

2017-2020

Men's Artistic

B.C. Secondary School Rules

1. PHILOSOPHICAL STATEMENT

The prime consideration in adding difficulty is that the difficulty of an exercise must never be escalated at the expense of correct form and technically correct execution. The exercises must therefore, in regards to content, be adapted to the ability of the gymnast, for in gymnastics, the gymnast is to maintain complete control of his body. Assurance, elegance and amplitude are three chief characteristics. The current F.I.G. Code of Points emphasises correct technical execution with more stringent penalties for aesthetic faults. As a result the E jury deductions have been increased to be in line with the current standards.

These rules were designed to suit the beginner to experienced coach as well as the beginner to experienced school gymnast. These rules have the flexibility to suit large as well as small groups. A school coach or a group of school coaches may select only certain “A”, “B”, and “C” moves to teach their gymnasts; thus concentrating their efforts as well as their gymnast’s. Levels 4 and 5 will use the current 2016 -2020 Canadian Provincial Pathways Program. Level 4 corresponds to Provincial Level 3, and Level 5 corresponds to Provincial Level 4. An outline of the rules follows, but the most current and in depth rules are available at the Gymnastics Canada or Gymnastics BC websites (<http://gymcan.org/disciplines/mens-artistic-gymnastics/technical-information/technical-documents>). These levels are in turn based on the MAG FIG Code of Points 2017-2020, which can be found on the FIG website (<http://www.fig-gymnastics.com/site/rules/disciplines/art>). These Levels are for the club gymnast competing for their school, or the experienced high school gymnast who is ready to compete at a higher level.

2. ATTIRE

Gymnasts must wear a gymnastics singlet or tight fitting tunic as well as gymnastics shorts cut above the knee or long gymnastics pants with socks, except on Floor Exercise and Vault, where socks should not be worn. There is a 1.0 deduction taken by the head judge from the All-Around final score for Attire Violations. This deduction is waived if the gymnast is wearing a team gymnastic uniform. The gymnasts must wear competition attire for the awards ceremony.

3. EVALUATION OF THE EXERCISES AND ROUTINE CONSTRUCTION

A routine may be repeated only if the routine is interrupted for reasons outside of the gymnasts control. It is the decision of the head judge of the particular apparatus once an appeal is lodged by the gymnast’s coach. The appeal must be made immediately after the interruption.

ROUTINE EVALUATION

Optional routines are based on the 2017 FIG Code of Points. There are 2 components of this system; a Difficulty Score (D-Score) and an Execution Score (E-Score)

D-SCORE

The D-Score is calculated based on adding together the following 2 components,

- The values of skills presented in the routine up to a specified maximum number.
- The 0.5 for each Special Requirement achieved in the routine.

To calculate the total D-score, first, determine if the Special Requirement Skills have been performed in the routine and credit the gymnast 0.5 for each one met (plus the value of the skill itself). Second, credit the gymnast with the values of the most difficult skills recognized for value in the routine, including the value of the dismount, to fulfill the maximum number of skills permitted. Finally, and only for levels 4 and 5, the value of any skill or connection bonus are added to the D-Score. As an example: if a Level 3 gymnast has met the 5 Special Requirements then the Judge must find and credit the gymnast with 2 more skills for a total of 7 skills. If the gymnast has met only 3 Special Requirements then the Judge finds 4 more skills to make up the maximum 7 elements. The value of the dismount must be within the credited skills. A final D-score is flashed to the audience and the competition participants. Only D-score can be discussed with the judges.

The chart below indicates the maximum number of difficulty parts that may be counted towards the D-score at each level and the value of those parts. It also indicates which parts may not be performed at a given level. Check specific apparatus rules for specific skills that are prohibited.

SKILLS NOT LISTED IN THE CODE

For levels 1, 2 and 3, any recognizable gymnastics skill not listed in the code will be given at least an A value. Whether a skill is recognized or not is based on the Judge's discretion. Any skill that is listed in the FIG Code of Points will be given at least the FIG value.

LEVEL	MAXIMUM # OF SKILLS THAT CAN COUNT TOWARDS D-SCORE	"A" PART VALUE	"B" PART VALUE	"C" PART VALUE
Level 1	6	0.1	Not permitted <i>Only permitted on Pommel Horse</i>	Not permitted
Level 2	6	0.1	0.2	Not permitted <i>Only permitted on Pommel Horse</i>
Level 3	7	0.1	0.2	0.3
Level 4	6	Difficulty values as per the FIG Code of Points with the exception of Pommel Horse, where the listed skills will be considered Supplemental A parts and receive 0.1 for value.		
Level 5	7	Difficulty values as per the FIG Code of Points.		

SHORT ROUTINES

The following chart indicates how the E-jury must evaluate short routines at each Level. It is the duty of the D-jury to notify the E-jury how many skills were credited. A skill with a large error or that was not credited can still count towards the total number of skills required.

LEVEL 1 & 2	SHORT 1 SKILL	SHORT 2 SKILLS	SHORT 3 SKILLS	SHORT 4 SKILLS	SHORT 5 SKILLS
Max. E-Score	9.0	8.0	7.0	5.0	2.0

LEVEL 3	SHORT 1 SKILL	SHORT 2 SKILLS	SHORT 3 SKILLS	SHORT 4 SKILLS	SHORT 5 SKILLS	SHORT 6 SKILLS
Max. E-Score	9.0	8.0	7.0	6.0	4.0	2.0

LEVEL 4 & 5	SHORT 1 SKILLS	SHORT 2 SKILLS	SHORT 3 SKILLS	SHORT 4+ SKILLS
Max. E-Score	9.5	9.0	8.0	5.0

4. EXECUTION

a. TECHNIQUE

Can be defined as the general performance of the difficulties and the routine as a whole. Moves executed with poor techniques receive deductions - i.e. bent legs and arms (see General Execution and Amplitude Faults).

b. AMPLITUDE

Can be defined as the quality of performing all movements to their maximum. Therefore:

- the body should be straight, tight and extended
- all moves should be executed with good posture

c. EXAMPLES

Some examples of General Execution and Amplitude Faults: Applies to all routines and points are deducted upon each occurrence. For a full list of faults please consult the FIG Code of Points.

Small Faults (-0.1)	
<ul style="list-style-type: none">• Slight loss of balance; deduction per step/hop (to a maximum of 1.0)• Slightly bent arms/legs (angular deviation <15°)• Poor technique/form• Legs apart (< shoulder width)	<ul style="list-style-type: none">• Incomplete twist <30° (eg. <i>jump full twist on floor</i>)• Strength move with swing or vice versa• Legs apart during saltos or landings
Medium Faults (-0.3)	
<ul style="list-style-type: none">• Large step/hop on landing; deduction per step/hop (to a maximum of 1.0)• 1 or 2 hands brushing apparatus or floor on landings• Bent arms/legs (16-30°)• Legs apart (> shoulder width)• Strength move with large swing, and vice versa• Hold strength element less than 2 seconds	<ul style="list-style-type: none">• Interruption of exercise without falling• Incomplete twist (31-60°)• Touching apparatus or floor to maintain balance• Unsportsmanlike behaviour• Not acknowledging the judge before and/or after routine
Large Faults (-0.5)	
<ul style="list-style-type: none">• Extreme bending of arms/legs (>45°)• Large leg separation (straddled)• Unsteadiness or fall	<ul style="list-style-type: none">• Angular deviation >45°• Incomplete twist (61-90°)

Individual Judges present their E-score out of the maximum 10 points and then a final score of E-score plus D-score plus Stick Bonus is flashed to the audience and the competition participants.

5. COMMENTS ON ROUTINE COMPOSITION

Can be defined as the use of a variety of connective moves, which connect “A”, “B”, or “C” moves. These connections can be difficult or simple, but they should complement and enhance the routine. Also included in composition marks is the choice of difficulties and how they are connected.

Routines which have good composition should include:

- i. Choice of variety of difficulties and connections (to avoid monotony in the routine), e.g. not all difficulties should be in the same direction, not all difficulties should be chosen from the same group (i.e. mix forward and backward handspring/saltos rather than all backward handsprings/saltos).
- ii. Direct connections of difficulties and have smooth and fluent connections. Note that 0.5 is not deducted each time there is an intermediate swing and 0.3 for half of an intermediate swing. In some levels swings are considered a skill and this deduction should not be taken.
- iii. Changes in levels (e.g. movements close to and away from apparatus).
- iv. Use of full floor area and full length of parallel bars and pommel horse.
- v. Each exercise must include a mount and dismount, equal in value to the general division of difficulty displayed.

Omission of any of the composition requirements could result in the deduction of up to 0.3 points each.

Stick Bonus: A +0.1 stick bonus is applied to the Final Score for stuck landings on the dismount for all levels. For Levels 4 and 5, a +0.2 stick bonus is credited to stuck dismounts that are a C or higher value, or stuck vaults that have a 4.4 value or higher.

Virtuosity Bonus: For levels 4 and 5, +0.1 for virtuosity may be awarded for any element performed with exceptional amplitude, and +0.2 for virtuosity may be awarded for 3 or more elements performed with exceptional amplitude, applied to the Final Score.

6. HOW TO INTERPRET THE CODE OF POINTS

This Code of Points is based on the Canadian Provincial Pathways document, which in turn is based on the FIG Code of Points. It is highly suggested that these readily available documents be used as a coaching resource when constructing routines. For Level 1, simply fulfilling the special requirements and repeating one of the skills will in most cases give the athlete the highest possible D Score. Level 2 and 3 athletes have more ability to be creative and maximize their D Scores with the additions of B and C elements. Level 4 and Level 5 are different as they are almost identical to the Canadian Provincial Pathways Levels 3 and 4 respectively. Any minor changes, such as a limit to D Score, and some equipment specifications, are listed in the following event charts. All skills listing in the skill tables are available for use for Level 1, 2, and 3 athletes. All skills highlighted in *Orange and italicised* may be used by Level 4 gymnasts and all skills in **Blue and bolded** are available for use in Level 4 and Level 5, with a complete list in the FIG Code of Points. Please note that although they are available for use for Levels 4 and 5, the values may be different than the ones listed in the following tables.

7. SPOTTING AND ASSISTANCE *(Judges may use FIG deductions)*

- i. For the prevention of accidents and for moral support of the competitor, one spotter will be permitted on horizontal bar, parallel bars, rings, and vault.
- ii. On the pommel horse and in the floor exercise, the presence of a spotter is not permitted. However, if a spotter appears, the gymnast will be penalized 0.5 points.
- iii. Any assistance will cause the gymnast to be deducted 1.0 points each time. The skill will receive no difficulty value if the assistance was the key to executing the skill.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	
Floor	<ul style="list-style-type: none"> • FIG standard (12m x 12m) • One 5 or 10cm mat 					
Pommel Horse	<ul style="list-style-type: none"> • Up to FIG standard (105cm), with pommels • Beatboard may be used 			<ul style="list-style-type: none"> • Mushroom or Horse up to FIG standard 105cm, with or without pommels • Beatboard may be used 	<ul style="list-style-type: none"> • Up to FIG standard 105cm, with or without pommels • Beatboard may be used 	
Rings	<ul style="list-style-type: none"> • FIG standard (260cm) • Up to 20cm of mats 					
Vault	<ul style="list-style-type: none"> • 115, 125, or 135cm cross horse or table • Mini-tramp permitted only for Handspring in Level 1 • Additional 10cm of mats 					
Parallel Bars	<ul style="list-style-type: none"> • Up to FIG standard (180cm) plus 10cm • Up to 20cm of mats 					
Horizontal Bar	<ul style="list-style-type: none"> • Low bar (165cm) • One 5 or 10cm mat • Beatboard may be used 	<ul style="list-style-type: none"> • FIG standard (260cm) • Up to 20cm of mats 				

REQUIREMENTS

FLOOR EXERCISE

Levels 4 and 5 must use the entire floor area, represented by arriving in each corner at least once.

N.B.: An acrobatic dismount will finish with a two foot landing.

	Level 1	Level 2	Level 3	Level 4	Level 5
Start Value	Max. 6 counting skills (A=0.1) Special Req. Execution +0.5 ea. 10.0 Maximum D-Score 3.1 <i>Plus Stuck Landing Bonus</i>	Max. 6 counting skills (A=0.1, B=0.2) Special Req. Execution +0.5 ea. 10.0 Maximum D-Score 3.4 <i>Plus Stuck Landing Bonus</i>	Max. 7 counting skills (A=0.1, B=0.2, C=0.3) Special Req. Execution +0.5 ea. 10.0 Maximum D-Score 3.7 <i>Plus Stuck Landing Bonus</i>	Max. 6 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 3 Rules Maximum D-Score 3.7 <i>Plus Landing & Virtuosity Bonus</i>	Max. 7 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 4 Rules Maximum D-Score 4.0 <i>Plus Landing & Virtuosity Bonus</i>
Special Requirements	I) An acrobatic series; min. 2 elements II) Cartwheel or roundoff III) One balance or hold element IV) Forward or backward roll V) Acrobatic dismount or roundoff directly connected to a jump	I) An acrobatic series; min. 3 elements II) Second acrobatic series; min. 2 elements III) One balance or hold element IV) Front or back handspring V) Acrobatic dismount	I) An acrobatic series; min. 3 elements II) Second acrobatic series; min. 2 elements III) One balance or hold element IV) Salto element V) Acrobatic dismount	2 FIG Element Groups FIG A(+0.5 ea.) Supplemental A(+0.3 ea.) Front Handspring(+0.5) A Dismount (+0.5) Supplemental A Dismount(+0.3)	2 FIG Element Groups (+0.5 ea.) A Dismount (+0.3) B Dismount (+0.5)
Additional Regulations	<ul style="list-style-type: none"> •No time limit •Any one skill may be performed twice for value. •NO Saltos (1.0 deduction) •NO back handsprings (1.0 deduction) 	<ul style="list-style-type: none"> •No time limit •Any one skill may be performed twice for value. •NO Saltos (1.0 deduction) •Roundoff back handspring back handspring counts as "ABB" 	<ul style="list-style-type: none"> •No time limit 	<ul style="list-style-type: none"> •70 sec. time limit •+0.5 bonus for each additional Element Group requirement •Salto connection bonus: (A+B or C), (B+B or C) = +0.1 (C+C), (D+A) = +0.2 •Up to +0.2 virtuosity bonus 	<ul style="list-style-type: none"> •70 sec. time limit •+0.5 bonus for each additional Element Group requirement •Salto connection bonus: (A+B or C), (B+B or C) = +0.1 (C+C), (D+A) = +0.2 •Up to +0.2 virtuosity bonus

"A" Skills		"B" Skills		"C" Skills	
<ul style="list-style-type: none"> • Forward roll • Backward roll • Roundoff 	<ul style="list-style-type: none"> • Dive-roll • Cartwheel • Headspring 	<ul style="list-style-type: none"> • Front handspring • Back handspring 	<ul style="list-style-type: none"> • Flyspring • Arabian dive-roll 	<ul style="list-style-type: none"> • Front tuck • Front pike • Front layout • Arabian salto 	<ul style="list-style-type: none"> • Back tuck • Back pike • Back layout • Side somersault/aerial
<ul style="list-style-type: none"> • Front handspring to dive roll (2 B's) • Front handspring to headspring (2 B's) 	<ul style="list-style-type: none"> • Front handspring to flyspring (1 C) • Two consecutive backhandsprings (1 C) 				
Non-Acrobatic Skills		Non-Acrobatic Skills		Non-Acrobatic Skills	
<ul style="list-style-type: none"> • L-sit [2 sec.] • Windmill • Any jump or leap • Headstand [2 sec.] • Prone fall 	<ul style="list-style-type: none"> • Pike sit [2 sec.] • Momentary handstand • Single-leg circle • Any scale [2 sec.] • Pike press to stand 	<ul style="list-style-type: none"> • V-sit [2 sec.] • Double-leg circle • Kip to stand • Any split (180°) [2 sec.] • Headstand push to handstand [2 sec.] • Back roll to handstand (back extension) 	<ul style="list-style-type: none"> • Front/Back walkover • Flair • Handstand [2 sec.] 	<ul style="list-style-type: none"> • Two double-leg circles • Press to wide-arm handstand [2 sec.] • V-sit press to handstand [2 sec.] (2 C's) • Y-scale with 180° split [2 sec.] • Press to handstand [2 sec.] • Two flairs 	

REQUIREMENTS

POMMEL HORSE

Levels 1, 2, and 3 must use the pommel horse with the pommels Levels 4 and 5 have the option of using the pommel horse without pommels. All levels may use a spring board to mount. Level 4 Only: Athletes have the option of using a mushroom, however, if they choose to use the pommel horse with pommels, they may use any skill listed below and receive a supplemental "A" part and 0.3 for Element Group.

	Level 1	Level 2	Level 3	Level 4	Level 5
Start Value	Max. 6 counting skills (A=0.1, B=0.1) Special Req. Execution +0.5 ea. 10.0 Maximum D-Score 3.1 <i>Plus Stuck Landing Bonus</i>	Max. 6 counting skills (A=0.1, B=0.2, C=0.2) Special Req. Execution +0.5 ea. 10.0 Maximum D-Score 3.4 <i>Plus Stuck Landing Bonus</i>	Max. 7 counting skills (A=0.1, B=0.2, C=0.3) Special Req. Execution +0.5 ea. 10.0 Maximum D-Score 3.7 <i>Plus Stuck Landing Bonus</i>	Max. 6 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 3 Rules Maximum D-Score 3.7 <i>Plus Landing & Virtuosity Bonus</i>	Max. 7 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 4 Rules Maximum D-Score 4.0 <i>Plus Landing & Virtuosity Bonus</i>
Special Requirements	<ul style="list-style-type: none"> I) Leg cut forwards II) Leg cut backwards III) Any pendulum swing IV) Any travel element V) Dismount <ul style="list-style-type: none"> • A or B dismount = +0.5; • Any non-listed but recognized dismount = +0.3 	<ul style="list-style-type: none"> I) Single-leg circle forward or backward II) Any scissor element III) Any pendulum swing IV) Any travel element V) Dismount <ul style="list-style-type: none"> • A, B, or C dismount = +0.5; • Any non-listed but recognized dismount = +0.3 	<ul style="list-style-type: none"> I) Single-leg circle forward or backward II) Any scissor element III) Any double-leg circle element IV) Any travel element V) Dismount <ul style="list-style-type: none"> • A, B, or C dismount = +0.5; • Any non-listed but recognized dismount = +0.3 	<ul style="list-style-type: none"> 2 FIG Element Groups FIG A(+0.5 ea.) Supplemental A(+0.3 ea.) Flair Element(+0.5) A Dismount (+0.5) Supplemental A Dismount(+0.3) 	<ul style="list-style-type: none"> 2 FIG Element Groups (+0.5 ea.) A Dismount (+0.3) B or higher Dismount (+0.5)
Additional Regulations	<ul style="list-style-type: none"> • Any one skill may be performed twice for value. 	<ul style="list-style-type: none"> • Any one skill may be performed twice for value. 	<ul style="list-style-type: none"> • Double-leg circle element group includes flank dismount and 180° Russian 	<ul style="list-style-type: none"> • Mushroom or horse, with or without handles (any height) • +0.5 bonus for each additional Element Group requirement • Up to +0.2 virtuosity bonus 	<ul style="list-style-type: none"> • Horse, with or without handles (any height) • +0.5 bonus for each additional Element Group requirement • Up to +0.2 virtuosity bonus

"A" Skills	"B" Skills	"C" Skills
<ul style="list-style-type: none"> • Single-leg cut • Front support travel (1/3) • Stride swing • Rear support swing 	<ul style="list-style-type: none"> • 1/3 travel with 1/2 turn • Reverse single-leg cut • Single leg travel (1/3) • Pendulum swing 	<ul style="list-style-type: none"> • Single-leg circle • Scissors • Double-leg circle • Loop • 1/4 spindle in circle or flair • 180° Russian or simple Swiss • Reverse single-leg circle
<ul style="list-style-type: none"> • Reverse scissiors • Flair • 1/4 turn in circle or flair 	<ul style="list-style-type: none"> • Stöckli • Moore • 360° Russian • 1/3 side travel • 1/3 Magyar • 1/2 spindle in circle or flair • Scissor with hop to leather • Two consecutive single-leg circles • Two consecutive scissiors • Two consecutive double-leg circles 	<ul style="list-style-type: none"> • Downhill loop • Two consecutive flairs • Scissor with 1/2 turn • 1/3 Sivado
Dismounts	Dismounts	Dismounts
<ul style="list-style-type: none"> • Single leg swing to dismount • Flank dismount 	<ul style="list-style-type: none"> • 180° Russian or simple Swiss to flank dismount • Flank with 1/2 turn to dismount ("Wende") 	<ul style="list-style-type: none"> • Circle of flair to handstand dismount • 360° Russian to flank dismount

REQUIREMENTS

STILL RINGS

Note of Caution: Gymnasts performing “dislocates” for the first time should understand that it is important to maintain pressure on the rings throughout the skill. Proceed with caution. In virtually all transition moves from one level to another, for example, support to hands, the gymnast should maintain constant pressure on the rings. Do not allow them to go slack.

	Level 1	Level 2	Level 3	Level 4	Level 5
Start Value	Max. 6 counting skills (A=0.1) Special Req. Execution +0.5 ea. 10.0 Maximum D-Score 3.1 <i>Plus Stuck Landing Bonus</i>	Max. 6 counting skills (A=0.1, B=0.2) Special Req. Execution +0.5 ea. 10.0 Maximum D-Score 3.4 <i>Plus Stuck Landing Bonus</i>	Max. 7 counting skills (A=0.1, B=0.2, C=0.3) Special Req. Execution +0.5 ea. 10.0 Maximum D-Score 3.7 <i>Plus Stuck Landing Bonus</i>	Max. 6 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 3 Rules Maximum D-Score 3.7 <i>Plus Landing & Virtuosity Bonus</i>	Max. 7 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 4 Rules Maximum D-Score 4.0 <i>Plus Landing & Virtuosity Bonus</i>
Special Requirements	<ul style="list-style-type: none"> I) L-hang or V-hang II) Long hang swing III) Swing to inverted hang IV) Pike inverted hang V) Dismount <ul style="list-style-type: none"> • A dismount = +0.5; • Any non-listed but recognized dismount = +0.3 	<ul style="list-style-type: none"> I) Any swing element <ul style="list-style-type: none"> ► Including long hang swing II) L-sit in front support III) Any other strength element IV) Pike or straight inverted hang V) Dismount <ul style="list-style-type: none"> • A or B dismount = +0.5; • Any non-listed but recognized dismount = +0.3 	<ul style="list-style-type: none"> I) Inlocate or dislocate II) L-sit in front support III) Any other strength element IV) Muscle-up, kip, or back uprise V) Dismount <ul style="list-style-type: none"> • A, B, or C dismount = +0.5; • Any non-listed but recognized dismount = +0.3 	<ul style="list-style-type: none"> 2 FIG Element Groups FIG A(+0.5 ea.) Supplemental A(+0.3 ea.) Cross Support Without Assistance(+0.5) A Dismount (+0.5) Supplemental A Dismount(+0.3) 	<ul style="list-style-type: none"> 2 FIG Element Groups (+0.5 ea.) A Dismount (+0.3) B Dismount (+0.5)
Additional Regulations	<ul style="list-style-type: none"> • Any one skill may be performed twice for value. • Long hang swing may be used as an “A” part 	<ul style="list-style-type: none"> • Any one skill may be performed twice for value. • May be boosted to support without deduction • 2 extra swings allowed 	<ul style="list-style-type: none"> • 2 extra swings allowed 	<ul style="list-style-type: none"> • Up to 40cm landing mats allowed • +0.2 bonus for all “B” or greater strength skills • +0.5 bonus for each additional Element Group requirement • Up to +0.2 virtuosity bonus 	<ul style="list-style-type: none"> • Up to 20cm landing mats allowed • +0.2 bonus for all “B” or greater strength skills • +0.5 bonus for each additional Element Group requirement • Up to +0.2 virtuosity bonus

“A” Skills	“B” Skills	“C” Skills
<ul style="list-style-type: none"> • Skin the cat • Inverted pike hang • Bail from shoulder stand • Inverted hang • Tuck to inverted hang • Swing to inverted hang 	<ul style="list-style-type: none"> • Inlocate • Dislocate • Shoulder stand • Kip • Back uprise • Front/back bail from handstand 	<ul style="list-style-type: none"> • Straight body inlocate • Kip to L-sit (1 C) • Any swing handstand • Front support bwd/fwd roll to support • Back uprise with straight arms • Back roll to support with/without swing (Felge) • Dislocate above rings • Front Uprise
Strength Elements	Strength Elements	Strength Elements
<ul style="list-style-type: none"> • L-hang (also with bent arms) • V-hang (also with bent arms) 	<ul style="list-style-type: none"> • L-sit • Straddled L-sit • Straddled back lever • Straight arms bent body pull to inverted hang • Straight body bent arms pull to inverted hang • Straddled front lever • <i>Press to shoulder stand</i> • Muscle-up 	<ul style="list-style-type: none"> • Press handstand • Front lever • Iron cross • V-sit • Back lever
Dismounts	Dismounts	Dismounts
<ul style="list-style-type: none"> • Back pike/tuck/layout • Straddle back salto 	<ul style="list-style-type: none"> • Front tuck/pike • Back uprise salto tuck/pike (“Koste”) • Back layout ½ turn 	<ul style="list-style-type: none"> • Double back tuck • Back layout full turn • Front layout • Front pike ½ turn • Back uprise salto layout

REQUIREMENTS

VAULT

All vaults must be performed with a beatboard, except for Level 1, where a mini-tramp may be used for Handspring. All vaults must have a spotter present.

	Level 1	Level 2	Level 3	Level 4	Level 5
Vault Setup	115, 125, or 135cm cross horse or table			110-135cm table	120-135cm table
Special Requirements	3.1 vaults only	3.1 vaults or handspring	Maximum of handspring full turn, minimum of handspring. 1.0 deduction from final score for 3.1 value vaults	All FIG vaults allowed. Maximum awarded D-score of 3.7	All FIG vaults allowed. Maximum awarded D-score of 4.0
Additional Regulations	•2 nd vault permitted with 1.0 deduction	•2 nd vault permitted with 1.0 deduction	•2 nd vault permitted with 1.0 deduction •NO salto vaults	•2 nd vault permitted with 1.0 deduction •Additional 10cm landing mat permitted	•2 nd vault permitted with 1.0 deduction •Additional 10cm landing mat permitted

Start Values

• Layout tuck through	3.1
• Layout straddle through	3.1
• Layout stoop through	3.1
• Handspring (with mini-tramp) <i>Level 1 only</i>	3.1
• Handspring	3.4
• Handspring ½ off	3.4
• Handspring ½ on, ½ off	3.4
• Handspring full off	3.7

REQUIREMENTS

PARALLEL BARS

All Levels may use the bars at any setting up to 10 cm past FIG height, provided that they can still swing in upper arm support. All levels may use a spring board to mount.

	Level 1	Level 2	Level 3	Level 4	Level 5
Start Value	Max. 6 counting skills (A=0.1) Special Req. Execution +0.5 ea. 10.0 Maximum D-Score 3.1 <i>Plus Stuck Landing Bonus</i>	Max. 6 counting skills (A=0.1, B=0.2) Special Req. Execution +0.5 ea. 10.0 Maximum D-Score 3.4 <i>Plus Stuck Landing Bonus</i>	Max. 7 counting skills (A=0.1, B=0.2, C=0.3) Special Req. Execution +0.5 ea. 10.0 Maximum D-Score 3.7 <i>Plus Stuck Landing Bonus</i>	Max. 6 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 3 Rules Maximum D-Score 3.7 <i>Plus Landing & Virtuosity Bonus</i>	Max. 7 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 4 Rules Maximum D-Score 4.0 <i>Plus Landing & Virtuosity Bonus</i>
Special Requirements	I) Back uprise from long hang swing to upper arm or jump to upper arm II) Upper arm swing III) Front uprise to straddle sit IV) Straddle travel V) Rear or Stütz dismount	I) L-sit II) Any uprise from upper arm to front support III) Shoulder stand (2 sec.) IV) Front support swing to horizontal V) Dismount • A or B dismount = +0.5; • Any non-listed but recognized dismount = +0.3	I) L-sit II) Front or back uprise from upper arm to front support III) Long hang swing element IV) Support element other than L-sit V) Dismount • A, B, or C dismount = +0.5; • Any non-listed but recognized dismount = +0.3	2 FIG Element Groups FIG A(+0.5 ea.) Supplemental A(+0.3 ea.) 2 Second Handstand(+0.5) A Dismount (+0.5) Supplemental A Dismount(+0.3)	2 FIG Element Groups (+0.5 ea.) A Dismount (+0.3) B Dismount (+0.5)
Additional Regulations	• Any one skill may be performed twice for value. • NO Saltos (1.0 deduction) • Swings will count as an "A" part	• Any one skill may be performed twice for value. • NO Saltos (1.0 deduction) • 2 extra swings allowed	• 2 extra ½ swings allowed	• May compete with lower bars • Up to 20cm of extra mats allowed • Giant+Giant = C, C + 0.2 bonus • 1 permitted empty swing • +0.5 bonus for each additional Element Group requirement • Up to +0.2 virtuosity bonus	• Up to 20 cm of extra mats allowed • Giant+Giant = C, C + 0.2 bonus • 1 permitted empty swing • +0.5 bonus for each additional Element Group requirement • Up to +0.2 virtuosity bonus

"A" Skills	"B" Skills	"C" Skills
<ul style="list-style-type: none"> L-sit Shoulder stand Straddle travel Front uprise to straddle sit Kip to, or from, upper arm support Pirouette in cross support Long hang swing back uprise to support 	<ul style="list-style-type: none"> Back uprise Kip Back shoulder roll Drop kip Moy to upper arm L-sit press shoulder stand Front toss to upper arm Any kip to immediate L-sit (2 B's) Back Stütz to upper arm Back shoulder roll to support Swing to shoulder stand 	<ul style="list-style-type: none"> Stütz to support Moy to support Press handstand Cast up to support Giant swing to support Peach to support Long hang back uprise to support Front uprise to immediate swing handstand (2 C's) Kip to immediate swing handstand (2 C's) Moy to upper from handstand Kip straddle cut to handstand Back uprise straddle cut Handstand pirouette Straddle planche Manna Swing handstand Front toss to support Peach to long hang
Dismounts	Dismounts	Dismounts
<ul style="list-style-type: none"> Stütz dismount (front swing with ½ turn) Rear dismount 	<ul style="list-style-type: none"> Flyaway Rear dismount above 45° 	<ul style="list-style-type: none"> Any salto off side Layout flyaway Wende Stütz

REQUIREMENTS

HORIZONTAL BAR

Level 1 (Low Bar) Height 5'6", vaulting board may be used for the mount.

	Level 1	Level 2	Level 3	Level 4	Level 5
Start Value	Max. 6 counting skills (A=0.1) Special Req. Execution +0.5 ea. 10.0 Maximum D-Score 3.1 <i>Plus Stuck Landing Bonus</i>	Max. 6 counting skills (A=0.1, B=0.2) Special Req. Execution +0.5 ea. 10.0 Maximum D-Score 3.4 <i>Plus Stuck Landing Bonus</i>	Max. 7 counting skills (A=0.1, B=0.2, C=0.3) Special Req. Execution +0.5 ea. 10.0 Maximum D-Score 3.7 <i>Plus Stuck Landing Bonus</i>	Max. 6 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 3 Rules Maximum D-Score 3.7 <i>Plus Landing & Virtuosity Bonus</i>	Max. 7 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 4 Rules Maximum D-Score 4.0 <i>Plus Landing & Virtuosity Bonus</i>
Special Requirements	<ul style="list-style-type: none"> I) Pullover II) Front or back hip circle III) Leg cut forwards or backwards IV) Cast with feet at bar height V) Dismount <ul style="list-style-type: none"> • A dismount = +0.5; • Any non-listed but recognized dismount = +0.3 	<ul style="list-style-type: none"> I) Any pullover II) Front or back hip circle III) Long swing element IV) Cast to horizontal V) Dismount <ul style="list-style-type: none"> • A or B dismount = +0.5; • Any non-listed but recognized dismount = +0.3 	<ul style="list-style-type: none"> I) Kip or back uprise II) Front or back hip circle III) Underswing IV) Any element with ½ turn <ul style="list-style-type: none"> ▶ Excluding dismounts V) Dismount <ul style="list-style-type: none"> • A, B, or C dismount = +0.5; • Any non-listed but recognized dismount = +0.3 	<ul style="list-style-type: none"> 2 FIG Element Groups FIG A(+0.5 ea.) Supplemental A(+0.3 ea.) Giant(+0.5) A Dismount (+0.5) Supplemental A Dismount(+0.3) 	<ul style="list-style-type: none"> 2 FIG Element Groups (+0.5 ea.) A Dismount (+0.3) B Dismount (+0.5)
Additional Regulations	<ul style="list-style-type: none"> • Any one skill may be performed twice for value. • NO Saltos (1.0 deduction) • 2 extra swings allowed • Single-leg cut in support, cast to bar height, and ½ turn in support may be used as "A" parts 	<ul style="list-style-type: none"> • Any one skill may be performed twice for value. • NO Saltos (1.0 deduction) • 2 extra swings allowed • Spotters must be present 	<ul style="list-style-type: none"> • 2 extra ½ swings allowed • Spotters must be present 	<ul style="list-style-type: none"> • 1 layaway or empty swing allowed • Up to 20cm of extra mats allowed • Flight elements of "C" value or higher = +0.2 bonus • +0.5 bonus for each additional Element Group requirement • Up to +0.2 virtuosity bonus 	<ul style="list-style-type: none"> • 1 layaway or empty swing allowed • Up to 20 cm of extra mats allowed • Flight elements of "C" value or higher = +0.2 bonus • +0.5 bonus for each additional Element Group requirement • Up to +0.2 virtuosity bonus
"A" Skills		"B" Skills		"C" Skills	
<ul style="list-style-type: none"> • Pullover • Back hip circle • Stride circle • Long swing pullover • Swing ½ turn to 45° below horizontal 		<ul style="list-style-type: none"> • <i>Any kip</i> • Straddle cut • Straddled sole circle • Jam cast to immediate backuprise (2 B's) • Piked or straddled underswing ½ turn to long hang • Long hang swing pullover from cast ("Baby Giant") • Swing hop ½ turn to 45° below horizontal 		<ul style="list-style-type: none"> • Back uprise • Free hip circle • Sole circle • Back giant • Cast handstand • Pirouette • Free hip to handstand • Kip to immediate cast 45° above horizontal (2 C's) • Back uprise to immediate free hip to handstand (2 C's) • Back uprise to handstand • Sole circle to handstand 	
Dismounts		Dismounts		Dismounts	
<ul style="list-style-type: none"> • Cast to straddle/pike underswing dismount • Underswing dismount 		<ul style="list-style-type: none"> • Cast straddle over dismount • Piked or straddled underswing ½ turn dismount 		<ul style="list-style-type: none"> • Front tuck ½ turn • Front or back flyaway • Double back tuck • Pike off with front salto 	