



# Canadian Elite Pathways Program

Men's Artistic Gymnastics Coaches and Judge's manual

July 1, 2023



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## ACKNOWLEDGMENTS

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

## GENERAL INFORMATION

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

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

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

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

## ARTICLE 1: PROGRAM DESCRIPTION

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

### LONG TERM DEVELOPMENT IN THE PATHWAYS

Category	Competition Stream	LTD Stage	Characteristics
Aspire	Regional / National	Learn to Train Train to Train	Major fitness development stage; Greater attention to mental preparation.
Junior	National / International	Train to Compete	Specialized coaching and training environment.
Next Gen	National / International	Train to Compete	Advanced mental preparations and practice under highly competitive conditions.
Senior	International	Train to Win	Focus is on podium performances at the highest level.

## ELITE PATHWAYS RULES

Elite Path	Rules And Regulations
Senior & Next Gen	Senior FIG rules + Stick bonus
Junior	Junior FIG rules + Stick bonus
Aspire	Modified FIG rules; 7 skills + Stick bonus with GymCan supplementary rules

## JUNIOR TEAM COMPETITION FORMAT

Teams will represent their respective Province or Territory. The Junior Team competition is held at Canadian Championships using a 6–6–3 format.

## ARTICLE 2: COMPETITIVE AGE FOR ELITE PATHWAY

### AGE DETERMINATION

The competitor’s age will be determined by their age at the end of the calendar year. Example: If an athlete turns 17 years old at any time during the calendar year, they must compete Junior 17-18

Category	Season: Sept 1, 2023 – Aug 31, 2024	Season: Sept 1, 2024 – Aug 31, 2025
Senior 21 +	2003 or earlier	2004 or earlier
Senior Next Gen (19-20)	2004 – 2005	2005 – 2006
Junior (17 – 18)	2006 – 2007	2007 – 2008
Junior (15 – 16)	2008 – 2009	2009 – 2010
Aspire (13 – 14)	2010 – 2011	2011 – 2012

### LTD COMPLIANCE RESTRICTIONS

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

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

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

## ARTICLE 3: MODIFICATIONS AND COMMITTEE RESPONSIBILITIES

### COMPETITIONS

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

### CLARIFICATIONS

Clarifications for the Program may take place several times over the competition year. Any clarifications will be circulated to all PTO’s and Program members and will be posted on the GymCan website.

## ARTICLE 4: COMPETITION REGULATIONS AND EQUIPMENT SPECIFICATIONS

### RULES IN EFFECT

- The current GymCan Men's Artistic Gymnastics Technical Regulations
- Unless otherwise stated, the current FIG Code of Points will be applied along with all related FIG MTC Newsletters.

### COMPETITIONS AND WARM-UPS

- Competition warm-ups may not begin prior to 8:00 am and competitions may not finish later than 10:00 pm.
- All athletes will receive a general warm up and apparatus warm-up prior to the start of the competition as per **FIG: Approximately 30 minutes general and 10 minutes per apparatus.**
- Aspire competitions should be scheduled to take place in the first daytime session whenever possible.
- **Each gymnast is** entitled to a one touch warm-up prior to the Competition.
  - 30 sec. on all apparatus except Parallel Bars.
  - 50 sec. on Parallel Bars, including bar preparation.
  - Gymnasts are entitled to a maximum of two warm-up vaults.

### COMPETITION DUTIES OF GYMNAST

- Gymnasts must be attired according to the stipulations of the current FIG Code of Points. Note: Canadian Competitions dark colored longs (including black and dark blue) are not allowed.
- Gymnasts are required to always wear a shirt during competition warm-ups and whenever training in the competition gym.
- Athletes from the same Team or Club must wear the same competition attire.
  - All athletes and coaches at Canadian Championships compete for their Province and wear provincial uniforms.
  - All athletes and coaches at Regional Championships compete for their Province and wear provincial uniforms.
  - All athletes and coaches at Elite Canada compete for their club and will wear club uniforms.
  - National Team uniforms will be worn only when representing Canada internationally or during Event Finals at Canadian Championships and Elite Canada
- Violation of the uniform requirements will result, without warning in a FIG Code penalty.

### SPOTTING AND ASSISTANCE

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

## ARTICLE 5: MEASUREMENT OF EQUIPMENT AND SPECIFICATIONS

### EQUIPMENT

1. The chart below describes the specific equipment requirements for each category within the Elite Pathways.
2. Unless noted in the chart of apparatus requirements, the use of any *additional* mats will result in a 0.5 deduction from the Final Score, on that apparatus.
3. See the table in Article 7 concerning the use of the mats, apparatus regulations for each category.

4. It is the responsibility of the local organizing committee (LOC) to make available and set up the equipment in accordance with the specifications in the Pathways program. Any change to these guidelines must be communicated to the participating clubs in the work plan.
5. 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.
6. 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)**

	Aspire	Junior	Senior
<b>Floor</b>	FIG 12 m x 12 m		
<b>Pommel Horse</b>	<b>Horse with handles.</b> The horse may be lowered to any height or use a beat board to mount.	FIG (105 cm from top of mat, 115 cm from the floor.)	
<b>Rings</b>	FIG (290 cm from the floor to the inside bottom of the ring.)		
<b>Vault</b>	120 to 135 cm with FIG landing mats	FIG (135 cm measured from the floor)	
<b>Parallel Bars</b>	FIG (180 cm from the top of mat to the top of the rail or 200 cm from floor)		
<b>Horizontal Bar</b>	FIG (260 cm from top of mat or 280 cm from the floor to the top of the rail.)		

**ARTICLE 6: JUDGING RESPONSIBILITIES**

**EVALUATION OF ROUTINES**

- In optional routines, the D-jury will determine the Difficulty Value or Start Value (D- Score) of the routine.
- Execution errors for poor technique, poor body position, etc. are evaluated according to the current FIG Code of Points, unless otherwise stipulated in these rules.
- The Chair of the Apparatus Jury will be responsible for determining and applying bonus for stuck dismounts to the Final Score. Virtuosity and stick bonus will be included in the bonus column.
- The Chair of the Apparatus Jury takes deductions for line, behaviour, and apparatus violations from the Final Score. See Article 4 and the current Code of Points.
- The expectation is that judges will submit the scores within 1 minute after a routine’s completion.

**JUDGING PANELS**

- For National and Regional (Eastern or Western Championships) competitions a minimum of two, preferably four judges per panel should be assigned. The head judge on the panel should be a FIG or National level judge.
- The Chair of the Competition Jury (CCJ) must hold a current FIG Brevet.
- For all categories, the members of the judging panel will be responsible for both D-jury and E-jury unless four or more judges are assigned to the event.
- Unless assigned separately, or provided by the LOC, the judges on the jury for Floor and Vault will have the additional responsibility of being the Line Judge.

**SCORING REGULATIONS**

- With two or three judges per event, all scores will count. The average of all scores will be calculated and the score will be calculated up to 3 decimal places. The average will be truncated to the third decimal and not rounded.
- When there are four judges the highest and lowest scores are eliminated, and the two middle scores are averaged.

## ARTICLE 7: EVALUATION OF EXERCISES AND ROUTINE CONSTRUCTION

### D-SCORE

The D score is calculated as per the current FIG Code of Points and for the Aspire category, the supplemental developmental regulations.

### E-SCORE

The E score is calculated by subtracting points for deficiencies in technical or aesthetic execution. The definitions of those deductions are as per the current FIG Code of Points:

Small error	Medium error	Large error	Fall
0.1	0.3	0.5	1.0

### SHORT ROUTINES

- It is the duty of the D-jury to determine how many skills were credited.
- The Chair of the apparatus jury should give the scorer a deduction for the non-technical deductions prior to the Final Score (see the table below in Article 7 for specified rules about short routine for each category).

### REPETITION RULES FOR ASPIRE ONLY

- A second Vault may be repeated with a 1.0 penalty if the first Vault competed received a zero.

### LANDINGS

- For all categories of the Elite Pathway Program a bonus will be applied to the Final Score for a stuck landing except on Pommel Horse. A stuck landing is defined as a stable landing position with no unsteadiness, minor adjustment of feet, or excessive arm swings on landing. See the table below concerning bonus for each category.
- 1.0 is the maximum deduction for an element with a fall, and including all steps, touches, or support on the floor or mat leading up to the fall. Other execution deductions incurred for the element (height, landing extension, insufficient twist) still apply.

### SCREENING ACTIVITIES

To be eligible to compete in the Aspire, Junior and Senior categories at Elite-Canada or Canadian Championships, athletes **must** achieve one of the following GymCan recommended standards for their category. **If an athlete has qualified by apparatus score, they are eligible to compete only on the apparatus that they have qualified for.** These scores can also be used by PTO's for athlete acceptance into the respective competitive category:

- Aspire: **64.0** AA
- Junior 15-16 years old: **66.0** AA
- Junior 17-18 years old: **69.0** AA

	FX	PH	SR	VT	PB	HB	AA
Next Gen	<b>12.80</b>	<b>12.50</b>	<b>12.50</b>	<b>13.00</b>	<b>12.50</b>	<b>12.20</b>	<b>70.00</b>
Senior 21+	<b>13.00</b>	<b>12.75</b>	<b>12.75</b>	<b>13.50</b>	<b>12.75</b>	<b>12.50</b>	<b>72.00</b>

## ARTICLE 8: SPECIFIC RULES AND REGULATIONS

### COMPETITION RULES

Category	Rules of the routines	Skills req'd	EGs	FIG amendments Dismount	Skill Bonus (+ 0.5 Start Value)	Stick Bonus & Virtuosity	Short routines Neutral Deduction	Additional Landing Mats
<b>Senior &amp; Senior NextGen</b>	Senior FIG Rules 2022-2024 Code of Points	10	Senior FIG Rules	Senior FIG rules	N/A	D = 0.1 E and higher = 0.2 No stick bonus on PH  Vault: 4.6 to 4.8 = 0.1 5.0 and higher = 0.2	8 elements = 0.0 7 elements = 3.0 6 elements = 4.0 5 elements = 5.0 4 elements = 6.0 3 elements = 7.0 2 elements = 8.0 1 element = 9.0 0 element = 10.0	<b>Floor:</b> Up to ONE 10 cm mat (can be removed) Not for rebound.  <b>High Bar:</b> Up to 10 cm for release moves only and must be taken out prior to the dismount.
<b>Junior</b>	Junior FIG Rules 2022-2024 Code of Points	8	Junior FIG rules	Junior FIG rules		C = 0.1 D and higher = 0.2 No stick bonus on PH  Vault: 3.2 to 4.4 = 0.1 4.6 and higher = 0.2	6 elements = 0.0 5 elements = 3.0 4 elements = 4.0 3 elements = 5.0 2 elements = 6.0 1 element = 7.0 0 element = 10.0	<b>Note:</b> When an event is being used for selection to World Championships or a Major Games, FIG mat restrictions may be enforced.
<b>Aspire</b>	Optional Routines	7	Junior FIG rules	B & higher = 0.5 FIG A = 0.3	<b>FX:</b> Forward or backward layout with double twist or more.  <b>PH:</b> Any 3/3 travel.  <b>SR:</b> Long swing forward OR backward to handstand (hold 2 sec)  <b>PB:</b> Giant to handstand. <b>HB:</b> Min B-value in-bar element.	B = 0.1 C and higher = 0.2 No stick bonus on PH  Vault: under 3.2 = 0.1 3.2 and higher = 0.2  Amplitude: One element = 0.1 Three or more = 0.2	6 elements = 0.0 5 elements = 3.0 4 elements = 4.0 3 elements = 5.0 2 elements = 6.0 1 element = 7.0 0 element = 10.0	<b>Floor:</b> Up to ONE 10 cm mat (can be removed) Not for rebound.  <b>Rings:</b> Up to 10 cm additional  <b>Vault:</b> Up to 10 cm additional  <b>P-Bars:</b> Up to 20 cm additional  <b>High Bar:</b> Up to 20 cm additional on both sides of the bar



## ARTICLE 8: SUPPLEMENTARY REGULATIONS FOR ASPIRE

<b>FX</b>	<p>-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:</p> <ul style="list-style-type: none"> <li>• Salto forward stretched (B) and Salto forward stretched w. 1/2 twist (B)</li> <li>• Salto fwd stretched with 1/1 twist (C) and Salto fwd stretched with 1 1/2 twist (C)</li> <li>• Salto bwd stretched with 1/2 twist (B) and Salto bwd stretched with 1/1 twist (B)</li> <li>• Salto bwd stretched with 1 1/2 twist (C) and Salto bwd stretched with 2/1 twist (C)</li> </ul>	
	<b>Element Groups</b>	<b>The Developmental 'A' parts listed below will only receive a partial Element Group value of 0.3</b>
	<b>Non acrobatic</b>	- Back roll to handstand with straight arms
	<b>Elements forward</b>	
	<b>Elements backward &amp; Arabian</b>	- Round off
	<b>Dismount</b>	
<b>PH</b>	<p>- Flairs &amp; circles will be considered separate element.            - 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)</p> <p>- The FIG D-jury deduction for "non-utilization of all 3 parts of the horse" will NOT apply.</p>	
	<b>Element Groups</b>	<b>The Developmental 'A' parts listed below will only receive a partial Element Group value of 0.3</b>
	<b>Single Leg swings</b>	- 1/2 scissor (one only, either fwd or bwd)
	<b>Circle, flairs, flops, spindles, Russian Kehrschwings</b>	
	<b>Travel type elements</b>	
	<b>Dismount</b>	
<b>SR</b>	<p>All "B" strength elements (FIG Group II) or "B" swing to strength elements (FIG Group III) = 0.2 Bonus*            *For D-jury awarded Group II or Group III elements, the maximum E-jury deduction is 0.5</p> <p>-Straddle planche (B) – no bonus, the maximum E-jury deduction is 0.5</p> <p>-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.</p>	
	<b>Element Groups</b>	<b>The Developmental 'A' parts listed below will only receive a partial Element Group value of 0.3</b>
	<b>Kip &amp; swing elements &amp; Swings through or to handstand (2 sec)</b>	
	<b>Strength elements &amp; hold elements (2 sec.).</b>	- Muscle up to support. - Tucked planche.
	<b>Swings to Strength hold elements (2 sec.).</b>	
	<b>Dismount</b>	
<b>VT</b>	<b>FIG Rules</b>	

<b>PB</b>	<ul style="list-style-type: none"> <li>- Giant + Giant or Giant element of C value or higher = C, C = 0.2 BONUS</li> <li>- Peach basket to 45° = C value.</li> <li>- For D-jury awarded Peach to handstand elements, the maximum E-jury deduction is 0.5</li> <li>- Salto forward piked with ½ twist (B)</li> <li>- Back layout with ½ twist (B)</li> </ul>	
	-One layaway OR empty swing is permitted on P. Bars	
	<b>Element Groups</b>	<b>The Developmental 'A' parts listed below will only receive a partial Element Group value of 0.3</b>
	<b>Elements in support</b>	- Stutzkehre to 45°
	<b>Elements starting in upper arm position</b>	- Back Uprise to support (Heels at horizontal).
	<b>Long swings in hang on 1 or 2 bars &amp; Underswings.</b>	- Moy to upper arm.
<b>Dismount</b>	- Salto tucked off the side or end.	
<b>HB</b>	<ul style="list-style-type: none"> <li>- Blind Change immediate pirouette (done as a full turn) = B value</li> <li>- Flight elements: B value = 0.2 bonus. C or higher = 0.3 bonus</li> <li>- C-value or higher Flight elements may be repeated if successful on the first attempt = 0.2 BONUS</li> <li>- Stalder with or without ½ turn (C) Can perform both Stalders in a routine for value.</li> <li>- Endo with or without ½ turn (C). Can perform both Endos in a routine for value</li> </ul>	
	<ul style="list-style-type: none"> <li>-Special Repetition: Gymnasts may perform a swing ½ turn above horizontal and Blind change element to receive two different values.</li> <li>-One layaway OR empty swing is permitted on Horizontal Bar.</li> </ul>	
	<b>Element Groups</b>	<b>The Developmental 'A' parts listed below will only receive a partial Element Group value of 0.3</b>
	<b>Long hang swings with &amp; without turns.</b>	<ul style="list-style-type: none"> <li>- Back Uprise with heels above bar.</li> <li>- Swing forward with ½ turn (blind technique or early pirouette) to handstand.</li> </ul>
	<b>Flight elements</b>	
	<b>In bar &amp; Adler elements.</b>	- Stoop/straddle on & off backwards.
<b>Dismount</b>		