



Canadian High Performance Program Manual 2025-2026

September 1, 2025 – June 30, 2026

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CLARIFICATIONS

January 1st, 2026

The changes noted here have been incorporated into the document and highlighted in yellow.

All OOP Clarification from FIG	Order of Passage (FIG Clarification) – if a rotation is split into 2 groups Gymnasts will be divided into 2 groups. In case of an uneven number of qualified gymnasts the TR stipulation has to be respected. In case of an odd number of finalists, the group competing in the first half of the rotation will have a smaller number of gymnasts than in the second half."	Ordre de passage - (Clarification de FIG) lorsqu'une rotation est séparée en deux groupes : Les gymnastes seront répartis en deux groupes. En cas de nombre impair de gymnastes qualifiés, les conditions du TR doivent être respectées. En cas de nombre impair de finalistes, le groupe participant à la première moitié de la rotation comptera moins de gymnastes que celui de la seconde moitié.
UB / BA	UB - Equipment A reminder that the supplementary mats may not extend beyond LB.	BA – Équipement Un rappel que les tapis supplémentaires ne doivent pas dépasser la barre inférieure (BI).
VT / ST	Novice – VT The FIG bonus +0.2 awarded for performing 2 vaults with saltos in different directions (bwd/fwd) in the second flight does NOT apply in Novice.	Novice – ST Le bonus FIG de +0,2 accordé pour l'exécution de deux sauts avec saltos dans des directions différentes (arrière/avant) dans le deuxième envol ne s'applique PAS en Novice.



1. INTRODUCTION

The Canadian High-Performance Stream (HP) is the preferred pathway for athletes aspiring toward National Team. It is the pathway that will lead a gymnast toward 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. The models are intended for coaches to apply to each gymnast on an individual basis to optimize the 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/or whole routines.

Gymnastics Canada (GymCan) is responsible for the content of the Canadian HP Program with assistance and input from the Women's Program Committee (WPC).

Changes or clarifications to the HP models will be circulated October 1 and March 1, except changes that would come following changes to the FIG Code of Points.

For the 2025-26 season, the Novice model has been simplified, going from 6 to 4 CR on each apparatus. Bonus have been added to support athletes who are able to do harder skills but risk more execution deductions, and to give a general direction to the athletes and coaches involved in the program.

More substantial changes will come for the 2026-27 season following the WAG program review of its competitive structure, categories and programming. The changes will be circulated with sufficient notice to allow for consultation with the provinces.

The objective for the HP Stream has 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:** For Novices, the HP model is designed to specifically develop and prepare young gymnasts for future excellence by incorporating various predicted international trends and directions into their program.
- **Junior:** HP rules provide technical performance expectations and identify preferred techniques and body positions. These expectations are used for the evaluation of routines. In Canada, some equipment modifications have been introduced for competitions.
- **Senior:** Seniors will be evaluated according to the FIG Code of Points.

The evaluation in the **National Open** category is based on the FIG Code of points but is not considered a HP category. To be part of the HP stream, athletes must qualify at Elite Canada and meet a minimum standard of performance (either by score or by level of performance). Since there is no qualification process for Open, it is not considered a HP category.

The eligibility and requirements to compete in HP and Open categories are stated in the GymCan WAG Program Technical Regulations, Section 2.

Questions, comments or suggestions on the HP Stream or on the Open Category should be sent to the WAG Program Manager. wag@gymcan.org



2. GENERAL REGULATIONS

2.1 CATEGORIES AND ELIGIBILITY

The current document includes information regarding the 3 HP categories (Novice, Junior and Senior) and National Open category.

	Age in the year 2025-26 season	Birth years 2025-26 season
Senior	16+	2010 and older
Junior	14-15	2011-2012
Novice	11-14	2015-2012
Open	14+	2012 and older

2.2 DOCUMENTS IN EFFECT

- [FIG Code of Points](#), [FIG Help Desk](#), [FIG Newsletters](#)
- [GymCan WAG Program Technical Regulations](#) (Trello)
- The following forms are now available on Trello.
 - Request to raise the bars for taller athletes.
 - Request for Exception to FIG / GymCan Attire Rule

2.3 WARM-UP & COMPETITION FORMAT

The FIG warm-up format is used at Elite Canada and Canadian Championships for the HP and Open categories. If using a “Capital Cup” format (warm up-compete immediately), the host must plan for 2 min / athlete for warm up.

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. Athletes may perform on the floor a) basic floor tumbling b) beam acro on a line. The use of diagonals is prohibited. Note: This rule does not apply during Apparatus Finals if an open warm-up format is used.
Apparatus Warm-up	Each athlete is guaranteed a minimum of 2 minutes to warm up. Actual time may vary according to the number of athletes in each rotation.
Touch Warm-up	30/50 second per athlete as per FIG VT - Novice • 2 vault attempts if performing the same vault. • 3 vault attempts if performing different vaults. VT – Junior, Senior and Open - The FIG qualification rules are in effect. • The athlete has 2 attempts if doing only 1 vault, and • 3 vault attempts if performing 2 different vaults. UB – the-order of the athletes in the touch warm-up (50 sec) may be modified to accommodate athletes requiring raising the bars or use of grips/chalk. 90 seconds are granted for each different bar preparation/raise. As a general guideline, the coaches should agree on the most efficient way to warm up before rotating to bars. If the coaches cannot agree, the D1 judge will decide. However, the <u>competition order will not</u> be modified. This should be considered when deciding on a warm-up order. FX – if there are less than 3 gymnasts warming up, the warm-up is 1:30
Group size	• 5 or less warm-up in one group • 6+ athletes' warm-up in 2 groups: 3+3; 4+3; 4+4; 5+5 • On floor, the group will be split for warm up only if 8 or more athletes



2.4 EQUIPMENT REGULATIONS

	Equipment	FIG	JR / SR / Open	Novice
Vault	Vault table	125 cm (± 1cm)	125 cm (± 1cm)	125 cm or 120 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. Must have corridor lines marked on it	Minimum 10 cm required, 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 not be used for other vaults.		
	Pit Module (45 cm)		In Canada, the use of a pit module is allowed during the apparatus warm-up (2 min), but NOT allowed during the touch warm-up (30 sec).	
Uneven Bars	Uneven Bars	HB: 255 cm LB: 175 cm (± 3 cm in Canada; ± 1 cm FIG) Inner Diagonal: 130 to 181 cm (± 1 cm)		
		Raising the bars: Tall gymnasts who touch the mat with their feet during the routine are allowed to raise both rails by 5 cm or 10 cm. • If raising both rails by 5 cm, max inner diagonal is 182 (± 1 cm) • If raising both rails by 10 cm, max inner diagonal is 183 (± 1 cm)		
	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 board cannot be placed on a safety mat.		Novice: The springboard may be placed on the safety mat.
	Supplementary mat (sting)	Mandatory 10 cm (min 4 m x 2 m)	Mandatory 10 cm	Minimum 10 cm required, up to 20 cm allowed
		The 10cm supplementary mat may be placed under the rails. An additional 2 m x 2 m x 10 cm mat may be used to extend the mandatory supplementary mat if available. The supplementary mat(s) may not extend beyond LB.		
Safety mat (20 cm)	Not allowed	A 10 cm or 20 cm mat is allowed to slide in and out for D+ release	Allowed for landing in place of mandatory 10 cm supplementary	
Beam	Beam	125 cm (± 1 cm)		
	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 mount and dismount 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.		
	Supplementary mat (sting)	Mandatory 10 cm	Mandatory 10 cm	Minimum 10 cm required, 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 the D 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		
	Supplementary mat (sting)	Not allowed	5 or 10 cm allowed: supplementary 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		



Sponsorship Agreement

Canadian Championships and Elite Canada are bound by the terms of the sponsorship agreement for equipment, specifically springboards. The National Team Lead (or equivalent technical expert) will check to make sure the density of the boards meets the requirements of the gymnasts' level prior to the first training for the competition.

Each Province or competition host can determine what boards and spring configurations are used at competitions under their jurisdiction.

2.5 TERMINOLOGY / DEFINITIONS

Podium: In Canada, the podium is defined as the mats surrounding the apparatuses.

Field of Play (FOP): In Canada, the FOP is defined as the competition area (competition floor), excluding the waiting areas and the medical tent, provided the tent is used for its intended purpose.

CHJ: Canadian Head Judge or Competition Head Judge

PM: Program Manager

VICO: Valid in Canada only



3. UNEVEN BARS 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 national and international competitions. Athletes must follow the technical direction outlined in the FIG Code of points, Help Desk and Newsletters. In addition, in Canada, the following directives on Bars must be followed.

3.1 PIKE OR STRADDLE SOLE CIRCLE ELEMENTS

The preferred technique is snap-down entry with two feet.

Novice only – If a step-down technique is used, a deduction of 0.1 for technical precision is applied.

3.2 GIANT CIRCLE BACKWARD TO HANDSTAND REQUIRED TECHNIQUE

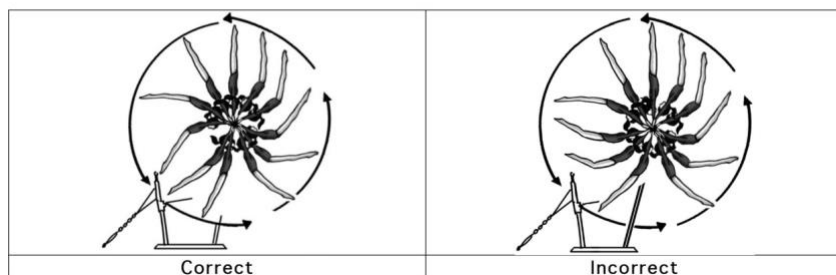
The gymnast must show:

- 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.
- Accelerated giants are appropriate before double salto dismounts. In the case of the accelerated giant technique, 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.

For HP and Open Categories: Deduct 0.1 for technical precision plus any applicable 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.



3.3 GIANT CIRCLE FORWARD IN REVERSE GRIP-STRAIGHT BODY VS PIKE/STRADDLE POSITION

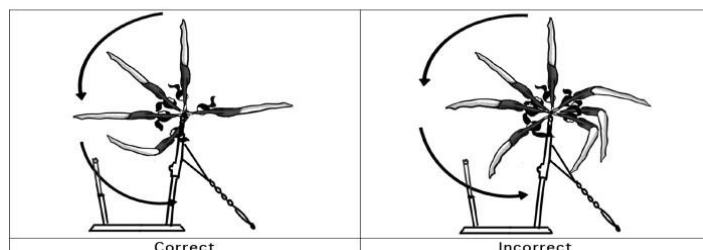
The front giant with straight body technique is the **preferred** technique: Straight body down (down phase) – Curvilinear inward (hang phase) – straight body (upward phase).

Novice only – if a pike/straddle technique is used, a deduction of 0.1 for technical precision is applied.

The gymnast must show:

- Down phase: First 120° - curvilinear
- Hang phase: Second 120° - curvilinear flexion
- Upward phase: Third 120° - curvilinear extension with legs together
- In handstand, the athlete should show straight body or curvilinear extension with opened shoulders and hips extended.

* Straight body (down phase)- Curvilinear inward (hang phase)- Straight body (upward phase): This technique leads to proper Front Giants, Jaegers, Double Front dismounts, Volpi/Wenning, Monckton, etc....



4. SENIOR CATEGORY

The Senior category follows the FIG Code of points in effect without modification.

5. JUNIOR CATEGORY

For the Junior category, the FIG Senior rules are in effect on UB, BB and FX.

VAULT

Junior FIG Rules (End of FIG Code of Points):

- In the Qualifying, Team Final and All-Around:
 - One vault must be performed.
 - In Qualifying, the 1st vault score counts toward the Team and/or All-Around Total.
 - The gymnast who wishes to qualify for the Apparatus Final must perform two vaults as per the Apparatus Finals rules below.
- Apparatus Finals
 - Gymnasts must perform two different vaults (maybe from the same group, but with different numbers), which will be averaged for the final score. Athletes must meet this requirement to be eligible for Vault awards at EC and CC.

6. NOVICE CATEGORY

6.1 CLARIFICATIONS

This level is still geared provide experience to athletes and coaches. Due to the ages of the athletes, it is best that their coaches be near to answer any questions/concerns that may arise.

- There will be no deductions for FOP infractions until a warning (yellow card) has been issued by the HJ and a second infraction occurs for the same situation.
Rational: These are young athletes in the learning to compete at a national and international level. We don't want to penalize the athlete for the coach's error. However, we need to remind or educate the coaches and athletes to know the rules they will face at the international level of competition.
- All FIG bonus (CV) apply, except the FIG bonus for D+ dismount, which **is not** applied in Novice.
- All Canadian bonus are applied to the Final Score.



6.2 NOVICE VAULT

Difficulty Value and Difficulty Bonus		Bonus
Difficulty Value	- The gymnast can perform one or two vaults, best to count. - The Difficulty Value of each vault is as per FIG. - Line (corridor) deductions are applied. - The FIG bonus +0.2 awarded for performing 2 vaults with saltos in different directions (bwd/fwd) in the second flight does NOT apply in Novice.	
Difficulty Bonus	The difficulty bonus is applied to the final score of that vault. Layout Position Bonus (salto backward): if the body angle is 165° (or more) To be awarded the bonus, the layout body position (min 165°) must be maintained from the repulsion to the inverted position (head down). The bonus can also be awarded for twisting vaults in layout position. The layout position may be hollowed (position as described by FIG), but the bonus will not be awarded if there is an angle at the hips.	+ 0.3

6.3 NOVICE UNEVEN BARS

Composition Requirements (CR), Difficulty Bonus and Execution Bonus		Value
FIG Modified 4 CR @ 0.5	1. Different grips on HB (no cast, mount, or dismount) min B	0.5
	2. First Close Bar Circle element, minimum C	0.5
	3. Second Close Bar Circle element, minimum C (different root from first close bar)	0.5
	4. Dismount flyaway double salto bwd tuck (B element) or any C+ dismount	0.5
Difficulty Bonus	Bonus are applied to the final score. - Flight elements (HB-LB, same bar) - Non-flight element with 360° (no mount)	+ 0.5 + 0.3
Execution Bonus	ALL CR must be credited to receive the execution bonus. The bonus is applied to the final score. - E-Score between 8.0 and 8.499, and all CR awarded - E-Score 8.5 or more, and all CR awarded	+ 0.3 + 0.5
Clarifications	- Cast (any height), sole circle, jump to HB (no ½ turn allowed) – No deduction - Cast (any height), squat or pike on, jump to HB – deduction of -0.5 for uncharacteristic elements applied. - No empty swing deduction for Shaposhnikova-type elements followed by a kip. - The FIG bonus for D+ dismount is not applied in Novice. Technical Directives (from Section 3.0): Sole circle: If a step-down technique is used, a deduction of 0.1 for technical precision is applied (Novice only). Giant bwd: If technique not as described in section 3.0, a deduction of 0.1 for technical precision is applied, plus any applicable FIG deductions (all HP categories and Open). Giant fwd: if a pike/straddle technique is used, a deduction of 0.1 for technical precision is applied, plus any applicable FIG deductions (Novice only).	

6.4 NOVICE BEAM

Composition Requirements (CR), Difficulty Bonus and Execution Bonus		Value
FIG CR 4 CR @ 0.5 each	1. One connection of at least 2 different dance elements, 1 being a leap or jump with 180° split (cross or side), or straddle position.	0.5
	2. Turn (Gr. 3) (NO Roll/Flairs)	0.5
	3. Acro series, min. 2 flight elements 1 being a salto (may be the same or different)	0.5
	4. Acro elements in different directions (Fwd/Sd and Bwd)	0.5
Difficulty Bonus	Difficulty Bonus are applied to the final score. - D+ Dance (max 2x) - D+ Acro (max 2x)	+ 0.3 + 0.3
Execution Bonus	ALL CR must be credited to receive the execution bonus. The bonus is applied to the final score. - E-Score between 8.0 and 8.499, and all CR awarded - E-Score 8.5 or more, and all CR awarded	+ 0.3 + 0.5



6.5 NOVICE FLOOR

Composition Requirements (CR), Difficulty Bonus and Execution Bonus		Value
FIG CR 4 CR @ 0.5 each	1. Dance passage (as per FIG)	0.5
	2. Salto with LA turn (min 360°)	0.5
	3. Salto with double BA	0.5
	4. Salto bwd and salto fwd. (no aerials) in the same or different acro line	0.5
Difficulty Bonus	Bonus are applied to the final score. • 3 acro lines, one of which must be a combo line (2 saltos) • B+ Turn (max 1x) • D+ Acro element (other than double salto required as CR) or 2/1 twist backward	+ 0.5 + 0.3 + 0.3
Execution Bonus	ALL CR must be credited to receive the execution bonus. The bonus is applied to the final score. • E-Score between 8.0 and 8.499, and all CR awarded • E-Score 8.5 or more, and all CR awarded	+ 0.3 + 0.5

7. NATIONAL OPEN CATEGORY

The National Open category uses the requirements of the FIG Code of points, without modifications.



8. HP/OPEN ATHLETES AND COACHES REGULATIONS

This document is meant to clarify some rules as they apply to HP programs. Coaches should be familiar with all regulations for athletes and coaches from the FIG Code of Points.

8.1 REGULATIONS FOR ATHLETES

8.1.1 Attire / Appearance

Proper competition attire must be worn during all competitions.

- Gymnasts must be attired according to the stipulations of the current FIG Code of Points unless otherwise specified below.
- In a team competition, all athletes from the same club/province/territory must wear identical leotard.
- During all GymCan competitions, gymnasts may wear shorts, capris, or leggings as part of their uniform.
 - Must be skin-tight.
 - They can be either the same colour as the leotard or black (should coordinate with the leotard)
 - As per FIG guidelines, a logo of 30cm² may appear on the shorts/capris/leggings.
- Gymnasts may make an individual choice to wear shorts/capris/leggings in either an individual or team competition.
- Ankle guards (as shown) are acceptable if not too large.
- Compression socks, sleeves or garments are not allowed.



8.1.2 Preparation Of Equipment

- Preparation of the apparatus before warm-up can start when the athletes are marching to their next apparatus (when the rotation music starts). However, athletes cannot start warm-up on or around the apparatus before the official warm-up period starts.
- Following the warm-up period, or during the pause while judges are evaluating the previous routine, the apparatus may be prepared. While the athlete waits for the green light/signal from the D1, they are not allowed to warm-up around the apparatus (salto on the beam mats for example).

8.1.3 Lack Of Signal For Overtime

- On Beam, the deduction for overtime is waived if the timer did not give the warning signal 10 seconds before the maximum time limit, or at the maximum time limit at 1:30. All other relevant deductions apply.

8.1.4 Use Of Magnesia (Chalk) And Tape

FIG rules are in effect.

- Gymnasts may use chalk on Uneven Bars and to make small markings on the Balance Beam (tape markings are not allowed).
- In Canada, and as per FIG, 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 FX. 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 tape or Velcro must be removed by the end of the rotation.
- The judge must issue a warning before taking a deduction.

8.2 REGULATIONS FOR THE COACHES

8.2.1 The Coach Is Guaranteed the Right to:

- Assist the gymnast or team under their care by submitting written requests related to the raising of apparatus and the rating of a new vault or element.
- Assist the gymnast or team under their care on the podium during the warm-up period on all apparatus.
- Help the gymnast or team prepare the apparatus for the competition, i.e., prepare the safety collar for vault, position springboards and landing mats for bars and beam and prepare the uneven bar rails for each gymnast.
- Be present on the podium after the gymnast has presented to the judges to remove the springboard or for purposes of safety as outlined below.
- Assist or advise the gymnast during the intermediate fall time period on all apparatus and between the first and second vault.
- Be present at all apparatus to help in case of injuries or defects of the apparatus.
- Inquire to the Competition Head Judge concerning the evaluation of the content of the exercise of the gymnast.

8.2.2 The Coach May Not Do the Following:

- Change the height of the apparatus or springboard (including spring configuration) without permission of the Competition Head Judge.
- Speak to any judging panel member except the D1 about the performance of their own athletes during the competition. (Questions must be directed to the D1).
- Interfere with the rights of other participants.
- Delay the competition or display flagrant, undisciplined, and abusive behavior.

8.2.3 Standing On Podium in a Position to Spot For Gymnast Safety

- Coaches are not allowed to block the view of the judges. However, due to spotting and safety concerns, there is no deduction for this offence. Judges can request that the coach move where possible.

8.2.4 Encouragement Of Athlete

While the FIG Code of Points specifies that a coach may not speak directly to the gymnast, give signals, shout or cheer, coaches' support for their athletes in Canada is valued and allowed. General cheering and words of encouragement are accepted. However, technical verbal cues by the coach (or teammates) to their gymnasts are not permitted (e.g. 'tap' etc.) and may result in a deduction of 0.5.

8.2.5 Coaches Attire During Warm-Up And Competition

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: T-shirts, polos or long-sleeved sportswear tops, track pants or leggings and appropriate indoor footwear. Hats, shorts, midriff tops, ripped & torn clothing or similar are not permitted.

8.2.6 Video

For all HP competitions at EC and CC, the FIG rules will be in effect and coaches are not allowed to film on the FOP. To this effect, "Only officially accredited media personnel are permitted to film on the field of play during competition. They will be clearly identifiable and must remain within designated media zones."



8.2.7 Equipment Set-Up And Verification

- It is the responsibility of the Organizing Committee to set-up the equipment according to the equipment specifications.
- At Canadian Championships, Elite Canada, and Canada Winter Games, the PM-WAG, and the Canadian Head Judge (or designates) will ensure that the equipment is correctly set up and will define the boundaries of the FOP if needed.
- The Canadian Head Judge or Assistants will check the equipment at the beginning of each training and competition day, including the lines on mats for vault.
- The D1 is responsible for ensuring the correct equipment specifications prior to the warm-up for each competition session.

8.2.8 Verification Of Results

Coaches have up to 5 minutes after the publication of the draft results to verify them and communicate any error to the Canadian/Competition Head Judge (or designate). After 5 minutes, the results will be considered as accurate.



8.3 SUMMARY OF DIFFERENCES BETWEEN HP/FIG AND CCP

This table lists frequently asked questions. For comprehensive information regarding all rules, refer to the applicable Code of points.

	CCP	HP / FIG (Canada)
Athlete Attire VICO	☒ Allowed, no deductions • Compression garments • Shorts, capris, leggings • Small heel pads • Visible sports bras straps: black, colour of leotard or colour of skin	☒ Not permitted (deduction de 0,30) • Compression garments
Video by coach / athletes on the FOP	☒ Allowed, no deductions Coaches are allowed to film routines in competition from the Field of Play (FOP) as long as they do not block the judges' view or interfere with the official video review equipment. Personal videos cannot be used for element review/inquiry/protest purposes.	☒ Not permitted For Open/HP competitions at EC and CC, the FIG rules will be in effect and coaches are not allowed to film on the FOP. To this effect, "Only officially accredited media personnel are permitted to film on the field of play during competition. They will be clearly identifiable and must remain within designated media zones."
Technical Cues	☒ Not allowed (deduct 0.2 – after warning) Technical Verbal Cues by coach or teammate to own athletes are not allowed.	☒ Not permitted
Coach on Podium in a Position for Gymnast Safety	☒ Allowed, no deductions Coaches are not allowed to block the view of the judges. However, due to spotting and safety concerns, there is no deduction for this offence. Judges can request that the coach move where possible. BB - coaches can approach the BB to be in a position to spot but they are not allowed to remain for the whole routine (in and out allowed).	☒ Permitted on UB only ☒ Not permitted on Vault, BB and FX
Tape (white vs skin coloured)	☒ Athletes can use any coloured tape.	☒ Athletes must cover white tape with skin-coloured tape
Podium: In Canada the podium is defined as 'the mats surrounding the apparatuses. Field of Play (FOP): In Canada, the FOP is defined as the competition area, excluding the waiting areas and medical tent, provided the tent is used for its intended purpose.		

9. HP/OPEN - INQUIRIES, PROTESTS AND APPEALS

The following process is valid in Canada only. A judging inquiry is allowed on the FIG D Score, E Score and Neutral deductions.

9.1 CANADA THREE-STAGE REVIEW PROCESS

Canada has a 3-stage system that takes place on-site and will follow the process outlined.

Stage 1: Inquiry

- An inquiry is the first stage of seeking information about a score.
- An inquiry occurs when a coach approaches the D1 of an apparatus and/or the Competition Head Judge (CHJ) and, in-person, asks a question or seeks clarification about a D and/or E score of their own athlete during a national level competition.
- This request is made verbally to the D1 following the end of a rotation, a session, or a competition, provided that the judges are available.
- A coach may also inquire about a change to the technical organization (e.g. order of passage, warm-up procedures, etc.) with the D1 or CHJ. A coach must IMMEDIATELY voice any concerns and have the concerns 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.
- The D1, on behalf of the Apparatus Jury (i.e. the D and E panel of the respective apparatus), responds to the inquiry. The D1 will give a brief verbal explanation of the inquiry. Any additional discussion should not be expected and will be at the discretion of the D1. Response to an inquiry must not in any way delay the competition. Coaches should not expect justifications to cover every 0.10 p. deduction.
- During the consideration of the verbal inquiry, the D panel has several options:
 - The Coach's question may be answered immediately by the D1 as soon as the judging script is concluded, and the score is clarified for the Coach.
 - The D1 may choose to consult further with the D2 and other members of the panel and then reply more fully to the Coach.
 - If the E score is under discussion, then E panel members should be consulted.
 - A video review can take place at this time if the D panel wishes to review the technical component of an element (e.g., check on completeness of a twist) or a neutral deduction (e.g., time or line).
- For the two other types of inquiries, please see section 9.9 under 'Other'.

Stage 2: Protest

- A protest is the second stage when the Coach is not satisfied with the information provided at the Inquiry stage and seeks a formal review. A coach may make a judging protest or a technical protest for their own athlete at National level competitions.
- The appropriate protest form (available on Trello or ask the CHJ) must be completed by the coach and submitted to the CHJ or designate. The form must be submitted to the CHJ, 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 competition of the rotation to file a protest.
- The written protest fee is \$60.00 per athlete, per apparatus. If the protest is not granted, GymCan will invoice the club for the total amount after the competition.
- An official protest entitles the coach to request and be granted a video review of the gymnast's routine or part of the routine.
- The Judging Jury (see section 9.4) will respond to the protest and may, in consultation with the Canadian Head Judge or designate, do one of the following, depending on the context of the protest:
 - Use the official GymCan video(s),
 - Speak with the coach who submitted the inquiry, the time or the line judge involved.
- If a video review is requested, the Judging Jury will follow the video review process as outlined in Section 9.2.
- The rationale for the decision is communicated in writing.



Stage 3: Appeal

- An appeal is the final stage of the review process after a formal protest has been denied.
- At this stage, a form requesting reconsideration must be completed by the coach and submitted to the Canadian Head Judge or designate.
- With this submission of the form, the Coach agrees to remit to GymCan the \$60.00 fee should the appeal be denied by the Competition Jury.
- The competition Jury will respond to the appeal. Please refer to [Section 9.5](#) for additional information about the Competition Jury and its mandates.

9.2 VIDEO REVIEW

When an official apparatus reference video is available, the judges may review the video when addressing an inquiry or protest. The review of the video will take place in a secluded area. Coaches will not be included in this review.

The D1, D2 and the CHJ or designate will review the official video. Only the skill(s) in question will be observed a maximum of three times and only at regular speed. The video may also be used to confirm if time or line deductions are warranted.

9.3 CONDUCT OF JUDGES AND COACHES DURING THE INQUIRY, PROTEST AND APPEALS PROCESS

All parties involved are expected to always behave in a professional manner. Improper conduct, including language or body language, will not be tolerated.

- In the case of improper conduct by a judge, the Canadian Head Judge will be informed and will address the concern. If necessary, the concern will be referred to the Chair of the Judging Excellence Committee.
- In the case of improper conduct by a coach – Article 6 of the Code of Points” Behavior of a coach with no direct impact on the result/performance of the gymnast/Team” will be implemented by the Chair of the Competition Jury or designate.

SPECIAL NOTE: Where matters pertain to participant safety and welfare, potential violations of the GymCan Code of Ethics and Conduct, or any major behavioral issue from a member, GymCan policies and processes will be implemented. The CHJ must report directly to the Women’s Program Manager. Please consult the GymCan [Code of Ethics and Conduct](#) for more information.

9.4 JUDGING JURY

The Judging Jury is composed of:

- The Canadian Head Judge or designate (Chair of Jury).
- D1 and D2 when the D Score is being addressed (Apparatus Chief Judge in CCP).
- D and E Panels when the E score is being addressed (All panel members in CCP).
- The timer and/or line judge may be heard at the discretion of the Chair of the Jury.

The roles and responsibilities of the Judging Jury are to:

- Render a decision on a judging protest when the majority of the Judging Jury agrees.
- Abide by all FIG or GymCan rules, directives, or requirements.

9.5 COMPETITION JURY

The Competition Jury is composed of:

- the PM – WAG or designate (Chair of Jury).
- the Canadian Head Judge or their designate.
- a member of the WPC present at the competition (or an equivalent technical expert).
- the Competition Jury may consult any other relevant individual, including the Competition Head Judge, the Director of the Competition/Floor Manager and/or the Apparatus Chair (D1) of the Apparatus (depending on the matter under protest or consideration).



The roles and responsibilities of the Competition Jury are:

- Consider rendering a decision on judging inquiries/protests forwarded to them if extenuating circumstances exist.
- Render a final decision on all technical protests.
- Ask a panel to reconsider a D Score or an E score if the Competition Jury feels the D/E score (protested or not) is incorrect.
- Adjust a D Score or E score if, after discussion with the D panel, a majority of the 3 members of Competition Jury plus 2 D Panel Judges feel that the D Score or E score was inappropriate.
- Arbitrate differences of opinion between GymCan, the organizers, participants, representatives of the media, etc. on organizational matters.
- Determine provisional rules, guidelines, and procedures for situations which are not covered by the WP HP and CCP Manuals, Code of Points of each program, or other WAG documents.
- Assist the Canadian Head Judge with matters related to behavior of athletes, coaches and judges.
- Examine appeals on judging and technical protests and render a final decision.
- Abide by all applicable FIG or GymCan rules, directives, or requirements.
- The rationale for decisions made by the Competition Jury will be communicated in writing at the time the decision is announced.

9.6 REQUEST TO RECONSIDER A SCORE BY THE COMPETITION JURY

- The Competition Jury may request that a D Score or E score be reconsidered by the Apparatus Jury. Such a request must be handed in, in writing, on the appropriate form, to the D1 Judge by the Canadian Head Judge or designate.
- The request will be discussed by the Apparatus Jury and the Competition Jury as soon as possible.
- The Competition Jury may ask a panel to reconsider a D Score or an E score if the Competition Jury feels that a D/E score (protested or not) is incorrect.
- The Competition Jury may adjust a D Score or E score, if, after discussion with the D panel, a majority of the 3 members of the Competition Jury plus 2 D Panel Judges feel that the D Score or E score was not appropriate.
- The Chair of the Jury will notify the coach immediately in writing of the adjustment if any.

9.7 TECHNICAL PROTEST TO THE COMPETITION JURY

A technical protest is allowed on:

- Equipment failure (gymnastics or audio)
- Special occurrences related to the organization that alter the competition conditions (like the order of passage, warm-up procedures, etc.).
- Deductions/penalties for athlete conduct as listed by the FIG Code of Points, the HP/CCP Manuals or other WAG program documents: non-identical leotards, incorrect leotard, incorrect advertising, jewelry, padding, missing start number, non-observance of warm-up time and order, non-observance of competition order, signals, verbal commands and similar, unexcused delay or interruption of the competition, unauthorized leaving of the competition area, unsportsmanlike behavior.
- Any other deductions/penalties for coach conduct as listed by the FIG/CCP Code of Points or WAG documents: attire, unexcused delay or interruption of the competition, number of coaches on the floor, number of coaches near the apparatus, signals, verbal commands, and similar, unsportsmanlike behavior.

9.8 REVIEW OF PENALTY FOR IMPROPER CONDUCT

- Any athlete, coach, or judge penalized for improper conduct may be heard at the discretion of the Competition Jury.
- The Competition Jury will attempt to reach a decision by consensus. If it is impossible, each member will have an equal voice in the decision.
- A simple majority will prevail. If the decision is tied, the Chair of the Competition Jury may break the tie.



9.9 OTHER

Inquiries about Another Athlete/Coach

- This inquiry must be made in writing by a coach about an athlete or a coach of another club/team to the Canadian Head Judge.
- This type of inquiry can only be made on the presumption that the rules were not applied or were applied incorrectly.
- This type of inquiry must be made within the same time deadlines as another type of inquiry.
- The inquiries of this type will be recorded by the Canadian Head Judge for a period of 24 months. The abuse of this procedure will lead to sanctions.

Inquiry by Panel Member

- Occasionally, a judge performing the E panel tasks may inquire in writing (note forwarded to the D1 Judge) once the E Score has been flashed. Such inquiry about the D Score may also be made verbally to the D1 at the end of a rotation.
- Occasionally, the D1 may discuss the D Score of an exercise with the E panel members, if necessary, before the D Score or the score is flashed or at the end of a rotation.
- The result of one of the above 2 actions may lead to an adjustment to the score in which case the D1 Judge will secure the authorization of the Canadian Head Judge or their designate. The final decision to adjust a score should occur before the beginning of the next rotation and before the score sheets are sent to the scoring room as much as possible. The D1 Judge will notify the coach immediately in writing of such adjustment. The coach will have the option to protest the new score within the usual time frame.

9.10 SUMMARY CHART FOR VERBAL AND WRITTEN INQUIRIES

A verbal response or any verbal explanation will be given to the same coach at every stage – inquiry or protest for a given matter. It is up to the coaches of the same club to share the information.

Action	Done	To	Cost	Dealt With By	Composed Of
Inquiry: Request by the coach for information	Verbally	D1	\$0	Panel Judges respective apparatus	• D and/or E panel members
Protest of Score: Request by the coach for reconsideration; disagreement with decision	In writing on form	CHJ	\$60 Per protest	Judging Jury ¹	• Chair: CHJ or designate • D and/or E panel members
Technical Protest: Request reconsideration; disagreement with decision	In writing on form	CHJ	\$60	Competition Jury ²	• PM-WAG or designate (Chair) • CHJ or designate • WPC member / Tech expert • Any other appropriate personnel as needed
Appeal: Request by the competition Jury for reconsideration; disagreement with decision	In writing on form	CHJ	\$60 Per appeal	Competition Jury ²	• PM-WAG or designate (Chair) • CHJ or designate • WPC member / Tech expert • Any other appropriate personnel as needed

¹ Occasionally, the Chair of the Judging Jury may forward a protest to the Competition Jury if they believe the D Score, or E Score is incorrect once it has been reconsidered by the panel.

² Occasionally, the Competition Jury may ask a panel to reconsider a score or may, under special circumstances, modify a score.

