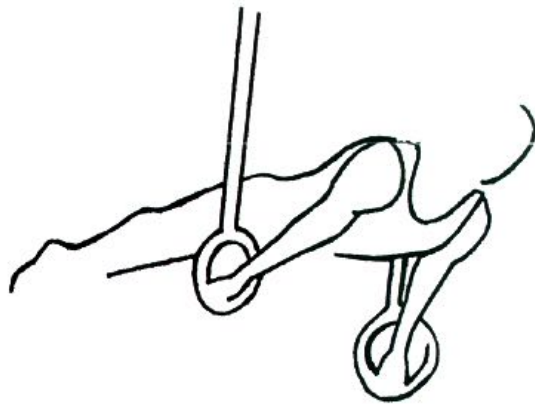




**Gymnastics Ontario**

**Men's Artistic Technical Rules and Regulations**

**Section I:  
Technical Rules and Regulations**



[www.gymnasticsontario.ca](http://www.gymnasticsontario.ca)

## Table of Contents

<b>Article</b>	<b>Page</b>
<b>1.0 Introduction</b>	<b>4</b>
1.1 Program Description	4
1.2 Philosophy	4
1.3 Typical Athlete Profile	4
1.4 Competitive Age	5
<b>2.0 Men's Competitive Structure</b>	<b>5</b>
2.1 Age Eligibility Chart	5
2.2 Change of Category	6
2.3 General Eligibility Rules	7
2.4 Athlete Mobility	8
<b>3.0 Program Activities General Information</b>	<b>9</b>
3.1 Invitational Competitions	9
3.2 Provincial Stream Competitions	9
3.3 National / High Performance Competitions	12
<b>4.0 Program Activities Technical Information</b>	<b>16</b>
4.1 Invitational	16
4.2 Qualifiers and Ontario Championships	16
4.3 Provincial Tours	18
4.4 National Tours	19
4.5 Eastern Canadian Championships	19
4.6 Ontario Winter Games	20
4.7 Canada Winter Games	20
4.8 Canadian Championships	22
<b>5.0 Regulations for Gymnasts</b>	<b>23</b>
5.1 Requirements for Gymnasts	23
5.2 Competition Attire	23
5.3 Team Ontario Delegation Dress Code	24
5.4 Common Section	24
<b>6.0 Regulations for Coaches</b>	<b>24</b>
6.1 General Requirements	25
6.2 Coaches are Permitted	25
6.2.1 Standing in a Position to Spot, Spotting and Lifting	25
6.2.2 Signals, Verbal Commands or Similar to a Competing Gymnast	25
6.3 Coaches are Not Permitted	25
6.4 Sanctions	25
6.5 Coaching NCCP Regulations	25
6.6 Common Section	26
<b>7.0 Regulations for Judges</b>	<b>26</b>
7.1 General Requirements	26
7.2 Responsibilities	26
7.3 Evaluation of Routines	26
7.4 Responsibilities of Apparatus Head Judge	28
7.5 Judging Panels	28
7.6 Scoring Regulations	28

<b>8.0 Equipment Regulations</b>	<b>28</b>
8.1 Measurement of Equipment and Specifications	29
8.2 Equipment Standards for Provincial Stream	30
8.3 Overview of Levels Requirements and Equipment Specifications	31
<b>9.0 Provincial Levels Program</b>	<b>32</b>
9.1 Level One Compulsories	32
9.2 Level Two Compulsories	36
9.3 Optional Requirements	42
9.4 Developmental Skill List	48
<b>10.0 Technical Regulations</b>	<b>50</b>
10.1 Evaluation of Exercises and Routine Construction	50
10.2 Level Program Modifications and Clarifications to the FIG Code of Points	51
10.3 Apparatus Clarifications	52
10.3 Ontario Execution Deductions	52
<b>11.0 Men's Technical Assembly (MTA)</b>	<b>53</b>
<b>12.0 Men's Technical Committee (MTC)</b>	<b>55</b>

## **Technical Rules and Regulations**

### **1.0 Introduction**

In principle, rules and definitions are based on the FIG Code of Points and the Canadian Supplement to the Code of Points. This document is not intended to apply to competitions conducted under FIG rules. FIG judging requirements are not included. Judges preparing to judge at National and International competitions should refer to the FIG Code of Points and the Gymnastics Canada (GCG) Men's Program Manual for complete judging requirements.

Recognition goes out to all those involved in the creation of the Ontario Provincial Levels system. Thank you for your dedication, vision and hard work. Acknowledgement should also be made to those committee members that will provide on-going support to the program throughout the season.

### **1.1 Program Description**

The Ontario Levels Program consists of three Gymnastics Ontario Provincial Levels (1–3), two Provincial Levels (4&5) under the GCG Provincial Pathways Program, and six Elite levels (Open, Elite 3 & 4, Junior, & Senior) from the GCG Elite Pathways Program.

Physical Evaluation Program: There is no specific physical evaluation program developed for the Provincial levels. Clubs are encouraged to utilize the Elite Pathways Physical Preparation Flexibility and Physical Tests.

### **1.2 Philosophy**

The provincial levels system should be used as a tool for competitive gymnasts of all ages and abilities. The system encourages both participation and excellence. It should challenge those athletes with limited potential, 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 athletes 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.

### **1.3 Typical Athlete Profile**

**Level 1:** These are entry level competitive athletes. The athletes in this category are learning how to compete a few basic elements through compulsory routines. The age of the athletes in this category ranges from 8 to 13 years old.

**Level 2:** The athletes in this category are adding more A-value elements to their repertoire of gymnastics elements. These athletes also perform compulsory routines. The age of the athletes in this category ranges from 8 to 13 years old.

**Level 3:** This category is intended for boys who are ready for more progressive skills. It is an introduction to B-value elements. They will vault over the vaulting table and perform saltos on floor exercise. Optional Routines are created with a maximum of 6 value elements counting for difficulty. The age of the athletes in this category range from 10 to 17 years old.

### **1.4 Competitive Age**

The competitor's age will be based on the athlete's age as on August 31, 2017

Under no circumstances may an athlete who is under 8 years of age participate in a Provincial level competition.

An athlete who is below the minimum age for a category may not participate in that category and/or Age Group.

## **2.0 Men's Competitive Structure**

### **Competitive:**

1. Ontario Provincial Levels 1, 2, and 3
2. GCG Provincial Pathways Level 4 and 5
3. GCG Elite Pathways Program

## 2.1 Age Eligibility Chart

Level	Age Category
1	8-9
	10-11
	12-13
2	8-9
	10-11
	12-13
3	10-11
	12-13
	14-17
4	Under 13
	13 +
5	13-15

## 2.2 Change of Category

### **2.2.1 All Athletes**

- a. A gymnast may move to a higher level category provided a written (email) notice of this change is submitted to the GO office prior to competing or registering for a competition. Once a gymnast has changed categories, he may not change categories again without the approval of the Men's Technical Committee.
- b. A gymnast who wishes to move to a lower level category must submit a written petition and receive approval from the Men's Technical Committee, through the Men's Artistic Program Manager at GO.
- c.

## 2.3 General Eligibility Rules

Provincial Stream Eligibility for the 2017-18 Competitive Season

Category	Age Requirement	Competitive Requirements
Level 1	8 to 13 years old	Compulsory program
Level 2	8 to 13 years old	Compulsory program
Level 3	10 to 17 years old	Optional program

## 3.0 Program Activities General Information

**\*\*For Additional Information on Hosting Please Refer to Meet Directors Manual\*\***

### 3.1 Invitationals

#### **3.1.1. General Eligibility Rules**

No Athlete under the age of 5 may participate

#### **3.1.2. General Safety Standards**

- I. A safe and controlled competitive environment must be provided for the participants and others involved in the competition.

#### **3.1.3. Competition Requirements**

- I. Gymnastics Ontario Provincial stream requirements and / or Interclub rules must be adhered to in correspondence to the age groups.

### **3.1.4. Judging Requirements**

- I. There must be a minimum of two (2) active Gymnastics Ontario judge on each apparatus panel.

### **3.1.5 Coaching Requirements**

- I. All coaches must have a minimum of NCCP fully certified Level Two Men's Artistic Gymnastics. If trampolines are being used as part of the competition, then all coaches must also have a minimum of NCCP Level Two Technical Trampoline.

### **3.1.6 Sanctioning Process**

- I. Sanction request must be submitted to Gymnastics Ontario (attention: Men's Artistic Program Manager) at least six (6) weeks prior to the event. Sanction requests will be reviewed by the Men's Artistic Program Manager and the Men's Technical Chairperson and if the minimum guidelines are respected the host can expect a written response to their request within two (2) weeks. Incomplete sanction requests will not be reviewed and will be returned to the club.

#### **Sanction request must include:**

- ✓ A completed sanction request form (a copy can be found in the back of this manual)
- ✓ A copy of the draft Call to Meet
- ✓ A complete set of the competitive requirements being used.

A calendar of sanctioned interclub stream competitions will be circulated monthly.

### **3.1.7 Competitive Attire**

- I. All athletes must wear shorts no longer than ½ their thigh length. A singlet or tucked in t-shirt must be worn. Athletes may compete either bare foot or wearing gymnastics slippers.

## **3.2 Provincial Stream Competitions**

The following general rules will be followed at all provincial level competitions.

### **3.2.1. General Eligibility Rules**

- I. All competitors, coaches and officials are required to be members in good standing of G.O. Coaches must be fully certified NCCP Level 2 in order to be on the floor at Provincial Competitions. Only athletes registered with member clubs in good standing of Gymnastics Ontario are eligible to compete for official standing in GO Ontario Cups and Ontario Championships.
- II. Out-of-province athletes will receive duplicate medals at GO Provincial Cups and at Ontario Championships. They will not bump Ontario athletes.
- III. No registered athlete may change his/her club affiliation during the competitive season without the completion of the Application for Athlete Transfer Form (which can be found at the back of this manual).

### **3.2.2. General Safety Standards**

- I. Safety standards apply to all sanctioned competitions, as per the rules and regulations outlined in the current FIG Code of Points, the GO Meet Director's Manual and the GO Safety Manual (Appendix A), with modifications as listed in this manual.
- II. The Meet Director shall be responsible for the general running of the competition and must reference the current FIG Code of Points, GCG Men's Artistic Technical Rules and Regulations, the GO Meet Director's Manual, as well as all sections of this manual (including the GO Safety Guidelines and the GO Men's Artistic Judging Policies).
- III. The Meet Director must ensure that qualified medical personnel are in attendance (as per the GO Meet Directors' Manual and the GO Safety Guidelines).

### **3.2.3. Competition Requirements**

- I. There are four (4) Provincial stream competitions (including Ontario Championships) during the competitive season. Provincial level 1 to 5 athletes will compete one (1) routine (as per GO rules and regulations) at each qualifying competition.
- II. Marshalls will march each team to their next apparatus.
- III. An athlete's corral area will be provided, if space allows. If not, benches will be provided for coaches and athletes at each apparatus.
- IV. Only the athletes who are competing and their coaches will be allowed on the competition floor; outside the athlete's corral. If not, benches will be provided for coaches and athletes at each apparatus.

- V. All teams (Coaches and Athletes) are expected to remain in the athlete's corral or on the benches provided until it is announced that either the rotation or competition has been completed.

#### **3.2.4. Judging Requirements**

- I. Provincial Level 1 and 2 Judges will judge Provincial stream categories. At the discretion of the Judging Chairperson and the Men's Program Manager, they may judge National/HP stream categories.
- II. Provincial Level 3 and 4 Judges may judge both Provincial and National/HP stream categories
- III. The chairperson of the competition jury must be at least an active National 1 Judge
- IV. The apparatus head judge must be at least an active Provincial Level 3 Judge.

#### **3.2.5. Coaching Requirements**

- I. Individuals must be fully certified NCCP Level 2 Coaches in order to coach Provincial Level athletes in their gymnasiums.
- II. Coaches must be fully certified NCCP Level 2 in order to gain access to the competitive floor for warm-up or competition for all Ontario Cups, Ontario Championships, training camps and other GO activities.
- III. All coaches must have completed Online Risk Management

#### **3.2.6. Sanctioning Process**

- I. Please see Bid Process forms.

#### **3.2.7. Competitive Attire**

- I. Members (coaches and gymnasts) of the same club must be in Club uniforms at all Ontario Cups and Ontario Championships.
- II. Acceptable gymnastics attire is outlined under Competition Regulations.
- III. A coach or athlete not dressed appropriately, will be asked to leave the floor area and will not be permitted back on the floor to coach or to participate in the March-In and/or the Awards Ceremony until he/she has complied with the dress code.

#### **3.2.8. Warm ups**

- I. Competition warm-ups may not begin prior to 8:00 am and competitions may not be scheduled later than 10:00 pm.
- II. For Provincial levels 1 - 5 a general warm up of 20 minutes will be provided and the athletes will be permitted an apparatus warm up of up to 10 minutes, or in a continuous rotation format or one touch of 30-45 seconds per athlete.

#### **3.2.9. Use of Cameras or Video Equipment**

- I. The use of photographic flash equipment is forbidden during any competition.  
\*\* In the event that Parents need to be told 3 times to turn off their flash, their athlete's score will receive a 1.0 deduction and the parent will be asked to leave the competition and / or camera will be confiscated for the duration of the competition.
- II. Coaches are not permitted to use cameras or video equipment during the competition while they are on the floor in a coaching capacity.

#### **3.2.10. Meet Entry Fees for Ontario Cups and Ontario Championships**

- I. Meet Entry Fees for Provincial Cups
  - a. Fees
    - i. The fee for Provincial Stream Athletes for Ontario Cups for the 2017-18 season is \$80.
    - ii. This fee includes registration for three (3) Ontario Cups
    - iii. All Ontario Cup registration fees are to be paid directly to the Hosts by October 24<sup>th</sup> 2017.
    - iv. Clubs will be charged a \$25 per athlete fee for all athletes whose registration fee has not been paid by the registration deadline.
    - v. Athlete may not compete until payment has been issued.
  - b. Refunds
    - a) Refunds will be given only if the athlete has not competed at all three Ontario Cups.
- II. Meet Fees for Ontario Championships (fee's updated yearly)
  - a. Fees

- i. The fee for Provincial Stream Athletes for Ontario Championships for the 2017-18 season is \$115.
- ii. This fee includes registration for one (1) Ontario Championships
- iii. All Ontario Championships registration fees are to be paid directly to the Host a minimum of seven (7) days prior to Ontario Championships.
- iv. Clubs will be charged a \$25 per athlete fee for all athletes whose registration fee has not been paid by the registration deadline.
- v. Athletes may not compete until payment has been issued.
- a. Attendance / Refunds
  - i. Ontario Championships meet fees are non-refundable.

### **3.2.11. Meet Results and Reports**

- I. A copy of all official score sheets (both event and all-around) must be provided via email to the GO Men's Artistic Program Manager at the conclusion of the last flight of competition or e-mailed to GO within forty-eight (48) hours of the completion of the competition. The official score sheets need to show the following; Athlete's Name, Level, Club, Event, Start Value, Event Ranking, All-Around Score and All-Around Ranking.
- II. Duplicates of all official score sheets must be retained by the host club, for at least one (1) year.
- III. The Meet Director must submit a post-meet report, within two (2) weeks of the competition to Gymnastics Ontario c/o Men's Artistic Program Manager.

## **3.3 National Stream Competitions**

### **3.3.1. General Eligibility Rules**

- I. All competitors, coaches, judges and officials are required to be members in good standing of GO. Coaches must be fully certified NCCP Level 3 in order to be on the floor during National/HP level competitions. Only athletes registered with clubs who are member clubs in good standing of Gymnastics Ontario are eligible to compete for official standing at GO Ontario Cups and Ontario Championships.
- II. Out-of-province athletes will receive duplicate medals at GO Ontario Cup's and at Ontario Championships. They will not bump Ontario athletes.
- III. No registered athlete may change his/her club affiliation during the competitive season without the completion of the Application for Athlete Transfer Form (which can be found at the back of this manual).

### **3.3.2. General Safety Standards**

- I. Safety standards apply to all sanctioned competitions, as per the rules and regulations outlined in the current FIG Code of Points, the GCG Provincial and Elite Pathways Program documents, the GO Meet Director's Manual, and the GO Safety Manual, with modifications as listed in this manual.
- II. The Meet Director shall be responsible for the general running of the competition and must reference the current FIG Code of Points, GCG Provincial and Elite Pathways Program documents, the GO Meet Director's Manual, as well as all sections of this manual (including the GO Safety Guidelines and the GO Men's Artistic Judging Policies).
- III. The Meet Director must ensure that qualified medical personnel are in attendance (as per the GO Meet Directors' Manual and the GO Safety Guidelines).
- IV. The use of photographic flash equipment is forbidden during any competition. \*In the event that Parents need to be told 3 times to turn off their flash, their athlete's score will be annulled.

### **3.3.3. Competition Requirements**

- I. There are four (4) National/HP stream competitions (including Ontario Championships) during the competitive season.
- II. Marshalls will march each team to their next apparatus.
- III. Only the athletes who are competing and their coaches will be allowed on the competition floor; outside the athlete's corral. If not, benches will be provided for coaches and athletes at each apparatus.
- IV. All teams (Coaches and Athletes) are expected to remain in the athlete's corral or on the benches provided until it is announced that the either the rotation or competition has been completed.



### **3.3.4. Judging Requirements**

- I. Judges will be selected beginning with the most qualified judges (starting with FIG and continuing down to Provincial Level 3)

### **3.3.5. Coaching Requirements**

- I. Coaches must be fully certified NCCP Level 3 Theory and Technical in order to gain access to the competitive floor for warm-up and competition for GO and GCG sanctioned National Stream activity.

### **3.3.6. Sanctioning Process**

- I. Please see Bid Package forms.

### **3.3.7. Competitive Attire**

- a. All National/HP stream athletes must be dressed as per FIG. (Long pants with footwear on pommel horse, rings, parallel bars and horizontal bars. Shorts with or without footwear on vault and floor exercise.) All gymnasts must compete in a singlet. Athletes not dressed appropriately will be asked to leave the competitive floor area until they comply.
- b. Athletes not wearing their club tracksuit will not participate in the March-In and/or the Awards Presentation.
- c. Coaches must wear their club tracksuit at all Ontario Cups and at Ontario Championships. A coach not dressed appropriately will be asked to leave the floor area and will not be permitted back on the floor to coach or to participate in the March-In and/or the Awards Ceremony until he/she has complied with the dress code.

### **3.3.8. Meet Entry Fees for Qualifying Competitions and Ontario Championships**

#### National Stream Meet Entry Fees for Ontario Cups

- i. The fee for National Stream Athletes (Open, Junior & Senior) for Ontario Cups for the 2017-18 Season is \$100.00
- ii. All National Qualifier registration fees are to be paid directly to the Host Club by October 24<sup>th</sup>, 2017.
- iii. Clubs will be charged a \$25 per athlete fee for all athletes whose registration fee has not been paid by the registration deadline

#### Attendance / Refunds

If an athlete has missed all three Ontario Cups, then a refund is available by filling out the online form available via the Gymnastics Ontario website.

#### National Stream Ontario Championships Meet Entry Fees

- i. The fee for National Stream Athletes for Ontario Championships for the 2017-18 season is \$115.00
- ii. This fee includes registration for one (1) Ontario Championship
- iii. All Ontario Championship registration fees are to be paid directly to the Host Club by October 24<sup>th</sup>, 2017.
- iv. Clubs will be charged a \$25 per athlete fee for all athletes whose registration fee has not been paid by the registration deadline.
- v. Athletes may not compete until payment has been issued.

#### Attendance / Refunds

Ontario Championships meet fees are non-refundable.

### **3.3.9. Meet Results and Reports**

- I. A copy of all official score sheets (both event and all-around) must be provided via email to the GO Men's Artistic Program Manager at the conclusion of the last flight of competition within forty-eight (48) hours of the competition. The official score sheets need to show the following; Athlete's Name, Level, Club, Event, Start Value, Event Ranking, All-Around Score and All-Around Ranking.
- II. Duplicates of all official score sheets must be retained by the host club for one (1) year.
- III. The Meet Director must submit a post-meet report within two (2) weeks of the competition to Gymnastics Ontario (c/o Men's Artistic Program Manager).

### **3.3.10. Coaches' Responsibilities at All Gymnastics Ontario Sanctioned Competitions**

- I. Coaches are responsible for their athletes at all competitions.
- II. Coaches must ensure that athletes do not use any piece of equipment (including the floor area) until their scheduled warm-up or competition has begun.
- III. When the competition has ended, athletes must sit with their parent(s)/guardian(s) or remain seated with their coach until they are summoned for the Medals Presentation.
- IV. Before March-In and/or the Awards Presentation coaches must ensure that their athletes have complied with the dress code and should also remind their athletes to sit in the straddle position on the floor.

## **4.0 Program Activities**

### **4.1 Invitationals**

#### **4.1.1 Interclub Manual**

The Interclub rules and regulations are standard for all invitational meets. Please see the Interclub Manual for program description and rules and regulations.

### **4.2 Qualifiers and Ontario Championships**

#### **4.2.1 Selection Process for Ontario Championships**

- Athletes need to receive a score at two out of the three Ontario cups.
- Petitions are not accepted for missed Ontario Cups
- In the event that a National Team member is on a National Team assignment (Competition, Training Camp, etc), during an Ontario Cup, that event will count as one of their Cups.

#### **4.2.2. Schedules and Competitive Order**

- I. The starting event for each group is drawn prior to the competition; groups are then rotated in Olympic order where possible.
- II. Wherever possible clubs with multiple levels of athletes in the same flight will rotate together.

#### **4.2.3. Scoring Protocol for all Provincial Level Competitions**

- I. All judges will be seated together
- II. See judging guidelines for further information

#### **4.2.4. Athlete Late Arrival**

- I. If an athlete(s) is (are) late due to extenuating circumstances they are permitted to warm up and compete in the remaining rotations.
- II. A sufficient general warm-up will be provided, as determined by the Coach, Competition Chief Judge and Meet Director, not to exceed 15 minutes.

#### **4.2.5. Inquiries and Protests**

- I. One (1) coach per club may approach the event Head Judge to inquire about their gymnast's D-score after the score has been flashed, but may in no way interfere with the judging of a routine in progress.
- II. For further clarification, the coach may approach the Chair of the Competition Jury (CCJ), who will in turn approach the judging panel. Protests will only be considered with regards to the D-score (E.G.R.'s, Difficulty, etc), but not the Execution Score.
- III. A protest must be given to the competition Meet Director or CCJ in writing no later than fifteen (15) minutes after the completion of the rotation.
- IV. The Protest Fee is \$20.00

#### **4.2.6. Petitions for Ontario Championships**

- I. No petitions will be accepted for Ontario Championships.

#### **4.2.7. Awards for Ontario Cups**

- I. Each Ontario Cup host club will receive the G.O. medals and ribbons to be presented.

- III. Medals will be presented to the top three (3) gymnasts per Provincial stream competitive category and ribbons to gymnasts who are ranked from fourth (4<sup>th</sup>) to eighth (8<sup>th</sup>), on each apparatus, as well as for all around placing, at all Ontario Cups. Ties are not broken (1, 2, 2, 3, 4, ...).
- 3.5 If there are more than thirty (30) athletes registered in one of the competitive categories that category will be split in half by age (taking the oldest and youngest athlete's median).
- IV. Awards are presented starting from 1<sup>st</sup> to 8<sup>th</sup> place.
- V. Competitions where three (3) or fewer athletes compete in a competitive category, awards shall consist of AA medals only.

#### **4.2.8. Awards for Ontario Championships**

- I. Ontario Championships medals and ribbons are supplied by GO, at the expense of the host club.
- II. Medals will be presented to the top three (3) gymnasts per competitive category and ribbons to the gymnasts who are ranked from fourth (4<sup>th</sup>) to eighth (8<sup>th</sup>) in the province, on each apparatus, as well as for all around placing. Ties are not broken (1, 2, 2, 3, 4, ...).
- III. Competitions where three (3) or fewer athletes compete in a competitive category, awards shall consist of AA medals only.
- IV. Awards are presented starting from 1<sup>st</sup> to 8<sup>th</sup> place.

#### **4.2.9. Announcers at Provincial Stream Competitions**

- I. There will be announcers at each competition.
- II. The Role of the Announcer is to:
  - a. To announce the Beginning of General Warm-up and give a 2-minute warning before its completion.
  - b. To introduce the athletes and clubs
  - c. To announce each athlete name on the floor exercise during the competition.
- III. Timed Warm up will be announced and the warm-ups will be completed at the same time, so that all events are starting at the same time. It will then be announced when competition will begin.

### **4.3 Provincial Tours**

#### **4.3.1 Athlete Selection Process**

- I. A selection meet will be usually be held in conjunction with an Ontario Cup.
- II. A Provincial Tour Team will typically consist of six (6) Athletes, one (1) Non-Traveling Alternate and one (1) Team Coach/Manager. One (1) Judge may also be selected.
- III. The top six (6) Athletes based on their AA Scores are selected to make team.
- IV. Petitions, including medical petitions, are not accepted for Provincial tour selections. Athletes must compete at the Tour Selection meet.

#### **4.3.2 Judges Selection Process**

- I. If the MTC and Gymnastics Ontario determines if the Provincial Tour should include a judge(s), selection would be based on the following:
  - a. Maintenance Exam Score
  - b. Judging Records (must have judged minimum of two competitions and Ontario Championships that year or have coached juniors or seniors at Ontario Championships)
  - c. The number of years a judge has been active as a Provincial, National or FIG Judge
  - d. The judge's attitude and conduct
  - e. A rotational basis in fairness to all eligible judges

#### **4.3.3. Awards for an Independent Provincial Tour Selection Competition**

- i. Each Provincial Tour host club will receive the G.O. medals and ribbons to be presented. The cost of which will be incurred by the host club. \*For more information please see hosting agreement.
- ii. Medals will be presented to the top three (3) gymnasts per provincial tour category and ribbons to gymnasts who are ranked from fourth (4<sup>th</sup>) to sixth (6<sup>th</sup>), on each apparatus, as well as for all around placing. Drop placing occurs in the event of a tie.
- 5.5 One (1) set of medals is to be distributed per tour selection regardless of number of athlete entries in the competition.
- iii. Awards are presented starting from 1<sup>st</sup> to 6<sup>th</sup> place.

#### 4.3.4 Team Coach/Manager Selection Process

- I. Eligible coaches will be ranked by the points they accumulate from their named athlete's, taken from the latest competition registration form received by Gymnastics Ontario up to three (3) days before the event.
- II. Coaching points are not transferable to another coach from the same club.
- III. In the event that two coaches have been listed on the registration form, only the first named coach will be awarded points.
- IV. In the event that the named Team Coach/Manager cannot accept their role, the Team Coach/Manager position will be awarded to next coach on the Team Coach/Manager ranking list
- V. The coach with the highest total points will be named as the Team Coach/Manager.
- VI. In the event of a tie, the coach with the highest ranking athlete will be named.
- VII. Points based on athlete placing:
  - 1<sup>st</sup> place athlete - 6 points
  - 2<sup>nd</sup> place athlete - 5 points
  - 3<sup>rd</sup> place athlete - 4 points
  - 4<sup>th</sup> place athlete - 3 points
  - 5<sup>th</sup> place athlete - 2 points
  - 6<sup>th</sup> place athlete - 1 point

### 4.4 National Tours

#### 4.4.1 Selection Process:

- I. A selection meet will usually be held in conjunction with an Ontario Cup.
- II. A National Tour Team will typically consist of 6 Athletes 1 Non-Traveling Alternate and one (1) Team Coach/Manager. One Judge may also be selected.
  - III. The top six (6) Athletes based on their AA Scores are selected to make team.

#### 4.4.2 Judges Selection Process

- I. If the MTC and Gymnastics Ontario determines the National Tour should include a judge(s) selection would be made on the following:
  - I. Maintenance Exam Score
  - II. Judging Records (must have judged minimum of two competitions and Ontario Championships that year or have coached juniors or seniors at Ontario Championships)
  - III. The number of years a judge has been active as a National or FIG Judge
  - IV. The judge's attitude and conduct
  - V. A rotational basis in fairness to all eligible judges

#### 4.4.3. Awards for an Independent National Tour Selection Competition

- a. Each National Tour host club will receive the G.O. medals and ribbons to be presented. The cost of which will be incurred by the host club. \*For more information please see hosting agreement.
- b. Medals will be presented to the top three (3) gymnasts per national tour category and ribbons to gymnasts who are ranked from fourth (4<sup>th</sup>) to sixth (6<sup>th</sup>), on each apparatus, as well as for all around placing. Drop placing occurs in the event of a tie.
  - One (1) set of medals is to be distributed per tour selection regardless of number of athlete entries in the competition.
- c. Awards are presented starting at 6<sup>th</sup> place to 1<sup>st</sup> place.

#### 4.4.4 Team Coach/Manager Selection Process

- I. Eligible coaches will be ranked by the points they accumulate from their named athlete's, taken from the latest competition registration form received by Gymnastics Ontario up to three (3) days before the event.
- II. Coaching points are not transferable to another coach from the same club.
- III. In the event that two coaches have been listed on the registration form, only the first named coach will be awarded points.
- IV. In the event that the named Team Coach/Manager cannot accept their role, the Team Coach/Manager position will be awarded to next coach on the Team Coach/Manager ranking list
- V. The coach with the highest total points will be named as the Team Coach/Manager.

- VI. In the event of a tie, the coach with the highest ranking athlete will be named.
- VII. Points based on athlete placing:
  - 1<sup>st</sup> place athlete - 6 points
  - 2<sup>nd</sup> place athlete - 5 points
  - 3<sup>rd</sup> place athlete - 4 points
  - 4<sup>th</sup> place athlete - 3 points
  - 5<sup>th</sup> place athlete - 2 points
  - 6<sup>th</sup> place athlete - 1 point

#### **4.5 Eastern Canadian Championships**

**4.5.1** Eligible levels are determined by the Eastern Canadian Championships organizing committee each year.

1. Categories always not eligible are:

- 1. Level 1 and Level 2
- 2. Athletes 10 years old and under as of August 31, 2017.

#### **4.5.2 Selection**

- Selection will be based on results from Ontario Championship.
- Petitions are not accepted for Eastern Championships.

#### **4.5.3 Team Coach/Manager Selection Process**

- I. Eligible coaches will be ranked by the points they accumulate from their named athlete's, taken from the latest competition registration form received by Gymnastics Ontario up to three (3) days before the event.
- II. Coaching points are not transferable to another coach from the same club.
- III. In the event that two coaches have been listed on the registration form, only the first named coach will be awarded points.
- IV. In the event that the named Team Coach/Manager cannot accept their role, the Team Coach/Manager position will be awarded to next coach on the Team Coach/Manager ranking list
- V. The coach with the highest total points will be named as the Team Coach/Manager.
- VI. In the event of a tie, the coach with the highest ranking athlete will be named.
- VII. Example: Points based on athlete placing:
  - 1<sup>st</sup> place athlete - 6 points
  - 2<sup>nd</sup> place athlete - 5 points
  - 3<sup>rd</sup> place athlete - 4 points
  - 4<sup>th</sup> place athlete - 3 points
  - 5<sup>th</sup> place athlete - 2 points
  - 6<sup>th</sup> place athlete - 1 point

#### **4.7 Canada Winter Games**

##### **4.7.1 Selection Process**

##### **I. ATHLETE SELECTION:**

- a. The Ontario CWG team will consist of the top five athletes placing at the CWG Trials, as well as two individuals chosen by the Ontario Men's Technical Advisor, in conjunction with the Men's Technical Committee. Selection of the final two members will consider past experience and contribution to the team. National age group members will be looked at first. Two alternates will also be chosen and may train with the CWG team. These alternates will be chosen based on rank at the selection meet.

##### **i. COACH SELECTION:**

- 1. Eligible coaches will be ranked by the points they accumulate from their athlete's placing in the top five at CWG Trials. The coach with the highest total points will be the coach named as the Team coach. The coach with the second highest total points will be the coach named as the second coach.

Points for the: points equal to number of team members!

- 1<sup>st</sup> place athlete at the CWG Trials - 6 points
- 2<sup>nd</sup> place athlete at the CWG Trials - 5 points

- 3<sup>rd</sup> place athlete at the CWG Trials - 4 points
- 4<sup>th</sup> place athlete at the CWG Trials - 3 points
- 5<sup>th</sup> place athlete at the CWG Trials - 2 points
- 6<sup>th</sup> place athlete at the CWG Trials - 1 points

\*\* In the event of a tie the coach with the higher placing athlete will be selected.

#### 4.7.2 Competitors

##### I. Six athletes

II. Two Coaches, one of whom must be male. Team coach is selected through the coaching selection process above. Second coach (designated manager) is the coach with the second highest point total selected through coaching selection process above.

#### 4.7.3 Classification

Male athletes must not have reached 19 years of age in the year of competition.

#### 4.7.4 Eligibility

##### I. Coaches:

Any staff listed as coaches on the official registration form must be fully certified (theory, technical and practical) under the National Coaching certification Program to at least Level 3 in Artistic Gymnastics. These coaches must be so certified no later than 90 days before the opening of the Games (i.e. November 23<sup>rd</sup>, 2009)

##### II. Competitors:

Excluded from the Canada Games are:

- Athletes that have held Senior (SR1, SR2, SR or C1) cards (as defined by Sport Canada's Athlete Assistance program) at any time;
- Athletes that have been National Senior Team members (as defined by Canadian Gymnastics Federation and approved by the Canada Games Council) at any time;
- Athletes that have competed for any nation at any senior Pan American Games, Commonwealth Games, Olympic Games or senior World Championships.
- No athlete can be rendered ineligible within 90 days of the opening of the Games due to carding status or national team status (i.e., no athlete will be excluded if they become National Senior Team members for the first time or are granted carding status after November 23<sup>rd</sup>, 2018)

### 4.8 Canadian Championships

#### 4.8.1 Team Selection

Funded and non-funded Ontario members of the Canadian Championships' delegation shall be selected according to the following criteria:

- I. The GO registration fee and competition meet fees were submitted to the GO office.
- II. The athlete has competed at Ontario Championships
  - i. Or is a current member of the GCG National Team and has competed at an Ontario Cup.
  - ii. Or is a member of a GCG identified group; 2020 Hopefuls, Aspire, etc and has competed at an Ontario Cup
- III. All GCG requirements are met.
- IV. For National Open Team Selection; the top eight (8) All-Around gymnasts at Ontario Championships will be selected as the Ontario Team.
- V. For Junior Team Selection; the top six (6) All-Around gymnasts at Ontario Championships will be selected as the Ontario Team.
- VI. Any coach wishing to be eligible for selection as Open Team Coach to the Canadian Championships must be fully certified at NCCP Level 3 prior to Ontario Championships.

#### 4.8.2 Selection for Funding

- I. All financial support for Ontario Team members is subject to change depending on funding levels. (Being selected for the team does not guarantee funding.)

- II. Current GCG National Team members will be funded
- III. The Ontario Open, Ontario Junior Team members, and the respective Team Coaches will be funded.
- IV. Funded positions in each competitive category will be determined by the All-Around ranking at Ontario Championships, provided that all requirements in 4.8.2.I. were also met.
- V. Any National Team member that cannot attend Ontario Championships due to a conflict with a GCG assignment must contact the GO MAG Program Manager via with confirmation of the GCG assignment.

#### 4.8.3 Team Coach/Manager Selection Process

- I. Eligible coaches will be ranked by the points they accumulate from their named athlete, taken from the latest competition registration form received by Gymnastics Ontario up to three (3) days before the event.
- II. Coaching points are not transferable to another coach from the same club.
- III. In the event that two coaches have been listed on the registration form, only the first named coach will be awarded points.
- IV. In the event that the named Team Coach/Manager cannot accept their role, the Team Coach/Manager position will be awarded to next club on the Team Coach/Manager ranking list.
- V. The coach with the highest total points will be named as the Team Coach/Manager.
- VI. In the event of a tie, the coach with the highest ranking athlete will be named.
- VII. Example: points based on athlete placing:
  - 1st place athlete - 6 points
  - 2nd place athlete - 5 points
  - 3rd place athlete - 4 points
  - 4th place athlete - 3 points
  - 5th place athlete - 2 points
  - 6th place athlete - 1 point

## 5.0 Regulations for Gymnasts

### 5.1 Requirements for Gymnasts

It is suggested that all gymnasts be informed about the FIG Code of Points, the current Canadian Supplement to the Code of Points and the Provincial Levels System.

### 5.2 Competition Attire

During all GO sanctioned competitions or while representing Ontario, gymnasts shall be attired according to the stipulations of the current FIG Code of Points.

#### 5.2.1 Acceptable gymnastics attire:

- 3 On Floor and Vault: Singlet and shorts with socks, gymnastics shoes or bare feet will be permitted. Length of shorts cannot exceed  $\frac{1}{2}$  of thigh length.
- 4 On Pommel Horse, Rings, Parallel Bars and Horizontal Bars: Singlet, single coloured "longs" and socks with or without gymnastics shoes are permitted.

#### 5.2.2 Rules during Warm-Ups, Competition and Award Ceremonies

- I. All gymnasts must wear acceptable gymnastics attire as listed above.
- II. Regardless of competition level, all gymnasts under 10 years of age, will be permitted to compete in singlet and shorts on all of the events.
- III. For the health and safety of all gymnasts, long hair must be tied back and secured such that the gymnast's vision will not be obstructed at any time.
- IV. Headbands, hats of any kind and/or hair nets will not be permitted.
- V. While on the competition floor, gymnasts may not wear jewellery including but not limited to; bracelets, necklaces, earrings, piercing hoops or watches. Small piercing stud type earrings may be worn at the discretion of the Head Judge.
- VI. All gymnasts are required to wear ***their singlets at all times on the competition floor.***
- VII. Athletes are not to wear Team Ontario or Team Canada competitive attire at any Gymnastics Ontario Qualifier.

#### 5.2.3. Penalties if Failure to Comply

- 3. During competition, a penalty of 1.0 will be deducted without warning, from the gymnast's final score for each infraction.

4. During the award ceremonies, the gymnast will be expelled from the ceremonies until they comply with the above attire regulations.
5. While representing Ontario, athletes will be expelled from the competition until they comply with the above attire regulations.

### **5.3 Team Ontario Delegation Dress Code**

Competitive attire for all Men's Artistic Ontario teams consists of G.O. uniform and tracksuit. All team members (including the coach and manager) must wear the GO track top on official travelling days and at any official type functions (as requested). The GO tracksuit is to be worn for March-In, any Awards Presentations and by coaches/managers on the competitive floor. The tracksuit may be purchased through the Gymnastics Ontario office.

It is the responsibility of the Team Coach/Manager to enforce this dress code. If a team member does not follow the stated dress code, the Team Coach/Manager may refuse that athlete the right to participate in any activity that the team member is not appropriately dressed for.

### **5.4 Common Section**

For additional information on Athlete Policies and Guidelines please see Section E of the Technical Rules and Regulations: entitled "Athlete Policies and Guidelines".

### **6.0 Regulations for Coaches**

All coaches are expected to operate following the G.O. Code of Conduct and to demonstrate fair and ethical behaviour.

### **6.1 General Requirements**

All coaches must know the FIG Code of Points, the current Canadian Supplement to the Code of Points and the Provincial System and act according to its rules. They 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. They must also dress in appropriate attire during warm-up and competition (refer to the Gymnastics Ontario Technical Rules and Regulations Document for the coaches' dress code)

### **6.2 Coaches are Permitted**

#### **6.2.1 Standing in a Position to Spot, Spotting and Lifting**

For **all Levels**: on Horizontal Bar, it is required to have a coach present to act as a spotter and be proximal to the apparatus. Where possible, coaches should stand where the view of the judges is not obstructed. The Chair of the Apparatus Jury will not permit the performance to begin unless a spotter is present. A deduction of 0.3 will be taken off the final score for the apparatus if the coach leaves during the performance of the routine.

For **Open**: the presence of a second spotter at Horizontal Bar is permitted without penalty

#### **6.2.2 Signals, Verbal Commands or Similar to a Competing Gymnast**

Coaches are cautioned to refrain from giving 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", "wide shoulders/arms", etc. When observed the Chief Judge may issue an FIG 0.3 behavioural deduction.

### **6.3 Coaches are not Permitted:**

- I. To block the view of the judges, however there is no deduction for this offence. Judges should request that the coach moves.
- II. To change the height of the apparatus without permission
- III. To speak to the judges about a performance while another athlete is performing their routine.
- IV. To interfere with the rights of other participants
- V. To delay the competition
- VI. To display flagrant, undisciplined and abusive behaviour



## 6.4 Sanctions

- Warning from Chair of the Competition Jury (CCJ)
- Removal from the competition floor
- Possible further sanction from Gymnastics Ontario

## 6.5 Coaching NCCP Regulations

**\*\* All Coaches must have completed online Risk Management\*\***

Coaching Requirements	
<b>Interclub</b>	<ul style="list-style-type: none"> <li>• NCCP Level 1 Certified or Gymnastics Foundations Trained</li> <li>• Completion of NCCP Level 2 Technical or Competition 1 (Introduction) Trained</li> <li>• Completion of NCCP Theory 2 or Introduction to Competition “B”</li> <li>• Completion of Risk Management Program – Both Risk Management (Part A) and Respect in Sport (Part B)</li> <li>• <b><i>Must be Certified Level 2 to be on a Competitive floor</i></b></li> </ul>
<b>Provincial</b>	<ul style="list-style-type: none"> <li>• NCCP Level 2 Certified or Competition 1 (Introduction) Trained</li> <li>• Completion of Risk Management Program – Both Risk Management (Part A) and Respect in Sport (Part B)</li> <li>• NCCP Level 2 Certified in either Artistic or Rhythmic Gymnastics</li> <li>• Completion of NCCP Theory 2 or Introduction to Competition “B”</li> </ul>
<b>National</b>	<ul style="list-style-type: none"> <li>• NCCP Level 2 Certified</li> <li>• Completion of NCCP Level 3 Technical</li> <li>• Completion of NCCP Theory 3 or 4 out of 6 Competition Development Modules</li> <li>• Completion of Risk Management Program – Both Risk Management (Part A) and Respect in Sport (Part B)</li> </ul>

## 6.6 Common Section

For additional information on Coaching Policies and Guidelines please see Section F of the Technical Rules and Regulations: “Coaches Policies and Guidelines”.

## 7.0 Regulations for Judges

### 7.1 General Requirements

1. All judges must be a minimum of 14 years of age and have knowledge of the current FIG Code of Points, the GCG Provincial and Elite Pathways documents, and the Ontario Provincial Level 1 to 3 rules. They are to act professional at all times and according to the rules. Judges must conduct themselves in a fair and unbiased manner. Judges are required to dress in appropriate judging attire. (Refer to the Gymnastics Ontario Judging Policies and Guidelines Section G.)

### 7.2 Responsibilities

1. Judges are responsible to know the rules and conduct themselves in a professional manner at all times. All judges are required to attend a judging maintenance clinic on an annual basis at which time must take a written and video examination. Judges must attain the required score on the exam for their Level. Anyone who does not pass the examination the first time will be allowed a second attempt. If they are still unsuccessful after a second attempt, then the judge will be required to drop down one Level for that season. For further information on each judging level please refer to Men’s Judging Policies and Guidelines Section G.

### 7.3 Evaluation of the Routines

1. For all levels of Provincial competition, the members of the judging panel will be responsible for both D-jury and E-jury unless 4 or more judges are assigned to the event.

2. In optional routines the D-jury will determine the Start Value of the routine based only on Difficulty, Element Group Requirements and the Connection Bonus Points for extra difficulty. These elements are added together to create the Start Value as per the current FIG Code of Points.
3. For Optional routines the E-score is determined by the E-jury judges who will judge each routine in tenths of points. Execution errors for poor technique, poor body position, etc. are evaluated according to the current FIG Code of Points unless otherwise stipulated in these rules.
4. The Chair of the Apparatus Jury will be responsible to identify Program Bonus as identified in Article 7 for stuck routines or Virtuosity. The stick bonus will be applied to the average E-score deductions and virtuosity will be added to the D-score.
5. The Chair of the Apparatus Jury takes deductions of a disciplinary nature from the Final Score.

### 7.3.1 Routine Evaluation

Provincial Level 3 are optional routines based on the additive 2017-20 Code system. There are 2 components of this system: a Difficulty Score (D-score) and an Execution Score (E-score).

#### 1. D-score

The D-score is calculated based on adding together the following three components:

1. The values of the difficulties presented in the routine up to a specified maximum number.
2. The 0.5 for each Element Group Requirement, which was achieved in the routine.
3. The values of any eligible Bonus Connection points that were performed.

To calculate the total D-score first determine if the required Element Group skills have been performed in the routine and credit the gymnast 0.5 for each one met (Plus the value of the skill itself).

Second, credit the gymnast with the values of the most difficult skills recognized for value in the routine, including the value of the dismount, to fulfill the maximum number of skills permitted. As an example: if a Level 5 gymnast has met the 4 Element Group Requirements then the judge must find and credit the gymnast with 4 more skills for a total of 7 skills. If the gymnast has met only three Element Groups then the judge finds 5 more skills to make up the maximum 7 elements.

Third, add in any Bonus for Connection difficulty.

A final D-score is then flashed to the audience and the competition participants.

#### 2. E-score

Subtracting points for deficiencies in technical or aesthetic executions determine the E-score. The definitions of those deductions are as per the 2017 Code of Points except for the following adjustments:

Small error	=	0.10
Medium error	=	0.20
Large error	=	0.30
Fall	=	0.50

Individual judges present their E-score out of the maximum 10.0 pts and then a final E-score out of 10.0 pts is flashed to the audience and the competition participants. ***The maximum number of skills for difficulty is also the expected number of elements within the routine. Routine's with less than the expected number of elements will be deducted for being short the required number of elements.***

#### 3. Final Score

Adding the D-score and E-score together creates the gymnast's Final overall score and this amount is the flashed to the audience and the competition participants.

#### **7.4 Responsibilities of the Apparatus Head Judge**

The main responsibilities of the chief judge during competition are outlined in the Judges Section of the Technical Rules and Regulations (Section G). For the Levels Program, the apparatus head judge is responsible for enforcing or applying the regulations outlined below:

- I. Athlete Duties (attire)
- II. Coach (spotters) present at the Horizontal Bar
- III. Presence of the Yurchenko (Safety) collar

The Apparatus Head Judge will be responsible to identify Program Bonus as identified in Article 7 for stuck routines or Virtuosity.

The Apparatus Head Judge Jury takes such deductions of a disciplinary nature from the Final Score.

## 7.5 Judging Panels

Judging panels should be established as follows (as a minimum):

Interclub Levels: **One (1) Judge per panel, with minimum Level 3, and a CCJ minimum Level 4.**

Provincial Levels: Two (2) Judges minimum per panel of any judging certification, with one a minimum of level 3.

## 7.6 Scoring Regulations

When there are two or three judges per event, all scores will count. The average of all (2 or 3) scores will be calculated and the score will be calculated to 3 decimal places. The average will be truncated to the third decimal and not rounded.

	SV	E1	E2	E3	AVG
Gymnast	2.70	9.4	9.3	9.5	9.40

When there are four judges the highest and lowest scores are eliminated and the two middle scores are averaged. The score is calculated to 3 decimal places.

	SV	E1	E2	E3	E4	AVG
Gymnast	2.70	9.4	9.5	<del>9.3</del>	<del>9.6</del>	9.45

In the above example the E-score for judge E3 and E4 are dropped and the scores from E1 and E2 are averaged.

## 8.0 Equipment Regulations

- I. The chart following this section describes the specific equipment requirements for each level within the program.
- II. Soft Safety mats (20 cm) are permitted without penalty on all apparatus except Floor Exercise and Pommel Horse; however, normal landing deductions will apply. The use of a safety mat on Floor Exercise or Pommel Horse will result in an FIG apparatus deduction from the Final Score on that apparatus. A similar deduction will be applied for use of any non-permitted supplementary equipment.
- III. Sting mats (5cm and 10cm) are permitted for use on all apparatus (except Floor and Pommel Horse). A 10cm sting mat is mandatory as a minimum on Horizontal Bar and Vault.
- IV. For all Levels, a Yurchenko Collar is mandatory for all Round off entry vaults. Failure to do so will result in a zero score.
- V. For all Levels a Board may be used to mount the Parallel Bars.

## 8.1 Measurement of Equipment and Specifications

- I. The landing mats to be used on Pommel Horse, Vault, Rings, Parallel Bars and Horizontal Bar must confirm with the specifications of the FIG and therefore must be 20cm in height. For High Bar and Vault an additional 10cm sting mat is required. Soft safety mats may be substituted.
- II. The following are the acceptable FIG equipment measurements for competition in Ontario: (FIG Standard Height in Brackets).

Floor Exercise: 12m x 12m Measured from the outside of the Border Line  
Pommel Horse: From the surface of the mat to the top of the horse body (105cm)  
Rings: From the surface of the mat to the inside bottom of the ring (260cm)  
Vault: From the floor to the centre top of the Table body (135cm)  
Parallel Bars: From the surface of the mat to the top of the rail (180cm)  
Horizontal Bar: From the surface of the mat to the top of the bar (260cm).

- III. Please refer to the equipment specifications chart for the apparatus specifications of each category.

## 8.2 Equipment Standards for Provincial Stream

- FIG Specifications:**
- ▶ The safety or quality of equipment at a competition, should it lie in question, is to be decided at the discretion of the Meet Director, MTC members and the Chief Judge.
- Mats:**
- ▶ **Horizontal Bar, Parallel Bars and Rings:** Require a minimum eight inch (20 cm) landing mat plus up to an additional twelve inch (30 cm) safety mat, may be used by all categories without deductions. Additional mats at the rings and high bar are also permissible for all categories without deductions. If enough mats are not available at the horizontal bar, then for the lower age categories, the bar may be lowered to a height sufficient to allow the tallest gymnast to swing.
  - ▶ **Vault:** requires a minimum 20 cm landing mat. An additional twelve-inch (30 cm) safety mat may be used.
  - ▶ **Pommel horse:** The required thickness of mats under the pommel horse is a minimum of 10 cm.
  - ▶ **Mushroom:** The required thickness of mats under the mushroom is a minimum of 5cm.
- Beat Boards:**
- ▶ Any beat board by a commercial equipment manufacturer is permitted.
- Floor:**
- ▶ Recognized floor exercise mats (12 m x 12 m) by a commercial equipment manufacturer must be used to form an even, uninterrupted floor area. The use of an air or spring floor is mandatory for all Ontario Cups and for Ontario Championships.
- Pommel Horse:**
- ▶ All provincial stream categories may use a regulation beat board on top of mats for mounts. Pommels may be of wood or plastic provided they meet FIG standards. It is recommended that the horse be anchored or weighted down.
  - ▶ **Pommel Horse** - FIG standards (maximum 105 cm, measured from the top of the regulation landing mat to top of pommel).
  - ▶ **Pommel horse without pommels** – between 100 cm – 110 cm (measured from the top of the regulation landing mat to top of horse). The holes of the horse must be covered with athletic tape.
- Mushroom:**
- ▶ A Mushroom by a commercial equipment manufacturer is required.
  - ▶ Levels 1 and 2 compete routines on mushroom.
- Rings:**
- ▶ FIG standards (260 cm, measured from the top of the regulation landing mat to inside diameter of ring). A FIG Standard Ring Frame is mandatory for all Provincial and National Competitions.
- Vault:**
- ▶ At all GO competitions, a FIG approved vaulting *table* must be used.
  - ▶ Minimum heights are measured from the floor to the top of the vault table.
- Parallel Bars:**
- ▶ Unless otherwise noted in the current rules, FIG standards (maximum 180 cm, measured from top of regulation landing mat to top of bar).
- Horizontal Bar:**
- ▶ as per FIG (260 cm, measured from top of regulation landing mat to top of bar).

### **8.3 Overview of Levels Requirements and Equipment Specifications**

	Level 1	Level 2	Level 3
<b>FX</b>	FIG 12m x 12m		
<b>PH</b>	Mushroom with 10cm mats.	Mushroom with 10 cm mats	Pommel Horse without pommels and with board
<b>SR</b>	FIG with up to 40cm of additional mats for landing		FIG standard height, 40cm Safety mats permitted
<b>V</b>	Beat board with 20cm Safety mat		Table from 110 to 135cm.
<b>PB</b>	FIG height. Beat board or box for mount is accepted.		
<b>HB</b>	FIG Standard Height. Up to two 20 cm Safety mats may be used on each side of the Horizontal Bar.		

The gymnast is entitled to the Base Value for Difficulty if he has met the minimum Difficulty Requirements. No attempt has been made to ensure that the values and numbers add up to these Base Values

### **9.0 Provincial Levels Program**

Please see the specific rules for each competitive level at the end of this document.

## **11.0 MEN'S ANNUAL ASSEMBLY (MAA)**

### **11.1. Composition**

- a. One (1) representative from each Club that has a Men's program that have registered provincial and/or national/HP stream men's artistic gymnasts (as of November 1<sup>st</sup> of the same season as the MTA).
- b. Any club that does have any provincial or national/HP level athletes (as of Nov. 1<sup>st</sup>) will be a non-voting member of that year's Men's Technical Assembly.
- c. Men's Technical Assembly members are selected by their respective Club.
- d. All members of the elected Men's Technical Committee (MTC)
- e. The Gymnastics Ontario Men's Artistic Program Manager.

### **11.2 Mandate**

The mandate of the Men's Annual Assembly is:

- a. to approve changes to technical rules and regulations governing men's artistic gymnastics in Ontario
- b. to provide input and recommendations regarding athlete, coaching and judging programs, as well as to elect the Men's Technical Committee.
- c. The MAG Annual Assembly occurs once per year.

### **11.3 Quorum and Voting Procedures**

- a. Each individual will register upon entering the Assembly venue.
- b. Club voting delegates will receive one or more voting cards, colour-coded to represent the level of athletes at their club (ie. National, Provincial, Interclub) that have been registered with Gymnastics Ontario for that season. Voting delegates may only vote on motions that affect the voting card that they carry (ie. National, Provincial, Interclub). The entire Assembly will vote on joint/general motions that affect all streams.
- c. Any voting delegate who needs to leave during the Assembly must return their voting card to the Program Manager (or designate) or complete a Proxy Form to pass their voting card to another club representative.
- d. Notification must be given to the Program Manager (or designate) if a voting delegate must leave the room at any time during the Assembly to ensure accuracy in the counting of votes.
- e. If, after 3 voting attempts, the number of votes do not balance with the registered list, but there is a quorum, the Assembly will continue and the actual vote count will be recorded in the minutes of the meeting.

### **11.4 Motion Procedures**

The following is the process for the discussion of motions:

- a. A motion is put forth.
- b. The motion must be seconded to proceed.
- c. The mover of a motion speaks first.
- d. The Program Committee may respond with a clarification/interpretation/position.
- e. Voting Delegates (excluding the mover) who wish to speak are permitted to speak only once to each motion.
- f. The mover of the motion speaks last.
- g. Voting occurs.

## **12.0 Mandate**

Listed below are the committee and sub-committee mandates. Portfolio's may be altered or enhanced at the discretion of the Program Manager and Program Committee.

- a. Set, elaborate and enforce judging and coaching operating and professional guidelines.
- b. Elaborate and enforce competition rules.
- c. Develop, implement and evaluate the long and short term goals of the program.
- d. Ensure efficient consultation and communication with all constituent groups.
- e. Set the roles, responsibilities and terms of office for all sub-committees.
- f. Ensure that decision making processes are in place and followed.

## **12.1 Quorum and Voting Procedures**

- a. All elected members are entitled to one vote (excluding the Chairperson).
- b. The GO MAG Program Manager must be present to complete any business of the Committee
- c. A majority of the committee members must be in attendance to form a quorum.
- d. A quorum must be present to complete any business of the Committee.
- e. Unless otherwise stipulated, questions arising at any meeting shall be decided by a majority of legal votes cast.
- f. In case of an equality of votes in any matter, the chairperson will be entitled to cast a deciding vote.
- g. The Program Manager is an ex-officio member of the Committee.
- h. Proxy votes are not permitted.



2017 - 2018

# Ontario Interclub Rules Levels 1 – 4

Men's Artistic Gymnastics

Coaches and Judges Manual



October 2017 Version 1.4

## **Acknowledgments**

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

This program has been developed based on the requirements of the Gymnastics Ontario (GO) rules.

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



These rules are the property of Gymnastics Ontario (GO) and may not be reproduced in whole or in part without express permission of GO.

## **Interclub Manual**

### **Article 1 Program Description**

- 1.1 The Inter-Club Levels program consists of 4 levels of competition, and exists parallel to the Ontario Provincial Levels Program.
- 1.2 The purpose of the Program is to provide male athletes, who train gymnastics between two and ten hours a week, the opportunity to attend competitions that are skill appropriate and safe.

### **Article 2 Competitive Age**

- 2.1 Under no circumstances should an athlete who is under seven years old participate in a competition. Athletes that are 7 years of age will be permitted to showcase their routines as an Early Development athlete. Athlete ages are determined on August 31 of that competitive season.
- 2.2 Please see the Age Group table below for age categories.

<b>Level 1</b>	<b>Level 2</b>	<b>Level 3</b>	<b>Level 4</b>
8-9 year olds	8-9 year old	8-9 year olds	
10-12 year olds	10-12 year olds	10-12 year olds	10-12 year olds
	13+ year old	13- 15 year olds	13-15 year olds
		16+ year olds	16+ year olds

### **Article 3 Modification and Committee responsibilities**

- 3.1 The competitions for the Inter-Club Levels Program will be organized and run by individual clubs with Gymnastics Ontario sanctioning. These regulations should be used for all Inter-Club invitational events. Gymnastics Ontario and the Men's Program Committee will make changes to the regulations as needed.
- 3.2 Clarification of this program may take place throughout the competition year. These clarifications will be circulated to all clubs with registered men's program, and will be posted on the GO website.

### **Article 4 Competition Regulations and Equipment Specifications**

#### **4.1 Warm ups**

1. Competition warm-ups may not begin prior to 8:00am and the competitions may not go later than 10:00pm.
2. The athletes will receive a general warm up (stretching only) of 15-20 minutes prior to the start of the competition. The athletes will be permitted an apparatus warm up of 45 seconds per athlete to a maximum of 10 minutes per group, after which time, they shall immediately compete on that apparatus before moving to the next warm up and competition on the next apparatus.

## Competition Duties of Gymnast

- i. Gymnast must be in athlete gear. Preferred competition attire is as the FIG regulations: On floor and vault gymnasts must wear competition jerseys (singlet) and shorts. Socks and/or gymnastics shoes or competing without footwear is permitted. On Pommel Horse, Rings, Parallel Bars, Horizontal Bar competition jerseys (singlet) and long competition pants must be worn with footwear (socks and /or gymnastics shoes are permitted). However, for all categories within the Inter-Club Levels Program gymnasts may wear a club T-shirt and shorts (competition or running style) on all events.
- ii. All gymnasts are required to wear a shirt on all events during the competition warm ups.
- iii. All athletes from the same team or same club must be wearing the same competition attire.
- iv. No jewelry, bracelets, necklaces, headbands or watches may be worn by competitors. Only small stud type pierced earrings are allowed. All other bodily piercing's must be removed or taped during warm up and competition.
- v. Longer hair must be tied back in a manner that will not obstruct the view of the gymnast.
- vi. Violation of the uniform requirements will result in a penalty of **0.3** to the final event score of the gymnast (judges should ensure the coaches are reminded of this rule at the start of the competition).

## 4.2 Spotting and Assistance

i. For all levels, it is required to have a spotter present on Rings and Horizontal Bar within reach of their athlete. Where possible coaches should not stand where the view of the judges will become obstructed. The Chair of the Apparatus Jury will not permit the performance to begin until a spotter is present. A deduction of 1.0 will be applied if a coach leaves the apparatus during the performance of the routine.

## 4.3 Equipment

i. The chart on page 3 describes the specific equipment requirements for each level within the program.

ii. Soft Safety mats (20 cm) are permitted without penalty on all apparatus except Floor Exercise and Pommel Horse; however, normal landing deductions will apply. The use of a soft safety mat on Floor Exercise or Pommel Horse 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.

iii. Sting mats (5cm and 10cm) are permitted for use on all apparatus. A 10cm sting mat is mandatory as a minimum on Horizontal Bar and Vault.

iv. For all Levels a Spring Board may be used to mount the Parallel Bars.

#### 4.4 Measurement of Equipment & Specifications

i. The landing mats to be used on Pommel Horse, Vault, Rings, Parallel Bars, and Horizontal Bar must conform to FIG specifications and therefore must be 20cm in height.

ii. Measurement of Equipment (FIG standards in Brackets)

Floor Exercise: 12m x 12m Measured from the outside of the Border Line.

Pommel Horse: From the surface of the mat to the top of the horse body (105cm)

Mushroom: Standard height up to 45 cm from floor to top of mushroom

Rings: From the surface of the mat to the inside bottom of the ring (260 cm)

Vault: From the floor to the center top of the Table body (135cm)

Parallel Bars: From the surface of the mat to the top of the rail (180cm)

Horizontal Bar: From the surface of the mat to the Bar (260cm)

#### Overview of Levels / Requirements and Equipment Specifications

Level 1 IC	Level 2 IC	Level 3 IC	Level 4 IC
Floor – FIG	Floor – FIG	Floor – FIG	Floor – FIG
Pommel – Mushroom with mats covering base	Pommel – Mushroom with mats covering base	Pommel – Mushroom with mats covering base	Pommel – Mushroom with mats covering base or pommel horse with no handles any height
Rings – FIG height mats may be used up to 60cm . Ceiling hung Rings are permitted.	Rings – FIG height mats may be used up to 60cm . Ceiling hung Rings are permitted.	Rings – FIG height mats may be used up to 60cm . Ceiling hung Rings are permitted.	Rings – FIG height mats may be used up to 60cm . Ceiling hung Rings are permitted.
Vault – Landing Mat min 20 cm sting mat permitted. Standard beat board.	Vault – Landing Mat min 20 cm sting mat permitted. Standard beat board.	Vault – Landing Mat min 20 cm sting mat permitted. Standard Beat board. Vault height anywhere between 110cm to 135cm Mini Trampoline Permitted	Vault – Landing Mat min 20 cm sting mat permitted. Standard Beat board. Vault height anywhere between 110cm to 135cm Mini Trampoline or <b>tramp board</b> are permitted
Parallel Bars – High enough to swing in cross support. One 20 cm mats permitted for landing.	Parallel Bars – High enough to swing in cross support. One 20 cm mat permitted for dismount.	Parallel Bars – High enough to long swing with bent knees. One 20 cm mat permitted for dismount.	Parallel Bars – High enough to long swing with bent knees. One 20 cm mat permitted for dismount.
Horizontal Bar – High enough to swing without touching mat to accommodate tallest gymnast. Bar may be lowered or mats may be added. Bar may not be lowered again during competition.	Horizontal Bar – High enough to swing without touching mat to accommodate tallest gymnast. Bar may be lowered or mats may be added. Bar may not be lowered again during competition.	Horizontal Bar – FIG Standard height. Additional safety mats may be used.	Horizontal Bar – FIG Standard height. Additional safety mats may be used.

## **Article 5 Judging Responsibilities**

### **5.1 Evaluation of Routines**

For all levels of Inter-Club competition, the members of the judging panel will be responsible for both D-jury and E-jury.

For Compulsory Routines (Level 1 and Level 2) the start value of 10 will be used. The judges will be responsible to deduct the value part listed in the compulsory routine for that element if the element is excluded or receives non-recognition.

For Compulsory Routines (Level 1 and Level 2) the E jury will deduct from the start value the total deductions for the routine based on the following structure.

0.05 For very small error – defined as a slight error. Example: Soft knees

0.1 For small error

0.2 For medium error

0.3 For large error

0.5 Fall

In optional routines the D-Jury will determine the Start value of the Routine based only on difficulty requirements and the bonus points for extra difficulty. Deductions for missing number of elements, and other items stipulated in the current FIG Code of points are deducted from the start value. Only elements contained in this interclub manual will be counted as value added parts. Unless accompanied by sign added element form.

In optional routines the E-jury will deduct down from 10 using the following structure.

0.05 For very small error – defined as a slight error. Example: Soft knees

0.1 For small error

0.2 For medium error

0.3 For large error

0.5 Fall

A reasonable expectation is that judges will finalize their evaluation of the routine within 60 seconds from its completion.

### **5.2 Responsibilities of the Chief Judge**

The main responsibilities of the Chief Judge in competition are outlined in the Judges handbook. As it concerns the Interclub Program, the Chief Judge should be responsible for enforcing or applying the regulations outlined above for the following:

Athlete Duties (attire)

Coach (spotter) present at **Rings** and Horizontal Bar.

The Chair of the Apparatus Jury will be responsible for identifying Program Bonus as identified in Article 7 for stuck routines or Virtuosity.

Deductions of a disciplinary nature are taken from the Final Score by the Chair of the Apparatus Jury.

### **5.3 Judging Panels**

Level 1-4: 1 to 2 (two preferred) Judges per panel of any Judging certification. If there is only a single judge per panel a dedicated CCJ must be assigned.

### **5.4 Scoring Regulations**

When there are two judges per event, all scores will count. The average of both scores will be calculated and the score will be determined to two (2) decimal places. The average will be truncated to the second decimal and not rounded.

## **Article 6 Evaluation of the Exercises and routine construction**

### **6.1 Value Parts (difficulty requirements)**

i.) Levels 3 & 4 are optional routines with a single special requirement. Only the listed elements in this manual will be counted as value parts “A” and “B”. The following values define the magnitude of the deduction if the minimum Difficulty Requirements are not met.

A- parts = 0.1          B-parts = 0.2

ii.) The number of elements required as well as the special requirement for each apparatus are listed in the routines section of this manual.

iii) A layaway swing will be permitted without deduction.

vi) Level 3 & 4 gymnasts are restricted from FIG C or higher skills, and will receive a 0.5 deduction in addition to non-recognition.

v) Any element not listed in the list of elements in this document are not permitted however coaches may submit a written request to have an element added. This request must be submitted to the tech committee a minimum of four weeks before an event. The approved element will be circulated however coaches should bring a copy of the approved element to the completion and present to the chief judge before start of the flight.

iv) For Level 3 = Total of 6 skills (min 6 A's max 4A's and 2 B's). For Level 4 = Total of 7 skills (6 A's and 1 B min)

### **6.2 Short Routines**

i.) For optional routines any routine that does not meet the minimum number of skills (difficulty will receive a deduction as per the chart below:

#### **Short 1 skill    Short 2 skills    Short 3 skills or more**

-0.5                  -1.0                  -1.5

ii.) A lower value part can never replace, even partially, a higher value part. However, lower value parts can prevent the 0.5 deduction for short routines.

### **6.3 Replacement**

A higher value part always replaces a lower value part completely and, additionally, is eligible for any Bonus Points that would normally apply. For example, if a Level 3 athlete performs 3 A-parts and 3 B-parts, the third B-part will replace the other A-part and is not eligible for bonus.

### **6.4 Special Requirements**

Level 3 & 4 have one special requirement on each event. The routine will be deducted 0.5 for the missing special requirement. A combination is always subject to the rules for bonus and cannot be broken into its constituent parts.

### **6.5 Hold Parts**

Holds for strength, balance or flexibility parts are 2 seconds long with deductions as per FIG. A strength position or hold must be held for a minimum of 1 second to be recognized and given credit for difficulty and /or meeting special requirements for a compulsory or optional routine. There is no deduction for holding an element too long.

### **6.6 Vault**

i.) For levels 3 and 4: In the case of a poor Vault, the gymnast may choose to vault again with an automatic deduction of 0.5 points. This deduction is applied by the judges from the final score. The second vault will count no matter the score.

ii.) Round-off entry vaults are prohibited.

iii.) Any Saltos in second flight are prohibited

### **6.7 Compulsory Routines**

Respect for order – For levels 1 &2, when the gymnast changes the order of the elements in the compulsory routines only the skills in which respect the order will be given value.

## **Article 7 Interclub Level Program Modifications to the FIG Code of Points**

- i.) Atypical Straddle
  - a. The FIG atypical straddle regulation will not be applied.
- ii.) Repetition
  - a. For optional routines any skill may be repeated once for value.
  - b. During the performance of the level 1 & 2 compulsory routines, a gymnast may repeat an element for value after a fall or stop.
- iii.) Extra swings for optional routines.
  - a. Extra swings are defined as a swing that is performed without a direct connection to a skill. For the purpose of the interclub program in development of athletes the listed elements negate the occurrence of extra swings.



- iv.) Landings
  - a. The FIG non-commensurate dismount deductions will not apply. However, the dismount must be listed in the listed elements contained in this manual.
  - b. For all levels the cumulative landing deduction will be maximized at 0.5 for all events. This does not include additional deductions for zone deviations.
- v.) Bonus Points
  - a. For all levels, a 0.1 bonus will be applied to the final score for stuck landings. A stuck landing is defined as a stable landing position with no movement of the feet. The bonus will be awarded to the final score. On floor, this will be applied to the last acrobatic series which concludes the routine. This applies to both compulsory and optional floor routines.
  - b. For all routines judges may award up to 0.2 bonus for virtuosity for execution of a skill or entire routine the exceeds the performance expectations.
  - c. The bonus points will be awarded by the judges and will be applied to the final score.
- vi.) Apparatus Clarifications.
  - a. Rings – swings are measured from the hips.
  - b. Parallel Bars – layaways are permitted for level 3 & 4.
  - c. Horizontal Bar – It is acceptable for a gymnast to use a single small beat swing prior to performing a jam cast to begin the routine.
  - d. Layaways are permitted for levels 3 & 4.
- vii.) Standard Deductions
  - a. A list of standard deductions is compiled within the compulsory routine information. For additional standard deductions information, refer to the Canadian Levels Program.

## **Article 8 – Early Development (Demo)**

- i.) Routines may be comprised of any of the four compulsory routines listed below.
  - a. Inter Club 1 or 2
  - b. Provincial 1 or 2
- ii.) Early Development may “mix and Match” compulsory routines as per apparatus.
  - a. EG: Level 1 interclub on mushroom and level 2 provincial on rings.

## Interclub Level 1 Floor Routine

Skill	Suggested Script	Value	Description
Cart Wheel		1.4	Cartwheel landing 1 foot at a time with 1/4 turn inward
Backward roll to feet		1.0	Backward roll to show the tucked position all the way from feet to feet.
Front Scale		1.0	Bend body forward with one leg lifted backward and parallel to the floor
Swedish Fall 2 sec. to front support		1.0	Swedish fall with chest close to floor and free leg at or above 45 deg. Hold then lower to front support.
Press to Momentary headstand		1.4	Maximum extension of legs and body to the correct finishing end position.
Roll forward to feet		1.0	Roll to <b>tuck</b> position must be continuous and in control before standing
Jump 1/2 Turn		1.0	Maximum extension of legs and arms for amplitude of jump
2-3 steps, Hurdle round-off		1.6	Complete extension on hurdle jump, body landing in vertical position
Rebound		0.6	Hollow body position arms by ears.
Total		10.0	
Virtuosity		0.2	Max value
Stick		0.1	Max value
<b>Maximum SV</b>		<b>10.3</b>	

(-)

	Total E score average
--	-----------------------

=

<b>Final Score</b>	
--------------------	--



## Interclub Level 1 Still Rings

Skill	Suggested Script	Value	Description
From Still hang 1 chin up hold 2 sec.		1.4	At top of chin up hold 2 sec. lower under control.
Straight hang pull to inverted tuck hang		1.0	Pull up to inverted tuck must be continuous in control. Momentary hold at top.
Lower to tucked Skin the Cat, Hold 2 sec.		1.0	Lower must be consistent and holding the tucked position.
Pull with tucked body to inverted tuck		1.0	Must maintain tucked position throughout
Extend to inverted straight hang.		1.2	Momentary pause at extended position.
Pike pump swing bwd.		1.4	Must go through inverted pike.
Swing fwd, bwd		1.4	Hips must be higher than 45 deg below hor.
Swing fwd, bwd let go to dismount		1.6	Hips must be higher than 45 deg below hor.
	Total	10.0	
	Virtuosity	0.2	Max value
	Stick	0.1	Max value
	<b>Maximum SV</b>	<b>10.3</b>	
		(-)	
		=	Total E score average
		=	
	<b>Final Score</b>		

Interclub Level 1 Vault

Skill	Suggested Script	Value	Description
Straight Straddle Jump to feet		10.0	
OR			
Dive Roll to feet		10.4	
Athletes perform two vaults highest scoring vault counts			
	Total	10 - 10.4	
	Virtuosity	0.2	Max value
	Stick	0.1	Max value
	Maximum SV	10.7	
(-)			
		Total E score average	
=			
Final Score			

Interclub Level 1 Parallel Bars

Skill	Suggested Script	Value	Description
Jump to Cross Support		1.0	Start inbetween bars jump with straight arms to cross support
Swing Forward		0.7	Hips min 30' below shoulders
Swing Backward		0.7	Hips min 30' below shoulders
Swing Forward to straddle support scale hold 2 Sec		2.0	Stretched in support position leg straight.
Lift to tucked "L" sit position hold 2 sec.		1.4	Hold 2 sec once body stops moving
Push Fwd. and Swing Bwd.		1.4	Hips min 30' below shoulders
Swing Fwd. and Bwd.		1.4	Hips min 30' below shoulders
Swing fwd and bwd to a Side Flank Dismount		1.4	Straight body reaching 15' below Hor. On Dismount
Total		10.0	
Virtuosity		0.2	Max value
Stick		0.1	Max value
Maximum SV		10.3	
(-)			
		=	Total E score average
Final Score			



Interclub Level 2 Floor

Skill	Suggested Script	Value	Description
2-3 steps, Dive Roll to stand		1.0	no hand permitted to push up to stand.
Cartwheel		1.2	Leg lift to horizontal to start cartwheel
2nd Cartwheel		1.2	Cartwheels should be continuous, with 1/4 turn in to finish
Backward roll to feet		0.6	May be back extension roll must finish in stand
Swedish fall 2 sec hold in front support		0.8	Hold with one leg above 45 degrees
Press to momentary head stand		1.2	Must mark headstand position
Roll forward to stand		0.8	must not use hands to assist in stand
Step Hurdle step, Jump 1/1 turn		1.0	Full turn must start and end with leg together
2-3 steps, Round-off		1.6	Leg together snapping down through vertical
Straight body rebound		0.6	Immediate rebound and controlled landing
Total		10.0	
Virtuosity		0.2	Max value
Stick		0.1	Max value
<b>Maximum SV</b>		<b>10.3</b>	

(-)

	Total E score average
--	-----------------------

=

Final Score	
-------------	--





## Interclub Level 2 Still Rings

Skill	Suggested Script	Value	Description
Perform Chin up and hold 2 sec.		0.9	Hold Chin at ring height for two seconds
Lift legs to L hang while maintaining chin up position 2 sec hold		1.0	Legs at horizontal.
Rotate back to straight invert		0.9	pull from the L sit straight up
Lower with piked body to Skin the Cat 2 sec hold		2.0	Consistant movement all the way to full extention in the bottom
Pull with straight leg bent body to straight invert		1.0	Pull up using piked body position
Pike pump swing Backward		1.2	Pump swing from inverted pike position
Swing Forward and Backward		1.0	Swing height measured from rings to hips
Swing Forward and Backward		1.0	Swing height measured from rings to hips
Swing Forward and Back Tuck Dismount		1.0	Swing height measured from rings to hips
	Total	10.0	
	Virtuosity	0.2	Max value
	Stick	0.1	Max value
	Maximum SV	10.3	

(-)

	Total E score average
--	-----------------------

=

Final Score	
-------------	--

Interclub Level 2 Vault

Skill	Suggested Script	Value	Description
Front tuck		10.0	
OR			
Front Layout		10.4	
Athletes perform two vaults highest scoring vault counts			
	Total	10-10.4	
	Virtuosity	0.2	Max value
	Stick	0.1	Max value
	Maximum SV	10.7	
(-)			
		Total E score average	
=			
Final Score			

## Interclub Level 2 Parallel Bars

Skill	Suggested Script	Value	Description
From Stand in Middle of Bars Jump to Cross Support		0.8	Straight arms. Block under bars at any height
Swing Forward and Backward		1.0	Measured from shoulders 15 deg below Hor.
Swing Forward to Straddle Support Scale, hold 2 sec		1.0	Legs straight curved back in support
Circle arm forward 360°.		0.6	Loss of Balance
Perform a piked straddle press to shoulderstand, hold 2 sec		1.5	Elbows in close to torso or "chicken wing" (both are acceptable). Consistant lift of legs
Lower legs with piked body position back down to stop in cross support without swing		1.0	Lower back down.
Lift legs through L sit and swing backward		0.6	No hold required through L-sit
Swing Forward and Backward		1.0	Measured from shoulders 15 deg below Hor.
Swing Forward and Backward		1.0	Measured from shoulders 15 deg below Hor.
Swing Back and side flank dismount		1.5	Measured from shoulders 15 deg below Hor. Dismount must be above Hor. Gymnast may not hold bar in landing of dismount.
Total		10.0	
Virtuosity		0.2	Max value
Stick		0.1	Max value
Maximum SV		10.3	

(-)

	Total E score average
--	-----------------------

=

<b>Final Score</b>	
--------------------	--

<b>Interclub Level 2 Horizontal Bar</b>
---

Skill	Suggested Script	Value	Description
From still hang perform 2 beat swings		0.8	(Fwd + Bwd)= 1 swing
Chin up pullover to front support		1.0	consistant lift to front support
Cast		0.6	min 30 deg below hor.
Back Hip circle		1.2	Hips maintain contact with bar
Continue to undwerswing forward		0.8	Straight body without pike
Swing Backward and Forward		1.4	Body above 30 deg below hor for no deduction
Swing Backward and Forward		1.4	Body above 30 deg below hor for no deduction
Swing Backward and Forward		1.4	Body above 30 deg below hor for no deduction
Swing Backward and Dismount		1.4	body above 30 deg below hor for no deduction dismount at top for back swing
	Total	10.0	
	Virtuosity	0.2	Max value
	Stick	0.1	Max value
	<b>Maximum SV</b>	<b>10.3</b>	

(-)

	Total E score average
--	-----------------------

=

<b>Final Score</b>	
--------------------	--

## Interclub Level 3 & 4 Floor

Skill	Suggested Script	Value	Skill	Suggested Script	Value																																								
Hand Stand 2 sec.		A	Back roll with bent arms to handstand		A																																								
Cartwheel		A	Front Layout <span style="color: red;">or Pike</span>		B																																								
Dive Roll		A	Back Layout <span style="color: red;">or Pike</span>		B																																								
Front Hand Spring		A	Arabian tucked		B																																								
Round off		A	Back Whip / Tempo		B																																								
Back Hand Spring		A	Front Whip / Tempo		B																																								
Front Tuck		A	Straight arm back extension to handstand		B																																								
Back Tuck		A	Handstand Healy 1/2 to support		B																																								
Jump To Front Support		A	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%;">Total</td> <td style="width: 10%;">10.0</td> <td style="width: 50%;"></td> <td style="width: 15%;">Elements</td> </tr> <tr> <td>A-Parts x 0.1</td> <td></td> <td style="text-align: center;">Level 3 (6 A's min Max 4 A's 2 B's)</td> <td style="text-align: center;">6</td> </tr> <tr> <td>B-Parts x 0.2</td> <td></td> <td style="text-align: center;">Level 4 (6 A's 1B min)</td> <td style="text-align: center;">7</td> </tr> <tr> <td>Virtuosity</td> <td style="text-align: center;">0.2</td> <td colspan="2"></td> </tr> <tr> <td>Stick</td> <td style="text-align: center;">0.1</td> <td colspan="2"></td> </tr> <tr> <td>Maximum SV</td> <td></td> <td colspan="2"></td> </tr> <tr> <td colspan="4" style="text-align: center;">(-)</td> </tr> <tr> <td>Total E score average</td> <td></td> <td colspan="2" style="text-align: center;"> <div style="border: 1px solid black; padding: 5px; display: inline-block;">Special Requirement Handstand Hold 2 sec.</div> </td> </tr> <tr> <td colspan="4" style="text-align: center;">=</td> </tr> <tr> <td>Final Score</td> <td></td> <td colspan="2"></td> </tr> </table>			Total	10.0		Elements	A-Parts x 0.1		Level 3 (6 A's min Max 4 A's 2 B's)	6	B-Parts x 0.2		Level 4 (6 A's 1B min)	7	Virtuosity	0.2			Stick	0.1			Maximum SV				(-)				Total E score average		<div style="border: 1px solid black; padding: 5px; display: inline-block;">Special Requirement Handstand Hold 2 sec.</div>		=				Final Score			
Total	10.0					Elements																																							
A-Parts x 0.1		Level 3 (6 A's min Max 4 A's 2 B's)				6																																							
B-Parts x 0.2		Level 4 (6 A's 1B min)				7																																							
Virtuosity	0.2																																												
Stick	0.1																																												
Maximum SV																																													
(-)																																													
Total E score average		<div style="border: 1px solid black; padding: 5px; display: inline-block;">Special Requirement Handstand Hold 2 sec.</div>																																											
=																																													
Final Score																																													

## Interclub Level 3 & 4 Pommel

Skill	Suggested Script	Value	Skill	Suggested Script	Value
Face Front Circle		A	1/2 Spindle		B
Face Back Circle		A	Any Flair		B
Face Left Circle		A	Czech-kehre		B
Face Right Circle		A	Russian 360		B
1/4 Spindle or Czech		A	Stockli A		B
Russian 180		A	Full spindle		B
Flank Dismount		A	Double Swiss		B

Total	10.0		Elements
A-Parts x 0.1		Level 3 (6 A's min Max 4 A's 2 B's)	6
B-Parts x 0.2		Level 4 (6 A's 1B min)	7
Virtuosity	0.2		
Stick	0.1		
Maximum SV	10.3		

(-)

Total E score average	
-----------------------	--

Special Requirement . Any spindle or turn
---

=

Final Score	
-------------	--

## Interclub Level 3 & 4 Rings

Skill	Suggested Script	Value	Skill	Suggested Script	Value
Muscle Up		A	Inlocate piked <span style="color: red;">or straight</span>		B
L Sit hold 2 sec		A	Dislocate piked <span style="color: red;">or straight</span>		B
Slow roll fwd piked <span style="color: red;">to support</span>		A	Back or front Lever		B
Roll fwd to long swing		A	Back stretch dismount		B
Long swing fwd/bwd		A	Felge to support		B
Back <span style="color: red;">or front</span> tuck dismount		A	Kip to Support		B
<span style="color: red;">Shoulder stand</span>		A	<span style="color: red;">Back Uprise</span>		<span style="color: red;">B</span>
Hanging L Hold 2 sec		A			
		Total	10.0	Elements	
		A-Parts x 0.1	Level 3 (6 A's min Max 4 A's 2 B's)		6
		B-Parts x 0.2	Level 4 (6 A's 1B min)		7
		Virtuosity			0.2
		Stick			0.1
		<b>Maximum SV</b>			<b>10.3</b>
		(-)			
		Total E score average			
		=			
		<b>Final Score</b>			

Special Requirement L sit in cross support



## Interclub Level 3 & 4 Vault

Skill	Suggested Script	Value	Skill	Suggested Script	Value
Front Handspring		0.4	Handspring sw with 1/4t		0.4
Front Handspring 1/2t		0.8	Handspring sw with 3/4t		0.8
Front Handspring 1/1t		1.2			

Total	10.0
Vault Value	
Virtuosity	0.2
Stick	0.1
<b>Maximum SV</b>	<b>10.3</b>

(-)

Total E score average	
-----------------------	--

=

Final Score	
-------------	--

<b>Deductions</b>	Spring board	0.0
	Tramp board	0.5
	Mini-tramp	1.0

Special Requirement n/a
-------------------------

## Interclub Level 3 & 4 P-bars

Skill	Suggested Script	Value	Skill	Suggested Script	Value
Long swing		A	Moy Hor. To upper arm		B
Kip		A	Hand stand hold 2 sec.		B
Back Uprise long to upperarm		A	Bwd or fwd Tuck, pike, or stetched dismount off the side or end		B
Back Uprise upperarm to cross		A	Side back stretch dismount		B
Upper arm swing		A	Front uprise Upperarm to cross		B
Cross Support swing		A	Wende Dismount		B
Fwd or bwd side flank Dismount above horizontal		A	From long swing, back uprise to cross support		B
Cross to long swing		A	V-sit		B
L sit Hold 2 sec.		A	Basket to long hang swing		B
Shoulder stand		A			
From upper arm, roll back to straddle scale		A			
Total		10.0			Elements
A-Parts x 0.1			Level 3 (6 A's min Max 4 A's 2 B's)		6
B-Parts x 0.2			Level 4 (6 A's 1B min)		7
Virtuosity		0.2			
Stick		0.1			
Maximum SV		10.3			
(-)					
Total E score average			Special Requirement Long swing		
=					
Final Score					

Level 4 = Total of 7 skills (6 A's and 1 B min)

## Interclub Level 3 & 4 Horizontal Bar

Skill	Suggested Script	Value	Skill	Suggested Script	Value
Long swing FWD /BWD		A	Clear Hip circle to horizontal <span style="color: red;">or above</span>		B
Kip w/immediate cast		A	Kip Cast to 45 deg		B
Back Hip circle		A	Giant Swing <span style="color: red;">fwd</span> or bwd		B
Under swing		A	Flyaway tucked, <span style="color: red;">piked</span> , or stretched		B
Long swing 1/2 turn		A			
Back Uprise to support		A			
Straddle or <span style="color: red;">underswing</span> off		A			
Chin up pullover		A			
Swing back above Hor. Dismount		A			
Total		10.0			Elements
A-Parts x 0.1			Level 3 (6 A's min Max 4 A's 2 B's)		6
B-Parts x 0.2			Level 4 (6 A's 1B min)		7
Virtuosity		0.2			
Stick		0.1			
Maximum SV		10.3			
(-)					
Total E score average			Special Requirement Long swing w. 1/2 turn		
=					
Final Score					

### Application for Optional Routine Element

This application is to apply for an element to be added to the available element currently allowed for MAG Inter-Club Level 3 and 4 athletes. Application must be sent in 4 weeks before the competition that the element is planned to be used for. The form will be returned to the club with the value of the element within two weeks after receipt. The element is not allowed to be competed until this form is signed and approved with value. Coaches should inform Judge at apparatus before athlete competes and produces this

Date:	
-------	--

Club Applying:	
----------------	--

Apparatus:	
------------	--

Coaches Name:	
---------------	--

Name of Element:	
------------------	--

Discription of Element:	
-------------------------	--

Suggested Script
------------------

Approved Value
----------------

Approval Date: \_\_\_\_\_

Approved By: \_\_\_\_\_

Signature: \_\_\_\_\_

2017 – 2018

# Ontario Provincial Levels 1, 2 & 3

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 (MTC).

### 2017-18 Men's Technical Committee

Chair:	Jason Haid
Judging Chair:	Nick Bejenaru
National Coaching Chair:	Ferenc (Frank) Szabo
Provincial Coaching Chair:	Josh Garon
Interclub Chair:	Dan Jolly
Member at Large #1	Kathy Crawford
Member at Large #2	Alfredo Solis

This program has been developed based on the requirements of the Gymnastics Canada (GCG) rules. And the FIG Code of Points 2017-2020 and its Newsletters.

Gymnastics Ontario's MTC oversees the revision of this program.



These rules are the property of Gymnastics Ontario (GO) and may not be reproduced in whole or in part without express permission of GO.

© 2017 Gymnastics Ontario.

## 1. Program Description

- i. The Gymnastics Ontario Provincial Program consists of three categories of competition: Level 1 through 3.
- ii. Levels 1 and 2 follow a compulsory exercise program.
- iii. Level 3 follows an optional exercise program.

## 2. Competitive Age

### 2.1. Date of Age Determination

- i. The gymnast's age is determined by their age on August 31, 2017. For example; if a gymnast is 11 years old on August 31, 2017 they are in the 10-11 Age Group even though they may turn 12 on September 1, 2017.

### 2.2. Age Groups

	Age Groups			
<b>Level 1</b>	8	9	10-11	12-13
<b>Level 2</b>	8-9	-	10-11	12-13
<b>Level 3</b>	-	-	10-12	13-17

### 2.3. Age Clarifications

- i. Gymnasts must be 8 years old on August 31, 2017 of the current Season 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.

## 3. Modifications and Committee Responsibilities

- i. Clarifications to the Provincial Program may take place several times over the competition year - usually after a competition.
- ii. Clarifications will be circulated to all clubs and will be posted on the GO website.
- iii. Competition Regulations and Equipment Specifications
- iv. Unless otherwise stated, the 2017-20 FIG Code of Points and any official FIG updates will be applied.

## 4. 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.
- iii. Warm-up format; The first three (3) gymnasts will each have a 60 second warm-up, then the first gymnast will compete. While the judges are evaluating the first gymnast's routine, the fourth (4th) gymnast will warm up for 60s. Floor and Vault will have a total of 5 minutes for the entire group to warm up.

## 5. 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 or during the award ceremonies.

## 6. 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.

## 7. Equipment

The chart below describes the specific equipment requirements for each category within the Ontario Provincial Program.

- i. Pommel Horse: Level 3 must compete on the Pommel Horse without handles.
- ii. Unless noted in the chart of apparatus requirements, the use of additional 20 cm mats will result in a 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 or box for mounting the apparatus).
- iii. A 20cm landing mat and at least a 10 cm sting mat (FIG) are mandatory on Vault and Horizontal Bar.

## 8. 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.

### 8.2. Summary Chart:

<b>Apparatus</b>	<b>Measurements</b>	<b>Supplementary Mats</b>
<b>Floor</b>	12 x 12m	Up to one (1) 10 cm sting mat is permitted
<b>Pommel Horse</b>	FIG Horse NO pommels Any height max 105cm	No supplementary mats are permitted, a board is permitted to mount the horse
<b>Rings</b>	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
<b>Vault</b>	110 to 135cm	
<b>Parallel Bars</b>	FIG height (180cm)	
<b>Horizontal Bar</b>	FIG height (260cm)	



## 9. Evaluation of the Exercises and Routine Construction

### 9.1. Minimum Final Score

- i. The minimum Final Score for Ontario Levels 1, 2, and 3 will be 5.0.

### 9.2. D-score (Difficulty)

- i. 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.

### 9.3. E-score (Exercise Presentation)

- i. All execution deductions are as per the table below.

<b>Error</b>	<b>Deduction</b>
<b>Small</b>	0.1
<b>Medium</b>	0.2
<b>Large</b>	0.3
<b>Fall</b>	0.5

### 9.4. 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.

<b>Category</b>	<b>6 skills</b>	<b>5 skills</b>	<b>4 skills</b>	<b>3 skills or less</b>
<b>Level 3</b>	<b>10.0</b>	<b>9.5</b>	<b>9.0</b>	<b>7.0</b>

### 9.5. 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.

### 9.6. 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.

### 9.7. Pre-A's and Developmental Parts

- i. Pre-A 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 fulfil the dismount EGR. FIG Group numbers are listed in brackets beside each element.
- ii. All listed Developmental A parts are considered FIG A-parts.
- iii. All listed Developmental B parts are considered FIG B-parts.
- iv. FIG Group numbers are listed in brackets beside each Developmental element.

### 9.8. Element Group Requirements (EGR)

- i. Unless noted otherwise, 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 counting elements, and no more than 5 elements per FIG element group will be recognized in a routine.

### 9.9. 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.

### 9.10. Atypical Straddle

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

### 9.11. Extra Swings and Layaways

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

## 10. 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 directly connected strength or swing to strength elements will not apply.

### 10.2. 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

# Level 1 Floor Exercise

Floor maximum time is 60 seconds.

- i. 0.1 for up to 62 sec.
- ii. 0.2 for 62 to 65 sec.
- iii. 0.3 for over 65 sec.

## Apparatus Deductions (0.2)

- i. Each step down from handstand
- ii. Using hands to assist hold in pancake stretch
- iii. Any delay, extra hop, step, or no rebound into stretch jump

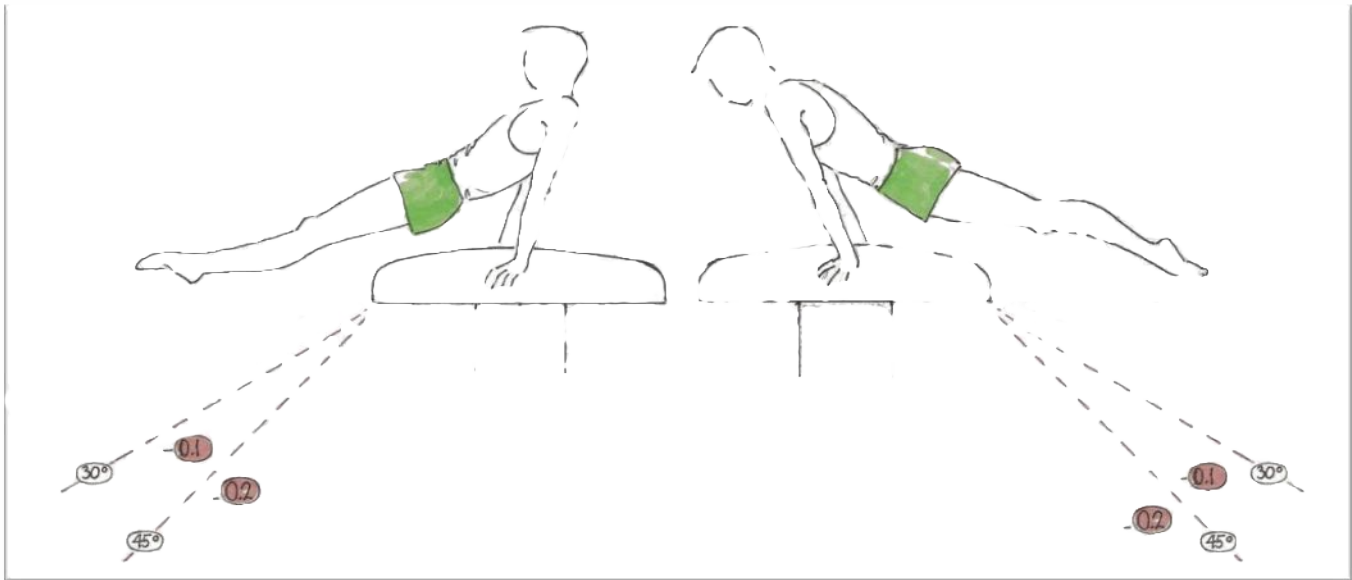
Routine to be performed in 3 diagonal passes, beginning in the corner designated by head judge

Description	Value	Performance Expectations
Run and Punch into Dive Roll	2.0	
Immediate Jump to Prone	0.5	<ul style="list-style-type: none"> <li>• Swedish fall and other variations to prone are permitted</li> </ul>
Transition into Front Support and Turn Over through Rear Support		
Transition into Pancake 2s	0.5	<ul style="list-style-type: none"> <li>• Full compression with stomach on floor for no deduction in pancake</li> <li>• Apparatus Deduction: Using hands to assist hold in pancake stretch</li> </ul>
Roll Back to "Candlestick" Position and Roll Forward to Stand, Facing Opposite Corner		
Step up to Handstand (No Hold Required) and Roll Out	1.0	<ul style="list-style-type: none"> <li>• Kick first leg <math>\geq</math> horizontal with arms straight overhead for no deduction</li> <li>• Straight body position in handstand for no deduction</li> <li>• Apparatus Deduction: Each step down from handstand</li> </ul>
Bonus: Handstand 2s and Roll Out	(0.3)	
Step into Cartwheel and Finish with $\frac{1}{4}$ Turn In	1.0	<ul style="list-style-type: none"> <li>• Kick first leg <math>\geq</math> horizontal with arms straight overhead for no deduction</li> </ul>
Back Roll	1.0	<ul style="list-style-type: none"> <li>• Straight arms for no deduction</li> <li>• Tucked or piked roll, as well as back extension action is permitted</li> </ul>
Continue to Roll into Supine Position on Back		
Back Bridge 2s	0.5	<ul style="list-style-type: none"> <li>• Shoulders over wrists with straight legs and arms for no deduction</li> </ul>
Transition to Stand Position Facing Opposite Corner		<ul style="list-style-type: none"> <li>• Any variation of transition from bridge to stand is permitted; including kicking over from bridge</li> <li>• Bending one leg to shorten bridge before kick over is permitted</li> </ul>
Run and Hurdle into Round-off, Straight Jump	2.0, 1.0	<ul style="list-style-type: none"> <li>• Apparatus Deduction: Any delay, extra hop, step, or no rebound into stretch jump</li> </ul>
Total	9.5	
With Bonus	(9.8)	

# Level 1 Mushroom

## Apparatus Deductions (0.2)

- i. Sliding to a stop in dismount



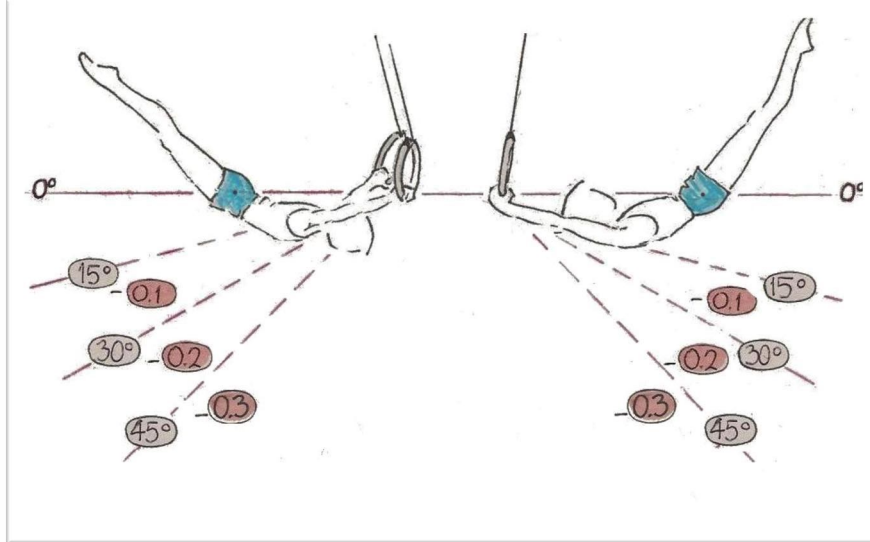
Routine to begin in start position designated by head judge

Description	Value	Performance Expectations
5 Circles, in a row	2.0 x 3 1.5 x 1 1.0 x 1	<ul style="list-style-type: none"> <li>o Circles are evaluated on form, body position, deviation of hands, rhythm, amplitude and global extension</li> <li>o Amplitude deductions as per picture; measured by feet relative to bottom edge of mushroom</li> <li>o Picture shows no deductions for body position, amplitude and global extension</li> </ul>
Flank Dismount to the side	1.0	<ul style="list-style-type: none"> <li>o No deduction for hips &lt; 30° above shoulder line in dismount</li> <li>o Apparatus Deduction: Sliding to a stop in dismount</li> </ul>
Bonus: ¼ Turn Back (Czech) on 6 <sup>th</sup> circle into Schwabenflank (270°) Dismount	(0.3)	
Total	9.5	
With Bonus	(9.8)	

# Level 1 Rings

## Apparatus Deductions (0.2)

- i. Swing or beat swing into chin-up, each time
- ii. Chin below lower portion of rings in chin up



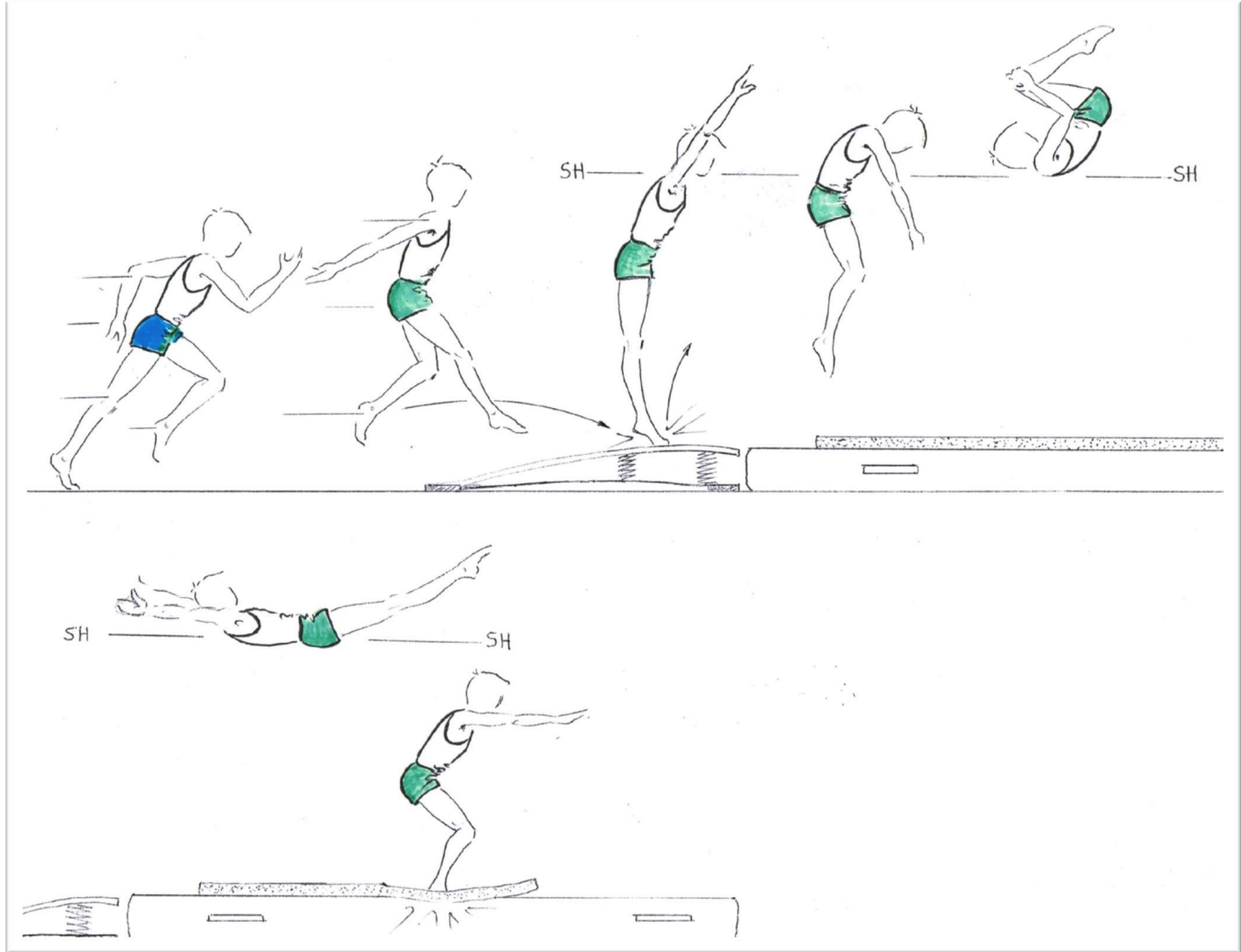
Picture shows no deductions for body position and bonus for height

Description	Value	Performance Expectations
Chin-up and Transition into Inverted Pike 2s	1.0	<ul style="list-style-type: none"> <li>o Straight body position in chin-up for no deduction</li> <li>o Continuous rise of the hips with straight legs for no deduction</li> <li>o Full compression in inverted pike position at horizontal for no deduction</li> <li>o Apparatus Deductions: Swing or beat swing into chin-up, each time and chin below lower portion of rings in chin up</li> </ul>
Transition into Skin-the-Cat Hold 2s	1.0	<ul style="list-style-type: none"> <li>o Straight body position in skin-the-cat for no deduction</li> <li>o Lack of flexibility deductions: S, M, L; measured by angle of arms relative to torso</li> </ul>
Pull up and Transition to Straight Inverted Hang 2s	0.5	
Pike Pump Forward and Swing Back	1.0	<ul style="list-style-type: none"> <li>o Hips must rise up within 15° of vertical for no deduction</li> <li>o Amplitude deductions: S, M, L; measured by height of hips and shoulders</li> </ul>
Swing Forward, Swing Back	1.0, 1.0	<ul style="list-style-type: none"> <li>o Lack of height as per picture, measured by hips relative to rings</li> <li>o Straight arms on back swing for no deduction</li> <li>o Bent or straight arms are permitted on front swing</li> </ul>
Swing Forward, Swing Back	1.0, 1.0	
Swing Forward, Swing Back Bonus: Hips at least Ring Height on this Front Swing	0.5, 0.5 (0.3)	
Swing Forward into Back Tuck Dismount	1.0	<ul style="list-style-type: none"> <li>o Amplitude deductions: S, M, L; measured by height of hips and shoulders</li> <li>o Apparatus Deduction: Hips pass vertical before release in dismount</li> </ul>
Total With Bonus	9.5 (9.8)	

# Level 1 Vault

## Apparatus Deductions (0.2)

- i. Slowing down before take-off



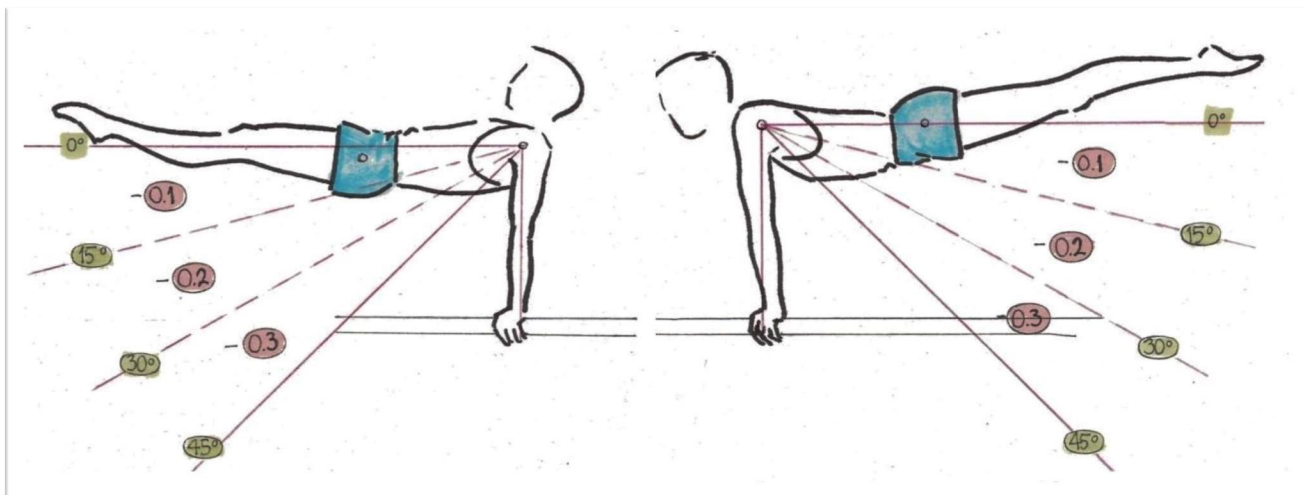
Picture shows no deductions for body position, preparation for landing, and amplitude

Description	Value	Performance Expectations
Dive Roll Bonus: Front Tuck Salto	9.5 (0.3)	o Amplitude deductions: S, M, L; measured by height of shoulders relative to shoulder height on take-off
Total	9.5	
With Bonus	(9.8)	

## Level 1 Parallel Bars

### Apparatus Deductions (0.2)

- i. Bounce legs off bar from straddle support scale
- ii. No support on one bar with both hands, in dismount



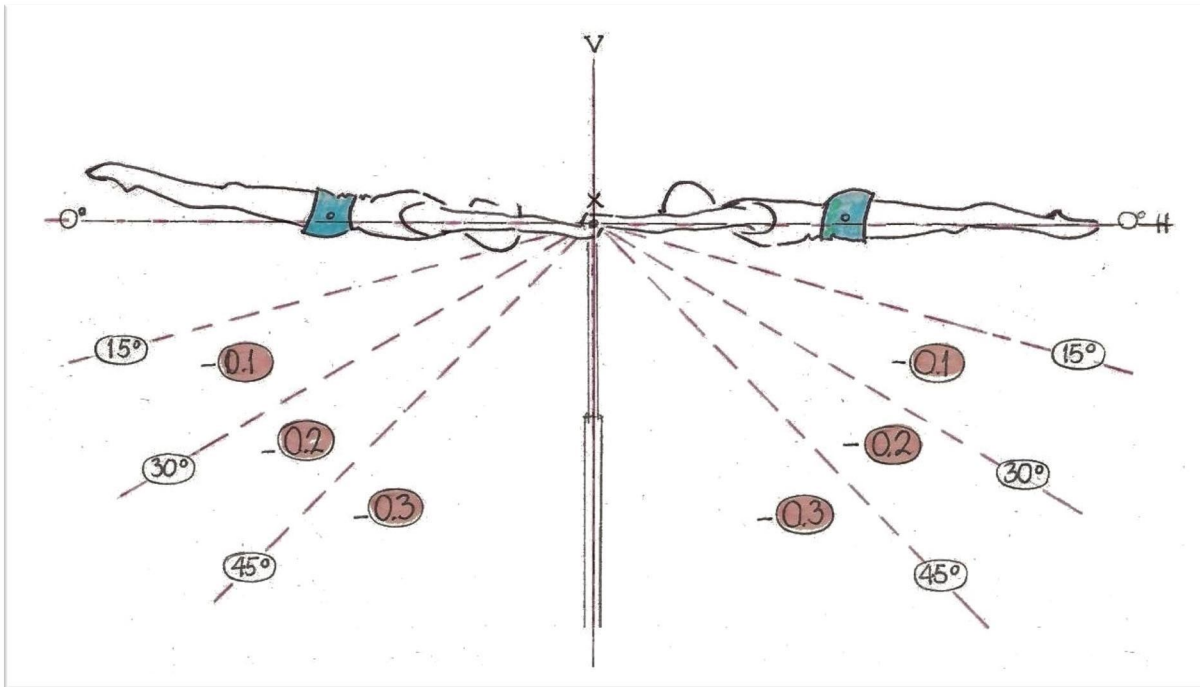
Routine to be performed in the middle of the bars

Description	Value	Performance Expectations
Jump to Cross Support		<ul style="list-style-type: none"> <li>o Bending arms to push up to cross support is permitted</li> <li>o Any height of padded mounting box is permitted</li> </ul>
L-Sit 2s	0.5	<ul style="list-style-type: none"> <li>o Legs horizontal or up to 15° higher for no deduction</li> </ul>
Straddle Support Scale (Legs in Front) 2s	0.5	<ul style="list-style-type: none"> <li>o Hands stay in one place for no deduction</li> </ul>
Lift Legs Together Through ≥45° V-Sit and Shoot Forward	0.5	<ul style="list-style-type: none"> <li>o Apparatus Deduction: Bounce legs off bar from straddle support scale</li> </ul>
Swing Back, Swing Forward	2.0, 2.0	<ul style="list-style-type: none"> <li>o Lack of height, as per picture</li> <li>o Height of swings measured by hips relative to shoulders</li> <li>o Straight body position in handstand for no deduction</li> <li>o Swings back to held handstands are permitted</li> </ul>
Swing Back, Swing Forward	1.0, 1.0	
Swing Back, Swing Forward	0.5, 0.5	
Bonus: Swing Back to Handstand Position (No Hold Required)	(0.3)	
Swing Back ≥45° Towards Handstand into Flank Dismount Off Side	1.0	<ul style="list-style-type: none"> <li>o Straight body position in flank dismount for no deduction</li> <li>o Swing back ≥ 45° in dismount is permitted</li> <li>o Apparatus Deduction: No support on one bar with both hands, in dismount</li> </ul>
Total	9.5	
With Bonus	(9.8)	

# Level 1 Horizontal Bar

## Apparatus Deductions (0.2)

- i. Swing or beat swing into chin-up, each time
- ii. Each additional cast in support



Description	Value	Performance Expectations
Chin-up Pullover to Support	1.0	<ul style="list-style-type: none"> <li>o Show continuous rise in the hips with straight legs for no deduction</li> <li>o Apparatus Deduction: Swing or beat swing into chin-up, each time</li> </ul>
Cast ≥ Horizontal into Backhip Circle	0.5, 1.0	<ul style="list-style-type: none"> <li>o Transition into cast should be continuous for no deduction</li> <li>o Height of cast is measured by hips relative to shoulders</li> <li>o Straight arms for no deduction</li> <li>o Apparatus Deduction: Each additional cast in support</li> </ul>
Continue into Under-shoot		<ul style="list-style-type: none"> <li>o Hips must rise up within 15° of vertical for no deduction</li> </ul>
Swing Back	1.0	<ul style="list-style-type: none"> <li>o Lack of height; as per picture</li> <li>o Height of swings measured by hips relative to bar</li> </ul>
Swing Forward -or- Bonus: Swing Forward to Swinging Pullover to Support Undershoot	(0.3), 1.0	<ul style="list-style-type: none"> <li>o Rhythm deductions: S, M, L</li> </ul>
Swing Back	1.0	<ul style="list-style-type: none"> <li>o Lack of height; as per picture</li> <li>o Height of swings measured by hips relative to bar</li> </ul>
Swing Forward, Swing Back	1.0, 1.0	
Swing Forward, Swing Back	0.5, 0.5	
Back Uprise Dismount	1.0	
Total	9.5	
With Bonus	(9.8)	



## Level 2 Floor Exercise

Floor maximum time is 60 seconds.

- iv. 0.1 for up to 62 sec.
- v. 0.2 for 62 to 65 sec.
- vi. 0.3 for over 65 sec.

### Apparatus Deductions (0.2)

- vii. Any delay, extra hop, or no rebound into dive roll
- viii. Each step down from handstand
- ix. Hands turned out in back handspring
- x. Any delay, extra hop, step, or no rebound into stretch jump

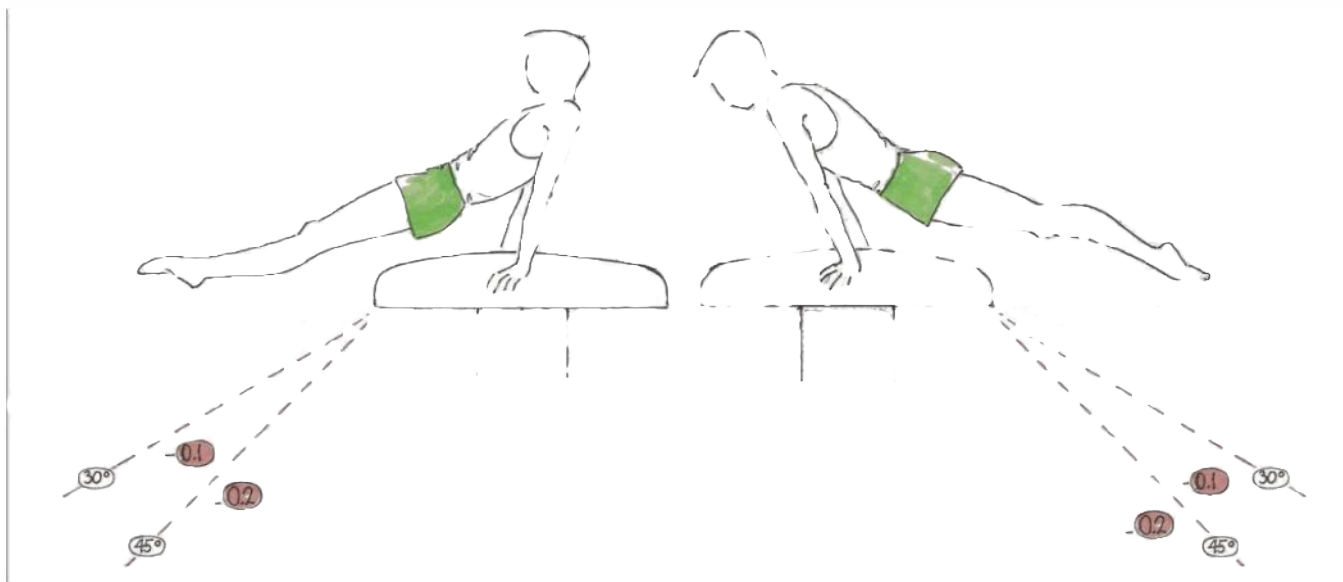
Routine to be performed in 3 diagonal passes, beginning in the corner designated by head judge

Description	Value	Performance Expectations
Run and Hurdle into Front Handspring, Dive Roll	1.0, 1.0	<ul style="list-style-type: none"> <li>o Apparatus Deduction: Any delay, extra hop, step, or no rebound into dive roll</li> </ul>
Jump to Prone and Perform any Split 2s, Remain Facing Forward	0.5, 0.5	<ul style="list-style-type: none"> <li>o Swedish fall and other variations to prone are permitted</li> <li>o Any arm position in presentation of splits is permitted</li> </ul>
Press to Straddle Stand, Jump into Straight Arm Press to Handstand (No Hold Required) -or- Bonus: Press to Straddle Stand, Straight Arm Press to Handstand (No Hold Required)	0.5  (0.3)	<ul style="list-style-type: none"> <li>o Press with straight arms and legs for no deduction</li> <li>o Straight arm pike press is permitted</li> <li>o Turning in splits for press is permitted</li> <li>o Apparatus Deduction: Each step down from handstand</li> </ul>
Pirouette and Pike Down to Face Opposite Direction		
Step up to Handstand 2s and Roll Out	0.5	<ul style="list-style-type: none"> <li>o Kick first leg <math>\geq</math> horizontal with arms straight overhead for no deduction</li> <li>o Straight body position in handstand for no deduction</li> <li>o Piked roll out is permitted</li> <li>o Apparatus Deduction: Each step down from handstand</li> </ul>
Kick into Cartwheel and Finish with ¼ Turn In	1.0	<ul style="list-style-type: none"> <li>o Kick first leg <math>\geq</math> horizontal with arms straight overhead for no deduction</li> </ul>
Back Extension Roll to Handstand	1.0	<ul style="list-style-type: none"> <li>o Straight arms for no deduction</li> <li>o Tucked or piked back extensions are permitted</li> </ul>
Continue to Roll Back into Supine Position on Back		
Back Bridge 2s	0.5	<ul style="list-style-type: none"> <li>o Shoulders over wrists for no deduction</li> <li>o Lack of flexibility deductions for lack of flexibility: S, M, L; measured by angle of arms relative to wrists</li> </ul>
Transition to Stand Position Facing Opposite Corner		<ul style="list-style-type: none"> <li>o Any variation of transition from bridge to stand is permitted; including kicking over from bridge</li> <li>o Bending one leg to shorten bridge before kick over is permitted</li> </ul>
Run and Hurdle into Round-off, Back Handspring, Stretch Jump	1.0, 1.0, 1.0	<ul style="list-style-type: none"> <li>o Apparatus Deduction: Hands turned out in back handspring</li> <li>o Apparatus Deduction: Any delay, extra hop, or no rebound into stretch jump</li> </ul>
Total With Bonus	9.5 (9.8)	

## Level 2 Mushroom

### Apparatus Deductions (0.2)

- i. Sliding to a stop in dismount



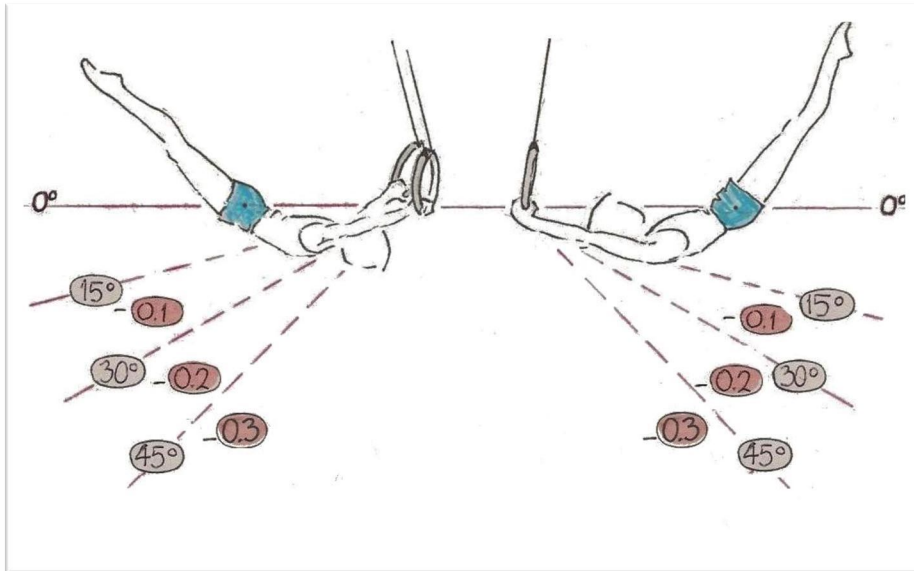
Routine to begin in start position designated by head judge

Description	Value	Performance Expectations
3 Circles	1.0 x 3	<ul style="list-style-type: none"> <li>o Circles are evaluated on form, body position, deviation of hands, rhythm, amplitude and global extension</li> <li>o Amplitude deductions as per picture; measured by feet relative to bottom edge of mushroom</li> <li>o Picture shows no deductions for body position, amplitude and global extension</li> </ul>
1/1 Spindle (360°)	1/4 = 1.0 2/4 = 0.5 3/4 = 0.5 4/4 = 0.5	<ul style="list-style-type: none"> <li>o Spindle in any number of circles is permitted</li> <li>o Spindles that do not reach 360° due to a fall can be continued from the position of the fall to receive credit for remaining portions</li> </ul>
3 Circles	1.0 x 3	<ul style="list-style-type: none"> <li>o One circle may be carried over from the spindle without reducing it's value; standard deviation deductions will apply to both the end position of the spindle and any circles performed thereafter</li> </ul>
Bonus: Czechkehr (180°) on 4th Circle	(0.3)	<ul style="list-style-type: none"> <li>o Czechkehr starts and finishes in front support</li> </ul>
Circle	1.0	<ul style="list-style-type: none"> <li>o As above</li> </ul>
Schwabenflank (270°) Dismount	1.0	<ul style="list-style-type: none"> <li>o No deduction for hips &lt; 30° above shoulder line in dismount</li> <li>o Apparatus Deduction: Sliding to a stop in dismount</li> </ul>
Total	9.5	
With Bonus	(9.8)	

## Level 2 Rings

### Apparatus Deductions (0.2)

- i. Rings not turned out in support before L-Sit
- ii. Hips pass vertical before release in dismount



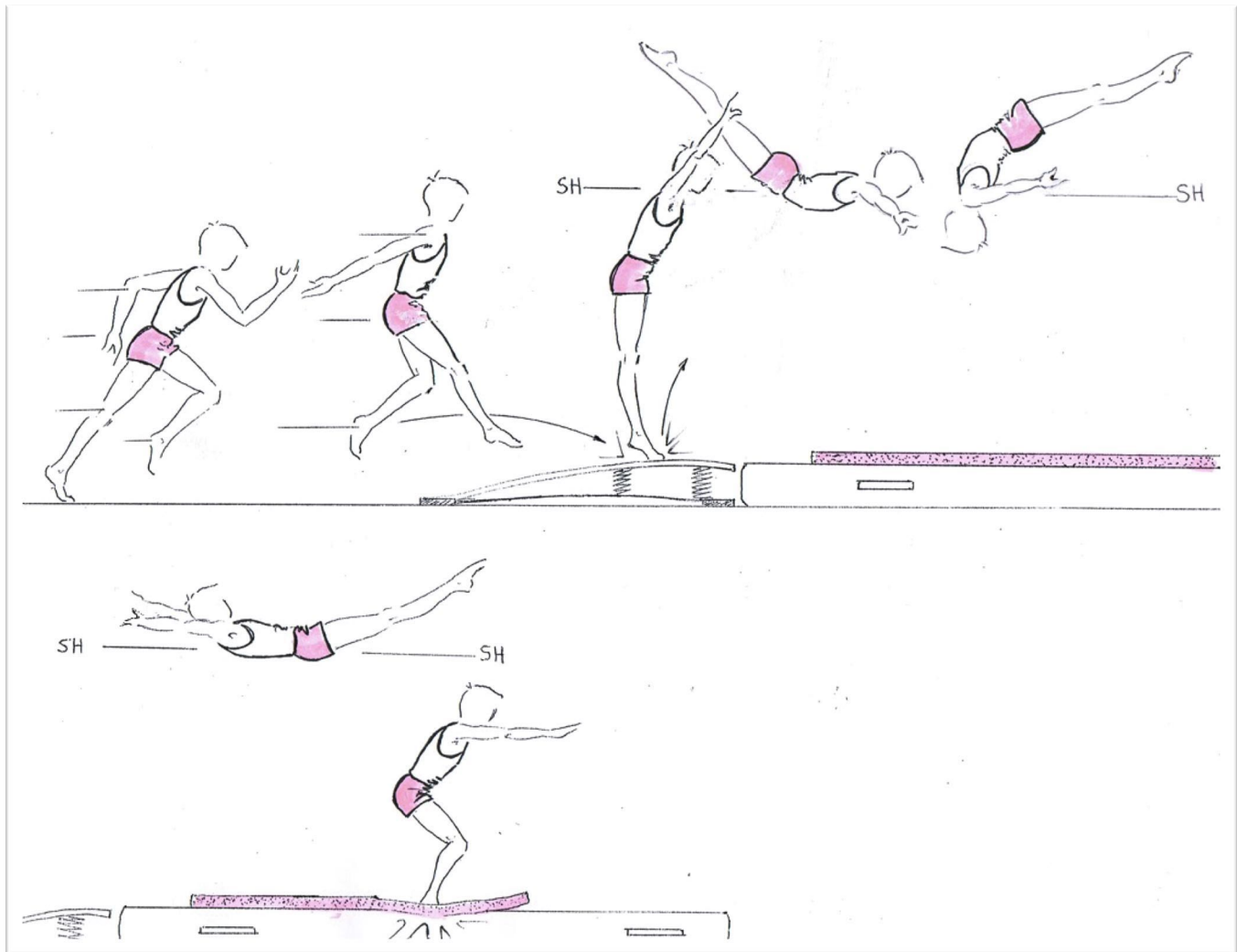
Picture shows no deduction for body position on height

Description	Value	Performance Expectations
Muscle-up to Support	0.5	<ul style="list-style-type: none"> <li>o Begin with straight arms for no deduction</li> <li>o Straight body throughout for no deduction</li> <li>o Apparatus Deduction: Rings not turned out in support before L-Sit</li> </ul>
L-Sit 2s	1.0	<ul style="list-style-type: none"> <li>o Legs horizontal or up to 15° higher for no deduction</li> </ul>
Press to Shoulder Stand 2s	0.5	<ul style="list-style-type: none"> <li>o Arms touching but not support by straps is permitted</li> </ul>
Roll Slowly Backwards and transition to Straight Inverted Hang 2s		<ul style="list-style-type: none"> <li>o Pike action to absorb the bottom of the roll is permitted before straight inverted hang</li> </ul>
Shoot Dislocate	0.5	<ul style="list-style-type: none"> <li>o Hips must rise within 15° of vertical for no amplitude deduction</li> <li>o Amplitude deductions: S, M, L; measured by height of hips and shoulders</li> </ul>
Swing Forward, Swing Back	2.0, 1.0	<ul style="list-style-type: none"> <li>o Lack of height as per picture, measured by hips relative to rings</li> <li>o Straight arms on back swing for no deduction</li> <li>o Bent or straight arms are permitted on front swing</li> </ul>
Swing Forward, Swing Back	1.0, 1.0	
Swing Forward, Swing Back	0.5, 0.5	
Bonus: Hips at least Ring Height on this Back Swing	(0.3)	
Swing Forward into Back Layout Dismount	1.0	<ul style="list-style-type: none"> <li>o Amplitude deductions: S, M, L; measured by height of hips and shoulders</li> <li>o Apparatus Deduction: Hips pass vertical before release in dismount</li> </ul>
Total With Bonus	9.5 (9.8)	

## Level 2 Vault

### Apparatus Deductions (0.2)

- i. Slowing down before takeoff



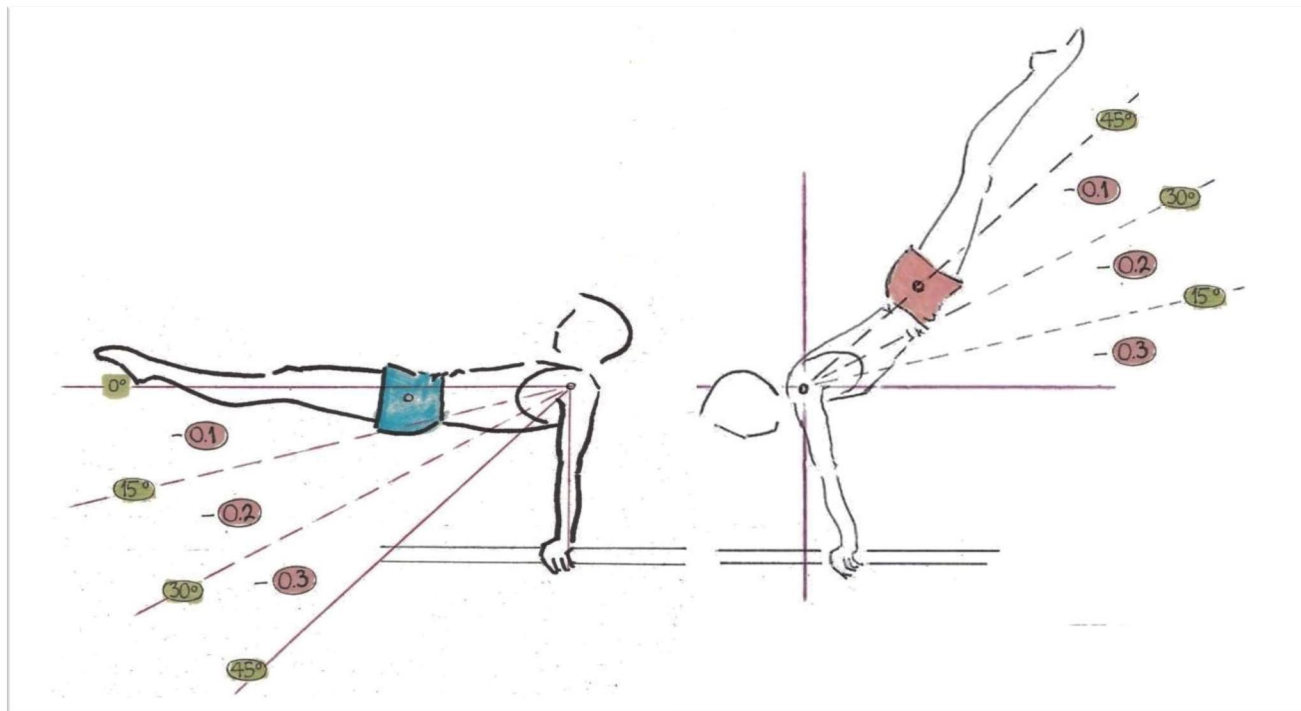
Picture shows no deductions for body position, preparation for landing, and amplitude

Description	Value	Performance Expectations
Front Pike Salto	9.5	o Amplitude deductions: S, M, L; measured by height of shoulders relative to shoulder height on takeoff
Bonus: Front Layout Salto	(0.3)	
Total	9.5	
With Bonus	(9.8)	

## Level 2 Parallel Bars

### Apparatus Deductions (0.2)

- i. Bounce legs off bar from straddle support scale



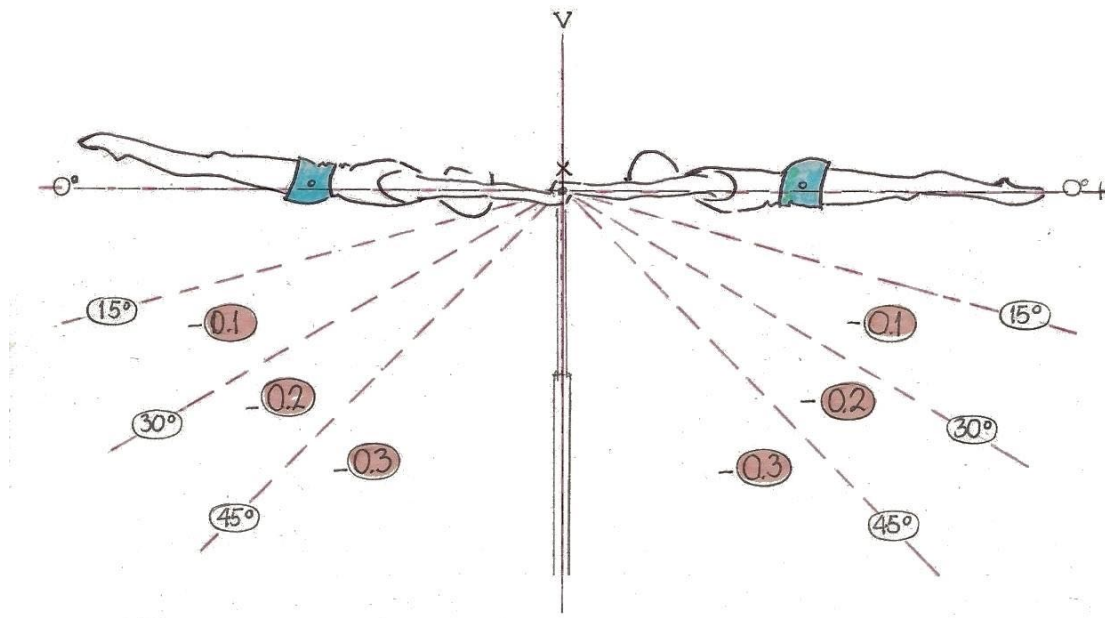
Routine to be performed in the middle of the bars

Description	Value	Performance Expectations
Jump to Long Hang Swing Forward, Swing Back	1.0, 1.0	<ul style="list-style-type: none"> <li>Lack of height as per Level 2 High Bar picture</li> <li>Swings measured by height of hips relative to hands</li> </ul>
Glide Forward and Kip to Straddle Support Scale (Legs in Front) 2s	0.5	<ul style="list-style-type: none"> <li>Straight arms in kip for no deduction</li> <li>Rhythm deductions: S, M, L</li> </ul>
L-Sit 2s	1.0	<ul style="list-style-type: none"> <li>Legs horizontal or up to 15° higher for no deduction</li> <li>Lift legs through V-Sit after L-Sit 2s is permitted</li> </ul>
Lift Legs Up Through ≥ 45° V-Sit and Shoot Forward, Swing Back – OR – Bonus: Straight Arm Press to Handstand (No Hold Required)	0.5, 1.0  1.5, (0.3)	<ul style="list-style-type: none"> <li>Lack of height, as per picture</li> <li>Height of swings measured by hips relative to shoulders</li> <li>Straight body position in handstand for no deduction</li> <li>Swings back to held handstands are permitted</li> <li>Apparatus Deduction: Bounce or slide legs off bar from straddle support scale</li> </ul>
Swing Forward, Swing Back	1.0, 1.0	
Swing Forward, Swing Back to Handstand 2s	0.5, 0.5	
Swing Forward, Swing Back to Handstand and Flank off	0.5, 1.0	<ul style="list-style-type: none"> <li>Angular deviation applied and no dismount if swing below 45°</li> </ul>
Total With Bonus	9.5 (9.8)	

## Level 2 Horizontal Bar

### Apparatus Deductions (0.2)

- i. Each additional cast in support



Description	Value	Performance Expectations
Beat Swing to Jam Cast and Swing Back		<ul style="list-style-type: none"> <li>o Any height of initial back swing is permitted</li> </ul>
Kip to Support	1.0	<ul style="list-style-type: none"> <li>o Rhythm deductions: S, M, L</li> </ul>
Cast ≥ Horizontal	0.5, 0.5	<ul style="list-style-type: none"> <li>o Transition into cast should be continuous for no deduction</li> <li>o Height of cast is measured by hips relative to shoulders</li> <li>o Apparatus Deduction: Each additional cast in support</li> </ul>
Continue into Under-shoot		<ul style="list-style-type: none"> <li>o Hips must rise up within 15° of vertical for no deduction</li> </ul>
Swing Back into Back Uprise and immediate Back Hip Circle	1.0	<ul style="list-style-type: none"> <li>o Straight arms for no deduction</li> <li>o Any height of back uprise is permitted</li> <li>o Straight arms in back hip circle for no deduction</li> </ul>
Cast ≥ Horizontal, ¾ Giant into Undershoot	0.5, 1.0	<ul style="list-style-type: none"> <li>o Transition into undershoot should be continuous for no deduction</li> <li>o Additional giants are permitted</li> </ul>
Bonus: Cast ≥ Horizontal, Giant, ¾ Giant (or Break-in) to Undershoot	0.5, (0.3), 1.0	<ul style="list-style-type: none"> <li>o Backhip circle after break-in is permitted</li> <li>o A killswing into an empty swing forward is also permitted as an exit from giant</li> </ul>
Swing Back, Swing Forward	1.0, 1.0	<ul style="list-style-type: none"> <li>o Lack of height; as per picture</li> <li>o Height of swings measured by hips relative to bar</li> </ul>
Swing Back, Swing Forward	0.5, 0.5	
Swing Back, Swing Forward ½ Turn to Mixed Grip Dismount	0.5, 1.0	<ul style="list-style-type: none"> <li>o Height of ½ turn is measured by hips relative to bar</li> </ul>
Total	9.5	
With Bonus	(9.8)	

## Level 3 Optional Apparatus Requirements

Difficulty	EGRs	Restrictions	Dismount	Bonus
6 elements Pre-A, Developmental A & B or FIG	<p>Group I (Non-acrobatic)</p> <p><b>FX</b> Any forward salto (Group II)</p> <p>Back salto dismount from BHS</p>	Maximum 2.2 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
	<p>Group III (Travel)</p> <p><b>PH</b> Any 180° turn (Group II)</p> <p>Group IV (Dismount)</p>			
	<p>Group I (Swing)</p> <p><b>SR</b> Any back lever (Group II)</p> <p>Group IV (Dismount)</p>			
	<p>Group II (Upper Arm)</p> <p><b>PB</b> Group III (Long hang &amp; Underswings)</p> <p>Group IV (Dismount)</p>			
	<p>Group I (Swing)</p> <p><b>HB</b> Kip &amp; cast to 45° (Group III)</p> <p>Group IV (Dismount)</p>			

\*= L-sit or Straddled L-sit not will fulfill the Strength EGR

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

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

**Developmental A:** Developmental A's are considered FIG A-parts.

<b>Pommels:</b>	i. One Flair element, one time (Group II) ii. 1/3 travel forward (Group III) iii. 1/3 travel backward (Group III)
<b>Rings:</b>	i. Back uprise to straight arm support (Group I) ii. Tucked or piked Felge to support (Group I) iii. Muscle-up to support (Group II)
<b>P-Bars:</b>	i. V-sit (2 sec.) (Group I) ii. Back uprise to horizontal (Group II) iii. From horizontal, Moy to upper arm (Group III) iv. Peach basket (Felge) to bent arm support (Group III)
<b>High Bar:</b>	i. Back uprise to horizontal (Group I) ii. Swing 1/2 turn to 45° (Group I) iii. A 3/4 Giant to Support or Backhip Circle (Group I) iv. Kip and cast to 45° or drop kip and cast to 45° (Group III) v. Free hip circle to 45° (Group III)

**Developmental B:** Developmental B's are considered FIG B-parts.

<b>Pommels:</b>	i. Any continuous full spindle (Group II)
<b>Rings:</b>	ii. Bent arm giant to handstand (2 sec.) (Group I) iii. Inlocate with shoulders above the rings. Same box as inlocate through handstand. (Group I) iv. Dislocate with shoulders above the rings. Same box as dislocate through handstand (Group I)
<b>P-Bars:</b>	i. Stutz to horizontal (Group I) ii. From handstand, Moy to upper arm (Group III)
<b>High Bar:</b>	i. Giant full (blind change and immediately pirouette) (Group I) ii. Adler (Stoop dislocate) to 45°. Same box as Adler to handstand (Group III)