



**GYM**nastics  
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**CANADA**

**WOMEN'S ARTISTIC GYMNASTICS  
2016-2017 HIGH PERFORMANCE MANUAL**

September 2016



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## INTRODUCTION

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The Canadian High Performance Stream (HP) is the preferred pathway for athletes aspiring towards National Team. It is the pathway that will lead a gymnast towards the pursuit of excellence and achievement of medals at the highest international level. The HP models and identified technical guidelines foster the development of exquisite technique and technical proficiency to assist in the development of young athletes as they prepare for FIG level competition. The models are intended for coaches to apply for each gymnast, on an individual basis to optimize that gymnast's skills and abilities. Coaches may have different strategies for each gymnast, even on different apparatus, depending upon the difficulty values of elements, the execution, the ability to connect elements and the consistency of performing skills and whole routines.

The objective for the HP Stream have been set out by the Women's Program Committee of Gymnastics Canada as follows:

*To Provide technical leadership support and guidelines for athlete development through Novice, Junior and Senior HP categories with the goal of sustaining international success from within our National Teams.*

The HP Stream has three levels:

### **Novice**

Ages 11 to 13

For Novices, the HP model is designed to specifically develop and prepare these young gymnasts for future excellence by incorporating various predicted international trends and directions. Novices will be evaluated according to the FIG Code of Points and are eligible to receive additional bonus through the HP models.

### **Junior**

Ages 12-15

Juniors compete FIG rules, with modifications on vault and some equipment modifications. In Canada, some equipment modifications have been introduced for most competitions. The HP rules do provide technical performance expectations and identify preferred technique and body position. These expectations are used for the evaluation of routines under the High Performance models.

### **Senior**

Ages 15 and older in Canada. Must be 16 and older internationally

Competing pure FIG rules, with modifications on vault and some equipment modifications. Senior category is the highest level in international gymnastics. In Canada, some equipment modifications have been introduced for most competitions.

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The Women's Program Committee (WPC) of Gymnastics Canada is responsible for the content of the Canadian HP Program.

## GENERAL REGULATIONS

### 1. AGE ELIGIBILITY

Age of the athlete is based on their age as of December 31 in the year in which they are competing as per FIG.

The following chart will identify eligible athletes for the years

	2016/2017	2017/2018	2018/2019
<b>Novice</b>	2004, 2005, 2006	2005, 2006, 2007	2006, 2007, 2008
<b>Junior</b>	2002, 2003, 2004, 2005	2003, 2004, 2005, 2006	2004, 2005, 2006, 2007
<b>Senior</b>	2002 and older	2003 and older	2004 and older

### 2. MODIFICATIONS AND COMMITTEE RESPONSIBILITIES

a) The WAG PC of Gymnastics Canada reserves the right to make changes and/or clarifications to these regulations over the course of the competition year. These clarifications will be circulated to all PTO's and program members, and will be posted on the GCG website.

### 3. WARM UP & COMPETITION FORMAT

For all categories of the High Performance Program, the FIG format for warm up will be used at Elite Canada and Canadian Championships. This will be in force for the 2017 Elite Canada and Canadian Championships.

General Warm-up	20 minutes: Athletes may not start the general warm-up on the warm-up or competition floor before the set time. Once the general warm-up starts, athletes may warm-up on the WAG floor, mats and runway only. They may <b>not</b> use the boards and/or get on the table, bars or beam for any reason during the general warm-up. If it is part of the team choreography warm-up, athletes may perform on the floor a) basic floor acro tumbling b) beam acro on a line. The use of diagonals is prohibited.  This rule does not apply during Apparatus Finals, because an open warm up format is used.
Apparatus Warm-Up	Minimum of 2 min per athlete, depending on schedule and number of athletes in session /group. On UB - no attempt will be made to regroup the athletes using chalk/no chalk.
Touch Warm-Up	30/50 sec per athlete as per FIG
UB: chalk, raising	If there are athletes with and without grips/chalk or needing to raise the bars, the athletes are divided into 2 sub-groups: grips/chalk and no grips/chalk. Each sub-group warms up 50 sec / athlete. 90 seconds are granted for each different bar preparation/raise. The competition order cannot be modified.  As a general guideline, the coaches will agree on the most efficient way to warm up and compete prior to warm up on UB. If the coaches do not agree, the D1 judge will decide.
Group size	5 or less warm up in one group; 6 + athletes warm up in 2 groups: 3+3, 4+3, 4+4, 5+4

For other competitions, the Province / Competition Host will determine the Warm Up and Competition format which best fit their schedule. The use of the FIG warm up is recommended, however the Canadian Warm up format below may be used for Novice.

<b>General Warm up</b>	20 minutes: Athletes may not start the general warm up on the competition floor before the set time. Athletes may not use the equipment at will during the general warm up.			
	<b>V</b>	<b>UB</b>	<b>BB</b>	<b>FX</b>
Canadian Warm up	2 min / athlete	2 min / athlete	2 min / athlete	2 min / athlete
	UB: If there are athletes with and without grips/chalk, athletes are divided into 2 sub-groups: grips/chalk and no grips/chalk. Each sub-group will warm up 2 min / athletes. 90 seconds is granted for each different bar preparation.			
Individual Competition	Group warm-up	Group warm-up	Individual warm-up: time stopped between athletes for max 5 sec * includes time to set-up the mats and board	Group warm-up
UB (chalk, raising)	If there are athletes with and without grips/chalk or needing to raise the bars, the athletes are divided into 2 sub-groups: grips/chalk and no grips/chalk. Each athlete is guaranteed 2 min to warm up. 90 seconds are granted for each different bar preparation/raise. As a general guideline, the coaches will agree on the most efficient way to warm up and compete prior to warm up on UB. The warm up and competition order may be changed for efficiency. If the coaches do not agree, the D1 judge will decide.			
Group size	5 or less warm up in one group; 6 + athletes warm up in 2 groups: 3+3, 4+3, 4+4, 5+4			

Unauthorized warm-up will be considered as unsportsmanlike behaviour with direct impact on the result/performance of the gymnast/team. The Competition Head Judge will warn the offending coach first then if necessary shall give a Yellow Card and the corresponding deduction of 0.50 will be taken from the gymnast’s final score on that event.

During competition, gymnasts may warm up on the event apparatus as permitted by the rules as outlined in the Code of Points or in the Code Supplement. Gymnasts may not warm up on other event apparatus. i.e. when warming up for beam, using the floor exercise mat unless authorized, for a given session, by the Canadian Head Judge (or designate) or the PD-AG.

## 4 ATHLETE REGULATIONS

### 4.1 ATTIRE/APPEARANCE

In all Canadian Women’s Artistic Gymnastics Competitions gymnasts will in general principle follow the FIG Code of Points regulations in section 2.3.2 related to attire/appearance. The following are modifications and reminders related to those regulations:

- a) Incorrect attire is taken only one time per competition session.
- b) Hair should be secured away from the face so as not to obscure her vision of the apparatus;
- c) Handguards, body bandages, and wrist wraps are permitted; they must be securely fastened, in good repair and should not detract from the aesthetics of the performance. Tape and other bandages must be beige or skin-colored when available from the manufacturer;
- d) They must refrain from wearing hip or other padding; Padding can be considered as a protector such as sponge on hips and ankles and is not allowed. 'Chinese ankle guards' are acceptable if not too large.
- e) Elastic waistbands traditionally worn as training aids are incorrect attire.

#### 4.2 GENERAL COMPETITION REGULATIONS

- a) It is not necessary for gymnasts to ask permission to leave the competition area (i.e., go to washroom, leave designated waiting area to speak to coach, get ice from medical personnel, etc.). However, where possible, gymnasts should inform the D1 judge that she will be leaving to ensure the smooth running of the competition.
- b) As per the Code of Points Regulations for Gymnasts (Section 2.3.1 Page 2): "She must leave the podium immediately after the conclusion of her exercise". In Canada this is interpreted as also meaning that gymnasts may not perform a skill(s) as they are leaving the apparatus area. i.e. on beam during the routine gymnast fell on **salto backward** – on leaving the apparatus the coach has gymnast perform the element again on the landing mat.

#### 4.3 PREPARATION OF EQUIPMENT

- a) During the competition, the apparatus may be prepared ahead of time but the gymnast may not warm up on the apparatus before the official time begins. This includes the matting at an apparatus, i.e. saltos on the beam mat while waiting for the green light or signal to begin, are not permitted.
- b) A coach whose athlete was on Vault may prepare the rails when the competition on UB is finished, upon permission of the D1 to ensure the previous rotation is complete.

### 5 RIGHTS AND RESPONSIBILITIES OF COACHES

The rights of coaches for all competitions will follow the FIG Code of Points regulations under section 3.1. Coaches should be familiar with these regulations as follows:

#### 5.1 THE COACH IS GUARANTEED THE RIGHT TO:

- a) Assist the gymnast or team under his/her care in submitting written requests related to the raising of apparatus and the rating of new vault or element.
- b) Assist the gymnast or team under their care on the podium during the warm up period on all apparatus.
- c) Help the gymnast or team prepare the apparatus for competition.
  - vault to prepare the safety collar.
  - vault, uneven bars and balance beam to prepare springboard and position the supplementary landing mat.
  - uneven bars to adjust and prepare the uneven bar rails

- d) Be present on the podium (In Canada the mats surrounding the apparatus will be considered as the "podium ") after the gymnast has saluted to begin to remove the springboard on Balance Beam and Uneven Bars or for purposes of safety as outlined below.
- e) Assist or advise the gymnast during the intermediate fall time period on all apparatus and between the first and second vault.
- f) Be present at all apparatus to help in case of injuries or defects of the apparatus.
- g) Inquire to Competition Head Judge concerning the evaluation of the content of the exercise of the gymnast.
- h) Request to Competition Head Judge a review of the Time and Line deductions.

## **5.2 THE COACH MAY NOT DO THE FOLLOWING:**

- a) Change the height of the apparatus without permission.
- b) Speak to the D2 or E Panel judges about a performance during the competition (questions must be directed to the D1).
- c) Interfere with the rights of other participants.
- d) Delay the competition or display flagrant, undisciplined and abusive behaviour.

## **5.3 STANDING ON PODIUM IN A POSITION FOR GYMNAST SAFETY**

- a) Coaches are not allowed to block the view of the judges - however there is no deduction for this offence. Judges should request that the coach moves.
- b) Podium: In Canada the mats surrounding the apparatus will be considered as the "podium ". Unauthorized remaining of the coach on the podium is a deduction of 0.50 from the gymnast's final score on that apparatus.
- c) If a coach is on the mat at BB and spots an element the deduction is 0.50 for being on the mat and 1.0 for spotting assistance for a total deduction of 1.50. The gymnast will not receive DV, CV or CR for the skill that has been spotted.

## **5.4 ENCOURAGEMENT OF ATHLETE**

While the code of points specifies that a coach may not speak directly to the gymnast, give signals, shouts or cheers, the Canadian Program encourages the support of the coach in competition - general cheering and encouragement will be accepted. However, technical verbal cues by the coach (or teammate) to their own gymnast are not permitted (e.g. "hollow", "tap", "breathe", etc.). Technical verbal cues may result in a deduction of 0.5.

## **5.5 PROFESSIONAL ATTIRE**

In order to maintain a professional image, coaches are required to abide by the following regulations for attire while on the competition floor during warm-up and competition within the following

- appropriate training suit, excluding hats, shorts, midriff tops, ripped or torn clothing or similar;
- top: T-shirt, polo shirt or training jacket;
- appropriate indoor sport footwear.

## **5.6 UNSPORTSMANLIKE BEHAVIOUR**

Gymnastics Canada believes in professional behaviour and respect for all. For Canadian Championships or Elite Canada a behaviour which is considered unacceptable according to the FIG Code of Points, the GCG Code of Ethics, or the rules generally accepted in Canadian society will be sanctioned by:

- the Canadian Head Judge; and/or
- WAG PD or National Team Director
- the WPC.

They will also determine if the offence is minor or serious and apply penalties as outlined in section 3.3 of the FIG Code of Points. A minor offence may be sanctioned by:

- a verbal or written warning;
- written reprimand.

Additional sanctions for a serious offence may be imposed by GCG in accordance with GCG Policy and Procedures and may include a fine to be levied against the coach.

If a coach is given a Yellow Card for one offence and then commits another offence he/she will then be given a Red Card. It is not necessary to have repeated the same offence.



**6 EQUIPMENT REGULATIONS**
**6.1 MODIFICATIONS FROM FIG APPARATUS SPECIFICATIONS**

	Equipment	FIG	HP Jr / Sr	Novice
<b>Vault</b>	Vault table	125 cm (+/- 1cm)	125 cm (+/- 1cm)	125 cm (+/- 1cm)
	Runway	Max 25 m	Max 25 m	Max 25 m
	Springboards	2 – Hard, Soft No spring changes allowed	2 – Hard, Soft No spring changes allowed	3 – FIG Hard, FIG Soft, & Softer No spring changes allowed
	Suppl. mat (sting)	Mandatory 10 cm	Mandatory 10 cm Additional 5 cm allowed on top	Minimum 10 cm, up to 20 cm allowed
	Safety Mat (20 cm)	Not allowed	Not allowed	A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat.
	Yurchenko Collar and Hand mat	An approved Yurchenko collar and hand mat must be used for all round off entry vaults. These may <u>not</u> be used for other vaults.		
<b>Uneven Bars</b>	Uneven Bars	HB: 250 cm (+/- 1cm) LB: 170 cm (+/- 1cm) Diagonal: 130 to 180 cm  Taller gymnasts may raise both bars by 10 cm upon submission of request to raise bar form in appendix. However, a gymnast cannot ask to raise the UB in order to use supplementary matting under the rails.		
	Springboards	1 – Soft  The springboard must be placed on the landing mat or on the 10 cm suppl. mat, if mount and dismount are performed on the same side. The board cannot be placed on a safety mat. Novice: if mt and dmt on the same side and gymnast uses a 20 cm safety mat for the dismount, the safety mat must be placed after the athlete has mounted. Coaches are permitted to place a small board under the springboard and on top of any supplementary mat.		
	Supplementary mat (sting)	Mandatory 10 cm	Mandatory 10 cm	Minimum 10 cm, up to 20 cm allowed
		Supplementary mats may be placed under the rails, but MAY NOT extend beyond the LB		The supplementary or safety mat MAY extend beyond the LB
	Safety Mat (20 cm)	Not allowed	For D+ release, allowed to slide in and out	Allowed under LB and HB for entire routine, or slid in/out
		The springboard must be placed on the landing mat or on the 10 cm supplementary mat, if mount and dismount are performed on the same side. The springboard cannot be placed on a safety mat. Novice: if mt and dmt on the same side and gymnast uses a 20 cm safety mat for the dismount, the safety mat must be placed after the athlete has mounted. Coaches are permitted to place a small board under the springboard and on top of any supplementary mat.		
<b>Beam</b>	Beam	125 cm (+/- 1cm)		
	Springboards	1 – Soft  The springboard must be placed on the landing mat or on the 10 cm supplementary mat, if mount and dismount are performed on the same side. The springboard cannot be placed on a safety mat. Novice: if mt and dmt on the same side and gymnast uses a 20 cm safety mat for the dismount, the safety mat must be placed after the athlete has mounted. Coaches are permitted to place a small board under the springboard and on top of any supplementary mat.		
	Suppl. mat (sting)	Mandatory 10 cm	Mandatory 10 cm	Minimum 10 cm, up to 20 cm allowed
		Supplementary mats are available on one side of the beam only. All gymnasts are expected to dismount on the same end of the beam (short landing mat (traditionally to the left of judging panel))		
	Safety mat (20 cm)	Not allowed	Not allowed	Allowed for landing in place of mandatory 10 cm supplementary
<b>Floor</b>	Floor Area	12 m x 12 m	12 m x 12 m	12 m x 12 m
	Suppl. mat (sting)	Not allowed	5 or 10 cm allowed: suppl. mat must be placed at beginning of routine, and can be removed, moved or left in place (intent is to have the least amount of movement of mats/coach around the floor during the routine.	
	Safety Mat (20 cm)	Not allowed		

UB - When a 20 cm safety mat must be slid in, the 10 cm supplementary mat may be left slightly to the side at the beginning of the routine so that tall gymnasts do not brush / hit the safety mat. As soon as the 20 cm safety mat is removed, the coach must adjust placement of the 10 cm supplementary mat so that it is in the correct position for the dismount.

Canadian Championships and Elite Canada are bound by the terms of the sponsorship agreement for equipment, specifically springboards. Each PTO is responsible for determining what boards and spring configurations are used at competitions under their jurisdiction

## **6.2 USE OF MAGNESIA (CHALK) AND USE OF TAPE**

- As per the FIG Code of Points, gymnasts may use chalk on Uneven Bars and to make small markings on the Balance Beam (tape markings are not allowed).
- In Canada, the spreading of magnesia on the Floor Exercise mat is not allowed; small marks are allowed for the purpose of marking the placement of a supplementary mat. No velcro or tape markings are allowed within the Floor Exercise area. Gymnasts are permitted to apply chalk to feet or hands.
- Use of tape or excessive chalk is not permitted on the vault table.
- On the Vault Runway, athletic tape or Velcro strips may be used in front of the vault board or hand mat and to mark a gymnast's starting point.
- The judge must issue a warning before taking a deduction if the measurement is exceeded or if the markings are not removed.

## **6.3 EQUIPMENT SET-UP AND VERIFICATION**

- a) It is the responsibility of the Organizing Committee to set-up the equipment according to the High Performance Program specifications. At Canadian Championships and Elite Canada, the PD-AG and Canadian Head Judge or their representatives will ensure that the equipment is correctly set up. The Canadian Head Judge or Assistants will check it at the beginning of each training day.
- b) The verification of apparatus will include the lines on the regular and supplementary mats for Vault.
- c) The D1 is responsible for ensuring the correct equipment specifications are verified prior to the warm-up for each competition session.

## **6.4 DEDUCTION IN CASE OF USE OF UNPERMITTED ADDITIONAL MATTING ON UB - BY D1 JUDGE**

- a) If the safety mat is slid in, the 0.50 deduction will be applied if the 20 cm safety mat is left in place, immobile too long - maximum 2 moves preceding and following each acceptable element.
- b) There is a 0.50 deduction if the 20 cm safety mat is under the rail and no D, E, F or G release element is performed. (Except for Novice)

## **6.5 BALANCE BEAM: SUPPLEMENTARY MAT EXCEPTION FOR DISMOUNT:**

- Gymnasts may place the supplementary mat at the side of the beam for dismounts to the side.
- coach should inform the D1 that the supplementary mat will be moved

## 7 JUDGING REGULATIONS

The structure of the Apparatus Jury for the various types of competitions

### 7.1 STRUCTURE OF THE JUDGING PANEL

The judging panel usually consists of between four (4) to six (6) judges, which form a D Panel and E Panel.

The D1 and D2 are seated together. The E Panel will be seated separate from the D Panel whenever possible

<b>National Competitions (EC, CC)</b>	<b>Provincial, Invitational (suggested minimum)</b>
<b>4 or 6 Judge Panel</b> 2 D / E - Panel Judges 2 or 4 E- Panel Judges	<b>Suggested: 4 Judge Panel</b>

The E Score is the average of the two middle E Scores [10 – E deductions] when there are four E judges; average of four middle E Scores when there are six E judges. In calculating the final score, go to 3 decimals. No rounding up.

#### Line & Time judges:

- Two (2) line judges for Floor Exercise
- One (1) line judge for Vault
- One (1) time keeper on Balance Beam and Floor Exercise. One (1) fall time keeper on Uneven Bars and Beam.

### 7.2 NEW INTERPRETATIONS / IN CASE OF A DOUBT:

#### a) New interpretations:

No new interpretation may be introduced at a national level competition unless written notification has been circulated by GCG before the competition.

It is understood that a province may put emphasis on certain aspects of the Code or even modify certain regulations and guidelines. This is their privilege within their area of jurisdiction. However judges must ensure that provincial emphasis/modifications are not automatically transferred to national level competitions.

Execution is to be judged according to the FIG Code of Points, and the Technical Directives of the HP Program.

#### b) In case of a doubt:

In case of a doubt regarding the current interpretation of a rule, the benefit of the doubt will be given to the gymnast until clarification has been received from GCG. The concept of “benefit of the doubt” is to be applied only in cases where the rule is unclear according to the judges, not when there is a different interpretation of the rule between the coach and the panel or jury.

### **7.3 INQUIRIES DURING THE COMPETITION IN CANADA (SPECIFIC TO GCG SANCTIONED DOMESTIC COMPETITIONS)**

Coaches have the opportunity to make an inquiry or submit a protest regarding their gymnast's D and E Scores, as well as the time and line deductions. This inquiry or protest gives the opportunity to the judges to review their work to be sure that the D Score and Final Score are correct. If warranted, a change will be made. The following outlines the procedures related to an inquiry:

- a) A coach may request information on the D score and/or E Score of his/her own athlete. This request can be made verbally to the D1 Judge following the end of a rotation, a session or a competition provided that the judges are available.
- b) A coach may also inquire about a change to the technical organization (e.g. order of passage, warm-up procedures, etc.) with the D1 Judge or the Competition Head Judge. Any dissatisfaction must be voiced IMMEDIATELY and addressed BEFORE the changes are carried through otherwise the coach will not have the option to protest or appeal the change later during the competition.
- c) The D 1 Judge will give a brief verbal explanation. Any further discussion should not be expected and will be at the discretion of the D1 Judge. Response to an inquiry must not in any way delay the competition. Coaches should not expect justifications to cover every 0.10 p. deduction. In general, there will be no adjustment of score as a result of an inquiry.
- d) Improper conduct including language or body language will not be tolerated. In case of improper conduct by a judge, the coach will notify the Canadian Head Judge who will address the matter.
- e) Occasionally, an inquiry can be made in writing by a coach about an athlete or a coach of another club/team to the Canadian Head Judge. The inquiry can only be on the presumption that the rules were not applied or were applied incorrectly. The inquiry must be made within the same deadlines as a protest. The inquiries will be recorded by the Canadian Head Judge for 24 months. The abuse of this procedure will lead to sanctions.

### **7.4 PROTESTS**

For Canadian Championships and Elite Canada the regulations related to protests may be found under Section 4 of the Women's Program Manual.

#### **7.4.1 GENERAL RULES FOR CANADIAN CHAMPIONSHIPS AND ELITE CANADA (WPM SECTION 4)**

- a) A coach may make a judging protest or a technical protest for his/her own athlete
- b) A protest must be submitted in writing on the form in Appendix, which will generally be available at the competition.
- c) Protest: form and fee submitted to the Canadian Head Judge, no later than 15 minutes after the completion of the rotation. In the case of the last rotation, the coach has 5 minutes after the completion of the rotation to file a protest.
- d) The protest fee is \$40.00 per protest, i.e. per athlete, per apparatus. It must accompany the completed form in order for the protest to be considered received.
- e) The fee is returned to the coach if the protest is granted. The fee is remitted to GCG if the protest is denied.

## 7.4.2 VIDEO REVIEW

When an official apparatus reference video is available, the judges may review the video when addressing an inquiry or protest. Only the skill(s) in question will be observed to a maximum of three times and only at regular speed. The review of the video will take place in a secluded area. Coaches will not be included in this review.

## 8 CANADIAN MODEL BONUS (CMB)

- CMB is awarded in addition to the FIG D score.
- CMB is awarded if the value of the element is given, according to FIG criteria.
- CMB is cumulative i.e. all points awarded through CMB are summed together and added to the FIG D score to arrive at the Canadian Model D score.
- CMB for E-Score is added at the end of the calculations and awarded when the E-Score meets the requirement. On BB and FX, the E-Score bonus will be given even if there is one fall, provided that the athlete E-Score meets the minimum required in the table. The first fall only is excluded from the athlete E-Score when determining if the bonus will be awarded. For example, on BB – novice, the E-Score bonus is given if the athlete's E-Score is 8.3 (excluding the first fall) or above. If her execution (excluding the first fall) is 8.9 (or 7.9 including the fall), the E-Score bonus is given because her E-Score (excluding the first fall) is 8.3 or above.
- In the Novice category, CMB is only awarded on bars if the 3/4 of the CRs have been met.
- CMB is awarded for an element even if there is a fall provided the element is credited according to FIG principles.
- CMB is awarded for performing a series/ direct connection even if there is a fall after the completion of the final element (different than FIG) of the series as long as the connection is performed (as per FIG) without a:
  - hesitation or stop between the elements
  - extra step between elements
  - foot touching beam between the elements
  - loss of balance between the elements
  - additional arm/leg swing between the elements
- **Obvious** leg/hip extension on first element before takeoff for 2<sup>nd</sup> element CMB is awarded for performing a FIG connection only when the FIG Bonus is awarded and the connection is completed with no fall.

## 9 DEFINITIONS AND COMPONENTS OF THE MODEL

The “+” sign (More Advanced)

When a “+” sign is listed beside a value, it refers to the value stated PLUS a more advanced element or value.

For example:

D+ = D and all more advanced elements

## TECHNICAL DIRECTIVES

As outlined in the introduction the HP models foster the development of exquisite technique and technical proficiency to assist in the development of young athletes as they prepare for FIG level competition. The following technical directives are to be followed in addition to those already outlined in the FIG Code of Points or as described in FIG Newsletters or FIG Help Desk documents.

### VAULT

#### OPEN TUCK (CANADIAN MODEL)

The body is deemed to be in the “open tuck” position if, during the salto, the hands do not grab the legs. If the gymnast grabs/pulls the legs (firm contact of one or both hands with one or both legs), it would be called a “Tucked Vault”.



The body position of an Open tucked salto is evaluated at the apex of the post flight. Ideally, the body position should be straight back, hips and knees at a 90° angle. If the body is either significantly more closed or more open, a deduction of 0.1 for exactness of open tuck body position will be taken.

Ideal body position, no deduction for exactness of open tucked body position. The FIG deduction “insufficient and/or late extension” (tucked vaults), **will not apply** to open tucked vaults.

#### REQUIRED TECHNIQUE FOR LAYOUT VAULTS

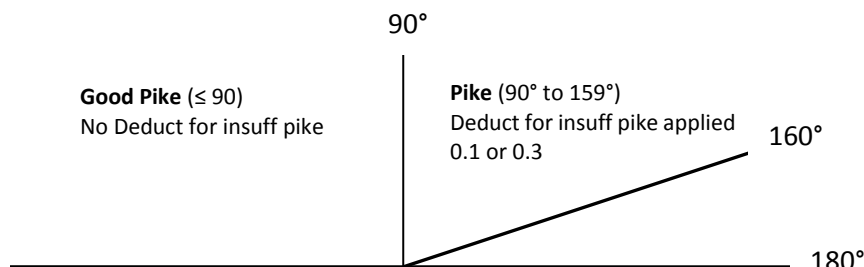
Please refer to the current FIG Code of Points (Section 9) for the required technique. For Novice, a vault that is very close to achieving a layout position but is not a perfect layout and would likely not be credited as a layout by FIG standards i.e. there is a slight flexion at the hip joint will be judged as described below.

- A “close to layout” or “imperfect” layout vault will be recognized as a LAYOUT body position (and receive the corresponding DV for layout vault) and will receive the 0.5 bonus for layout. A body position error will also be taken. This is being done to help bridge the gap between those vaults that are clearly piked and those that are clearly stretched by awarding bonus to athletes who are achieving a vault body position much closer to and almost stretched/layout.

#### NOVICE VAULT ONLY – TSUKAHARA AND YURCHENKO

Layout, Close to layout and Pike positions

If the vault is performed with body position of 160° or more, the DV of the layout vault will be used.



## BARS

### PIKE OR STRADDLE SOLE CIRCLE ELEMENTS

The preferred technique is entry with two feet. For the Novice category a step down into a piked or straddled sole circle will meet the requirement for CR under CR #2 however a deduction of 0.1 for technical precision will be applied for the step down entry.

The video link below illustrates the two foot snap for sole circle

<https://youtu.be/hSwEpYGjao0>

Pike Circle 2 - [https://youtu.be/K\\_cnlHX4lyU](https://youtu.be/K_cnlHX4lyU)

### CLEAR PIKE CIRCLE

Clear Pike Circle - [https://youtu.be/rTbF\\_IYtOLg](https://youtu.be/rTbF_IYtOLg)

### GIANT CIRCLE BACKWARD TO HANDSTAND PREFERRED TECHNIQUE

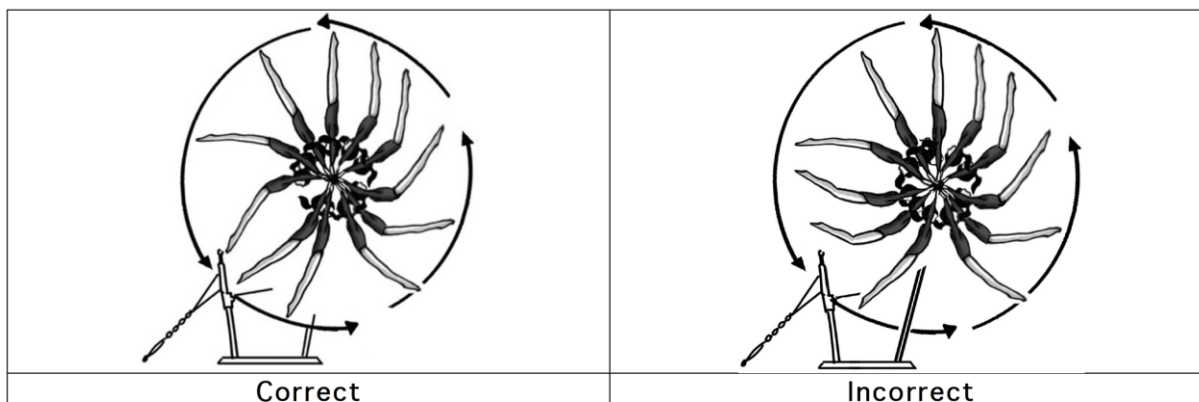
The gymnast must show:

- First 120° from handstand: straight position or curvilinear flexion
- Underswing should be done in the second 120°
- Third 120° of the giant swing: Curvilinear flexion
- In handstand, athlete should show straight body or curvilinear flexion with hips extended and shoulders opened

**Deduct: 0.1 for use of incorrect technique plus related FIG deductions**

\* All young gymnasts must first learn their long hang swings with legs together and NOT straddled. Performing a straddled long hang swing is a decision to be considered at a later stage of a gymnast's career.

\* All young gymnasts must learn to open their beat swing AFTER passing the low bar and not before. Allowing a gymnast to beat-swing before or over the low bar can only lead to a bent leg deduction as the gymnast grows.



Accelerated giants are appropriate before double salto dismounts. In that case, a moderate pike position is permissible during the upswing and while passing through the vertical to maintain the acceleration. **Deduction for bent legs will be applied.**

VIDEO LINK: <https://youtu.be/u5bke-b3t4E>

**GIANT CIRCLE FORWARD IN REVERSE GRIP WITH STRAIGHT BODY OR WITH LEGS STRADDLED AND BODY BENT**

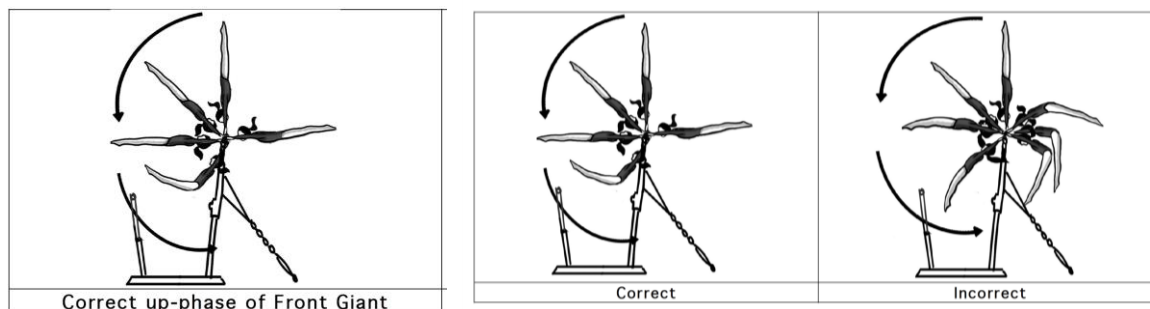
a) Front Giant with straight body technique

A swing technique is mandatory for all categories: the element must be performed with legs together and body stretched.

The gymnast must show:

- First 120° - curvilinear extension
- Second 120° - curvilinear flexion
- Third 120° - curvilinear extension
- In handstand, athlete should show straight body or curvilinear extension with opened shoulders and hips extended

**Deduct: 0.1 for use of incorrect technique as above plus related FIG deductions**



- o **Straight body down (down pahase) – Curvilinear inward (hang phase) – straight body (upward phase).**

b) Front giant with legs together and body bent

If the body is meant to be stretched then piked in the upswing:

The gymnast must show:

- The downswing phase is identical
- Curvilinear extension up to 90° from the vertical
- Bent hips (135° or more) from 90° to handstand
- In handstand, hips bent for a brief moment with hollow chest and head between the arms, then dynamic opening of the hips to a stretched body position, shoulders opened, legs together

**Deduct: 0.1 for use of incorrect technique as above plus related FIG deductions**

VIDEO LINK: <https://youtu.be/X1QgmCoJL3c>



**SPECIFIC APPARATUS DEDUCTIONS (E PANEL)**

Giant Circles Prior To Flight Or Dismount:

Giant circles (accelerating technique) without turns prior to flight elements or dismounts have no deduction for not passing through handstand and they keep the same DV.

**LACK OF SIGNAL FOR OVERTIME**

On Beam, the deduction for overtime is waived if the timer did not give the warning signal at 1 min. 20 or did not signal the end of the exercise at 1 min. 30. All other relevant deductions apply.

**INTERRUPTION TO THE MUSIC**

In case the interruption to the music is caused by a technical failure of the audio equipment, the gymnast has the following options:

- See help desk March 2015  
If the gymnast has already performed the first acro line the gymnast must continue her exercise. There will be no deductions for Artistry and music for the part of the exercise missing music.
- repeat her exercise without penalty and count the second Score;
- not repeat her exercise and count her first score to which there is NO 1.00 penalty for absence of music.

If asked by the coach, the D1 will give him/her the first score before the coach chooses one of the options.

**WRONG MUSIC**

There is no penalty if the wrong music is played; the gymnast may step off the floor area (12 x 12 m) until the appropriate music is ready. The D1 will give her a new starting signal, which will initiate the 30 second count-down.

**FIG HELPDESK**

This document available on the FIG website should be reviewed by all coaches. This document will be updated with the new code in 2017 and occasionally through the cycle. The Women's Artistic Gymnastics Help Desk has the intention to clarify and give examples of the different rules of the FIG WAG Code of Points.

<http://www.fig-gymnastics.com/site/rules/disciplines/art>

# NOVICE MODELS

NOVICE	VAULT	UNEVEN BARS	BEAM	FLOOR
<b>Requirements (2.5)</b>	<p>1 OR 2 vaults, BEST to count</p> <p>Vaulting Table: 125 cm (FIG)</p> <p>The "Second Vault Bonus" is applied to the Final Score i.e., in Novice, to the best of the 2 vaults performed.</p>	<p><b>Replace FIG CR by:</b></p> <ol style="list-style-type: none"> <li>1 flight element min C (HB to LB, LB to HB or same bar)</li> <li>Min two close bar circle element min B from different root skills (excl. B release)</li> <li>Min. 2 diff. grips (no cast, mt or dmt)</li> <li>Non Flight with min 180° (excl. casts to handstand with 180°+ turn and mt)</li> </ol>	<b>FIG CR</b>	<b>FIG CR</b>
<b>Bonus GIVEN even if Fall</b>	<p><b>Tsukahara / Yurchenko</b> + 0.3 for Open Tuck (with or without twist) + 0.5 for Layout or Close to Layout (160° to 179° - with slight pike at hips). DV of layout vault used. If close to Layout, body position errors will be taken (up to 0.3)</p> <p>+ 0.2 with 180° (2<sup>nd</sup> flight) + 0.4 with 360° (2<sup>nd</sup> flight) + 0.6 with 540°+ (2<sup>nd</sup> flight)</p> <p><b>Groups 2 &amp; 5 Vaults</b> + 0.3 for any vault + 0.3 with 180° (2<sup>nd</sup> flight) + 0.6 with 360° (2<sup>nd</sup> flight)</p>	<p><b>MAXIMUM BONUS 2.00</b> <b>Must meet 3/4 of the CR excluding Dismount to obtain bonus:</b></p> <p>+ 0.1 for any C <b>+ 0.1 for any C Dismount</b> + 0.1 for any close bar circle element fwd or bwd min C (also receives C or D+ bonus)* + 0.1 C+C (one with flight or turn) <b>+ 0.2 D+C or C+D or higher</b> (no flight or turn required) + 0.3 for 2nd and additional &amp; (3rd, 4th, etc.) different D+ flight element + 0.3 for D+ <b>+ 0.3 for D+ Dismount</b> + 0.1 Full out dismount + 0.1 Double layout bwd</p> <p>*Sole circle elements must come from 2 foot entry, otherwise deduct 0.1 ** If technical requirements not met in front and back giants, deduct 0.1</p>	<p><b>MAXIMUM BONUS 1.50</b></p> <p><b>+ 0.1 for any C Dismount</b> + 0.2 for any D <b>+ 0.3 for D+ Dismount</b> + 0.3 for any E+ + 0.2 for Acro Series of 2 elmts that meets CR#3 with min. 1 D+ salto AND maintains speed and dynamics that does not receive FIG connection bonus <i>Acceptable: e.g. side aerial-bhs</i></p> <p>+ 0.1 for Acro Series of 3 "B value" elements, with or without flight, including mount and dismount. (As per FIG connection bonus – see 12.4 in CoP). The 3 elements may be same or different. <i>If the series includes more difficult elements (C+ value), the FIG bonus will apply instead of this one.</i></p>	<p><b>MAXIMUM BONUS 1.80</b></p> <p><b>+ 0.1 for any C Dismount</b> + 0.3 for any D <b>+ 0.3 for D+ Dismount</b> + 0.5 for any E+ Acro</p> <p>+0.1 direct acro: C+ A or B +0.1 (any order : CA or AC) example 2/1 twist punch front or Rd-ff-whip-2/1 twist</p> <p>+0.1 Indirect acro : C+ B or C (any order) example rd-ff-1 ½ twist - rd-ff-2/1 twist + 0.2 Open Double Tuck bwd</p> <p>FIG Code modification: Open double tuck and Double tuck are considered different elements and each will receive value and bonus</p> <p>No bonus for Fwd Double salto</p>
<b>Bonus NOT GIVEN if Fall</b>	<p><b>Second Vault Bonus</b> + 0.3 for 2<sup>nd</sup> vault from different group (from groups 2 to 5) applied to Final Score (best of 2 vaults)</p>		<p>+ 0.1 FIG Connection 0.1 + 0.2 FIG Connection 0.2</p>	<p>+ 0.1 FIG Connection 0.1 + 0.2 FIG Connection 0.2</p>
<b>Execution Bonus</b>	+ 0.3 if E Score is 9.1+	<p>Provided the D score is min 3.8: <b>+ 0.3 if E Score is 8.2 to 8.499, or</b> + 0.5 if E Score is 8.5+ (Excluding first fall, no Execution Bonus if more than one fall)</p>	<p><b>+ 0.3 if E Score is 8.3 to 8.699, or</b> <b>+ 0.5 if E Score is 8.7+</b> (Excluding first fall, no Execution Bonus if more than one fall)</p>	<p><b>+ 0.3 if E Score is 8.3 to 8.699, or</b> <b>+ 0.5 if E Score is 8.7+</b> (Excluding first fall, no Execution Bonus if more than one fall)</p>

# JUNIOR/SENIOR MODELS

	VAULT	UNEVEN BARS	BEAM	FLOOR
<b>Requirement</b>	<p>(For safety reason, an additional 5 cm mat may be added on top of the mandatory 10 cm safety mat).</p> <p><b>SENIOR</b> Modified FIG Rules: - 2 vaults with different numbers may be performed during the Qualification for Finals and in apparatus Finals.</p> <p>Only vaults from groups 2 to 5 may be performed during the Qualification for Finals, AA and Apparatus Finals.</p> <p>If both vaults are from the same group, the D-Score of the 2nd vault must be higher than the D-Score of the 1st vault, and the lowest D-Score must be:</p> <ul style="list-style-type: none"> <li>• Minimum 5.3 for backward repulsions vault, and</li> <li>• Minimum 5.0 for forward repulsion vaults.</li> </ul> <p>For Qualification for all around Finals and event Finals</p> <ul style="list-style-type: none"> <li>- 1st vault to count toward the AA Score.</li> <li>- 2nd vault to qualify for Finals – as per rule above</li> </ul> <p><b>JUNIOR</b> Modified FIG Rules - 2 vaults with different numbers may be performed during the Qualification for Finals and in apparatus Finals.</p> <p>Only vaults from groups 2 to 5 may be performed during the Qualification for Finals, AA and Apparatus Finals.</p> <p>The D-Score of both vaults minimum 4.4</p> <p>For Qualification for all around Finals and event Finals</p> <ul style="list-style-type: none"> <li>- 1st vault to count toward the AA Score.</li> <li>- 2nd vault to qualify for Finals – as per rule above.</li> </ul>	FIG CR	<p>FIG CR</p> <p>WPC will review the 0.5 deduction for empty swing after Shaposhnikova once the FIG Code has been finalized.</p>	FIG CR

**PROTEST FORM - FORMULAIRE DE PROTÊT**

Competition : \_\_\_\_\_ Date : \_\_\_\_\_

Judging / Jugement:  Technical / Technique:

Athlete #: \_\_\_\_\_ Name / Nom: \_\_\_\_\_

Category/ie:

Novice     Junior     Senior  
 JO 9     JO 10

Apparatus/Agrès:



**D Score / Note D (FIG)** \_\_\_\_\_  
**Start Value / Note de départ (JO)**

**E Score / Note E (FIG)** \_\_\_\_\_  
**Final Score / Note finale (JO)**

Coach's Rationale / Justification de l'entraîneur:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Signature: \_\_\_\_\_ Time / Temps: \_\_\_\_\_

Received by / Reçu par: \_\_\_\_\_ Time / Temps: \_\_\_\_\_ **\$40** inc.: \_\_\_\_\_

Accepted / Accepté:  Denied / Refusé:

Comments including rationale for decision / Commentaires incluant la justification de la décision:

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

\_\_\_\_\_  
 Signature, Function / Fonction      Time / Temps      \$ ret.

*The competition head judge must receive a copy of the completed form before it is returned to the person who signed the protest.*

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REQUEST FOR BAR HEIGHT ADJUSTMENT

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The following form must be completed and submitted to the Canadian Head Judge or designate during one of the official training sessions before the competition.

**Note: Both rails need to be raised by 10 cm.**

Club \_\_\_\_\_

Province \_\_\_\_\_

Athlete's Name \_\_\_\_\_

Category \_\_\_\_\_

Head Coach Name \_\_\_\_\_

Signature \_\_\_\_\_

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Permission     Granted     Denied

Rationale if denied \_\_\_\_\_

---

Signature CHJ \_\_\_\_\_ Date: \_\_\_\_\_