

CLARIFICATIONS TO 2017 OFSAA GYMNASTICS PLAYING REGULATIONS
APPENDIX 1 – November, 2016

The following Clarifications and Changes to the 2017 Gymnastics Playing Regulations, **Appendix 1**, are in regard to improved safety on Uneven Bars and Development skill values for Level 1 & 2 as well as further clarifications to Vault and OFSAA List of Elements.

2017 OFSAA Judging Sheets will be available & posted on the Gymnastics Ontario website in January.

FLOOR LIST OF ELEMENTS:

ADDED – Side Split Jump Landing in Front Lying Support (Straddle Schuschunova) is a “B” Element

NOTE: A Tuck Jump to Front Lying Support (Tuck Schuschunova) is an “A” Element.

The Schuschunova is considered a Dance Element as are all Jumps, Leaps and Turns.

Note: The Double Stag Jump/Leap with 1/1 Turn is listed as a “B” Element in the OFSAA Element List.

Please note the Restrictions for each of the OFSAA Competitive Levels as to which Levels “B” Elements or “B” Dance Elements are permissible .

*If any **Restricted Elements** are performed or attempted, the element will not receive Value Part credit or fulfill Special Requirement and will receive a 0.50 deduction.*

Change: Back Roll Level 1 & 2 Floor Only - placing hands on floor in back roll when moving from standing to sitting entry position will not break the series but will result in a 0.30 deduction.

UNEVEN BARS

New: Level 3 Bars - A mandatory 10cm mat is required between the Bars for Level 3 as well as the mandatory 10cm Landing Mat for the Dismount. Up to a Maximum of 20 cm of mats may be used. *(As it is the first year of requiring movement to the High Bar for Level 3, for safety reasons a 10 cm mat between the bars has been added.)*

Added Special Requirement - Level 1, 2 & 3 Bars – requires a minimum cast greater than 45° below horizontal. Deduction for Cast Below min 45° from Horizontal is: L3=0.3, L2=0.2 L1=0.1

Added OFSAA Element: Level 2 Bars – Cast to Squat On, Jump Forward off LB is an “OFSAA A” Element (Development Skill)

Please note that in the absence of an OFSAA or OCP rule, the FIG Code of Points will be applied. **The Element Values are based on the OCP Values as per USGF-JO 2017-21 Code of Points.**

The List of Elements provided in Appendix 1 of the OFSAA Gymnastics Playing Regulations attempts to list only some of the most common OFSAA A’s, “A” & “B” Elements in the Code of Points. If clarification is required on Value of Elements or Technical Requirements in the Playing Regulations Appendix 1, please contact OFSAA Gymnastics Sport Advisors:

Shelley Lefler – shelleylefler@hotmail.com OR **Lynne Smiley** – bsmiley25@cogeco.ca

Reminder: *Gymnastics Ontario Judging Honorariums for Women's Artistic Gymnastics as of 2016 are now based on an hourly rate according to certified Judging Status/Level.*

Honorarium Forms are available on the Gymnastics Ontario website: www.gymnasticsontario.on.ca

FOR JUDGES/COACHES OFSAA Flat Back Vaults Level 1, 2 & 3

- Minimum height for L1 & 2 Flat Back Vaults is **100 cm**. Level 3 minimum height is 105cm
- **The mandatory 10 cm Supplementary Mat is not required for Stacked Mat Vaults (L1,2 &3)**
- **Reminder** – Level 3 Vault requires a 5cm sting mat between vault table & stacked mats
- A 10cm Supplementary Mat is only **mandatory for all Level 4, 5, & 6 Vaults**
- OFSAA Level 1, 2, & 3 is judged the same as JO Level 2 & 3.
- For L1 & 2 a tape line 32 inches from the front edge of the top stacked mat must be marked for **Hand Placement**

L1 & 2 - Deductions for hand placement beyond 32 inch tape line – Both Hands .50 Staggered .20

- Approach and Landing deductions are applied to all Flat Back Vaults.

Run & Board Contact: ↑ .3 Insufficient Acceleration, ↑.3 Failure to Maintain Speed ↑.3 Excessive Lean

Landing Deductions: 1.00 Lands on feet .50 Lands Seated at 90°Angle .50 Lands Back Arch /Knees Bent
Failure to land with Stretched/Hollow Body ↑.3

(Repositioning for correcting Body Position to eliminate Landing deduction is not applied)

- **OFSAA Level 3 Table Flat Back Vaults have specific Length deductions applied.**

.10 Fingers .30 Hands on Table .50 Arms or Head on Table 1.00 Body/Back on Table

- **OFSAA Level 1 & 2 do not have length deductions applied.**

CLARIFICATIONS TO 2017 OFSAA AEROBIC GYMNASTICS PLAYING REGULATIONS

APPENDIX II – November, 2016

The following changes/clarifications have been made to accommodate changes in the 2017-20 Aerobics Code of Points and to make Difficulty Requirements & Difficulty Bonus for the Open Category more user friendly and less complicated for all coaches & judges. The emphasis will continue to be on execution, synchronicity and artistry of the group performance.

Difficulty Score for both Novice & Open remains at 5.0 Execution Score 10.0 Artistry Score 10.0

Major Changes to the OPEN Category: Compulsory Elements & DV Bonus

Note – Novice Compulsory Elements & DV Bonus remain the same & have not changed

New – OPEN COMPULSORY ELEMENTS : *DIFFICULTY VALUE = 1.00

- | | |
|---------------------------------|------|
| A. Tricep Pushup | 0.40 |
| B. 1 Hand Side Support (2 sec) | 0.10 |
| C. 1/1 Air Turn (Jump 1/1 Turn) | 0.30 |
| D. 4 1/1 Consecutive Leg Kicks | 0.20 |

(full turn alternating waist high leg kicks or higher)

Novice & Open:

- the four compulsory elements must be **performed by all members of the group at the same time or in consecutive sequence**
- *All Difficulty elements not meeting the minimum technical requirements and difficulty elements with a fall will receive a value of 0.0.*

OPEN CATEGORY – DV BONUS = 1.50

NEW: In the Open Category: An additional **5 elements** may be performed from any of the Four Element Groups (*refer to the OFSAA/CanGym Aerobic List of Elements*) and are valued at **0.30 each** for a maximum of **1.50 DV Bonus**

In the Open Category: The additional 5 Bonus elements must be performed by all members of the group at the same time or in consecutive sequence.

Changes/Clarifications for Novice & Open Aerobic Categories:

1. **Running shoes** must be **predominately white, clean** and laces properly tied.
Note: *The option to wear just socks (white only) will be allowed if performing on a carpeted competitive floor surface.
2. **NEW: A minimum of 2 Difficulty Elements (DE) must be performed from at least 3 of the 4 Element Groups (A,B,C,D) to fulfill Composition Requirement.**
(ie. Open requires 9 DE = 2 A 1B 3C 3D) (ie. Novice requires 8DE = 3A 2B 2C 1D)
3. The **one** Dance Sequence (min 16 cts) or Dance Segment (up to a max of 32cts) is an assembly of dance choreography performed on the feet reflecting dance steps and movements **or a dance style/genre (ie. Jazz/Ethnic-Folk/Salsa/Hip-Hop).**
4. **NEW:** A group routine requires a minimum of ***1 Lift.** *** Lift may occur anywhere in the routine. Maximum Lifts allowed is 2.**
5. **Clarifications - Acrobatic Elements:** Acrobatic Elements are allowed but not required.
 - May be used singly **2 times in a whole routine and/or 2 acrobatic elements in combination (= 1set/series) may be performed only once.**
 - **1 Acro combined with a Group C Jump or Leap – (ie Cartwheel to Split Jump) is allowed and counts as 1 single Acro Element and 1 Difficulty C Element.**
 - ***An Acrobatic Series is 2 Acro elements combined (ie Round Off, Back Handspring)**
 - ***Any Acrobatic Elements performed must all be different; no repetition is allowed.**
6. **NEW Penalty Deductions & Composition Deductions (CR)**
 - **0.50 Less than 8 Difficulty Elements or More than 10**
 - **0.50 1 DE performed in only 1 or 2 out of 4 Element Groups (CR)**
 - **0.50 Repetition of Acrobatic Elements (AE)**
 - **0.50 More than 3 AE in the routine or Series**
 - **0.50 More than 1 Acrobatic Series in the routine**

7. **NEW: Execution Deductions as per 2017-20 Aerobics Code of Points that will be applied –**
Small Errors .1 *Medium Errors .3 Large Errors .5 *Falls 1.00
Touch/Brush Floor .5