



# High Performance Program Manual

## 2019-2020

December 23, 2019



P: 613.748.5637 | F: 613.748.5691 | E: [info@gymcan.org](mailto:info@gymcan.org)  
120-1900 Promenade City Park Drive, Ottawa, ON K1J 1A3

[WWW.GYMCAN.ORG](http://WWW.GYMCAN.ORG)



## TABLE OF CONTENTS

INTRODUCTION .....	3
GENERAL REGULATION .....	3
TECHNICAL DIRECTIVES .....	11
CANADIAN MODELS .....	14
FORMS	
REQUEST FOR BAR HEIGHT ADJUSTMENT .....	
WAG PROTEST FORM .....	
WAG – REQUEST BY THE COMPETITION JURY FOR RECONSIDERATION .....	
WAG – VAULT DECLARATION FORM .....	



## 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 to 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.

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

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. Novices will be evaluated according to the FIG Code of Points and are eligible to receive additional bonus through the HP models.

### **Junior**

Juniors will be evaluated according to the FIG Code of Points. The HP rules provide technical performance expectations and identify preferred technique and body position. These expectations are used for the evaluation of their routines. In Canada, some equipment modifications have been introduced for competitions.

### **Senior**

Seniors will be evaluated according to the FIG Code of Points, with slight modifications for equipment and vault standards. The senior category is the highest level in international gymnastics.



## GENERAL REGULATION

### 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

Category	2019/2020
Novice	2007, 2008, 2009
Junior	2005, 2006, 2007
Senior	2005 and prior

### 2. DOCUMENTS IN EFFECT

- FIG Code of Points: <https://www.gymnastics.sport/site/rules/rules.php#3>
- FIG Help Desk: <http://www.fig-gymnastics.com/site/rules/disciplines/art>
- FIG Newsletters: <https://www.gymnastics.sport/site/pages/newsletters-wag.php>
- GymCan WAG Program Technical Regulations

#### 2.1 NEW INTERPRETATIONS

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

### 3. 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 GymCan website.

#### 4. 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.

<b>General Warm-up</b>	<p>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.</p> <p>This rule does not apply during Apparatus Finals, because an open warm up format is used.</p>
<b>Apparatus Warm-Up</b>	<p>A <b>minimum</b> of 2 min per athlete will be allowed, depending on the schedule and number of athletes in session /group.</p> <p><b>On UB</b> - every attempt will be made to follow the <b>FIG</b> warm-up including the raising of the bars and the use of grips and chalk. If circumstances dictate (<i>for safety reasons only</i>) and the groups are altered to allow for any of the above situations then please refer to <b>UB</b> below for warm-up specifics.</p> <p><b>Nb.</b> For Canadian Championships and Elite Canada coaches must indicate if their gymnasts do not use grips on the application form.</p> <p>The use of grips is <b>strongly recommended</b> for all HP athletes.</p>
<b>Touch Warm-Up</b>	30/50 sec per athlete as per FIG
<b>Group size</b>	<p>5 or less warm up in one group;</p> <p>6 + athletes warm up in 2 groups: 3+3, 4+3, 4+4, 5+4</p> <p>On floor, the group will be split for warm up only if 8 or more athletes</p>
<b>UB: chalk, raising</b>	<p>In the event the groups are modified to make provisions for gymnasts with and without grips/chalk or needing to raise the bars, the athletes will be divided into sub-groups based on their needs. Each sub-group warms up 50 sec / athlete. 90 seconds are granted for each different bar preparation/raise.</p> <p>As a general guideline, the coaches should agree on the most efficient way to warm up. If the coaches do not agree, the D1 judge will decide.</p> <ul style="list-style-type: none"> <li>• Use of honey on the rails is <b>prohibited</b></li> <li>• The <b>competition order will not</b> be modified. This should be taken into account when deciding on a warm-up order.</li> </ul>

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.			
Canadian Warm up	V	UB	BB	FX
	2 min / athlete	2 min / athlete	2 min / athlete (split 1:30+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 unsportsmanlike behavior and will have a direct impact on the gymnast &/or team. The Competition Head Judge will first warn the offending coach. The second warning will result in a **Yellow Card** and the corresponding deduction of **0.50** will be applied the gymnast's or team's final score on that apparatus.

During competition, gymnasts may warm up on the apparatus as permitted by the rules outlined in the Code of Points. Gymnasts may not warm up on other event apparatus. i.e. when warming up for beam, you may not use the floor exercise mat unless authorized by the Canadian Head Judge (or designate) or the PM-WAG.

## 5. ATHLETE REGULATIONS

### 5.1 ATTIRE / APPEARANCE (TO FOLLOW IN PRINCIPLE THE FIG CODE OF POINTS REGULATION 2.3.2)

The following is a modification related to those regulations:  
Ankle guards (as shown) are acceptable if not too large.



### 5.2 PREPARATION OF EQUIPMENT

- During the competition, the apparatus may be prepared ahead of time (when the rotation music starts) but the gymnast may not warm up on the apparatus before the official time begins. This includes the matting surrounding the apparatus i.e. saltos on the beam mat while waiting for the green light or signal to begin, are not permitted.
- Upon permission of the D1 judge (to ensure the previous rotation is complete) a coach may prepare the rails of the uneven bars if their athlete is the first competitor up for the next warm-up rotation.

## 6. RIGHTS AND RESPONSIBILITIES OF COACHES

The rights of coaches for all competitions will follow the FIG Code of Points regulations under section 3. Coaches should be familiar with these regulations as follows:

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

- Assist the gymnast or team under his/her care by submitting written requests related to the raising of apparatus and the rating of 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 competition.  
I.E. prepare the safety collar for vault, position spring boards and landing mats for bars and beam and prepare the uneven bar rails for each gymnast.
- Be present on the podium (in Canada the mats surrounding the apparatus will be considered as the 'podium') after the gymnast has saluted 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 Competition Head Judge concerning the evaluation of the content of the exercise of the gymnast.

### 6.2 THE COACH MAY NOT DO THE FOLLOWING:

- Change the height of the apparatus or spring board (including spring configuration) without permission of the competition Head Judge
- 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 behavior.

### 6.3 STANDING ON PODIUM IN A POSITION FOR GYMNAST SAFETY

- a) 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.
- b) Podium: In Canada the podium is defined as 'the mats surrounding the apparatus' Unauthorized remaining of the coach on the 'podium' is a deduction of 0.50 from the gymnast's final score on that apparatus.  
E.G: If a coach remains on the mat at BB and spots an element, the deduction is 0.50 for being on the mat, 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.

### 6.4 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 team mates) to their own gymnasts are not permitted (e.g. 'tap' etc.) and may result in a deduction of 0.5.

### 6.5 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...

- o This includes t-shirt, polo or long-sleeved sportswear tops, track pants and appropriate indoor footwear. Hats, shorts, midriff tops, ripped & torn clothing or similar are not permitted.

## 7. EQUIPMENT REGULATIONS

### 7.1 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 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 <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		
		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: 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.	
	Supplementary mat (sting)	Mandatory 10 cm (min 4m x 2m)	Mandatory 10 cm	Minimum 10 cm required, 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 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 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		

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. The National Team Lead 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.

## 7.2 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, 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 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 tape or Velcro must be removed by the end of the rotation.
- The judge must issue a warning before taking a deduction.

## 7.3 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 prior to the warm-up for each competition session.

## 7.4 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.

## 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

#### REQUIRED TECHNIQUE FOR LAYOUT VAULTS

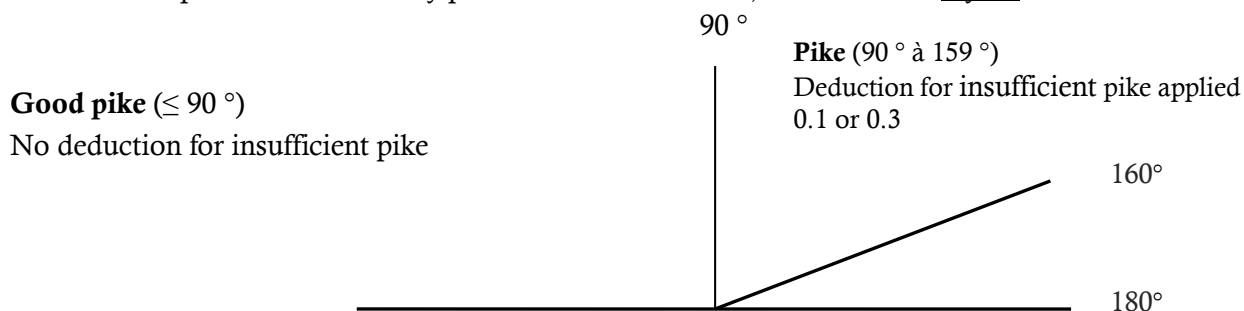
Please refer to the current FIG Code of Points (Section 9) for the required technique. For Novice, a vault that is very close to achieving a layout position but is not a perfect layout and would likely not be credited as a layout by FIG standards i.e. there is a slight flexion at the hip joint will be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

#### FOR NOVICE 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.



### BAR

#### PIKE OR STRADDLE SOLE CIRCLE ELEMENTS

The preferred technique is snap down entry with two feet. For the Novice category the step down or press pike down technique will be allowed, 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\\_cnIHX4IyU](https://youtu.be/K_cnIHX4IyU)

## CLEAR PIKE CIRCLE

Clear Pike Circle - [https://youtu.be/rTbF\\_IYt0Lg](https://youtu.be/rTbF_IYt0Lg)

## GIANT CIRCLE BACKWARD TO HANDSTAND REQUIRED TECHNIQUE

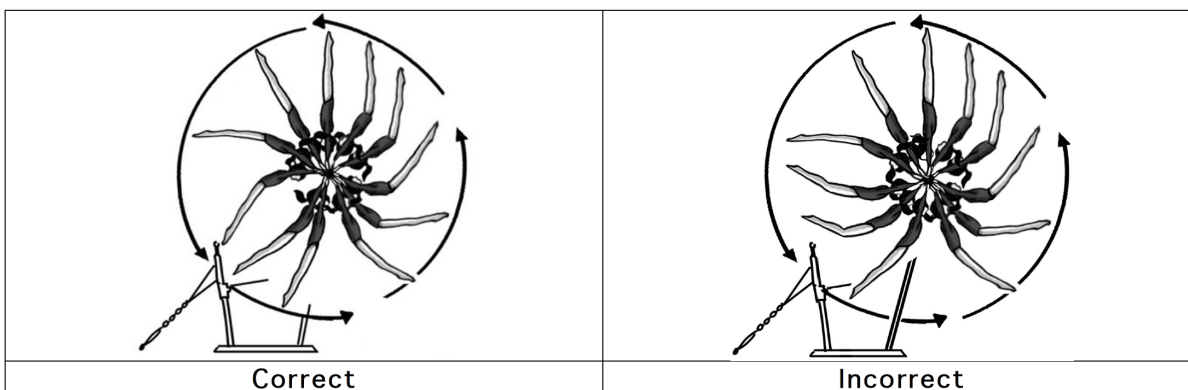
The gymnast must show:

- 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 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.

Video Link: <https://youtu.be/u5bke-b3t4E>

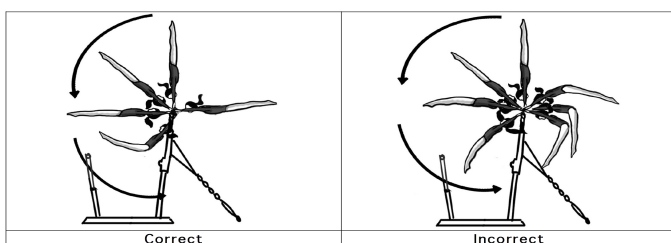
## GIANT CIRCLE FORWARD IN REVERSE GRIP WITH STRAIGHT BODY VS WITH BENT BODY NOVICE

Front Giant with straight body technique is the preferred technique. Below is the correct technique for the straight body front giant.

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



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

However, the pike/straddle technique will also be acceptable and fulfill the change of grip requirement, however a deduction of 0.1 for technical precision will be applied for the straddle pike technique.

Video Link: <https://youtu.be/X1QgmCoJL3c>

## 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.

## CANADIAN MODELS

### 1. CMB Is not Cumulative for single elements or second vault

- In case of single elements that could accrue more than one CMB, the higher CMB will be awarded
  - Example: on floor, double back pike as a second acro D in the last pass will receive only the 0.5 bonus (for an acro D in the last line). It will NOT receive the 0.3 bonus for 2<sup>nd</sup> acro D.

### 2. There is the possibility to receive individual skill bonus and elements in combination.

- Example: on floor, front tuck walk out to double tuck as the last tumbling pass will receive: 0.3 for indirect A/B + D AND 0.5 for acro D in the last line. Both bonuses will be awarded.

### 3. FIG Connections bonus will apply to the D score according to FIG specifications

### 4. Clarification on the application of the CMB for FIG Connections

- CMB for the FIG connection will be applied even if there is a fall.
  - Example on FX:  
RD – FF - 1.5 twist – Punch Front (Fall) = CMB 0.1 applied  
RD – FF – 2.5 twist – Punch front (Fall) = FIG bonus not applied. CMB for FIG connection applied.

Novice Vault	FIG	CM
The gymnast can perform one or two vaults, best to count <ul style="list-style-type: none"> <li>• All Vaults will be given SV as stated in the FIG Code of Points</li> <li>• Layout Vault need to reach 160 degrees to be credited as layout</li> </ul>		
2 Different Vaults - Bonus will be given if gymnast performs 2 different vaults and the SV of the second vault is equal to or greater than the first and at least one of the 2 vaults has a SV of 3.9+: <ul style="list-style-type: none"> <li>a) A second vault from the same family is performed</li> <li>b) A second vault from a different family is performed</li> </ul>		0.3 0.5
Twisting Bonus – Forward or Backward <ul style="list-style-type: none"> <li>a) any 1/2 twist</li> <li>b) any 1/1 twist</li> </ul>		0.1 0.3

Novice Bars - Max 1.4 bonus		FIG	CM
FIG CR	Change of grip	0.5	
FIG CR	Element with 1/1 (360 degrees) LA Turn (C+)	0.5	
Mod CR	Min 2 close bar circle elements (Min B) from different root skills		0.5
Mod CR	B+ Dismount		0.5
Neutral Deduction	Missing one or more CR's (applied once only to the final score)		-0.3
<b>CMB:</b> All bonus is applied even with a fall	• C+C+ (one with flight or turn)		0.1
	• Any C Flight		0.3
	• Any non-Flight D+		0.3
	• Any D Flight (including dismount)		0.5
	• FIG Connection Bonus 0.1		0.1
	• FIG Connection Bonus 0.2		0.2

Novice Beam – Max 1.2 Bonus		FIG	CM
FIG CR	• One connection of at least 2 different dance elements, 1 being a leap, jump or hop with 180°(cross or side), or straddle position(cross or side), or straddle position	0.5	
	• Turn (Gr.3)	0.5	
	• Acro series, min. 2 flight elements 1 being a salto (may be the same or different)	0.5	
	• Acro elements in different directions (Fwd./Sd and bk)	0.5	
Neutral Deduction	Missing one or more CR's (applied once only to the final score)		-0.3
<b>CMB:</b> All bonus is applied even with a fall	• C+ Turn		0.3
	• D+ Leap or jump		0.3
	• C+ Dismount		0.3
	• D+ Dismount		0.5
	• FIG Connection Bonus 0.1		0.1
	• FIG Connection Bonus 0.2		0.2

Novice Floor – Max 1.4 Bonus		FIG	CM
FIG CR	<ul style="list-style-type: none"> <li>Dance passage (as per FIG)</li> <li>Salto with 1/1 LA twist</li> <li>Salto with double BA</li> <li>Salto bwd and salto fwd (no aerials) in the same or different acro line</li> </ul>	0.5 0.5 0.5 0.5	
Neutral Deduction	<ul style="list-style-type: none"> <li>Missing one or more CR's (applied once only to the final score)</li> </ul>		-0.3
<b>CMB:</b> All bonus is applied even with a fall	<ul style="list-style-type: none"> <li>D+ Leap or jump</li> <li>C+ Turn</li> </ul> Connections – Saltos: <ul style="list-style-type: none"> <li>C + B/A (direct)</li> <li>C + C (indirect)</li> <li>A + A + C (indirect)</li> <li>A/B + D (indirect)</li> </ul> Saltos: <ul style="list-style-type: none"> <li>2<sup>nd</sup> &amp; subsequent Acro 'D's following the initial Acro D+ (not as dismount)</li> <li>Acro D performed as the dismount</li> <li>Acro E</li> <li>FIG Connection Bonus 0.1</li> <li>FIG Connection Bonus 0.2</li> </ul>		0.3 0.3  0.1 0.1 0.1 0.3  0.3 0.5 0.5  0.1 0.2

Junior Vault
<p>Junior FIG Rules (CoP p. 179-180):</p> <ul style="list-style-type: none"> <li>In the Qualifying, Team Final and All-Around: One vault must be performed. <ul style="list-style-type: none"> <li>In Qualifying, the 1st vault score counts toward the Team and/or All-Around Total.</li> <li>The gymnast who wishes to qualify for the Apparatus Final must perform two vaults as per the Apparatus Finals rules below.</li> </ul> </li> <li>Apparatus Finals <p>Gymnast must perform two different vaults (maybe from the same group, but with different numbers), which will be averaged for the final score.</p> </li> </ul>



### Senior Vault

For Qualification for AA Finals and Apparatus Finals:

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

To determine ranking in Apparatus Finals, the vaults will be averaged.

Modified FIG Rules (these rules **supersede** the FIG rule)

- 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.

If the vaults are from different groups:

- There is no deduction if the 2<sup>nd</sup> flight phase of the 2 vaults is similar
- A bonus of +0.3 is applied (to the average) if 2<sup>nd</sup> vault SV is 5.0 or greater

For Apparatus Finals, if the FIG requirements are not met (two vaults from two different groups (2-5) with different second flight phase), there will be a 0.5 deduction from the Average Score.



## REQUEST FOR BAR HEIGHT ADJUSTMENT DEMANDE D'AJUSTEMENT DES BARRES

FOR WAG NATIONAL LEVEL GYMNASTICS COMPETITIONS – POUR COMPÉTITIONS  
NATIONALES GAF

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.

Le formulaire doit être complété et remis au Juge en chef Canadien ou désigné lors d'une session d'entraînement officielle précédant la compétition.

**Note: Both rails need to be raised by 10 cm – les deux barres doivent être montées de 10 cm.**

Club \_\_\_\_\_

Province \_\_\_\_\_

Athlete's Name  
Nom de l'athlète \_\_\_\_\_

Category  
Catégorie \_\_\_\_\_

Head Coach Name  
Nom de l'entraîneur-chef \_\_\_\_\_

Signature \_\_\_\_\_

---

Permission ☐ Granted – Accordée ☐ Denied - Refusée

Rationale if denied – Explication si refusée

---

---

---

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

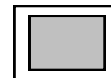
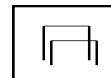
Form to be returned by CHJ to WAG PM at end of competition – Remettre le formulaire au GP à la fin de la compétition



## WAG PROTEST FORM - FORMULAIRE DE PROTÊT GAF

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

Category/Catégorie :	Competition Date/Date de Compétition:
----------------------	--



### High Performance:

D Score / Note D \_\_\_\_\_ E Score / Note E: \_\_\_\_\_ Neutral deductions: \_\_\_\_\_

### Canadian Junior Olympic:

Start Value: \_\_\_\_\_ Neutral deductions: \_\_\_\_\_ Final Score: \_\_\_\_\_

Reason for Protest / Justification du protêt:

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

Signature: \_\_\_\_\_ Time / Heure: \_\_\_\_\_

Received by / Reçu par: \_\_\_\_\_ Time / Heure: \_\_\_\_\_

Accepted / Accepté: ☐

Denied / Refusé: ☐

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

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

\_\_\_\_\_  
Signature, Function / Fonction

\_\_\_\_\_  
Time / Heure

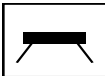
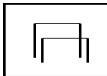

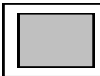
The competition head judge must receive a copy of the completed form before it is returned to the person who signed the protest.

Le juge en chef de compétition doit recevoir une copie du formulaire complété avant qu'il soit remis au demandeur.



**WAG – REQUEST BY THE COMPETITION JURY FOR RECONSIDERATION**  
**DEMANDE DE RECONSIDÉRATION PAR LE JURY DE COMPETITION – GAF**

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

Category/Catégorie :	Competition Date/Date de Compétition:				
----------------------	---------------------------------------	---	---	---	---

**High Performance:** D Score / Note D \_\_\_\_\_ E Score / Note E: \_\_\_\_\_ Neutral deductions: \_\_\_\_\_

**Canadian Junior Olympic:** Start Value: \_\_\_\_\_ Neutral deductions: \_\_\_\_\_ Final Score: \_\_\_\_\_

Competition Jury's rationale / Justification du Jury technique:

---

---

---

---

Signature: \_\_\_\_\_ Time / Heure: \_\_\_\_\_

---

Received by / Reçu par: \_\_\_\_\_ Time / Heure: \_\_\_\_\_

---

Comments including rationale for decision of Judging Panel / Commentaires incluant la justification de la décision du Jury à l'épreuve:

---

---

---

Comments including rationale for final decision of Competition Jury / Commentaires incluant la justification de la décision finale du Jury Competition.

---

---

---

Revised D Score / Note D révisée: \_\_\_\_\_ Revised E Score / Note E révisée: \_\_\_\_\_

---

Signature	Function / Fonction	Time / Heure
-----------	---------------------	--------------

The PM – WAG must receive a copy of the completed form before it is returned to the person who signed the appeal.

Le GP – GAF doit recevoir une copie du formulaire complété avant d'être retourné au demandeur.



**WAG – VAULT DECLARATION FORM**  
**FORMULAIRE DE DÉCLARATION DE SAUTS – GAF**

To be submitted 1 hour before the beginning of the competition. For ALL HP Categories  
À remettre 1 heure avant le début de la compétition. Pour toutes les catégories HP

Gymnast Name – Nom de la gymnaste : \_\_\_\_\_

Province/Club : \_\_\_\_\_

**Vault Numbers – Numéro des sauts**

Vault 1 – Saut 1		DV - Valeur	
Vault 2 – Saut 2		DV - Valeur	