



**2016 - 2020**

**Canadian Provincial Pathway Rules**

**Provincial 1, 2, 3, 4, 5 and National Open**

**Men's Artistic Gymnastics Coaches and  
Judges Manual**

September 1, 2019

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## PROVINCIAL PATHWAY: GENERAL INFORMATION

This document describes the program for the GymCan Provincial 1 to 5 and National Open categories. The Provincial Pathway is a modification of the FIG Junior rules. Therefore, all FIG Junior rules apply including the restricted elements, repetition, maximum five counting skills per Element Group, time on floor, three parts of the Pommel Horse, etc. Modifications to the FIG Junior rules include a reduction in the number of EGRs required, and the difficulty requirement of the dismount has been reduced. FIG execution deductions are applied unless stated otherwise.

### ARTICLE 1: PROGRAM DESCRIPTION

- i. The Provincial Pathway consists of 6 levels.
- ii. Provincial 1, 2 and 3 compete within their Province
- iii. Provincial 4 and 5 compete in Regional competition (Westerns and Eastern Championships)
- iv. National Open competes at the Canadian Championships.

#### Long Term Development in The Pathways

Category & Ages	Competition Stream	LTD Stage	Characteristics
Provincial 1 & 2 / Elite 1 & 2	Provincial	Learn to Train	Develop fundamental movement skills with emphasis on participation
Provincial 3 / Elite 3	Regional / National	Learn to Train	Build up physical capacities including strength, speed and flexibility
Provincial 4 & 5 / Elite 4	Regional / National	Learn to Train	Major fitness development stage; Greater attention to mental preparation
Junior	National / International	Train to Compete	Specialized coaching and training environment
Senior Next Gen	National / International	Train to Compete	Advanced mental preparations and practice under highly competitive conditions
Senior	International	Train to Win	Focus is on podium performances at the highest level
National Open	National	Competition for Life	Competitive athletes are striving to improve and win, and they train accordingly

#### Provincial Pathways Rules

PROVINCIAL	Rules And Regulations
National Open	Junior FIG rules + Stick bonus
Provincial 5	Optional Routine Modified JR FIG rules – 8 skills (with GymCan supplementary rules)
Provincial 4	Optional Routine Modified JR FIG rules FIG – 7 skills (with GymCan supplementary rules)
Provincial 3	Optional Routine – 6 skills (with GymCan supplementary rules)
Provincial 2	Compulsory routines & physical preparation routine
Provincial 1	Compulsory routines & physical preparation routine

#### Provincial Pathway Methodology

	Provincial Championships	Eastern & Western Championships	National Championships
National Open	Optional Routines	Optional Routines (Optional Participation)	Optional Routines
Provincial 5	Optional Routines	Optional Routines	
Provincial 4	Optional Routines	Optional Routines	
Provincial 3	Optional Routines	Optional Routines (Optional Participation)	
Provincial 2	Compulsory Routines / Physical Test		
Provincial 1	Compulsory Routines / Physical Test		

## Team Competition

EVENT	CATEGORY	FORMAT
Canadian Championships	National Open	8 – 6 - 4
Regional Championships	Provincial 5	8 – 6 - 4
	Provincial 4	8 - 6 - 4
	Provincial 3 (Optional)	8 - 6 - 4

### Canadian Championships and Regional Championships:

**Provincial 4 and 5:** The Team competition format has a maximum of 8 athletes per Team, 6 will compete on each apparatus, and 4 scores will count toward the Team total.

**National Open athletes:** The Team competition format has a maximum of 8 athletes per Team, 6 will compete on each apparatus, and 4 scores will count toward the Team total.

Regions have the discretion to include additional categories if it suits their development, such as Provincial 3 and Open.

Provinces have complete discretion as to the process of acquiring their best Team result. The purpose of the Team event is to teach the values of a Team:

- 1) Commitment to a common goal
- 2) To become an enthusiastic, supportive, co-operative Team member
- 3) To be flexible, open minded and respectful of Team members and Team goals.

## ARTICLE 2: COMPETITIVE AGE FOR PROVINCIAL PATHWAY

### 2.1 Age Determination

The competitor's age will be determined by their age in the year of the competition. The competition year will start on January 1<sup>st</sup>. Please refer to Appendix "A".

Category	Competition Category (by years of birth)	
	2020 Competition Season	2021 Competition Season
National Open	2005 or earlier	2006 or earlier
Provincial 5	2003 - 2004 - 2005 - 2006	2004 - 2005 - 2006 - 2007
Provincial 4	2007 or earlier	2008 or earlier
	2008 – 2009 - 2010	2009 – 2010 - 2011
Provincial 3	2007 or earlier	2008 or earlier
	2008 – 2009 - 2010	2009 – 2010 - 2011
Provincial 2	2008 or earlier	2009 or earlier
	2009 - 2010	2010 - 2011
	2011 - 2012	2012 - 2013
Provincial 1	2008 or earlier	2009 or earlier
	2009 - 2010	2010 - 2011
	2011 - 2012	2012 - 2013

### 2.2 LTAD Compliance Restrictions

Under no circumstance will an underage athlete be permitted to compete at Eastern or Western Canadian Championships or Canadian Championships.

## ARTICLE 3: MODIFICATIONS AND COMMITTEE RESPONSIBILITIES

### 3.1 Competitions

Competitions for the Provincial Pathways Program will be organized and run provincially and / or nationally. These regulations must be used for all events. GymCan reserves the right to make on-going clarifications to the regulations as needed.

### 3.2 Clarifications

Clarifications for the Program may take place several times over the competition year. Any clarifications will be circulated to all PTO's, Program members and will be posted on the GymCan website.

## ARTICLE 4: COMPETITION REGULATIONS AND EQUIPMENT SPECIFICATIONS

### 4.1 Rules in Effect

- I. The current Men's Program Technical Regulations
- II. Unless otherwise stated, the current FIG Code of Points will be applied along with all related FIG MTC Newsletters.

### 4.2 Competition and Warm Ups

- I. Competition warm-ups may not begin prior to 8:00 am and competitions may not go later than 10:00 pm.
- II. Athletes will receive a general warm up and apparatus warm-up prior to the start of the competition. The time limit for competition warm ups is recommended to be a minimum 1.0 hour for Provincial 1,2, 3 and 4 and 1.5 hours for Provincial 5 and Open. If the number of athletes in the session is above 36, the warm up time may need to be increased at the discretion of the organizing committee.
- III. Depends on the competition format, each gymnast is entitled to a touch warm-up prior to the Competition.
  - 30 sec: on all apparatus except the Vault and Parallel Bars.
  - 50 sec: on Parallel Bars, including bar preparation.
  - Two vaults warm-up are permitted for each gymnast.

### 4.3 Competition Duties of Gymnast

- I. Gymnasts must be attired according to the stipulations of the current FIG Code of Points. Competition Singlet, Competition shorts and competition long gymnastics pants with socks. Note: For Canadian Competitions, dark colored longs (including Black) are not allowed. Gymnasts in Provincial 1-3 may compete in shorts on all apparatus with a competition singlet.
- II. Gymnasts are required to wear a shirt at all times during competition warm ups (in training gym and competition gym).
- III. Athletes from the same team or club must wear the same competition attire.
- IV. Violation of the uniform requirements will result, without warning. (FIG Code penalty)

### 4.4 Spotting and Assistance

- I. For all categories, it is recommended that a coach be present on Horizontal Bar to act as a spotter.
- II. Whenever possible, the coach should stand such that the view of the judges is not obstructed.

### 4.5 Equipment

- I. The chart below describes the specific equipment requirements for each category within the Provincial Pathways.
- II. Unless noted in the chart of apparatus requirements, the use of additional 20cm safety mats will result in a 0.50 deduction from the Final Score on that apparatus. A similar deduction will be applied for use of any non-permitted supplementary equipment (**See the table in Article 7.1 concerning the use of the mats, apparatus regulations for each category**).

## 4.6 Measurement of Equipment and specifications

- I. It is the responsibility of the local organizing committee (LOC) to make available and set up the equipment in accordance to the specifications in the Pathways program. Any change to these guidelines must be communicated to the participating clubs in the work plan.
- II. It is the responsibility of the Apparatus Head Judge, in conjunction with the LOC to check the equipment before the beginning of the warm up for each competition session.
- III. All landing mats used on Pommel Horse, Vault, Rings, Parallel Bars and Horizontal Bar must conform to FIG specifications.
- IV. Measurements of the equipment (FIG Standard in Brackets).

<b>Floor</b>	<b>12m x 12m Measured from the outside of the Border Line</b>
<b>Pommel Horse</b>	<b>From the surface of the mat to the top of the horse body (105 cm)</b>
<b>Rings</b>	<b>From the mat to the inside bottom of the ring (260 cm)</b>
<b>Vault</b>	<b>From the floor to the top of the table body (135 cm). Markings should be clearly labelled for the range of 110-135 cm.</b>
<b>Parallel Bars</b>	<b>From the mat to the top of the rail (180 cm).</b>
<b>High Bar</b>	<b>From the mat to the top of the bar (260 cm).</b>

### Specific Rules for each category

	Provincial 1	Provincial 2	Provincial 3	Provincial 4	Provincial 5	National Open
<b>Floor</b>	12 m x 2 m strip		FIG 12m x 12m			
<b>Pommel Horse</b>	Mushroom	Mushroom & Floor Mushroom	Mushroom Or Ultra Dome (40-45 cm) Horse without Pommels	Horse <b>without pommels</b> (horse my be lower to any height) or use a beat board to mount.	Horse <b>with pommels</b> (horse my be lower to any height) or use a beat board to mount.	FIG (105 cm)
<b>Rings</b>	Up to 60 cm mats may be used		FIG (260 cm)			
<b>Vault</b>	30 cm landing mats with spring board and Yurchenko safety collar		110 to 135 cm		120 to 135 cm	FIG (135 cm)
<b>Parallel Bars</b>	Adjustable Height and up to 20 cm additional mats		Adjustable Height	FIG (180 cm)		
<b>High Bar</b>	Safety straps		FIG (260 cm)			
<b>Physical Preparation</b>	12 m x 12 m strip					

## ARTICLE 5: JUDGING RESPONSIBILITIES

### 5.1 Evaluation of Routines

- I. Execution errors for poor technique, poor body position, etc. are evaluated according to the current FIG Code of Points.
- II. The Chair of the Apparatus Jury will be responsible for determining and applying bonus for stuck dismounts to the Final Score. Virtuosity and stick bonus will be included in the bonus column.
- III. The Chair of the Apparatus Jury takes deductions for line, behavior and apparatus violations from the Final Score. See Article 4 and the current FIG Code of Points.

### 5.2 Judging Panels

- I. For national and regional (Eastern or Western Championships) competitions a minimum of two (2), preferably 4 Judges per panel is required. One FIG or National level judge should be assigned per panel.
- II. Chair of the Competition Jury should hold a current FIG Brevet.
- III. For all categories, the members of the judging panel will be responsible for both D-jury and E-jury unless 4 or more judges are assigned to the event.
- IV. Unless assigned separately or provided by the LOC, the judges on the jury for Floor and Vault will have the additional responsibility of Line judge.

### 5.3 Scoring Regulations

- I. With two or three judges per event, all scores will count. The average of all scores will be calculated and the score will be calculated to 3 decimal places. The average will be truncated to the third decimal and not rounded.
- II. When there are four judges the highest and lowest scores are eliminated and the two middle scores are averaged.

## ARTICLE 6: EVALUATION OF EXERCISES AND ROUTINE CONSTRUCTION

### 6.1 D-Score

- I. The D score for Optional routines is calculated as per the current FIG Code of Points.

### 6.2 E-Score

- II. Subtracting points for deficiencies in technical or aesthetic execution determine the E-score. The definitions of those deductions are as per the current FIG Code of Points:
  - Small error = 0.1
  - Medium error = 0.3
  - Large error = 0.5
  - Fall = 1.0

### 6.3 Short Routines

- I. It is the duty of the D-jury to determine how many skills were credited.
- II. The Chair of the apparatus jury should give the scorer a deduction for the non-technical deductions prior to the Final Score (see the table below in Article 7 for specified rules about short routine for each category).

### 6.4 Repetition

- I. During the performance of any routine except Vault a gymnast may repeat an element for value following a fall (Major error) or stop except for the dismount (FIG rules). The dismount may only be repeated on Pommel Horse (FIG rules).
- II. For Provincial 1, 2, 3 and 4: A second Vault may be repeated with a 1.0 penalty if the first Vault competed received a zero.
- III. **Special Repetition: For Provincial 3, 4 and 5: A gymnast cannot perform two element from the same variation of element for a value;**  
**Example:**  
**High bar: A gymnast cannot perform a Kip to Handstand  $\frac{1}{2}$  and Kip cast to 45° to get a credit for two different elements, in this case only one element will be credited. (See the table in Article 7.2 for Special Repetition Exception).**

### 6.5 Landings

- i. For all categories of the Provincial Pathway Program a bonus will be applied to the Final Score for a stuck landing. A stuck landing is defined as a stable landing position with no movement of the feet (see the table below concerning bonus for each category).
- ii. The cumulative landing deduction will be maximized at 1.0 for all events.

### 6.6 Physical Testing Routines

The Physical Testing for the Provincial Pathway is recommended for Provincial 3, 4, 5 and Open. It is not mandatory, but participation in the testing will help provide the tools necessary to transition into the Elite Pathway. It is at the discretion of each Province to utilize the Physical Testing for the Provincial Pathway. Provincial 1 and 2 have a Physical Preparation routine within their competition program. This 7<sup>th</sup> event is scored out of ten, and is included in all results.

### 6.7 Compulsory Routines

Additional elements included in any compulsory routine will have a 0.3 deduction for each occurrence. Unless otherwise noted, the current FIG execution deductions will apply to all levels.



# ARTICLE 7: Specified Rules and regulation

## 7.1 Competition Rules

Category	Rules of the routines	Number of Skills	FIG Element Groups (0.5)	FIG amendments Dismount	Special Group Bonus (0.5 Add to Start Value)	Stick Bonus / Virtuosity	Short routines Maximum E-score	Additional Landing Mats
National Open	Junior FIG rules	8	Junior FIG rules	Junior FIG rules	N/A	C = 0.1 D & higher = 0.2  Vault: 4.0 & lower = 0.1 Vault: 4.2 & higher = 0.2	FIG deduction 7 elements or more = 10.0 5-6 elements = 6.0 3-4 elements = 4.0 1 to 2 elements = 2	Floor: Up to ONE 10 cm mat (can be removed) Not for rebound.  Rings: Up to 10 cm  High Bar: Up to 10 cm (for release moves only, and must be taken out prior to the dismount.
Provincial 5	Optional Routine	8	3 Element Groups + dismount  (A supplementary element = 0.3)	B & Higher = 0.5  A Dismount = 0.3	Floor: Double back Or Back layout 2/1 twist and more.  Pommel: Any 3/3 travels.  Ring: Swing to Hdst 2 sec.  P. Bars: Giant. H. Bar: Stoop to 45°.	B = 0.1 C or higher = 0.2  Vault: under 3.2 = 0.1 Vault: 3.2 or higher = 0.2	7 element = 9.5 6 elements=9.0 5 elements=8.0 4 or less = 5.0	Floor: Up to ONE 10 cm mat (can be removed) Not for rebound.  Rings: Up to 20 cm  Vault: Up to 10 cm  P. Bars: Up to 20 cm
Provincial 4	Optional Routine	7		Floor: Back layout full twist or more.  Pommel: Any 3/3 travels.  Ring: Press to Hdst 2 sec  P. Bars: Press to Hdst 2sec.  H. Bar: Giant.	Amplitude: One element = 0.1 Three or more = 0.2	6 element = 9.5 5 elements=9.0 4 elements=8.0 3 or less = 5.0	High Bar: Up to 20 cm may be used on both sides of the bar	
Provincial 3	Optional Routine	6		FIG A & Higher = 0.5  A Supplementary = 0.3	Floor: Forward Handspring (one leg or two legs) Or Flyspring).  Pommel: Flair element.  Ring: Support position without assistance.  P. Bars: Handstand 2sec. H. Bar: Giant.	FIG A = 0.1 B & higher = 0.2  Vault: under 3.2 = 0.1 Vault: 3.2 or higher = 0.2  Amplitude: One element = 0.1 Three or more = 0.2	5 element = 9.5 4 elements=9.0 3 elements=8.0 2 or less = 5.0	Floor: Up to ONE 10 cm.  Rings: Up to 40 cm.  Vault: Up 10 cm.  P. Bars: Up to 20 cm.  H. Bar: Up to 40 cm may be used on both sides of the bar.
Provincial 2	Compulsory Physical Testing	N/A	N/A	N/A	N/A	Compulsory routine = 0.1	N/A	Ring: Up to 60 cm.
Provincial 1	Compulsory Physical Testing	N/A	N/A	N/A	N/A	Compulsory vault = N/A	N/A	Vault: 30cm landing mats.  P. Bars: Up to 20 cm.

## 7.2 Supplementary Regulations

The following apply to Optional routines for Provincial 3, 4, 5.

Apparatus	Provincial 3, 4, 5
Floor	Salto connection bonus: (A+B or C) (B+B or C) = 0.1. / (C+C) or (D+A/B/C or higher) = 0.2
Pommel Horse	-3/3 Travel – Judge’s maximum is 0.5 -All dismount to handstand receive full credit (FIG deductions apply) -The FIG D-jury deduction for “Non-utilization of all 3 parts of the horse ”will NOT apply.
Rings	-All static “B” strength elements or greater = 0.2 Bonus (Swing to B strength hold, press upwards from a B strength hold, or B static hold).  -The bonus does not apply to any of these elements: Uprise to L-sit, Honma to L-sit, Kip to L-sit, ANY Press to Hdst, Straight body Slow roll forward or backward to L-sit, Or any “B” elements that finish in back lever.  -The FIG deduction for “No swing to handstand 2sec” will NOT apply. -The FIG rule of maximum 3 strengths elements in succession will not apply.  -Special Repetition: Gymnasts may perform a straddle lever and a lever with legs together for two “A” parts. However, these skills can’t be performed in succession.
Vault	FIG
Parallel bars	-Giant + Giant or Giant element of C value or higher = C, C = 0.2 BONUS -Peach to handstand – Judge’s maximum is 0.5 -One Layaway OR Empty swing is permitted on P. Bars.
High Bar	-Flight elements of B = 0.2 -Flight elements of C or higher = 0.3 -You may repeat any C value or higher Flight element if successful on the first attempt = 0.2 BONUS  -Angle deductions for all elements: 0-30 = no deduction 31-45 = 0.1 46-90 = 0.3. Over 90 = 0.5 and non recognition  -Special Repetition: Gymnasts may perform a swing ½ turn above horizontal and Blind change element to receive two different values. -One Layaway OR Empty swing is permitted on H. Bar.

## 7.3 Developmental Regulations

**Provincial 3, 4, 5 Supplementary Parts and Difficulty:** Supplementary 'A' parts (0.1 value)  
 In the provincial Pathway, all Supplementary 'A' parts will fulfill FIG requirements as would a regular FIG 'A' part, and receive partial value 0.3 of the requirement.

	EGR	Provincial 3	Provincial 4 and 5
FX	Non acrobatic	-Back roll to handstand.	-Back roll to handstand.
	Elements forward		
	Elements backward & Arabian	-Round off. -Cartwheel.	-Round off.
	Dismount		
PH	Single Leg swings		
	Circle, flairs, flops, spindles, Russian Kehrsings	-Flairs & circles will be considered separate element. -½ Stockli. -½ Spindle (uninterrupted) = <b>B value</b> . -180° Russian = <b>B value</b> . -Full Spindle (Max 4 circles) = <b>C value</b> .	-Flairs & circles will be considered separate element. -½ Stockli. -2 Loops on one single pommel = <b>C value</b> for level 5 only.
	Travel type elements	-1/3 Cross support travel forward.	-1/3 Cross support travel forward.
	Dismount	-Wende dismount from side support.	
SR	Kip & swing elements & Swings through Or to handstand (2 sec.).	-Kip to support = <b>B value</b> . -Felge to support = <b>B value</b> . -Bent arm swing to handstand 2sec = <b>C value</b> .	-Bent arm swing to handstand 2sec.
	Strength elements & hold elements (2 sec.).	-Straddle back lever or front lever. -Muscle up to support. -Press to shoulder stand. -Bent arm, pike press to handstand = <b>B value</b> . -Straight-arm press to handstand = <b>C value</b> .	-Straddle back lever or front lever. -Muscle up to support.
	Swings to Strength hold elements (2 sec.).		
	Dismount	-Any salto tucked.	-Any salto tucked.
		<b>-Gymnasts may perform a straddle lever and a lever with legs together for two "A" parts. However, these skills can't be performed in succession.</b>	
PB	Elements in support	-V-sit = <b>B value</b> -Stutzkehre to 45° = <b>B value</b> -Straddle planche (sec) = <b>B value</b> -Mana = <b>C value</b>	-V-sit. -Stutzkehre to 45°.
	Elements starting in upper arm position	-Back Uprise to support (Heels at horizontal).	-Back Uprise to support (Heels at horizontal).
	Long swings in hang on 1 or 2 bars & Underswings.	-Moy to upper arm. -Long hang swing back to support. -Giant swing to support = <b>B value</b> . -Peach basket to 45° = <b>C value</b> .	-Moy to upper arm. -Peach basket to 45° = <b>C value</b> .
	Dismount	-Salto tucked off the side or end. -Stutz Dismount (hips horizontal for NO deduction). -Wende dismount through or from handstand.	-Salto tucked off the side or end.
		<b>-One layaway or one empty swing is permitted on P. Bars.</b>	

<b>HB</b>	<b>Long hang swings with &amp; without turns.</b>	<ul style="list-style-type: none"> <li>-Back Uprise with heels above bar.</li> <li>-Swing ½ turn above horizontal.</li> <li>-Swinging pull over (Baby giant).</li> <li>-Swing ½ turn to under grip (blind change) = <b>B value.</b></li> </ul>	<ul style="list-style-type: none"> <li>-Back Uprise with heels above bar.</li> <li>-Swing ½ turn above horizontal.</li> <li>Blind change immediate Pirouette (done as a full turn) = <b>B value.</b></li> </ul>
	<b>Flight elements</b>	-Straddle cut from long hang swing.	-Straddle cut from long hang swing.
	<b>In bar &amp; Adler elements.</b>	<ul style="list-style-type: none"> <li>-Back hip circle body straight.</li> <li>-Kip to support.</li> <li>-Front hip circle body pike.</li> <li>-Straight Under bar shoot (hips &amp; shoulders above the bar).</li> <li>-Picked or straddle under shoot (with or without ½ turn) hips and shoulders above the bar.</li> <li>-Kip to support.</li> <li>-Stoop or straddle on &amp; off backwards or forwards = <b>B value.</b></li> <li>-Stalder = <b>C value.</b></li> <li>-Endo = <b>C value.</b></li> </ul>	<ul style="list-style-type: none"> <li>-Stoop or straddle on &amp; off backwards or forwards.</li> <li>-Kip, cast to 45°.</li> </ul>
	<b>Dismount</b>	-Any salto tucked.	-Any salto tucked.
		<b>-Special Repetition: Gymnasts may perform a swing ½ turn above horizontal and Blind change to receive two different values.</b> <b>-One layaway or one empty swing is permitted on H. Bar.</b>	

# Physical Preparation Program

## Provincial 1 Physical Preparation Program

Description	Value	Performance Expectations / Deductions
<p>Begin with feet together and dowel on the floor behind back.</p> <p>Arms sequence. Both arms lift forwards (palms in) to shoulder height/width, open to side and raise arms to wide V position while rotating the palms down. Lower arms to side.</p> <p>Reach down and pick up dowel in under-grip, Stand up and Execute Inlocate/Dislocate of the shoulders. Bend at the waist and place the dowel on the floor behind feet.</p>	<p>0.5</p> <p>1.0</p>	<p>Straight upright Posture, with chin up and precise arm positions.</p> <p>A smooth and continuous movement must be shown throughout the exercise Hands should be within 15° of shoulders  <b>Hands between 16° and 30° of shoulders – 0.1 ded.</b>  <b>Hands between 31° and 45° of shoulders- 0.3 ded,</b>  <b>Hands greater then 46° - 0.5 ded.</b></p>
Kick to momentary Handstand	1.5	
Roll forward to Straddle pike stretch (Hold 3 sec)	1.0	<p>Legs straddled 90 °, Hands at shoulder width and Knees must remain vertical throughout the exercise.</p> <p><b>Angular deviations away from perfect hold positions:</b>  <b>0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5</b></p>
<p>Sit upright with arms at Horizontal, palms down and back flat, Raise arms upward and back and place outside of hips on floor.</p> <p>Lift Legs to momentary Straddle V-sit, close legs and extend to rear support, ½ turn to front kneel position</p>	<p>0.5</p> <p>1.5</p>	<p>Posture - Straight back with chin up</p> <p><b>Angle deductions for Straddle V-sit</b>  <b>Up to 30° = 0.1 ded</b>  <b>31° -60° = 0.3 ded</b>  <b>61° + = 0.5 ded</b></p>
D- Shape (hold 3 sec)	1.0	<p>Shoulders at least vertical above hands/heels, knees shoulder width apart. Hips forward at least vertical above knees</p> <p><b>If shoulders not vertical,;</b>  <b>Angular deviations away from perfect hold positions:</b>  <b>0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5</b></p>
Chest roll to horizontal, and lower to front support with hips on floor and arms straight	1.0	<p><b>Body angle:</b>  <b>15° below horizontal = 0.1,</b>  <b>30° below horizontal = 0.3</b>  <b>Lack of arm extension:</b>  <b>0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5</b>  <b>Interrupted upward movement - 0.1</b></p>
With straight legs, Move Legs forward to Middle Split (hold 3 sec)	1.0	<p><b>Legs not flat:</b>  <b>0°-15° = 0.1, 16°+= 0.3,</b>  <b>Hips not square:</b>  <b>16°-30° = 0.1, 31°-45° = 0.3,</b></p>
<p>Swing Legs forward and lie flat on back, push up to Bridge (hold 3 sec)</p> <p>Lower down, stand up, and present to judge</p>	1.0	<p>Shoulders should be a minimum of vertical over hands with legs straight and together.</p> <p><b>Angular deviations away from perfect hold positions:</b>  <b>0°-30° = 0.1, 31° + = 0.3,</b></p>
<b>TOTAL</b>	<b>10.0</b>	

Coaches should emphasize a smooth rhythm focusing on artistic presentation with clean lines and proper posture.

## Provincial 2 Physical Preparation Program

Description	Value	Performance Expectations / <b>Deductions</b>
Begin with feet together and dowel on the floor behind back. Arms sequence. Both arms lift forwards (palms in) to shoulder height/width, open to side and raise arms to wide V position while rotating the palms down. Lower arms to side. Reach down and pick up dowel in under-grip, Stand up and Execute Inlocate/Dislocate of the shoulders. Bend at the waist and place the dowel on the floor behind feet.	0.5  1.0	Straight upright Posture, with chin up and precise arm positions.  A smooth and continuous movement must be shown throughout the exercise Hands should be within 15° of shoulders Hands between 16° and 30° of shoulders – 0.1 ded. Hands between 31° and 45° of shoulders- 0.3 ded, Hands greater than 46° - 0.5 ded.
Pike forward, and place hands on floor and Straddle Press to momentary Handstand	1.5	Interrupted upward movement during press - 0 .1, 0.3
Roll forward to Straddle pike stretch (Hold 3 sec)	1.0	Legs straddled 90 °, Hands at shoulder width and Knees must remain vertical throughout the exercise. Angular deviations away from perfect hold positions: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5
Sit upright with arms at Horizontal, palms down and back flat, Raise arms upward and back and place outside of hips on floor. Lift Legs to Straddle V-sit (hold 2 sec) close legs and extend to rear support, ½ turn to front kneel position	1.5	Posture - Straight back with chin up  Angular deviations away from perfect hold positions: 0°-30° = 0.1, 31°-60° = 0.3, 61°-90° = 0.5
D- Shape (hold 3 sec)	1.0	Shoulders at least vertical above hands/heels, knees shoulder width apart. Hips forward at least vertical above knees  If shoulders not vertical,; Angular deviations away from perfect hold positions: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5
Chest roll to momentary handstand, and lower to front support with hips on floor and arms straight	1.5	Body angle if handstand not achieved: Above 45°- = 0.1, Above 30° = 0.3, Below 29° 0.5 Lack of arm extension: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5 Interrupted upward movement - 0 .1, 0.3, 0.5
With straight legs, Move Legs forward to Middle Split (hold 3 sec), turn to Right leg forward split (hold 3 sec), turn to Left leg forward split (hold 3 sec)	0.5 0.5 0.5	Legs not flat: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5 Hips not square: 16°-30° = 0.1, 31°-45° = 0.3, >45° = 0.5
Swing Legs forward and lie flat on back, push up to Bridge (hold 3 sec)  Lower down and present judges	0.5	Shoulders should be a minimum of vertical over hands with legs straight and together.  Angular deviations away from perfect hold positions: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5
<b>TOTAL</b>	<b>10.0</b>	

# **Provincial 1 Compulsory Routines**

**All additional elements or steps are a 0.3 deduction**



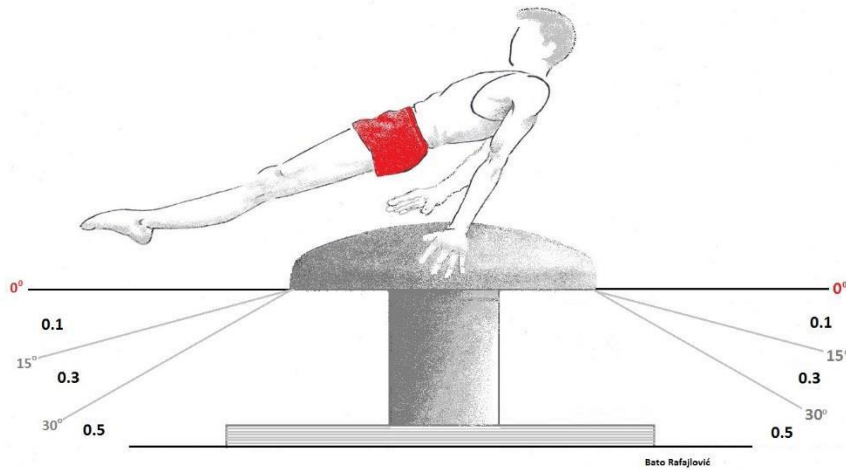
## Provincial 1 Floor Exercise

(12m x 2m tumbling strip or floor strip)

Description	Value	Performance Expectations / Deductions
Arms sequence. Both arms lift forwards (palms in) to shoulder height/width, open to side and raise arms to wide V position while rotating the palms down. Lower arms to side.	0.5	Straight upright Posture, with chin up and precise arm positions.
Lift Leg into 2-3 steps and		Leg >30° above horizontal 0 -29° = 0.1, under horizontal 0.3
Dive roll (shoulder height)	2.0	Lack of Amplitude - 0.1, 0.3,0.5
Kick step forward with ½ turn and finish with arms horizontal and palms down	0.5	Leg >30° above horizontal. 0 -29° = 0.1, under horizontal 0.3
Swing arms down and forward to Power hurdle into Cartwheel, Cartwheel, and stretch to	1.5	Leg split should be greater then 135° and demonstrate consistent Rhythm Lack of Flexibility in Cartwheel - < 135° - 0.1, < 90° - 0.3
Forward roll, High jump with ½ turn to stand	0.5	Lack of amplitude on jump: 0.1, 0.3, 0.5
Kick to momentary Handstand	1.0	Shoulders extended, hips in, head neutral, straight alignment Shoulder Angle and/or low back arch - 0.1 to 0.3
Roll forward to middle Splits (2 sec) Close legs forward to pike position Stretch forward to momentary chest on thighs, and	0.5	Lack of Flexibility; middle split and Pike forward 0°-30° = 0.1, 31° + = 0.3
Back roll to stand	0.5	
Step forward to Front scale (2 sec)	1.0	Raised leg 30 ° above horizontal. Below Horizontal = 0.5, 0°-15° = 0.3, 16°-29° = 0.1,
Step back, lift Leg into 2-3 steps		Leg >30° above horizontal 16°- 30° = 0.1, 0 -15° = 0.3, Below horizontal = 0.5
Dive roll (shoulder height) into stretched jump	1.0, 1.0	Lack of Amplitude: 0.1, 0.3, 0.5 for Dive roll and for Jump
<b>TOTAL</b>	<b>10.0</b>	

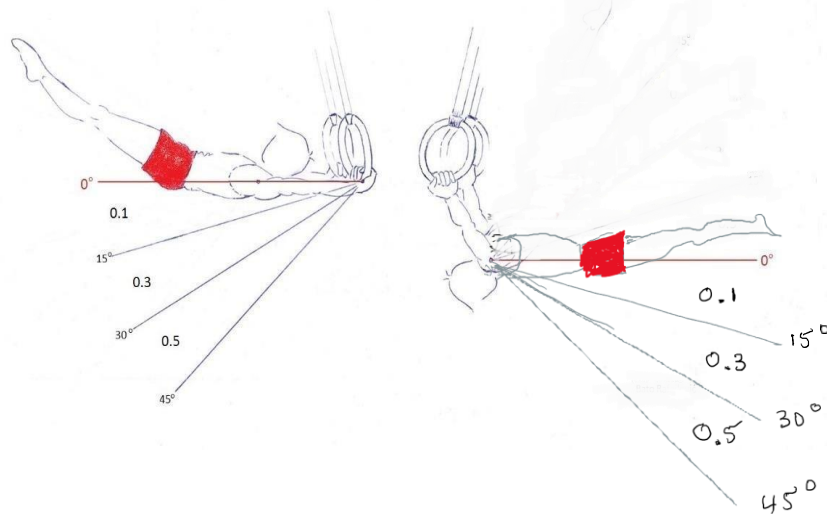
# Provincial 1 Mushroom

(Approximately 60cm High)



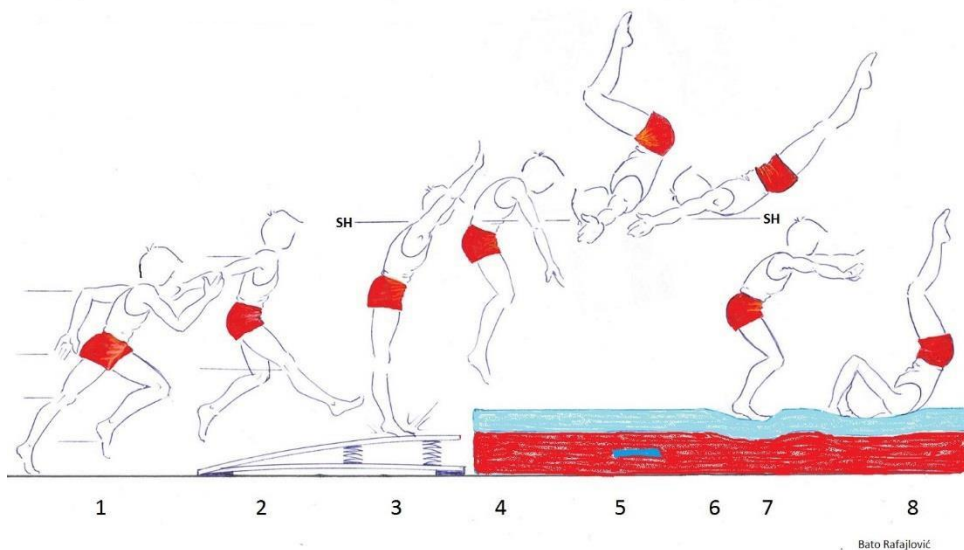
Description	Value	Performance Expectations / Deductions
4x Double Leg Circles (Under 8 age group only). Judging stops after 3 <sup>rd</sup> circle	3.33pts. Per circle	The circles should be fluent and well extended from the shoulders. Control should be demonstrated at all times during the routine. Shoulder displacement should be symmetrical through side support positions. Shoulders should remain in the same direction throughout the routine.  Lack of body extension (Hip Breaks)– 0.1, 0.3, 0.5 per circle  Hitting apparatus – 0.5 Touching apparatus – 0.3  NO LANDING DEDUCTIONS or STICK BONUS
6x Double Leg Circles (all other age groups). Judging stops after 5 <sup>th</sup> circle	2.0pts. Per circle	
<b>TOTAL</b>	<b>10.0</b>	

## Provincial 1 Rings



Description	Value	Performance Expectations / Deductions
Coach assisted Muscle up to straight body support and hold for 3 sec.	2.0	Show clear body position, elbows straight with rings parallel or turned out and wrists and elbows clear of the straps. Bent Arm support – 0.3 to 0.5 Arms against the straps – 0.1 - 0.3 – 0.5 Rings less then Parallel – 0.1, 0.3, 0.5
Lower with bent arms and when head is between the Rings, roll back with straight legs to a straight body inverted hang and hold 3 sec	1.0	Show consistent rhythm Lack of Rhythm 0.1, 0.3
Pike body and Lower to straight body “Skin the Cat” and hold 3 sec	1.0	Insufficient shoulder flexibility – 0.1, 0.3
Pull upward to Piked inverted hang and cast into	1.0	Cast should clearly show rise of the shoulder No rise of the shoulders in the cast 0.1, 0.3
Swing Backwards, swing Forwards	1.0	Deductions as per diagram  Straight arms in front swing (Deductions as per FIG)
Swing Backwards, swing Forwards	1.0	
Swing Backwards, swing Forwards	1.0	
Swing Backwards, swing Forwards into	1.0	
Back Tuck Salto dismount	1.0	Show clear body position, rise of the shoulder and hips above the Rings Non-distinct body position: 0.1, 0.3, 0.5 Lack of Amplitude: 0.1, 0.3, 0.5
<b>TOTAL</b>	<b>10.0</b>	

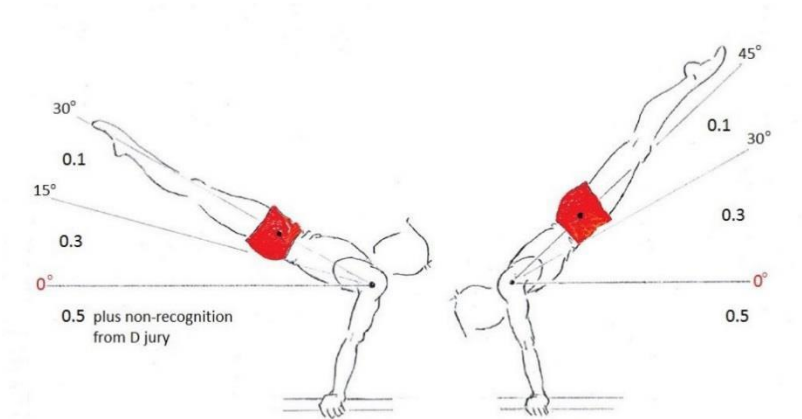
## Provincial 1 Vault



Bato Rafajlović

Description	Value	Performance Expectations / Deductions
20cm landing mat with 10 cm soft mat. (20' long) Maximum 20M run Spring Board in safety (Yurchenko) collar against mat. Board MUST be touching collar, and collar MUST be touching mats	9.0	Powerful, dynamic run up. Distinct body shape in flight roll not judged, No landing deductions for Tucked salto Salto should demonstrate rotation and not distance travelled  Dive roll should demonstrate an upright position upon take off and should finish in a controlled stand (FIG Landing deductions will apply to the dive roll) Lack of Amplitude: 0.1, 0.3, 0.5
Dive roll to stand Show a straight body or open hips during flight		0.3 Deduction for Travelling more than 1.2m from edge of landing map 0.5 Deduction for Travelling more than 1.5m from edge of landing mat Lack of extension in preparation for landing 0.1, 0.3 Bending of the knees in order to perform roll 0.1, 0.3, 0.5
Forward Tuck Salto into immediate roll to stand	10.0	If no roll performed, vault scores 0.00. NO STICK BONUS ON VAULT
<b>Maximum TOTAL</b>	<b>10.0</b>	

## Provincial 1 Parallel Bars



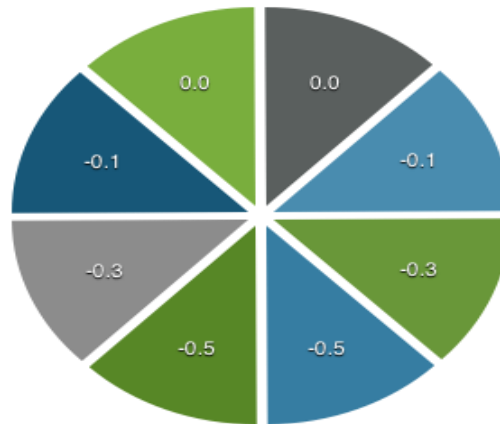
All Swings should be dynamic and extended and achieve good end positions.

Description	Value	Performance Expectations / Deductions
Jump or be lifted to support in center of parallel Bars Lift legs to Straddle L-sit and hold (3 sec)	1.0	Less than 3 sec hold – 0.1 ded. Less than 2 sec hold – 0.3 ded. Less than 1 sec hold – 0.5 ded. No hold – 0.5 and no credit
Join legs together and cast forward	1.0	Must show a distinct lift of the Legs upward No leg lift – 0.3 ded.
Swing backwards	1.0	Swings in support as per diagram
Swing forwards	1.0	
Swing backwards	1.0	
Swing forwards	1.0	
Swing backwards	1.0	
Swing forwards	1.0	Angle deductions for dismount
Swing backwards to 45° and Step to one bar and flank off dismount	2.0	Up to 15° = 0.1 ded 16° -30° = 0.3 ded 31° + = 0.5 ded
<b>Total</b>	<b>10.0</b>	

All Swings should be dynamic and extended and achieve good end positions.

## Provincial 1 High Bar

High Bar Swing Deduction & Bonus Chart Provincial Level 1



Description	Value	Performance Expectations / Deductions
Present.		
Lift to chin-up position and pullover to front support and immediately	1.0	
Cast to horizontal	1.0	
Under bar cast to 45°and	1.5	The height of the under bar cast and the swings will both be judged as per the 'swings' diagram.
Swing backwards	0.5	
Swing forward, Swing backwards	1.5	Deductions as per the diagram for swing  Plus FIG execution deductions
Swing forward, Swing backwards	1.5	
Swing forward, Swing backwards	1.5	
Swing forward, Swing backwards	1.5	
Routine ends with the 5 <sup>th</sup> backswing		
<b>Total</b>	<b>10.0</b>	

# **Provincial 2 Compulsory Routines**

**All additional elements or steps are a 0.3 deduction**

## Provincial 2 Floor Exercise

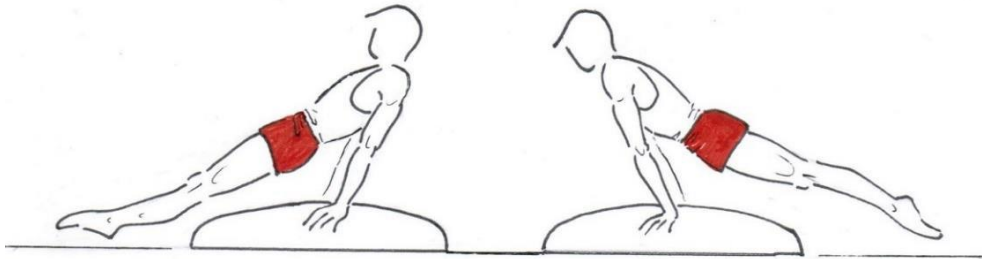
(12m x 2m tumbling strip)

Description	Value	Performance Expectations / Deductions
Arms sequence. Both arms lift forwards (palms in) to shoulder height/width, open to side and raise arms to wide V position while rotating the palms down. Lower arms to side.	0.5	Straight upright Posture, with chin up and precise arm positions.
Lift Leg into 2-3 steps and  Forward handspring, rebound jump,	1.5, 0.5	Leg >30° above horizontal 0°- 30° = 0.1, below horizontal = 0.3  Lack of Amplitude (Handspring and Rebound) 0.1, 0.3, 0.5
Swedish fall through arabesque (not held)  Drop raised leg over the body into Left or Right Split (2 sec)  Straddle Press to momentary Handstand stoop down and jump ¼ turn	1.0   1.5	Leg split should be greater than 135° during Swedish fall Lack of Flexibility -0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5  Hips not square: 16°-30° = 0.1, 31°-45° = 0.3, >45° = 0.5  Shoulders extended in handstand, hips in, head neutral, straight alignment (FIG deduction) Shoulder Angle and/or low back arch - 0.1 to 0.3
Straight arm back extension through handstand and stoop down	1.0	Body angle if handstand not achieved: 16°-30° = 0.1, 31°-45° = 0.3, >45° = 0.5 + non-recog.  Arm bend: 0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5
Y scale (hold 2 sec)	1.0	Leg above 155° in Y scale, Lack of Flexibility -0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5
Lift Leg into 2-3 steps into  Dive roll (head height) into immediate jump 1/1 turn	0.5, 0.5	Raised leg 30° above horizontal. 16°- 30° = 0.1, 0 -15° = 0.3, Below horizontal = 0.5 Dive roll should be head height with a slight arched body Lack of Amplitude: 0.1, 0.3, 0.5 for Dive roll
Back roll pushing through squat position to 1 Back handspring	0.5,1.5,	Lack of Rhythm - 0.1, 0.3 Lack of Amplitude 0.1, 0.3, 0.5
<b>TOTAL</b>	<b>10.0</b>	

\* Revised Nov 2016

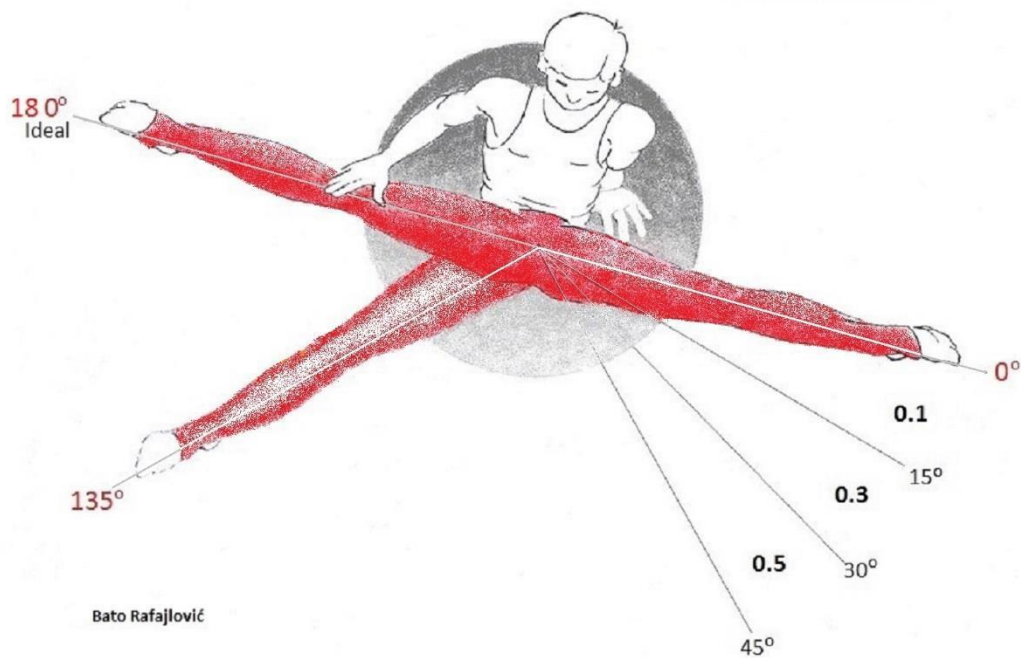


## Provincial 2 Pommel Horse



Description	Value	Performance Expectations / <b>Deductions</b>
Circle Routine A 10 x Double Leg Circles on Mushroom	0.8 pts. Per circle	The circles should be fluent and well extended from the shoulders. Control should be demonstrated at all times during the routine.
<b>TOTAL for Circle Routine A</b>	8.0	Shoulder displacement should be symmetrical through side support positions.
Circle Routine B 5 x Double Leg Circles on Floor Mushroom	2.0 pts. Per circle	Shoulders should remain in the same direction throughout the routine.
<b>TOTAL for Circle routine B</b>	10.0	Lack of body extension (Hip Breaks)– 0.1, 0.3, 0.5 Hitting apparatus – 0.5 Touching apparatus – 0.3
Each gymnast should complete 6 double leg circles.  Judging stops after 5 <sup>th</sup> circle		Global deduction for overall execution style 0.3 or 0.5 (As body extension during the entire exercise).  <b>NO LANDING DEDUCTIONS OR STICK BONUS</b>

## Delesalle Flares

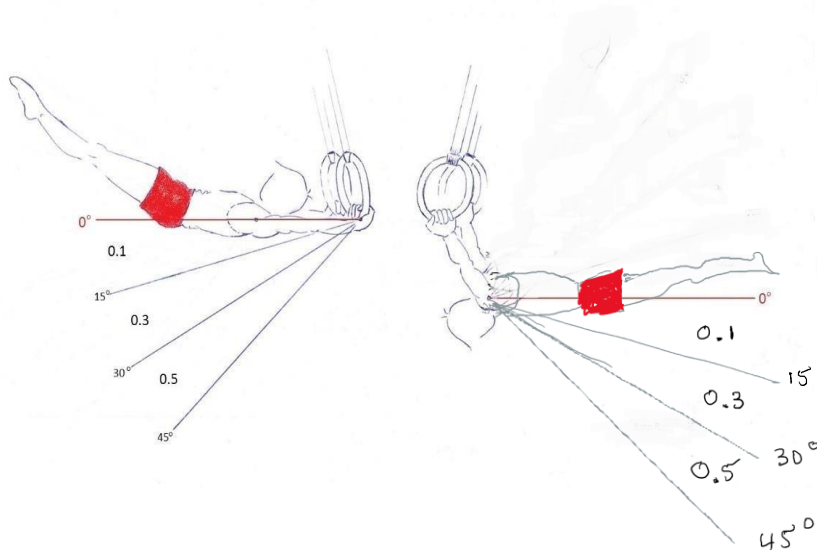


Delesalle Flare routine 5 x Delesalle flares on 60 cm Mushroom	2.0 pts. Per Flare	The Delesalle Flare should be fluent and extended from the shoulders, hips should be open and legs should have a minimum of 135° split
<b>TOTAL for Delesalle Flare routine</b>	<b>10.0</b>	Lack of Flexibility -0°-15° = 0.1, 16°-30° = 0.3, 31°-45° = 0.5
Each gymnast should complete 6 Delesalle flares  Judging stop after 5 <sup>th</sup> Delesalle flares		Lack of Amplitude: 0.1, 0.3, 0.5  NO LANDING DEDUCTIONS  NO STICK BONUS

For the Provincial 2 Category, gymnasts will select one of two Double leg circle routines. And one Delesalle flare routine.

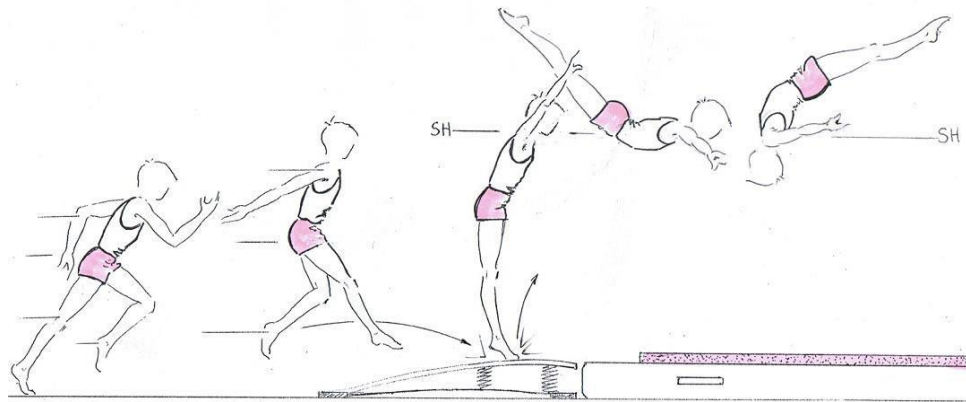
**The Final score is the average of the two routines.**

# Provincial 2 Rings



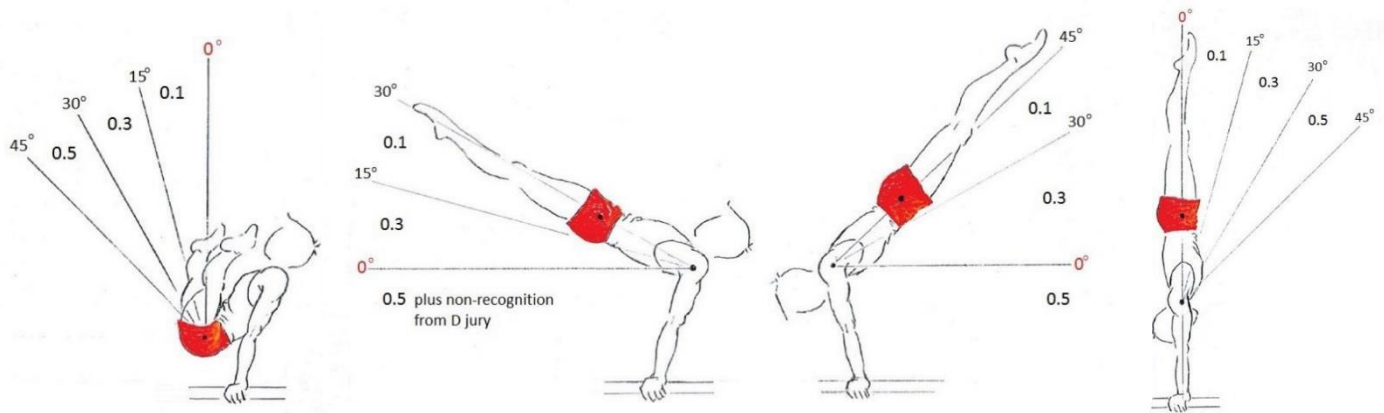
Description	Value	Performance Expectations / Deductions
Muscle up to straight body support and hold for 3 sec.	1.0, 1.0	Spot for Muscle up 0.5 deduction Show clear body position, elbows straight with rings minimum parallel and wrists and elbows clear of the straps. Bent Arm support – 0.3 to 0.5 Arms against the straps – 0.1 0.3 – 0.5 Rings less than Parallel – 0.1, 0.3, 0.5
Raise Legs to L-Sit (Hold 3 sec)	1.0	Show clear body position, elbows straight with rings minimum parallel and wrists and elbows clear of the straps. Bent Arm support – 0.3 to 0.5 Arms against the straps – 0.1 0.3 – 0.5 Rings less the Parallel – 0.1, 0.3, 0.5
Roll slowly backwards with bent arms and lower to inverted hang, Lower to Straddle Back lever (hold 3 sec)	0.5 1.0	Show consistent rhythm Lack of Rhythm 0.1, 0.3 Legs may be split as wide as possible FIG angle deductions apply for body alignment
Lower to 'skin the cat' (Hold 3 sec)	0.5	
Pull upward to Piked inverted hang and cast into	1.0	Cast should clearly show rise of the shoulder  No rise of the shoulders in the cast 0.1, 0.3
Swing Backwards, swing Forwards Swing Backwards, swing Forwards Swing Backwards, swing Forwards into	1.0 1.0 1.0	Deductions as per diagram  Straight arms in front swing (Deductions as per FIG)
Back Tuck Salto dismount	1.0	Show clear body position, rise of the shoulder and hips above the Rings  Non-distinct body position: 0.1, 0.3, 0.5 Lack of Amplitude: 0.1, 0.3, 0.5
<b>TOTAL</b>	<b>10.0</b>	

## Provincial 2 Vault



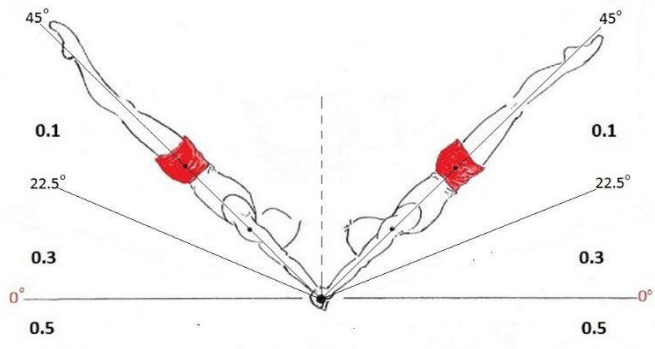
Description	Value	Performance Expectations / Deductions
<p>30cm landing mat (20' in length) Maximum 20M run</p> <p>Spring Board in safety (Yurchenko) collar against mat. Board MUST be touching collar, and collar MUST be touching mats</p> <p>Forward Layout salto into immediate roll to stand</p>	10.0	<p>Powerful, dynamic run up. Distinct body shape in flight Roll not judged. No landing deductions Salto should demonstrate rotation and not distance travelled</p> <p>0.3 Deduction for Travelling more than 1.2m from edge of landing mat 0.5 Deduction for Travelling more than 1.5m from edge of landing mat</p>
<p>30cm landing mat Maximum 20 M run</p> <p>Open Front tuck salto into immediate roll to stand</p>	9.0	<p>Body must be straight upon landing and into the roll forward. Bending of the knees or hips in order to perform roll 0.1, 0.3, 0.5 (each)</p> <p>Front salto into immediate roll – if no roll performed, vault scores 0.00. NO STICK BONUS ON VAULT</p>
<b>Maximum TOTAL</b>	10.0	

## Provincial 2 Parallel Bars



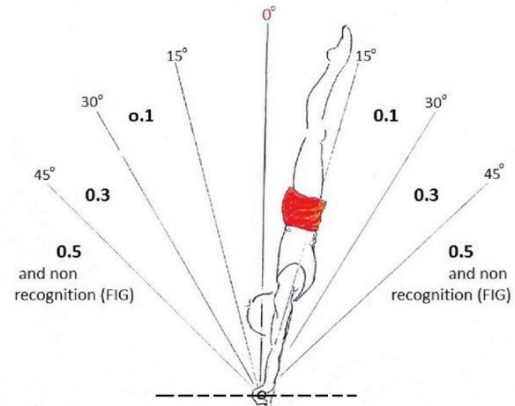
Description	Value	Performance Expectations / Deductions
From Spring board, 1-2 steps and jump to Long hang swing forwards	0.5	Long hang swing deductions as per diagram
Swing backwards	0.5	
Swing forwards	0.5	Bent arms: 0.1, 0.3, 0.5 particularly on the upward phase on swing.
Swing backwards and uprise to upper arm support	0.5	
Upper arm swing forward	0.5	Hips should be bar height
Swing backwards and uprise to support	0.5	Arms straight at maximum height of back uprise
Swing forward to straddle V-sit (Hold 3 sec)	1.0	
Join legs together and cast forward		
Swing backwards	0.5	Swings in support as per diagram
Swing forwards	0.5	
Swing backwards	0.5	Swings to Handstand as per diagram
Swing Forwards	0.5	
Swing Backwards to momentary Handstand	2.0	
Swing forwards	0.5	
Swing backwards to near handstand and Step to one bar and flank off dismount	1.5	Must show momentary support of both hands on one rail No support shown = 0.3 deduction
<b>Total</b>	<b>10.0</b>	

# Provincial 2 High Bar



1 Hight of Undercast

2 Swing Backwards



3 Giants

Bato Rafajlović

Description	Value	Performance Expectations / Deductions
From still Hang, Lift toes to the bar Arch body and cast forwards Swing Back, Swing forwards and kip up, cast to 45°	0.5 0.5 1.0, 1.0	No height requirements for swing back No height requirements for swing forward to Kip up Cast deduction –Horizontal to 44° = 01., below Horizontal= 0.3
Free hip circle to 45°	2.0	Deduction. –Horizontal to 44° = 01. below Horizontal= 0.3
Swing forward, Swing backwards Swing forward, Swing backwards	0.5, 0.5 0.5, 0.5	Deductions as per the diagram for swing Plus FIG execution deductions
Back Giant Back Giant Back Giant	1.0 1.0 1.0	Deductions as per the diagram for Giants. A Giant attempt that does not go over the bar is deducted based on the height and angle of the swing upwards. Plus FIG execution deductions and a 0.3 deduction for an extra swing
Exercise ends as the 3 <sup>rd</sup> Giant passes through handstand		
<b>Total</b>	<b>10.0</b>	

## APPENDIX “A”

### Competition Age Calculation Chart

The competitor’s age will be determined by their age in the year of the competition.

The competition year will start on January 1<sup>st</sup>.

<b>Elite Pathways Age</b>		
<b>Birth Year</b>	<b>2020 Competition Season</b>	<b>2021 Competition Season</b>
1999	Must turn 21 in the year of the competition	Must turn 22 in the year of the competition
2000	Must turn 20 in the year of the competition	Must turn 21 in the year of the competition
2001	Must turn 19 in the year of the competition	Must turn 20 in the year of the competition
2002	Must turn 18 in the year of the competition	Must turn 19 in the year of the competition
2003	Must turn 17 in the year of the competition	Must turn 18 in the year of the competition
2004	Must turn 16 in the year of the competition	Must turn 17 in the year of the competition
2005	Must turn 15 in the year of the competition	Must turn 16 in the year of the competition
2006	Must turn 14 in the year of the competition	Must turn 15 in the year of the competition
2007	Must turn 13 in the year of the competition	Must turn 14 in the year of the competition
2008	Must turn 12 in the year of the competition	Must turn 13 in the year of the competition
2009	Must turn 11 in the year of the competition	Must turn 12 in the year of the competition
2010	Must turn 10 in the year of the competition	Must turn 11 in the year of the competition
2011	Must turn 9 in the year of the competition	Must turn 10 in the year of the competition
2012	Must turn 8 in the year of the competition	Must turn 9 in the year of the competition
2013	Not allowed to compete	Must turn 8 in the year of the competition
2014	Not allowed to compete	Not allowed to compete

