



Men's Artistic Gymnastics Sask First Pathways Program 2023-2024

SASK FIRST Program Description

The Sask First Program was designed to give Saskatchewan's gymnasts and their coaches more training experience and to improve the level of gymnastics in the province. This will allow gymnasts from Saskatchewan to produce better results at all future Western, National and International competitions.

This Program has three objectives:

- To provide our current and potential High Performance and National stream podium (top 8) gymnasts with expert coaching lead by professional Gymnastics Saskatchewan HP Coaching staff and supported by other Canadian HP Coaches.
- To increase training and competition experiences for selected aspiring high-performance gymnasts and their personal coaches.
- To use extensive sport science programs to better educate gymnasts, coaches, and parents in all aspects of the sport of gymnastics.

Saskatchewan gymnasts will be selected annually to the Sask First Training Teams. Each year, these gymnasts will have the opportunity to access tools from the High Performance (HP) Coach in line with Gymnastics Saskatchewan's and Gymnastics Canada's Long Term Gymnast Development (LTAD) model. For 2023-2024, the team will generally be comprised of gymnasts in the Elite Pathways categories (Aspire, Junior and Senior). National Open gymnasts and young Provincial 4 and 5 gymnasts may be eligible.

All gymnasts who are selected for the 2023-2024 program will have the opportunity to be assessed by and work with Gymnastics Saskatchewan's High Performance (HP) Coach and possibly attend training camps and competitions at a reduced cost.

PROGRAM DEVELOPMENT, REVIEW & EVALUATION

The HP Coach, in consultation with Technical Director, will create, monitor, and evaluate the MAG Sask First Program Plan. The Men's Technical Committee may provide advice regarding the program plan and delivery.

SELECTION

Annually, the HP Coach, will invite gymnasts to participate in a Talent Identification (ID) camp, conduct an assessment, determine if further evaluation is required and finally, select gymnasts to the 2 tiers.

Sask First athletes for the 2023-2024 season

- Tier 1 athletes
- Tier 2 athletes

Tier 1 & 2 athletes from the previous season who competed at the 2023 Western &/or Canadian Championships and are not changing levels are automatically selected and confirmed upon:

- 1) Completing the Sask First physical testing
- 2) Competing on all apparatus at the following verification: December 2023 Mock Meet (TBC)

Gymnasts will be selected annually to tiers based on physiological development, physical ability, gymnastics skills, and performance results.

Each Sask First gymnast's personal coach will receive performance feedback from the HP Coach outlining recommendations to improvements in physical and skill development to help each gymnast achieve his potential.

All selected Sask First Team members will receive a letter of congratulations along with a list of the activities they are eligible to participate in, anticipated costs and agreement documents. In addition, for tiers 1 and 2, a package containing the Team Saskatchewan gear needed for their season will be distributed to their clubs.

Under extraordinary circumstances, the HP Coach can conduct an assessment of a gymnast and place him on one of the teams, after consultation with the HP Committee, at any time.

Selection of an athlete is pending receipt of the athlete and coach commitment forms to Gym Sask by the required deadline.

TRAINING

The Sask First Program will focus on reinforcing the fundamentals of gymnastics to achieve long-term success and strong competition results in the future.

Sask First gymnasts & their coaches will receive training in the following areas during training camps and competitions: body basics, core stability, flexibility training, training program design & implementation, sport specific warm-ups and cool-downs, training diets, refueling, competition & pre-competition eating, injury prevention, injury management, drug & supplement education, over-use/abuse, short term/long term goal setting and gymnast travel tips.

The Sask First gymnasts will attend training opportunities throughout the year. These training opportunities will occasionally include a physical testing component so that the HP Coach and the coaches of the individual gymnasts can more easily track gymnasts' progress.

Sport Medicine and Science will be an important part of the camps and will include sessions on nutrition, exercise physiology, sports psychology and injury prevention for parents, coaches, and gymnasts. In addition, team gymnasts will have access to on-site physiotherapy and sport psychology sessions as available and needed.

COACH MENTORSHIP

The Sask First Program will aim to mentor all coaches with gymnasts at or aiming to be at the High Performance levels. The HP Coach and other guest coaches will offer training and technical ideas at various camps and competitions as mentioned. There may be a cost associated with attending camps and events if a coach does not have a gymnast on the Sask First Team.

COMPETITION EXPERIENCES

Sask First gymnasts who qualify and are selected to attend a Sask First designated competition are not guaranteed Gymnastics Saskatchewan funding. There are a limited number of funded spots for each event. If a Sask First gymnast is selected as a self-funded participant, the gymnast's coach should contact the HP Coach to discuss the gymnast's attendance.

There is an expectation that Sask First gymnasts attend the Sask First competitions they are selected for as well as other Team Sask events they trial for (Western Championships, Canadian Championships, Elite Canada, etc.). If there are extenuating circumstances why a gymnast is not attending an event, there will be a discussion between the HP coach and the gymnast's personal coach in order to make a decision with the gymnast's best interests in mind.

The gymnasts will travel as a team under the direction of the HP Coach (unless otherwise notified) and the selected managers when representing Saskatchewan. The determination of each gymnast's competition level at Sask First events is at the discretion of the HP Coach and will be determined by their skill performance and the requirements of each level. Gymnasts will be expected to compete with full requirements.

SASK FIRST
Selection Criteria
2023-2024

Athletes who are automatically selected to the Sask First Team 1:

- National team members
- Athletes who competed at senior level the previous year with an AA score of 78.0 points *or* 67.0 on 5 events *or* placed top 3 on 3 apparatus at Canadian Championships

| Sask First Team 1 (up to 8 gymnasts) | Sask First Team 2 (up to 8 gymnasts) |
|--|---|
| <p>Athletes who can compete nationally and internationally and who can demonstrate good quality elite level skills (based on Sask First ID camp).</p> <p>Senior, Junior Novice, Elite 4 Open 15-16 years old</p> <p><u>Activities</u> Sask First Provincial camp National team activities International invitationals Camps within Canada or internationally</p> | <p>Athletes who can demonstrate good quality developmental level skills at the Sask First ID camp.</p> <p><u>Activities</u> Sask First Provincial camp(s) Out of province training camp and/or competitions</p> |
| <p>Note: 6-8 gymnasts will be selected from Team 1 and 2 (based on skill level) for a training camp and/or competition out of province within Canada or Internationally. Gymnasts must be 11 years old and up. Camps within the province will include a sport medicine component.</p> | |

SASK FIRST
Annual Identification Camp
2023-2024

*Cost of ID camp is \$50.00 per gymnast. Registration deadline Oct 20th, 2023.

*This cost is waived for National Team Members

Date: Saturday, October 28, 2023
1:00 – 5:00 – Taiso Gymnastics Club

Invitation Criteria

All gymnasts who competed in the following categories in the 2022-2023 season: Aspire, Provincial 4, Provincial 5, National Open, Junior, Senior.

Athletes will be selected to the Sask First Team 1 or Team 2 based on the skill level they demonstrate during the Sask First ID camp.

Other gymnasts not on the invitation list who are perceived by their coaches to have High Performance, National, or Western stream potential may be petitioned by their coaches outlining skill level, physical abilities and past results at competitions or evaluations in the 2022-2023 season. Discretion is up to the HP Committee for inclusion into the selection process. Please submit petitions to Megan Bialowas at mbialowas@gymsask.com.

2022-2023 Athletes Invited

Nicholas Boutin – National Open
Lucas Boutin – National Open
Isen Young – National Open
Tristan Marquis – National Open
Noah Royer – Senior

Brody Benson – Junior
Jordan Carroll - Junior
Hudson Miller – Senior
Ashton Kotlar – Senior

SASK FIRST
Tentative Calendar of Events

*Gymnasts are responsible for all provincial, inter-provincial and international meal purchases.

| | |
|-----------------------|--|
| October 28, 2023: | Sask 1st Trials Location: Taiso Gymnastics Club 1:00pm-5:00pm Gymnasts: All eligible gymnasts Cost: \$50.00 per gymnast |
| Dec TBA 2023: | Mockmeet Location: Taiso Gymnastics Club Gymnasts: All eligible gymnasts Cost: \$100 |
| February 16-21, 2024: | Elite Canada Location: Langley, BC Gymnasts: Qualified Aspire, Junior and Senior athletes Cost: 50% of team travel cost |
| TBD 2024: | Out-of-Province Invitational Location: TBD Gymnasts: Selected by HP Coach Cost: 50% of team travel cost |
| April 18-20, 2024: | Western Canadian Championships Location: Langley, BC Gymnasts: Selected by Gym Sask Technical Selection Criteria Cost: 50% of team travel cost |
| June 4-10, 2024: | Canadian Championships Location: Gatineau, Qubec Gymnasts: Selected by Gym Sask Technical Selection Criteria. Cost: 50% of team travel cost |
| Summer 2024: | Sask First Training Camp (if possible) Location: Canada/International TBD Gymnasts: Selected by HP Coach Cost: 50% of team travel cost |

SASK FIRST
ACKNOWLEDGMENTS

CHEF/HEAD OF DELEGATION

For all activities involving national or HP Sask First gymnasts, the HP Coach shall be the Head of the delegation for the MAG teams.

GYMNASTS

All gymnasts who are selected to participate in Sask First events shall abide by Gymnastics Saskatchewan's Code of Conduct, and shall take direction from team coaches, managers and the Chef de Mission as to activities, schedules, and curfews. Each gymnast is responsible for his own equipment, uniform and other belongings.

Gymnasts shall read and sign a commitment form and a Code of Conduct form annually and shall be familiar with and follow conduct guidelines and rules as established by their coaches, Saskatchewan team coaches, managers and/or the Chef de Mission.

Each gymnast named to the SASK FIRST team will receive a free item of clothing from Gym Sask (changes each year). Gymnasts will be expected to purchase and wear the Gymnastics Saskatchewan tracksuit, competition leotard and training leotard at all SASK FIRST and Team Sask events when appropriate.

PARENTS

Parents bear the responsibility for preparing gymnasts in such a way as to leave no doubt whatsoever of precisely what conduct is expected of them when participating in any program, event or competition sponsored or sanctioned by Gymnastics Saskatchewan. Parents please be sure to review the parent handbook located on the Gym Sask website.

COACHES

Coaches shall read and sign a commitment form annually and shall be familiar with the SASK FIRST program and its purpose.

All required forms will be distributed by the Gymnastics Saskatchewan office to athletes and coaches qualifying for SASK FIRST.

Gymnast Commitment Form
Sask First 2023-2024 TEAM

I, _____ declare that:

1. I will demonstrate on an ongoing basis the determination and commitment expected of a TEAM SASK gymnast.
2. I am expected to submit my training hours and training schedule to the HP Coach and/or designate on an annual basis.
3. I will follow the annual training/competition plan developed by my personal coaches and the HP Coach and/or designate.
4. Unless I am injured, I will attend all the activities I am selected for and follow the specific training plan or team preparation plan at camps.
5. I will compete at provincial competitions and attempt to qualify for Western Canadian Championships and Canadian Championships (tier 1 and age eligible tier 2) unless ill or injured.
6. I will strive to have excellent physical ability and maintain a physical condition in line with the status of a gymnast of my level.
7. I will strive to have excellent quality of my technique and execution.
8. I will increase my skill level on each apparatus on a continuous basis.
9. I will do my very best to perform successfully at inter-provincial and national competitions when representing Saskatchewan.
10. I will always behave according to the Gymnastics Saskatchewan Code of Conduct, policies, regulations and directives.
11. I will always behave in a friendly and respectful manner with other team members (gymnasts and team personnel).
12. I will be an excellent ambassador of Saskatchewan gymnastics.
13. I understand that my status as a Sask First gymnast may be reviewed and possibly withdrawn by Gymnastics Saskatchewan, or I may be placed on probation, at any time if:
 1. I am no longer performing at the level or in the environment which warranted inclusion in my tier team.
 2. I fail to meet the expectations stated above to an extent deemed unacceptable by Gymnastics Saskatchewan.
 3. I do not abide by the Gymnastics Saskatchewan Code of Conduct, policies, regulations and directives.

My coaches are:

Print Name

Print Name

Parent/Guardian:

Name

Relationship

Signature

Signature of Gymnast

Coach Commitment Form

Sask First 2023-2024 TEAM

I, _____ declare that:

1. I am interested in my gymnasts participating in the Sask First 2023-2024 Program.
Expectations:
2. I will demonstrate on an ongoing basis the commitment, determination and excellence expected of a Gym Sask Coach.
3. I will ensure that my gymnast trains an appropriate number of hours for their level when involved in the Sask First program and submit their hours and training times to the HP coach or designate when requested.
4. I will work with the HP Coach to provide training, routine and goal setting information for my athletes.
5. I will allow the HP Coach to observe trainings, mock meets, testing and any other events at my club and work collaboratively with the HP Coach during these visits.
6. I will follow and provide input for the annual training/competition plan developed by the HP Coach or designate.
7. To the best of my ability, I will attend all the activities my athletes and/or I am selected for and follow the specific training plan or team preparation plan at camps. If I am unable to attend an event, I will make arrangements for my athletes to be able to attend in my absence, with a coach of the appropriate level.
8. I will ensure my gymnast attends provincial competitions and attempt to qualify for Western Canadian Championships and Canadian Championships.
9. I will always behave according to Gymnastics Saskatchewan Code of Ethics, policies, regulations and directives.
10. I will always behave in a friendly and respectful manner with other team members (gymnasts and team personnel).
11. I will be an excellent ambassador of Saskatchewan gymnastics.

Print Name

Signature

Date

SASK FIRST
Technical Evaluation

Floor (can be performed on rod floor into the pit with mats)

| Skills Box 1 (Front handsprings) | Points |
|---|--------|
| Front handspring flyspring | 2 |
| Front handspring 2 flysprings | 4 |
| Front handspring flyspring front pike | 6 |
| Front handspring flyspring front layout | 8 |

| Skills box 2 (Front tuck/layouts) | Points |
|---|--------|
| 3 front tuck in a row | 2 |
| Front layout front tuck | 4 |
| 2 front layouts in a row | 6 |
| 3 front layouts in a row | 8 |
| Front layout – front layout full twist – front layout | 10 |

| Skills box 3 (Front twisting) | Points |
|--|--------|
| Front layout full twist | 2 |
| Front layout 1 ½ twist | 4 |
| Front layout double twist | 6 |
| Front layout 2 ½ twist | 8 |
| Front layout triple twist | 10 |

| Skills box 4 (Double fronts) | Points |
|---------------------------------------|--------|
| Double front tuck | 2 |
| Double front pike | 4 |
| Double front tuck half out | 6 |
| Double front pike half out | 9 |

| Skills box 5 (Back handsprings) | Points |
|---|--------|
| 1 step round off 5 back handsprings in a row | 2 |
| 1 step round off back handspring – whip – back handspring | 4 |
| 2-3 steps round off 2 whips in a row | 6 |
| 2-3 steps round off 4 whips in a row | 8 |

| Skills box 6 (From round off or Back handspring to back saltos) | Points |
|---|--------|
| Back layout full twist | 2 |
| Back Layout 1 ½ twist | 4 |
| Back layout double twist | 6 |
| Back layout 2 ½ twist | 8 |
| Back layout triple twist | 10 |
| Back Layout 3 ½ twist | 14 |
| Back layout quadruple twist | 17 |

| Skills box 7 (From Round off Back handspring double back saltos) | Points |
|--|--------|
| Double back tuck | 2 |
| Double back Pike | 4 |
| Double back layout | 8 |

| Skills box 8 (From Round off or Back handspring arabians) | Points |
|---|-------------|
| Arabian Tuck or Pike or Layout | 1 or 2 or 3 |
| Arabian double tuck | 6 |
| Arabian double pike | 8 |
| Arabian double layout | 12 |

| Skills box 9 (From Round off Back handspring double saltos with twists) | Points |
|---|--------|
| Double back tuck with full twist (Half – half) | 2 |
| Double back tuck with double twist (Double-double) | 4 |
| Double back layout with full twist (Half-half) | 8 |
| Double back layout with double twist | 12 |

Minimum points 17

Maximum points 94

Pommel Horse

| Skills box 1 (Circles/Loops) | Points |
|--|--------|
| 50 circles in a row on mushroom | 2 |
| 20 uphill loops in a row on floor horse | 4 |
| 20 downhill loops in a row on floor horse | 5 |
| 12 loops in a row in the middle of the floor horse | 6 |

| Skills box 2 (Flairs) | Points |
|---|--------|
| 30 Flairs in a row on mushroom | 2 |
| 20 Flairs in a row on low mushroom | 4 |
| 5 Flair 1/1 spindles in a row on mushroom | 8 |

| Skills box 3 (Travels) | Points |
|---|--------|
| Magyar or Sivado on floor horse | 2 |
| Magyar and Sivado or reverse on floor horse | 4 |
| 2 Magyars and 2 Sivados in a row on floor horse | 6 |
| Magyar or Sivado with pommels on FIG horse | 8 |
| Magyar, Sivado with pommels on FIG horse | 10 |
| Magyar, Sivado, Magyar or reverse with pommels on FIG horse | 12 |

| Skills box 4 (Scissors) | Points |
|----------------------------------|--------|
| 5 False scissors each leg | 2 |
| 10 Scissors in a row | 4 |

| Skills box 5 (Circles/Kehrs on handles) (Performed on FIG horse) | Points |
|---|--------|
| 20 Double leg circles on pommels | 2 |
| 4 Kehrs in a row on pommels (any number of circles between kehrs) | 4 |

| Skills box 6 (Single pommel) | Points |
|---|--------|
| 5 Single pommel circles in a row | 2 |
| 10 Single pommel circles in a row | 4 |
| 2 Stocklis in a row on single pommel | 6 |
| 4 Stocklis in a row on single pommel | 8 |
| 6 Stocklis in a row on single pommel | 10 |
| 360° Russian on single pommel followed by a circle | 6 |
| 720° Russian on single pommel followed by a circle | 8 |
| 1080° Russian on single pommel followed by a circle | 10 |

| Skills box 7 (Dismounts) | Points |
|-----------------------------------|--------|
| Triple Russian on Mushroom | 2 |
| Flair to HS on Mushroom | 4 |

| | |
|---|----|
| Single Russian on horse without pommels | 2 |
| Double Russian on horse without pommels | 4 |
| Triple Russian on horse without pommels | 6 |
| Single Russian with pommels | 6 |
| Double Russian with pommels | 8 |
| Triple Russian with pommels | 10 |
| Flair to HS on horse without pommels | 6 |
| Flair to HS from single pommel | 12 |

Minimum Score 14.0

Maximum score 66.0

Rings

| Skills box 1 (Routine) | Points |
|---|--------|
| Muscle up – L-sit 3 sec – Press HS – Lower down through support to inverted hang – back lever with legs together (3 sec) – pull back to inverted hang from lever or skin the cat – inlocate – 2 dislocate in a row on the 2 nd one, double back tuck dismount or layout with full twist | 2 |
| From HS BW giant to HS slightly bent arms or Straight arms hold 3sec | 2 or 4 |
| From HS FW giant to HS slightly bent arms or Straight arms hold 3sec | 2 or 4 |
| From HS FW and BW giant to HS with straight arms hold 3sec each | 6 |
| From HS 2 FW and 2 BW giants to HS with straight arms hold 3 sec each | 10 |

| Skills box 2 (Strength) | Points |
|--|--------|
| Straddle Planche 3 sec or Legs together 3sec | 2 or 6 |
| Cross 3 sec or Inverted Cross 3 sec | 2 or 6 |

| Skills box 3 (Dismounts) | Points |
|--|-------------|
| Back layout with double twist or Front Layout 1 ½ | 2 |
| Double back tuck with full twist or 1 ½ or Double-double | 2 or 4 or 6 |
| Double layout or with full twist or with double twist | 4 or 6 or 8 |

Minimum points 8

Maximum points 24

Vault (Only one vault is required)

| From Tsuk or Kaz or Yurchenko | Points |
|---|----------------------------|
| Tuck or Pike or Layout (box 1) | 2 or 4 or 6 |
| Layout full twist or (1 ½) or (double) or (2 ½) or Triple (box 2) | 8 or 10 or 12 or 14 or 16 |
| Double back tuck or Pike (box 3) | 16 or 18 |
| From Handspring | |
| Front tuck or Pike or Layout (box 4) | 2 or 4 or 8 |
| Layout Full twist or (1 ½) or (double) or (2 ½) or Triple (box 5) | 10 or 12 or 14 or 16 or 18 |
| Double front tuck or Pike (box 6) | 16 or 18 |
| Double front tuck half turn or double pike half turn (box 7) | 18 or 20 |

Minimum points 2

Maximum points 20

Parallel Bars

| Skills Box 1 (Swing HS) | Points |
|---------------------------------|--------|
| 5 Swings with hop to HS | 2 |
| 5 Swing to HS forward pirouette | 4 |
| 5 Swing to HS reverse pirouette | 6 |

| Skills box 2 (Front uprise) | Points |
|------------------------------------|--------|
| 3 Front Uprise swing to HS | 2 |
| 3 Front Uprise swing hop to HS | 4 |
| 5 Front Uprise Swing hop to HS | 6 |

| Skills box 3 (Back uprise) | Points |
|-----------------------------------|--------|
| Back Uprise to HS | 2 |
| 3 Back Uprise to HS | 4 |
| 5 Back Uprise to HS | 6 |

| Skills box 4 (Moy/Tippelt) | Points |
|-----------------------------------|--------|
| Moy or Tippelt to Support | 2 |
| Tippelt to HS | 4 |
| Bhavsar to kip | 6 |

| Skills box 5 (Giants) | Points |
|------------------------------|--------|
| Giant to HS | 2 |
| 2 Giants to HS | 4 |
| Giant diamidov | 6 |

| Skills box 6 (Peach) | Points |
|-----------------------------|--------|
|-----------------------------|--------|

| | |
|----------------------------------|-------------|
| Peach to Horizontal or 45° or HS | 1 or 2 or 3 |
| 2 Peach to HS | 5 |

| Skills box 7 (Stutz/Diamidov) | Points |
|--|--------|
| Stutz to HS | 2 |
| 2 Stutzes to HS | 4 |
| Diamidov to HS | 2 |
| 2 Diamidovs to HS | 4 |

| Skills box 8 (Dismounts) | Points |
|---|-------------|
| Front tuck or Pike/Layout | 1 or 2 |
| Front tuck or Pike with half turn | 4 |
| Front Layout with full turn | 6 |
| Double front tuck | 9 |
| Back Tuck or Layout or Layout half turn | 1 or 2 or 3 |
| Back Layout with full turn | 4 |
| Double back Tuck or Pike | 6 or 9 |

Minimum points 14.0

Maximum points 44.0

Horizontal Bar

| Skills box 1 (Back giants) | Points |
|-------------------------------------|--------|
| 3 Back giants in a row | 2 |

| Skills box 2 (Front giants) | Points |
|--------------------------------------|--------|
| 3 Front giants in a row | 2 |

| Skills box 3 (Turns through HS routine) | Points |
|---|--------|
| Kip Cast to HS or 45° - swing forwards half turn to 45° or HS 4 times | 2 |
| Kip cast to HS or 45° - free hip to HS or 45° - 1-2 backwards giants – Blind change – 1-2 forwards giants – pirouette – 1-2 backwards giants – Back layout dismount | 6 |

| Skills box 4 (In-bar/In-bar Routine) | Points |
|--|--------|
| With straps 3 Stalder to HS in a row | 2 |
| With straps 3 Endos (or equivalent B-value in-bar element) to HS in a row | 2 |
| Kip cast or jam cast to 45° - Stalder to HS | 4 |
| From kip cast or jam cast to HS or 45° - 2 Stalders to HS in a row | 6 |
| From cast HS or giant - Endo (or equivalent B-value in-bar element) to HS | 4 |
| From cast HS or giant-2 Endo (or equivalent B-value in-bar element) in a row | 6 |

| | |
|--|----|
| Kip Cast HS or jam cast HS Stalder – BW giant – Blind change – FW giant – Endo HS – FW giant – Pirouette – Backward giant – Back layout dismount | 10 |
|--|----|

| | |
|--|-------------|
| Skills box 5 (Stoop dislocate) | Points |
| Stoop dislocate to Horizontal or 45° or HS | 1 or 3 or 5 |

| | |
|---------------------------------------|--------|
| Skills box 6 (Flight elements) | Points |
| Gienger | 2 |
| Tkatchev straddle or Layout | 4 or 6 |
| Veronin or Yamawaki | 2 or 6 |
| Kovacs or Kolman | 6 or 8 |

| | |
|---|-------------|
| Skills Box 7 (Dismounts) | Points |
| Back Layout or with full twist or with double twist | 1 or 2 or 4 |
| Double back tuck or Pike or Layout | 4 or 6 or 8 |
| Double layout with full twist or double twist | 10 or 12 |

Minimum points 13.0

Maximum points 43.0

Flexibility

All positions are to be held for 3 secs and at maximum end position (180° splits, arms vertical in bridge etc.)

1 Point will be deducted for each 10° from ideal end position (i.e. middle splits 22° from horizontal would be deducted 2 points and receive 1 point)

| | |
|--|--------|
| Flexibility Routine | Points |
| Front roll to middle splits | 0 - 3 |
| Turn to right leg splits | 0 - 3 |
| Turn to left leg splits | 0 - 3 |
| Turn back to middle, sit back and bring legs to 90°, arms FWD to pancake | 0 - 3 |
| Bring legs together, stretch arms forward to pike stretch | 0 - 3 |
| Put arms behind body to shoulder stretch backwards | 0 - 3 |
| Bring arms forward and place them behind head and push up to bridge | 0 - 3 |

Minimum points 7

Maximum points 21

Strength

| Press to Handstand (2 sec) from L-sit back to L-sit (2 sec) on parallettes | Points |
|---|--------|
| 1 repetition | 1 |
| 2 repetitions | 2 |
| 3 repetitions | 3 |
| 4 repetitions | 4 |
| 5 repetitions | 5 |

| Leg lifts to hang (on wall bars) | Points |
|---|--------|
| 10 repetitions | 1 |
| 15 repetitions | 2 |
| 20 repetitions | 3 |
| 25 repetitions | 4 |
| 30 repetitions | 5 |

| L-sit Press to Handstand (3 sec) on rings (arms should be straight to slightly bent) | Points |
|---|--------|
| Hold 3 seconds with bent arm press | 1 |
| No hold (1 sec) straight arms | 2 |
| 1 repetition | 3 |
| 2 repetitions | 4 |
| 3 repetitions | 5 |

| Straddle planche on parallettes | Points |
|--|--------|
| 1 - 3 seconds | 1 |
| 3 - 5 seconds | 2 |
| 5 - 7 seconds | 3 |
| 7 - 10 seconds | 4 |
| Over 10 seconds | 5 |

| L-sit, V-sit, Manna on parallettes | Points |
|--|--------|
| L-sit (10 sec) | 1 |
| V-sit (5 sec) (Legs within 15° of vertical) | 2 |
| Manna (3 sec) (Legs within 30° of horizontal) | 3 |
| Manna (5 sec) (Legs within 30° of horizontal) | 4 |
| Manna (10 sec) (Legs within 30° of horizontal) | 5 |

Minimum points 5

Maximum 25

* Minimum points for each apparatus per age for selection to Sask First **Team 1**

| | 10-11 years old | 12-13 years old | 14-15 years old | 16-17 years old | 18-19 years old |
|-------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| FX | 27.0 | 32.0 | 47.0 | 56.0 | 62.0 |
| PH | 20.0 | 28.0 | 36.0 | 44.0 | 46.0 |
| SR | 4.0 | 6.0 | 10.0 | 12.0 | 16.0 |
| VT | 2.0 | 4.0 | 6.0 | 8.0 | 10.0 |
| PB | 11.0 | 21.0 | 28.0 | 31.0 | 40.0 |
| HB | 9.0 | 18.0 | 29.0 | 35.0 | 37.0 |
| Flexibility | 14.0 | 14.0 | 14.0 | 14.0 | 14.0 |
| Strength | 10.0 | 12.0 | 15.0 | 18.0 | 20.0 |

* **Team 2** will be named based on the evaluation of skill level. Age will also be taken into consideration.