Canadian Provincial Pathways

PROVINCIAL 3, 4, 5 AND NATIONAL OPEN

MEN'S ARTISTIC GYMNASTICS COACHES AND JUDGES MANUAL

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Designs: Bato Rafajlović

PROVINCIAL PATHWAY: GENERAL INFORMATION

This document describes the program for the GymCan Provincial 3 to 5 and National Open categories. The Provincial Pathway is a modification of the FIG Junior rules. Therefore, all FIG Junior rules apply including the restricted elements, repetition, maximum five counting skills per Element Group, time on floor, three parts of the Pommel Horse, etc. Modifications to the FIG Junior rules include a reduction in the number of EGRs required, and the difficulty requirement of the dismount has been reduced. FIG execution deductions are applied unless stated otherwise.

ARTICLE 1: PROGRAM DESCIPTION

- 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 Canadian Championships.

LONG TERM DEVELOPMENT IN THE PATHWAYS

Category & Ages	Competition Stream	LTD Stage	Characteristics
Provincial 3	Provincial / Regional	Learn to Train	Build up physical capacities including strength, speed and flexibility.
Provincial 4 & 5	Provincial / Regional	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.

PROVINCIAL PATHWAY RULES

Level	Rules And Regulations
National Open	Junior FIG rules + Stick bonus
Provincial 5	Optional Routine Modified JR FIG rules – 8 skills (with GymCan supplementary rules)
Provincial 4	Optional Routine Modified JR FIG rules FIG – 7 skills (with GymCan supplementary rules)
Provincial 3	Optional Routine – 6 skills (with GymCan supplementary rules)

PROVINCIAL PATHWAY METHODOLOGY

	Provincial Championships	Eastern & Western Championships	Canadian Championships
National Open	Optional Routines	As per regional event rules	Optional Routines
Provincial 5	Optional Routines	Optional Routines	–
Provincial 4	Optional Routines	Optional Routines	–
Provincial 3	Optional Routines	As per regional event rules	–

TEAM COMPETITION

EVENT	CATEGORY	FORMAT
Canadian Championships	National Open	8 – 6 - 4
Regional Championships	Provincial 5	As indicated per the Regional Championships rules
	Provincial 4	
	Provincial 3 (Optional)	

REGIONAL CHAMPIONSHIPS AND CANADIAN CHAMPIONSHIPS:

Provincial 3, 4 and 5: The Team competition format has a maximum of 8 athletes per Team, 6 will compete on each apparatus, and 4 scores will count toward the Team total.

National Open athletes: The Team competition format has a maximum of 8 athletes per Team, 6 will compete on each apparatus, and 4 scores will count toward the Team total.

Regions have the discretion to include additional categories if it suits their development, such as Provincial 3 and Open. 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 to a common goal
- To become an enthusiastic, supportive, co-operative Team member
- To be flexible, open minded and respectful of Team members and Team goals.

ARTICLE 2 : COMPETITIVE AGE FOR PROVINCIAL PATHWAY

AGE DETERMINATION

	Age Categories (birth years)	
Level	2022-2023 Season (Sept 2022. to August 2023)	2023-2024 Season (Sept. 2023 to August 2024)
National Open	2008 and earlier	2009 and earlier
Provincial 5	2006 - 2007 - 2008 - 2009	2007 - 2008 - 2009 - 2010
Provincial 4	2010 and earlier	2011 and earlier
	2011 – 2012 - 2013	2012 – 2013 - 2014
Provincial 3	2010 and earlier	2011 and earlier
	2011 – 2012 - 2013	2012 – 2013 - 2014

LTD COMPLIANCE RESTRICTIONS

Under no circumstance will an underage athlete be permitted to compete at Eastern or Western Canadian Championships or Canadian Championships.

ARTICLE 3: MODIFICATIONS AND COMMITTEE RESPONSIBILITIES

COMPETITIONS

Competitions for the Provincial Pathways Program will be organized and run provincially and / or regionally. 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

iii. Competition warm-ups may not begin prior to 8:00 am and competitions may not go later than 10:00 pm.
iv. 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 Provincial 5 and Open. 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.
v. Depends on the competition format, each gymnast is entitled to a touch warm-up prior to the Competition:
    a. 30 sec: on all apparatus except the Vault and Parallel Bars.
    b. 50 sec: on Parallel Bars, including bar preparation.
    c. 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

For all categories, it is recommended that a coach be present on 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 20cm safety 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

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.
ii. Any change to these guidelines must be communicated to the participating clubs in the work plan.
iii. 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.
iv. 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 beat board to mount.	Horse with pommels (Horse may be lowered) OR use a beat board to mount.	FIG (105 cm)
Rings	From the floor to the inside bottom of the ring (290 cm) A 10 cm sting mat is mandatory.			
Vault	110 to 135 cm	120 to 135 cm		FIG (135 cm)
Parallel Bars	Adjustable Height	FIG (180 cm)		
High Bar	From the floor to the top of the rail (280 cm) A 10 cm sting mat is mandatory on either side of the apparatus			

ARTICLE 5 : JUDGING RESPONSIBILITIES

EVALUATION OF ROUTINES

i. Execution errors for poor technique, poor body position, etc. are evaluated according to the current FIG Code of Points.
ii. 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.
iii. 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

i. For national and regional (Eastern or Western Championships) competitions a minimum of two (2), preferably 4 Judges per panel is required.
ii. One FIG or National level judge should be assigned per panel.
iii. Chair of the Competition Jury should hold a current FIG Brevet.
iv. 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.
v. 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

i. 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.
ii. 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

i. It is the duty of the D-jury to determine how many skills were credited.
ii. 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

i. During the performance of any routine except Vault a gymnast may repeat an element for value following a fall (Major error) or stop except for the dismount (FIG rules). The dismount may only be repeated on Pommel Horse (FIG rules).
ii. For Provincial 3 and 4: A second Vault may be repeated with a 1.0 penalty if the first Vault competed received a zero.
iii. 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 ½ 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).

LANDINGS

i. 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).
ii. The cumulative landing deduction will be maximized at 1.0 for all events.

7.2 SUPPLEMENTARY REGULATIONS

	Provincial 3, 4 & 5
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: • 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 fwd stretched with 1/1 twist (C) and Salto fwd stretched with 1 ½ twist (C) • Salto bwd stretched with ½ twist (B) and Salto bwd stretched with 1/1 twist (B) • Salto bwd stretched with 1 ½ twist (C) and Salto bwd stretched with 2/1 twist (C)
PH	For D-jury awarded 3/3 Travel, the maximum E-jury deduction is 0.5 All dismounts to handstand receive full credit (FIG deductions apply) The following listed elements shall be considered as separate elements: • ¼ spindle from cross support (A) and ¼ spindle from side support (A) • ½ spindle from cross support (B) and ½ spindle from side support (B)
	The FIG D-jury deduction for "Non-utilization of all 3 parts of the horse" will NOT apply.
SR	-All static "B" strength elements (Swing to B strength hold, press upwards from a B strength hold, or B static hold) or greater = 0.2 Bonus -The bonus does not apply to any of these elements: Uprise to L-sit, Honma to L-sit, Kip to L-sit, ANY Press to Hdst, Straight body Slow roll forward or backward to L-sit, or any "B" elements that finish in back lever. -Straddle planche (B)* -Swing to straddle planche (C)* *=For D-jury awarded swing to or static straddle planche elements, the maximum E-jury deduction is 0.5 -The FIG deduction for "No swing to handstand 2sec" will NOT apply. -The FIG rule of maximum 3 strengths elements in succession will not apply.
	-Special Repetition: 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.
VT	FIG
PB	-Giant + Giant or Giant element of C value or higher = C, C = 0.2 BONUS For D-jury awarded Peach to handstand elements, the maximum E-jury deduction is 0.5 - Salto forward piked with ½ twist (B) - Back layout with ½ twist (B) -Peach basket to 45° = C value.
	-One layaway OR empty swing is permitted on P. Bars
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 ½ turn (B) and / or Endo with ½ turn (B) - Blind Change immediate pirouette (done as a full turn) = B value.
	-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

7.3 DEVELOPMENTAL PARTS

Developmental 'A 'parts are treated as a regular FIG 'A' part, but will only receive a partial value of 0.3 for that requirement.

	EGR	Provincial 3	Provincial 4 & 5
FX	Non acrobatic	Back roll to handstand	Back roll to handstand
	Elements forward		
	Elements backward & Arabian	Round off Cartwheel	Round off
	Dismount		
PH	Single Leg swings		
	Circle, flairs, flops, spindles, Russian Kehrswings	-Flairs & circles will be considered separate element. -½ Stockli. -½ Spindle (uninterrupted) = B value. -180° Russian = B value. -Full Spindle (Max 4 circles) = C value.	-A flair and a circle will be considered as separate elements for value. -¼ turn (Kehre OR Czech action) -2 Loops on one single pommel = C value for level 5 only.
	Travel type elements	-1/3 Cross support travel forward.	-1/3 Cross support travel forward.
	Dismount	-Wende dismount from side support.	
SR	Kip & swing elements & Swings through Or to handstand (2 sec.).	-Kip to support = B value. -Felge to support = B value. -Bent arm swing to handstand 2sec = C value.	-Bent arm swing to handstand 2sec.
	Strength elements & hold elements (2 sec.).	-Straddle back lever or front lever. -Muscle up to support. -Press to shoulder stand. -Bent arm, pike press to handstand = B value. -Straight-arm press to handstand = C value.	- Straddle back lever or front lever. -Muscle up to support.
	Swings to Strength hold elements (2 sec.).		
	Dismount	-Any salto tucked.	-Any salto tucked.
PB	Elements in support	-V-sit = B value -Stutzkehre to 45° = B value -Straddle planche (sec) = B value -Mana = C value	-V-sit. -Stutzkehre to 45°.
	Elements starting in upper arm position	-Back Uprise to support (Heels at horizontal).	-Back Uprise to support (Heels at horizontal).
	Long swings in hang on 1 or 2 bars & Underswings.	-Moy to upper arm. -Long hang swing back to support. -Giant swing to support = B value. -Peach basket to 45° = C value.	-Moy to upper arm. -Peach basket to 45° = C value.
	Dismount	-Salto tucked off the side or end. -Stutz Dismount (hips horizontal for NO deduction). -Wende dismount through or from handstand.	-Salto tucked off the side or end.

(Horizontal Bar continued next page)

HB	Long hang swings with & without turns.	-Back Uprise with heels above bar. -Swing ½ turn above horizontal. -Swinging pull over (Baby giant). -Swing ½ turn to under grip (blind change) = B value.	-Back Uprise with heels above bar. -Swing ½ turn above horizontal.
	Flight elements	-Straddle cut from long hang swing.	-Straddle cut from long hang swing.
	In bar & Adler elements.	-Back hip circle body straight. -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 to support. -Stoop or straddle on & off backwards or forwards = B value. -Stalder = C value. -Endo = C value.	-Kip, cast to 45°.
	Dismount	-Any salto tucked.	-Any salto tucked.