



BC CCP CHARTS

Compulsory Level 1-5

Optional Level 6-10

BC XCEL PROGRAM

Bronze

Silver

Gold

Platinum

Diamond

2024-2025

To be used in conjunction with:

USAG Development Program

USAG Xcel Program

GymCan High Performance (HP) & Canadian Competitive (CCP) Manuals

GymCan Aspire Manual

FIG Code of Points

Last update: March 26, 2025

Introduction

Gymnastics BC adopted the USAG Development Program (formerly known as the JO program) in 2014, Gymnastics Canada adopted the USAG Development Program created in the USA for use in the Provinces and Territories in July 2015. The USAG Development Program was created with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely. The program allows the gymnasts to advance at their own pace, competing in more than one level in a year, if they so choose. The USAG Development Program is called Canadian Competitive Program (CCP) in Canada. In 2020, BC partially adopted the USAG Xcel program to bridge the gap between the BC Interclub and BC CCP Programs.

The chart below shows how each program fits into the GymBC WAG Competitive Structure:

BC Program	Canadian Program		High Performance	
Xcel Program	Canadian Competitive Program (CCP)		FIG & Canadian Models	
	Level 10 2010-2013 2009 & older	Optional	HP Senior 2009 and older	High Performance
	Level 9 2011-2014 2010 & older		HP Junior 2010-2011	
	HP Novice 2011-2014			
Diamond 2015 & older	Level 8 2017 & older	Compulsory	FIG National Open 2011 & older	Development Stream
Platinum 2015 & older	Level 7 2018 & older		Aspire Youth 2 (Advanced) 2013-2016	
	Level 6 2019 & older		Aspire Youth 1 (Entry) 2013-2016	
	Level 5 2019 & older		Aspire GEM 2015-2018	
Gold 2018 & older	Level 4 2019 & older		L1-2 (all ages) + L3-5 (2019 & younger): must use Gold, Silver, Bronze awards system.	
Silver 2018 & older	Level 3 2019 & older			
Bronze 2018 & older	Level 2 2020 & older			
	Level 1 2020 & older			

Questions about the Programs?

Questions about the Xcel, CCP, Aspire, National Open and High Performance programs can be sent to: wag@gymbc.org

USAG Updates

It is the intent of GymCan to follow the USAG Development Program rules, as closely as possible. USAG posts updates on its website from time to time. At the Canadian level, USAG Development Program updates will come into effect on October 1, 2024 and on March 1, 2025. In BC, the March update will be on March 3, 2025. USAG Development Program updates for levels 1-10 can be found on their website at: <https://usagym.org/women/development/>

USAG will also update the Xcel program periodically. At the Canadian level, USAG Xcel Program updates will come into effect on October 1, 2024 and on March 1, 2025. In BC, the March update will be on March 3, 2025. All Xcel updates can be found on the USAG website at: <https://usagym.org/women/xcel/>

1. Documents

Please see below the documents in effect in BC.

	Canada Games	Canadian Champs	Western Champs	CWG, CC, WC Trials	All other GBC sanctioned
GymCan Canadian Competitive Program	✓	✓	✓	✓	
BC Canadian Competitive Program					✓
USAG Navy Binder/Digital Version	✓	✓	✓	✓	✓
USAG Green Binder/Digital Version					✓
USAG Black Binder/Digital Version					✓

Please note that:

- For warm up procedures and equipment specifications, the Canadian or BC document will supersede all USAG Program Rules as per the chart above. Until GymCan updates its manual, only the BC version is correct.
- The Canadian modification to Level 9 will supersede all USAG Binders.

All trial type competitions will be conducted using the rules of the competition that athletes are trying to qualify to.

2. USAG Program Binders

Program	Year	Version	Price	Link
CCP 1-5 Compulsory	2021	Green Binder	\$75.00 USD	https://usagym.sportgraphics.biz/c-39-womens-development-program-wdp-compulsory-levels-1-through-5.aspx
		Digital (Google Play)	\$75.00 USD	USA Gymnastics Development Program Compulsory Exercises: Women's Artistic - 2021-2029 by USA Gymnastics - Books on Google Play
CCP 6-10 Optional	2022	Navy Binder	\$75.00 USD	https://usagym.sportgraphics.biz/c-38-womens-development-program-wdp-optional-levels-6-through-10.aspx
		Digital (Google Play)	\$75.00 USD	2022-2026 Development Program Code of Points by USA Gymnastics - Books on Google Play
Xcel	2022	Black Binder	\$60.00 USD	https://usagym.sportgraphics.biz/c-40-womens-xcel-program.aspx
		Digital (Google Play)	\$75.00 USD	2022-2026 Xcel Program Code of Points by USA Gymnastics - Books on Google Play

3. WARM UP PROCEDURES – Canadian Competitive Program

General Warmup	20 minutes for Levels 9-10 / 15 minutes for Levels 1-8 Athletes may not start the general warm up on the warm up or competition floor before the set time. Once the general warm up starts, athletes may warm up on the WAG floor, mats and runway only. They may not use the boards and/or get on the table, bars or beam for any reason during the general warm up. Athletes may perform on the floor a) basic floor acro tumbling b) beam acro on a line. The use of diagonals is prohibited.				
Event	VT	UB	BB	FX	
Type	Group Warm up Continuous time	Group Warm up Continuous time	Group Warm up Block time per athlete	Group Warm up Continuous time	
Canadian Competitive Program	L1-2: 30 sec L3: 45 sec L4-5: 1 min L6-7: 90 sec L8-10: 2 min L9-10 trials: Min 8 min	L1-2: 30 sec L3: 45 sec L4-5: 1 min L6-7: 90 sec L8: 2 min L9-10: 2.5 min L9-10 trials: Min 8 min	L1-2: 30 sec L3: 45 sec L4-5: 1 min L6-7: 90 sec L8-10: 2 min (L8-10 may do 1 min 30 + 30 sec) <i>Max 5 sec between athlete</i>	L1-2: 30 sec L3: 45 sec L4-5: 1 min L6-7: 90 sec L8-10: Min 8 min, Max 10 min <i>L 1-3 must warm up on a line, not in diagonal.</i>	Max 5 min
	Competition format: <ul style="list-style-type: none"> - <u>Athletes</u> must be ready to rotate as soon as their club or rotation is done competing on a given apparatus. - <u>On all apparatus</u>, athletes warm up in a group. - <u>Coaches</u> must determine the most efficient way to warm up prior to the rotation (in relation to equipment settings). They must work together to ensure that the warm up runs smoothly. The warm up order does not need to follow competition order. 				
Split Warm up	Split warm up: L1-5: more than 12 athletes/rotation, L6-8: more than 8 athletes/rotation, L9-10: more than 7 athletes/rotation. When possible, groups will be split to keep all athletes from one club together. At trials for Westerns, CC and CWG, the split will be done 4/4, 5/4 without consideration of clubs. When using the 8-rotations format, groups will not be split, regardless of the number of athletes.				
UB	On UB, 90 seconds is granted for each different bar preparation (raising, lowering, chalking). This does not include widening or narrowing the bars.				

Warm up times

Number of Gymnasts	L1-2 30 sec	L3 45 sec	L4-5 1 min	L6-7 1 min 30 sec	L8-10 2 min	L9-10 UB only 2 min 30 sec
1	30 sec	45 sec	1:00	1:30	2:00	2:30
2	1:00	1:30	2:00	3:00	4:00	5:00
3	1:30	2:15	3:00	4:30	6:00	7:30
4	2:00	3:00	4:00	6:00	8:00	10:00
5	2:30	3:45	5:00	7:30	10:00	12:30
6	3:00	4:30	6:00	9:00	12:00	15:00
7	3:30	5:15	7:00	10:30	14:00	17:30
8	4:00	6:00	8:00	12:00	L8 16:00 L9-10 Split	Split
9	4:30	6:45	9:00	Split	Split	Split
10	5:00	7:30	10:00	Split	Split	Split
11	5:30	8:15	11:00	Split	Split	Split
12	6:00	9:00	12:00	Split	Split	Split
13	Split	Split	Split	Split	Split	Split

4. Warm up procedures – BC Xcel Program

General Warm up	15 minutes for all Xcel categories Athletes may not start the general warm up on the warm up or competition floor before the set time. Once the general warm up starts, athletes may warm up on the WAG floor, mats and runway only. They may not use the boards and/or get on the table, bars or beam for any reason during the general warm up. Athletes may perform on the floor a) basic floor acro tumbling b) beam acro on a line. The use of diagonals is prohibited.			
	V	UB	BB	FX
Type	Group Warm up Continuous time	Group Warm up Max 1 gymnast on UB Continuous time	Group Warm up Max 1 gymnast on BB Continuous time	Group Warm up Continuous time
Xcel Program	Bronze: 30 sec Silver: 45 sec Gold: 1 min Platinum & Diamond: 1 min 30 sec	Bronze: 30 sec Silver: 45 sec Gold: 1 min Platinum & Diamond: 1 min 30 sec	Bronze: 30 sec Silver: 45 sec Gold: 1 min Platinum & Diamond: 1 min 30 sec *Time blocked per beam heights	Bronze: 30 sec Silver: 45 sec Gold: 1 min Platinum & Diamond: 1 min 30 sec Bronze, Silver: Max 3 min Gold, Platinum & Diamond: Max 5 min
	Competition format: <ul style="list-style-type: none"> - <u>Athletes</u> must be ready to rotate as soon as their club or rotation is done competing on a given apparatus. - <u>On all apparatus</u>, athletes warm up in a group. - <u>Coaches</u> must determine the most efficient way to warm up prior to the rotation (in relation to equipment settings). They must work together to ensure that the warm up runs smoothly. The warm up order does not need to follow competition order. 			
Split Warm up	Split warm up: <ul style="list-style-type: none"> • More than 12 athletes/rotation (Bronze, Silver, Gold) • More than 8 athletes/rotation (Platinum, Diamond) When possible, groups will be split to keep all athletes from one club together. When using the 8-rotations format, groups will not be split, regardless of the number of athletes.			
UB	On UB, 90 seconds is granted for each different bar preparation (raising, lowering, chalking). This does not include widening or narrowing the bars.			

Warm up times

Number of Gymnasts	Bronze 30 sec	Silver 45 sec	Gold 1 min	Platinum & Diamond 1 min 30 sec
1	30 sec	45 sec	1:00	1:30
2	1:00	1:30	2:00	3:00
3	1:30	2:15	3:00	4:30
4	2:00	3:00	4:00	6:00
5	2:30	3:45	5:00	7:30
6	3:00	4:30	6:00	9:00
7	3:30	5:15	7:00	10:30
8	4:00	6:00	8:00	12:00
9	4:30	6:45	9:00	Split
10	5:00	7:30	10:00	Split
11	5:30	8:15	11:00	Split
12	6:00	9:00	12:00	Split
13	Split	Split	Split	Split

5. Equipment – Canadian Competitive Program

The following are the recommended equipment specs for use in competitions in Canada. The specs in the first columns (L10-9) will be in effect at Canadian Championships (CC) and Canada Winter Games (CWG) and their respective trials. When a double set of apparatus is used (8 rotations on 8 apparatus), the host must ensure that sufficient equipment is available on all apparatus (re: both vaults cannot share one board or one safety mat).

	Equipment	L10 (CC, CWG)	L9 (CC)	L6-10	L4-5	L1-3
Vault	Height	125 cm		Levels 6-10: All ages: table at any height, up to max 125 cm	Table at any height allowed by manufacturer	L1-3: mat stack L3 – min 80 cm L2 – min 40 cm L1 – min 40 cm
	Springboards	Up to 4 boards. No spring changes allowed at Canadian Championships. Spring changes may be allowed with some SA Sport boards.				
	Runway	L1-5: Max 25 m. The host must ensure that a minimum of 18 m is available. L6-7: Max 25 m. The host must ensure that a minimum of 21 m is available. L8-10: Max 25 m. The host must ensure that a minimum of 23 m is available.				
	Supplementary mat (sting)	L1-2: N/A L3-10: Mandatory 10 cm, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. L6-7: Stacked mats, total height (including base mat) 80 cm to 152 cm.				
	Yurchenko Collar & Handmat	An approved Yurchenko collar must be used for all round off entry vaults. An approved hand placement mat may be used for all round off entry vaults only.				
Uneven Bars	Uneven Bars	HB: 255 cm LB: 175 cm Diagonal: no maximum width (within equipment manufacturer's safety limitations)				
		Taller gymnasts may raise both bars by 5 cm (and more, if the gymnast is too tall) upon submission of request to raise bar form in the GymCan CCP Manual appendix. However, a gymnast cannot ask to raise the UB in order to use supplementary matting under the rails. Within BC, the request can be made verbally to the Competition Head Judge before the session starts.				
	Springboards	1 – Soft. The springboard must be removed after the mount. An approved mounting block (simulating a springboard) may be used.		The springboard or block/panel mat must be removed from underneath or the end of the apparatus after the mount.		
		The springboard may be placed on the landing mat or on the 10 cm supplementary mat if the mount and dismount are performed on the same side. The springboard MAY be placed on the supplementary or safety mat(s). If the board is placed on the landing mat, the safety mat(s) (up to 20 cm/40 cm) must be slid in as soon as the springboard is removed. A wooden plank may be placed under the springboard.				
	Supplementary mat (sting)	L8-10: Mandatory 10 cm, up to 20 cm allowed. The supplementary or safety mat(s) MAY extend beyond the LB.			L1-7: Mandatory 10 cm, up to 40 cm allowed. The supplementary or safety mat(s) MAY extend beyond the LB.	
Safety Mat (20 cm)	For C+ release element, a 20 cm may be slid in and out according to the rules (2 moves preceding and following the element). If Gymnova equipment is used, a 10 cm mat can be slid in, instead of the 20 cm.			For all levels: A spotting block or folded mat that is used for spotting purposes may remain in place as long as the coach continues to utilize it during the routine.		

	Equipment	L10 (CC, CWG)	L9 (CC)	L6-10	L4-5	L1-3
Beam	Beam	All Ages: 125 cm		2012 and older: 125 cm 2013 and younger: 110 or 125 cm		All ages: 100, 110 or 125 cm
	Springboards	1 – Soft – The springboard or 30 cm block/panel mat must be removed from underneath or the end of the apparatus after themount.				
		The springboard may be placed on the landing mat or on the 10 cm supplementary mat if the mount and dismount are performedon the same end. A wooden plank may be placed under the springboard. If the board is placed on the landing mat, the safety mat (up to 20 cm) must be slid in as soon as the springboard is removed.				
	Supplementary mat (sting)	L1-4: Supplementary mats are not mandatory. Coach may use a large 10 or 20 cm mat under the beam provided the entire area under the beam is covered and even (no chance of rolling an ankle on an uneven surface if falling). L5-10: 10 cm supplementary mat mandatory for landing, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. The mandatory supplementary landing mat or safety mat may not be placed under the beam.				
Floor	Floor Area	12 m x 12 m				
	Supplementary mat (sting)	L1-4: No additional mats permitted. L5-10: 5 or 10 cm allowed supplementary mat must be placed at beginning of routine, and can be removed, moved or left in place (intent is to have the least amount of movement of mats/coach around the floor during the routine).				
	Safety Mat (20 cm)	Not allowed.				

6. Equipment – BC Xcel Program

The following are the recommended equipment specs for use in competitions in BC. When a double set of apparatus is used (8 rotations on 8 apparatus), the host must ensure that sufficient equipment is available on all apparatus (re: both vaults cannot share one board or one safety mat).

	Equipment	Xcel Diamond	Xcel Platinum	Xcel Gold	Xcel Silver	Xcel Bronze
Vault	Height	Any height up to max 125 cm			Sideways mat stack: min 60 cm, max 120 cm	Mat stack: min 40 cm, max 120 cm
	Supplementary mat (sting)	Mandatory 10 cm, up to 20 cm allowed.				
	Vault Runway	No chalk allowed on the vault runway.				
Uneven Bars	Uneven Bars	HB: 255 cm LB: 175 cm Diagonal: no maximum width (within the equipment manufacturer's safety limitations) Taller gymnasts may raise both bars by 5 cm (and more, if the gymnast is too tall). However, a gymnast cannot ask to raise the UB in order to use supplementary matting under the rails. Within BC, the request can be made verbally to the Competition Head Judge before the session starts.				
	Springboard	The springboard or 30 cm block/panel mat must be removed from underneath or the end of the apparatus after the mount.				
		The springboard may be placed on the landing mat or on the 10 cm supplementary mat if the mount and dismount are performed on the same side. The springboard MAY be placed on the supplementary or safety mat(s).				
	Supplementary mat (sting)	Mandatory 10 cm, up to 40 cm allowed. The supplementary or safety mat(s) MAY extend beyond the LB. <u>Please review the apparatus specifications for any out of province competitions.</u>				
		A spotting block or folded mat that is used for spotting purposes between the bars may remain in place as long as the coach continues to utilize it during the routine.				
Beam	Beam height	All ages: 100, 110 or 125 cm				
	Springboards	The springboard or 30cm block/panel mat must be removed from underneath or the end of the apparatus after the mount.				
		The springboard may be placed on the landing mat or on the 10 cm supplementary mat if the mount and dismount are performed on the same end. A wooden plank may be placed under the springboard. If the board is placed on the landing mat, the safety mat (up to 20 cm) must be slid in as soon as the springboard is removed.				
	Supplementary mat (sting)	10 cm supplementary mat mandatory for landing (except for side landings using the Compulsory L1-4 dismount), up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. Coach may use a large 10 or 20 cm mat under the beam provided the entire area under the beam is covered and even (no chance of rolling an ankle on an uneven surface if falling). <u>Please review the apparatus specifications for any out of province competitions.</u>				
Floor	Floor Area	12 m x 12 m				
	Supplementary mat (sting)	5 cm, 10 cm or 20 cm supplementary mat allowed (max 2 mats on the floor allowed). <u>Please review the apparatus specifications for any out of province competitions.</u>				

8. Performance Scores – Gold/Silver/Bronze awards

In Levels 1-2, the Gold/Silver/Bronze award system must be used for all athletes at all competitions.

In Levels 3-5, the Gold/Silver/Bronze award system must be used for athletes born in 2019 or later in the 2024-25 season). Athletes 7 years and older can be ranked with the usual CCP scoring system.

Gold/Silver/Bronze Award System

Scores are flashed to the public as Gold/Silver/Bronze, and each athlete receives a ribbon of the appropriate colour on each apparatus. The secretary will usually have the responsibility to staple to each athlete's certificate the appropriate ribbon but this can also be done in the scoring room.

	Age 5 / 6 years old (born 2019 and later in the 2024-2025 season)	7 years old and older (born 2017 and before in the 2024-2025 season)
Levels 1-2	Must use G-S-B	
Levels 3-5	Must use G-S-B	Ranked

RANGE OF SCORES FOR THE GOLD/SILVER/BRONZE AWARD SYSTEM

	Apparatus	All Around
Gold	9.00 +	36.00 +
Silver	8.00 – 8.99	32.00 – 35.99
Bronze	Less than 8.00	Less than 32.00
Attempts vault but incomplete = Bronze No attempt at vault = no award		

9. Canadian Competitive Program – Modifications

- Compression garments are not permitted at the following Canadian competitions or at their trial events: Elite Canada, Canada Winter Games, Western Canadian Championships, Canadian Championships.
- Photography or videotaping on the Field of Play is not permitted at the following Canadian competitions: Elite Canada, Canada Winter Games, Western Canadian Championships, Canadian Championships
- The following deductions from the USAG Optional Code of Points are not applied in Canada:
 - Failure to mark the FX boundary line on additional mats
 - Coach standing between or next to equipment throughout exercise: not applied on UB, applied on BB only
 - Technical verbal cues by coach or teammate to own gymnast (after warning): not applied in BC at the Compulsory and Xcel levels only
- There is a Canadian modification for Level 9 uneven bars:

Modification of the Special Requirement #1 as follows:

Special Requirements

SR #1: Two bar changes OR One bar change plus one 360° clear circling element min C from Gr. 3-6-7

SR #2: One flight element min B

SR #3: 2nd different flight min C OR Element with LA turn 180° (or more) min B

SR #4: Salto dismount, min B

***Per the GymCan CCP Manual, SR#2 and #3 must be fulfilled by different elements.**

10. BC Athlete Uniform – Modification & Clarification

BC has adapted the athlete uniform rules as per below:

Optional leg coverings are allowed at all BC competitions at all levels. They must be form-fitting. They may be plain black (minimal manufacturer's logo is permitted) or match the competition bodysuit. They must cover the bodysuit and can be of any length that does not go past the ankles. The leg coverings are optional and not part of the club uniform.

In BC only, facial piercings do not have to be removed. Studs may remain as is and hoops or dangly type earrings must be covered with bandage or tape for the athlete's safety.

Medical and/or religious bracelets/jewelry are acceptable as long as they do not pose a safety hazard. They do not have to be removed, but may need to be held in place with tape or bandage if they are not tight/close to the skin.

Backless bodysuits or bodysuits with cut-outs are not permitted in competition at any level unless there is fabric covering the area (like mesh or flesh tone fabric), clubs will receive a warning prior to any deduction.

Any underwear should not be intentionally visible except for clear bra straps, clubs will receive a warning prior to any deduction. However, underwear peeking out due to movement is not a deduction.