



2021 – 2022 ONTARIO REGIONAL PROGRAM **MEN'S ARTISTIC GYMNASTICS**

ATHLETES, COACHES & JUDGES MANUAL

May 16, 2022

For all MAG Gymnasts competing at:

- Ontario Invationals
 - Ontario Cups
 - Ontario Championships
-



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Gymnastics Ontario, Toronto

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ACKNOWLEDGMENTS

The Gymnastics Ontario Regional Program has been developed by the Men's Provincial and Inter-club subcommittee under the direction of the Men's Technical Committee.

This program is based on the requirements of the Gymnastics Canada rules, the Fédération Internationale de Gymnastique Code of Points 2022-2024 and its Newsletters.

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GYMNASTICS ONTARIO STAFF*

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Men's Artistic Gymnastics Program Manager

Gymnastics Ontario is the sport's governing body in Ontario. We work with our member clubs to help them provide a broad range of programs and services to meet the needs of all participants.

Gymnastics Ontario also sets operating standards and practices, from coaching certification and athlete preparation, to ensuring optimal safety and ethics in the sport. We develop training programs and oversee the organization and running of competitions which help elevate the skill levels of everyone involved including athletes, coaches, the club owners, club administrators, directors, volunteers and parents.

Gymnastics Ontario is responsible for all six gymnastics disciplines: Artistic Gymnastics, Rhythmic Gymnastics, Trampoline, Tumbling, Sports Aerobics and General Gymnastics. The first three disciplines are all Olympic sports.

Our mandate is to ensure that everyone can enjoy the sport as safely as possible. That means we address issues such as insurance and risk management. We have also developed ethical standards to ensure everyone feels welcome and empowered.

In this sport, the gymnast comes first.

* For the entire staff directory, please visit the Gymnastics Ontario website's staff page.

MEN'S TECHNICAL PROGRAM COMMITTEE

Jorge A. Solórzano-Filho
Program Manager & Interim MTC Chair

Nick Bejenaru
Judging Coordinator & Chair

Ferenc (Frank) Szabo
National Coaching Chair

Dmitri Lely
Provincial Coaching Chair

Brandes Struger-Kalkman
Inter-club Coaching Chair

Nick Mallia
Member at Large 1

Michael Grinter
Member at Large 2

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The role of the Men's Technical Program Committee (MTC) is to advise and assist the Gymnastics Ontario staff in providing leadership for Ontario Artistic Men's Program.

Its elected members are a dedicated group of volunteers, that are also active MAG coaches and judges from the Ontario Gymnastics Community.

PROVINCIAL & INTER-CLUB SUBCOMMITTEE

Jorge A. Solórzano-Filho
Program Manager

Brandes Struger-Kalkman
& Dmitri Lely
Chairpersons

Keeley MacLean

Michael Grinter

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Floor Exercise - Ontario Level 1

	ROUTINE ELEMENTS	Bonus	Deduction for not doing skill	PERFORMANCE CRITERIA
1a	Dive roll (below shoulder height), stand up in control		1.0	MIN. hip height; no major piking/tucking; no hands used to stand up
1b	BONUS: Dive roll (shoulder height or above), stand up in control	0.3		MIN. shoulder height; no major piking/tucking; no hands used to stand up
2	Front roll, stand up in control		0.5	smooth roll; no hands used to stand up
3	Safety fall to prone and		0.5	good form; all variations accepted, e.g. prone fall, swedish prone, jump to prone, etc.;
4	Transition to straddle stand 2s		0.5	variation in transition to straddle stand accepted with expectation that hands remain in place and legs are straight. straddle stand with minimum 90° leg split
5a	Press to momentary headstand		1.0	no jump into press
5b	BONUS: Press to headstand hold 2s	0.3		no jump into press
6	Roll forward to flatback		0.5	control into smooth rollout
7	Lift to hollow hold 2s and roll sideways to belly		0.5	good form; athletes must have shoulders off ground, lift hands 1-2 hand-width's off ground, and lift feet one hand's width off ground; soft parabolic body shape; roll sideways without letting limbs touch the floor
8	Arch hold 2s, then jump to squatting position		0.5	good form; athletes must lift hands and feet at minimum 3 hand-width's off ground; hands and feet deducted separately; parabolic body shape; good tuck position; legs together and in between arms
10	BONUS: Kick handstand and roll forward	0.3		feet must connect and legs must be straight before roll
999! 11	Cartwheel		1.0	good form; cartwheel finishes with 1/4 turn to face the starting point of the cartwheel; cartwheel finishes with feet together
12	Backward roll to feet		1.0	smooth roll
12a	BONUS: Backward roll to feet with straight arms	0.3		smooth roll; straight arms; shoulders above hands when feet touch
13	2-3 steps and hurdle round-off and rebound into straight jump		1.0	rebound into straight jump (NOT jumping off floor)
	Total:	1.2	8.0	

Pommel Horse - Ontario Level 1

mushroom

ROUTINE ELEMENTS	Bonus	Deduction for not doing skill	PERFORMANCE CRITERIA
BASE ROUTINE:			
1 Double leg circle, stop		2.5	
2 Double leg circle, stop		2.5	
3 Double leg circle, stop		2.5	
4 Double leg circle, stop		2.5	
B1 Any singular connection of 2 circles	0.3		Routine can be 2 circles and then 1 circle and then 1 circle, OR 1, 2, 1 OR 1, 1, 2
B2 Two connections of 2 circles	0.6		Routine must be 2 circles and then 2 circles
B3 Any connection of 3 circles	0.9		Routine can be 1 circle, then 3 circles or it can be 3 circles and then 1 circle
B4 All 4 circles connected	1.2		
	Total: 3	10.0	

For connected circles, an athlete may only receive one of the bonus options

***An athlete has 4 attempts to hit 4 circles, but once he lands after 4 or more attempts and/or circles, the routine is finished**

*intention is not to give athletes 4 attempts to hit 4 circles (i.e. this is not practice), but rather to complete 4 circles in as few attempts as possible

Still Rings - Ontario Level 1

	ROUTINE ELEMENTS	Bonus	Deduction for not doing skill	PERFORMANCE CRITERIA
1a	Chinup and lower		1.0	Chin above hands
1b	BONUS: Chinup hold 2s and lower	0.3		Chin above hands
2	L-hang hold 2s		1.0	Legs horizontal, straight arms and legs
3a	Swing backward and forward to inverted pike hold 2s		1.0	No height requirement for back swing
3b	BONUS: From L-hang pull up to inverted pike hold 2s	0.3		
4	Skin-the-cat hold 2s		1.0	Max extension - Straight body position in skin-the-cat. Flexibility deductions: S, M, L; measured by angle of arms relative to torso.
5a	Pull tucked to inverted hang straight body hold 2s		1.0	Max compression
5b	BONUS: Pull piked to inverted hang straight body hold 2s	0.3		Max compression
6	Pump and cast forward		1.0	hips must rise above horizontal
7	Swing backward and forward		1.0	hips must rise 45° below horizontal - Lack of height measured by hips relative to rings (see picture on the right). Straight arms on back swing.
8	Swing backward and forward		1.0	Bent or straight arms are permitted on front swing.
9	Swing backward and forward		1.0	
10a	Swing backward and let go		1.0	
10b	BONUS: Swing backward and swing forward into backward salto tucked	0.3		release must occur prior to 'inverted hang' position or no credit
	Total:	1.2	10.0	

Vault- Ontario Level 1

ROUTINE ELEMENTS

PERFORMANCE CRITERIA

20+10 cm mats; average score of any 2 vaults

Straight jump		10.0
Dive roll	+0.3	
Forward salto tucked	+0.6	
Forward salto piked	+0.9	

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Parallel Bars - Ontario Level 1

low bars with block

ROUTINE ELEMENTS	Bonus	Deduction for not doing skill	PERFORMANCE CRITERIA
1 Jump to support		1.0	
2a Tuck sit hold 2s		1.0	
2b BONUS: L-sit hold 2s	0.3		
3 Open up into straddle support hold 2s		1.0	
4a From straddle sit, lift legs off bars and bring legs together		1.0	Dragging legs not accepted
4b BONUS: From straddle sit, lift legs off bars to 45° and bring legs together	0.3		
5a Extend into swing backward		1.0	
5b BONUS: Extend into swing backward ≥horizontal	0.3		
6 Swing forward and backward		1.0	
7a Swing forward and backward		1.0	
7b BONUS: Swing forward and backward to >45° over horizontal	0.3		
8 Swing forward and backward into flank >horizontal		1.0	
	Total: 1.2	8.0	

Swings: no major arches; no piking; body should be relatively straight between shoulders, hips, & feet

High Bar - Ontario Level 1

any height

ROUTINE ELEMENTS	Bonus	Deduction for not doing skill	PERFORMANCE CRITERIA
1 Hanging 1/2 turn		1.0	Hands starting in overgrip and ending in overgrip; hollow body shape during turn
2 2 full beat swings		1.0	good form
3a Chinup and spotted pullover to support		1.0	no deduction for spotting
3b BONUS: Chinup and pullover to support without spot	0.3		no spot for bonus
4a Cast		1.0	deliberately singular (NO pre-cast); cast to 45° below horizontal
4b BONUS: Cast to horizontal	0.3		deliberately singular (NO pre-cast); cast to horizontal
BONUS: Backward hip-circle	0.3		straight legs, minor piking allowed
6 Underswing		1.0	to horizontal; carries momentum into swings
7 Swing backward and forward		1.0	hips to 45° from horizontal
8 Swing backward and forward		1.0	hips to 30° from horizontal
9 Swing backward and forward		1.0	hips to 30° from horizontal
10a Swing backward and let go		1.0	deliberate dismount (NO pinging)
10b BONUS: Swing backward with hips at horizontal and then let go	0.3		deliberate dismount (NO pinging)
Total:	1.2	9.0	

Floor Exercise - Ontario Level 2

ROUTINE ELEMENTS	Bonus	Deduction for not doing skill	PERFORMANCE CRITERIA
1 Dive roll, stand up in control		1.0	MIN. shoulder height; hips flat; no hands used to stand up
2 Kick, leap, or jump with 1/2 turn		0.5	good form; all variations accepted <u>except</u> simple steps (MIN kick 90°)
3 Safety fall to prone		0.5	good form; all variations to prone accepted
4a Transition to any split hold 2s		0.5	Split expectation is 30° from split
4b BONUS: Full split hold 2s	0.3		
5 Transition to momentary straddle stand and press to headstand hold 2s		1.0	continuous movement of feet; control into smooth roll into straddle
6 Roll forward to pancake 2s		0.5	chest to ground
7 Bridge 2s, transition to feet		0.5	shoulders within 15° of hands
8a Kick to momentary handstand and roll forward		1.0	must show proper handstand position; no hold expected; *event deduction for stepping down (-0.2)
8b BONUS: Kick to handstand hold 2s and roll forward	0.3		must be held 2s for full bonus
9 Kick cartwheel		0.5	finish with 1/4 turn to face starting point of cartwheel; finish with feet together
10a Backward roll piked		1.0	smooth roll with straight arms
10b BONUS: Backward roll tucked or piked to handstand, pike down to stand	0.3		smooth roll that shows intentional direction towards HS; straight arms
11a 2-3 steps and hurdle round-off into straight jump			controlled landing
11b BONUS: 2-3 steps and hurdle round-off into backward handspring and straight jump	0.3	1.0	must be directly connected; controlled landing after straight jump
Total:	1.2	8.0	

Pommel Horse - Ontario Level 2

mushroom

ROUTINE ELEMENTS	Bonus	Deduction for not doing skill	PERFORMANCE CRITERIA
BASE ROUTINE:			
1 Double leg circle		1.5	
2 Double leg circle		1.5	
3 Double leg circle		1.5	
4 Double leg circle		1.5	
5 Double leg circle		1.5	
6 1/4 circle into flank dismount		1.5	Dismount must be performed following a circling or turning element
Bonus skills may only be performed after initial 3 circles			
B1 2 or more flairs	0.3		Leg split of 90°; must perform >1 flair to receive bonus
B2 1/2 spindle within 2 circles	0.3		Continuous turning action
B3 Any 1 other 180° turn	0.3		May only be performed after "Routine Element #1"; may not be flaired; may not be a spindle
B4 Wendeswing dismount	0.3		May not be flaired; no height expectation of dismount
Total:	1.2	9.0	

*Athletes may perform a 1/2 czech (i.e. 1/4 turn) into a wendeswing

Still Rings - Ontario Level 2

ROUTINE ELEMENTS		PERFORMANCE CRITERIA
1a	Muscle-up with spot	1.0
1b	BONUS: Muscle-up without spot	0.3
2a	Tuck-sit hold 2s	1.0
2b	BONUS: L-sit hold 2s	0.3
	BONUS: From tuck-sit or L-sit, piked press to shoulderstand hold 2s	0.3
3	Roll back to skin-the-cat hold 2s	0.5
4	Pull piked to inverted straight body hang hold 2s	0.5
5a	Pump and cast forward	1.0
5b	BONUS: Dislocate and swing forward	0.3
6	Swing backward and forward	1.0
7	Swing backward and forward	1.0
8	Swing backward and forward	1.0
9	Backward salto tucked	1.0
Total:		1.2
		8.0

Athlete must perform chinup without spot (coach may spot when chin > knuckles), -0.3 if coach helps prior to chin-up being completed

Body position deductions during muscle-up will not apply, however forms deductions will still apply

Knees horizontal, up to 15° higher.

Arms touching but not support by straps is permitted.

Show control; smooth and constant transition

Hips must rise within 45° of vertical.

Amplitude deductions measured by height of hips and shoulders (S, M, L).

Vault- Ontario Level 2

ROUTINE ELEMENTS

PERFORMANCE CRITERIA

20+10 cm mats; average score of any 2 vaults

Dive roll		10.0
Forward salto tucked	+0.3	
Forward salto piked	+0.6	
Forward salto straight	+0.9	
Round-off backward straight jump	+0.6	

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Parallel Bars - Ontario Level 2

adjustable height

ROUTINE ELEMENTS			PERFORMANCE CRITERIA	
1	Jump to upperarm swing forward		0.5	Any approach acceptable (stand or run). Hips to horizontal
2a	Swing backward		0.5	
2b	BONUS: Swing backward above bar height	0.3		
3	Swing forward into straddled front uprise		1.0	
4	Straddle support hold 2s		0.5	
5a	Straddled forward shoulder roll finishing in straddle support		1.0	
5b	BONUS: Press to shoulder-stand hold 2s, roll forward to straddle support	0.3		
6	Lift legs to L-sit hold 2s		1.0	
7	Lift >45° toward V and extend to swing backward		1.0	*Event deduction: dragging of the legs and/or feet (-0.2)
8	Swing forward and swing backward		1.0	Backward swing to horizontal
9a	Swing forward and swing backward to 45° above horizontal		1.0	Backward swing to 45° above horizontal
9b	BONUS: Swing forward and swing backward to momentary handstand	0.3		
10a	Swing forward and swing backward to 45° above horizontal		1.0	Backward swing to 45° above horizontal
10b	BONUS: Swing forward and swing backward to momentary handstand	0.3		
11	Flank dismount		0.5	
Total:		1.2	9.0	

High Bar - Ontario Level 2

height adjustable

ROUTINE ELEMENTS	Bonus	Deduction for not doing skill	PERFORMANCE CRITERIA
1 1 piked leg lift		1.0	feet touch bar
2a Lower legs, then chinup pullover to support, and immediately		1.0	chin to bar height; no pausing in chinup
2b BONUS: Jam cast into kip	0.3		stop after kip is permitted
3a Cast		1.0	hips \geq shoulder height
3b BONUS: Cast 30° >horizontal	0.3		Hips \geq 30° above horizontal
4 Backward hip-circle		1.0	straight body
5 Underswing		1.0	carries momentum into swings; 45° above horizontal
6a Swing backward and forward		1.0	hips \leq 30° from horizontal.
6b BONUS: Swing backward and swing forward into baby giant and underswing	0.3		shoulders to horizontal before break-in action; straight arms; carry momentum into underswing
7 Swing backward and forward		1.0	hips \leq 15° horizontal
8 Swing backward and forward		1.0	hips \leq 15° horizontal
9 Swing backward and swing forward into		1.0	straight arms; pushing through shoulders
10a 1/2 turn dismount		1.0	single hand change minimum required; push off
10b BONUS: 1/2 turn dismount with double hand change	0.3		must achieve double hand grip at or before the peak of the swing 1/2 turn; push off
	Total:	10.0	
\geq			*must push off bar for dismount (event deduction)

Floor Exercise - Ontario Level 3

	ROUTINE ELEMENTS	Bonus	Deduction for not doing skill	PERFORMANCE CRITERIA
1a	2-3 steps and hurdle forward handspring		1.0	Rebound permitted; controlled landing
1b	BONUS: 2-3 steps and hurdle into forward handspring and rebound into dive roll	0.3		Immediate rebound into dive roll at shoulder height; no jump permitted between forward handspring and dive roll
2	Safety fall to prone, transition to any split hold 2s		0.5	all variations to prone accepted
3a	Transition to momentary straddle stand and jump into press to momentary handstand		1.0	
3b	BONUS: Lift to momentary straddle stand and press to momentary handstand	0.3		must show momentary handstand position; may press straight from press
4	Transition into bridge hold 2s and transition to stand		0.5	shoulders over hands; all transitions accepted, but deductible
5	Transition to corner		0.5	Any transition acceptable
6	Run and punch into forward salto tucked		1.0	
7a	Kick handstand and 1/2 pirouette; transition to feet		1.0	
7b	BONUS: Kick handstand hold 2s and then pirouette OR kick handstand pirouette and then hold handstand 2s	0.3		Hold can be on either side of pirouette
8	Back extension to handstand		1.0	tuck or pike roll permitted
9a	2-3 steps and hurdle round-off into back handspring		1.0	must be directly connected; controlled landing. NO rebound is major deduction
9b	BONUS: 2-3 steps and hurdle round-off into 2 backward handsprings	0.3		must be directly connected; controlled landing. NO rebound is major deduction
9c	BONUS: 2-3 steps and hurdle round-off into backward handspring connect to backward salto tucked	0.3		
	Total:	1.5	7.5	

Pommel Horse - Ontario Level 3

mushroom

ROUTINE ELEMENTS

Bonus

PERFORMANCE CRITERIA

BASE ROUTINE:

1	Double leg circle	1.0
2	Double leg circle	1.0
3	Double leg circle	1.0
4	360° spindle	1.5
5	Double leg circle	1.0
6	Double leg circle	1.0
7	Double leg circle	1.0
8	Wendeswing dismount	1.5

Spindling action must be continuous

No height expectation for dismount

B1 Perform "Routine Element #1, 2 & 3" in flair **0.3**

Leg split of 120°

B2 Perform "Routine Element #4" in 3 or less circles **0.3**

Spindling action must be continuous

B3 Perform a stockli or a czechkehr **0.3**

May only be performed after "Routine Element #7"

B4 Perform a 360° Russian wendeswing **0.3**

Must be initiated forward (cannot reverse stockli to initiate); may only be performed after "Routine Element #7"; may directly connect to "Routine Element #8"

Total: **1.2** **9.0**

Still Rings - Ontario Level 3

ROUTINE ELEMENTS	Bonus		PERFORMANCE CRITERIA
1 Muscle-up		1.0	
BONUS: Forward roll piked	0.3		From support to support
2 L-sit hold 2s		1.0	
3 Press shoulderstand hold 2s		1.0	
4a Roll back to inv. pike and pump dislocate		1.0	Smooth and continuous transition
BONUS: Roll back to inv. pike, straddle lever backwards, lower to skin-the-cat, pull to inv. pike, and pump dislocate	0.3		may perform backward lever with legs straddled or together
4c BONUS: From shoulderstand, bail to dislocate	0.3		
5 Swing forward and backward		1.0	
6 Swing forward and backward		1.0	
7a Swing forward and backward		1.0	
7b BONUS: Swing forward into dislocate	0.3		No amplitude deductions; may only be performed after "Routine Element #6"
8a Swing forward into backward salto tucked		1.0	
8b BONUS: Swing forward into backward salto stretched	0.3		
Total:	1.5	8.0	

Vault- Ontario Level 3

ROUTINE ELEMENTS

Bonus

PERFORMANCE CRITERIA

Forward salto tucked

10.0

20+10 cm mats; average score of any 2 vaults
*vaulting on to 60cm for +0.3 bonus (+30 cm in total additional mats)

Forward salto piked

+0.3

*vaulting on to 60cm for +0.3 bonus (+30 cm in total additional mats)

Forward salto straight

+0.6

*vaulting on to 60cm for +0.3 bonus (+30 cm in total additional mats)

Round-off backward straight jump

+0.3

Round-off backward salto tucked

+0.6

Round-off backward salto straight

+0.9

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Parallel Bars - Ontario Level 3

ROUTINE ELEMENTS	Bonus		PERFORMANCE CRITERIA
1		1.0	Hips at bar height
2a		1.0	Straight arms
2b	BONUS: Kip to momentary L-sit	0.3	Straight arms; must show marked L position (full hold not required)
3a		1.0	Upperarm swing to bar height
3b	BONUS: Swing backward into moy to upperarm	0.3	Extra swing permitted before bailing for Moy
4		1.0	Upperarm swings to bar height; back uprise heels to bar height
5		1.0	
6		1.0	Hips to horizontal
7a		1.0	
7b	BONUS: Swing backward to momentary handstand	0.3	
8		1.0	
9a		1.0	
9b	BONUS: Swing forward and backward to handstand, 1/4 turn to single rail and push-off	0.3	
9c	BONUS: Swing forward and swing backward with bail to backward salto dismount	0.3	Any salto shape permitted
	Total:	1.5	9.0

High Bar - Ontario Level 3

*FIG height;
up to 40 cm of landing
mats on either side*

ROUTINE ELEMENTS	Bonus		PERFORMANCE CRITERIA
1 Leg lift into jam cast		1.0	
2a Kip to support, cast		1.0	momentary stop allowed after kip; hips ≥ horizontal.
2b BONUS: Kip and immediate cast to horizontal	0.3		must be connected
3a Swing forward into baby giant and underswing		1.0	shoulders rise 30° above bar; straight arms; carry momentum into underswing, back-up circle allowed
3b BONUS: Backward giant and transition to swing	0.3		additional giants permitted (execution still marked),
4a Swing backward into backward uprise to support		1.0	heels ≥ bar height
4b BONUS: Swing backward into backward uprise to support	0.3		heels to shoulder height
5 Backward hip-circle		0.5	straight body
6 Underswing		0.5	
7 Swing backward and swing forward into swing 1/2 turn		1.0	back swing ≤ 15° of horizontal, double hand change
8a Swing forward, swing backward, and swing forward into swing 1/2 turn push-off		1.0	double hand change completed at or before horizontal
8b BONUS: Connect into second swing 1/2 turn and push off	0.3		double hand change completed at or before horizontal, on this 1/2 turn hips ≥ 30° above horizontal
8c BONUS: Swing forward into backward flyaway	0.3		Any position; up to 3 full swings permitted leading up to flyaway (but swings are deducted for form and height)
	Total:	1.5	7.0

Floor Exercise - Ontario Level 4

	ROUTINE ELEMENTS	Bonus	Deduction for not doing skill	PERFORMANCE CRITERIA
1a	2-3 steps and hurdle forward handspring into dive roll		1.0	
1b	BONUS: 2-3 steps and hurdle forward handspring into forward salto tucked	0.3		
2	Safety fall to prone, and transition into any split hold 2s		0.5	
3a	Press to momentary handstand and transition to feet		1.0	
3b	BONUS: Press to handstand hold 2s and transition to feet	0.3		roll, step or pike down allowed for transition to feet
4	Transition to corner		0.5	No simple steps permitted
5a	Run and punch into forward salto piked		1.0	
5b	BONUS: Run and punch into forward salto tucked that rebounds immediately into a second forward salto tucked	0.3		<i>Merge cells 5b and 5c together in order to not confuse coaches</i>
5c	BONUS: Run and punch into forward salto straight	0.3		
6	Cartwheel		0.5	
7	Backward extension to handstand		0.5	
8a	2-3 steps and hurdle round-off into back handspring connect to backward salto tucked		1.0	
8b	BONUS: 2-3 steps and hurdle round-off into 2 back handsprings connect to backward salto tucked	0.3		
8c	BONUS: 2-3 steps and hurdle round-off into back handspring connect to backward salto straight	0.3		
	Total:	1.8	6.0	

Pommel Horse - Ontario Level

pommel-less horse

ROUTINE ELEMENTS

PERFORMANCE CRITERIA

BASE ROUTINE #1:

9.0

- 1 Uphill loop 1.5
- 2 Uphill loop 1.5
- 3 Uphill loop 1.5
- 4 Uphill loop 1.5
- 5 Uphill loop 1.5
- 6 Wendeswing dismount 1.5

Total: **9.0**

BASE ROUTINE #2:

10.0

- 1 3 Downhill loops and stop 3.0
- 2 Uphill loop 1.0
- 3 Uphill loop 1.0
- 4 Uphill loop 1.0
- 5 Uphill loop 1.0
- 6 Uphill loop 1.0
- 7 Wendeswing dismount 2.0

Total: **10.0**

Athlete may only stop after downhill loops

B1 Replace up to any 3 circles in a row with the same number of flairs **0.3**

Leg split of 120°; applicable to either base routine

B2 Any 180° turn (may only be performed in Base Routine #2 after "Routine Element #1"; stop is no longer permitted) **0.3**

B3 360° Russian wendeswing **0.3**

May be connected to dismount

B4 1/3 Magyar immediately into dismount **0.3**

Both hands must reach location of first handle; dismount performed from endpoint of travel

Total: **1.2**

Still Rings - Ontario Level 4

ROUTINE ELEMENTS			PERFORMANCE CRITERIA
1	Piked pull-up to inverted hang		0.5
2a	Straddle backward lever hold 2s		1.0
2b	BONUS: Backward lever hold 2s	0.3	Any transition in to back lever applies Legs together
3	Lower to momentary skin-the-cat		0.5
4	Pull piked to inverted pike and cast forward		0.5
	BONUS: Swing backward into inlocate	0.3	No amplitude deductions bent arms allowed
5a	Swing backward into backward uprise		1.0
5b	BONUS: Backward uprise with straight arms	0.3	
6	L-sit hold 2s		0.5
	BONUS: Tuck planche hold 2s	0.3	straight arms
7	Press shoulderstand hold 2s		1.0
8	Bail dislocate		1.0
9	<i>2nd dislocate</i>		1.0
10	Backward salto stretched		1.0
Total:		1.2	8.0

Vault- Ontario Level 4

ROUTINE ELEMENTS

Forward entry handspring	10.0
Tsukahara entry handspring	10.0
Yurchenko entry handspring	10.0

PERFORMANCE CRITERIA

20+10cm landing mat
no saltos permitted
no saltos permitted
no saltos permitted

BONUS: one bonus (+0.3) applied for each additional 20 cm landing mat (up to 3 may be added)

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Parallel Bars - Ontario Level 4

ROUTINE ELEMENTS		PERFORMANCE CRITERIA
1	Kip to L-sit hold 2s	1.0
	BONUS: Press to handstand hold 2s, swing forward 0.3	May bail into moy from HS
2a	Swing backward into moy to upperarm	1.0
2b	BONUS: Swing backward to >45° and moy to upperarm 0.3	Swing to horizontal; extra full swing permitted
3	Upperarm swing backward and swing forward	0.5
4a	Forward uprise straddled and immediately swing legs off bar	1.0
4b	BONUS: Forward uprise 0.3	heels at shoulder height; extreme body position deducted
5	Swing backward to horizontal	0.5
6	Swing forward and swing backward to handstand hold 2s	1.0
7	Swing forward and swing backward to handstand hold 2s	1.0
8a	1/4 turn to single rail and push-off	1.0
8b	BONUS: Salto dismount from support 0.3	Forward or backward salto permitted; any salto shape permitted
8c	BONUS: Swing forward and swing backward with bail to backward salto dismount 0.3	Any salto shape permitted
	Total: 1.5	7.0

High Bar - Ontario Level 4

ROUTINE ELEMENTS		PERFORMANCE CRITERIA
1	Jam cast	0.5
2a	Kip to immediate cast to horizontal	1.0
2b	BONUS: Kip cast to 45° 0.3	Immediate transition in to cast Immediate transition in to cast
3	Two (2) backward giants and transition to swing	1.0
4	Backward uprise into underswing and swing backwards	0.5
	BONUS: Backward uprise into free-hip 0.3	Additional giants permitted; transition can be baby giant underswing OR back-hip circle to underswing OR underswing OR killswing heels to shoulder height Any transition from exit of free-hip accepted (e.g. break-in, break-in to backhip circle, long hang swing, etc.). If exit to long hang swing performed, athlete may perform full (front & back) swing prior to 1/2 turn or connect directly
7	Swing forward into 1/2 turn	1.0
8	Swing forward into 1/2 turn	1.0
	BONUS: Either swing 1/2 turn goes to 45° 0.3	*2nd swing 1/2 turn must be connected from 1st swing 1/2 turn May only be applied to one 1/2 turn
9a	Tucked flyaway	1.0
9b	BONUS: Layout flyaway 0.3	Forward or backward; two full swings permitted before dismount
	Total: 1.2	6.0

Ontario Level 5 (AKA Provincial Open)

Apparatus Specification

Floor	12 x 12 FIG
Pommel Horse	Mushroom or Pommel horse with no handles
Rings	FIG (290 cm from the floor). A 10 cm landing mat is mandatory.
Vault	110 to 135 cm
Parallel Bars	Adjustable Height
High Bar	FIG (260 cm)

Routine requirements - Optional routines

6 skills

2 FIG Element Groups	0.5 ea
FIG amendments dismount	FIG A & higher = 0.5 - A supplementary = 0.3
One special requirement	0.5
Floor Exercise	Any salto
Pommel Horse	1/2 Turning element
Still Rings	Inlocate or dislocate
Parallel Bars	Any inversion
Horizontal Bar	Any 1/2 turn

Virtuosity & Stick Landing

Virtuosity (up to +0.2)
Stick (+0.1)

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FX

EGR	Skill	Value	Notes
Group 1	Jump to front support	pA	
	2 circles	B	
	Back extension	A	
	Press through momentary handstand	A	From any position
	Any press to handstand (2s)	B	From any position
Group 2	Forward salto tucked with 1/2 twist	B	Separate boxes
	Forward salto piked with 1/2 twist	B	Separate boxes
Group 3	Cartwheel	pA	
	Roundoff	A	
	Backward salto tucked with 1/2 twist	B	
Group 4	Straight jump from backward handspring	pA	

Note:

- Forward flyspring and forward handspring exist in separate boxes
- Forward salto tucked and forward salto piked exist in separate boxes
- Forward salto stretched and forward salto stretched with 1/2 twist exist in separate boxes
- Backward salto tucked and backward salto piked exist in separate boxes
- Backward whip salto and backward salto stretched exist in separate boxes
- Backward salto stretched with 1/2 twist and backward salto stretched with 1/1 twist exist in separate boxes

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PH		Mush	Horse		
EGR	Skill	Value		Notes	
Group 2	Circle facing fwd	pA	-		
	Circle facing left	pA	-		
	Circle facing right	pA	-		
	Circle facing away	pA	-		
	Flaired circle	B	B	Separate box from circle	
	Uphill loop	-	A		
	"good" side circle	-	A		
	"bad" side circle	-	A		
	Downhill loop	-	B		
	1/2 czechkehr (1/4 turn)	A	A		
	1/2 stockli (1/4 turn)	A	A		
	any 1/2 turn	B	C		
	any 1/1 turn	C	D	*in any number of circles	
	Group 3	1/3 Magyar	-	B	
		1/3 Sivado	-	B	
1/2 Magyar		-	C		
1/2 Sivado		-	C		
Group 4	1/4 circle dismount to the side	pA	pA	Horse: performed from any loop	
	1/2 circle and 1/4 turn dismount	pA	A	Horse: performed from any side support	
	Wendeswing dismount	A	B	Horse: may be performed from any loop position besides downhill loop for catch basin only	
*0.5(?) bonus for doing long horse					
Note:	1/4 turn from loop to side support and 1/4 turn from side support to loop exist in separate boxes				

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SR

EGR	Skill	Value	Notes	
Group 1	Full swing	pA	*forward and backwards	
	Backward uprise with bent arms	A		
	Backward uprise with straight arms	B		
	Inlocate straight	B		
	Dislocate above ring height	B		
	Dislocate straight	B		
	Backward felge to support w/ bent arms	A		
	Backward felge to support	B		
	Kip to support	B		bent arms permitted
	Group 2	Hanging L-sit (2s)		pA
Backward lever straddled (2s)		A		
Forward Ontario Level straddled (2s)		A		
Backward lever straight (2s)		B		
Forward lever straight (2s)		B		
Muscle up		B		
Forward roll tucked		A		
Forward roll piked		B		
Press shoulderstand (2s)		A		
Tucked planche		B		
Straddle planche		C		
Group 4	Backward or forward salto tucked	A		
	Backward or forward salto tucked with 1/2 twist	A		
	Forward salto piked or stretched with 1/2 twist	B		
	Backward salto piked or stretched	B		

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VT

EGR	Skill	Value	Notes
	Forward handspring	11.0	
	Forward handspring with 1/2 turn	11.5	Add mats for additional bonus (0.5 per 20 cm mat; up to 3 mats can be added)
	Forward handspring with 1/1 turn	12.0	Bonus mats only stackable for handsprings without turns in post-flight
	Tsuk handspring	11.0	
	Tsuk handspring with 1/2 turn	11.5	

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Ontario Level 5 (AKA Provincial Open)

PB

EGR	Skill	Value	Notes
Group 1	Full swing in support	pA	*forward and backwards
	Swing to momentary handstand	A	
	Swing to handstand (2s)	B	
	Press shoulder roll	pA	
	Press shoulderstand (2s)	A	
	Press to momentary handstand	B	
	Press to handstand (2s)	C	
	V-sit (2s)	B	
Group 2	Full swing in upperarm	pA	*forward and backwards *forward and backwards; must go to horizontal
	Full swing in upperarm	A	
	Forward uprise straddled	A	feet above bar
	Forward uprise	B	
	Backward uprise	A	
	Backward uprise with feet to shoulder height	B	
Group 3	Full swing in hang	pA	*forward and backwards *forward and backwards; must go to horizontal
	Full swing in hang	A	
	Backward uprise to upperarm	A	
	Backward uprise to support	B	
	Kip to support	B	
	Moy from horizontal to upperarm	B	
	Moy from horizontal to support	C	
	Moy from handstand to upperarm	C	
Group 4	Side flank above horizontal	pA	P3: handstand must be held prior to dismount
	Side flank from handstand	A	
	Wende from handstand	A	
	Any salto forward or backward	B	

Note: any box highlighted in red can be used to fulfill the special requirement

Ontario Level 5 (AKA Provincial Open)

HB

EGR	Skill	Value	Notes	
Group 1	Full long-hang swing	pA		
	Full long-hang swing to horizontal on both sides	A	*forwards and backwards	
	Swing 1/2 turn with single grip change	A		
	Swing 1/2 turn with double grip change	B	to horizontal	
	Backward uprise	A	any height	
	Backward uprise to heels horizontal	B		
	Baby giant (swinging pullover)	A		
	Backward giant	B		
	Forward giant	B		
	Pirouette	B		
	Blind change	C		
	Group 2	Kip and straddle cut to hang	B	
	Group 3	Chinup pullover	pA	
Kip to support		A		
Kip and immediate cast to horizontal		B		
Undershoot		pA		
Backward hip-circle		A		
Free hip to horizontal		B		
Group 4	Free hip to 45°	C		
	Straddle- or pike-off	pA		
	Undershoot-off	pA		
	Swing 1/2 turn to horizontal	A		
	Swing 1/2 turn to 45°	B		
	Any flyaway tucked	A		
Any flyaway piked or stretched	B			