



DRAFT

Canadian Provincial Pathways

PROVINCIAL 1 AND 2

MEN'S ARTISTIC GYMNASTICS COACHES AND JUDGES MANUAL

June 2022

TABLE OF CONTENTS

TABLE OF CONTENTS.....	1
ACKNOWLEDGEMENTS.....	2
PROVINCIAL PATHWAY: GENERAL INFORMATION.....	2
ARTICLE 1: PROGRAM DESCRIPTION.....	2
ARTICLE 2 : competitive age for provincial pathway.....	3
ARTICLE 3: MODIFICATIONS and committee responsibilities.....	3
ARTICLE 4: competition regulations and equipment specifications.....	3
ARTICLE 5 : judging responsibilities.....	5
ARTICLE 6: evaluation of exercises and routine construction.....	6

ACKNOWLEDGEMENTS

The Quebec program at the provincial level was developed to provide throughout Quebec a unique program allowing athletes at the provincial level to participate in more competitions. It was developed in consultation with the staff of Gymnastique Québec, their coaches, their MAG judges committee and the work and consultation of Kader Mecellem.

The program includes most of the rules that must govern the conduct of the competitions. In cases where a rule is not specified or if no clarification has been made, the current FIG Code of Points applies.

With much thanks to the ad hoc “PTO” committee that worked with QC to bring these rules into the program in time for the 2022-2023 season.

English translation: Keeley MacLean and Thorstein Fischer

PROVINCIAL PATHWAY: GENERAL INFORMATION

Provincial and Territorial Organizations (PTOs) are free to adjust the Provincial Pathways as required for their own needs.

This document describes the program for the GymCan Provincial 1 and 2.

Provincial Pathways 3, 4, 5 and National Open are available in a separate document available on the GymCan website: <http://www.gymcan.org/>

ARTICLE 1: PROGRAM DESCRIPTION

The program includes routines with elements of progression which are oriented towards the development of the basics with the intention of guiding the learning of the gymnastic elements.

LONG TERM DEVELOPMENT IN THE PATHWAYS

Category & Ages	Competition Stream	LTD Stage	Characteristics
Provincial 1 & 2	Provincial	FUNDamentals	Develop fundamental movement skills, with emphasis on participation and having FUN on a daily basis.
Provincial 3	Regional / National	Learn to Train	Build up physical capacities including strength, speed and flexibility.
Provincial 4 & 5	Regional / National	Learn to Train	Major fitness development stage; Greater attention to mental preparation.
National Open	National	Competition for Life	Competitive athletes are striving to improve and win, and they train accordingly.

ARTICLE 2 : COMPETITIVE AGE FOR PROVINCIAL PATHWAY

AGE DETERMINATION

The competitor's age will be determined by their age at the end of the competition year (ie. comp. year is 2022, age of athlete is determined by his age on December 31st, 2022).

Categories	Competition categories (birth years)	
	2022-2023 Season (Sept 2022 to Aug 2023)	2023-2024 Season (Sept 2023 to Aug 2024)
Provincial 1	A 2016 (Optional) B : 2014-2015 C : 2012-2013 D : 2010-2011 E : 2008-2009	A 2017 (Optional) B : 2015-2016 C : 2013-2014 D : 2011-2012 E : 2009-2010
Provincial 2	A: 2015 B: 2014 C: 2013 D: 2012	A: 2016 B: 2015 C: 2014 D: 2013

LTD COMPLIANCE RESTRICTIONS

Under no circumstances will Provincial Level 1 or Level 2 athletes be permitted to compete at Eastern or Western Canadian Championships.

ARTICLE 3: MODIFICATIONS AND COMMITTEE RESPONSIBILITIES

COMPETITIONS

Competitions for the Provincial 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 on- going clarifications 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, Program members 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
- iii. If the number of athletes in the session is above 36, the warm up time may need to be increased at the discretion of the organizing committee.
- iv. Depending on the competition format, each gymnast is entitled to a touch warm-up prior to the Competition.
 - 30 sec: on all apparatus except the Vault and Parallel Bars.
 - 50 sec: on Parallel Bars, including bar preparation.
- v. Two vaults warm-up are permitted for each gymnast.

COMPETITION DUTIES OF GYMNAST

- i. 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. Note: For Canadian Competitions, dark colored longs (including Black) are not allowed. Gymnasts in Provincial 1-3 may compete in shorts on all apparatus with a competition singlet.
- ii. Gymnasts are required to wear a shirt at all times during competition warm-ups (in training gym and competition gym).
- iii. Athletes from the same team or club must wear the same competition attire.
- iv. Violation of the uniform requirements will result, without warning. (FIG Code penalty)

SPOTTING AND ASSISTANCE

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

EQUIPMENT

- iii. The chart below describes the specific equipment requirements for each category within the Provincial Pathways.
- iv. Unless noted in the chart of apparatus requirements, the use of additional 20cm safety mats will result in a 0.50 deduction from the Final Score on that apparatus. 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

- i. It is the responsibility of the local organizing committee (LOC) to make available and set up the equipment in accordance to the specifications in the Pathways program. Any change to these guidelines must be communicated to the participating clubs in the work plan.
- ii. 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.
- iii. 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).

Floor	FIG
Mushroom	<ul style="list-style-type: none">• Mushroom with 10cm mats to cover the base.• Horse height up to FIG. Use of springboard to mount is permitted
Rings	FIG height (Additional mats up to 60cm are permitted)
Vault	Height of the vault table of choice up to FIG with use of mini tramp, tramp board of springboard. <ul style="list-style-type: none">• Level 1 (additional landing mats at the height of the vaulting table)• Level 2 (additional 20cm mat is permitted)
Parallel Bars	Any height up to FIG (additional mats up to 20cm permitted)
High Bar	FIG height (additional mats up to 60cm permitted)

iv.

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, behavior 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

Subtracting points for deficiencies in technical or aesthetic execution determine the E-score. The definitions of those deductions are as per the current FIG Code of Points:

Error	Small	Medium	Large	Fall
Deduction:	0.1	0.3	0.5	1.0

REQUIREMENTS OF THE COMPULSORY ROUTINES

Respect for the order of the elements - If the gymnast changes the order elements of a compulsory exercise, he will be penalized by 1.0.

A penalty of 0.5 will be applied for non-respect of the text in the execution of the routines.

Example: On floor, If a gymnast, after having kicked to handstand hold for 2 sec, comes back to standing instead of doing the front roll, he will be penalized by 0.5 for not respecting the text.

COMPOSITION OF THE ROUTINE

For each apparatus, the final routine has a starting score of 15.0 = 5.0 (value of the elements) + 10.0 (execution).

The routines have a lot of flexibility. Although the sequence should always be followed as outlined in section 6.1, each element usually presents a choice of easier progression elements. These possibilities are indicated in the "progression 1, 2, 3 or 4" columns. A gymnast will therefore be able to perform certain elements of progression rather than presenting the final routine. The value given to each of these progression elements is indicated in the corresponding box.

SHORT ROUTINES

In a routine, if for a given element number, the gymnast does not present any element of the table, he will see his starting score penalized by 1.0.

Example: On the floor, a gymnast presents the complete routine except for element 5 where he does not stand with legs together or "Y" or arabesque. In this case, his maximum score will be (value of elements 1 to 4 + 6 and 7) + 10.0 (execution) - 1.0 (penalty).

REPETITION

Except for vault, a gymnast may repeat an element in which he fell (major fault) or stopped, in order to see its recognized value.

Example: A gymnast on pommel horse performs a ½ spindle and falls before completing the element. A gymnast may repeat the ½ spindle and only receive the 1.0 deduction for the fall. A gymnast can repeat 1 preparatory circle.

LANDINGS

For all age categories, the total deduction for landing faults may not exceed 1.0 for all apparatus.

The maximum deduction for landing faults at the vault table and on the floor do not include deductions for deviations. A deduction of 1.0 applies for a fall.

BONUS POINTS

For all age categories, 0.10 bonus point is added to the Final Score up to a maximum of 10.0 for a “stuck” landing.

Except for floor, the gymnast must perform a salto element with or without a twist to receive the landing bonus. A “stuck” landing is defined as a landing performed in a stable position without moving the feet.

DEDUCTIONS

The deduction must only be FIG E-jury deductions, i.e., never 0.2 or 0.4:

- 0.1-0.3 means 0.1 or 0.3
- 0.1-0.5 means 0.1 or 0.3
- 0.5 - NR: The non-recognition of an element.

LEVEL 1 FLOOR

Elements	Base Routine	Progression 1	Progression 2	Deductions
1	Run a few steps, jump to pike roll (body must be piked) 0.0	Run, dive roll (the body must be slightly arched during the flight phase) 0.2	Run, tucked salto 0.5	FIG Deductions: 0.1-0.5 Tuck in dive roll: 0.5 Incorrect rhythm: 0.1-0.3
2	Stand 0.0	Front roll to headspring 0.5	N/A	FIG Deductions: 0.1-0.5
3	Prone fall to seal stretch position, back arched with hips on floor, jump, with legs tucked, return to stand with legs together and jump half turn to face other direction. 0.0	Prone fall to seal stretch, hips on floor with back arched, jump with legs tucked to handstand, Legs tucked, with momentum, roll forwards, arms and legs bent, and jump half turn to face the other direction 0.5	Prone fall to seal stretch, hips on floor with back arched, jump with legs tucked to handstand, Legs straight in handstand to roll forwards, arms and legs bent, and jump half turn to face the other direction 0.5	FIG Deductions: 0.1-0.5 No roll after the handstand: 0.5
4	One step, scissor kick front leg to cartwheel, land in lunge to step legs together (bring the back leg forwards) 0.0	One step, scissor kick forward, two cartwheels connected to finish in lunge and then bring legs together (bring the back leg forwards) 0.5	N/A	Insufficient flexibility in the kick before the cartwheel: 0.1-0.3 Insufficient flexibility in the cartwheel: 0.1-0.3 Bringing the leg backwards after the cartwheel: 0.1 2 cartwheels NOT connected: 0.3
5	Backwards roll in tuck position, arms and legs bent 0.0	Backwards roll in pike position with arms and legs straight 0.5	Backwards roll to momentary handstand, straight arms (legs can be bent at the beginning of the backroll) and lower to tuck stand 0.5	FIG Deductions: 0.1-0.5 Stepping down with one leg after the roll: 0.3
6	Jump and turn towards the opposite diagonal 0.0	Jump and turn towards the opposite diagonal, arabesque 2 secs. 0.5	Jump and turn towards the opposite diagonal, Y scale 2 secs. 1.0	Insufficient flexibility: 0.1-0.3 <2 sec: 0.3 No hold: Non-rec.
7	Run, round-off, straight jump 0.0	Run, round-off, back handspring, straight jump OR Run, round-off, back tuck 0.5	Run, round-off, back handspring, back tuck OR Round-off, back layout 1.0	FIG Deductions: 0.1-0.5 Insufficient height during jump: 0.1-0.5 Body position during the jump: 0.1-0.5 Incorrect rhythm: 0.1-0.5
Start value	10.0			

LEVEL 1: POMMEL HORSE

The athlete has the right to choose one of the two routines (mushroom or horse without handles).

Mushroom Routine: *Maximum Start Value = 13.0*

Elements	Base routine	Progression 1	Progression 2	Deductions
1	Circle with legs together 0.0	N/A	N/A	FIG Deductions: 0.1-0.5
2	Circle with legs together 0.0	½ spindle uninterrupted (unlimited number of circles) 1.0	1/1 spindle uninterrupted (unlimited number of circles) 2.0	FIG Deductions: 0.1-0.5
3	Circle with legs together 0.0	N/A	N/A	FIG Deductions: 0.1-0.5
4	Circle with legs together 0.0	½ turn (technique other than spindle) 1.0	N/A	FIG Deductions: 0.1-0.5
5	Circle with legs together 0.0	N/A	N/A	FIG Deductions: 0.1-0.5
Start value	10.0			

Horse Routine Without Handles: Maximum Start Value = 15.0

Note:

- The gymnast can perform the ½ or 1/1 spindle in as many circles as he wants provided that the spindle is uninterrupted.
- No deduction for additional circles, only execution will be evaluated.
- The gymnast can perform the FIVE circles on the horse WITHOUT hands in position: facial, lateral or dorsal.
- If the gymnast tries to do an element but the element does not count, he receives 1.0 for each element attempted. In the event of missing elements (not attempted), a penalty of 2.0 per missing element will be applied.
- The use of a springboard for the entry is allowed to the horse.
- If an athlete chooses to start the Russian element with a ½ Czech, that ¼ turn will not count towards the Russian's rotation

Elements	Base routine	Progression 1	Progression 2	Deductions
1	Circle (in any position) with legs together 0.3	N/A	N/A	FIG Deductions: 0.1-0.5
2	Circle (in any position) with legs together 0.3	Any ¼ circle 0.5	Russian 360° 1.0	FIG Deductions: 0.1-0.5
3	Circle (in any position) with legs together 0.3	1/3 Magyar 1.0	3/3 Magyar 2.0	FIG Deductions: 0.1-0.5
4	Circle (in any position) with legs together 0.3	¼ spindle in cross or side support 0.5	1/3 Sivado OR ½ spindle in front support 1.0	FIG Deductions: 0.1-0.5
5	Circle (in any position) with legs together 0.3	Circle and Wende dismount 0.7	N/A	FIG Deductions: 0.1-0.5 Wende dismount with only 90° turn = 0.3 Wende dismount under horizontal: non-deduction
Start value	11.5			

LEVEL 1: RINGS

Notes:



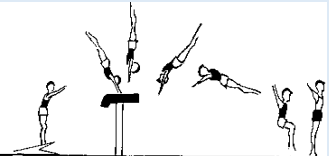
- In the muscle-up with assistance, the coach only helps the gymnast into the hang to the support. The pull-up and cast must be done without the coach touching the gymnast.
- Bending of arms on front swings is permitted.
- No deduction for additional swings, only performance will be evaluated.

Elements	Base routine	Progression 1	Progression 2	Progression 3	Deductions
1	Coach lifts athlete to hang on rings. From hang lift legs to pike inverted hang 2 sec.. 0.0	Muscle up with coach assistance* 0.5	Muscle up 1.0	From hang, pull to inverted hang, and back uprise 1.5	FIG Deductions: 0.1-0.5
2	Hold straight body hang for 2 seconds, roll forwards to inverted hang 0.0	Tucked pike hold 2 seconds, roll forwards in tucked position to inverted hang 0.5	Pike hold for 2 seconds, roll forwards with straight body to inverted hang 1.0	N/A	FIG Deductions: 0.1-0.5 <2 secs: 0.3 No hold: Non-rec. Lack of control during forwards roll: 0.1-0.5
3	Quickly open and close body (pump swing), swing backwards, swing forwards 0.0	Quickly open and close body (pump swing), swing backwards, swing forwards to front dislocate 0.7	N/A	N/A	Shoulders under the rings in front swings: 0.1-0.5 Shoulders under the rings in back swings: 0.1-0.5 Shoulders under the rings in dislocate: 0.1-0.5
4	Swing backwards, swing forwards, swing backwards 0.0	Swing backwards, swing forwards, swing backward, dislocate 0.8	N/A	N/A	
5	Swing forwards, swing backwards to dismount, landing on feet. 0.0	Swing forwards, swing backwards to back tuck dismount. 0.5	Swing forwards, swing backwards to back layout dismount 1.0	N/A	Dismount release after vertical: 0°-15° = 0.1 16°-45° = 0.3 >45° - 0.5
Start value	10.0				

LEVEL 1: VAULT

Notes:

- Mats to 70cm high OR table 1 m to 1.35 m.
- Level 1 (A): The gymnast can decide to use a trampoline springboard or mini trampoline (05 deduction) to perform his vault rather than a springboard. He then receives a deduction of 0.5.
- Level 1 (B and C): The gymnast can decide to use a trampoline springboard or mini trampoline to perform his vault rather than a springboard. He then receives a deduction of 1.0.
- In the case of a poorly executed vault, the gymnast may decide to repeat his vault. He will then receive a deduction of 1.0 on his second vault.
- In the case of a failed run without touching the vaulting table, the gymnast can repeat his run WITHOUT deduction.

Base Routine	Progression 1	Progression 2	Deductions
<p>Handspring onto 70cm high mats.</p> 	<p>Handstand flat back with mats stacked to vault height</p> 	<p>Front handspring vault</p> 	<p>FIG deductions : 0.1-0.5 Bent arms : 0.1-0.5 Slight pike : 0.1-0.3 Medium pike : 0.5 Large pike : 1.0</p>
12.0	13.5	15.0	

LEVEL 1: PARALLEL BARS

Note:

- No deduction for additional scales, only execution will be evaluated.
- Depending on element 2, the gymnast can do a half swing or full swing in upper arm support before doing element 3.
- The gymnast can perform the long swing OR Moy with the legs bent or straight (choice of technique).

Elements	Base routine	Progression 1	Progression 2	Deductions
1	Run, jump to upper arm 0.0	Run, jump to under hang, swing forwards to back uprise in upper arm 0.5	Run, kip swing back towards horizontal, swing down to upper arm to perform skill 2 of base routine 1.0	Insufficient stretch of body: 0.1-0.3 Hips below bar height: 0.1-0.3 Knees below the bars in front swing: 0.1-0.3 Hips below the bars in back uprise: 0.1-0.5 Feet below bar in the back swing: 0.3
2	Swing forwards, swing backwards to upper arm (hips above bars) 0.0	Moy to upper arm 0.5	N/A	FIG Deductions: 0.1-0.5 Hips below bars during underarm swings: 0.1-0.5
3	Front uprise with legs straddled onto bars, immediate rebound to swing backwards to horizontal 0.0	Back uprise to support 0.5	N/A	Hips below bar height in backswing: 0.1-0.5 Hips below bar height in front swing: 0.1-0.5 Excessive force: 0.1-0.5
4	Tucked pike hold 2 secs. 0.0	Pike hold 2 secs. 0.5	N/A	< 2 sec: 0.3 No hold: Non rec.
5	Straddle the legs and immediately rebound off the bars and swing back to horizontal 0.0	From tucked pike or pike, swing backwards to horizontal 0.5	Press to feet (½ handstand) and push feet from bars to jump to handstand 1.0	Bend arms during rebound: 0.1-0.5 Press to HS: 0.1-0.5 Rebound not immediate: 0.1-0.5
6	Swing forwards, swing backwards 0.0	Swing forwards, swing backwards to handstand (no hold). 0.3	Swing forwards, swing backwards to handstand hold 2 secs. 0.5	FIG Deductions: 0.1-0.5 Hips below bar on swings: 0.1-0.5
7	Swing forwards, swing backwards to side off dismount (45° showing support of hands on one bar) 0.0	Swing forwards, swing backwards to momentary handstand, Wende dismount 0.5	Back or front tuck dismount 1.0	FIG Deductions: 0.1-0.5 Hips below bar on swings: 0.1-0.5
Start value	10.0			

LEVEL 1: HIGH BAR

Note:

- No deduction for additional swings, only performance will be evaluated
- The height of the feet in the back swing is allowed to be up to 15° lower than horizontal WITHOUT deduction, but deduction is still applied for the hips

Elements	Base routine	Progression 1	Progression 2	Deductions
1	Front straight body hang, the coach lifts the athlete to front support 0.0	From straight body hang, chin-up pullover to cast 0.5	From straight body hang, kip, cast to horizontal 1.0	FIG Deductions: 0.1-0.5 Pausing after kip: 0.3 Cast below horizontal: 0.1 Cast below the bar: 0.3 Additional swing into the cast: 0.1 each
2	Roll forwards with control (arms may be bent), shoot to long hang swing backwards 0.0	Free hip circle, undershoot and long hang swing backwards 0.5	Back hip circle to horizontal (freehip) 1.0	FIG Deductions: 0.1-0.5 No free hip circle before undershoot: 0.5 Undershoot tucked piked: 0.1-0.5 Hips below the bar in undershoot: 0.1-0.5 Hips below the bar in swing: 0.1-0.5 Freehip below horizontal: 0.3
3	Swing forwards, swing backwards 0.0	1/2 turn change 1 st hand forward swing in mixed grip, back swing and change the 2nd hand (min. to horizontal). 0.5	½ turn in swing (change both hands with body at horizontal) 1.0	FIG Deductions: 0.1-0.5 Hips below bar height in swing: 0.1-0.5 Hips below bar height in 1.2 turn: 0.1-0.5
4	Swing forwards, swing backwards 0.0	1/2 turn change 1 st hand forward swing in mixed grip, back swing and change the 2nd hand (min. to horizontal). 0.5	½ turn in swing (change both hands with body at horizontal) 1.0	FIG Deductions: 0.1-0.5 Hips below bar height in swing: 0.1-0.5 Hips below bar height in 1.2 turn: 0.1-0.5
5	Swing forwards, swing backwards 0.0	N/A	N/A	FIG Deductions: 0.1-0.5 Hips below bar height in swing: 0.1-0.5
6	Swing forwards, swing backwards, push off in back swing to land on feet (body at horizontal). 0.0	Back tuck dismount. 0.5	Back layout dismount. 1.0	Hips below bar on swings: 0.1-0.5 Insufficient extension when releasing the bar: 0.1-0.3 Body below horizontal in dismount: 0.1-0.5 Insufficient height in salto: 0.1-0.3
Start value	10.0			

LEVEL 2: FLOOR

Element	Base Routine	Progression 1	Progression 2	Progression 3	Progression 4	Deductions
1	Run, dive roll (body must be slightly arched during flight phase) 0.0	Run, front handspring, punch, dive roll 0.3	Run, front handspring directly connected to dive roll OR Front tuck 0.5	Run, front handspring directly connected to front tuck OR Run, front layout 1.0	Run, front handspring to front layout 1.5	FIG Deductions: 0.1-0.5 Pike in Dive roll: 0.1-0.3 Tucked in dive roll: 0.5 Elements not directly connected: 0.1-0.3
2	Return to stand 0.0	Front roll to front handspring 0.3	N/A	N/A	N/A	FIG Deductions: 0.1-0.5
3	Prone fall, seal stretch, bring legs forwards to any split for 2 sec. with arms at horizontal. Press to straddled pike stand, stop, jump, straddle up to momentary handstand, roll forwards with arms and legs tucked and jump to face opposite corner 0.0	Prone fall, seal stretch, bring legs forwards to any split for 2 sec. with arms at horizontal. Press to straddled handstand (no hold), roll forwards with arms and legs tucked and jump to face opposite corner 0.3	Prone fall, seal stretch, bring legs forwards to any split for 2 sec. with arms at horizontal. Press to straddled handstand (2sec), roll forwards with arms and legs tucked and jump to face opposite corner 0.5	N/A	N/A	FIG Deductions: 0.1-0.5 <2 sec hold in split: 0.1 No hold in split: 0.3 Insufficient flexibility in split: 0.1-0.5 Using hands for support in split: 0.3 No front roll from handstand: 0.5 Using momentum to press to handstand: 0.5
4	Step, scissor kick, 2 cartwheels connected to land in lunge, immediately bringing legs together(front leg to meet the back leg) 0.0	Step, scissor kick, 2 cartwheels connected to land in lunge, immediate back walkover to lunge, immediately bringing the legs together (front leg to meet the back leg) 0.5	N/A	N/A	N/A	FIG Deductions: 0.1-0.5 Insufficient flexibility during the scissor kick, cartwheel or back walkover: 0.1-0.3 Only 1 cartwheel: 0.3 Cartwheels not connected: 0.3 Bringing the back leg forwards after the cartwheel or walkover: 0.1
5	Back pike roll with straight arms and leg 0.0	Backroll to handstand, straight arms, legs can be bent at the beginning of the roll, lower legs together to stand 0.5	N/A	N/A	N/A	FIG Deductions: 0.1-0.5 Stepping down one leg after the other after back extension: 0.3
6	Jump ½ turn to face the other diagonal 0.0	Jump ½ turn to face the other diagonal, arabesque 2 sec. 0.3	Jump ½ turn to face the other diagonal, Y scale 2 sec. 0.5	N/A	N/A	FIG Deductions: 0.1-0.5 Insufficient flexibility: 0.1-0.3 <2 sec hold: 0.3 No hold: Non rec.
7	Run, round-off, straight jump 0.0	Run, round-off, back handspring, straight jump OR Run, round-off, back tuck 0.3	Run, round-off, back handspring, back tuck OR round-off, back layout 0.5	Run, round-off, back layout 1.0	Round-off, back layout 1/1 1.5	FIG Deductions: 0.1-0.5 Insufficient height in salto: 0.1-0.3 Body position during straight jump: 0.1-0.3 Incorrect rhythm: 0.1-0.5
Start Value	10.0					

LEVEL 2: POMMEL HORSE

The athlete has the right to choose one of the three routines (mushroom, horse without handles or horse with handles).

Notes:

- The gymnast can perform the $\frac{1}{2}$ or $\frac{1}{1}$ spindle in as many circles as he wants, provided that the spindle is uninterrupted.
- No deduction for additional circles, only execution will be evaluated.
- The gymnast can perform the FIVE circles on the horse WITHOUT handles in uphill, downhill or side support.
- If the gymnast attempts an element but it does not count, he receives 1.0 for each element attempted. In the event of missing elements (not attempted), a penalty of 2.0 per missing element will be applied.
- The use of a springboard for the mount on horse is allowed with or without handles.
- If an athlete chooses to start the Russian element with a $\frac{1}{2}$ Czech, that $\frac{1}{4}$ turn will not count towards the Russian's rotation

Mushroom routine. Maximum Start Value = 12.5

Elements	Base routine	Progression 1	Progression 2	Deductions
1	Circle with legs together 0.0	N/A	N/A	FIG Deductions: 0.1-0.5
2	Circle with legs together 0.0	$\frac{1}{2}$ spindle 1.0	$\frac{1}{1}$ spindle 1.5	FIG Deductions: 0.1-0.5
3	Circle with legs together 0.0	N/A	N/A	FIG Deductions: 0.1-0.5
4	Circle with legs together 0.0	$\frac{1}{2}$ turn (any technique other than spindle) 1.0	N/A	FIG Deductions: 0.1-0.5
5	Circle with legs together 0.0	N/A	N/A	FIG Deductions: 0.1-0.5
Start value	10.0			

Horse Routine Without handles. Maximum Start Value = 14.0

Elements	Base routine	Progression 1	Progression 2	Progression 3	Deductions
1	Circle with legs together 0.3	N/A	N/A	N/A	FIG Deductions: 0.1-0.5
2	Circle with legs together 0.3	Flair OR any ¼ turn 0.5	Russian 360° 1.0	N/A	FIG Deductions: 0.1-0.5
3	Circle with legs together 0.3	Flair OR 1/3 Magyar 0.5	3/3 Magyar 1.0	N/A	FIG Deductions: 0.1-0.5
4	Circle with legs together 0.3	Flair OR any ¼ spindle 0.5	1/3 Sivado OR ½ spindle 0.7	N/A	FIG Deductions: 0.1-0.5
5	Circle with legs together 0.3	Circle with legs together and Wende dismount 0.5	Flair, circle and Wende dismount 0.7	Flair and dismount through handstand 1.0	FIG Deductions: 0.1-0.5 Wende dismount with only 90° turn= 0.3 Wende dismount below horizontal: no deduction
Start value	11.5				

Horse Routine With handles: Maximum Start Value = 15.5

Elements	Base routine	Progression 1	Progression 2	Deductions
1	From stand, jump and circle on the handles 0.5	From front support, swing one leg forward and then pick-up to circle 1.0	From front support, single leg swing and cut into forward scissor 1.5	FIG Deductions: 0.1-0.5
2	Circle on the handles 0.5	Two circles on the handles 0.5	N/A	FIG Deductions: 0.1-0.5
3	Circle on the handles 0.5	Any 1/3 travel 1.5	N/A	FIG Deductions: 0.1-0.5
4	Circle on the handles 0.5	¼ turn OR loop 0.5	N/A	FIG Deductions: 0.1-0.5
5	Circle on the handles 0.5	Two loops and Wende dismount 1.5	N/A	FIG Deductions: 0.1-0.5 Wende dismount below horizontal: No deduction
Start value	12.5			

LEVEL 2: RINGS

NOTE:


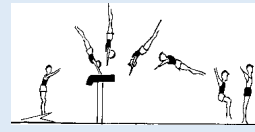



- Flexed arms are permitted in front swing
- The gymnast can press to handstand with straight arms WITHOUT deductions
- No deductions for extra swings, only the performance will be evaluated

Elements	Base routine	Progression 1	Progression 2	Progression 3	Progression 4	Deductions
1	Hanging L-sit 2 sec. 0.0	Inverted pike hold, extended to straddle planche 2 sec, lower with control 0.3	Inverted pike hold, extended to planche 2 sec, lower with control 0.5	N/A	N/A	Rings turned in: 0.1-0.3 Less than 2 sec: 0.3 Not held: Non recognition
2	Return to straight body hang OR return to rear hang OR coach lifts athlete to support on rings 0.0	Muscle up 0.5	Return to inverted pike, close and open body (pump swing forwards) and back uprise 1.0	Return to inverted pike, close and open body (pump swing forwards), inlocate, back uprise 1.5	N/A	FIG Deductions: 0.1-0.5 Shoulders below the rings (inlocate): 0.1-0.5
3	Pull to inverted hang (candle) with rings turned outwards (body slightly arched - secs.) 0.0	L-sit 2 sec, with control drop with straight body to pike inverted hang 0.3	L-sit 2 sec, press to 2 second shoulder stand and drop slowly with bent arms and straight body to inverted hang 0.5	L-sit 2 secs, bent arm press to handstand, drop slowly with bent arms, straight body to inverted hang 1.0	L-sit 2 secs, bent arm straddle press to handstand, drop slowly with bent arms, straight body to inverted hang 1.5	FIG Deductions: 0.1-0.5 <2 secs: 0.3 No hold: Non-rec. Rings turned in: 0.1-0.3 Body piked in drop: 0.1-0.5 Support on cables with feet: 0.3 Legs wrapped around cables: 0.5 Lower without control: 0.1-0.5 Bent arms: 0.1-0.5
4	Pump swing, swing backwards, swing forwards, swing backwards 0.0	Pump swing, dislocate 0.5	N/A	N/A	N/A	Shoulders below the rings in front swing or dislocate: 0.1-0.5 Hips below shoulders in back swing: 0.1-0.5 Shoulders below the rings in front swing or dislocate: 0.1-0.5
5	Swing forwards, swing backwards 0.0	Close, open and shoot dislocate 0.5	N/A	N/A	N/A	
6	Back tuck dismount 0.0	Back layout dismount 0.5	Double back tuck dismount 1.0	N/A	N/A	FIG Deductions: 0.1-0.5 Dismount release after vertical: 0°-15° = 0.1 16°-45° = 0.3 >45° - 0.5
Start value	10.0					

LEVEL 2: VAULT

Notes:

- Mats piled to 70cm or Vault table between 1m and 1.35m
- Level 2 (A and B): The gymnast can use a tramp board or mini tramp instead of a spring board. He will receive a deduction of 0.5
- Level 2 (C and D): The gymnast can use a tramp board or mini tramp instead of a spring board. He will receive a deduction of 1.0
- In the case of a poorly executed vault, the gymnast may decide to repeat his vault. He will then receive a deduction of 1.0 on his 2nd vault
- In the case of a failed run without touching the vaulting table, the gymnast can repeat his run WITHOUT deduction

Routine de base	Progression 1	Progression 2	Progression 3	Progression 3	Déductions
Handspring onto 70cm mats. 	Front handspring vault. 	Handspring full 	Tucked Tsukahara 	Front handspring front tuck 	FIG deductions : 0.1-0.5 Bent arms : 0.1-0.5 Small pike : 0.1-0.3 Medium pike : 0.5 Large pike : 1.0 Lack of twist in full turn : Up to 30° : 0.1 31-60 : 0.3 61-90 : 0.5 >90 : N-R
11.5	13.5	14.0	15.0	15.5	

LEVEL 2: PARALLEL BARS

Notes:

- No deduction for extra swings, only the performance will be evaluated.
- After element 2, the gymnast can perform a half-swing or a full-swing in support before element 3.
- The gymnast can perform the long hang swing or the Moy with bent or straight.

Elements	Base routine	Progression 1	Progression 2	Progression 3	Deductions
1	Run, jump to straight body long swing forward and back uprise to upper arm 0.0	Run, kip to support, swing back towards horizontal, swing down to upper arm to perform skill 2 of base routine 0.3	Run, kip to support, swing back to 45°, swing down to upper arm to perform skill 2 of base routine 0.5	N/A	FIG Deductions: 0.1-0.5 Insufficient stretch of body: 0.1-0.3 Body below horizontal in backswing : 0.1-0.3 Feet below horizontal in backswing : 0.1-0.3 Knees below the bars in front or back swing: 0.1-0.3 Hips below horizontal in back uprise: 0.1-0.5
2	Swing forwards, to upper arm (hips above bars) 0.0	Moy to upper arm 0.5	Moy to support and swing back to horizontal 1.0	N/A	FIG Deductions: 0.1-0.5 Hips below bars during underarm swings: 0.1-0.5
3	Back uprise to support 0.0	Front uprise with legs straddled onto bars, immediate rebound to swing backwards to horizontal 0.3	Front uprise with legs together, swing back to horizontal 0.5	N/A	FIG Deductions: 0.1-0.5 Hips below bar height in backswing: 0.1-0.5 Hips below bar height in front swing: 0.1-0.5 Excessive force: 0.1-0.5 Legs bend in rebound: 0.1-0.5 Body below horizontal in back swing: 0.1 Feet below bars in back swing: 0.3 Knees below bars in back swing: 0.5
4	Pike hold 2 secs. 0.0	Cast to upper arm, back uprises to L-sit 2 sec. 0.5	N/A	N/A	FIG Deductions: 0.1-0.5 < 2 sec: 0.3 No hold: Non rec. Lowering after vertical in cast Hips below the bar at the end of the basket: 0.1-0.5 Hips below horizontal in the back uprise: 0.1-0.5
5	Straddle the legs and immediately rebound off the bars and swing back to horizontal 0.0	Press to momentary handstand 0.3	Press to handstand, 2 sec. 0.5	Press to handstand, 2 sec, ½ turn forward 1.5	FIG Deductions: 0.1-0.5 Bend arms during rebound: 0.1-0.5 Angular deviations in press to HS: 0.1-0.5 Rebound not immediate: 0.1-0.5
6	Swing forwards, swing backwards 0.0	Swing forwards, swing backwards to handstand (no hold). 0.3	Swing forwards, swing backwards to handstand hold 2 secs. 0.5	N/A	FIG Deductions: 0.1-0.5 Hips below horizontal on swings: 0.1-0.5
7	Swing forwards, swing backwards to side off dismount (showing support of hands on one bar) 0.0	Swing forwards, swing backwards to momentary handstand, Wende dismount 0.3	Back or front tuck dismount 0.5	Front or back layout dismount 1.0	No support of hand on rail: 0.3 Hips below horizontal on swings: 0.1-0.5 Stopping in handstand before turn: 0.3
Start value	10.0				

LEVEL 2: HIGH BAR

Notes:

- No deduction for additional swings, only execution will be evaluated.
- The height of the feet in the rear swings is allowed up to 15 degrees lower than the horizontal WITHOUT deduction, but the deduction will be applied for the hips.
- For the dismount after the back giant: the gymnast can do so WITHOUT deduction
- From the handstand, return to the bar (with / without hip circle) and do an undershoot, backswing
- From giant, forward swing, back swing

Elements	Base routine	Progression 1	Progression 2	Progression 3	Deductions
1	From straight body hang, chin-up pullover (any grip) to cast 0.0	From straight body hang, kip, cast to 45° 0.3	From straight body hang, kip, cast to 45° or higher 0.5	N/A	FIG Deductions: 0.1-0.5 Spot from coach: 0.5 Pausing after kip: 0.3 Cast below horizontal: 0.1 Cast below the bar: 0.3 Additional swing into the cast: 0.1 each
2	Freehip, undershoot and swing backwards OR back giant 0.0	Free hip circle, undershoot and long hang swing backwards 0.3	Freehip greater than 45° OR Front giant 0.5	Free hip to within 15° of handstand 1.0	FIG Deductions: 0.1-0.5 No freehip before undershoot: 0.5 Undershoot tucked piked: 0.1-0.5 Hips below the bar in undershoot: 0.1-0.5 Hips below the bar in swing: 0.1-0.5 Freehip below horizontal: 0.3
3	Swing forwards, swing backwards 0.0	Back giant 0.5	Front giant with ½ turn 1.0	N/A	FIG Deductions: 0.1-0.5 Hips below bar height in swing: 0.1-0.5
4	Swing forwards, swing backwards 0.0	1/2 turn change 1 st hand forward swing in mixed grip, back swing and change the 2 nd hand (min. to horizontal). OR back giant 0.3	½ turn in swing (change both hands with body at horizontal) 0.5	Blind change to front giant 1.0	FIG Deductions: 0.1-0.5 Hips below bar height in swing: 0.1-0.5 Hips below bar height in 1/2 turn: 0.1-0.5
5	Swing forwards, swing backwards 0.0	1/2 turn change 1 st hand forward swing in mixed grip, back swing and change the 2 nd hand (min. horizontal) OR back giant 0.3	½ turn in swing (change both hands with body at horizontal) 0.5	Front giant ½ turn to 2 back giants 1.0	FIG Deductions: 0.1-0.5 Hips below bar height in swing: 0.1-0.5 Hips below bar height in 1/2 turn: 0.1-0.5
6	Swing forwards, swing backwards, push off in back swing OR dismount in back giant to land on feet (body at horizontal). 0.0	Back tuck dismount. 0.3	Back layout dismount. 0.5	Double back tuck dismount. 1.0	Hips below bar on swings: 0.1-0.5 Insufficient extension when releasing the bar: 0.1-0.3 Insufficient height in salto: 0.1-0.3 Body below bar during release from bar: 0.1-0.3
Start value	10.0				