.
- A verification form must be completed prior to travel.
- A passport and notarized (consent to travel) letter may be required for travel.
- If a gymnast changes her category before the Tour travel dates, that gymnast forfeits her spot on the Tour Team. The spot will be given to the next ranked gymnast at the selection activity (i.e. 9th place). Optional gymnasts who are selected for any Team Ontario event must remain at that level in which they competed at the selection event for the remainder of the season.
- Teams named on site are considered tentative until confirmed and circulated by the WPM.

4.4 Ontario Championships

The qualification list for Ontario Championships is determined by averaging all eligible gymnasts best 2 AA qualifier scores. The top 32 ranked gymnasts in OCP Level 6-10 will be eligible to compete at Ontario Championships.

- All Around competition: the top 32 gymnasts in OCP Levels 6-10 is determined by averaging all eligible gymnasts' best 2 AA qualifier scores.
- Event Finals competition: the top 8 gymnasts in OCP Level 7-10 are determined by averaging all eligible gymnasts' best 2 event score from qualifiers. There will be a limit of two gymnasts per club qualifying for each apparatus of the Event Finals for Ontario Championships.
- Every opportunity shall be given to ensure that an unassigned spot for Ontario Championships shall be filled; there are no restrictions capping the placing of the next ranked gymnast where possible.
- Petition Policy: please refer to Technical Rules and Regulations Section C, General Competition Guidelines.

Ontario Championships (All Around): In the case of a tie between two or more gymnasts the ranking will be determined by using each gymnast's best two All-Around scores (excluding Tour Selection) that were used to qualify to Ontario Championships by the following criteria in the order shown below:

- 1) The gymnast with the higher All-Around qualification score.
- 2) The gymnast with the second highest All-Around qualification score.
- 3) The gymnast with the best three event scores from her highest All-Around (AA) qualification score.
- 4) The gymnast with the best two event scores from her highest All-Around (AA) qualification score.

- 5) The gymnast with the best one event score from her highest All-Around (AA) qualification score.

Ontario Championships (Event Finals): In the case of a tie between two or more gymnasts their ranking will be determined by using the following criteria in the order shown below:

- 1) The highest event final score from qualifiers in which the gymnast was ranked for event finals; the gymnast with the highest event final score will qualify.
- 2) The highest event execution score from the gymnast's highest apparatus qualification score.
- 3) The second highest event execution score from the gymnast's highest apparatus qualification score.
- 4) If 1, 2 or 3 do not break the tie than the tie stands and all tied gymnasts qualify to compete in event finals.

4.5 Eastern Canadian Championships

- Ontario Championships will be the selection event for Eastern Canadian Championships.
- All forms will be electronically circulated to the clubs; only team apparel will be done on site.
- The Eastern Canadian Championships organizing committee determines eligible levels each year.
- In cases where a named team gymnast(s) declines to compete at Easterns, the WPM will contact the 1st or 2nd alternate only. If the 1st and 2nd alternates decline, no additional gymnasts will be assigned.
- Levels and qualifying process is as follows: Levels as per JO

Level 7	Level 8	Level 9	Level 10	Aspire
Top 4 gymnasts per category	Top 4 gymnasts per category	Top 4 gymnasts per category	Top 4 gymnasts per category	Top 5 gymnasts per category
born 2005, 2006 (age 11 and 12)	born 2005, 2006 (age 11 and 12)	born 2004,2005,2006 (age 11, 12, 13)	Born 2002-03-04-05 (ages 12-15)	Level 1 (9-11) (born 2006, 2007,2008)
born 2003, 2004 (age 13 and 14)	born 2003, 2004 (age 13 and 14)	born 2002-2003 (age 14 and 15)	Born 2001 and before (age 16+)	Level 2 (10-11) (born 2007-2006)
born 2002 and before (age 15+)	born 2002 and before (age 15+)	born 2001 and before (age 16+)		

4.6 Canadian Championships

- Ontario Championships will be the selection event for Canadian Championships.
- All forms will be electronically circulated to the clubs, only team apparel will be done on site.
- Teams will be named at Ontario Championships. Teams named on site are considered tentative. Confirmation of teams will be communicated after the event.
- Level 9: as per GCG Technical Rules and Regulations. Each Province may register a total of six Level 9 gymnasts at the time of the Championships (5 team and 1 individual).
- Level 10: As Per GCG Technical Rules and Regulations. Each province may send up to six gymnasts in the age 12-15 category and six gymnasts in the Age 16+ category (5 team and 1 individual per category).
- Team: As Per GCG Technical Rules and Regulations each Province can name a maximum of five gymnasts to a team for Level 9 (11-13), Level 10 (12-15) and Level 10 (16+). Gymnasts will compete together for the determination of the Ontario team composition. The top five gymnasts at Ontario Championships will be selected.

- Individual Gymnasts: As per GCG Technical Rules and Regulations one (1) individual gymnast will be selected after the team based on rank at Ontario Championships in each category, Level 9 (11-13), Level 10 (12-15) and Level 10 (16+).
- Team Coaches: Two coaches will be named to the team based on the coach selection policy outline in Section F of the Technical Rules and Regulations.
- Individual Coaches: as per GCG Section 5
- High Performance gymnasts (Novice, Junior and Senior) are automatically eligible to compete at Canadian Championships.

V) TECHNICAL CHARTS

5.1 Level 1-5 Compulsory Charts

5.2 Level 6-10 Optional Charts

Level 1-5 VAULT					
This chart is an overview only, please refer to 2013-2021 JO Compulsory Program Manual					
	Level 1	Level 2	Level 3	Level 4	Level 5
Maximum Start Value	10.0	10.0	10.0	10.0	10.0
Restrictions: See “Changes in Prescribed Routines/Elements” for specific deductions	<p>Only Vaults listed for each Level are allowed- All others = Void Vault If one of the vaults performed is restricted then both vaults=void Only Springboard permitted (no mini-tramp or tramp-board allowed)</p>				
Compulsory Vault: See USAG Level 1-5 Compulsory Manual for specific technical requirements of Vaults	Straight Jump onto a Raised Mat Surface (*minimum of 40cm mats) and then Handstand Fall to Straight Lying Position on the Back	Jump to Handstand Onto a Raised Mat Surface (*minimum of 40 cm mats) Fall to Straight Lying Position on the Back	Jump to handstand Onto a Raised Mat Surface (*minimum of 80 cm mats) fall to Straight Lying Position on the Back	Handspring Vault	Handspring Vault
Requirements	Each phase of the vault is worth 5.0 points with the score of each phase added together.				
	<p>1 or 2 vaults, best to count</p> <p>Three attempts are permitted to successfully complete one or two vaults. A balk is considered an attempt. A fourth attempt is not permitted.</p> <p>Levels 1-5: Balk =running approach that does NOT result in gymnast coming to rest or support on top of the vault apparatus (table or mat stack) is considered an attempt.</p>				
Equipment Specifications	<p>Level 1-5: All ages</p> <p>Level 1: Stacked Mats- 40 cm (*plus or minus 3 cm)</p> <p>Level 2: Stacked Mats- 40, 60 or 80 cm (*plus or minus 3 cm)</p> <p>Level 3: Stacked Mats- 80, 100 or 120 cm (*plus or minus 3 cm)</p> <p>Level 4 and 5: Vault height 105, 115, 125 cm Up to 20 cm additional mats allowed, this includes MANDATORY 10 cm mat for landing</p>				
Warm up	<p>Option 1 and 2: Split @ 9+ gymnasts</p> <p>Level 1 – 5: 1 minute per gymnast, blocked running time by stacked mat/vault height</p>				

Level 1-5 UNEVEN BARS

This chart is an overview only, please refer to 2013-2021 JO Compulsory Program Manual

	Level 1	Level 2	Level 3	Level 4	Level 5
Start Value	10.0	10.0	10.0	10.0	10.0
Restrictions: see "Changes in Prescribed Routines/Elements" for specific deductions	Compulsory Routine Routine must be performed in the order listed No additional elements allowed No deductions for casts to maximum amplitude				
Compulsory Routine See USAG Level 1-5 Compulsory Manual for specific technical requirements of elements and sequences	1. Mount: Back hip pullover (0.60) 2. Cast (0.40) 3. Back hip circle (0.40) 4. Dismount choice (0.60) Cast, straddle on sole circle underswing OR Clear underswing	1. Mount: Back hip pullover (0.60) 2. Cast (0.40) 3. Back hip circle (0.40) 4. Single leg cut forward (0.20) 5. Choice (0.60) Forward stride circle OR Single leg basket swing 6. Single leg swing backward (0.20) 7. Dismount Choice (0.60) Cast squat on pike sole circle dismount OR Cast, clear underswing dismount	1. Mount Choice Glide swing out return (0.20) Back hip pullover (0.40) OR Straddle or pike glide kip (0.60) 2. Front hip circle, small cast return to front support (0.40) 3. Cast, single leg squat through (0.20) 4. Choice or (0.40) Fwd stride circle OR Single leg basket swing 5. Single leg cut backward (0.20) 6. Cast (0.40) 7. Back hip circle (0.40) 8. Clear underswing dismount (0.6)	1. Mount: Straddle or pike glide kip (0.60) 2. Cast to horizontal and return to front support (0.40) 3. Cast squat or pike on (0.20) 4. Jump to long hang kip (0.60) 5. Cast to horizontal (0.40) 6. Back hip circle (0.40) 7. Underswing, first counterswing (a min. of 30° below horizontal) (0.60) 8. Tap swing forward, second counterswing (a min. of 30° below horizontal) (0.60) 9. Tap swing forward, ½ (180°) turn dismount (0.60)	1. Straddle or pike glide kip (0.60) 2. Cast to above horizontal (legs together) (0.40) 3. Choice of one of the following (0.60) : ➤ clear hip circle above horizontal ➤ Backward sole circle to clear front support ➤ Backward staldler circle to clear front support 4. Straddle or pike glide kip (0.60) 5. Choice of either (0.20) Cast, squat or pike-on OR Cast 360° backward sole circle 6. Jump to long hang kip (0.60) 7. Cast to above horizontal, legs together (0.40) 8. Long hang pullover (0.60) 9. Under-swing, 1 st counterswing (min. of 15° below horizontal) (0.60) 10. Forward tap swing, 2 nd counterswing (min. of 15° below horizontal) (0.60) 11. Forward tap swing to flyaway dismount (tuck, pike or layout) (0.60)
Equipment	FIG Bar Heights, adjustable width to a maximum of 190 cm. Up to 20 cm additional mats allowed, this includes MANDATORY 10 cm mat for landing , Small board permitted under springboard. For mounts, a 30 cm block may be used instead of springboard. The block must be moved after mount (same rule as springboard).				
Warm-up	Option 1 and 2: Split at 9+ gymnasts . Level 1 – 5: one minute per gymnast, blocked or individual time. Masters (18+): 1 minute and 30 seconds per gymnast (blocked by bar width).				

Level 1-5 BALANCE BEAM					
This chart is an overview only, please refer to 2013-2021 JO Compulsory Program Manual					
	Level 1	Level 2	Level 3	Level 4	Level 5
Start Value	10.0	10.0	10.0	10.0	10.0
Restrictions: See "Changes in Prescribed Routines/Elements" for specific deductions	Compulsory Routine USAG Choreography required No additional elements allowed				
Compulsory Routine See USAG Level 1-5 Compulsory Manual for specific technical requirements of elements/choreography	<ol style="list-style-type: none"> 1. Jump to front support mount (0.20) 2. Pike lying position (0.40); relevé balance- hold 2 sec. (0.20) 3. Arabesque (30°) (0.40) 4. Forward leg swings (ea. 0.20) 5. Lever –hold 1 sec. (0.60) 6. Leg balance in forward passé (0.20) 7. Stretch jump (0.40) 8. From kneel, cartwheel to ¼ handstand dismount (0.60) 	<ol style="list-style-type: none"> 1. Jump to front support mount (0.20) 2. Whip swing to push-up position, jump to tuck stand (0.60) 3. Arabesque –hold 1 sec.(30°) (0.40) 4. Forward leg swing, backward leg swing (each 0.20); demi-plié; relevé (0.20) 5. Lever to beam (0.60) 6. Leg balance in forward passé–hold 2 sec. (0.20) 7. ½ (180°) pivot (0.20) 8. Stretch jump (0.40); 9. Cartwheel to side handstand dismount (0.60) 	<ol style="list-style-type: none"> 1. Leg swing mount with ½ (180°) turn (0.20) 2. Cross handstand (0.60) 3. Rond de Jambe; arabesque–hold 1 sec. (45°) (0.40) 4. Straight leg leap (90°) (0.60) 5. Stretch jump; stretch jump (each 0.40) 6. Two (2) ½ (180°) pivot turns (each 0.20) 7. ½ (180°) turn in forward passé (heel-snap turn) (0.40) 8. Cartwheel to side handstand, ¼ (90°) turn dismount (0.60) 	<ol style="list-style-type: none"> 1. Leg swing mount with ½ (180°) turn (0.20) 2. Cartwheel ¼ (90°) turn inward (0.60) 3. Rond de Jambe; arabesque (min. 45° below horizontal); scale–hold 1 sec. (horizontal) (0.40) 4. Straight leg leap (120°) (0.60) 5. Cross handstand –hold 1 sec. (0.60) 6. Split jump (120°) (0.40); stretch jump (0.40) 7. ½ (180°) Turn in fwd passé (0.40) 8. Cartwheel to side handstand–hold 1 sec., ¼ (90°) dismount (0.60) 	<ol style="list-style-type: none"> 1. Leg swing mount with ½ turn (0.20) 2. Choice of (0.60) <ul style="list-style-type: none"> ➤ Back walkover (150°) OR ➤ Back roll to min.¼ handstand OR ➤ Back handspring step out 3. Rond de Jambe; Arabesque (min 45° below horizontal) Scale, hold 2 sec.(above horizontal) (0.40) 4. Straight leg leap (min 150°) (0.60); Stretch Jump (0.40) 5. Cross Handstand hold 2 sec (0.60) 6. Split Jump (150°) (0.40); Sissone (0.20) 7. 1/1 (360°) turn in forward passé (0.40) 8. Cartwheel to side handstand- hold 2 sec., ¼ (90°) turn dismount (0.60)
Equipment	Ages 7 – 11yrs: 110 or FIG, 12 yrs+: FIG only. Up to 20 cm additional mats allowed, this includes MANDATORY 10 cm mat for landing , For mounts, a 30 cm block may be used instead of springboard. The block must be moved after mount (same rule as springboard).				
Warm up	Level 1 – 5 Option 1 and 2: 1 minute per gymnast, blocked by beam height, 3 person bump start. Masters (18+): 1 minute and 30 seconds per gymnast (bump start, blocked by beam height).				
Routine time Requirements	Exercise Maximum Time: Level 1: 30 seconds Level 2: 35 seconds Level 3: 55 seconds Level 4: 1 minute 5 seconds Level 5: 1 minute 10 seconds Masters: Optional Choreography Maximum time: 1 minute 10 seconds				

Level 1-5 FLOOR EXERCISE

This chart is an overview only, please refer to 2013-2021 JO Compulsory Program Manual

	Level 1	Level 2	Level 3	Level 4	Level 5
Start Value	10.0	10.0	10.0	10.0	10.0
Restrictions: See "Changes in Prescribed Routines/ Elements" for specific deductions	Compulsory Routine (starting position and Floor Pattern) and Music Required No additional elements allowed Masters: Optional Choreography and Music Allowed				
Compulsory Routine See USAG Level 1-5 Compulsory Manual for specific technical requirements of elements/ choreography	1. ¼ Handstand (0.40) 2. Cartwheel, ¼ (90°) turn inward, lunge (0.60) 3. Backward roll tucked (0.60) 4. Candlestick (0.20) 5. Forward roll tucked (0.40) 6. Forward passé balance (0.40) 7. Forward chassé (0.20) ; step to leg swing (not in relevé) 8. Split jump (30°) (0.40) relevé balance- hold 1 sec.	1. Handstand –hold 1 sec. (0.40) 2. Round-off (0.60) 3. Backward roll to pike stand (0.40) 4. Candlestick (0.20) 5. Bridge; back kick-over (0.40) 6. Straight leg leap (60°) (0.60) 7. Two (2) ¼- ¼ (90° + 90°) turns in forward passé (heel snap) (0.40) 8. Split jump (60°) (0.40)	1. Split jump (90°) (0.40) ; stretch jump (0.20) 2. Handstand to bridge, back kick-over (120°) (0.60) 3. Handstand – hold 1 sec. forward roll step-out with straight arms (0.60) 4. Forward chassé; straight leg leap (90°) (0.60) 5. Backward roll to push-up position (0.40) 6. Forward split (0.20) 7. ½ (180°) turn in forward passé (0.20) 8. Round off (0.40) ; back handspring to two feet (0.60) ; rebound	1. Straddle jump (120°) (0.40) ; stretch jump with ½ (180°) turn (0.40) 2. Front handspring to two feet (0.60) ; rebound 3. Straight arm backward roll to handstand (0.40) 4. Forward split (0.20) 5. Sissone (120°); forward chasse, straight leg leap (120°) (0.60) 6. 1/1 (360°) turn in forward passé (0.40) 7. Back walkover (150°) (0.40) 8. Round-off (0.40) back handspring (0.60) ; back handspring (0.60) ; rebound	1. Straddle Jump (150°) (0.40) ; Stretch jump with 1/1 (360°) turn (0.40) 2. Front handspring step-out (0.60) ; Front handspring to two feet (0.60) ; rebound 3. Forward Salto tucked (0.60) 4. Straight arm backward roll to handstand, kneel pose (0.40) 5. Forward split (0.20) 6. Sissone (135°); forward chassé; straight leg leap (150°) (0.60) OR Switch-leg leap (150°) (0.60) ; Leg swing hop 7. Side passé pose; 1/1 (360°) turn in forward passé (0.40) 8. Round-off (0.40) ; back handspring (0.40) ; backward salto tucked (0.60)
Equipment	Perform the exercise in a straight line pattern across the mat, or on the diagonal	Perform the exercise in a straight line pattern across the mat, or on the diagonal	Full Floor	Full Floor	Full Floor
Warm up	Option 1 (for shared floor only): 1 minute per gymnast blocked time. Minimum of 4 minutes. Split at 9+ gymnasts Option 2: four minute minimum to warm up with a maximum of 10 gymnasts. One of the coaches of the first three gymnasts can request an additional minute (If more than eight gymnasts, the ninth gymnast may begin warm-up after the first gymnast has competed, and so on).				
Routine time requirements	Compulsory Music Specific Apparatus deductions see L 1-5 Compulsory General Faults and Penalties. Masters (18+): Optional Choreography and Music- Maximum Time: 1 minute and 30 seconds.				

Level 6-9 VAULT

Vault Name	Number	6	7	8	9
Handspring	1.101	10.0	10.0	9.0	8.6
Handspring - ½ twist off	1.102	10.0	10.0	9.1	8.7
Yamashita	1.103	10.0	10.0	9.0	8.6
Yamashita - ½ twist off	1.104	10.0	10.0	9.1	8.7
½ on – ½ off <u>or</u> ¼ on-3/4 off	1.105	10.0	10.0	9.2	8.7
¼ -½ on – repulsion (with flight to feet) off	1.106	10.0	10.0	9.0	7.0
Handspring - 1/1	1.201	10.0	10.0	9.5	9.0
Handspring - 1 ½	1.202	NA	NA	9.7	9.4
Yamashita - 1/1	1.203	10.0	10.0	9.5	9.0
½ on – 1 ½ off <u>or</u> ¼ on – 1 ¾ off	1.205	NA	NA	9.6	9.3
½ on – 1/1 off <u>or</u> ¼ on – 1 ¼ off	1.206	10.0	10.0	9.4	8.9
1/1 on – Handspring <u>or</u> Yamashita off	1.207	10.0	10.0	9.5	9.0
1/1 on – ½ off	1.208	10.0	10.0	9.7	9.3
Handspring 2/1	1.301	NA	NA	10.0	9.9
½ on – 2/1 off <u>or</u> ¼ on – 2 ¼ off	1.306			10.0	9.8
1/1 on – 1/1 off	1.307			NA	9.7
Handspring - front tuck	2.301				10.0
Handspring - front tuck ½	2.302				10.0
Handspring - front pike	2.304				10.0
Front Handspring onto board – Hsp – Front Tuck	2.310				10.0
Front Handspring onto board – Hsp – Front Pike	2.311				10.0
Tsukahara - tucked	3.201			9.8	9.6
Tsukahara – tucked 1/1	3.302			NA	10.0
Tsukahara - pike	3.303			10.0	9.7
Tsukahara – layout	3.304			NA	10.0
½ on – ½ off, Front Tuck <u>or</u> ¼ on – ¼ off Front Tuck (land facing out) <u>or</u> Tsukahara – Tuck ½	3.306				10.0
½ on – ½ off, Front Tuck ½ <u>or</u> ¼ on – ¾ off, Front Tuck ½	3.308				10.0
Round-off, bk hsp– Repulsion (with flight to feet) off	4.101			9.0	7.0
Round-off, bk hsp – Repulsion ½ off	4.102			9.1	7.7
Round-off, bk hsp - 1/1 off	4.201			9.4	9.1
Round-off, bk hsp – 1 ½ off (Allen)	4.202			9.6	9.3
Round-off, bk hsp – Back tuck	4.203			9.8	9.6
Round-off, bk hsp – 2/1 off	4.301			NA	9.8
Round-off, bk hsp – Back tuck 1/1	4.303				10.0
Round-off, bk hsp – Back pike	4.304			10.0	9.7
Round-off, bk hsp – Back layout	4.305			NA	10.0
Round-off, bk hsp – ½ off, Front Tuck <u>or</u> Round-off, bk hsp – Back Tuck ½	4.307				10.0
Round-off, bk hsp ½ on – Handspring off	5.101			9.2	8.9
Round-off, bk hsp, ½ on – 1/1 twist off	5.201			9.6	9.2
Round-off, bk hsp, ½ on – 1 ½ twist off	5.202			9.8	9.4
Round-off, bk hsp, 1/1 on – 1/1 twist off	5.207			NA	9.3
Round-off, bk hsp, ½ turn on – 2/1 turn off	5.312			10.0	9.9

JR. OLYMPIC VAULT VALUES FOR LEVEL 10 – revised September 2016

GROUP I HANDSPRINGS, YAMASHITAS	GROUP II HANDSPRINGS with or without 1/1 TURN - SALTO FORWARD OR BACKWARD	GROUP III TSUKAHARA or 1/2 on - SALTO FWD OR BWD with or without TURN	GROUP IV Round - off, Flic-flac on - SALTO FWD OR BWD with or without LA TURN	GROUP V Round - off, Flic-flac with 1/2 or 1/1 turn on - HANDSPG or SALTO FWD OR BWD with or without LA TURN
1.101 Handspring 8.2 1.102 Handspring-1/2 off 8.3 1.103 Yamashita 8.2 1.104 Yami-1/2 8.3 1.105 1/2on-1/2off OR 8.3 1/4on-3/4 off 1.1061/4-1/2on Repulsion off 7.0		Note for the J.O. Program: All Group 3 vaults may be performed with a 90° to 180° LA turn in the first flight	4.101 RO,FF on – Repulsion off 7.0 4.102 RO,FF on – Repulsion 1/2 off 7.7 4.201 RO,FF on - 1/1 twist off 8.9 4.202 RO,FF on - 11/2 twist off 9.1 (Allen) 4.203 RO,FF on - Back Tuck 9.4	All Group 5 vaults described as a flic-flac with a 1/1 (360°) turn on may be performed with a 3/4 (270°) to 1/1 (360°) LA turn in the first flight 5.101 RO,FF 1/2 on – Hndspg off 8.9 5.201 RO,FF 1/2 on - 1/1 twist off 9.2 5.202 RO,FF 1/2 on - 11/2 twist off 9.4 5.207 RO,FF 1/1 on - 1/1 twist off 9.3 5.301 RO,FF 1/2 on - Fr. Tuck 9.9 5.312 RO,FF 1/2 on - 2/1 twist off 9.8 5.401 RO,FF 1/2 on - Fr. Tuck 1/2 10.0 5.402 RO,FF1/2on-1/2,BkTuck 10.0 5.403 RO,FF 1/2 on - Fr. Pike 10.0 5.404 RO,FF1/2on-Fr.Pike1/2 10.0 5.405 RO,FF 1/2 on - 1/2, Bk. Pike 10.0 5.406 RO,FF 1/2 on - Fr. Layout 10.0 5.408* RO,FF 3/4 -1/1 on – Bk. Tuck 10.0 5.409* RO,FF 3/4 -1/1 on – Bk. Pike 10.0 5.410 RO,FF 3/4 -1/1 on – 1/2, Fr. Tuck 10.0 5.501 RO,FF1/2on-Fr.Tuck11/2 10.0 5.505 RO,FF1/2on-1/2off,BkLO 10.0 or RO,FF1/2on-Fr.Layout1/2 5.509 RO,FF 3/4 - 1/1 on – Bk. Layout 10.0 5.510 RO,FF 3/4 - 1/1 on – Bk. Tuck 1/1 10.0 5.511 RO,FF 3/4 - 1/1 on – Bk. Layout 1/1(Tankousheva) 10.0
1.201 Hsp - 1/1 8.8 1.202 Hsp-11/2 9.2 1.203 Yami-1/1 8.8 1.205 1/2on-11/2off OR 9.1 1/4 on - 13/4 off 1.206 1/2on-1/1off OR 8.7 1/4on-11/4off 1.207 1/1on-H/Y 8.9 1.208 1/1on-1/2off 9.1	2.301 Hsp - Front Tuck 9.7 2.302 Hsp - Front Tuck 1/2 9.9 2.303 Hsp - 1/2 off, Bk. Tuck 9.9 (Cuervo tuck) 2.304 Hsp - Front Pike 9.8 2.310 Fr. Hndsp onto board, Hsp. – Fr. Tuck (llg) 9.8 2.311 Fr. Hndsp onto board, Hsp. – Fr. Pike (Garbarino) 9.9 2.402 Hsp - Front Tuck 1/1 10.0 2.403 Hsp - 1/2 off, Back Tuck 10.0 w/ 1/2 (Cuervo Tk w/ 1/2) 2.404 Hsp - Front Pike 1/2 10.0 2.405 Hsp - 1/2 off, Back pike 10.0 (Cuervo Pike) 2.406 Hsp - Front Layout 10.0 2.407 Hsp - Fr. Layout 1/2 or 10.0 Hsp - 1/2 off, Back layout (Cuervo Layout) 2.408 Hsp - Front Pike 1/1 10.0 (Chusovitina) 2.409 1/1 on - Front Tuck 10.0 2.410 Fr. Hndsp onto board, Hsp. – Fr. Tuck 1/2 10.0 (Mantle) 2.501 Hsp - Double Fr. Tuck 10.0 2.502 Hsp - Fr. Tuck 11/2 10.0 2.507 Hsp - Fr. Layout 1/1 10.0 2.508 Hsp - Fr. Layout 11/2 10.0 (Chusovitina) 2.509 1/1 on - Front pike 10.0 2.607 Hsp - Fr. Layout 2/1 10.0 2.609 1/1 on - Fr. Layout 10.0	3.201 Tsukahara Tuck 9.4 3.302 Tsuk Tuck 1/1 9.8 3.303 Tsuk Pike 9.5 3.304 Tsuk layout 9.7 3.306 1/2on-1/2off,Fr.Tuck 9.7 or 1/4 on - 1/4 off, Fr. Tuck (land facing out) or Tsuk tuck 1/2 3.307 1/2on-1/2off,Fr.Pike 9.8 or 1/4 on - 3/4 off, Fr. Pike (land facing out) or Tsuk pike 1/2 3.308 1/2 on - 1/2 off, Fr. Tuck 1/2 9.8 (Shible) or 1/4 on - 3/4 off, Fr. Tuck 1/2 3.402 Tsuk Tuck 11/2 10.0 3.404 Tsuk Layout 1/1 10.0 3.407* 1/2 on - 1/2 off, Fr. Layout 10.0 or 1/4 on - 3/4 off, Fr. Layout (land facing out) or Tsuk layout 1/2 3.504 Tsuk Layout 11/2 10.0 3.505 Tsuk Layout 2/1 10.0 3.507 1/2on-1/2off,Fr.Layout1/2 10.0 (House) or 1/4 on - 3/4 off, Fr. Layout 1/2 3.508 1/4 on - 3/4 off 10.0 front salto tucked with 1 1/2 twist. 3.509 1/2 on - 1/2 off, Fr. Tuck 1/1 10.0 (Shible) or 1/4 on - 3/4 off, Fr. Tuck 1/1 3.605 Tsuk Layout 21/2 10.0	4.301 RO,FF on - 2/1 twist off 9.7 4.303 RO,FF on - B. Tuck 1/1 9.8 4.304 RO,FF on - B. Pike 9.5 4.305 RO,FF on - B. Layout 9.7 4.306* RO,FF on - B. Layout 1/1 10.0 4.307 RO,FF on - 1/2 off, Fr. Tuck 9.7 or RO,FF on - B. Tuck 1/2 4.308 RO,FF on - 1/2 off, Fr. Pike 9.8 or RO,FF on - B. Pike 1/2 4.309* RO,FF on - 1/2 off, Fr. LO 10.0 or RO,FF on - B. Layout 1/2 4.403* RO,FF on - B. Tuck 11/2 10.0 4.406 RO,FF on - B. Layout w/ 11/2 twist 10.0 4.407 RO, FF on - 1/2 turn off, Fr. Tuck 1/2 (Beckman) 9.8 4.503 RO,FF on - B. Tuck w/ 2/1 twist 10.0 4.506 RO,FF on - B. Layout 10.0 with 2/1 twist 4.508 RO, FF on - 1/2 turn off, Fr. Pike 1/2 (Beckman) 10.0 4.606 RO,FF on - B. Layout w/ 21/2 twist 10.0	
1.301 Hsp - 2/1 9.7 1.306 1/2on-2/1off OR 9.6 1/4on-21/4off 1.307 1/1on-1/1 9.6 1.308 1/1on-11/2 9.8				
1.402 Hsp-2/1/2 10.0				
1.504 Yami - 21/2 10.0				

All shaded 10.0 Start Value Vaults that are performed successfully (no fall or spot) are eligible for a bonus of +0.10. No bonus for the following 10.0 Vaults listed with an asterisk: 3.407, 4.306, 4.403, 4.309, 5.408, 5.409

Level 6-9 VAULT

This chart is an overview only, please refer to 2013-2017 Jr. Olympic Rules

	Level 6	Level 7	Level 8	Level 9
Maximum Start Value	10.0	10.0	10.0	10.0
Vaults Allowed All others =void vault If one of the vaults performed is restricted then both vaults=void	Group 1 Handspring/Yamashita vaults with maximum of 360° in one flight phase and no more than 540°. Refer to Vault Chart for allowable Vaults and Start Values	Group 1 Handspring/Yamashita vaults with maximum of 360° in one flight phase and no more than 540°. Refer to Vault Chart for allowable Vaults and Start Values	Group 1, 3, 4 and 5 vaults indicated on the level chart (Handsprings, Tsukaharas and RO entry) Refer to Vault Chart for allowable Vaults and Start Values For Level 8 only, Vaults 1.106 (1/4 – 1/2 (90° - 180°)) turn on – repulsion off and 4.101 (round- off, flic-flac on – repulsion off) will be awarded a 9.0 Start Value.	Selected Vaults from all Groups. Refer to Vault Chart for Vault Start Values
Requirements	One or two Vaults, best to count			
Equipment Specification	All ages: Vault height 105, 115, or 125 <ul style="list-style-type: none"> Up to 20 cm additional mats allowed, this includes MANDATORY 10 cm mat for landing. 120 cm vault height allowed for vaults with Round-off entry and or vaults with salto. 			
Warm-Up Option 1 and 2:	Level 6 -7: 1 minute per gymnast, blocked running time by vault height		Level 8-9: 2 minutes per gymnast, blocked running time by Vault height. Level 8-9: if performing a Round-off entry or salto vault, 4 minutes for one gymnast at height.	

Level 6-9 UNEVEN BARS

This chart is an overview only, please refer to 2013-2017 Jr. Olympic Rules

	Level 6	Level 7	Level 8	Level 9
Value Parts A=0.1 B=0.3 C=0.5	5A, 1B	5A, 2B	4A, 4B	3A, 4B, 1C
Start Value – Bonus	10.0 Not eligible for Bonus	10.0 Not eligible for Bonus	10.0 Not eligible for Bonus	9.7 Max of 0.3 bonus for connections only
Difficulty Restrictions -0.5 for each restricted element	Only A,B and one of the listed “C” elements are allowed. No flight elements from bar to bar are allowed	Only A, B and allowed C elements are allowed	Only A, B and allowed C elements are allowed	A, B, C elements are allowed.
Other Allowable Elements	One of following “C” element are allowed and counted as a “B” value part: <ul style="list-style-type: none"> • Clear hip circle to HS (3.304) • Back stalker circle to HS (6.304) • Piked sole circle bwd to HS (7.309) Flight (release) elements are not allowed No other C, D or E are allowed	Any number of the following “C” elements are allowed and counted as a B value part: <ul style="list-style-type: none"> • Cast to handstand ½ turn • Clear hip to HS, also with ½ turn • Back stalker to HS, also with ½ turn • Pike sole circle to HS, also with ½ turn No other C, D or E are allowed	Any number of the following “C” elements are allowed and counted as a B value part: <ul style="list-style-type: none"> • Cast handstand ½ turn • Clear hip to HS, also w ½ turn • Back stalker to HS, also w ½ turn • Pike sole circle to HS also w ½ turn A maximum of one “C” other than those indicated above may also be performed No other C, D or E are allowed	One D” or “E” are allowed but are considered as “C” for value part and connection value In addition, any number of “B” and “C” root elements with a 1/1 pirouette (D’s) are allowed No other D or E elements are allowed
Special Requirements -0.5 for each missing SR	1. One cast to min of horizontal 2. Min one bar change (must perform VP on both bars) 3. One clear circling element from Groups 3, 6 or 7 (08/01/14) 4. Dismount, minimum of “A” (“A” salto or Hecht dismount is not required at L6)	1. One cast to min of 45° from vertical 2 and 3. Two 360° clear Circling elements, same or different ➤ One must be a min. “B” ➤ One element from groups 3 (clear hip circles), 6 (stalders, circles) or 7 (circle swings) 4. Salto dismount min “A”	1. Min of one bar change (must perform VP on both bars) 2 and 3. Two “B” elements, same or different ➤ One with flight (excluding dismount) OR with min. 180° LA turn (excluding mount or dismount) ➤ One 360° element from groups 3,6 or 7 4. Salto or Hecht dismount min “A”	1. Min 2 bar changes 2. One flight element, min B (excluding dismount) 3. Second (different) flight element (minimum “C” –excluding dismount), OR one element with LA turn of 180° or more (minimum of “B” – excluding the mount and/or dismount). 4. Salto or hecht dismount min “B” * SR 2 and 3 must be fulfilled by two different elements
Equipment Specifications	FIG bar Heights, adjustable width to a max of 190 cm . Up to 20 cm additional mats allowed, this includes MANDATORY 10 cm mat for landing. Small board permitted under BB.			
Warm- Up Option 1 and 2:	Level 6-7: 1 minute and 30 seconds per gymnast, blocked or individual time. Split @ 9+ gymnasts. Split – Chalk/ No Chalk (within 9+split)		L 8-9: 2 minutes per gymnast, blocked or individual time, Split @ 9+ gymnasts. Split – Chalk/ No Chalk (within 9+split).	
	L 6-9: When bar raised, 3 minutes for one gymnast, 4 minutes for two gymnasts. Masters (18+): 1 minute and 30 seconds per gymnast (blocked by bar width).			

Level 6-9 BALANCE BEAM				
This chart is an overview only, please refer to 2013-2017 Jr. Olympic Rules				
	Level 6	Level 7	Level 8	Level 9
Value Parts A=0.1 B=0.3 C=0.5	5A, 1B	5A, 2B	4A, 4B	3A, 4B, 1C
Start Value – Bonus	10.0 Not eligible for Bonus	10.0 Not eligible for Bonus	10.0 Not eligible for Bonus	9.7 Max of 0.3 bonus for connections only
Difficulty Restrictions -0.5 for each restricted element	Only A and B elements are allowed.	Only A and B elements are allowed One restricted C dance element allowed (08/01/14)	Only A and B and select elements are allowed All “C” dance elements and A maximum of one “C” (mt, acro or dismount) restricted Acro element allowed	A, B, C and select D/elements are allowed. “D” or “E” dance elements and A maximum of one “D/E” (mt, acro or dismount) restricted element are allowed
Other Allowable elements	No C, D or E elements are allowed	No other C, D or E elements are allowed	No other C, D or E are allowed	No other D or E are allowed
Special Requirements -0.5 for each missing SR	<ol style="list-style-type: none"> One acro element from group 5 (handstands), 6 (rolls) or 7 (walkovers, wheels or handsprings) (excludes mount or dismount). Element must achieve or pass through vertical.(08/01/14) One leap/jump requiring 180° cross or side split (isolated or in series) Min of 360° turn on one foot (isolated or in series) Min of “A” dismount with or without hand support <p>Level 6 only: a completed balance beam routine that includes all SR, contains all required VP, and has a 10.0 SV, and is less than 30 seconds receives a 0.50 deduction, not the 2.00 deduction for short exercise.</p> <p>Maximum time: 1:15</p>	<ol style="list-style-type: none"> Acro Series min of 2 “A” or “B” elements (with or without flight , excludes mount or dismount) AND one acro flight element <ul style="list-style-type: none"> One acrobatic series with or without flight. One of the elements must achieve or pass through an inverted vertical position while in support on the hands(handstand) One acrobatic flight element May be included in the series or performed as an isolated element One leap/jump requiring 180° cross or side split (isolated or in series) Min of 360° turn on one foot (isolated or in series) Aerial or salto dismount min “A” <p>Maximum time: 1:20</p>	<ol style="list-style-type: none"> One Acro Series min of 2 elements, one with flight <ul style="list-style-type: none"> Both elements in the series must start and finish on the beam Flight elements that finish in a handstand (hold) position may be used only as the last element in the Acro series Flight elements may also be chosen from Group 6 One leap/jump requiring 180° cross or side split (isolated or in series) Min of 360° turn on one foot (isolated or in series) Aerial or salto dismount min “A” <p>Maximum time: 1:30</p>	<ol style="list-style-type: none"> One Acro Series min of 2 flight elements <ul style="list-style-type: none"> Both elements in the series must start and finish on the beam Flight elements that finish in a handstand (hold) position may be used only as the last element in the Acro series Flight elements may also be chosen from Group 6 One leap/jump requiring 180° cross or side split (isolated or in series) Min 360° turn on one foot (isolated or in series) Aerial or salto dismount min “B” <p>Maximum time: 1:30</p>
Equipment Specifications	7-11 yrs: 110 or FIG, 12yrs+: FIG only . Up to 20 cm additional mats allowed, this includes MANDATORY 10 cm mat for landing . Small board permitted under springboard for mount Note: Beam lowered by 10 cm if using 12 cm mats			
Warm-up Option 1 or 2	Blocked by Height; three-person bump start. Level 6-7: one minute and 20 seconds per gymnast Masters (18+): one minute and thirty seconds per gymnast (three person bump start, blocked by beam height).		Blocked by height; three-person bump start. Level 8 and 9 : two minutes per gymnast.	

Level 6-9 FLOOR EXERCISE				
This chart is an overview only, please refer to 2013-2017 Jr. Olympic Rules				
	Level 6	Level 7	Level 8	Level 9
Value Parts A=0.1 B=0.3 C=0.5	5A, 1B	5A, 2B	4A, 4B	3A, 4B, 1C
Start Value – Bonus	10.0 Not eligible for Bonus	10.0 Not eligible for Bonus	10.0 Not eligible for Bonus	9.7 Max of 0.3 bonus for connections only
Difficulty Restrictions -0.5 for each restricted element	Only A and B elements allowed.	Only A and B elements are allowed	Only A, B and select C elements are allowed All “C” dance elements allowed	A, B, C and select D/E elements are allowed. “D/E” dance elements allowed
Other Allowable elements	No C, D or E are allowed	One restricted C dance element allowed(08/01/14) No other C, D or E are allowed	and A maximum of one “C” acro element are allowed No other C, D or E are allowed	and A maximum of one “D” acro element are allowed No other D or E are allowed
Special Requirements -0.5 for each missing SR	<ol style="list-style-type: none"> Acro series with a min. of 3 or more directly connected acro elements, with or without hand support (<i>Gp.5,6,7,8 NOT Gp.4</i>) (12/23/2015) One salto or aerial acro element (backward, forward or sideward) (isolated or in a 2nd series) Dance passage with min of two different Group 1 elements (directly or indirectly connected), one of which is a leap requiring a 180° cross or side split position Min of 360° on one foot (isolated or in a series) Maximum time: 1:15 	<ol style="list-style-type: none"> One acro series with a min. of 3 directly connected flight elements one of which is a back salto stretched to two (2) feet A direct connection of two or more forward acro elements with flight one of which must be a salto or an aerial Dance passage with min of 2 different Group 1 elements (directly or indirectly connected), one of which must be a leap with 180° cross or side split position Min of 360° turn on one foot (isolated or in a series) Maximum time: 1:30 	<ol style="list-style-type: none"> One acro series with 2 saltos OR 2 directly connected saltos (same or different) Three different saltos (not aerials) within the exercise Dance passage with min of 2 different Group 1 elements (directly or indirectly connected) one of which must be a leap with 180° cross or side split position The salto performed as the last isolated salto or within the last salto connection must be a min “A” salto Maximum time: 1:30 	<ol style="list-style-type: none"> One acro series with 2 saltos OR 2 directly connected saltos (same or different) Three different saltos (not aerials) within the exercise Dance passage with min of 2 different Group 1 elements (directly or indirectly connected), one of which must be a leap with 180° cross or side split position The salto performed as the last isolated salto or within the last salto connection must be a min “B” salto Maximum time: 1:30
Equipment Specifications	Up to 10 cm of additional mats for acro series			
Warm-up Option 1 or 2	<p>Option 1: one minute per gymnast blocked time. Minimum of four minutes. Split at 9+ gymnasts.</p> <p>Option 2: four minute warm up with a maximum of 10 gymnasts. One of the coaches of the first three gymnasts can request an additional minute (If more than eight gymnasts the 9th gymnast may begin warm-up after the first gymnast has competed, and so on.)</p>			

LEVEL 10

This chart is an overview only, please refer to 2013-2017 Jr. Olympic Rules

	Vault	Bars	Beam Maximum time: 1:30	Floor Maximum time 1:30
Value Parts A=0.1 B=0.3 C=0.5		3A, 3B, 2C		
Start Value – Bonus	Certain 10 SV vaults will receive +0.1 bonus if performed successfully	9.50 Maximum of 0.50 Bonus (min. of +0.10 Difficulty Value and min. of +0.10 Connection Value)		
Difficulty Restrictions	No Restrictions			
Special Requirement	All vaults from Groups 1-5	<ol style="list-style-type: none"> Flight Element, min. C (not dismount) A 2nd (different) flight elements, min. B Element with LA turn, min. C (not mount/dismount) Salto or hecht dismount, min. C 	<ol style="list-style-type: none"> Acro series: Min. of 2 flight elem., one must be a min. of C with or without hand support OR a A non-flight acro element from Group 7 directly connected to an E acro flight element (both must start and finish on beam) One leap/jump requiring 180° cross or side split (isolated or in a series) Min. of 360° turn on one foot (isolated or in a series) Aerial or salto dismount, min. of C, OR B dismount. that is directly connected to: -an acro series that includes a min. C acro element OR -a min of C acro or dance element 	<ol style="list-style-type: none"> One Acro series w/2 saltos, OR 2 directly connected saltos (same or different) Three different saltos (not aerials) within the exercise Dance Passage w/min. of 2 different Grp.1 elements (directly or indirectly connected) Min. of C salto as last salto or in last connection of saltos
Bonus		<p>*Turn/Flight C+C *For a connection of 2 elements from Gr. 3/6/7-turn/flight is NOT req'd (elements must be different) C no turn/ C+D D+D flight req'd</p>	<p>Connection Value 0.1 0.20</p> <p>Acro Flight (2 elem. Excluding dismount.) *B+C B+D, B+E C+C,C/D+D</p> <p>*(excluding mount/dismount-C must be a salto</p> <p>Acro Flight B+B+C B+C+C (3+ ele.) B+B+D</p> <p>2 Dance/Mix A+D B+D (excluding dismount) B+C C+C C+D</p> <p>Turns A+C (or reversed)</p> <p>All acro elements used for CV must have flight</p>	<p>Connections Value 0.1 0.2</p> <p>Acro Indirect A/B +A/B +C C+D A/B+A/B+D C+C A/B+D</p> <p>Acro direct B+B B+C A+C A/B+D A+A+C A+A+D C+C</p> <p>2 *Dance/Mix B+D C+D C+C C+D</p> <p>D-salto +A-jump (this order only)</p> <p>*No CV for a turn followed by a jump</p>
Warm-up		2 min. per gymnast, blocked or individual time, Split @ 9+ gymnasts. Split – Chalk/ No Chalk (within 9+split)	Blocked by Height; 3-person bump start 2:00 min per gymnast	Option 1: 1 min per gymnast blocked time. Minimum of 4 minutes. Split at 9+ gymnasts Option 2: 4 minute warm up with a maximum of 8 gymnasts. One of the coaches of the first three gymnasts can request an additional minute