

SECTION I (i.i) Ontario Development Program (ODP)			
February 2024			
Event	Level	Type	Changes
COMPETITION	NA	Correction	Pg. 4 3.2 Schedule and Competition Order For competition set up, please see Meet Director's Manual 8.3 Competition Set Up
SCORING	PHYSICAL ABILITIES	Correction	Pg. 5 ODP Score Ranges Chart Errors in ranges corrected so they align with each other Silver All Around 79%-89.99% Bronze All Around 63%-78.99% Merit All Around ≤62.99%
SHUTTLE RUN	AGE 6 A & B	Add	Pg.11 60 seconds
January 2024			
Event	Level	Type	Changes
PHYSICAL ABILITIES	Age 7+	Correction	Pg 16 - the deduction for improper body alignment should be up to 0.2 (not a flat deduction like it is listed)
BEAM	ODP 4 & 5	Correction	Pg 42 & 45 - the deduction in the chart says "Failure to use Heel-Snap Technique" but should say "Use of Heel-Snap technique". In level 4 and 5 they should NOT be using the heel-snap technique anymore. The deduction should also be a flat deduction (0.3).

SECTION I (i.ii) Ontario Competitive Program (OCP)			
March 2024			
Event	Level	Type	Changes
FLOOR	1 & 2	Change	Page 20 *Level 1 and 2, the exercise is performed on the diagonal CHANGE to: *Level 1 and 2, the exercise can be performed on the diagonal or a straight line
VAULT	Bronze	Correction	Pg 28 Xcel Quick Reference Chart Bronze - Vault Option 2 : Jump to Handstand-fall to flat back on min of 4060cm- max 120cm mat (no repulsion required)
February 2024			
Event	Level	Type	Changes
BEAM	All	Clarification	Pg 19 Landing/Supplemental Mats 10cm to 20cm mat for landing is mandatory. For those gymnasts dismounting off the side of the beam the landing mat is permitted to be under the beam. Up to 20 cm of additional supplemental mats is permitted under the beam without deduction. The coach may hold these mats in place.
VAULT	Level 1 & 2	Correction	Pg 24 Chart correction to be aligned with 3.9 Equipment. STRETCH JUMP ONTO A RAISED MAT SURFACE (min. of 60 cm) and then HANDSTAND, FALL TO STRAIGHT-LYING POSITION ON THE BACK
August 2023 – changes highlighted in manual			

USAG - COMPULSORY (LEVEL 1-5)

August 2023

Event	Level	Type	Changes
ALL	All	Clarification	<p>Update the language for squat on landing (hips lower than knees – up to 0.30) for landing positions on Vault, UB/BB dismounts, and BB/FX Acro elements, and amend the VT figures depicting squat on landing deduction.</p> <div style="text-align: center;"> <p style="font-size: small; margin-top: 5px;">No Deduction -0.10 -0.20 -0.30</p> </div>
BARS	L5	Change	Change- two (2) options for the Level 5 Uneven Bar dismount; an athlete can perform the current Level 5 dismount of a flyaway, allowing a 10.0 Start Value (SV), or they can perform the Level 4 dismount of TAP SWING FORWARD WITH 1/2 (180 degree) TURN, only allowing a 9.5 SV.
FLOOR	L 1-5	Change	Allow either a tuck or pike entrance into the backward roll progressions in the Level 1-5 Compulsory Floor Exercises. Amend the text to describe the option of a pike entrance and change the wording for the 0.30 deduction for “hands placed on the floor during the squat phase prior to rolling backward” to “hands placed on floor during the “sit” phase prior to rolling backward.”
PENALTIES	All	Add	Chief Judge (D1)deductions: No deduction for Coach standing between the Bars throughout exercise.

USAG - XCEL (BRONZE, SILVER, GOLD)

March 2024

Event	Level	Type	Changes
VAULT	All	Change	Vault-8 K 1.-Remove: and when an injury is being assessed
VT, UB & BB	All	Addition	Fall timing: Add to pages V1, V8, UB 1, UB 19, BB1, BB 18, - If an injury occurs, the fall time begins when the medical assessment is complete

August 2023

Event	Level	Type	Changes
GENERAL DEDUCTION	All	Addition	(CHIEF JUDGE/D1): Deduction from average score for Short Exercise with fewer than 3 value parts= 2.00.
	All	Change	<p>Change the Squat on Landing deduction and corresponding illustration. Squat on landing (hips lower than knees) up to 0.30</p> <div style="text-align: center;"> <p style="font-size: small; margin-top: 5px;">No Deduction -0.10 -0.20 -0.30</p> </div>
ALL	Deductions	Changes	Add 0.15 deduction for a medium step on landing on Vault, UB/BB dismounts, and BB/FX Acro.
	Deductions	Clarification	Add wording to Vault, UB/BB dismounts, and FX Acro: Squat on landing (hips lower than knees) up to 0.30 + 0.50 “Lands in squat position, then falls”.

VAULT	Bronze Vault 2	Addition	Approach – Additional Jump on the Board - 0.30
	Deduction	Change	Modify Vault deduction First Flight & Support Phase wording of “Arched Body up to 0.20” to “Excessive Arch Up to 0.20”
	Gold	Addition	Vault deduction for Gold - Hops with both hands simultaneously - 0.30.
BARS	Bronze & Silver Only	New Element	Uneven Bars element 8.101 - Underswing (toe-on or clear) to stand – Removing the Low Bar option. Add a new element for this dismount from the Low Bar - Allowable for Xcel Bronze or Silver only.
	Gold	New Element	Tap Swing – 1/2 , 1/2 dismount (twisting in one direction, touch of hand is required) - Allowable for Gold Only as an “A” VP.
	Silver	Clarification	Modify phrasing for Silver Cast angle to “Cast to a minimum of 45° below horizontal or higher.”
	Element Box	Change	Rearrange Bars element box and add: 1. #8.107 b – add a 1/2 turn to salto and move to B Element column, resulting in a new element #8.207 c. 2. #8.207 (now b) – add to end of description “or from a counterswing”.
	Gold Special Requirement	Change	Gold Bars Special Requirements 2 and 3 to: SR 2/3. Two (2) 360° circling skills (not mount or dismount) must be one of the following: ● Two (2) directly connected same circling elements (performed on either bar); or ● Two (2) different circling elements connected or isolated (performed on either bar); or ● Two (2) of the same circling element; one performed on low bar and one performed on high bar.
BEAM	New Element	Change	Modify Balance Beam element 1.109 to allow for a sit on the floor to do a back hip pullover to front support mount – change description to “from feet, knee or seat.”
	Element	Change	Modify the Lever to touch beam (5.001) requires the free leg to be at horizontal or above.
	Variation of an Element	Addition	● Add variation of element #1.204 (B) <i>From rear stand (back toward beam), jump to clear straddle flight over the beam to land in front support</i> ● Add variation of element #1.210 (B) <i>Jump, press, swing to side or cross handstand also exit with walkover forward.</i>
BEAM & FLOOR	Element	Change	● Non-flight walkover-type elements are required to show the split angle corresponding to the Division’s degree of split at one point during the element for Beam and Floor. ● Under Insufficient Split Position deduction add– Non-flight walkover-type elements – up to 0.20
FLOOR	Deduction	Change	Change the Floor deduction for “Poor relationship of movement and music throughout” from up to 0.20 to up to 0.30.
	Variation of an Element	Change	● Add variation of element #1.112 (A) – Add Passe’ hop 1/1 as a variation of element 1.112. ● Add variation of element #2.301 a 2 1/2 (900°) turn on one leg (free leg optional) ● Raise 1.214 “B” Leg Swing Hop 1/1 to 1.314 “C” ● Raise 1.314 “C” Leg Swing Hop 1 1/2 to 1.414 “D” ● Remove - Leg Swing Hop 2/1 (Previously a “D” - this element is now an “E” in Development Program)
	Element	Clarification	Add to Floor element # 7.101: “A one-foot take-off will appear as an aerial/side salto but will NOT be considered a salto for Special Requirement purposes.

USAG – OPTIONAL (LEVEL 6-10)

March 2024

FLOOR-Composition	Level 8	Change	Appendix 15 pg. 4- Chart: Value of Saltos performed as last Isolated salto or with the last acro connect-1st column- last row remove OR-NON-SALTO ACRO FLIGHT
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August 2023

Event	Level	Type	Changes																																	
VT/B/BB/FX & GENERAL	All	Add	Add an option for a 0.15 deduction for a medium step on landing on Vault, UB/BB dismounts, and BB/FX Acro.																																	
VT/B/BB/FX	All	Clarification	Add wording to Vault, UB/BB dismounts, and FX Acro: Squat on landing (hips lower than knees) up to 0.30 + 0.50 "Lands in squat position, then falls".																																	
VAULT	Deduction	Change	Reduce the deduction for "Prescribed LA turn begun too early" under Support/Repulsion Phase from Up to 0.50 to Up to 0.30 for all vaults.																																	
	Deduction	Change	Change the deduction for under-rotation of salto vaults from a flat 0.10 to "Up to 0.10".																																	
	New Elements	Add	<table border="1"> <thead> <tr> <th>Vault # Name</th> <th>L8</th> <th>L9</th> <th>L10</th> </tr> </thead> <tbody> <tr> <td>1.109 Front Handspring onto board-Handspring off</td> <td>9.1</td> <td>8.6</td> <td>8.2</td> </tr> <tr> <td>1.110 Front Handspring onto board-Handspring 1/2 off</td> <td>9.2</td> <td>8.7</td> <td>8.3</td> </tr> <tr> <td>1.209 Front Handspring onto board-Handspring 1/1 turn off</td> <td>9.6</td> <td>9.1</td> <td>8.9</td> </tr> <tr> <td>1.111 Front Handspring onto board-1/2 turn on - repulsion off</td> <td>9.1</td> <td>7.1</td> <td>7.1</td> </tr> <tr> <td>1.211. Front Handspring onto board-1/2 turn on - 1/2 turn off</td> <td>9.3</td> <td>8.7</td> <td>8.3</td> </tr> <tr> <td>1.311 Front Handspring onto board-1/2 turn on - 1/1 turn off</td> <td>9.5</td> <td>9.0</td> <td>8.8</td> </tr> <tr> <td>5.108 RO-FF 1/1 turn on - repulsion off</td> <td>N/A</td> <td>8.2</td> <td>8.2</td> </tr> </tbody> </table>		Vault # Name	L8	L9	L10	1.109 Front Handspring onto board-Handspring off	9.1	8.6	8.2	1.110 Front Handspring onto board-Handspring 1/2 off	9.2	8.7	8.3	1.209 Front Handspring onto board-Handspring 1/1 turn off	9.6	9.1	8.9	1.111 Front Handspring onto board-1/2 turn on - repulsion off	9.1	7.1	7.1	1.211. Front Handspring onto board-1/2 turn on - 1/2 turn off	9.3	8.7	8.3	1.311 Front Handspring onto board-1/2 turn on - 1/1 turn off	9.5	9.0	8.8	5.108 RO-FF 1/1 turn on - repulsion off	N/A	8.2	8.2
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L7-10	Clarification	<p>ADD: additional examples under COP-Bars page 13, d. with an approved chart for dealing with values of elements with 1/2 turns that finish on the same side of the bar (short side 1/2 turns).</p> <p>1. BARS #2.205 element description: From cast in regular grip on HB, swing down with grip change to cross grip and 1/2 turn in range of hang position and swing backward in straddle or pike with flight over LB to hang.</p> <p>2. an additional example of No deduction for insufficient amplitude of cast at Level 7 or 8 if cast is followed by #2.205.</p>																																		
BARS	Element Box	Change	Rearrange Bars element box and add: 1. #8.107 b – add a 1/2 turn to salto and move to B Element column, resulting in a new element #8.207 c. 2. #8.207 (now b) – add to end of description "or from a counterswing".																																	
	Value of Elements	Change	ELEMENTS: BARS-Change the value of the following elements: a. #8.307 (C) From HB — swing down forward between bars in reverse grip, salto forward tucked, piked, or stretched with 2/1 (720°) twist ⇒ Change to #8.407 (D) b. #8.407 (D) From HB—swing down forward between bars in reverse grip, salto forward tucked, piked, or stretched with 2 1/2 (900°) twist ⇒ Change to #8.507 (E)																																	

BEAM	New Elements	Add	#2.501. (E) Rader: Jump with change of legs (minimum of 30° leg separation) and 1/4 (90°) turn to straddle- pike or side-split in side position (180° leg separation) with additional 1/4 (90°) turn to finish in cross position.
	Element	Add	Description of Beam Mount #1.210 “or from cross handstand to front walkover exit”. This mount variation would receive designation as a forward Acro element.
	<i>Element</i>	Add	Variation of element #1.204 (B) – From rear stand (back toward beam), jump to clear straddle flight over the Beam to land in front support.
	<i>Mounts</i>	Clarification	Add: Beam mounts as designated forward/sideward/backward Acro skills. Designations will be included in the Beam elements section of the COP.
BEAM / FLOOR	L6-10	Clarification	Add to the Beam and Floor Specific Element Technique Clarification section: Non-flight walkover-type elements are required to show 180° split of the legs at one point during the element.
FLOOR	Element	Change	Add to Floor element # 7.101: “A one-foot take-off will appear as an aerial/side salto but will NOT be considered a salto for Special Requirement or Composition purposes.
	L7 FX Special Requirement	Clarification	Special Requirements 1 & 2: A deduction of 0.50 is applied for any of the four specifications that are missing, up to a maximum of 1.00.
	L6-10	Change	Decrease the Chief Judge (D1)deduction on Floor Exercise for “Coach on the FX area (inside the border marking)” from 0.50 to 0.30.
	All	Clarification	ALL forward and backward roll variations will receive an “A” Value Part, regardless of final position.
	L8-10	Change	When last Salto does not receive VP credit, no deduction of 0.30 will be taken from Start Value (SV) for no attempt to perform last Salto with VP credit.
	Appendix	Clarification	Remove the language “Non-salto Acro flight” from the Level 8 Floor Exercise composition chart for Value of Salto(s) performed as Last isolated salto or within the last Acro connection not up to the competitive level. (Appendix 15-page 4 in the COP).
	Element	Change	Add/change value of the following elements to the COP: a) Add to #2.301 (C) “or 21/2 (900°) turn” #1.214 (B) - 2 nd element - Hop with 1/1 (360°) turn, free leg extended above horizontal-take-off from one leg ⇒ MOVE to #1.314 (C) 1.314 (C): Hop with 11/2 (540°) turn, free leg extended above horizontal-take-off from one leg ⇒ MOVE to #1.414 (D) d)#1.414 (D): Hop with 2/1 (720°) turn, free leg extended above horizontal-take-off from one leg ⇒ MOVE to 1.514 (E)