



Canadian Elite Pathways

Men's Artistic Gymnastics Coaches and Judges Manual

September 2024



TABLE OF CONTENTS

ACKNOWLEDGMENTS	2
GENERAL INFORMATION.....	2
ARTICLE 1: PROGRAM DESCRIPTION	2
ARTICLE 2: COMPETITIVE AGE FOR ELITE PATHWAY	3
ARTICLE 3: MODIFICATIONS AND COMMITTEE RESPONSIBILITIES	3
ARTICLE 4: COMPETITION REGULATIONS AND EQUIPMENT SPECIFICATIONS	3
ARTICLE 5: MEASUREMENT OF EQUIPMENT AND SPECIFICATIONS.....	4
ARTICLE 6: JUDGING RESPONSIBILITIES	5
ARTICLE 7: EVALUATION OF EXERCISES AND ROUTINE CONSTRUCTION	6
ARTICLE 8: SPECIFIC RULES AND REGULATIONS	7
ARTICLE 8: SUPPLEMENTARY REGULATIONS FOR ASPIRE.....	8

ACKNOWLEDGMENTS

This Elite Pathways Program has been developed by Tony Smith and Markos Baikas. GymCan would like to specially thank Richard Ikeda, Nick Blanton, Greg Jackson, John Carroll, Jason Woodnick, Patrick Beauchamp, Adrian Balan, Zhaohui Huang, Jonathon Okada, Jean Sebastien Tougas, Vaughn Arthur, Gary Isaacs, Norm Loaders, Mike Burns, Nistor Sandro, Alexander Pozdniakov, CJ Keliher, Kader Mecellem, and Ed Van Hoof, National Team Head Coach, for their contribution to this document. This document is the property of GymCan and may not be reproduced in whole or in part without express permission from GymCan.

GENERAL INFORMATION

This document describes the GymCan program for the Elite Pathway Categories. This program has been prepared with the goal of developing a higher level of elite performance for Canada. It has been reworked and is the product of a great deal of consultation from Canadian coaches involved with our National Team.

Our goal is to set out a pathway that will properly prepare our athletes who are able to follow the Elite Pathway towards international success in individual and team competitions. It is expected that within the Provinces there will be a coordinated effort to align our initiatives towards a common set of goals.

The revised Elite Pathways progressively develop the young talented gymnasts' technique and routine structure to define a Canadian style and prepare these athletes for international excellence. These routines will be challenging for all of our athletes and coaches, but are achievable for the talent pool in the country. The Provincial Pathways program will also provide a challenge and will be similar to the Elite program, though with reduced expectations to be developmentally appropriate.

The Elite Pathways Program is complemented by the Aspire camp structure, which focuses on fine-tuning the technical expectations for the program and will help to bring all clubs in line with a national direction. One of the anticipated outcomes is to improve upon Artistry in our performances through specific expectations and ongoing reinforcement of these in camp and competition environment

ARTICLE 1: PROGRAM DESCRIPTION

- The Elite Pathway program consists of four Categories of competition; Aspire, Junior and Senior Next Gen and Senior.
- Aspire, Junior, Senior Next Gen and Senior categories, within the Elite Pathway, must participate at Elite Canada and the Canadian Championships.

LONG TERM DEVELOPMENT IN THE PATHWAYS

	Competition Stream	LTD Stage	Characteristics
Aspire 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
Next Gen 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.

ELITE PATHWAYS RULES

Category	Rules And Regulations
Senior & Next Gen	Senior FIG rules
Junior	Junior FIG rules
Aspire	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 ELITE PATHWAY

AGE DETERMINATION

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, 2024 – Aug 31, 2025	Season: Sept 1, 2025 – Aug 31, 2026
Senior 21+	2004 or earlier	2005 or earlier
Senior Next Gen (19-20)	2005 – 2006	2006 – 2007
Junior (17 – 18)	2007 – 2008	2008 – 2009
Junior (15 – 16)	2009 – 2010	2010 – 2011
Aspire (13 – 14)	2011 – 2012	2012 – 2013

LTD COMPLIANCE RESTRICTIONS

- Under no circumstances may an underage athlete participate in an Elite Pathway competition.
- Under no circumstances may an athlete move from Aspire to Junior prematurely.

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

- Aspire athletes should strive to train between 16 and 20 hours.
- Junior athletes should be training 16 and 20 hours.
- Next Gen and Senior athletes should be training 20 and 25 hours.

ARTICLE 3: MODIFICATIONS AND COMMITTEE RESPONSIBILITIES

COMPETITIONS

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

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.
- Aspire 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 sec.** 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 shirt during competition warm-ups and whenever training in the competition gym.
- Athletes from the same Team or Club must wear the same competition attire.
 - All athletes and coaches at Canadian Championships compete for their Province and wear provincial uniforms.
 - All athletes and coaches at Regional Championships compete for their Province and wear provincial uniforms.
 - All athletes and coaches at Elite Canada compete for their club and will wear club uniforms.
 - National Team uniforms can only be worn by current National Team members while competing for Canada or during Event Finals 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 within the Elite Pathways.
- Unless noted in the chart of apparatus requirements, the use of any additional mats will result in a 0.5 deduction from the Final Score, on that apparatus.
- See the table in Article 7 concerning the use of the mats, apparatus regulations for each category.
- 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 used on Pommel Horse, Vault, Rings, Parallel Bars and Horizontal Bar must conform, at a minimum, to FIG specifications.

MEASUREMENTS OF THE EQUIPMENT (FIG STANDARD IN BRACKETS)

	Aspire	Junior	Senior
Floor	FIG 12 m x 12 m		
Pommel Horse	Horse with handles. The horse may be lowered to any height or a springboard 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

- In optional 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 Chair of the Apparatus Jury 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 Chair of the Apparatus Jury takes deductions for line, behaviour, and apparatus violations from the Final Score. See Article 4 and the current Code of Points.
- The expectation is that judges will submit the scores within 1 minute after a routine's completion.

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, or provided by the LOC, the judges on the jury for Floor and Vault 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 Aspire category, the supplemental developmental regulations.

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 below in Article 7 for specified rules about short routine for each category).

REPETITION RULES FOR ASPIRE 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, and minor adjustment of feet. See the Article 8 concerning the landing bonus for each category.
- 1.0 is the maximum deduction for an element with a fall, and including all steps, touches, or support on the floor or mat leading up to the fall. Other execution deductions incurred for the element including height, landing extension, and insufficient twist will still apply.

SCREENING ACTIVITIES

- To be eligible to compete in the Aspire, Junior and Senior categories at Elite-Canada and / or Canadian Championships, athletes must achieve the GymCan standard for their category and age group at a sanctioned competition (PTO, USAG, GymCan, or FIG).
- If an athlete has qualified via the apparatus screening score, then they are only eligible to compete on that apparatus.

	FX	PH	SR	VT	PB	HB	AA
Aspire							62.00
Junior 15-16							64.00
Junior 17-18							66.00
Next Gen	12.00	11.60	11.60	12.40	11.60	11.40	68.00
Senior 21+	12.20	11.90	11.90	12.90	11.90	11.60	70.00

ARTICLE 8: SPECIFIC RULES AND REGULATIONS

Category	Rules	Skills req'd	EGs	Dismount	Skill Bonus (+ 0.5 Start Value)	Stick Bonus & Virtuosity	Short routines Neutral Deduction	Additional Landing Mats
Senior 21+ & NextGen	Senior FIG	8	Senior FIG Rules	Senior FIG rules	N/A	FIG Rules	8 elements = 0,0 7 elements = 0,0 6 elements = 0,0 5 elements = 5,0 4 elements = 6,0 3 elements = 7,0 2 elements = 8,0 1 element = 9,0 0 elements = 10,0	Floor: Up to ONE 10 cm mat (can be removed) Not for rebound. High Bar: Up to 10 cm for release moves only and must be taken out prior to the dismount. 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	8	Junior FIG Rules	Junior FIG rules Double salto on Floor not required for Junior 15-16				
Aspire	Modified Junior FIG	7	Junior FIG Rules with Supplemental Regulations	Junior FIG Rules (max D-part) Double salto on Floor not required	Floor: Forward or backward layout with double twist or more. Pommels: Any 3/3 travel. Rings: Long swing forward OR backward to handstand (hold 2 sec) P-bars: Giant to handstand. High Bar: Min B-value in-bar element.	B & higher = 0.1 No stick bonus on PH Amplitude: One element = 0.1 Three or more = 0.2	7 elements = 0.0 6 elements = 0.0 5 elements = 0.5 4 elements = 4.0 3 or less = 5.0	Floor: Up to ONE 10 cm mat (can be removed) Not for rebound. Rings: Up to 10 cm additional Vault: Up to 10 cm additional P-Bars: Up to 20 cm additional High Bar: Up to 20 cm additional on both sides of the bar

ARTICLE 9: SUPPLEMENTAL REGULATIONS FOR ASPIRE

FX	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 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) 	
	Element Groups	The Developmental 'A' parts listed below will only receive an Element Group value of 0.1
	Non acrobatic	Back roll to handstand with straight arms
	Elements forward	
	Single salto fwd and/or bwd with 1 or more turns	Round off
	Dismount	
PH	- Flairs & circles will be considered separate element. - For D-jury awarded 3/3 Travel, the maximum E-jury deduction is 0.5 - Two flops = C - All dismounts to handstand receive full credit (FIG deductions apply)	
	Element Groups	The Developmental 'A' parts listed below will only receive an Element Group value of 0.1
	Single Leg swings	½ scissor / single leg cut (one only, either forward or backward)
	Circle, flairs, flops, spindles, Russian Kehrschwings	
	Travel type elements	
	Dismount	All dismounts to handstand receive credit, max E-jury deduction is 0.5 (pushing or stepping off of the horse is non-recognition)
SR	All "B" strength elements (FIG Group II) or "B" swing to strength elements (FIG Group III) = 0.2 Bonus* *=For D-jury awarded Group II or Group III elements, the maximum E-jury deduction is 0.5 Straddle planche (B) – no bonus, the maximum E-jury deduction is 0.5, but planchet must be held for a minimum of two (2) seconds.	
	- 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 = 0.3 deduction (N.D.)	
	Element Groups	The Developmental 'A' parts listed below will only receive an Element Group value of 0.1
	Kip & swing elements & Swings through or to handstand (2 sec)	
	Strength elements & hold elements (2 sec.).	Muscle up to support. Tucked planche.
	Swings to Strength hold elements (2 sec.).	
Dismount		
VT	FIG Rules	

PB	<ul style="list-style-type: none"> - Giant + Giant or Giant element of C value or higher = C + C(+) = 0.2 BONUS - Peach basket to 45° = C value. - Salto forward piked with ½ twist (B) - Back layout with ½ twist (B) 	
	<ul style="list-style-type: none"> - 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. 	
	Element Groups	The Developmental 'A' parts listed below will only receive an Element Group value of 0.1
	Elements in support	Stutzkehre to 45°
	Elements starting in upper arm position	Back Uprise to support (Hips at horizontal).
	Long swings in hang on 1 or 2 bars & Underswings.	Moy to upper arm.
	Dismount	Salto tucked off the side or end.
HB	<ul style="list-style-type: none"> - 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 continuous full turn) = (B) - Adler 45° = (C) 	
	<ul style="list-style-type: none"> - 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 	
	Element Groups	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 forward with ½ turn (blind technique or early pirouette) to handstand.
	Flight elements	
	In bar & Adler elements.	Stoop/straddle on & off backwards.
	Dismount	