

2009 - 2012
Canadian Provincial Level 3 & 4 Rules

Men's Artistic Gymnastics
Coaches and Judges Manual



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Acknowledgements

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The revision of this provincial program is over seen by Men's Program Committee member, John Carroll.



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Provincial Program: General Information

This document describes the program for the Provincial Level 3 & 4 categories. Further resources may be available from the GCG office as the program becomes developed.

Article 1 Program Description

- i. The Provincial Program consists of two categories of competition: Level 3 & Level 4.
- ii. The Level 3 category will participate at Provincial Championships, while the Level 4 category will also compete at inter-provincial championships (i.e.: Western Canadian Championships).

Article 2: Competitive Age

- 2.1** Refer to the Summary of Birth Years chart for the current competitive year.

Summary of Birth Years

Competition Year	Under 13	13 & over
2009	1996 & under	1995 & over
2010	1997 & under	1996 & over
2011	1998 & under	1997 & over
2012	1999 & under	1998 & over

2.2 Restrictions

- i. Under no circumstances should an athlete who is 7 or younger old participate in a Levels Program competition.
- ii. An athlete who is below the minimum age for a category may only participate in this category with approval of the appropriate committee i.e.: for Provincial Competitions - Provincial Technical Committee.
- iii. Permission must be granted before the registration deadline of the event.

Article 3: Modifications and Committee Responsibilities

- i. Competitions for the Provincial Program will be organized and run provincially. These regulations must be used for all events. Gymnastics Canada reserves the right to make ongoing clarifications to the regulations as needed throughout the season, but no changes to the rules will be made after September 30th.
- ii. Clarifications for the Provincial Program may take place several times over the competition year. Any clarifications will be circulated to all PTO's, Program members and will be posted on the GCG website.

Article 4: Competition Regulations and Equipment Specifications

Note: Unless otherwise stated, the current 2009 FIG Code of Points will be applied

4.1 Competitions and Warm ups

- i. Competition warm-ups may not begin prior to 8:00 am and competitions may not go later than 10:00 pm.
- ii. Athletes will receive a general warm up and apparatus warm-up prior to the start of the competition. The time limit for competition warm ups is recommended to be 1.5 hours for all categories.
- iii. With prior communication, it is possible for a host to run a 20 to 30 minute general warm up followed by the competition rotations which will include a blocked time warm up for each apparatus. (I.E.: At the start of each rotation a 6-minute warm up time will be given to each group on each apparatus.)

4.2 Competition Duties of Gymnast

- i. Gymnasts must be attired according to the stipulations of the current FIG Code of Points.
Note 1: Dark coloured longs (including Black) are not allowed. **(effective 2010)**
Note 2: Level 3 gymnasts may compete in shorts on all apparatus, instead of long pants.
- ii. Gymnasts are required to wear a shirt at all times during competition warm ups (in training gym and competition gym).
- iii. Athletes from the same team or club must wear the same competition attire.
- iv. Violation of the uniform requirements will result, without warning. (FIG Code penalty)

4.3 Spotting and Assistance:

- i. For all Levels it is recommend that a coach be present on Horizontal Bar to act as a spotter and who is therefore within reach of their athlete.
- ii. Whenever possible, the coach should stand such that the view of the judges is not obstructed.

4.4 Equipment

- i. The chart on page 2 describes the specific equipment requirements for each category within the Provincial Program.

- ii. **Pommel Horse:** Level 4 will compete on Pommel Horse (with NO pommels), Level 3 'under 13' years will compete on Mushroom and Level 3 '13 years +' will have the choice of mushroom or horse.
- iii. Unless noted in the chart of apparatus requirements, the use of additional crash mats will result in a 0.50 deduction from the Final Score on that apparatus. A similar deduction will be applied for use of any non-permitted supplementary equipment (i.e.: an extra board for mounting Parallel Bars).
- iv. Landing mats (10cm and 20cm) are permitted for use on all apparatus except Pommel Horse. A 10cm landing mat is mandatory as a minimum on Vault and Horizontal Bar.

4.5 Measurement of Equipment and Specifications

- i. All landing mats used on Pommel Horse, Vault, Rings, Parallel Bars and Horizontal Bar must conform to FIG specifications.
- ii. Measurements of the equipment (FIG Standard in Brackets)
 - Floor Exercise: 12m x 12m Measured from the outside of the Border Line
 - Pommel Horse: From the surface of the mat to the top of the horse body (105cm)
Mushroom: Preferably an S/A Sport Toadstool.
 - Rings: From the top of the mat to the inside bottom of the ring (260cm)
 - Vault: From the floor to the center top of the Table body (135cm)
 - Parallel Bars: From the top of the mat to the top of the rail (180cm)
 - Horizontal Bar: From the top of the mat to the top of the bar (260cm)

4.6 Supplementary Mats

	Apparatus	Supplementary Mats
Floor	12 x 12m	Up to one (1) 10 cm sting mat is permitted
Pommel Horse	FIG Horse NO pommels Mushroom on pedestal	No supplementary mats are permitted, a board is permitted to mount the horse
Rings	FIG height (260cm)	Up to two 20cm mats stacked are permitted except on Horizontal bar where two mats stacked on <i>both</i> sides of the Horizontal Bar is permitted
Vault	120 to 135cm	
Parallel Bars	180cm	
Horizontal Bar	FIG height (260cm)	

Article 5: Judging Responsibilities

5.1 Evaluation of the Routines

- i. For all categories, the members of the judging panel will be responsible for both D-jury and E-jury tasks unless 4 or more judges are assigned to the event.
- ii. Execution errors for poor technique, poor body position, etc. are evaluated according to the current FIG Code of Points.
- iii. The Chair of the Apparatus Jury will be responsible for determining and applying bonus for stuck dismounts to the Final score
- iv. The Chair of the Apparatus Jury takes deductions for line, behaviour and apparatus violations from the Final Score. See Article 4 and the current Code of Points.

5.2 Judging Panels

- i. For Provincial and Regional Championship (Easterns or Westerns) competitions a minimum of two (2) Judges per panel is required. One FIG or National level should be assigned on each apparatus.
- ii. Chair of the Competition Jury should hold a current National level or FIG Brevet.

5.3 Scoring Regulations

- i. With three judges per event, all scores will count. The average of all scores will be calculated and the score will be calculated to 3 decimal places. The average will be truncated to the third decimal and not rounded.
- ii. When there are four judges the highest and lowest 'E' scores are eliminated and the two middle scores are averaged.

Article 6: Evaluation of the Exercises and Routine Construction

6.1 D-score (Difficulty)

Routines are judged as per the current FIG Code of Points except that only six or seven (6 or 7) skills count towards the Start Value and the number of required Element Groups has been reduced. Please refer to the Apparatus Chart on page 4.

6.2 E-score (Exercise Presentation)

The E-score is determined by subtracting points for deficiencies in technical or aesthetic execution. The definitions of those deductions are as per the current FIG Code of Points:

6.3 Short Routines

- i. The following chart indicates how the E-jury must evaluate short routines. It is the duty of the D-jury to notify the E-jury how many skills were credited.
- ii. The Head judge should give the scorer a deduction for the non-technical deductions prior to the Final Score. For example: If a Level 4 gymnast does a routine with 5 skills the Head judge will tell the scorer to deduct 3.0 from the final score. When the coaches see the score sheet they understand why the final score is so low.

LEVEL 3		6 skills	5 skills	4 skills	3 skills or less	
Maximum E-score		10.0	9.0	7.0	5.0	
Deduction Penalty		0.0	1.0	3.0	5.0	
LEVEL 4		7 skills	6 skills	5 skills	4 skills	3 skills or less
Maximum E-score	10.0	9.0	7.0	5.0	3.0	
Deduction Penalty	0.0	1.0	3.0	5.0	7.0	

6.4 Bonus for Performance Characteristics

- i. For both categories, a 0.1 bonus will be applied to the Final Score for all dismounts that end with a stuck landing. A stuck landing is defined as a stable landing position with no movement of the feet.
- ii. During the performance of any routine except Vault a gymnast may repeat an element for value following a fall (Major error) or stop except for the dismount (FIG rule).

6.5 Landings

- i. If a gymnast does not perform a recognized dismount or a dismount of sufficient value they will not receive 0.5 for the dismount element group requirement.
- ii. The cumulative landing deduction will be maximized at 1.0 for all events. This does not include additional deductions which may be taken for zone violations on Floor or Vault.

6.6 Developmental and Supplemental Parts

- i. All elements listed in the current FIG Code of Points will receive their current value. All other gymnastics and acrobatic elements will receive an A-part value.
- ii. On Rings, a long hang swing or a bent arm giant to a handstand which is held for 2 seconds is **C-part**.
- iii. On Rings, straddled front and back levers will be allowed as **A-parts**.
- iv. The following chart will be used to give values to skills performed on the **Mushroom for Level 3**:

A-PART SKILLS (0.1)	B-PART SKILLS (0.2)	C-PART SKILLS (0.3)
NOTE: May repeat one element in circle and one element in flare for value.		
Circle	1/2 Spindle (uninterrupted)	full Russian (360°)
1/4 Spindle	Swiss hop / 1/2 Russian	full Spindle (max.4 circles, uninterrupted)
1/4 Stöckli (90° turn)	Czechkehre / Moore	Handstand dismount
Wende dismount	Direct Stöckli A (DSA)	
	A-part skills done in flare	B-part skills done in flare

6.7 A-typical Straddle

- i. Un-listed straddled strength elements will not be permitted with the exception of a *straight* arm straddle press and straddled back and front levers, as noted above.

6.8 Layaways

- ii. Layaways are permitted on parallel bars and high bar without penalty for both Level 3 & 4.

Apparatus Requirements

Category	Difficulty*	Element Groups	Dismount	Bonus	Restrictions
Level 3	FIG (6 elements)	Any 2 + Group V	FIG A or higher = 0.5 (Supplemental A = 0.3)	Stick bonus on all apparatus	Elements of D-value or higher are prohibited <i>except</i> on Pommel Horse
Level 4	FIG (7 elements)	Any 2 + Group V			

*Developmental and Supplemental Parts

- All elements listed in the current FIG Code of Points will receive their current value. All other gymnastics and acrobatic elements will receive an A-part value.
- On Rings, a long hang swing or a bent arm giant to a handstand which is held for 2 seconds is **C-part**.
- On Rings, straddled front and back levers will be allowed as **A-parts**.
- See the Mushroom skills chart, for Level 3, on page 3

Short Routines

LEVEL 3		6 skills	5 skills	4 skills	3 skills or less	
Maximum E-score		10.0	9.0	7.0	5.0	
Deduction Penalty		0.0	1.0	3.0	5.0	
LEVEL 4		7 skills	6 skills	5 skills	4 skills	3 skills or less
Maximum E-score	10.0	9.0	7.0	5.0	3.0	
Deduction Penalty	0.0	1.0	3.0	5.0	7.0	

The "Short Routine" deduction is to be used only when no attempt whatsoever has been made to perform enough skills. For example: if a cross is not given credit due to time or position, it will count towards skills performed.

Apparatus Specifications

	Apparatus	Supplementary Mats and Boards
Floor	12 x 12m	Up to one (1) 10 cm sting mat is permitted
Pommel Horse	FIG Horse NO pommels Mushroom on pedestal	No supplementary mats are permitted, a board is permitted to mount the horse
Rings	FIG height (260cm)	Up to two 20cm mats stacked are permitted except on Horizontal bar where two mats stacked on <i>both</i> sides of the Horizontal Bar is permitted
Vault	125 to 135cm	
Parallel Bars	180cm	
Horizontal Bar	FIG height (260cm)	