



Pre-Provincial Program

MEN'S ARTISTIC GYMNASTICS COACHES AND JUDGES MANUAL

December 2025

41 ACKNOWLEDGMENTS

This program is a modified version of Gymcan's Canadian Provincial Pathway Program for Level 1 and Level 2. The intent of the program is to align with the FUNdamentals stage of LTAD. The purpose is to develop fundamental movement skills with emphasis on participation and having fun on a daily basis.

42 SPOTTING AND ASSISTANCE

- i. 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.
- iii. A deduction of 0.5 will be applied for spotting.

43 EQUIPMENT

- i. Unless noted in the chart of apparatus requirements, the use of additional 20 cm 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).

MEASUREMENTS OF THE EQUIPMENT

Mushroom	Mushroom with 10 cm mats to cover the base.
Rings	FIG height (Additional mats up to 120 cm are permitted)
Vault	Height of the vault mats (minimum 40) of choice up to FIG with use of mini tramp or tramp board of springboard.
Parallel Bars	Any height up to FIG (additional mats up to 120 cm permitted)
High Bar	FIG height (additional mats up to 120 cm permitted)

ARTICLE 5: JUDGING RESPONSIBILITIES

E SCORE

Subtracting points for deficiencies in technical or aesthetic execution determines 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

ARTICLE 6: EVALUATION OF EXERCISES AND ROUTINE CONSTRUCTION

61 COMPULSORY ROUTINE ORDER

If the gymnast modifies the order of the elements of a compulsory exercise, they will be penalized 0.5.

62 NOT FOLLOWING THE DESCRIPTION OF THE ROUTINES

A penalty of 0.3 will be applied for non-compliance with the text in the execution of routines.

63 : SHORT ROUTINE (MISSING ELEMENT)

In a routine, if the gymnast does not present any element in the table, they will see their starting score penalized by 1.0. Exception for mushroom and pommel horse: the penalty will be 1.0.

64 REPETITION

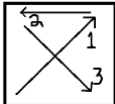
On Floor, Pommel Horse, Rings, Parallel Bars, and Horizontal Bar:

The gymnast can repeat an element in which they have fallen or stopped, in order to be recognized for value.

65 LANDINGS

- i. The total deduction for landing deductions may not exceed 0.5 for all levels.
- ii. The maximum deduction for landing errors on floor and vault does not include deductions for landing deviations. A deduction of 1.0 applies for a fall.

PRE-PROVINCIAL: FLOOR

Elements	Base Routine	Deductions
1	Run a few steps, jump to pike roll (body must be piked) 0.0	FIG Deductions: 0.1-0.5 Tuck in dive roll: 0.5 Incorrect rhythm: 0.1-0.3
2	Stand 0.0	FIG Deductions: 0.1-0.5
3	Prone fall to seal stretch position, back arched with hips on floor, jump, with legs tucked to squat position, return to stand with legs together and jump $\frac{3}{4}$ (135°) turn to face either sideline. 0.0	FIG Deductions: 0.1-0.5 No roll after the handstand: 0.3 Routine pattern direction (side pass can be down either side) 
4	One step, scissor kick forward to cartwheel, finish in lunge and then bring legs together (must bring the back leg forwards) 0.0	Insufficient flexibility in the scissor 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	FIG Deductions: 0.1-0.5 Stepping down with one leg after the roll: 0.3
6	Jump $\frac{3}{4}$ (45°) turn to face the diagonal 0.0	Insufficient flexibility: 0.1-0.3 <2 sec: 0.3 No hold: 0.5 but recognized
7	Run, round-off, straight jump 0.0	FIG Deductions: 0.1-0.5 Insufficient height during straight jump: 0.1-0.5 Body position during the straight jump: 0.1-0.5 Incorrect rhythm: 0.1-0.5
Start value	10.0	

PRE-PROVINCIAL: POMMEL HORSE

NOTE:

- No deduction for additional circles, only execution will be evaluated.
 - In the event of missing element (not attempted), a penalty of 1.0 per missing element will be applied.
 - On mushroom, circles are recognized as long as they complete at least 180° and show back support with both hands before a fall.
 - If the gymnast sits on the mushroom or the horse, the element will be considered missing entirely.
 - Deduction for not completing 360° rotation in circle: 0-45°: 0.1 45°-90°: 0.3 90°-180°: 0.5 +180°: NR

Mushroom Routine:

Elements	Base routine	Deductions
1	Circle with legs together 0.0	FIG Deductions: 0.1-0.5 Lack of rotation in circle: 01.-05
2	Circle with legs together 0.0	FIG Deductions: 0.1-0.5 Lack of rotation in spindle: 01.-05
3	Circle with legs together 0.0	FIG Deductions: 0.1-0.5 Lack of rotation in circle: 01.-05
4	Circle with legs together 0.0	FIG Deductions: 0.1-0.5 Lack of rotation in turn: 0.1-0.5
5	Circle with legs together and flank dismount to the side 0.0	FIG Deductions: 0.1-0.5 Lack of rotation in circle: 01.-05
Start value	10.0	

PRE-PROVINCIAL: RINGS

Notes:


- Bending of arms on front swings is permitted.
- No deduction for additional swings, only performance will be evaluated.

Elements	Base routine	Deductions
1	Coach lifts the athlete to support position. 0.0	FIG Deductions: 0.1-0.5
2	Hold support position with straight body for 2 seconds. Piked roll forward to straight body inverted hang. 0.0	FIG Deductions: 0.1-0.5 <2 secs: 0.3 No hold: 0.5 but recognized Lack of control during forward roll: 0.1-0.5
3	Quickly open and close body (pump swing), swing backwards, swing forwards 0.0	Shoulders under the rings in front swings: 0.1-0.5 Hips under the shoulders in back swings: 0.1-0.5 Shoulders under the rings in inlocate or dislocate: 0.1-0.5
4	Swing backwards, swing forwards, swing backwards 0.0	
5	Swing forwards, swing backwards to dismount, landing on feet. 0.0	Dismount release after vertical: 0°-15° = 0.1 16°-45° = 0.3 >45° - 0.5
Start value	10.0	

PRE-PROVINCIAL: VAULT

Notes:

- The gymnast can decide to use a trampoline springboard or mini trampoline (0.5 deduction) to perform his vault rather than a springboard.
- 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	Deductions
<p data-bbox="163 386 579 448">Handspring flat back onto 70cm high mats without vault table</p>  A diagram illustrating the execution of a handspring vault. It shows a sequence of four stages: 1. The gymnast in a starting crouch on the left. 2. The gymnast pushing off with hands on a black rectangular vaulting table. 3. The gymnast in a handstand position above the table. 4. The gymnast in a flat back position landing on a mat on the right.	<p data-bbox="653 386 919 415">FIG deductions: 0.1-0.5</p> <p data-bbox="653 431 863 461">Bent arms: 0.1-0.5</p> <p data-bbox="653 477 863 506">Slight pike: 0.1-0.3</p> <p data-bbox="653 522 852 552">Medium pike: 0.5</p> <p data-bbox="653 568 821 597">Large pike: 1.0</p>
<p data-bbox="373 686 426 716">10.0</p>	

PRE-PROVINCIAL: PARALLEL BARS

Note:

- No deduction for additional skills, only execution will be evaluated.

Elements	Base routine	Deductions
1	Run, jump to upper arm 0.0	Insufficient stretch of body: 0.1-0.3 Hips below bar height: 0.1-0.3 Progression 1: <ul style="list-style-type: none"> • Body 30° below horizontal in back swing: 0.3 • Body 45° below horizontal in back swing: 0.5
2	Swing forwards, swing backwards in upper arm (hips above bars) 0.0	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	Hips below bar height in backswing: 0.1-0.5 Hips below bar height in front swing: 0.1-0.5 Swing below horizontal: 0.1-0.5 Excessive force: 0.1-0.5
4	Tucked L-sit hold 2 secs. 0.0	< 2 sec: 0.3 No hold: 0.5 but recognized.
5	Straddle the legs and immediately rebound off the bars and swing back to horizontal 0.0	Rebound not immediate: 0.1 – 0.5 Bend legs during rebound: 0.1-0.5 Swing below horizontal: 0.1-0.5 Half press done with swing: 0.1-0.5
6	Swing forwards, swing backwards 0.0	FIG Deductions: 0.1-0.5 Hips below horizontal on swings: 0.1-0.5
7	Swing forwards, swing backwards to side off dismount to 45° (showing support of hands on one bar) 0.0	FIG Deductions: 0.1-0.5 Side dismount below 45°: 0.3 Hips below horizontal on swings: 0.1-0.5
Start value	10.0	

PRE-PROVINCIAL: 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	Deductions
1	Front straight body hang, the coach lifts the athlete to front support 0.0	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	FIG Deductions: 0.1-0.5 No back hip circle before undershoot: 0.5 Undershoot tucked or 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 Free-hip below horizontal: 0.3
3	Swing forwards, swing backwards 0.0	FIG Deductions: 0.1-0.5 Hips below bar height in swing: 0.1-0.5 Hips below bar height in ½ turn: 0.1-0.5
4	Swing forwards, swing backwards 0.0	FIG Deductions: 0.1-0.5 Hips below bar height in swing: 0.1-0.5 Hips below bar height in ½ turn: 0.1-0.5
5	Swing forwards, swing backwards 0.0	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	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	