



GYMNASTICS ONTARIO

SPORT STARTS HERE

TECHNICAL RULES AND REGULATIONS SECTION I (I.II)

ONTARIO COMPETITIVE PROGRAM (OCP) | LEVEL 1-10, XCEL & NATIONAL

WOMEN'S ARTISTIC GYMNASTICS



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INTRODUCTION

This manual has been prepared to present the principles and standards of judging taken from the USA Development Program (DP). This manual is intended to be used as a resource for clubs, coaches, and judges.

In principle, rules and definitions are based on the USA Gymnastics 2022-2026 Xcel and Optional Programs and 2021 -2029 Compulsory Program. Gymnastics Ontario has defined the requirements for Ontario competitions that include warm up and equipment specifications. This manual is not intended to apply to competitions conducted under FIG or CJO rules. FIG and CJO judging requirements are not included. Judges preparing to judge at National and International competitions should refer to the FIG Code of Points and the Gymnastics Canada (GymCan) Women's Program Manual for complete judging requirements.

An Ontario Working Group has been established to review questions and provide clarifications related to the USAG Development Program. Individual coaches and judges are encouraged to send questions to the OCP Working Group by emailing the Women's Program Manager at wag@gymnasticsontario.ca as appropriate.

Clarifications will be documented and circulated/posted on the GO website, under Technical Bulletins on a regular basis. Other basic and useful information has also been included in the various appendices.

Recognition goes out to the working group members involved in the maintenance of this program with the Women's Program Manager (WPM) and Women's Technical Committee (WTC). Thank you for your dedication, vision and hard work.

Women's Technical Committee (WTC):

Chair – Paula Johnson (2025)

National Coaching Chair – Jessica LeBlanc (2025)

Optional Coaching Chair – Kim Poole (2024)

Compulsory Coaching Chair – Nausikaa Muresan (2024)

Xcel Coaching Chair – Vacant (2024)

Member at Large – Vacant (2023)

Member at Large – Sarah Rosser (2024)

Judging Chair – Angela Herrington (2025)*

Judging Representative – Lorraine Currie (2024)*

**Elected from Judging Assembly. See Section G for Judging Sub-Committee.*

1 PROGRAM STRUCTURE

1.1 PHILOSOPHY

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

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

1.2 DOCUMENTS IN EFFECT

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

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

USAG Development Program (Compulsory, Xcel, Optional)- governed by USA Gymnastics

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

Aspire Program - governed by GymCan as per GymCan Aspire Manuals (GEMS, Youth & Novice)

Canadian Competitive Program (CCP) - governed by GymCan, as per GymCan High Performance (HP)/CCP Manual. Used for Eastern Canadians Championships and Canadians Championships only.

High Performance Program – governed by GymCan/ as per GymCan High Performance (HP)/CCP Manual (Junior & Senior)

**there is no list of modified elements (all elements are as per JO Code of Points)*

Technical Erratas – overview of timelines for when changes will be implemented throughout the season.

- 1) August/September
 - 2) Early October (changes take affect two weeks prior to Tour Selection)
 - 3) Late December/Early January
 - 4) End of March (changes take affect two weeks prior to first Ontario Championships)
 - Process for OCP questions & clarification – WPM to OCP Working Group
- Any questions that cannot be answered in the Technical Rules and Regulation or Technical Bulletin/Errata/Clarifications should be sent to the WPM at wag@gymnasticsontario.ca to be forwarded to the OCP Working Group.

1.3 TYPES OF COMPETITION

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

Qualifier

Level 3-10 (9+) – competitions held after Tour Selection until mid-March (November 17, 2023-March 17, 2024).

Invitational

ODP, Level 1-2, Ages 7 and 8 (all levels) and Xcel

Level 3-10 (9+), Youth (Aspire) and HP meets after the designated qualifying period.

Gymnastics Ontario Event

Tour Selection – competition held mid-November to select Team Ontario for a travel competition.

Youth/HP Competition Opportunity – competition held for gymnasts to try-out for the high-performance program.

Level 3-5 Ontario Championships – competition held for those gymnasts who qualify.

Level 6-10 Ontario Championships – competition held for those gymnasts who qualify and Team Ontario Selection for Eastern Canadian Championships and Canadian Championships.

Competitions (and/or training) outside of Canada – GymCan authorization form to be completed for approval from GO and GymCan. Forms to be sent to WPM.

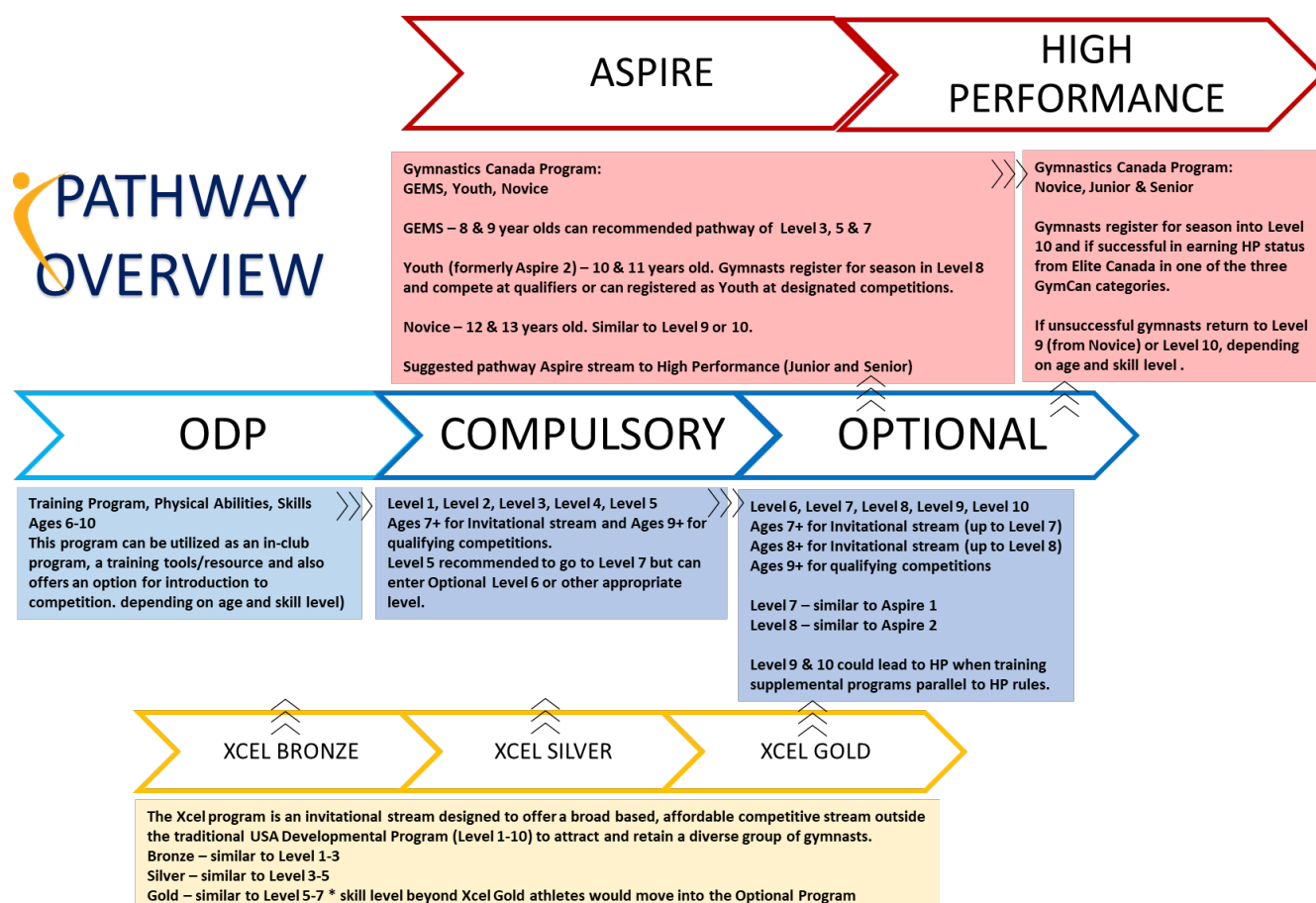
1.4 AGE ELIGIBILITY & PATHWAY

- All gymnasts must be members in good standing of Gymnastics Ontario in order to participate in a GO sanctioned event.
- All gymnasts must be a Canadian citizen or Landed Immigrant to be eligible for awards, support and opportunities provided by GO.
- The competitive age of a gymnast is based on her age as of December 31, 2024 (year of Ontario Championships):
 - Age 6 (ODP) → Born 2018
 - Age 7 & 8 → Born in 2017 and 2016
 - Ages 9+ → Born in 2015 or earlier
 - Ages 18+ (Masters) → Born in 2006 or earlier*

** Masters is an invitational age category for any OCP program/level as part of LTAD Active for Life*

- ODP Program includes Age 6 Physical Abilities, Ages 7+ Physical Abilities and Skills
- Xcel Program includes bronze, silver and gold levels (invitational only for ages 7+); they are not permitted to participate in the qualifying system and are not eligible for Ontario Championships.
- OCP Program includes Levels 1-10 and Youth:
 - 7 years old are allowed to compete in Levels 1-7; they are not permitted to participate in the qualifying system and are not eligible for Ontario Championships.
 - 8 years old are allowed to compete in Levels 1-8; they are not permitted to participate in the qualifying system and are not eligible for Ontario Championships.
 - 9+ years old are allowed to compete in Levels 1-9, but only those in Levels 3-5 (Compulsory) and Levels 6-9 (Optional) are permitted to also participate in the qualifying system and All-Around (3+ events with a minimum score of 1.0 per apparatus) gymnasts are eligible for Ontario Championships.
 - Aspire (Youth) are allowed to compete at designated competitions (or in Level 8 qualifiers) and are permitted to compete at Ontario Championships.
 - Level 10 (Age 12-15 and 16+) are allowed to compete at designated competitions and are permitted to participate in the open qualifying system and are eligible to qualify for Ontario Championships.
 - Event Specific Gymnasts - Level 7-10 Age 14+, 1-2 events (should be indicated with an "*" in the GO scoring program) and are not eligible for Ontario Championships.

Suggested Path for Mobility (below): Gymnasts can start at any level but ideally recommended to start at Level 1 and work way up through Levels.



**18+ (Active for Life/Masters) category is for invitational/recreational level gymnasts who are 18 and older and come from a variety of pathways (ie. new to sport or former gymnast). Designate 18+ category can compete at competition in Compulsory, Xcel or Optional levels based on competition.*

2 GENERAL REGULATIONS

The following information applies to all Ontario events:

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

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

Where a rule is not listed in these Technical Rules and Regulations, the Technical Clarifications or in any current Technical Bulletin, please refer to USAG JO Code of Points.

GO and the WTC are responsible for the rules and regulations and reserve the right to make changes and/or clarifications to these regulations as needed.

No clarifications will be applied at competitions unless they have been circulated in advance by the Women's Program Manager (WPM) a minimum of two weeks in advance of the competition.

2.1 MEMBERSHIP

Gymnast must register as a member of GO in one competitive category and level within 15 days of commencing training in a competitive season. Clubs may make adjustments to the gymnasts' levels any time up until October 15. Final changes to levels must be made by October 15.

All gymnast and coaches must be registered correctly with GO to participate in any GO event.

All coaches and judges must be currently certified and registered with GO as GO Women's Artistic Gymnastics (WAG) judge/coach.

For individual members registration information and determination of GO membership fees please refer to the Registration Handbook or contact the Memberships Services Manager at membership@gymnasticsontario.ca.

2.2 AGE CATEGORIES

Age categories are based on year of birth and can be combined with other ages (exception 7 & 8 year olds with 9+). Basic categories are below. Categories for Ontario Championships will be determined and communicated annually based on registrations.

Level 1-2 & Xcel Invitational	Age Categories = Competitive Age (age categories can be combined and determined by the host club in reference to combining categories for awards)						
Level 1-5	Born 2015 (Age 9)	Born 2014 (Age 10)	Born 2013 (Age 11)	Born 2012 (Age 12)	Born 2011 (Age 13)	Born 2010 and earlier (Age 14+)	
Level 6-8	Born 2015, 2014 (Age 9 and 10)	Born 2013 (Age 11)	Born 2012 (Age 12)	Born 2011 (Age 13)	Born 2010 (Age 14)	Born 2009 (Age 15)	Born 2008 & earlier (Age 16+)
Level 9	Born 2013, 2012, 2011, 2010 (Age 11-14)			Born 2009 and earlier (Age 15+)			
Level 10	Born 2012, 2011, 2010, 2009 (Age 12-15)			Born 2008 and earlier (Age 16+)			

**can include 18+ as category under Active for Life Pathway*

2.3 COACHING REQUIREMENTS

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

2.4 JUDGING REQUIREMENTS

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

2.5 PARTICIPATION OF GYMNAST

Invitationals

All GO WAG member clubs are eligible to register gymnasts and coaches into invitational competitions. Invitational competitions are under the organization responsibilities of each Host Club/Meet Director. Invitational Categories include: ODP, Level 1-2, Ages 7 -8, Xcel and 18+ (Masters)

Qualifiers/Qualifying Process

- The club/coach will register their gymnasts and coaches directly with the host club and in the designated Scoring Program ‘KSIS’ (see registration section below for more information)
- A minimum of two clubs must be in attendance to be recognized as a Qualifying Competition and for these scores to count towards qualifying.
- Gymnasts must participate in a minimum of **two** qualifiers to be eligible to qualify for Ontario Championships. Gymnasts can only attend and count up to a maximum of **three** scores within the qualifying period.
- Mobility – please see 2.6 Mobility section.
- Level 3-9 gymnasts qualify to Ontario Championships as an All-Around gymnast in the following manner: using the gymnast's best All-Around score and ranked to determine the top 32 (Level 3-5) and top 32 (Level 6-9) gymnasts (multiple divisions divided by date of birth) in order to identify the gymnasts who participate.
- Level 10 gymnasts are required to qualify to Ontario Championships using their best All-Around score to determine the top 32 from the designated competitions.
- Gymnasts who do not make HP status (as per GymCan) are considered Level 9 or 10. If those gymnasts wish to attend Ontario Championships they will be required to qualify by attending a minimum of one qualifier to get a score to be eligible to petition into Ontario Championships (or follow petition process).

Registration

- Clubs must register their gymnasts in Uplifter as competitive members of Gymnastics Ontario within **15 days of commencing training in a competitive season.**
- Clubs must update their club profile each season in the KSIS.
- Clubs are responsible for securing their own competitions and any ‘make-up’ competitions.
- Clubs must register with host clubs and provide payment directly with the host club.
- Clubs must declare when registering if gymnasts are competing as All Around or Event Specific gymnasts on the club registration form (ES are not eligible for Ontario Championships).

Refunds

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

Overview:

Event	Fee	Registration	Deadlines	Late Fees/ Refunds/NSF
ODP, Xcel and Invitational Qualifiers (Clubs can register in up to maximum of 3 Qualifiers)	Determined by Host Club (payable to Host Club)	As per Host Club and Competition Directive		
Tour Selection	\$115 for per gymnast	As per GO		No refunds due to illness, injury or inclement weather conditions.
Canada Winter Games Trials 1 & 2	\$80 per gymnast			
Ontario Championships Refer to Qualifying Process for more information	\$125 per gymnast			

2.6 MOBILITY

Withdrawals

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

Movement to a Higher or Lower Level

- Gymnasts may change level(s) providing a level change request is submitted on time to the host club and providing there is space available in that qualifier.

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

Level Changes

- For Invitational Competitions – all gymnasts must compete in the same level or higher as they are registered in for the Optional Qualifiers.
- Qualifying Competitions - Gymnasts who change levels within the qualifying period will **not** be allowed to count their score from the previous qualifier(s). If a gymnast makes a change in level, it is up to the club/coach to secure competitions for their gymnast at the new level.
- Gymnasts who move a level will be permitted to compete at a maximum of three qualifiers at the new level.
- Qualifying gymnasts who are selected for any Team Ontario event must remain at the level they competed at in the selection event for the remainder of the season.
- Recommended mobility score between seasons is 37.00.

2.7 PETITION POLICY (Level 7+ Ontario Championships only)

Refer to Section C of the Technical Rules and Regulations for Petition Process. Petitions to Ontario Championships is based on a gymnast being registered at a minimum of two qualifiers for Level 6-9 and compete and have a score on the minimum of 3 apparatus at one of the qualifiers.

Petitions for Level 10 is based on a gymnast being registered at a minimum of one Level 10 qualifier. Level 10 gymnasts who does not have any qualifying scores this season can use a Level 10 competition score from the previous 12 months (ie. CWG Trials 1 or 2, Tour Selection, Canadian Championships, Ontario Championships) and have a score on the minimum of 3 apparatus at that competition.

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

3 COMPETITION FORMAT

3.1 SCHEDULES AND COMPETITIVE ORDER (DRAW)

- Qualifier schedules must be sent to GO for approval a minimum 6 weeks prior to the event or once the competition is full (whichever comes first). Once the schedule is approved it will be posted on the GO website.
- Host Clubs can request assistance for schedule to be completed by GO.
- GO event schedules will be completed by GO.
- Qualifier judging panels secured by host club and sent to judges and WPJA a minimum of 6 weeks prior to the event or once schedule is confirmed.
- For all competitions, groups rotate in Olympic order.
- At Qualifiers & Invitationals clubs rotate within each group as follows:
 - Drop by club
- At GO Events clubs rotate with each group as follows:
 - Clubs will drop by one if there are seven or less in a group **OR**
 - Clubs will drop by two if there are eight or more gymnasts in a group.
 - If there is a withdraw then the start order does not change.
- GO Scoring program must be used by all host clubs for Qualifiers and GO Events (Tour, Championships, Screening etc.).
- For the Ontario Competition Program (OCP) Warm Up format the earliest allowable start time for the competition is 8:30 a.m. (*warm-up may begin at 8:15 a.m.*). Competition schedules may not exceed 11 hours in length.
- **Maximum number of gymnasts for all competitions:** Where a single set of equipment is used, the maximum number of competitors per rotation/group is ten (to a maximum of 40 per session).

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

3.2 WARM-UP

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

Event Warm-up Splits and Order: For split warm-ups (see charts below Page 9 and/or 5.1-5.4) when the first half of the group will warm-up and compete. Then the other half of the group will warm-up and compete. The split should be as even as possible. If the level of the gymnasts is the same (i.e. entire group is Level 8), but different age categories, the rotation drops by club only (age is not a consideration when the same level is involved). If the level is different, then the rotation changes based on level (i.e. Level 7 and 8 in the same group would alternate turns). Within each level, the club must drop.

No alterations to the warm-up options are permitted. All event information must be included in the Directive once approved.

Competition	Level 1-10 Warm-Up	National Warm-Up	Draw Information
Invitational Competitions (ODP, Xcel, Level 1-2, 7 and 8 year old for any competition held outside the qualifying dates)	OCP Warm Up Format *modifications to any warm up must be approved by WPM and communicated on the Directive (Call to Meet).	Refer to GymCan *modifications to any warm-up format must be approved by WPM (in consultation with WTC) and communicated on the Directive (Call to Meet).	Within each category (level and age) a random draw by club for starting apparatus and order within a group. The gymnast order for each club is set by the coach from that club. Coaches are to submit their gymnast order to the judges upon arrival at each apparatus. Gymnast rotations: drop by club except when rotations have mixed levels, drop by level than drop by club.
Qualifier Competitions (any competition held during the qualifying dates)	OCP Warm Up Format (no modifications)	*for GO events with National portions (.i.e. Tour, Screening and Ontario Championships) where categories are combined the GymCan JR/SR warm-up format will be used.	For ALL competitions gymnasts from the same club will not be scheduled to compete on more than two apparatus at a time. Exception: In competitions where two or more categories are competing at the same time, gymnasts will not be scheduled to compete on more than three apparatus at a time or two sets of equipment are being used. Changes to the draw can only be made by the CCJ in conjunction with the meet director due to unexpected/last minute withdrawal to balance rotations (where possible).
GO Competitions (Tour Selection/ Screening and Ontario Championships)		<i>When National Gymnasts are competing, they will adhere to GymCan rules for warm-up, but they will rotate events as the group finishes, rather than waiting for all 4 events to finish.</i>	A random draw by club for starting apparatus and then a random draw by gymnast in a rotation will be used to determine the competitive order. The gymnast order is set by the draw and can only be changed by the Meet Director in conjunction with the CCJ to balance out groupings due to large number of scratches etc. If there are scratches and no replacement, then the draw order stays as is. Gymnast rotations: groups with seven or less drop by one gymnast, groups with eight or more drop by two gymnasts. <i>*When National Gymnasts are competing, they will adhere to GymCan rules for warm-up, but they will rotate events as the group finishes, rather than waiting for all four events to finish.</i>

	OCP Warm Up	Special Circumstances	Aspire/HP at GO Events
Warm Up	As each competitive group finishes an event the CCJ will move the gymnasts to their next event, provided that the next event is finished and ready to receive the gymnasts. Warm up between apparatus is only allowed in designated areas.	Ontario Championships – each group will wait until all the events are done and will rotate by marshalling to their next event at the same time.	Aspire – see GymCan Aspire Manual HP – see GymCan HP Manual .
General Stretch	15 min		<i>When HP are in the same session as Aspire the PTO secondary/Canadian Warm-Up format will be used.</i>
Vault (Split @ 9)	Level 1 – 5: 1 minute per gymnast, blocked running time by stacked mat/vault height. Xcel Bronze: 30 secs /Xcel Silver: 45 secs/ Xcel Gold: 1 min blocked running time by stacked mat/vault height Level 6-7: 1 minute per gymnast, blocked running time by stacked mat/vault height. Level 8-10: 2 minutes per gymnast blocked running time by vault height. Level 8-9: 4 minutes for one gymnast at a height when performing a round-off entry or a salto vault.	In mixed groups that have different warm-up times, but vault at the same height, the levels will warm-up separately. When only one gymnast is warming up at a vault height, the coach can request an additional 30 seconds. Equipment adjustments are excluded from warm-up time.	<i>When National Gymnasts are competing, they will adhere to GymCan rules for warm-up, but they will rotate events as the group finishes, rather than waiting for all four events to finish.</i>
Bars (Split @ 9)	Level 1 – 5: 1 minute per gymnast, running time. Xcel Bronze: 30sec/ Xcel Silver: 45 sec/Xcel Gold: 1 min per gymnast, running time Level 6-7: 1 minute, 30 seconds per gymnast, running time. Level 8: 2 minutes per gymnast, running time. Level 9-10: 2.5 minutes per gymnast, running time.	Mixed Groups: In mixed groups that have different warm-up times, the levels will warm up separately. Single gymnast: gymnast can receive an additional 1 minute above their allotted warm-up time. For Raised bars, all levels: one gymnast is allowed a 3 minute warm-up, two gymnasts are allowed a 4 minutes warm-up.	
Beam (Split @ 8)	Level 1 – 5: 1 minute per gymnast, blocked by beam height, warm-up compete format. Xcel Bronze: 30 sec/ Xcel Silver: 45sec/ Xcel Gold: 1 min blocked beam height, warm-up compete format. Level 6-7: 1 minute, 20 seconds per gymnast, blocked by height, warm-up compete format. Level 8-10: 2 minutes per gymnast, blocked by height, warm-up compete format.	When the height is adjusted the time must stop and then is re-started for the next blocked group.	
Floor Split at 11	Xcel & Level 1-10: 4 minute warm-up with a maximum of ten gymnasts. Then the floor is cleared for the routine. One of the coaches of the first three gymnasts may request an additional minute.	At the end of the 4 minute warm-up the first 3 gymnasts will received an additional 1 minutes warm-up. All other gymnasts will clear the floor. Gymnasts may go on the floor in - between gymnasts competition routines.	

3.3 MUSIC

Level 1-5: Host clubs will provide the compulsory music.

Xcel, Level 6-10 and National: Music must be uploaded into scoring program for each competition. Coaches must check to ensure their music has been uploaded correctly. Coaches should have a USB/iPod/CD back up. Hosts must provide all equipment methods (including a back-up computer to play CD). **File format must be in MP3.**

As per GymCan & FIG, if there is an interruption of music (or if it is the wrong music) the gymnast can present and walk off the floor up until the first element of value has been performed. Once the first element with value has been performed, the gymnast must complete their routine. Once the routine is finished and if music was interrupted then the coach can request that that routine be redone (in full) and the gymnast must take the second score if routine is redone. Judging will begin at the point of interruption.

Music Regulations

- The musical accompaniment must be recorded with orchestra, piano or other instruments (without singing/voice). Human sounds are allowed, provided there are no words spoken or sung in any language.
- Absence of music or music with words/song incurs a 1.00 deduction, taken from the average score by the Chief Judge.
- Music with whistles/animal sounds will NOT receive a deduction.
- If a coach has any question of the music containing words, the music should be sent to the Women's Program Manager (WPM) wag@gymnasticsontario.ca for review as follows:
 - a) Xcel – there is no review process.
 - b) Level 6-7 Music – will be forwarded to Ontario JO Working Group for review with the WPM. The decision will be rendered is final and communicated to the coach on the official music approval letter. Music that is not approved will be notified but not issued a letter.
 - c) Level 8-10 Music – will be forwarded to Gymnastics Canada Program Manager for review with the Canadian JO Working Group. The Canadian JO Working Group will send the final decision on the official music approval to the coach (with a copy to the PTO/WPM).
- the coach must carry the official approval form to competitions as a form of verification that the music has been approved and should not receive a deduction.

Music Review Period for Level 6-10 only (July 1 – November 1 of each season)

Music will not be reviewed outside these dates.

- Decision is final, no appeals will be considered (exception – if music is found to have words spoken in another language)
- Approval required annually for Ontario Competitions
 - Easterns approval by PTO
 - Elite Canada & Canadian Championships approval as per GymCan Regulations
- Approval only valid for Ontario Competitions
- Response of approval or non-approval will be given but no interpretations of specifics will be given.
- Any changes to gymnast's level (especially Level 7 to 8) or music edit will render the approval void.
- Deductions received for music prior to approval letter will not be made retroactively.

3.4 SCORING

All qualifying competitions will use KSIS, the GO scoring program/platform. See chart below:

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

3.5 ROUTINE REVIEW

Video Taping and Review Policy

- Video Review is available at Selection competitions (Tour Selection, CWG Trials etc.) and Level 6-10 Ontario Championships. Videos from coaches or the audience may not be submitted as part of a protest or appeal for any reason.
- Qualifiers & Invitational competitions the CCJ has the authority to review a video provided by the coach to verify that an element was missed (no other reasons allowed).
- Coaches may not video on the competitive floor/field of play (video from corral/stands is permitted).
- Only the skill(s) in question will be observed to a maximum of three times and only at regular speed.
- The Competition Chief Judge (CCJ) and the judging panel will view the video. The coach is not present at the review.
- There are no protests for Level 3-5 Ontario Championships as SV is always out of 10.

Step 1: Informal Inquiries

- Coaches are permitted to address the judging panel regarding start value, composition, bonus and any major execution deductions (not full routine review).
- The inquiry must be made within 15 minutes after the completion of the rotation. In the case of the last rotation, the coach has five minutes after the completion of the last rotation to submit an inquiry.

Step 2: Formal Inquiries (submitted to the CCJ)

- The inquiry can only be on the presumption that the rules were not applied or were applied incorrectly.
- Inquiries cannot be made on the execution of any gymnast.
- The inquiry must be made within 15 minutes after the completion of the rotation. In the case of the last rotation, the coach has five minutes after the completion of the last rotation to submit an inquiry.
- There is no fee for an inquiry.
- The CCJ will record/attach all inquiries on their CCJ Report Form.

Written Inquiry of own Gymnast

- To address an inquiry or clarification to the CCJ about the SV, flat deductions and composition of their own gymnast's routine
- There will be no video review for inquiries.
- If not satisfied with the results after the initial inquiry, the coach is then permitted to file a protest with the CCJ. Protests must be based on SV, flat deductions and composition only.

Written Inquiry about any Gymnast and or Coach

- To make an inquiry in writing about a gymnast or coach from another club to the CCJ using the Coaches' Inquiry Form. The inquiry can only be made on the presumption that the rules were not applied/were applied incorrectly.
- Coach must fill out Inquiry form
- CCJ to investigate with panel and ensure correct SV, or CJ deductions have been applied
- Communicate to Coach of the gymnast in the inquiry if any changes to the score have been made
- Notify the coach who inquired that the inquiry has been dealt with
- Include any additional information to the form and attach and submit with the CCJ Report

Step 3: Protests (video protest only at selection competitions)

- Protests must be based on the SV, flat deductions and composition only.
- All written protests and fees must be submitted to the CCJ within 15 minutes after the last gymnast competes in that rotation (i.e. all four events are to be completed in that rotation, and then the 15 minute countdown begins). In the case of the last rotation, the coach has 5 minutes after the completion of the last rotation to submit a protest.
- The D1 will consult with the panel and the CCJ. The fee will be returned only if the protest is accepted.
- The Protest fee of \$30.00 CASH is payable to the host club.

Step 4: Jury of Appeal (for denied video protests from selection competitions)

- Coaches have 10 minutes after receiving a response to a protest to request an appeal.

- A Jury can be initiated only by an active coach on the competition floor, on behalf of their gymnast if they can demonstrate that a technical rule has been violated (e.g. interpretation of a rule, meet organization, apparatus problems and any unforeseen circumstances).
- The decision of the Jury is final. There is no further appeal.
- The CCJ and WPM (or designate) will be responsible for convening the meeting of Jury members in a private area.
- The Jury of Appeal will consist of the CCJ and two technical representatives. The two technical representatives for the jury will be WTC members. If WTC members are not available, the appropriate level coach/judge as determined by the WPM and the Judging Chair/Designate will fill the remaining Jury positions.
- all attempts will be made to use unaffiliated representative related to that competition as a member of the Jury of Appeal.
- If the Apparatus Head Judge of the event in question is a WTC member, she/he must declare “a conflict of interest” and not sit on the Jury of Appeal.
- The Apparatus Head Judge and the coach will each give a brief synopsis of the situation and will both withdraw for discussion by jury members.

3.6 REGULATIONS FOR GYMNASTS

3.6.1 General Requirements

Gymnasts must:

- Be informed about the OCP and all Technical Clarifications pertaining to the program.
- Be registered and actively competing during their scheduled session to be permitted on the field of play
- Remain at their apparatus in the designated waiting area until the end of each rotation. At the end of the competition, gymnasts should remain in the field of play at their last event until called to line up for the awards presentation or told to go to the awards area (if in a different location than the competition gym).
- Obtain permission of the D1 of their apparatus or CCJ to leave the competition floor (*i.e., go to washroom, leave designated waiting area to speak to coach, get ice from medical personnel, etc.*).
 - If a gymnast leaves the field of play without permission a 0.50 deduction will be applied to the apparatus rotation the gymnast is on/was last on
 - If a gymnast leaves the field of play and does not attend awards without permission a 1.0 deduction will be applied to their last apparatus. See Section 3.6.5 Special Situations
- Wait for a signal from the D1 to begin her routine (ex. green flag raised, hand raised or name called). If the gymnast begins before she has been called by the D1 the deduction of 0.50 will be applied by the D1 in consultation with the CCJ. If the gymnast starts the routine before the signal is given, the coach will be asked to stop the gymnast and have the gymnast repeat the performance immediately.
 - In the case of vault, the D1 will apply a 0.50 deduction to the average score of the next vault performed. The penalty may or may not effect the final score.
- For gymnast competing out of order there is no deduction applied.
- Test springboards during general stretch.
- Gymnasts may not wear earbuds while competing.
- Note: Information on fall times are included in charts (page 9 and Technical Charts 5.1-5.4) for more information on process please see USAG.

Clarification - Fall time is 45 seconds and begins when the gymnast is on her feet. If injury occurs during fall and medical assessment is requested, fall times begins once medical assessment is complete. If cleared the gymnast has the opportunity to continue their routine from the point of interruption/fall (vs. going back and repeat a full routine). Any deductions taken prior to failure is still applied. If the fall time is exceeded, then the exercise is terminated.

3.6.2 Competitive Attire

- The gymnast must wear correct athletic competition attire (as per OCP regulations, wearing of Ontario team leotard is permitted).
- For Ontario competitions, gymnast’s attire includes:
 - Leotards with or without sleeves.

- Leotards without legs or with leg coverings of any length up to a maximum length of the ankle. Leg coverings must be skin tight, can be unitard or leggings /shorts and have a uniform appearance.
- No jewellery (bracelets or necklaces) may be worn except for small stud type pierced earrings. There is no limit to the number of studs in each ear.
- Hip or other padding is not allowed. Compression socks, bandages/braces and wrist wraps are permitted and are to be securely fastened. Bandages worn by the gymnast may be any colour.
- No headbands are permitted.
- Underwear (including sports bras) should not be visible. If underwear is visible due to the cut of the leotard, warn the gymnast's coach. If the gymnast does not correct it, take a deduction on her subsequent event. Underwear, including sports bras, should not be intentionally visible throughout the entire routine. However, if briefs or bra straps show due to activity, do not take a deduction. Common sense should prevail.
- The CCJ will first warn the gymnast if there is an infraction and advise the gymnast to remove the incorrect attire (jewellery or leotard). If a correction does not occur after the warning is given, the deduction of 0.20 is applied at each subsequent event where the infraction is observed.
- Handgrips are permitted at uneven bars.
- The wearing of gymnastics slippers is optional.

3.6.3 Use of Magnesia

- In the preparation of the uneven bars, reasonable use of magnesia is permitted.
- Small markings with magnesia may be placed on the balance beam.
- The spreading of magnesia on the field of play including the floor exercise mat is not allowed. Small marks, i.e. "X", are permitted as orientation for difficult acrobatic elements in the corners.
- Drawing chalk lines (lines for hurdle) on the vault runway near the approach to the springboard is not permitted. Use of velcro or tape to identify markings is permitted. A deduction of 0.20 for infraction of this rule will be applied to the final score by the D1 in consultation with the CCJ.
- Xcel (Bronze & Silver): there is no deduction for chalk or tape line to mark the top of the vault mat stack.

3.6.4 Warm-up Regulations

- Gymnasts have the right to warm-up and compete in the designated competitive order.
- Gymnasts can warm up between apparatus are only allowed in designated areas (ie. corrals/event just completed).
- The order of warm-up by clubs may not be altered unless agreed upon by all coaches in the rotation. The order of competition by clubs may also not be altered unless agreed upon by all coaches in the rotation regardless of there being changes to the height of the equipment. **EXCEPTION:** Vault, Bars (when bars being raised) and Balance Beam (see General Information Regarding Warm-Up Options).
- When gymnasts report to an event and after establishing the competitive order, the gymnast has the right to have her coach present before beginning her warm-up time on the apparatus.
- Coaches will submit the order of competition for the gymnasts in their club upon arrival at the apparatus.
- In competitions with group(s) of nine or more gymnasts at each apparatus, the first half of the group will warm-up and compete. Then the other half of the group will warm-up and compete. It will be split 5/4. **EXCEPTION:** Beam and Floor (see General Information Regarding Warm-Up Options Chart).
- All qualifiers and GO Event must follow the OCP Warm Up Format
- Variations to warm-up options used at invitational Competitions must be submitted and approved by WPM as well as included in the club's Competition Directive.
- Refer to the OCP Apparatus Charts for additional requirements regarding specific apparatus warm-up format.

3.6.5 Special Situations

Late Arrivals:

If a gymnast(s) is/are late due to extenuating circumstances, they are permitted to warm-up, and compete in all four events provided the second rotation has not started. A sufficient general warm-up will be provided, as determined by the Coach, CCJ and Meet Director, not to exceed 15 minutes. After the start of the second rotation the gymnast can only compete on the remaining events with their rotation.

For Ontario Championships, alternates will not be called within 24 hours prior to the competition.

Gymnast leaving the competition before awards:

- The coach must submit a signed written request along with the gymnast's name, number and level to the CCJ.
- The CCJ must determine whether the request is reasonable (i.e., injury, illness, mandatory school function, wedding, dance competition, etc.). A request to leave early because the gymnast did not do well or the parent does not want to stay would be unreasonable.
- If the CCJ is in doubt, she/he should consult with a WTC member, Judging Committee member (if in attendance) or non-affiliated D panel judge(s).
- The CCJ is required to sign the form and include the following information:
 - Whether permission was granted.
 - The names of judges/WTC members who were consulted.
 - The rationale for the decision.
- This document must be sent with the Meet Report within **7 days of the competition date** to WPM.

3.7 REGULATIONS FOR COACHES

3.7.1 General Requirements

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

Coaches are Permitted

- At vault, uneven bars and balance beam to prepare the spring board, to adjust the rails on the uneven bars and to adjust the height of the balance beam.
- At vault, uneven bars, balance beam and floor to present their club's gymnast cards to the judges to submit competition order (exception: Ontario Championships and Selection Competition as order is set) and recording of SV, composition etc. for all competitions.
- Level 1-5 & Xcel
The coach may stand in at Vault, Bars, Beam and on the Floor with no deduction provided the gymnast is not touched. For Xcel Silver and Level 3 the coach may lean against/bear weight on the vault mat stack Coaches should avoid blocking the view of the judging panel when they are present at the apparatus
- Level 6-10
The coach may stand in at Vault, Bars, Beam with no deduction provide the gymnast is not touched. No deduction is applied if a coach steps onto the floor exercise mat when placing, adjusting the placement of, or removing a mat. The coach may not hold the mats in place or be present on the floor area to spot. The coach is permitted to stand on the floor carpet outside the white line.
- Coaches will have the score of the first vault communicated by the D1 before the second vault is performed.
- Coach is permitted to speak to their gymnast during their routine (as needed) ie. verbal cues.
- To address an inquiry to the D1 and/or CCJ about the SV, flat deductions and composition of their own gymnast's routine as per Inquiry section.
- If the gymnast starts her routine before the signal is given, the coach will be asked by the D1 to stop the gymnast and have the gymnast repeat the performance immediately.
- Refer to Apparatus Sections for more information regarding spotting regulations for each apparatus.

Coaches are Not Permitted

- To make adjustments/modifications/move equipment without permission from the CCJ.
- To block the view of the judges; however, there is no deduction for this offence. Judges should request that the coach moves.
- To change the height of the apparatus without permission.

- To speak to the D2 or E Panel judges about a performance during the competition.
- To interfere with the rights of other participants.
- To videotape on the competitive floor/field of play (video from corral/stands is permitted).
- To delay the competition.
- To display flagrant, undisciplined and abusive behaviour.
- To wear earbuds on the field of play.

Conduct Inquiry/Sanctions

- Inquiry: To voice a concern regarding inappropriate behaviour of a coach. The inquiry must be completed and submitted in writing to the CCJ using the Coaches' Inquiry Form.
- CCJ to communicate to coach of the inquiry that a concern has been submitted and included in the competition report.
- Coach of the inquiry can also submit their own account the concern.
- Sanction: will be imposed by the CCJ for infractions by coaches as follows:
 - first offence = yellow card (warning)
 - second offence during same competition = red card and immediate removal from competition.
- In the interest of the gymnast, when there is no other club coach on site, the coach will incur a \$100 fee payable to Gymnastics Ontario within 7 days of the competition.
- For a second offence, it is not necessary to have repeated the same offence.
- If a coach demonstrates flagrant undisciplined and abusive behaviour, she/he may immediately receive a red card and be removed from the competition.
- All incidents involving inquiries and sanctions will be reported in the Meet Report.

3.7.2 Dress Code

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

3.8 REGULATIONS FOR JUDGES

3.8.1 General Requirements

They must:

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

See Section G for full Regulations for Judges.

3.8.2 Structure, Composition and Function of Judging Panel Structure of the Judging Panel for Host Clubs hosting Invitational sessions/days.

Level 3-5 and Invitational (including Xcel): the judging panel consists of two judges per panel.

Level 6-10: the judging panel consists of two (2) judges per panel for qualifying competitions.

Tour Selection and Ontario Championships: the judging panel consists of three (3) judges per panel.

Type of Competition	Compulsory Level 1-5	Xcel Bronze, Silver, Gold	Optional Level 6-9	Level 10	Aspire	High Performance
Judge Level (per panel)	Min. one L9+ & one L5+	One L9+ and one Xcel+	Two L9+	One L10+ & one L9+	One L10+ & one L9+	Two HP (can use one L10 N)
L5 Judge	✓	not eligible	not eligible	not eligible	not eligible	not eligible
Xcel Judge	✓	✓	not eligible	not eligible	not eligible	not eligible

L9 Judge	✓	✓	✓	Can be 2 nd judge if needed	Can be 2 nd judge if needed	not eligible
Level 10 & National Judge	✓	✓	✓	✓	✓	Can be 2 nd judge if needed
HP	✓	✓	✓	✓	✓	✓
Brevet	✓	✓	✓	✓	✓	✓

Restrictions:

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

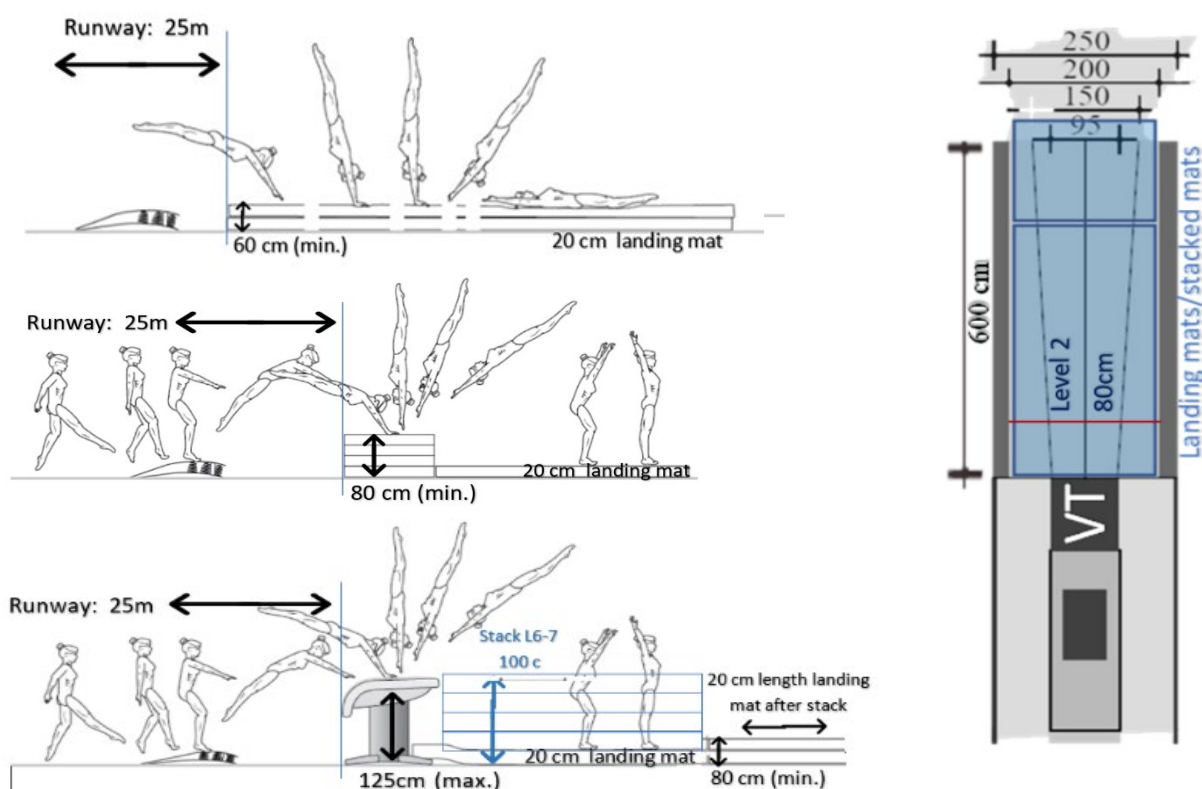
Xcel Level Judges: are permitted to judge Level 1-5 Compulsory (D1/E panel) and Xcel (E panel) gymnasts only

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

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

*For specifics and more information regarding Function of Judging Panels, see Section G.

3.9 EQUIPMENT VAULT



XCEL

Bronze - Stacked mats 60cm-120cm (+/- 3cm), Gymnast lands on the prescribed raised mat surface
 Silver - Stacked mats (sideways) 60cm-120cm (+/- 3 cm), Gymnast lands on the prescribed raised mat surface. Depth of sideways mat stack (from front to back must be 1.5 meters (+/- 3 cm) (ie. sideways 20 cm landing mats or versapods).

Gold – Table: Height 125 cm from the rigid board (same height as runway) (± 1 cm), ALL AGES: 105 cm, 115 cm or 125 cm

A panel mat is allowed for additional firmness if needed. The coach may hold the landing mat in place.

OCP 1-3

Gymnast lands on the prescribed raised mat surface

The mat stack may be placed on top of a solid foam pit

For Level 2 only a tape line must be placed on the upper most surface of the mat stack/resi pit at 80 cm from the front edge of the landing surface (placed so the far edge of the tape is at 80 cm) The areas on the mat from the front edge of the mat to (and including) the tape line is designated as the prescribed landing zone.

The tapeline should be also extended down the side of the mat.

An additional mat (minimum 20 cm) must be placed on the floor behind the mat stack.

All mats used in forming the mat stack must be a min. of 20cm.

A panel mat is allowed for additional firmness if needed. The coach may hold the landing mat in place.

Springboard only

Level 1-3 Stacked Mats

Level 1: Stacked Mats- 60cm or 80 cm (*plus or minus 3 cm)

Level 2: Stacked Mats- 60, 80 cm or 100 cm (*plus or minus 3 cm)

Level 3: Stacked Mats (sideways) - 80, 100 or 120 cm (*plus or minus 3 cm). 10 cm landing mat is required.

OCP 4-10

Table: Height 125 cm from the rigid board (same height as runway) (± 1 cm)

Level 4 to 10: ALL AGES: 105 cm, 115 cm or 125 cm

**Level 6/7 – landing mats min. 20 cm base mat and stack mats increase increments of 20 cm.

- Min. total height 100 cm (80cm mat plus 20cm base mat) and max. total height 140 cm (120cm mats plus 20cm base mat) (± 3 cm). No 10 cm landing mat required on stack mats.
- Landing mat after the mat stack must be a min. 20 cm.

PLUS min 80 cm up to 152 cm.

**Level 8-10 - 120 cm is permitted for gymnasts performing Tsukahara and Yurckenko entry vaults with salto (excludes Front handspring Front Tucks).

Runway

25 m, the start of the run-up must be marked.

Coaches/gymnasts are not allowed to draw chalk lines (lines for hurdles) on the vault runway near the approach to the springboard. Use of velcro or tape to identify markings is permitted. The deduction of 0.20 for infraction of this rule will be applied to the final score by the D Panel

Boards

Springboards are to be tested during general stretch. Apparatus warm-Up time on vault will begin when the gymnasts either a) begin their run or b) touch the equipment (ie. bounce on the boards).

Springboards brought to a competition by a club must stay at the event where they are initially used for the entire competition and must be available for all gymnasts at that event. This also applies to small mats used for round-off entry vaults.

Measuring the height of the table

From the landing end of the table, measure 68 cm and draw a line on top of the table towards the side of the table. Place a wooden board across the table, lining it up with the line drawn on the vault and measure from bottom of board overhanging on the side of the table to the rigid board (125 cm).

Base Mats: 600 cm x 250 cm x 20 cm (± 1 cm)

Landing Mats

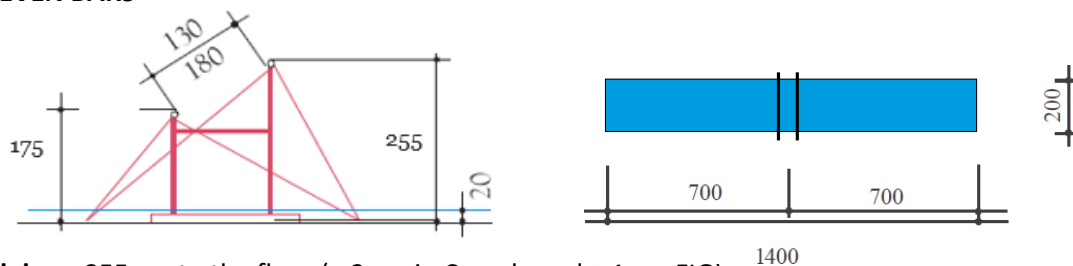
10cm to 20cm landing mat is required for landing. No landing mat required on stack mats. A panel mat is allowed for additional firmness if needed. The coach may hold the landing mat in place.

On vault, the use of a collar around the springboard is **mandatory** for all Yurchenko vaults. A Yurchenko vault without the use of a collar will be declared “VOID” and receive a score of 0.00.

A small floor mat may be placed on the runway in front of the springboard for **Yurchenko entry vaults only**. There are not specifications for the size of the small mat. It is the host club’s responsibility to ensure that an appropriate mat is available.

Judges’ Tables: There must be a minimum distance of 3 meters between the edge of the judges’ tables and the edge of the mat. Judges may be seated on the same side of the vault table.

UNEVEN BARS



High bar: 255 cm to the floor (± 3 cm in Canada and ± 1 cm FIG)

Low bar: 175 cm to the floor (± 3 cm in Canada and ± 1 cm FIG)

Height is measured from upper edge of the rail while diagonal is at 180 cm.

Measure the rails from “wood to floor” for height and “wood to “wood” for diagonal from the inside of both rails.

Diagonal: 130 cm to 180 cm (± 1 cm FIG)– measured from inside of both rails in diagonal. **May extend 2 notches beyond FIG (190cm).** At the increased height the inner diagonal distance between the bars shall be not more than 182 cm max +/- 1.0 cm – To be confirmed by FIG).

For more accuracy, measurements should be made where the wooden part of the rail inserts into the metal tube. This will ensure that the tape is straight and perpendicular to both rails.

Base Mats: 1400 cm x 200 cm x 20 cm (± 1 cm).

Landing/Supplemental Mats:

A minimum of the 10 cm and up to a maximum 30 cm mat for landing is mandatory. The coach may hold these mats in place.

Up to max 30cm supplementary mats can be place under the bars. The mats under the uneven bars can be added, removed or may be left in place during the exercise.

Additional matting will be added until the athlete can touch with flat feet while hanging from the low bar. No additional landing mat is required.

Springboard or Block:

The springboard/ block **must be removed** from the end or underneath the apparatus after the mount on uneven bars. Use of the collar for round-off entry mounts is optional.

Coaches are permitted to place a small board under the springboard and ON TOP OF any supplementary/landing mats for bar mounts, OR the supplementary mats may be positioned AFTER the springboard is removed.

If water is applied to landing mats to hold them in place, it is the coach’s responsibility to dry them off.

A board may not be used to extend the approach distance for the mount. If a board is used to extend the approach, the FIG deduction – Apparatus Irregularities, 0.5 P. – will be applied.

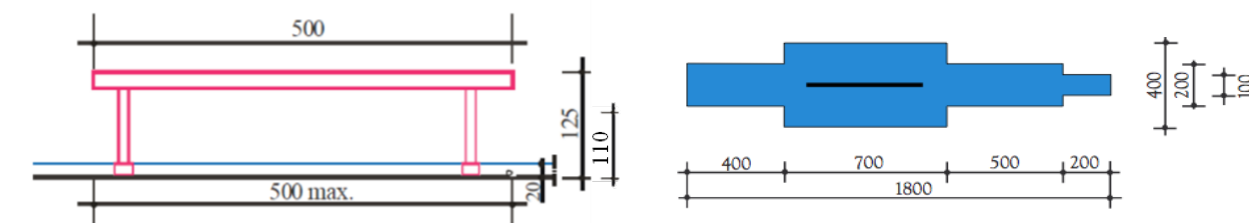
Adjusting Bars: Bars can be moved in and out as needed in the blocked warm-up time. For clubs using/renting the newer model of SA bars, only the back risers will be adjusted, and the front risers will be set at ‘F’.

Raising the Bars: Reference marks to identify the links will be used once the UB are set at FIG. The reference marks may not be removed. If links must be added to raise the UB, coaches will be required to

set the chains back to the original setting (links identified by the reference marks) once their gymnast has completed her warm up or competition. The gymnast is permitted to raise both bar rails (each 5 cm or greater) . The D1 will determine the order of the warm-up for gymnast raising the bars. Equipment adjustments for raising the bars is not included in the gymnast's warm-up time.

Judges' Tables: There must be a minimum distance of 3 meters between the edge of the judges' tables and the metal frame of the bars

BALANCE BEAM



Height:

110cm or 125cm to floor (± 1 cm) (any age)

**host clubs may designate and set up one beam at 110 and one beam at 125 for sessions that have mixed groups if space is available to assist with warm-up and competition management (same format as single beam with gymnast doing warm -up and compete).*

Measuring the Beam

Side: 10 cm (width) x 200 cm (length) on one side of the beam (in Canada)

Base mats: 20 cm (± 1 cm).

For more accuracy, measure each side of the beam. If there is a need to measure the height of the beam to the top of the mats (125cm – 20 cm = height of 105 cm to the mat), the weight of the person measuring will affect the height of the mats, thus the Measurement for height of the beam may not be accurate.

Mount and dismount: 400 cm at one end and 500 cm at the other end of the beam. An extension mat 200 cm x 100 cm x 20 cm may be placed on the side of the 500 cm mat. The extension may also be the same width as the landing mat.

Boards

A board may not be used to extend the approach distance for the mount. If a board is used to extend the approach, the FIG deduction – Apparatus Irregularities, 0.5 P. – will be applied.

The springboard/ block **must be removed** from the end or underneath the apparatus after the mount on balance beam. Use of the collar for round-off entry mounts is optional.

Gymnasts are permitted to mount from landing mats, block or board. Coaches are permitted to place a small board under the springboard and ON TOP OF any landing mats for beam mounts, OR the landing mats may be positioned AFTER the springboard is removed.

Landing/Supplemental Mats

10cm to 20cm mat for landing is mandatory. Up to 20 cm of additional supplemental mats is permitted under the beam without deduction. The coach may hold these mats in place.

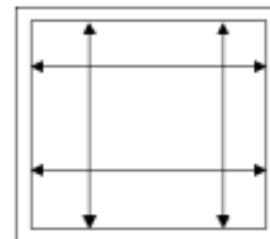
Judges' Tables: There must be a minimum distance of 2 meters between the edge of the judges' tables and the edge of the mat. Judges must be seated on both sides of the beam. The E judges seated opposite to the D judge should be seated at separate desks or tables.

FLOOR

XCEL, Level 1-10*

12m x 12m including inbound lines on all sides. The entire floor (including borders) measures 14m x 14m. The white line must be inbound. Measure 4 sides for more accuracy.

*Level 1 and 2, the exercise is performed on the diagonal.



To adjust the white Velcro line, place 2 lines approximately 45 cm (18 inches) from edge of the floor. Measure 12 m to other side of the floor.

Landing Mats:

Up to 10 cm of **additional mats** are permitted for acro and tumbling connections. The mats may be removed immediately after the connection is completed, moved to another location or left in place at the discretion of the coach. Coaches are not required to mark the boundary line on additional mats.

Judges' Tables: There must be a minimum distance of 2 meters between the edge of the judges' tables and the edge of the floor exercise mat. D Panel Judges should be seated a separate table from E Panel Judges whenever possible. Judges must be seated along two perpendicular sides of the mat.

Apparatus Modifications

- Springboards brought to a competition by a club must be Spieth and must stay at the event where they are initially used for the entire session and must be available for all gymnasts at that event. This also applies to small mats used for round-off entry vaults (including Ontario Championships).
- Tour Selection & Ontario Championships an extra soft, soft, medium and hard board will be designated/provided.
- Competitions can provide as many boards as they have in addition to the minimum extra soft, soft, medium and hard boards. Attending clubs must notify and work with the host club regarding bringing outside equipment ahead of time.
- For mounts, a 30 cm block may be used instead of a springboard. The block must be removed after mount (same rule as for springboard). A 0.30 deduction from the FS will be applied if the block/springboard is not removed.
- Landing (dismount) mats (10 cm or 20 cm) are mandatory. A 0.20 deduction will be applied to the FS if the gymnast fails to land on landing mats. A 0.30 deduction will be applied if no mat is in place or if unauthorized mats are used (ie. additional 20 cm mat on top of initial 20 cm landing mat).

3.10 AWARDS

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

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

3.10.1 Qualifier and Invitational Competitions

- Prior to each competition, host clubs must announce their age category breakdowns based on registration/schedule.
- No more than three ages are allowed in the same level (unless the participating clubs are contacted for their approval). Exception: Age 14+ category can have more than three ages grouped together.
- Awards are to be given for each Event ranking and All Around ranking. A **minimum** awards standard has been created for Compulsory Qualifiers up to 8th place, which may provide a guide for host clubs. The type and number of awards (past 8th place) are at the discretion of the host club.

- There will be **no** bumping in case of a tie.
- For Qualifying Competitions categories with maximum 25 or more competing gymnasts in one category will be split for awards.
- Categories will be split by date of birth at the median of the total gymnasts to be split, including Ontario Championships divisions (A, B etc.).
- In the event that all the gymnasts registered in one category are from the same club, it is recommended that a call be made to the club to notify them of the situation. The coach should be given the option of changing the gymnast's category. In this situation, gymnasts may move up an age category, but may not move down an age category.
- 7 and 8 years old may be combined but cannot be combined with any other age category 9+ (Scores not flashed/ published/ written on cards).
- 7 and 8 years old gymnasts should receive a participation recognition award in addition to their apparatus and all-around awards (must be the same for every participant) and can receive special awards.

3.10.2 Ontario Championships and Selection Competitions

There will be **no** bumping in case of a tie.

- Any additional awards presented must follow specific guidelines/criteria as set out by the WTC.
Note: special awards will only be presented for categories with 10 or more athletes.
- Teams named on site are considered tentative until confirmed and circulated by the WPM
- **Awards Presentation All Around Competition:** For each category event awards are presented first, followed by All Around awards.
- **Awards for Team Ontario:** A separate presentation (in addition to medals and ribbons) must be made to the selected Team Members.
- **Awards Presentation Team Awards (only Ontario Championships):** Following the final age category session of each level the team awards presentation will occur. The Team Award will be an award (1st-3rd) based on the total of the top three event scores per club per level (all age categories).

4 TEAM ONTARIO & SELECTION PROCESS

Event	Levels	Selection Activity	Selection Dates
Canada Winter Games	As per CWG (Level 10 CCP)	CWG Trials	Every 4 years (2023) in Fall
Tour	Level 6-10 (14+)	Tour Selection	Mid November
Ontario Championships	Level 6-10 (9+)	Qualifiers	Level 3-10 (mid-November to mid-March)
	Level 3-5 (9+)		
Eastern Canadian Championships	See Chart - 4.5 Eastern Canadian Championships	Ontario Championships	April
Canadian Championships	Novice, Junior, Senior, Level 9 and 10	Ontario Championships	April

4.1 GYMNAST SELECTION POLICY

- Optional Qualifying gymnasts must be registered in the qualifying system.
- Teams will be named at their respective selection event (see section 4.3-4.6). Teams named on site are considered tentative until confirmed and circulated by the WPM following the selection competition.
- Canada Winter Games (as per Gymnastics Canada).
- Each Team Ontario selection (i.e. exact team size) will be circulated in the Competition Directive. Petitions will not be accepted.
- Trip details and forms will be electronically circulated to the clubs; only team apparel will be done on site.
- Team Ontario verification camps are held for gymnasts, coaches, and judges for the purpose of team building, gymnast development and professional development. Please Note: the Pre-Tour, Pre-Easterns and Pre-Canadians verification camp should be mandatory for all team members and team coaches.
- Gymnast must be training routines in the gym and be able to compete full routines within 10 days of the Team competition as part of agreement to represent Ontario. Club/coach must notify GO if this is

not the case and gymnast is forfeiting spot in appropriate time so the alternate has an opportunity to attend.

4.2 COACHES SELECTION POLICY

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

4.3 TOUR

- Each tour team will be selected from the Tour Selection Meet (exact team size will be circulated in the Directive (but generally is OCP Level 6-9 (Age 14+), Level 10 (Ages 12-15 and 16+)).
- To qualify for a Tour Team, gymnasts must compete on all four events at the Tour Selection Meet. Petitions will NOT be accepted.
- Tour Gymnasts can only be on the Tour Team in the same level for two consecutive years (Level 9 and 10 can only be on the Tour Team for 3 consecutive years).
- Tour Selection and Tour Scores are not eligible to count as qualifying scores.
- A verification form must be completed prior to travel.
- A passport and notarized (consent to travel) letter may be required for travel.
- If a gymnast changes her category before the Tour travel dates, that gymnast forfeits her spot on the Tour Team. The spot will be given to the next ranked gymnast at the selection activity (i.e. 9th place). Optional gymnasts who are selected for any Team Ontario event must remain at that level in which they competed at the selection event for the remainder of the season.

4.4 ONTARIO CHAMPIONSHIPS

The qualification list for Ontario Championships is determined by the average of best two All-Around qualifier scores. The top 32 ranked gymnasts per session in OCP Level 3-10 will be eligible to compete at Ontario Championships.

All Around competition: the top 32 gymnasts in OCP Level 3-10 is determined by all eligible gymnasts' average of their best of two AA qualifier scores. OCP Level 10 is the top 32 ranked gymnastics based on their best qualifying score.

- Every opportunity shall be given to ensure that an unassigned spot for Ontario Championships shall be filled; there are no restrictions capping the placing of the next ranked gymnast where possible.
- Aspire (as per 2.5 Participation of Gymnasts) must register with the host club and can only be registered in one category.
- Petition Policy: please refer to Technical Rules and Regulations Section C, General Competition Guidelines.
- In the case of a tie between two or more gymnasts the ranking will be determined by using each gymnast's best two All-Around scores (excluding Tour Selection) that were used to qualify to Ontario Championships by the following criteria in the order shown below:
 - Level 6-9
 - 1) The gymnast with the higher All-Around qualification score.
 - 2) The gymnast with the second highest All-Around qualification score.
 - 3) The gymnast with the best three event scores from her highest All-Around (AA) qualification score.
 - 4) The gymnast with the best two event scores from her highest All-Around (AA) qualification score.
 - 5) The gymnast with the best one event score from her highest All-Around (AA) qualification score.

Level 10

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

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

4.5 EASTERN CANADIAN CHAMPIONSHIPS

- Ontario Championships will be the selection event for Eastern Canadian Championships.
 - Level 7-10 and Youth: Top 6 AA scores following the selection of Canadian Championships gymnasts in each Easterns category (Note: some age categories at Ontario Championships may be combined for team selection).
- The Eastern Canadian Championships organizing committee determines eligible levels each year.
- In cases where a named team gymnast(s) declines to compete at Easterns, the WPM will contact the 1st or 2nd alternate only. If the 1st and 2nd alternates decline, additional gymnasts will be assigned if time is permitted.

Level 7	Level 8	Level 9	Level 10	Youth (Aspire)
Top 6 gymnasts per category				Top 6 per category
Age 11-12	Age 11-12	Age 11-14	Age 12-15	Youth TBC
Age 13-4	Age 13-4	Age 15+	Age 16+	
Age 15+	Age 15+	*as per Easterns Manual		

4.6 CANADIAN CHAMPIONSHIPS

- Ontario Championships a selection competition will be held for selecting team for Level 9 & 10 Canadian Championships.
 - Novice, Junior and Senior High-Performance gymnasts as per GymCan
 - Level 9 (age 11-14 & 15+) & 10 (age 12-15 & 16+): Top 6 All-Around scores in each category:
 - Gymnast eligibility as per [GYMCAN Section 2](#).

5 TECHNICAL OVERVIEW CHARTS*

5.1 COMPULSORY CHARTS - LEVEL 1-5

5.2 XCEL CHARTS – BRONZE, SILVER, GOLD

5.3 OPTIONAL CHARTS - LEVEL 6-10

* charts only provide an overview, please refer to full USAG manuals text for routine requirement specifics.

5.1 COMPULSORY CHARTS – LEVEL 1-5

Compulsory Level 1-5 VAULT					
Maximum SV 10.00	Level 1	Level 2	Level 3	Level 4	Level 5
	Only Vaults listed for each Level are allowed- All others = Void Vault If one of the vaults performed is restricted, then both vaults=void				
Compulsory Vault: See DP USAG Level 1-5 Compulsory Manual (2021-2029) for specific technical requirements of Vaults	STRETCH JUMP ONTO A RAISED MAT SURFACE (min. of 60 cm) and then HANDSTAND, FALL TO STRAIGHT-LYING POSITION ON THE BACK	JUMP TO HANDSTAND ONTO A RAISED MAT SURFACE (a min. of 60 cm) FALL TO STRAIGHT-LYING POSITION ON THE BACK	HANDSPRING OVER A RAISED MAT SURFACE (min. 80 cm mat) s	HANDSPRING OVER VAULT TABLE	HANDSPRING OVER VAULT TABLE
Balk	A balk in Level 1 is described as a running approach that results in a fall during the run, stops mid-run, runs off the runway before or after making contact with the board	In Level 2 & 3 a balk is described as a running approach that results in a fall during the run, stops mid-run, runs off the runway or makes contact the board or mat stack without coming to rest or support on top of the mat stack		In Level 4 & 5 a balk is described as a running approach that results in a fall during the run, stops mid-run, runs off the runway or makes contact the board or mat stack without coming to rest or support on top of the Vault table	
Restrictions: See “Changes in Prescribed Routines/Elements” for specific deductions	Each phase of the vault is worth 5.0 points with the score of each phase added together.				
	The gymnast may perform the vault (both skills in Level 1) two times. The highest total score of the two vaults will count Three attempts are permitted to successfully complete one or two vaults. One balk is allowed in the three attempts without penalty A 2nd or 3 rd Balk= Void. A fourth attempt is not permitted				
Equipment Specifications	Stacked Mats- 60 cm or 80 cm(*plus or minus 3 cm)	Stacked Mats- 60 or 80 cm or 100 cm (*plus or minus 3 cm)	Stacked Mats- 80, 100 or 120 cm (*plus or minus 3 cm) 10 cm to 20 cm landing mat is mandatory	Vault height 105, 115, 125 cm 10 cm to 20 cm landing mat is mandatory	Vault height 105, 115, 125 cm 10 cm to 20 cm landing mat is mandatory
	For Stacked Mats: a panel mat is allowed for additional firmness (if needed). Only Springboard permitted (no mini-tramp or tramp-board) Allowed				
Warm Up	Level 1 – 5: 1 minute per gymnast, blocked running time by stacked mat/vault height (Split @ 9)				
Fall Times	45 seconds. Timer will countdown when there is 10 seconds remaining on gymnasts first vault attempt. If the time is exceeded a second vault will not be allowed. See USAG Compulsory Manual for fall times regarding injury.				

*This chart is an overview only, please refer to USAG 2021-2029 Compulsory Manual

Compulsory Level 1-5 BARS

Maximum SV 10.00	Level 1	Level 2	Level 3	Level 4	Level 5
<p>Compulsory Routine This chart is an overview only See USAG DP Level 1-5 Compulsory Manual (2021-2029) for specific technical requirements of elements and sequences</p> <p>Restrictions: See “Changes in Prescribed Routines/Elements” for specific deductions</p>	<p>MOUNT: BACK HIP PULLOVER (0.60)</p> <p>CAST (0.40)</p> <p>BACK HIP CIRCLE (0.40)</p> <p>CAST STRADDLE ON, SOLE CIRCLE DISMT (0.60) OR UNDERSWING DISMT (0.60)</p>	<p>MOUNT: GLIDE SWING OUT & RETURN (0.20) BACK HIP PULLOVER (0.40)</p> <p>CAST (0.40)</p> <p>CAST (0.40)</p> <p>BACK HIP CIRCLE (0.40)</p> <p>UNDERSWING DISMOUNT (0.60)</p>	<p>MOUNT: GLIDE SWING & RETURN (0.20) BACK HIP PULLOVER (0.40) OR STRADDLE OR PIKE GLIDE KIP MOUNT (0.60)</p> <p>CAST (0.20)</p> <p>BACK HIP CIRCLE (0.40)</p> <p>BACK HIP CIRCLE (0.40)</p> <p>FRONT HIP CIRCLE, SMALL CAST, RETURN TO FRONT SUPPORT (0.40)</p> <p>CAST, SQUAT or PIKE ON STRETCH JUMP DISMOUNT (0.60)</p>	<p>MOUNT: STRADDLE OR PIKE GLIDE KIP (0.60)</p> <p>CAST TO HORIZONTAL AND RETURN TO FRONT SUPPORT (0.40)</p> <p>CAST SQUAT ON OR PIKE-ON OR CAST, 360° BACKWARD SOLE CIRCLE (0.20)</p> <p>JUMP TO LONG HANG KIP (0.60)</p> <p>CAST TO HORIZONTAL (0.40)</p> <p>BACK HIP CIRCLE (0.40)</p> <p>UNDERSWING</p> <p>FIRST COUNTERSWING (0.60) (a min of 30° below horizontal)</p> <p>TAP SWING FORWARD, SECOND COUNTERSWING (0.60) (a min of 30° below horizontal)</p> <p>TAP SWING FORWARD WITH (*) ½ (180°) TURN DISMOUNT (0.60)</p>	<p>MOUNT: STRADDLE OR PIKE GLIDE KIP (0.60)</p> <p>CAST TO ABOVE HORIZONTAL (0.40)</p> <p>CLEAR HIP CIRCLE TO ABOVE HORIZONTAL (0.60) OR BACKWARD SOLE CIRCLE TO CLEAR SUPPORT (0.60) OR BACKWARD STALDER CIRCLE TO CLEAR SUPPORT (0.60)</p> <p>STRADDLE OR PIKE GLIDE KIP (0.60)</p> <p>CAST SQUAT-ON OR PIKE-ON (0.20) OR CAST, 360 BACKWARD SOLE CIRCLE (0.20)</p> <p>JUMP TO LONG HANG KIP (0.60)</p> <p>CAST TO ABOVE HORIZONTAL (0.40)</p> <p>LONG HANG PULLOVER (0.60)</p> <p>UNDERSWING, FIRST COUNTERSWING (0.60) (a min of 15° below horizontal)</p> <p>TAP SWING FORWARD, 2ND COUNTERSWING (0.60)(a min of 15° below horizontal)</p> <p>TAP SWING FORWARD TO FLYAWAY DISMOUNT (0.60) (TUCK, PIKE OR STRETCHED) OR can perform Level 4 dismount with a 9.5 start value.</p>
Equipment Specifications	See section 3.9 Equipment				
Warm- Up	Level 1 – 5: 1 minute per gymnast, running time. (Split @ 9)				
Fall Times	45 seconds. Timer will countdown when there is 10 seconds remaining. See USAG Compulsory Manual for fall times regarding injury.				

***This chart is an overview only, please refer to USAG 2021-2029 Compulsory Manual**

Compulsory Level 1-5 BEAM

Maximum SV 10.00	Level 1	Level 2	Level 3	Level 4	Level 5
<p>Compulsory Routine-This chart is an overview only See USAG Level 1-5 Compulsory Manual (2021-2029) for specific technical requirements of elements/choreography</p> <p>Restrictions: See "Changes in Prescribed Routines/Elements" for specific deductions</p> <p>ONLY MAJOR ELEMENTS ARE CAPITALIZED TEXT. All other headings are connections</p> <p>Text Errors-2022-2023 season - text error deductions will not be applied</p>	<p>JUMP TO FRONT SUPPORT MOUNT (0.20)</p> <p>Single leg V sit; Tuck stand, Pike stand, (*) NEEDLE LEG KICK (0.40), Tuck stand, RELEVÉ BALANCE "LOCK STAND (0.20)</p> <p>FORWARD PASSÉ BALANCE (0.20)</p> <p>STRETCH JUMP (0.40) Relevé "Lock" Stand</p> <p>ARABESQUE (30°) (0.40)</p> <p>RIGHT LEG SWING (0.20), LEFT LEG SWING (0.20) Relevé "Lock" Stand</p> <p>Lunge Pose, Lunge Pose, (*) CARTWHEEL TO ¼ HANDSTAND DISMOUNT (0.60)</p>	<p>JUMP TO FRONT SUPPORT MOUNT (0.20)</p> <p>Single leg V sit; Tuck stand, Pike stand, (*) SINGLE LEG KICK-UP TO STAND (0.40)</p> <p>FORWARD PASSÉ BALANCE (0.20)</p> <p>Relevé "lock" stand, plié, relevé, plié STRETCH JUMP (0.40) Relevé "Lock" Stand</p> <p>ARABESQUE (30°) (0.40)</p> <p>FORWARD LEG SWING (0.20), BACKWARD LEG SWING (0.20) Relevé "Lock" Stand</p> <p>Relevé "Lock" Stand, ½ (180°) PIVOT TURN (0.20), Lunge Pose, Lunge Pose</p> <p>(*) CARTWHEEL TO SIDE HANDSTAND DISMOUNT (0.60)</p>	<p>FRONT SUPPORT FISH POSE MOUNT (0.20), Stag Sit to Stand</p> <p>Forward Passé Pose, (*) CROSS HANDSTAND (0.60)</p> <p>Back Lunge, Forward Passé Pose, Back Lunge, Relevé "Lock" Stand</p> <p>(*) 1/2 (180°) TURN IN FORWARD PASSÉ (HEEL SNAP TURN (0.40), Relevé "Lock" Stand</p> <p>STRETCH JUMP (0.40), STRETCH JUMP (0.40) Relevé "Lock" Stand</p> <p>ARABESQUE (45°) (0.40)</p> <p>STRAIGHT LEG LEAP (90°) (0.60) Relevé "Lock" Stand</p> <p>Relevé "Lock" Stand, TWO (2) ½ (180°) PIVOT TURNS (Each 0.20) Lunge Pose, Lunge Pose</p> <p>(*) CARTWHEEL TO SIDE HANDSTAND (*) ¼ (90°) TURN DISMOUNT (0.60)</p>	<p>FRONT SUPPORT FISH POSE MOUNT (0.20), Stag Sit to Stand</p> <p>Forward Passé Pose, (*) CARTWHEEL (0.60)</p> <p>Side lunge, Forward Passé Pose, Side Lunge, Relevé "Lock" Stand</p> <p>(*) 1/2 (180°) TURN IN FORWARD PASSÉ (0.40), Relevé "Lock" Stand</p> <p>Backward Kick, Forward Passé Pose, Dip Pose, Stand</p> <p>STRETCH JUMP (0.20), SPLIT JUMP (120°) (0.40)</p> <p>(*) CROSS HANDSTAND (0.60)</p> <p>Relevé "Lock" Stand, 180° Squat Turn, SCALE (HORIZONTAL) (0.40)</p> <p>STRAIGHT LEG LEAP (120°) (0.60), Relevé "Lock" Stand</p> <p>Lunge Pose, Lunge Pose, (*) CARTWHEEL TO SIDE HANDSTAND (*) ¼ (90°) TURN DISMOUNT (0.60)</p>	<p>FRONT SUPPORT FISH POSE MOUNT (0.20), Stag Sit to Stand</p> <p>Forward Passé Pose, (*) BACK WALKOVER (150°) (0.60) OR (*) BACKWARD ROLL TO MIN OF ¼ HANDSTAND (0.60) OR (*) FLIC-FLAC STEP OUT (0.60) OR (*) FLIC-FLAC TO TWO FEET (0.60) OR (*) FRONT WALKOVER (150°) (0.60)</p> <p>Side lunge, Forward Passé Pose, Side Lunge, Relevé "Lock" Stand</p> <p>(*) 1/1 (360°) TURN IN FORWARD PASSÉ (0.40), Relevé "Lock" Stand</p> <p>Backward Kick, Forward Passé Pose, Dip Pose, Stand</p> <p>SPLIT JUMP (150°) (0.40), SISSONNE (0.20), Relevé "Lock" Stand, 180° Squat Turn</p> <p>SCALE (ABOVE HORIZONTAL) (0.40), STRAIGHT LEG LEAP (150°) (0.60), STRETCH JUMP (0.20)</p> <p>Lunge Pose, Lunge Pose, (*) Cartwheel (0.60), STRETCH JUMP (PUNCH) (0.20)</p> <p>Side Relevé Stand, Side Lunge Pose, Forced Arch Pose, Forced Arch Pose, BACK SALTO TUCK DISMOUNT (0.60)</p>
Equipment Specifications	110 or FIG, (any level/age) See section 3.9 Equipment.				
Warm- Up	Level 1 – 5: 1 minute per gymnast, blocked by beam height, Warm-Up compete format (Split @ 8).				
Routine Max. time	35 secs	40 secs	55 secs	1 minute 5 secs	1 min 10 secs
Fall Times	45 seconds. Timer will countdown when there is 10 seconds remaining. See USAG Compulsory Manual for fall times regarding injury.				

*This chart is an overview only, please refer to USAG 2021-2029 Compulsory Manual

Compulsory Level 1-5 FLOOR

Max SV 10.00	Level 1	Level 2	Level 3	Level 4	Level 5
<p>Compulsory Routine- This chart is an overview only See USAG Level 1-5 Compulsory Manual (2021-2029) for specific technical require of elements/chore ography</p> <p>Restrictions: See “Changes in Prescribed Routines/Elements” for specific deductions</p> <p>ONLY MAJOR ELEMENTS ARE CAPITALIZED TEXT. All other headings are connections</p> <p>Text Errors- 2022-2023 season - text error deductions will not be applied</p>	<p>Pose, (*) CARTWHEEL (0.60)</p> <p>BACKWARD ROLL TUCKED (0.60), Straight Stand</p> <p>CANDLESTICK ROLL (0.20), Straight Stand</p> <p>FORWARD PASSÉ BALANCE (0.40) Relevé “Lock” Stand, 1/2 (180°) Pivot turn</p> <p>FORWARD CHASSÉ (0.20) Pose</p> <p>STRETCH JUMP (0.40)</p> <p>FORWARD ROLL TUCK (0.40)</p> <p>(*) 3/4 HANDSTAND (0.40)</p> <p>Pose</p>	<p>Pose, (*) CARTWHEEL (0.60)</p> <p>BACKWARD ROLL TO PUSH UP POSITION (0.60), ½ Kneeling Pose, Straight Stand</p> <p>Forward Passé Pose, (*) 1/2 (180°) TURN IN FORWARD PASSÉ (HEEL SNAP TURN (0.40), Relevé “Lock” Stand</p> <p>FORWARD CHASSÉ (0.20), STRAIGHT LEG LEAP (60°) (0.60), Pose</p> <p>SPLIT JUMP (60°) (0.40)</p> <p>(*) HANDSTAND (0.40)</p> <p>CANDLESTICK (0.20)</p> <p>BRIDGE (*) BACK KICK- OVER (60°)</p> <p>Relevé Stand, Pose</p>	<p>Side Lunge, Forward Passé Pose, Side Lunge, ¼ (90°) Turn</p> <p>HANDSTAND FORWARD ROLL (0.60)</p> <p>Forward Chassé, Lunge Pose, 1/2 (180°) Pivot Turn, Lunge Pose</p> <p>Forward Chassé, STRAIGHT LEG LEAP (90°) (0.60), Fish Pose</p> <p>Pose, STRETCH JUMP (0.20), SPLIT JUMP (90°) (0.40)</p> <p>(*) HANDSTAND TO BRIDGE, BACK KICK-OVER (120°) (0.60)</p> <p>Kneeling/Sitting Pose, FORWARD SPLIT (0.20)</p> <p>½ (180°) Prone Spin to Log Roll/Turn to Stand</p> <p>Relevé “Lock” Stand (*) 1/2 (180°) TURN IN FORWARD PASSÉ (0.40), Relevé “Lock” Stand, Straight Stand</p> <p>BACKWARD ROLL OPEN TO 45° ABOVE HORIZONTAL, LOWER TO PUSH UP POSITION (0.40)</p> <p>½ Kneeling Pose, Relevé “Lock” Stand, Straddle Stand, Straight Stand</p> <p>(*) ROUND-OFF (0.40), FLIC-FLAC, (0.60), rebound</p> <p>Kneeling Pose, ½ Kneeling Side Pose, Final Pose</p>	<p>Beginning pose and dance phrase</p> <p>(*) BACK WALKOVER (150°) (0.40)</p> <p>Relevé Pose, Side Lunge, Forward Passé Contraction Pose, Side Lunge</p> <p>Side Chassé ¼ turn, Lunge Pose, Pivot ½ Turn, Lunge Pose, Straddle Stand, Lunge Pose</p> <p>(*) FRONT HANDSPRING STEP-OUT (0.60), (*) CARTWHEEL (0.40) STRAIGHT ARMS BACKWARD ROLL TO HANDSTAND (0.40)</p> <p>Pose, Step Kick, Pose, (*) STRETCH JUMP WITH ½ TURN (0.40), ½ Kneeling Pose, Relevé “Lock” Stand</p> <p>Forward Passe Hop, Sideward Chasse, Passe Hop With ¾ Turn, Forward Chasse</p> <p>STRAIGHT LEG LEAP (120°) (0.60), Fish Pose</p> <p>STRADDLE JUMP (120°) (0.40), Kneeling/Sitting Pose, ½ Kneeling Pose, Tucked Sit Turn/Roll</p> <p>½ Kneeling Pose, FORWARD SPLIT (0.20)</p> <p>½ Prone Spin to Log Roll/Turn to Stand</p> <p>Relevé “Lock” Stand (*) 1/1 (360°) TURN IN FORWARD PASSÉ (0.40), Relevé “Lock” Stand, Straddle Stand, Straight Stand</p> <p>(*) ROUND-OFF (0.40), FLIC-FLAC, (0.60), FLIC-FLAC, (0.60), Rebound</p>	<p>Beginning pose and dance phrase</p> <p>FORWARD SALTO TUCKED (0.60) OR (*) FREE (AERIAL) CARTWHEEL (0.60) OR (*) FREE (AERIAL) WALKOVER FORWARD (0.60)</p> <p>Relevé Pose, Side Lunge, Forward Passé Contraction Pose, Side Lunge</p> <p>Chain é ½ (180°) + ¾ (270°) Turn, Lunge Pose, Pivot ½ (180°) Turn, Lunge Pose, Straddle Stand, Lunge Pose</p> <p>(*) FRONT HANDSPRING STEP- OUT (0.60), (*) FRONT HANDSPRING STEP- OUT (0.60), (*) CARTWHEEL (0.40), STRAIGHT ARM BACKWARD ROLL TO HANDSTAND (0.40)</p> <p>Pose, Step Kick Pose, (*) STRETCH JUMP WITH 1/1 TURN (0.40), ½ Kneeling Pose, Relevé “Lock” Stand</p> <p>Backward Passé Hop, Sideward Chassé, Passé Hop With ¾ Turn, Forward Chassé</p> <p>STRAIGHT LEG LEAP (150°) (0.60), Fish Pose OR SWITCH LEG LEAP (150°) (0.60), Fish Pose</p> <p>STRADDLE JUMP (150°) (0.40), Kneeling/Sitting Pose, ½ Kneeling Pose, Tucked Sit Turn/Roll</p> <p>½ Kneeling Pose, FORWARD SPLIT (0.20)</p> <p>½ Prone Spin to Log Roll/Turn to Stand</p> <p>Relevé “Lock” Stand (*) 1/1 (360°) TURN IN FORWARD PASSÉ (0.40), Relevé “Lock” Stand, Straddle Stand, Straight Stand</p> <p>(*) ROUND-OFF (0.40), FLIC-FLAC, (0.40), BACKWARD SALTO TUCKED, (0.60)</p> <p>Toe Fall to Kneeling/Sitting Pose, ½ Kneeling Side Pose, Final Pose</p>
Equipment	On the Diagonal or Straight Line	On the Diagonal or Straight Line	Full Floor	Full Floor	Full Floor
Warm- Up	Level 1 – 5: 4-minute warm-up with a maximum of ten gymnasts (Split @ 11). At the end of the 4 min warmup the first 3 gymnasts will receive an additional 1-minute warm-up all other gymnasts will clear the floor. Gymnasts may go on the floor in-between gymnasts competing routines.				

*This chart is an overview only, please refer to USAG 2021-2029 Compulsory Manual

5.2 XCEL CHARTS – BRONZE, SILVER, GOLD

Xcel VAULT			
	Bronze	Silver	Gold- Vault Chart
Allowable Vaults & Equipment No other vaults, other than those listed in each Level are permitted. If another vault is unintentionally performed will receive a "VOID". 1 or 2 vaults, best to count Three attempts are permitted to successfully complete one or two vaults. A balk is considered an attempt. A fourth attempt is not permitted.	Vault Option 1 : Min of 60cm- max 120cm mat stack 1A. (4.5) Stretch Jump onto mat stack AND 1B. (4.5) Kick to Handstand (hands placed on board or mat) fall to flat back OR Vault Option 2 : Jump to Handstand-fall to flat back on min of 40cm- max 120cm mat (no repulsion required)	<i>Min 60cm -max 120cm mat stack sideways- additional 10cm mat must be placed on the floor behind the mat stack</i> Vault Option 1: Handspring over the sideways mat stack OR Vault Option 2 : 1/4-1/2 turn on- Repulsion off to feet landing facing the mat stack	Vault height 105, 115, 125 cm 1.101 Handspring 1.102 Handspring→1/2 twist off 1.103 Yamashita 1.104 Yamashita→1/2 twist off 1.105 1/2 twist on→1/2 twist off 1/4 twist on→3/4 twist off 1.106 1/4 or 1/2 twist on→Repulsion (with flight to feet) off 1.109 1/4 twist on - 1/4 twist off - to land facing away from the table 1.201 Handspring→1/1 twist off 1.203 Yamashita→1/1 twist off 1.206 1/2 twist on→1/1 twist off 1/4 twist on→1-1/4 twist off 1.207 1/1 twist on →□Handspring or Yamashita off 1.208 1/1 twist on→1/2 twist off
Start Value (SV)	Vault Option 1: 9.0 total Start Value Vault Option 2: 10.0 Start Value	Vault Option 1: 10.0 total Start Value Vault Option 2: 10.0 Start Value	10.0 Start Value
Clarifications Up to 20 cm additional mats allowed, this includes MANDATORY 10 cm mat for landing	Alternative trampoline-like springboard Apparatus NOT allowed. No 10cm or 20cm landing mat required on stack mats. Spot on landing :0.5 Spot during any other phase :1.0 Max. Total Spot deduction: 1.5	Alternative trampoline-like Springboard Apparatus is NOT allowed. A 10cm or 20cm mat for landing is mandatory. Spot on landing :0.5 Spot during any other phase :1.0 Max. Total Spot deduction: 1.5	Alternative trampoline like Springboard Apparatus is NOT allowed. A 10cm or 20cm mat for landing is mandatory. Spot on landing :0.5 Spot during any other phase :1.0 Max. Total Spot deduction: 1.5
Timing blocked running time by stacked mat/vault height. Split @ 9 if at same height.	Warm-up: 30 sec.	Warm-up: 45 sec.	Warm-up: 1 min.
Fall Time	45 seconds. Timer will countdown when there is 10 seconds remaining on gymnasts first vault attempt. If the time is exceeded a second vault will not be allowed. See USAG XCEL Manual for fall times regarding injury.		

*This chart is an overview only, please refer to USAG 2022-2026 Xcel Code of Points

Xcel BARS			
SV- 10.00	Bronze	Silver	Gold
Value Parts Any skills listed in the <i>Xcel Code of Points and allowed in allowed in the respective division (Bronze/Silver and A VP; Gold any A or B VP</i>	Min 4 A VP (0.10 each)	Min 5 A VP (0.10 each)	Min 6 A VP (0.10 each)
Clarifications: <i>When a skill is preceded by a cast, both the cast and skill receive separate VP/ skill credit if cast achieves divisions angle requirement with the following exceptions: cast, stoop, squat or straddle on – also with or without jump to HB, cast shoot & cast off to stand dismount (Bronze) receive 1 “A” VP in ALL divisions These skills may not be used to fulfill the cast SR</i>	No extra swing deductions taken No amplitude of cast deductions are taken Only 2 cast are allowed for VP if performed in different connection	No extra swing deductions taken No amplitude of cast deductions are taken Only 2 cast are allowed for VP if performed in different connection Only 2 tap swings-counterswing allowed for A VP	No extra swing deductions taken No amplitude of cast deductions are taken Only 2 cast are allowed for VP if performed in different connection Only 2 tap swings-counterswing allowed for A VP
Difficulty Restrictions <i>Restricted Skills 0.5 deduction off SV, will not receive VP or used for SR</i>	No “B” or higher VP No skills on high bar No Salto dismounts No LB Giants	No “B” or higher VP No Giants (LB or HB) No Salto dismounts	No “C” or higher VP B Exceptions: Giants No Release Moves with bar change
Special Requirements Deduct 0.5 for Each Missing SR Max Execution=4.00 + spots Courtesy Score = 4.00	<ol style="list-style-type: none"> 1. Mount- Low Bar only 2. Cast (<i>hips must leave bars</i>) (<i>not mount or dismount</i>) 3. Circling skill (<i>not mount or dismount</i>) 4. Dismount -Low bar only-no saltos 	<ol style="list-style-type: none"> 1. Mount 2. Cast to a minimum of 45° below horizontal or higher (<i>not mount or dismount</i>) 3. Circling skill (<i>not mount or dismount</i>) 4. Dismount- From LB or HB (no saltos) 	<ol style="list-style-type: none"> 1 Skill finishing in clear support at a min of Horizontal (<i>not mount or dismount</i>) 2/3Two 360° Circling skill (not in mount or dismount) must be one of the following: -2 directly connected same circling elements (performed on either bar) OR - 2 different circling elements connected or isolated (performed on either bar) OR - 2 of the same circling elements one performed on the low bar and one performed on the high bar 4. Dismount (high bar)
Equipment:	see 3.9 Equipment		
Timing: Warm up Running Time (Split at 9)	Warm-up: 30 sec.	Warm-up: 45 sec.	Warm-up: 1 min sec.
Fall Time	45 second. Timer will countdown when there is 10 seconds remaining. See USAG XCEL Manual for fall times regarding injury.		

*This chart is an overview only, please refer to USAG 2022-2026 Xcel Code of Points

Xcel BEAM			
	Bronze	Silver	Gold
Value Parts Any skills listed in the <i>Xcel Code of Points</i> and allowed in allowed in the respective division (Bronze/Silver and A VP; Gold any A or B VP)	Min 4 A VP (0.10 each)	Min 5 A VP (0.10 each)	Min 6 A VP (0.10 each)
Clarifications:	<p><i>SR#3-All Acro Skills must start and finish on the beam. Handstands, regardless of the angle achieved, are considered the same Skill.</i></p> <p><i>SR#4-If a restricted element is competed as the dismount, in addition to no SR#4 credit, also deduct 0.30 for no dismount Split Angle (within 20°) SR and VP will be credit will be awarded for Cross or Side Split Leaps or Jumps that are withing 20° of the Divisions specified Split angle. Deduction of up to 0.20 for insufficient Split will be applied</i></p> <p><i>Handstands: A hold is not required for any A VP handstand. Any B VP or higher handstand requires a 2 second hold if noted within the Table of Elements.</i></p> <p><i>Non-flight walkover type elements are required to show the split angle corresponding to the level's required degree of split at one point during the element.</i></p>		
Difficulty Restrictions <i>Restricted Skills 0.5 deduction - off SV</i>	No "B" or higher VP No Salto or Aerial dismounts No walkovers	No "B" Acro VP No "C" or higher VP	No "C" or higher VP.
Special Requirements Deduct 0.5 for Each Missing SR	<ol style="list-style-type: none"> 1. Min. 1/2 Turn on 1 or 2 feet 2. One Jump or Leap (not mount or dismount). NO Split angle required 3. One Acro Element- Non-Flight 4. Dismount (no Saltos or Aerials). 	<ol style="list-style-type: none"> 1. Min. 1/2 Turn on one foot. 2. One Jump or Leap with 90° cross or side split. (Not in mount or dismount) 3. One Acro Element- Non-Flight 4. Dismount 	<ol style="list-style-type: none"> 1. Min. 1/1 Turn on one foot. 2. Two different Group 2 Elements- One with a min. 120° cross of side split (<i>isolated or in a series</i>) 3. Two Acro Elements – with or without flight (<i>isolated or in a series</i>) One must achieve or pass through inverted vertical (<i>isolated or in a series</i>) 4. Dismount
Equipment:	Height: 110 or 125 (any age) See section 3.9 Equipment.		
Timing: Warm-up: blocked by height, warm up compete format. Split at 8. No Minimum Time for routine	Warm-up: 30 sec. Max. Routine Time: 45 sec	Warm-up: 45 sec. Max. Routine Time: 50 sec	Warm-up: 1 min sec. Max. Routine Time: 1 min
Fall Time	45 second. Timer will countdown when there is 10 seconds remaining. See USAG XCEL Manual for fall times regarding injury.		

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Xcel FLOOR

	Bronze	Silver	Gold
Value Parts Any skills listed in the <i>Xcel Code of Points</i> and allowed in allowed in the respective division (Bronze any A VP; Silver any A VP or B Dance Gold any A or B VP (excluding B Twisting Saltos)	Min 4 A VP (0.10 each)	Min 5 A VP (0.10 each)	Min 6 A VP (0.10 each)
Clarifications	SR#1/SR#2 may not be combined in the same pass Flight Skills/Elements: Acro Flight skills/elements with hand support are eligible to receive VP credit, regardless of the number of times performed and may also fulfill SR requirements, provided that the acro pass in which they are performed is different Split Angle -within 20° SR/VP will be awarded for Cross or Side Split Leaps and Jumps that are within 20 of the Divisions specified Split Angle a deduction of up to 0.20 for insufficient Split may be applied Dive Roll: A dive roll does NOT fulfill flight SR Bronze/Silver: Round off Rebound- Backward roll is an Acro connection Non-flight walkover type elements are required to show the split angle corresponding to the level's required degree of split at one point during the element.		
Difficulty Restrictions <i>Restricted Skills 0.5 deduction - off SV</i>	No "B" or higher VP. (Exceptions: Straddle jump and Side leap jump 60° - 180° receive an A VP)(No Saltos or Aerials. Maximum 2 flight skills per routine.	No "B" Acro VP. No "C" or higher VP Maximum 1 Salto or Aerial per routine.	No "B" VP Twisting Saltos. No "C" or higher VP.
Special Requirements Deduct 0.5 for Each Missing SR	<ol style="list-style-type: none"> Min. 2 directly connected acro elements with or w/o flight. A 2nd Pass with a min of 1 Acro element with or w/o flight. Dance Passage with a min. of 2 Different Grp 1 elements (<i>directly or indirectly connected</i>) one of which is a LEAP w/ a 60° cross or side split. Min. 1/2 Turn on one foot. 	<ol style="list-style-type: none"> Min. 2 directly connected Acro elements one must have Flight. 2nd Acro pass-either a 2nd min. two directly connected elements with or w/out flight, OR one acro flight element Dance Passage with a min. of 2 Different elements from Grp 1 (<i>directly or indirectly connected</i>), one of which is a LEAP with a 90° cross or side split. Min. 1/1 Turn on one foot. 	<ol style="list-style-type: none"> Min. 2 directly connected Flight elements 2nd Acro Pass with either a 2nd connection with a min. of two directly connected Flight elements, OR an Aerial or Salto. Dance Passage-min. of 2 Different elements from Grp 1 VP (<i>directly or indirectly connected</i>), one of which is a LEAP with a 120° cross or side split. Min. 1/1 Turn on one foot.
Timing: Running time Split @ 11 (Max 10)	4 minute warm-up. At the end of the 4 min warmup the first 3 gymnasts will receive an additional 1-minute warm-up all other gymnasts will clear the floor. Gymnasts may go on the floor in-between gymnasts competing routines. Up to 10cm of additional mat allowed for acro pass.		

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5.3 OPTIONAL CHARTS – LEVEL 6-9

Optional Level 6-10 VAULT				
ALLOWABLE VAULTS If a vault is performed that is NOT list on the Level chart, it will be a “VOID” vault. Levels 6/7/8/9: If either of the 2 vaults performed are NOT allowed (restricted vaults), the VAULT EVENT is VOID			Start Value (SV)	Spotting Regulations
Level 6 & 7	Vault Option 1 #1.11	Front Handspring entry onto table: Arrive on Mat Stack on the feet in a straight body position with tight arch in upper back; arm position optional.	SV10.0	Spot during Vault: VOID Spot upon landing: <u>0.50</u> Spot after landing: No deduction
	Vault Option 2 #3.116	1/4 - 1/2 twist on (Tsukahara entry) onto table: Arrive on Mat Stack on the feet (Level 6/7) or on the back (Level 7 only) in straight-hollow body position; arm position optional	SV 10.0	
	Vault Option 3 #4.111	Round-off (Yurchenko) entry onto table: Arrive on Mat Stack on the feet (Level 6/7) or on the back (Level 7 only) in straight hollow body position; arm position optional	SV 10.0	
Level 8	See Level 8 Vault Value Chart – Appendix 03		Level 8 SV Chart	Spot during Vault: VOID, Except Spot in 2 nd flight for Salto Vaults – <u>1.00</u>
Level 9	See Level 9 Vault Value Chart – Appendix 03		Level 9 SV Chart	Spot during vault: VOID Spot upon landing 0.50
Level 10	See Level 10 Vault Value Chart – Appendix 03		Level 10 SV Chart	
Other	<p>Warm up: Split at 9 Level 6 -7: 1 minute per gymnast, blocked running time by vault height. When only one gymnast is warming up at a vault height, the coach can request an additional 30 sec. Level 8-9-10: 2 minutes per gymnast, blocked running time by Vault height. If performing a Round-off entry or salto vault, 4 minutes for one gymnast at height.</p> <p>See section 3.9 Equipment Fall Time: 45 seconds. Timer will countdown when there is 10 second remaining on gymnasts first vault attempt. If the time is exceeded a second vault will not be allowed. See USAG Development Manual for fall times regarding injury.</p>			

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Note: Table of Vaults Values for Optional can be found in USAG Development Program Code of Points.

Optional Level 6-10 BARS

	SPECIAL REQUIREMENTS (SR) SR each worth 0.50 - One element may fulfill more than one SR, unless specified. -Deduct 0.50 for each missing SR	VP A = .10 B = .30 C = .50	Allowable elements & Difficulty Restrictions Restricted Elements <u>0.50</u> deduction - off SV No credit for VP or SR (if applicable)	START VALUE (SV) & BONUS
Level 6	1.One cast a minimum of 45° above horizontal (SR awarded when angle is above horizontal) 2.Minimum of one bar change 3.One 360° clear circling element from Groups 3 / 6 / 7 4.Salto dismount, minimum of "A"	A=5 B=1 C=0 Allowable C's = B value	Allowable: Only "A" / "B" elements ONE of the following selected "C's": Clear hip/stalder/pike sole circles bkwd to HS Restricted: Any other "C's and "all D/E" elements Any flight/release elements HB to LB; LB to HB	10.0 SV Not eligible for Bonus
Level 7	1. One cast to handstand (SR awarded when angle is a minimum of 45° - angle deductions will apply) 2/3. Two 360° clear circling elements, same or different a)One 360° clear circling element, minimum of "B" b)One 360° clear circling element, Group 3 / 6 / 7 4. Salto dismount, minimum of "A"	A=5 B=2 C=0 Allowable C's = B value	Allowable: All "A" / "B" elements Any number of the following selected "C's" • Cast to HS with 1/2 turn • Clear hip/stalder /pike sole circles bkwd to HS • Above circle elements w/ 1/2 turn to regular grip Restricted: Any other "C's" and all "D/E" elements	
Level 8	1.Minimum of one bar change 2/3. Two "B" elements, same or different: a)One "B" element with flight, excluding dismount, OR One "B" element with minimum 180° Long Axis (LA) Turn, excl, mount / dismount b)One "B" 360° clear circling element from Groups 3 / 6 / 7, excl. dismount 4.Salto dismount, minimum of "A"	A=4 B=4 C=0 Allowable C's = B value	Allowable: All "A" / "B" elements Any number of the following selected "C's" • Cast to HS with 1/2 turn • Clear hip/stalder /pike sole circles bkwd to HS • Above circle elements w/ 1/2 turn to regular grip One restricted "C" element - considered in chronological order. Restricted: Any additional "C's" and all "D/E" elements	
Level 9	1.Minimum of two bar changes 2.One flight element, minimum of "B", excluding dismount 3.Second, different, flight element, minimum of "C", excl. dismount, OR one element with long axis (LA) turn (180° or more), minimum of "B", excl. mount / dismount 4.Salto dismount, minimum of "B"	A=3 B=4 C=1 Allowable D/E's = C value	Allowable: All "A" / "B" / "C" elements Any number of "B" or "C" root elements with 1/2 (180°) turn to reverse, L, or mixed-L grip in HS or with 1/1 (360°) turn to HS ("D/Es") ONE restricted "D/E" element - considered in chronological order Restricted: Any additional "D/E's"	9.70 SV Bonus: 0.30 CV OR 0.20 CV; 0.10 D/E ONLY 1 st Acro D/E eligible for D/E Bonus
Level 10	1.Flight element, minimum of "C", excluding dismount. 2.Second, different, flight element, minimum of "B", excl. dismount 3.Element with long axis (LA) turn, minimum of "C", excl. mount/dismount 4.Salto dismount, minimum of "C".	A=3 B=3 C=2	No Difficulty Restrictions Extra +0.10 Bonus (not in SV) if exercise has: - Meet all Difficulty & Special Req. - Minimum of 0.60 total Bonus - "E" Acro element	9.50 SV Bonus: Max. of 0.50 (min. +0.1 D/E & min. +0.1 CV
Other	Warm-Up: Level 6-7: 1 minute and 30 seconds per gymnast L 8: 2 minutes per gymnast, L9-10: 2.5 minutes per gymnast, running time. Split @ 9 Equipment Specs: see section 3.9 Equipment Fall Time: 45 second. Timer will countdown when there is 10 second remaining. See USAG Development Manual for fall times regarding injury.			

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Optional Level 6-10 BEAM

	SPECIAL REQUIREMENTS (SR) SR each worth 0.50 -Deduct 0.50 for each missing SR	VP A = .10 B = .30 C = .50	Allowable elements & Difficulty Restrictions Restricted Elements <u>0.50</u> deduction - off SV No credit for VP or SR (if applicable)	START VALUE (SV) & BONUS
Level 6	<ol style="list-style-type: none"> 1. Non-flight Acro series (excluding mt / dsmt) OR One Acro flight element, (isolated / in connection) 2. One Leap / Jump that requires 180° Cross / Side-Split 3. Min. of 360° turn on one foot (Grp 3) 4. Aerial / salto dismount, min, "A" 	A=5 B=1 C=0 Allowable C's = B value	Allowable: Only "A" / "B" elements ONE restricted "C" Dance element considered in chronological order. Restricted: Any additional "C" Dance All Acro "C/D/E" elements	10.0 SV Not eligible for Bonus
Level 7	<ol style="list-style-type: none"> 1. Acro series (with / without flight), excluding mt / dsmt AND one Acro flight element (isolated / in connection) 2. One Leap / Jump that requires 180° Cross / Side-Split 3. Min. of 360° turn on one foot (Grp 3) 4. Aerial / salto dismount, min. "A" 	A=5 B=2 C=0 Allowable C's = B value	Allowable: All "A" / "B" elements Any "C" Dance element (unlimited) Restricted: "D/E" Dance or Acro "C/D/E" elements	10.0 SV Not eligible for Bonus
Level 8	<ol style="list-style-type: none"> 1. Acro series, minimum of 2 elements one with flight (excluding mt/dsmt) 2. One Leap or Jump that requires 180° Cross or Side-Split 3. Min. of 360° turn on one foot (Grp 3) 4. Aerial / salto dismount, min. "A" 	A=4 B=4 C=0 Allowable C's = B value	Allowable: All "A" / "B" elements Any "C" Dance elements ONE restricted "C" Acro element considered in chronological order. Restricted: Any additional Acro "C/D/E" Any "D/E" Dance element	10.0 SV NOT eligible for Bonus
Level 9	<ol style="list-style-type: none"> 1. Acro series, min. two directly connected (excluding mt / dsmt) 2. One Leap or Jump that requires 180° Cross or Side-Split 3. Min. of 360° turn on one foot (Grp 3) 4. Aerial / salto dismount, min. "B" 	A=3 B=4 C=1 Allowable D/E's = C value	Allowable: All "A" / "B" / "C" elements Any "D/E" Dance elements ONE restricted "D/E" Acro element considered in chronological order. Restricted: Any additional Acro "D/E" Element	9.70 SV Bonus: 0.30 CV OR 0.20 CV; 0.10 D/E ONLY 1 st Acro D/E eligible for D/E Bonus
Level 10	<ol style="list-style-type: none"> 1. Acro series (excluding mt/dsmt), min. 2 directly connected flight elements, min. 1 "C" (with/without hand support or non-flight acro "A" element (group 7) directly – connected to acro flight "E" elements. 2. One Leap or Jump that requires 180° Cross or Side-Split 3. Min. of 360° turn on one foot (Grp 3) 4. Aerial / salto dismount min. "C" OR Dismount "B" directly connected to <ul style="list-style-type: none"> • Acro series w/ min. "C", OR • Min. "C" Acro flight/Dance elem. 	A=3 B=3 C=2	No difficulty restrictions Extra +0.10 Bonus (NOT in SV) if exercise has: - Met all Difficulty/Special Req. - Min. of 0.60 total Bonus - "E" Acro Element	9.50 SV Bonus: Max. of 0.50 (min. +0.1 D/E & min. +0.1 CV
Other	Warm-Up: Level 6-7: one minute and 20 seconds per gymnast. Level 8-10: two minutes per gymnast. Blocked by height; warm up compete format. Split @ 8 Equipment Specs: 110 or FIG (any age). Fall Time: 45 second. Timer will countdown when there is 10 second remaining. See USAG Development Manual for fall times regarding injury.			

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Optional Level 6-10 FLOOR

	SPECIAL REQUIREMENTS (SR) SR each worth 0.50 -Deduct 0.50 for each missing SR	VP A = .10 B = .30 C = .50	Allowable elements & Difficulty Restrictions Restricted Elements 0.50 deduction - off SV No credit for VP or SR (if applicable)	START VALUE (SV) & BONUS
Level 6	1.One Acro pass- min. 3 directly connected elements, 2 with flight 2.Second Acro pass with 1 Salto/Aerial (backward/forward/sideward), isolated or in a 2 nd different connection 3.Dance Passage-min. 2 different Grp. 1 elements (directly/indirectly connected) with 1 Leap requiring 180° cross/side split 4.Turn – minimum 360° Turn on 1 foot	A=5 B=1 C=0 Allowable C's = B value	Allowable: Only "A" / "B" elements ONE restricted "C" Dance element considered in chronological order. Restricted: Any additional "C" Dance All Acro "C/D/E" elements	10.0 SV Not eligible for Bonus
Level 7	1/2. Minimum of 2 Acro passes - 2 acro passes - 1 with Salto backward, min. 2 directly connected flight elements - 1 with Salto forward (additional elements allowed) - 1 Salto (fwd or bwd) must be stretched (no twist) & land on 2 feet Note: SR 1 & 2 a deduction of 0.5 is applied for any of the four specifications up to a maximum of 1.0 3. Dance Passage - min. 2 diff. Grp. 1 elem. (directly or indirectly connected) with 1 Leap requiring 180°cross/side split 4.Minimum 360°Turn on one foot	A=5 B=2 C=0 Allowable C's = B value	Allowable: All "A" / "B" elements Any "C" Dance element (unlimited) Restricted: "D/E" Dance or Acro "C/D/E" elements	10.0 SV Not eligible for Bonus
Level 8	1.Acro pass with min. of 2 Saltos (same/diff.), directly connected / indirectly connected w/ flight elements (with/without hand support) 2.Three different Saltos (NOT Aerials) 3.Dance Passage - min. 2 diff. Grp. 1 elem. (directly/ indirectly connected) with 1 Leap requiring 180° cross/side split 4.Min. "A" Salto performed as last isolated Salto or within last Salto connection	A=4 B=4 C=0 Allowable C's = B value	Allowable: All "A" / "B" elements Any "C" Dance elements ONE restricted "C" Acro element considered in chronological order. Restricted: Any additional Acro "C/D/E" Any "D/E" Dance element	10.0 SV NOT eligible for Bonus
Level 9	1.Acro pass with min. of 2 Saltos (same/diff.), directly connected / indirectly connected w/ flight elements (with/without hand support) 2.Three different Saltos (NOT Aerials) 3.Dance Passage - min. 2 diff. Grp. 1 elem. (directly / indirectly connected) with 1 Leap requiring 180° cross/side split 4.Min. "B" Salto performed as last isolated Salto or within last Salto connection	A=3 B=4 C=1 Allowable D/E's = C value	Allowable: All "A" / "B" / "C" elements Any "D/E" Dance elements, and ONE restricted "D/E" Acro element considered in chronological order. Restricted: Any additional Acro "D/E" Element	9.70 SV Bonus: 0.30 CV OR 0.20 CV; 0.10 D/E ONLY 1 st Acro D/E eligible for D/E Bonus
Level 10	1.Acro pass with min. of 2 Saltos (same/diff.), directly connected / indirectly connected w/ flight elements (with/without hand support) 2.Three different Saltos (NOT Aerials) 3.Dance Passage - min. 2 diff. Grp. 1 elem. (directly / indirectly connected) with 1 Leap requiring 180° cross/side split 4.Min. "C" Salto performed as last isolated Salto or within last Salto connection	A=3 B=3 C=2	No difficulty restrictions Extra +0.10 Bonus (NOT in SV) if exercise has: - - Met all Difficulty/Special Req. - Min. of 0.60 total Bonus - "E" Acro Element	9.50 SV Bonus: Max. of 0.50 (min. +0.1 D/E & min. +0.1 CV)
Other	Warm-Up: 4-minute warm-up. At the end of the 4 minute warm-up the first 3 gymnasts will received an additional 1 minute warm-up. All other gymnasts will clear the floor. Gymnasts may go on the floor in-between gymnasts competing. Equipment Specs: Up to 10cm of additional mat for acro pass. See section 3.9 Equipment.			

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