



Canadian Provincial Pathways

Provincial 3-5 and National Open

Men's Artistic Gymnastics Coaches and Judges' Manual

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PROVINCIAL PATHWAY: GENERAL INFORMATION

This document describes the program for the GymCan Provincial 3, 4, and 5, and National Open categories. The Provincial Pathway is a modification of the FIG Junior rules from the current FIG Code of Points (CoP). Therefore, many FIG Junior rules apply including restricted elements (red dots in the CoP), repetition rules, maximum four counting skills per Element Group, etc. Exceptions to these rules are listed throughout the document.

Modifications to the FIG Junior rules include a reduction of the difficulty requirement of the dismount, access to Supplemental and Developmental skills, and Bonus Skills. FIG execution deductions are applied unless stated otherwise.

ARTICLE 1: PROGRAM DESCRIPTION

The Provincial Pathway consists of six levels:

- Provincial 1 and 2 compete within their Province. These rules are contained in a separate document.
- Provincial 3, 4, and 5 compete within their Province
- Provincial 3, 4, and 5 compete in regional competition (Western and Eastern Championships)
- National Open competes at the **Challenge Championship**.

LONG TERM DEVELOPMENT IN THE PATHWAYS

Category & Ages	Competition Stream	LTD Stage	Characteristics
Provincial 3	Provincial / Regional	Learn to Train Train to Train	Build up physical capacities including strength, speed and flexibility.
Provincial 4 & 5	Provincial / Regional	Train to Train Train to Compete	Major fitness development stage; Greater attention to mental preparation.
National Open	Provincial / National	Train to Compete Active for Life	Competitive athletes are striving to improve and win, and they train accordingly.

PROVINCIAL PATHWAY RULES

Level	Rules And Regulations
National Open	Junior FIG rules
Provincial 5	Modified Junior FIG rules – 7 skills GymCan supplementary rules
Provincial 4	Modified Junior FIG rules FIG – 6 skills with GymCan supplementary rules
Provincial 3	Modified Junior FIG rules FIG – 5 skills with GymCan supplementary rules

PROVINCIAL PATHWAY METHODOLOGY

Category	Provincial Championships	Eastern & Western Championships	Canadian Championships
National Open	Optional Routines	As per regional event rules	Team & All-Around Day 1 and Apparatus awards Day 2
Provincial 5	Optional Routines	As per regional event rules	–
Provincial 4	Optional Routines	As per regional event rules	–
Provincial 3	Optional Routines	As per regional event rules	–

TEAM COMPETITIONS

EVENT	CATEGORY	FORMAT
Challenge Championships	National Open	8 – 8 - 4
Regional Championships	Provincial 5	As indicated per the Regional Championships rules
	Provincial 4	
	Provincial 3	

REGIONAL CHAMPIONSHIPS AND CHALLENGE CHAMPIONSHIPS:

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

Regional Championships have the discretion to include additional categories if it suits their development.

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:

- Commitment towards a common goal;
- To become an enthusiastic, supportive, and co-operative Team member; and
- To be flexible, open minded and respectful of their teammates and the Team objectives.

ARTICLE 2: COMPETITIVE AGE FOR PROVINCIAL PATHWAY

AGE DETERMINATION

Category	Age Group	Birth Years
National Open	15+	2011 and earlier
Provincial 5	14+	2012 and earlier
Provincial 4	14+	2012 and earlier
	U14	2013 – 2016
Provincial 3	14+	2012 and earlier
	U14	2013 – 2016

LONG TERM DEVELOPMENT COMPLIANCE RESTRICTIONS

Under no circumstance will an underage athlete be permitted to compete at the Challenge Championships.

ARTICLE 3: MODIFICATIONS AND COMMITTEE RESPONSIBILITIES

COMPETITIONS

Competitions for the Provincial Pathways Program will be organized and run provincially and / or regionally. It is recommended that these regulations be used for these events.

CLARIFICATIONS

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

ARTICLE 4: COMPETITION REGULATIONS AND EQUIPMENT SPECIFICATIONS

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.

COMPETITIONS 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 3 and 4 and 1.5 hours for the Provincial 5 and National Open categories. If the number of athletes in the session is above 48, the warm-up time may need to be increased at the discretion of the organizing committee.
- iii. Depending on the competition format, each gymnast may be entitled to a one-touch warm-up prior to the start of their rotation:
 - a. 50 seconds on all apparatus, except Vault.
 - b. 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

- i. All 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.
- ii. Gymnasts in Provincial 1-3 may compete in shorts on all apparatus with a competition singlet.
- iii. Gymnasts are required to always wear a shirt during competition warm-ups (in training gym and competition gym).
- iv. Athletes from the same team or club must wear the same competition attire.
- v. Violation of the uniform requirements:
 - a. First infraction, a verbal warning.
 - b. 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 recommended that a coach be present on Rings and Horizontal Bar to act as a spotter. Whenever possible, the coach should stand such that the view of the judges is not obstructed.

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 mats will result in a 0.50 deduction from the Final Score on that apparatus
- iii. 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).

MEASUREMENT OF EQUIPMENT AND SPECIFICATIONS

- 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 work plan.
- 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.
- All landing mats used on Pommel Horse, Vault, Rings, Parallel Bars and Horizontal Bar must conform to FIG specifications.

MEASUREMENTS OF THE EQUIPMENT (FIG STANDARD IN BRACKETS).

Apparatus/Level	Provincial 3	Provincial 4	Provincial 5	National Open
Floor	FIG (12m x 12m measured from the outside of the Border Line)			
Pommel Horse	Mushroom OR Ultra Dome (40-45 cm) OR Horse without Pommels	Horse without pommels (Horse may be lowered) OR use a springboard, spotting box, or folded mats to mount.	Horse with pommels (Horse may be lowered) OR use a springboard spotting box, or folded mats to mount.	FIG (105 cm)
Rings	FIG (290 cm from the floor to the inside bottom of the ring.)			
Vault	110 to 135 cm	120 to 135 cm		FIG (135 cm)
Parallel Bars	Adjustable to max FIG Height	FIG (180 cm from the top of mat, 200 cm from the floor to the top of the rail.)		
High Bar	FIG (260 cm from top of mat, 280 cm from the floor to the top of the rail.)			

ARTICLE 5: JUDGING RESPONSIBILITIES

EVALUATION OF ROUTINES

- Execution errors for poor technique, poor body position, etc. are evaluated according to the current FIG Code of Points.
- 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.
- The Chair of the Apparatus Jury takes deductions for line, behaviour, and apparatus violations from the Final Score. See Article 4 and the current FIG Code of Points.

JUDGING PANELS

- 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.
- Chair of the Competition Jury should 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 4 or more judges are assigned to the event.
- 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.

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 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 6: EVALUATION OF EXERCISES AND ROUTINE CONSTRUCTION

D SCORE

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

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

- It is the duty of the D-jury to determine how many skills were credited.
- 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 in Article 7 for specified rules about short routines for each category.

REPETITION

- During the performance of any routine except Vault a gymnast may repeat an element for value following a fall or stop except for the dismount (FIG rules).
 - Note: The dismount may be repeated on Pommel Horse (FIG rules).
- For Provincial 3, 4, and 5: A second Vault attempt may be repeated with a 1.0 penalty if the first Vault competed received a zero.
- Special Repetition: For Provincial 3, 4 and 5, a gymnast cannot perform two elements from the same variation of element for a value.
Example: On 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).

DISMOUNTS

- 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).
- Exception:
 - Floor: Stick bonus is awarded only to the last element in the routine and must be an acrobatic Salto with or without turn. Therefore, bonus does not apply to a round-off or back handspring to a straight jump.
 - Pommel Horse: Stick bonus does not apply.
- The cumulative landing deduction will be maximized at 1.0 for all apparatus.

ARTICLE 7: SPECIFIC RULES AND REGULATION

7.1 COMPETITION RULES

Category	Rules	Skills Req'd	Bonus Skills +0.5	Stick bonus / Virtuosity	Short routines	Additional landing mats
National Open	Junior FIG Rules	8	<p>N/A</p> <p>Pommel Horse: All dismounts to handstand receive full credit, but all FIG deductions will apply.</p>	<p>Dismount: C = 0.1 D & higher = 0.2</p> <p>Vault: 3.6 & lower = 0.1 3.8 & higher = 0.2</p>	<p>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 element = 10.0</p>	<p>Floor: One, up to, 10 cm mat (may be removed). Not permitted for rebounding</p> <p>Rings / Vault / P-bars: FIG plus up to 10 cm additional</p> <p>High Bar: FIG plus up to 10 cm for release moves and dismounts</p>
Provincial 5	Modified Junior FIG Rules	7	<p>Floor: Double back or Back layout w. 2/1 twists or more</p> <p>Pommel: ½ or higher, cross sup. travel</p> <p>Rings: B or higher press to hdst 2 sec.</p> <p>P-bars: FIG B-part from EG III</p> <p>High Bar: FIG B-part from EG III</p>	<p>Dismount: B = 0.1 C & higher = 0.2</p> <p>Vault: 1.6 & lower = 0.1 1.8 & higher = 0.2</p>	<p>7 elements = 0.0 6 elements = 0.5 5 elements = 1.0 4 elements = 1.5 3 or less = 5.0</p>	<p>Floor: ONE 10 cm mat (can be removed). Not for rebound</p> <p>Rings: FIG plus up to 20 cm additional</p> <p>Vault: FIG plus up to 10 cm additional</p> <p>P-bars: FIG plus up to 20 cm additional</p> <p>High Bar: FIG plus up to 20 cm additional on both sides of the bar</p>
Provincial 4	Developmental parts = 0.1	6	<p>Floor: Back layout full twist or more</p> <p>Pommel: Any 3/3 travel</p> <p>Rings: Any press to hdst 2 sec.</p> <p>P-bars: Press to hdst 2 sec.</p> <p>High Bar: Giant forward or backward with ½ t. through handstand</p>	<p>Amplitude: 1 element = 0.1 3 & more = 0.2</p> <p>No stick bonus on PH</p>	<p>6 elements = 0.0 5 elements = 0.5 4 elements = 1.0 3 or less = 5.0</p>	<p>Vault: FIG plus up to 10 cm additional</p> <p>P-bars: FIG plus up to 20 cm additional</p> <p>High Bar: FIG plus up to 20 cm additional on both sides of the bar</p>
Provincial 3		5	<p>Floor: Forward handspring (landing on one or 2 legs) or flyspring</p> <p>Pommel: 360°, or more, Russian.</p> <p>Rings: Achieve support position without assistance</p> <p>P-bars: Handstand 2 sec.</p> <p>High Bar: Forward or backward Giant</p>	<p>Dismount: FIG A = 0.1 B & higher = 0.2</p> <p>Vault: 1.6 & lower = 0.1 1.8 & higher = 0.2</p> <p>Amplitude: 1 element = 0.1 3 & more = 0.2</p> <p>No stick bonus mushroom or Pommel Horse</p>	<p>5 elements = 0.0 4 elements = 0.5 3 elements = 1.5 2 or less = 5.0</p>	

Failure to perform any dismount whatsoever, will result in a Neutral Deduction of 0.5. Note: Athletes who perform a dismount that is not recognized will not be subject to the above rule.

7.2 SUPPLEMENTARY REGULATIONS & DEVELOPMENTAL PARTS

		Provincial 3	Provincial 4 & 5
FX	No one leg balance or a jump/leap with or without turn = – 0.3 (see Article 7.2)		
	Salto connection bonus; including combined twisting elements: (A+B or C) (B+B or C) =0.1 / (C+C) or (D+A or higher) = 0.2 The following listed elements shall be considered as separate elements: <ul style="list-style-type: none">- Salto forward tucked / piked (A) and Salto forward tucked ½ twist / piked ½ twist (A)- Salto forward stretched (B) and Salto forward stretched w. ½ twist (B)- Salto forward stretched with 1/1 twist (C) and Salto forward stretched with 1 ½ twist (C)- Salto backward stretched with ½ twist (B) and Salto backward stretched with 1/1 twist (B)- Salto backward stretched with 1 ½ twist (C) and Salto backward stretched with 2/1 twist (C)		
	EG	The Developmental ‘A’ parts listed below will only receive an Element Group value of 0.1	
	Non acrobatic	Back roll to handstand	
	Elements forward	–	
	Elements backward	Round off	
		Cartwheel	–
Single salto f. or b. w. 1 or more twist	–		
PH	<ul style="list-style-type: none">- For D-jury awarded 3/3 Travel, the maximum E-jury deduction is 0.5- All dismounts to handstand receive credit, the max E-jury deduction is 0.5 (pushing or stepping off of the horse is non-recognition)- 180° to 360° Russian = (B) for level 3 only.- Full Spindle (Max 4 circles) = (C) for level 3 only- Two (2) Loops on one single pommel = (C) for level 5 only.- The following listed elements shall be considered as separate elements:<ul style="list-style-type: none">- ¼ spindle from cross support (A) and ¼ spindle from side support (A)- Uninterrupted ½ spindle from cross support (B) and Uninterrupted ½ spindle from side support (B)- A flair and a circle		
	EG	The Developmental ‘A’ parts listed below will only receive an Element Group value of 0.1	
	Single Leg swings and scissors	–	
	Circle & flairs, w. or w/o spindles & handstands, Kehrswings, Russians, flops & combined elements.	¼ turn (Kehre OR Czech action)	
	Travel type elements	1/3 Travel forward	1/3 Travel forward for Level 4 only
	Dismounts	Wende dismount from side support. (A)	
	SR	All strength elements (FIG Group II) or swing to strength elements (FIG Group III) “B” and higher = 0.2 Bonus* *=For D-jury awarded Group II or Group III elements, the maximum E-jury deduction is 0.5 <ul style="list-style-type: none">- Kip to support = B value.- Felge to support = B value.- Straddle planche (B) – No bonus, the maximum E-jury deduction is 0.5, but the planche must be recognized.- Bent arm, pike press to handstand (B) – No bonus- Bent arm swing to handstand 2 sec (C).	
<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.- Special Repetition:<ul style="list-style-type: none">o 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.			
EG		The Developmental ‘A’ parts listed below will only receive an Element Group value of 0.1	
Kips, swing elements & swings through or to handstand (2 sec.)		–	
Strength & hold elements (2 sec.).		<ul style="list-style-type: none">- Straddle back lever or front lever.- Muscle up to support.	
		Press to shoulder stand.	–
Swings to Strength hold elements (2 sec.).		–	
Dismounts	Any salto tucked or piked (A)		

		Provincial 3	Provincial 4 & 5
VT	- FIG Rules - For Provincial 3, 4 and 5: A second Vault attempt may be repeated with a 1.0 penalty if the first Vault competed received a zero.		
PB	- Giant + Giant or Giant element of C value or higher = C, C = 0.2 BONUS - Peach basket to 45° = (C) - Stutz to 45° = (B) - Salto forward piked with ½ twist (B) - Back layout with ½ twist (B) - Giant swing to support = (B) <u>Level 3 only:</u> - V-sit = (B) - Mana = (C)		
	- One layaway OR empty swing is permitted on Parallel Bars - For D-jury awarded Peach to handstand elements, the maximum E-jury deduction is 0.5 - The FIG deduction for reversal of direction in a swing to handstand will not be applied.		
	EG	The Developmental 'A' parts listed below will only receive an Element Group value of 0.1	
	Elements starting in upper arm position	Back Uprise to support (Heels at horizontal).	
	Elements in support or through support on two bars	-	V-sit (2sec)
	Long swings in hang on 1 or 2 bars & Underswings.	Moy to upper arm	
		Long hang swing and back uprise to support	-
	Dismounts	Salto tucked or piked off the side or end.	
		- Stutz Dismount (hips horizontal for NO deduction). - Wende dismount through or from handstand.	-
HB	- Flight elements: B value = 0.2 bonus. C or higher = 0.3 bonus - C-value or higher Flight elements may be repeated if successful on the first attempt = 0.2 BONUS - Stalder with or without ½ turn (C) Can perform both Stalders in a routine for value. - Endo with or without ½ turn (C). Can perform both Endos in a routine for value - Blind Change immediate pirouette (done as a full turn) = (B) <u>Level 3 only:</u> - Stoop or straddle on & off backwards or forwards = (B) - Swing ½ turn to under grip (blind change) = (B)		
	- 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 Horizontal Bar		
	EG	The Developmental 'A' parts listed below will only receive an Element Group value of 0.1	
	Long hang swings with & without turns.	- Back Uprise with heels above bar. - Swing ½ turn above horizontal.	
		Swinging forward and pull over to support (Baby giant).	-
	Flight elements	Straddle cut from long hang swing.	
	In bar & Adler elements.	- Back hip circle with straight body. - Kip to support. - Front hip circle with piked body. - Straight Under bar shoot (hips & shoulders above the bar). - Piked or straddle under shoot (with or without ½ turn) hips and shoulders above the bar.	Kip and immediate cast to 45°
	Dismounts	Any salto tucked or piked.	

7.2 BALANCE REQUIREMENT

1. The gymnast must show either a one leg balance or a jump/leap with or without turn from the list of specific elements.
2. The balance or jump/leap may be outside the counting 8 elements.
3. A 0.3 neutral deduction will be taken by the D Jury if this requirement is not fulfilled.
4. The list of allowable jumps or leaps, which all have a minimum of A value are as follows:
 - a. I.67 Jump bwd. to front support
 - b. I.68 Jump bwd. with pike-stretch or with 1/1 turn to front support
 - c. I.74 Butterfly with 1/1 twist fwd. or bwd.
 - d. I.75 Butterfly with 2/1 twist
 - e. I.15 Jump fwd. with 1/1 turn to front support
 - f. I.16 Jump bwd. with 3/2 twist to front support
 - g. I.17 Jump fwd. with 2/1 twist to front support
 - h. I.43 Jump fwd. with ½ turn to momentary handstand
 - i. II.8 Dive roll with 1/1 twist
 - j. I.73 Stag Leap with 1/1 turn



Note: Some of the above listed elements are not currently in the FIG Code of Points (CoP). We suspect that an updated addition of the CoP will include them.