



Canadian Provincial Pathways

PROVINCIAL 3, 4, 5 AND NATIONAL OPEN

MEN'S ARTISTIC GYMNASTICS COACHES AND JUDGES MANUAL

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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 DESCRIPTION

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 | Provincial / 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 – 8 - 4 |
| Regional Championships | Provincial 5 | As indicated per the Regional Championships rules |
| | Provincial 4 | |
| | Provincial 3 (Optional) | |

REGIONAL CHAMPIONSHIPS AND CANADIAN CHAMPIONSHIPS:

National Open: The team competition format has a maximum of 8 athletes per Team, **8** 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

| Level | Age Categories (birth years) | |
|---------------|--|--|
| | 2023-2024 Season (Sept 1, 2023 to August 31, 2024) | 2024-2025 Season (Sept 1, 2024 to August 31, 2025) |
| National Open | 2009 and earlier | 2010 and earlier |
| Provincial 5 | 2007 - 2008 - 2009 - 2010 | 2008 - 2009 - 2010 - 2011 |
| Provincial 4 | 2011 and earlier | 2012 and earlier |
| | 2012 – 2013 - 2014 | 2013 – 2014 - 2015 |
| Provincial 3 | 2011 and earlier | 2012 and earlier |
| | 2012 – 2013 - 2014 | 2013 – 2014 - 2015 |

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.

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 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.
- iii. 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 Rings and 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 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 with 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 | FIG (290 cm from the floor to the inside bottom of the ring.) | | | |
| Vault | 110 to 135 cm | 120 to 135 cm | | FIG (135 cm) |
| Parallel Bars | Adjustable Height | FIG (180 cm from the top of mat to the top of the rail or 200 cm from floor) | | |
| High Bar | FIG (260 cm from top of mat or 280 cm from the floor to the top of the rail.) | | | |

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.
- For National Open on

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

- 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).
- For Provincial 3, 4 and 5: A second Vault may be repeated with a 1.0 penalty if the first Vault competed received a zero.
- 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 $\frac{1}{2}$ 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

- 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).
- Exception:
 - Floor: Stick bonus is awarded after an element acrobatic with Salto with or without turn. No bonus applies after round-off jump or back handspring jump.
 - Pommel Horse: No stick bonus applies on Mushroom or horse with or without pommels.
- The cumulative landing deduction will be maximized at 1.0 for all events.

ARTICLE 7: SPECIFIC RULES AND REGULATION

7.1 COMPETITION RULES

| Categories | Rules of the routines | Skills Req'd | Element Groups (0.5) | FIG dismount amendments | Skill Bonus (0.5 add to start value) | Stick bonus / Virtuosity | Short routines Neutral deduction | Additional landing mats |
|---------------|---------------------------|--------------|---|--|---|--|--|---|
| National Open | Junior FIG Rules | 8 | Junior FIG Rules | Junior FIG Rules | N/A On PH, all dismounts to handstand receive full credit, but all FIG deductions will apply. | C = 0.1 D & higher = 0.2 Vault: 4.0 & lower = 0.1 Vault: 4.2 & higher = 0.2 No stick bonus on PH | 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 | Floor: ONE 10 cm mat (can be removed). Not for rebound High Bar: Up to 10 cm for release moves only Must be removed prior to the dismount |
| Provincial 5 | Modified Junior FIG Rules | 8 | 3 elements groups + dismount Developmental parts = partial value 0.3 | B & higher = 0.5 FIG A = 0.3 | Floor: - Double back OR Back layout 2/1 twists or more Pommel: Any 3/3 travels Rings: Swing to hdst 2 sec. P-bars: Giant High Bar: Stoop to 45° | B = 0.1 C & higher = 0.2 Vault: 3.0 & lower = 0.1 Vault: 3.2 & higher = 0.2 Amplitude: 1 element = 0.1 3 & more = 0.2 No stick bonus on PH | 7 elements = 0.5 6 elements = 1.0 5 elements = 2.0 4 or less = 5.0 6 elements = 0.5 5 elements = 1.0 4 elements = 2.0 3 or less = 5.0 | Floor: ONE 10 cm mat (can be removed). Not for rebound Rings: FIG plus up to 10 cm additional Vault: FIG plus up to 10 cm additional P-bars: FIG plus up to 20 cm additional High Bar: FIG plus up to 20 cm additional on both sides of the bar |
| Provincial 4 | Modified Junior FIG Rules | 7 | | | Floor: Back layout full twist or more Pommel: Any 3/3 travels Rings: Press to hdst 2 sec. P-bars: Press to hdst 2 sec. High Bar: Giant | | | |
| Provincial 3 | Modified Junior FIG Rules | 6 | | FIG A & higher = 0.5 Supplementary dismount = 0.3 | Floor: Forward handspring (one or 2 legs) or flyspring Pommel: flair element Rings: support position without Assistance P-bars: Handstand 2 sec. High Bar: Giant | FIG A = 0.1 B & higher = 0.2 Vault: 3.0 & lower = 0.1 Vault: 3.2 & higher = 0.2 No stick bonus mushroom or PH Amplitude: 1 element = 0.1 3 & more = 0.2 | 5 elements = 0.5 4 elements = 1.0 3 elements = 2.0 2 or less = 5.0 | Floor: ONE 10 cm mat (can be removed). Not for rebound Rings: FIG plus up to 40 cm additional Vault: FIG plus up to 10 cm additional P-bars: FIG plus up to 20 cm additional High Bar: FIG plus up to 20 cm addition on both sides of the bar |

7.2 SUPPLEMENTARY REGULATIONS & DEVELOPMENTAL PARTS

| | | Provincial 3 | Provincial 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: <ul style="list-style-type: none"> • 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) | |
| | EG | The Developmental 'A' parts listed below will only receive a partial Element Group value of 0.3 | |
| | Non acrobatic | - Back roll to handstand | - Back roll to handstand |
| | Elements forward | - | - |
| | Elements backward & Arabian | - Round off - Cartwheel | - Round off |
| | Dismount | - | - |
| 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) A flair and a circle will be considered as separate elements for value. -180° Russian = (B) for level 3 only. - Full Spindle (Max 4 circles) = (C) for level 3 only - Two (2) Loops on one single pommel = (C) for level 5 only. The following listed elements shall be considered as separate elements: <ul style="list-style-type: none"> • ¼ spindle from cross support (A) and ¼ spindle from side support (A) • Uninterrupted ½ spindle from cross support (B) and Uninterrupted ½ spindle from side support (B) | |
| | | The FIG D-jury deduction for "Non-utilization of all 3 parts of the horse" will NOT apply. | |
| | EG | The Developmental 'A' parts listed below will only receive a partial Element Group value of 0.3 | |
| | Single Leg swings | - | - |
| | Circle, flairs, flops, spindles, Russian Kehrschwings | - ¼ turn (Kehre OR Czech action) - ½ Stockli | - ¼ turn (Kehre OR Czech action) |
| | Travel type elements | -1/3 Travel fwd | -1/3 Travel fwd for Level 4 only |
| | Dismount | - Wende dismount from side support. (A) | |
| SR | | All strength elements (FIG Group II) or swing to strength elements (FIG Group III) "B" and higher = 0.2 Bonus* *=For D-jury awarded Group II or Group III elements, the maximum E-jury deduction is 0.5 - Kip to support = B value. - Felge to support = B value. - Straddle planche (B) – No bonus - Bent arm, pike press to handstand (B) – No bonus - Bent arm swing to handstand 2sec (C). | |
| | | - The FIG deduction for "No swing to handstand 2 sec" 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. | |
| | EG | The Developmental 'A' parts listed below will only receive a partial Element Group value of 0.3 | |
| | Kip & swing elements & swings through or to handstand (2 sec.) | | |
| | Strength elements & hold elements (2 sec.) | - Straddle back lever or front lever. - Muscle up to support. - Press to shoulder stand. | - Straddle back lever or front lever. - Muscle up to support. |
| | Swings to Strength hold elements (2 sec.) | - | - |
| Dismount | - Any salto tucked. (A) | - Any salto tucked. (A) | |

| VT | FIG Rules | | |
|--------------------------|---|---|---|
| PB | Stutzkehre to 45° = (B) Giant swing to support = (B) Peach basket to 45° = (C) Giant + Giant or Giant element of C value or higher = C, C = 0.2 BONUS Salto forward piked with ½ twist (B) Back layout with ½ twist (B) For Level 3 only: - V-sit = (B) - Straddle planche (2 sec) = (B) - Mana = (C) | | |
| | - One layaway OR empty swing is permitted on Parallel Bars - For D-jury awarded Peach to handstand elements, the maximum E-jury deduction is 0.5 | | |
| | EG | The Developmental 'A' parts listed below will only receive a partial Element Group value of 0.3 | |
| | Elements in support | | V-sit (2sec) |
| | 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 & Under swings. | - Moy to upper arm. - Long hang swing and back uprise to support | - Moy to upper arm. |
| 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. | |
| 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 or without ½ turn (C) Can perform both Stalders in a routine for value. Endo with or without ½ turn (C). Can perform both Endos in a routine for value Blind Change immediate pirouette (done as a full turn) = (B) For level 3 only: - Stoop or straddle on & off backwards or forwards = (B) - Swing ½ turn to under grip (blind change) = (B) | | |
| | - 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 | | |
| | EG | The Developmental 'A' parts listed below will only receive a partial Element Group value of 0.3 | |
| | Long hang swings with & without turns. | - Back Uprise with heels above bar. - Swing ½ turn above horizontal. - Swinging pull over (Baby giant). | - Back Uprise with heels above bar. - Swing ½ turn to handstand. |
| | Flight elements | -Straddle cut from long hang swing. | - Straddle cut from long hang swing. |
| In bar & Adler elements. | - Back hip circle with straight body. - 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 and immediate cast to 45° | |
| Dismount | - Any salto tucked | - Any salto tucked | |