



High Performance Pathways

Men's Artistic Gymnastics Coaches and Judges Manual

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ACKNOWLEDGMENTS

The High-Performance Pathways Program reflects the collective efforts of the Program Committee, the Judges Developmental Working Group, GymCan staff, and the broader gymnastics community. Its development was made possible through open collaboration, shared expertise, and a commitment to advancing Canada on the world stage.

GENERAL INFORMATION

The GymCan High Performance Pathways are designed to foster excellence in Canada's high-performance athletes. Guided by international standards, this structured program prepares athletes for success in individual and team competitions at the international level. The revised program progressively guides athletes and coaches in routine composition, through a bonus system, to prepare them for international excellence.

ARTICLE 1: PROGRAM DESCRIPTION

- The High Performance Pathway program consists of three Categories of competition: Novice, Junior and Senior.
- The Junior and Senior categories are further broken down by age groups.
- The Novice category competes at the Canadian Championships.
- The Junior and Senior categories compete at both Elite Canada and the Canadian Championships.

LONG TERM DEVELOPMENT IN THE PATHWAYS

	Competition Stream	LTD Stage	Characteristics
Novice 13-14	Provincial National	Training to Train	Major fitness development stage; greater attention to mental preparation.
Junior 15-16	National (International)	Training to Train Train to Compete	Specialized coaching and training environment.
Junior 17-18	National International	Train to Compete	Focusing on a foundation of competition experience
Senior 19-20	National International	Train to Compete Train to Win	Advanced mental preparations and practice under highly competitive conditions.
Senior 21+	International	Train to Win	Focus is on podium performances at the highest level.

HIGH PERFORMANCE PATHWAYS RULES

Category	Rules And Regulations
Senior	Senior FIG rules
Junior	Junior FIG rules
Novice	Modified FIG rules; 7 skills and supplementary rules

JUNIOR TEAM COMPETITION FORMAT

Teams will represent their respective Province or Territory. The Junior Team competition is held at Canadian Championships using a 6–6–3 format.

ARTICLE 2: COMPETITIVE AGE FOR HIGH PERFORMANCE PATHWAY

The competitor's age will be determined by their age at the end of the calendar year. Example: If an athlete turns 17 years old at any time during the calendar year, they must compete Junior 17-18

Category	Season: Sept 1, 2025 – Aug 31, 2026	Season: Sept 1, 2026 – Aug 31, 2027
Senior 21+	2005 or earlier	2006 or earlier
Senior 19-20	2006 – 2007	2007 – 2008
Junior 17 – 18	2008 – 2009	2009 – 20010
Junior 15 – 16	2010 – 2011	2011 – 2012
Novice 13 – 14	2012 – 2013	2013 – 2014

LONG TERM DEVELOPMENT (LTD) COMPLIANCE RESTRICTIONS

- Under no circumstances may an underage athlete participate in a High Performance Pathway competition.
- Under no circumstances may an athlete move from Novice to Junior prematurely.

The following are suggested weekly training hours depending on coaching and training environment:

- **Novice** athletes should strive to train between 12 and 18 hours.
- Junior athletes should be training 16 and 20 hours.
- Senior athletes should be training 20 and 25 hours.

ARTICLE 3: MODIFICATIONS AND CLARIFICATION

CLARIFICATIONS

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

ARTICLE 4: COMPETITION REGULATIONS

RULES IN EFFECT

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

COMPETITIONS AND WARM-UPS

- Competition warm-ups may not begin prior to 8:00 am and competitions may not finish later than 10:00 pm.
- All athletes will receive a general warm up and apparatus warm-up prior to the start of the competition as per FIG: Approximately 30 minutes general and 10 minutes per apparatus.
- Novice competitions should be scheduled to take place in the first daytime session whenever possible.
- Each gymnast is entitled to a one touch warm-up prior to the start of their rotation.
 - 50 seconds on all apparatus, except Vault.
 - Gymnasts are entitled up to a maximum of two warm-up vaults. Note: climbing onto and jumping off the vault counts as a warm-up vault.

COMPETITION DUTIES OF GYMNAST

- Gymnasts must be attired according to the stipulations of the current FIG Code of Points.
- Gymnasts are required to always wear a top during competition and in the training hall.
- Athletes from the same Team or Club must wear the same competition attire.
 - Athletes and coaches at Canadian Championships represent their Province and wear provincial attire.
 - Athletes and coaches at Regional Championships represent their Province and wear provincial attire.
 - Athletes and coaches at Elite Canada, represent their club and wear club uniforms.
 - National Team uniforms can only be worn by current National Team members while representing Canada internationally, at Elite Canada, or Canadian Championships.
- Violation of the uniform requirements:
 - First infraction, a verbal warning.
 - Second infraction in same session as the first infraction, a verbal notice that the FIG penalty will be applied.

SPOTTING AND ASSISTANCE

For all categories, it is permitted to have a coach present on Rings and Horizontal Bar to act as a spotter. Whenever possible, the coach should stand such that the view of the judges will not be obstructed.

ARTICLE 5: EQUIPMENT AND SPECIFICATIONS

EQUIPMENT

- The chart below describes the specific equipment requirements for each category.
- The use of any additional mats not specified in Article 10, will result in a 0.5 deduction Neutral Deduction
- It is the responsibility of the local organizing committee (LOC) to make available and set up the equipment in accordance with the specifications in the Pathways program.
- Any change to these guidelines must be communicated to the participating clubs in the competition Work Plan.
- It is the responsibility of the Competition Head Judge, in conjunction with the LOC to check the equipment before the beginning of the competition.
- Before each Session, the Apparatus Head Judge should check that the equipment conforms to the specifications (height, mats, etc.) for the levels and age groups in that Session.
- All landing mats must conform, at a minimum, to FIG specifications.

MEASUREMENTS OF THE EQUIPMENT (FIG STANDARD IN BRACKETS)

	Novice	Junior	Senior
Floor	FIG 12 m x 12 m		
Pommel Horse	FIG (105 cm from top of mat, 115 cm from the floor.) A springboard, a spotting box, or folded mats may be used for the mount.	FIG (105 cm from top of mat, 115 cm from the floor.)	
Rings	FIG (260 cm from top of mat or 290 cm from the floor) to the inside bottom of the ring.		
Vault	120 to 135 cm with FIG landing mats	FIG (135 cm measured from the floor)	
Parallel Bars	FIG (180 cm from the top of mat to the top of the rail or 200 cm from floor)		
Horizontal Bar	FIG (260 cm from top of mat or 280 cm from the floor to the top of the rail.)		

ARTICLE 6: JUDGING RESPONSIBILITIES

EVALUATION OF ROUTINES

- The D-jury will determine the Difficulty Score of the routine.
- Execution errors for poor technique, poor body position, etc. are evaluated according to the current FIG Code of Points, unless otherwise stipulated in these rules.
- The D1 judge will be responsible for determining and applying bonus for stuck dismounts to the Final Score. Virtuosity and stick bonus should be included in the Bonus box /column if available.
- The D1 judge takes deductions for line, behaviour, and apparatus violations from the Final Score.

JUDGING PANELS

- For National and Regional (Eastern or Western Championships) competitions a minimum of two, preferably four judges per panel should be assigned. The head judge on the panel should be a FIG or National level judge.
- The Chair of the Competition Jury (CCJ) must hold a current FIG Brevet.
- For all categories, the members of the judging panel will be responsible for both D-jury and E-jury unless four or more judges are assigned to the event.
- Unless assigned separately, Floor and Vault judges will have the additional responsibility of being the Line Judge.

SCORING REGULATIONS

- 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 up to 3 decimal places. The average will be truncated to the third decimal and not rounded.
- When there are four judges the highest and lowest scores are eliminated, and the two middle scores are averaged.

ARTICLE 7: EVALUATION AND CONSTRUCTION OF ROUTINES

D-SCORE

The D score is calculated as per the current FIG Code of Points and for the Novice category, the bonus skills.

E-SCORE

The E score is calculated by subtracting points for deficiencies in technical or aesthetic execution. The definitions of those deductions are as per the current FIG Code of Points:

Small error	Medium error	Large error	Fall
0.1	0.3	0.5	1.0

SHORT ROUTINES

- As per FIG. See Article 10

FOR NOVICE ONLY

- A second Vault may be repeated with a 1.0 penalty if the first Vault competed received a zero.

LANDINGS

- A stuck landing (for bonus) is defined as a stable landing position with no unsteadiness, or minor adjustment of feet. See the Article 10 concerning the landing bonus for each category.
- The maximum deduction for a fall, including all steps, touches, or support on the floor or mat leading up to the fall is 1.0. Other execution deductions incurred for the element including height, landing extension, and insufficient twist will still apply.

ARTICLE 8: HIGH PERFORMANCE STANDARD

The High Performance (HP) Standard establishes the minimum performance benchmarks required for athlete eligibility and progression within the high-performance program. These standards are to ensure that participation at Elite Canada and the Canadian Championships reflects the expectations of high-performance gymnastics.

The following regulations apply:

- National Team members are exempt from the High Performance (HP) Standard.
- To be eligible to compete in the Novice, Junior or Senior categories at Elite-Canada and Canadian Championships, athletes must achieve the HP Standard (as outlined in the table below) for their respective category and age group.
 - The required score must be achieved at a *sanctioned competition* (PTO, USAG, GymCan, or FIG) prior to the late registration deadline for either Elite-Canada or Canadian Championships.
- Novice and Junior athletes must meet the HP Standard on Day 1 of Elite Canada or Canadian Championships to advance to Day 2.
- Novice and Junior athletes who achieve the All-Around HP Standard at Elite Canada, have qualified to Day 1 of Canadian Championships
- Senior athletes who achieve the HP Standard on a specific apparatus at Elite Canada have qualified for that apparatus at the Canadian Championships.

MAG High Performance Standard

	FX	PH	SR	VT	PB	HB	AA
Novice							63.0
Junior 15-16							65.0
Junior 17-18							67.0
Senior 19-20	12.1	11.7	11.7	12.5	11.7	11.6	69.0
Senior 21+	12.3	12.0	12.0	13.0	12.0	11.8	71.0

ARTICLE 9: COMPETITION FORMAT

ELITE CANADA

NOVICE & JUNIOR:

- Day 1: Qualification to Day 2- all athletes who met the HP Standard on Day 1
- Day 2: All-Around and Apparatus awards based on Day 1 and Day 2 combined.

SENIOR:

- Day 1: All-Around Finals and qualification to Apparatus Finals
- Day 2: Apparatus Finals - top 8 in each age group, per apparatus, qualify to Apparatus Finals.

CANADIAN CHAMPIONSHIPS

NOVICE

- Day 1: Qualification to Day 2- all athletes who met the HP Standard on Day 1
- Day 2: All-Around and Apparatus awards based on Day 1 and Day 2 combined.

JUNIOR:

- Day 1: Team Final and Qualification to Day 2- all athletes who met the HP Standard on Day 1
- Day 2: All-Around and Apparatus awards based on Day 1 and Day 2 combined.

JUNIOR TEAM COMPETITION

- Teams represent their respective Province or Territory.
- Competition format is 6-6-3 with athletes from either Junior age group.

SENIOR:

- Day 1: All-Around Finals and qualification to Apparatus Finals
- Day 2: Apparatus Finals - top 8 in each age group, per apparatus, qualify to Apparatus Finals.

ARTICLE 10: SPECIFIC RULES AND REGULATIONS

Category	Rules	Skill Bonus (0.3 for each element)	Stick Bonus & Virtuosity	Short routines Neutral Deduction	Additional Landing Mats
Senior	Senior FIG Rules 8 Skills	N/A	C and D = 0.1 E and higher = 0.2 Vault: 4.8 or higher = 0.2 No stick bonus on PH	8 elements = 0,0 7 elements = 0,0 6 elements = 0,0 5 elements = 3,0 4 elements = 4,0 3 elements = 5,0 2 elements = 6,0 1 element = 7,0 0 elements = 10,0	Floor: <ul style="list-style-type: none"> One, up to, 10 cm mat (can be removed) Not for rebound. SR, VT, PB & HB: <ul style="list-style-type: none"> Up to 10 cm additional Note: When an event is being used for selection to World Championships or a Major Games, FIG mat restrictions may be enforced.
Junior	Junior FIG Rules 8 Skills	Junior 15-16: See Article 12			
Novice	Modified Junior FIG Rules 7 Skills with Supplemental Regulations Double salto on floor not required	See Article 12	B & higher = 0.1 No stick bonus on PH Vaults with salto = 0.1 Amplitude: One element = 0.1 Three or more = 0.2	7 elements = 0.0 6 elements = 0.5 5 elements = 3.0 4 elements = 4.0 3 or less = 5.0	Floor: <ul style="list-style-type: none"> One, up to, 10 cm mat (can be removed) Not for rebound. Rings & Vault: <ul style="list-style-type: none"> Up to 10 cm additional P-Bars: <ul style="list-style-type: none"> Up to 20 cm additional High Bar: <ul style="list-style-type: none"> Up to 20 cm additional On both sides of the bar

ARTICLE 11: BONUS ELEMENTS FOR NOVICE AND JUNIOR 15-16

BONUS ELEMENTS

- Recognized elements earn 0.3 points each.
- Skill number from the FIG Code of Points in brackets.
- Bonus is awarded only once for the core skill.
- When two skills have the same Code of Points skill number, the written description in the table below takes precedence.
 - For example, only the front layout w. 2/1 twist earns the bonus for Junior 15, not the front layout w. 1 ½ twist.

Age Group	Floor	Pommel Horse
Novice 13	1. Back layout w. 2/1 twist (IV.9) or more 2. Manna (I.3)	1. C-value or higher 3/3 forward cross support travel (III.33, 34, 35) 2. 360° Russian or more on the horse (II.103)
Novice 14	1. Double back salto (III.3) w. or w/o turn 2. Front layout w. 1 ½ turn (IV.3) or more	1. D-value or higher 3/3 backward cross support travel (III.40, 41) 2. Loop or flops on one pommel
Junior 15	1. Front layout w. 2/1 twist (IV.4) or more 2. Back layout w. 2 ½ twist (IV.10) or more	1. 720° Russian or more on the horse (II.104) 2. Two flops or higher
Junior 16	1. Double front (II.16) 2. Back 3/1 twist (IV.22) or more	1. C-value or higher scissor 2. D-flop or higher
Age Group	Rings	Vault
Novice 13	1. Honma to L-sit (III.14) 2. Double back salto (IV.32) w. or w/o turn	Backward piked salto or more (III.308 or V.509)
Novice 14	1. Yamawaki or Jonasson (I.44, I.45) 2. Swing fwd. through hdst (I.20)	Tucked salto w/ full turn or more (I.119 or VI.401)
Junior 15	1. Forward Giant (I.81) 2. Backward giant (I.75)	Backward straight salto with full turn (I.125) or more
Junior 16	1. Uprise to straddle planche (III.68) 2. C-value or higher static strength element	Backward straight salto with 1 ½ turn (I.126) or more
Age Group	Parallel Bars	Horizontal Bar
Novice 13	1. Moy to support (III.14 or III.15) 2. Peach to support (III.116)	1. Stalder (III.38) 2. Endo (III.32)
Novice 14	1. Giant to handstand (III.21) 2. Double back dismount (IV.33)	1. Adler (III.63) 2. Double Back Dismount w. 1/1 turn (IV.33)
Junior 15	1. Stützkehre (II.3) or Diamidov (II.27) 2. Tippelt (III.4) or Bhavsar (III.14)	1. Tkatchev (II.15) in all positions w. or w/o turn 2. Yamawaki (II.9)
Junior 16	1. Peach to handstand (III.106) 2. Healy (II.75)	1. Quast (I.45) 2. Kovacs w. (II.88) or w/o turn

ARTICLE 12: SUPPLEMENTAL REGULATIONS FOR NOVICE

- All the bonuses listed in the table below are in addition to the skill bonuses listed in Article 11.
For example:

If a Novice 13 performs a recognized Honma to L-sit, they'll receive:

- 0.3 bonus for the skill from Article 11
- 0.2 Bonus for the “ ‘B’ swing to strength elements” from the table below
- 0.3 for the Group III Element Group - Swing to Strength ‘

FX	- Salto connection bonus; including combined twisting elements: (A+B or C) (B+B or C) = 0.1
PH	- For D-jury awarded 3/3 Travel, the maximum E-jury deduction is 0.5 - All dismounts to handstand receive credit, max E-jury deduction is 0.5 (pushing or stepping off the horse is non-recognition)
SR	<div> <ul style="list-style-type: none"> “B” Press to handstand (FIG Group II) = 0.2 Bonus “B” swing to strength elements (FIG Group III) = 0.2 Bonus Straddle planche (FIG Group II) = 0.2 Bonus For D-jury awarded Group II, Group III elements, and long swing to handstand (2 sec), the maximum E-jury deduction is 0.5 </div> <div> <ul style="list-style-type: none"> The FIG deduction for “No swing to handstand 2 sec” will NOT apply. The FIG rule of maximum 3 strengths elements in succession will not apply Non-recognized handstand element from swing or press = 0.3 deduction </div>
VT	- A second Vault may be repeated with a 1.0 penalty if the first vault performed received a zero score.
PB	<div> <ul style="list-style-type: none"> Giant + Giant (both skills recognized for value) = 0.2 bonus For D-jury awarded Peach to handstand elements, the maximum E-jury deduction is 0.5 </div> <div> <ul style="list-style-type: none"> The FIG deduction for reversal of direction in a swing to handstand will not be applied. One layaway OR empty swing is permitted. </div>
HB	- One layaway OR empty swing is permitted.