

2014 - 2015  
Ontario Provincial Level 3 & 4 Rules

Men's Artistic Gymnastics  
Coaches and Judges Manual



## Acknowledgments

The Gymnastics Ontario Provincial Program has been developed under the direction of the Men's Technical Committee.

This program has been developed based on the requirements of the GCG rules.

Gymnastics Ontario Men's Technical Committee oversees the revision of this program.



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## Provincial Program: General Information

This document describes the optional program for the Ontario Provincial Level 3 and 4 categories.

### Article 1 Program Description

- i. The Provincial Program consists of five categories of competition: Level 1 through 4.
- ii. Levels 1 and 2 follow a compulsory exercise program as described in the Level 1 and 2 Rules document.
- iii. Levels 3 and 4 follow an optional exercise program. This document describes this program.

### Article 2: Competitive Age

**2.1** The gymnast's age is determined by their age on August 31, 2014. For example; if a gymnast is 11 years old on August 31, 2013, they are in the 10 – 11 Age Group even though they may turn 12 on September 1, 2013

#### 2.2 Age Groups

Competitive Level	Age Groups			
	8 – 9	10 – 11	12 – 13	–
Ontario Level 1	8 – 9	10 – 11	12 – 13	–
Ontario Level 2	8 – 9	10 – 11	12 – 13	–
Ontario Level 3	–	10 – 11	12 – 13	14 – 17
Ontario Level 4	–	10 – 11	12 – 13	14 – 17
GCG Provincial 5	–	–	13 – 15	–
GCG National Open	–	–	–	14+

#### 2.3 Age Clarifications

- i. Gymnasts must be 8 years old on August 31, 2014 to participate in any Provincial Level competition.
- ii. Gymnasts may not participate in a Level or Age Group that they are not age eligible for.

### Article 3: Modifications and Committee Responsibilities

- i. These regulations must be used for all Ontario Provincial Level events.
- ii. Clarifications to the Provincial Program may take place several times over the competition year - usually after a competition. Clarifications will be circulated to all clubs and will be posted on the GO website.

### Article 4: Competition Regulations and Equipment Specifications

Note: Unless otherwise stated, the 2013 FIG Code of Points and any official FIG updates will be applied.

#### 4.1 Competitions and Warm ups

- i. Competition warm-ups may not begin prior to 8:00 am and competitions may not go later than 10:00 pm.
- ii. Athletes will receive a 20-minute general warm up prior to the start of the competition and up to a two-touch apparatus warm-up. Please be respectful of the warm-up time as the meet can get quite long if the warm-up is too slow.

#### 4.2 Attire

- i. Gymnasts must be attired according to the stipulations of the current FIG Code of Points. With the exception that dark coloured longs (including Black) are permitted in Ontario, but **not** by GCG at Elite Canada.
- ii. Gymnasts are required to wear a singlet at all times during competition and warm up.
- iii. Athletes from the same team or club must wear the same competition attire.
- iv. Violation of the uniform requirements will result, in a penalty. (FIG Code penalty)
- v. Hats and hoods are not permitted at anytime during the competition and during the award ceremonies.

**4.3 Spotting and Assistance:**

- i. For all Levels, a coach is required be present on Rings and Horizontal Bar and within reach of their athlete to act as a spotter. Whenever possible, the coach should stand so that the view of the judges is not obstructed.

**4.4 Equipment**

- i. The chart below describes the specific equipment requirements for each category within the Ontario Provincial Program.
- ii. Pommel Horse: Level 3 & 4 must compete on the Pommel Horse without handles.
- iii. Unless noted in the chart of apparatus requirements, the use of additional 20 cm mats will result in a 0.3 deduction from the Final Score on that apparatus. A similar deduction will be applied for use of any non-permitted supplementary equipment (i.e.: an extra board for mounting Parallel Bars).
- iv. A 20cm landing mat and at least a 10 cm sting mat (FIG) are mandatory on Vault and Horizontal Bar.

**4.5 Equipment Specifications and Supplementary Mats**

- i. All landing mats used on Pommel Horse, Rings, Vault, Parallel Bars and Horizontal Bar must conform to FIG specifications.
- ii. Summary Chart:

Apparatus	Measurements	Supplementary Mats
Floor	12 x 12m	Up to one (1) 10 cm sting mat is permitted
Pommel Horse	FIG Horse NO pommels Any height max 105cm	No supplementary mats are permitted, a board is permitted to mount the horse
Rings	FIG height (260cm)	Up to two 20cm mats stacked are permitted except on Horizontal bar where two mats stacked on both sides of the Horizontal Bar is permitted
Vault	110 to 135cm	
Parallel Bars	FIG height (180cm)	
Horizontal Bar	FIG height (260cm)	

**Article 5: Evaluation of the Exercises and Routine Construction**

**5.1 D-score (Difficulty)**

Routines are judged as per the current FIG Code of Points with the exceptions listed in the document, including, but not limited to the number of counting skills towards the Start Value and a reduced number of Element Group Requirements. See the Apparatus Chart on page 4.

**5.2 E-score (Exercise Presentation)**

All execution deductions are as per the table below.

Error	Deduction
Small	0.1
Medium	0.2
Large	0.3
Fall	0.5

**5.3 Short Routines**

- i. The following chart indicates how the maximum E-scores, as evaluated by the E-jury, for short routines. It is the duty of the D-jury to notify the E-jury how many skills were credited.

Category	6 skills	5 skills	4 skills	3 skills or less
Level 3	10.0	9.5	9.0	7.0
Level 4	9.5	9.0	8.5	6.0

#### 5.4 **Difficulty, Virtuosity and Stick Bonus**

- i. A difficulty bonus of 0.1 points will be awarded to the Start Value for any recognized B-part (FIG or Developmental) or higher.
- ii. For all categories, a 0.1 bonus will be applied to the Final Score for all dismounts that end with a stuck landing. A stuck landing is defined as a stable landing position with no movement of the feet.
- iii. For all categories, up to 0.2 may be applied to the Final Score for either a virtuous performance of an element or for the entire routine.

#### 5.5 **Dismounts & Landings**

- i. If a gymnast does not perform a recognized dismount or a dismount of sufficient value they will not receive 0.5 or partial 0.3 (if applicable) for the dismount Element Group Requirement.
- ii. The cumulative landing deduction will be maximized at 0.5 for all events. This does not include additional deductions taken for zone violations on Floor or Vault.

#### 5.6 **Pre-A's and Developmental Parts**

- i. Pre-A elements are available to Level 3 gymnasts only, these elements have no value but they will count towards the number of skills in the routine. Pre-As will fulfill their respective EGRs, **but** will only partially fulfill the dismount EGR. FIG Group numbers are listed in brackets beside each element.
- ii. For Levels 3 and 4, all listed Developmental A parts are considered FIG A-parts.
- iii. Levels 3 and 4; all listed Developmental B parts are considered FIG B-parts. FIG Group numbers are listed in brackets beside each element.

#### 5.7 **Element Group Requirements (EGR)**

- i. Except for Level 3s; EGRs may only be fulfilled by listed Developmental parts (if applicable) or a FIG part from the current FIG code of Points and its updates.
- ii. As per FIG, EGRs must be within the 6 or 7 counting elements, and no more than 4 elements per FIG element group will be recognized in a routine.

#### 5.8 **Repetition**

- i. During the performance of any routine except Vault a gymnast may repeat an element for value following a fall (Major error) or stop except for the dismount (FIG rule).
- ii. On Level 3 Pommels only, a gymnast may repeat one element one time, to be recognized as Pre-A element, which will only count toward the number of moves in the routine.
- iii. In the case of a poorly performed vault, the gymnast is permitted to re-attempt the vault one time with a 0.5 penalty from the Final Score.

#### 5.9 **Atypical Straddle**

- i. Unlisted straddled strength elements will not be permitted.

#### 6.0 **Extra Swings and Layaways**

- i. Level 3 & 4 are permitted up to one full swing, or two half swings, without penalty
- ii. Layaways will be recognized as one half swing.

#### 6.1 **FIG Apparatus Specific Deductions, Modifications**

- i. Pommel Horse: Level 3 gymnasts are not required to utilize all 3 parts of the horse
- ii. Rings: The FIG rule for a maximum of three strength or swing to strength elements in succession will not apply.

#### 6.2 **FIG Junior Restricted Elements apply to all but the Senior Category**

- i. Floor: except for simple dive roll elements, 3/2 roll-out elements are prohibited
- ii. Rings: backward saltos while hanging on to the rings are prohibited
- iii. Parallel Bars: Any salto that finishes in upper arm or bent arm support is prohibited

## Optional Apparatus Requirements

	Difficulty	EGRs	Restrictions	Dismount	Bonus
Level 3	6 elements Pre-A, Developmental A & B or FIG	FX Group I (Non-acrobatic <sup>a</sup> ) Any forward salto (Group II) Back salto dismount from BHS	Maximum 3.2 SV vaults, C-parts and higher, except on Pommel Horse.	Pre-A (0.3 partial fulfilment) or FIG	Up to 0.2 Virtuosity, 0.1 Difficulty for B & higher & 0.1 Stick bonus on all apparatus
		PH Group III (Travel) Any 180° turn (Group IV) Group V (Dismount)			
		SR Group I (Swing) Group IV (Strength*) Group V (Dismount)			
		PB Group II (Upper Arm) Group III (Long Hang) Group V (Dismount)			
		HB Group I (Swing) Kip & cast to 45°(Group III) Group V (Dismount)			
Level 4	7 elements Developmental A & B or FIG	Any 2 + Group V  L-sit or straddled L-sit not will fulfill the Strength EGR  Jump to prone fall will not fulfill the Floor Non-acrobatic EGR	D-parts and higher, except on Pommel Horse.	FIG	

<sup>a</sup> = Jump to prone fall will not fulfill the Non-acrobatic EGR      \* = L-sit or Straddled L-sit not will fulfill the Strength EGR

**Pre-As (Level 3 only):** Pre-As do not have value, but they count towards the total number of elements in a routine.

<b>Floor:</b>	1. From any position, press through handstand (Group I)
<b>Pommels:</b>	1. May repeat one element, one time (Applicable Group)
<b>Rings:</b>	1. Shoulder stand (2 sec.) (Group IV) 2. Straddled back lever (2 sec.) (Group IV) 3. Straddled front lever (2 sec.) (Group IV)
<b>P-Bars:</b>	<del>1. Shoulder stand (2 sec.) (Group I)</del> <del>2. From support, Moy to upper arm (Group III)</del> 3. From swing, Wende dismount (Group V) 4. From support, Stütz dismount (Group V)
<b>High Bar:</b>	1. From handstand, 3/4 giant forwards hop to over-grip, above horizontal (Group I) 2. From back giant, break-in to underswing or back hip circle (Group III) 3. Back hip circle – will be considered as a different skill from the above combination (Group III) 4. From under swing, dismount backwards with feet and hips above bar (Group V)

**Developmental A:** For Levels 3 & 4, Developmental A's are considered FIG A-parts.

<b>Pommels:</b>	1. Any continuous full spindle (Group II) 2. One Flair element, one time (Group II)
<b>Rings:</b>	1. Back uprise to straight arm support (Group I) 2. Tucked or piked Felge to support (Group I) 3. Muscle-up to support (Group IV)
<b>P-Bars:</b>	1. V-sit (2 sec.) (Group I) 2. Back uprise to horizontal (Group II) 3. From horizontal, Moy to upper arm (Group III) 4. Peach basket (Felge) to bent arm support (Group IV)
<b>High Bar:</b>	1. Back uprise to horizontal (Group I) 2. Swing 1/2 turn to 45° (Group I) 3. Kip and cast to 45° or drop kip and cast to 45° (Group III) 4. Free hip circle to 45° (Group III)

**Developmental B:** For Levels 3 & 4, Developmental B's are considered FIG B-parts.

<b>Rings:</b>	1. Bent arm giant to handstand (2 sec.) (Group II) 2. Inlocate with shoulders above the rings. Same box as inlocate through handstand. (Group I) 3. Dislocate with shoulders above the rings. Same box as dislocate through handstand (Group I)
<b>P-Bars:</b>	1. Stutz to 45° (Group I) 2. From handstand, Moy to upper arm (Group III) 3. Peach basket (Felge) to straight arm support (Group IV)
<b>High Bar:</b>	1. Adler (Stoop dislocate) to 45°. Same box as Adler to handstand (Group IV)