



GYMnastics
nastique

CANADA

WOMEN'S ARTISTIC GYMNASTICS
2018-2019 HIGH PERFORMANCE MANUAL

September 2018

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INTRODUCTION

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 in Canada. Must be 13-15 internationally

Juniors compete FIG rules. 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.

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.

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

	2018/2019	2019/2020
Novice	2006, 2007, 2008	2007, 2008, 2009
Junior	2004, 2005, 2006, 2007	2005, 2006, 2007, 2008
Senior	2004 and older	2005 and older

2. MODIFICATIONS AND COMMITTEE RESPONSIBILITIES

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.

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 not 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
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 On floor, the group will be split for warm up only if 8 or more athletes
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 prior to warm up on UB. If the coaches do not agree, the D1 judge will decide.

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.

General Warm up	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.			
	V	UB	BB	FX
Canadian Warm up	2 min / athlete	2 min / athlete	2 min / athlete (split 1:30 and 30 sec if requested by coach)	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 apparatus.

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 PM-WAG.

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:

- Incorrect attire is taken only one time per competition session.
- 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.
- 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. Ankle guards (as shown) 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.

5.2 THE COACH MAY NOT DO THE FOLLOWING:

- a) Change the height of the apparatus or spring board (including spring configuration) 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 support by 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;

- WAG Program Manager or National Team Director;
- GCG Events Director; and/or
- 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.

Improper or unsportsmanlike behaviour, may include standing behind judge(s) while an athlete is being evaluated by judges, unfounded or derogatory comments about the judges or the judging, showing disrespect for judges, other coaches or any athletes, etc.

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, a warning issued with a yellow card and or a red card and immediate removal of the coach from the competition or training gym floor. See also section 3.2 of the FIG Code of Points.

If a coach is given a Yellow Card for one offence and then commits another offence (or repeats the same offence) he/she will then be given a Red Card.

6 EQUIPMENT REGULATIONS
6.1 MODIFICATIONS FROM FIG APPARATUS SPECIFICATIONS

	Equipment	FIG	HP Jr / Sr	Novice
Vault	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. The hand mat may <u>not</u> be used for other vaults.		
Uneven Bars	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. Both bars must be raised. However, a gymnast cannot ask to raise the UB in order to use supplementary matting under the rails.		
	Springboards	1 – Soft		Novice: The spring board may be placed on the safety mat. Coaches are permitted to place a small board* under the springboard and on top of any mat.
		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.		
	Supplementary mat (sting)	Mandatory 10 cm (min 4m x 2m)	Mandatory 10 cm	Minimum 10 cm, up to 20 cm allowed
		The 10cm supplementary mat may be placed under the rails. An additional 2m x 2m x 10cm mat may be used to extend the mandatory supplementary mat if available.		
Safety Mat (20 cm)	Not allowed	A 10cm or 20cm mat is allowed to slide in and out for D+ release (see 6.4) Max 20 cm.	Allowed under LB and HB for entire routine, or slid in/out	
Beam	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
Floor	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		

- small boards (piece of plywood- plank) to be used under beat board must be provided by the individual athletes.

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

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 PM-WAG 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.
- The 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. At Elite Canada and Canadian Championships, a judge whose responsibility is to apply the Canadian models will be added to the panel.

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

National Competitions (EC, CC)	Provincial, Invitational (suggested minimum)
5 or 7 Judge Panel 2 D / E - Panel Judges Canadian Model Judge (Novice Only) 2 or 4 E - Panel Judges	Suggested: 4 Judge Panel with one judge designated as CMJ if possible.

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.
- f) Coaches should be familiar with the FIG Code of Points rules related to inquiries for international competition participation. Canadian Rules are further outlined under Section 4 of the Women's Program Manual.

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) – NOVICE

- CMB is evaluated by the Canadian Model Judge in collaboration with the D1 and 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:
 - stop between the elements
 - extra step between elements
 - foot touching beam between the elements
 - loss of balance between the elements
 - additional arm swing
 - obvious leg/hip extension on first element before take-off for 2nd 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:

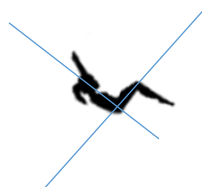
D+ = D and all more advanced elements

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.

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 (any contact of one or both hands with the legs), it would be called "Tucked".



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.

VAULT

REQUIRED TECHNIQUE FOR LAYOUT VAULTS

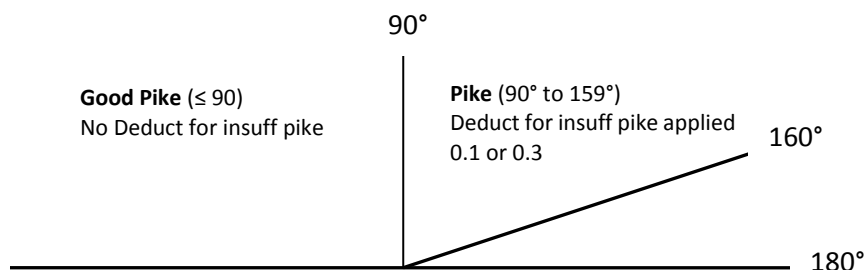
Please refer to the current FIG Code of Points (Section 9) for the required technique. For Novice, a vault that is very close to achieving a layout position but is not a perfect layout and would likely not be credited as a layout by FIG standards i.e. there is a slight flexion at the hip joint will be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

CLEAR PIKE CIRCLE

Clear Pike Circle - https://youtu.be/rTbF_IYtOLg

GIANT CIRCLE BACKWARD TO HANDSTAND REQUIRED TECHNIQUE

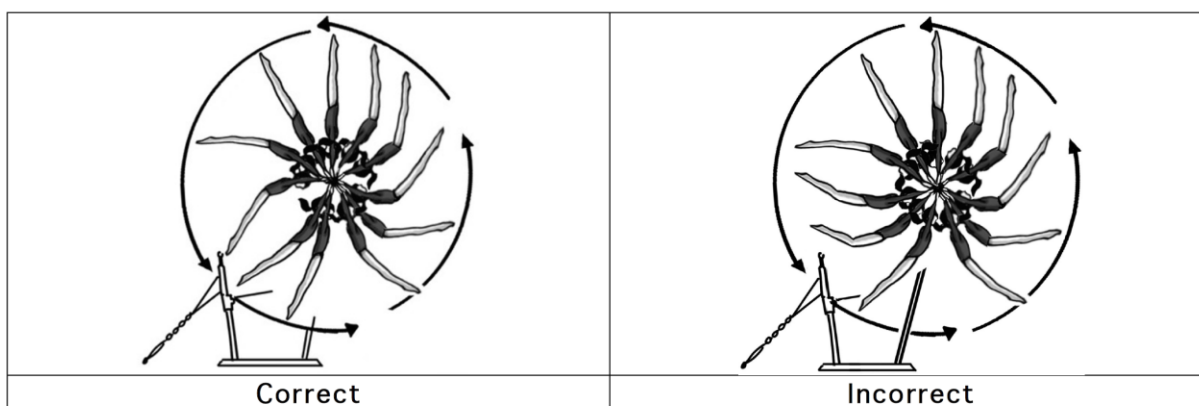
The gymnast must show:

- First 120° from handstand: straight position or curvilinear flexion
- Tap 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>

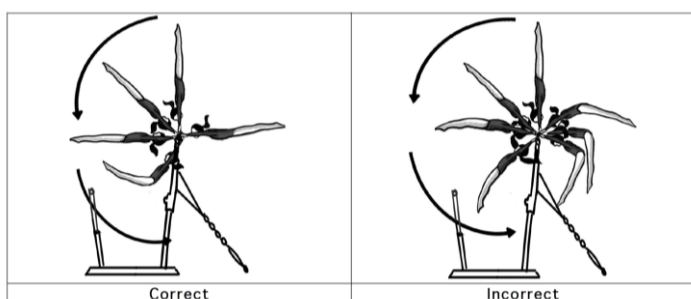
GIANT CIRCLE FORWARD IN REVERSE GRIP WITH STRAIGHT BODY VS WITH BENT BODY NOVICE

CORRECT: 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 (for leg together technique)
- In handstand, athlete should show straight body or curvilinear extension with opened shoulders and hips extended



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

INCORRECT: Front giant with legs together and body bent

The body is meant to be stretched not piked in the upswing:

Deduct: 0.1- 0.3 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.

PROCESS TO DETERMINE ACCEPTABILITY OF A GYMNAST'S FLOOR MUSIC

The following outlines the procedure for music to be reviewed if necessary:

As per [FIG CoP](#), Section 13.1 a) a gymnast's floor music may not contain words, however the human voice may be used as an instrument without word/s. Examples of the 'human voice' as an acceptable instrument are: humming, vocalizing without words, whistling, chanting. There is a deduction in the code (as well as in JO) for music with words - 1.00.

If a coach in Canada has any question regarding the acceptability of a gymnast's FX music that makes use of the human voice, the following process, respective of the gymnast's club membership and level, should be followed:

- To initiate the process, the music should be sent by the coach to the Provincial/Territorial Technical Committee Chairperson.
- For levels 5-8, the PT TC Chairperson will forward the music to the PT Judging Chair and a decision will be rendered and communicated to the coach on the official music approval form.
- For levels 8-10 the P/T TC Chairperson will forward the music to the Canadian JO Working Group Chairperson and GCG Women's Artistic Program Manager. The Canadian JO Working Group will send the final decision on the official music approval form to the coach (with a copy to the PT TC Chair and PTO).

- For HP athletes the music should be sent by the PT TC Chairperson to the Canadian Head Judge who will review with the Assistant CHJs and render a decision and communicate that decision on the official music approval form.
- The coach should carry the approval form to competitions as a form of verification that the music has been approved and should not receive a deduction.
- There is no appeal once a final decision has been made.

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>

CANADIAN MODELS

Novice Vault *must be in layout position *no bonus for Front landings (except 2 nd vault bonus)		FIG	CM
	The gymnast must perform one or two vaults, best to count		
CMB - award all bonus that apply	Tsukahara or Yurchenko vaults		
	Tsukahara or Yurchenko layout (or Close to Layout) (160° to 179° - with slight pike at hips)		0.5
	Tsukahara / Yurchenko with 180° in 2nd flight*		0.2
	Tsukahara / Yurchenko with 360° in 2nd flight*		0.4
	Tsukahara / Yurchenko with 540° in 2nd flight*		0.6
	Group 2 and 5 vaults		
	Group 2 and 5 vault with 180° in 2nd flight		0.3
Bonus	2nd vault bonus – for preperforming 2 vaults from different group (from groups 2 to 5) applied to Final Score (best of 2 vaults) – bonus will not apply if fall on either vault		0.3
	Execution bonus, if E score is higher than 9.1		0.3
Novice Bars Max 2.0 bonus		FIG	CM
Mod CR	1. Flight Element min B (HB to LB, LB to HB or same bar)	0.5	
Mod CR	2. Min 2 close bar circle elements (Min B) from different root skills, 1 must be min C	0.5	
FIG CR	3. Min 2 different grips (no cast, mount or dismount)	0.5	
Mod CR	4. Non flight with min 180° (excluding cast to HS with 180° and mount)	0.5	
CMB awarded if fall <u>Must meet 3/4 of the CR to obtain bonus</u>	• Any C (max 0.2 bonus awarded per root skill for close bar circles)		0.1
	• C+C (one with flight or turn)		0.1
	• C+D (or more) (no flight or turn required)		0.2
	• Any D+ flight		0.5
	• Any D+ (other than flight)		0.3
	• D+ dismount		0.3
	• Open double tuck dismount		0.2
	• Full out dismount		0.1
	• Double layout dismount		0.1
Applied also with 1 fall	Execution bonus, if E score is between 8.2 - 8.499		0.3
	Execution bonus, if E score is higher than 8.5		0.5
Neutral Deduction from FS	The gymnast must perform a minimum of one (1) cast to within 10° of handstand (*) during the routine (*) This rule exists to emphasize the critical importance of exquisite execution		-0.3, from Final Score

Novice Beam Max 1.5 bonus		FIG	CM
FIG CR	1. Dance Series	CR	
FIG CR	2. Any turn (Gr. 3)	CR	
FIG CR	3. Acro Series	CR	
FIG CR	4. Acro elements in different directions (fwd/swd and bwd)	CR	
CMB awarded if fall	• Any D		0.2
	• Any E+		0.3
	• Acro Series with 2 flight, one min D+ that does not receive FIG bonus		0.2
	• Acro series of 3 elements, B+B+B (do not apply if B+B+C)		0.1
	• C dismount		0.1
	• D+ Dismount		0.3
CMB NOT awarded if fall	FIG connection receiving 0.1	As per COP	0.1
	FIG connection receiving 0.2		0.2
Applied also with 1 fall	Execution bonus, if E score is between 8.3 - 8.699		0.3
	Execution bonus, if E score is higher than 8.7		0.5

Novice Floor Max 1.8 bonus		FIG	CM
FIG CR	1. Dance passage	CR	
FIG CR	2. Salto with LA turn min 360°	CR	
FIG CR	3. Double Salto	CR	
FIG CR	4. Salto bwd and fwd in acro line	CR	
CMB awarded if fall	• Any D		0.3
	• Any E+ acro		0.5
	• C dismount		0.1
	• D+ dismount		0.3
	• Acro direct connection C + A/B		0.1
	• Acro indirect C+ B/C		0.1
CMB NOT awarded if fall	FIG connection receiving 0.1	As per COP	0.1
	FIG connection receiving 0.2	As per COP	0.2
Applied also with 1 fall	Execution bonus, if E score is between 8.3 - 8.699		0.3
	Execution bonus, if E score is higher than 8.7		0.5

Junior Vault

Modified FIG Rules:

- 2 vaults with different numbers may be performed during the Qualification for Finals and in apparatus Finals.

Only vaults from groups 2 to 5 may be performed during the Qualification for Finals, AA and Apparatus Finals.

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:

- Minimum 5.0 for backward repulsions vault, and
- Minimum 4.8 for forward repulsion vaults.

For Qualification for all around Finals and event Finals

- 1st vault to count toward the AA Score.
- 2nd vault to qualify for Finals – as per rule above

Senior Vault

2nd vault 5.0 or greater from different family: + 0.3

Modified FIG Rules:

- 2 vaults with different numbers may be performed during the Qualification for Finals and in apparatus Finals.

Only vaults from groups 2 to 5 may be performed during the Qualification for Finals, AA and Apparatus Finals.

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:

- Minimum 5.0 for backward repulsions vault, and
- Minimum 4.8 for forward repulsion vaults.

For Qualification for all around Finals and event Finals

- 1st vault to count toward the AA Score.
- 2nd vault to qualify for Finals – as per rule above

Women's Artistic Gymnastics High Performance Program

PROTEST FORM – FORMULAIRE DE PROTÊT

Competition : _____ Date : _____

Judging / Jugement: ☐ Technical / Technique: ☐

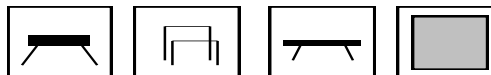
Athlete #: _____ Name / Nom: _____

Category / Catégorie:

☐ 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 / Heure: _____ \$40 inc.: _____

Accepted / Accepté: ☐

Denied / Refusé: ☐

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

Signature, Function / Fonction

Time / Heure

\$ ret.

The Competition Head Judge must receive a copy of the completed form before it is returned to the person who signed the protest.

REQUEST FOR BAR HEIGHT ADJUSTMENT

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 _____

Permission ☐ Granted ☐ Denied

Rationale if denied _____

Signature CHJ _____ Date: _____