

**2009 - 2012**  
**Canadian High Performance Program**

*Men's Artistic Gymnastics*  
*Coaches and Judges Manual*



**GYM**nastics  
nastique  
**CANADA**

*June 2011 (version 4.6.2)*

## ***June 2011***

### **Acknowledgements**

This High Performance Stream Program has been developed, illustrated and implemented by the Canadian Men's National Coach, Edouard Iarov.

Changes for the 2008 edition were made by Edouard Iarov with assistance from the Men's Program Committee members and especially, John Carroll, Richard Ikeda, Greg Jackson and Denis Privé.

The revision of the program was over seen by Men's Program Director Jeff Thomson.



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### **High Performance Stream: General Information**

This document describes the Compulsory and Optional programs for the High Performance Age Group Categories. This program is unique in its design with the goal of developing a higher level of National Performance for Canada. Further resources may be available from the GCG office as the program becomes developed.

#### **Article 1: Program Description**

- i. The High Performance Program consists of 4 Categories of competition: Argo, Tyro, Junior and Senior.
- ii. The goal of the compulsory routine program is to prepare Age Group gymnasts to compete at the Junior and Senior International Levels.
- iii. Tyro, Junior and Senior categories within the High Performance Program will participate at the Canadian Championships and Elite Canada.
- iv. Argo Categories must participate at the Canadian Championships, but participation at Elite Canada is optional.

#### **Article 2: Competitive Age**

- 2.1 Please refer to the Summary of Birth Years chart for the current competitive year.

##### **Summary of Birth Years**

Season	Argo A	Argo B	Argo C	Tyro A	Tyro B	Tyro C
Jan. 1 to Dec. 31, 2012	2001	2000	1999	1998	1997	1996

#### **2.2 Restrictions**

- i. Under no circumstances may an under age athlete participate in a High Performance competition.

#### **Article 3: Modifications and Committee Responsibilities**

- i. Competitions for the High Performance Program will be organized and run Provincially and / or Nationally. These regulations must be used for all events. Gymnastics Canada reserves the right to make changes to the regulations as needed.
- ii. Clarifications for the Program may take place several times over the competition year. Any clarifications will be circulated to all PTO's and Program members, and will be posted on the GCG website.

#### **Article 4: Competition Regulations and Equipment Specifications**

**Note:** Unless otherwise stated, the 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. Argo competitions should be scheduled to take place during daytime sessions whenever possible. All Argo age groups will compete together. Whenever possible, Tyro should compete together in a separate session from Argo.
- iv. At Canadian Championships and Elite Canada, the Argo Category gymnasts will compete over two days. Argos must compete the same routine (A, B or C) on both days of competition.
- v. At Canadian Championships and Elite Canada Tyro gymnasts will compete over 2 days. They will perform the Compulsory routines on day 1 and Optional Routines - on Day 2.
- vi. During Provincial or Regional competitions that are only one day in length, the meet Floor Director should conduct a draw prior to warm up to determine which routines will be used.
- vii. Tyro gymnasts must perform a different vault on Day 1 and Day 2. (FIG Code)

**4.2 Competition Duties of Gymnast**

- i. Gymnasts must be attired according to the stipulations of the 2009 FIG Code of Points. Note: Canadian Competitions dark coloured longs (including Black) are not allowed.
- 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 categories it is permitted to have one or two coaches present on Horizontal Bar to act as a spotter.
- 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 3 describes the specific equipment requirements for each category within the high performance program.
- ii. Unless noted in the chart of apparatus requirements, the use of additional crash mats will result in a 0.5 deduction from the Final Score on that apparatus. A similar deduction will be applied for use of any non-permitted supplementary equipment.
- iii. Landing mats (5cm and 10cm) are permitted for use on all apparatus except Floor and Pommel Horse. A 10 cm landing mat is mandatory as a minimum on Horizontal Bar.
- iv. Only the Argo A Category may use a beat-board to mount the Pommel Horse

**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)
  - Rings: From the 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 of the mat to the top of the rail (180cm)
  - Horizontal Bar: From the of the mat to the top of the bar (260cm)

## 4.6 Age Group Equipment Specifications

	Argo A	Argo B	Argo C	Tyro
<b>Floor</b>	FIG 12m x 12m			
<b>Pommel Horse</b>	<ul style="list-style-type: none"> <li>100 cm Horse without pommels.</li> <li>Board may be used to mount</li> </ul>	<ul style="list-style-type: none"> <li>100 cm Horse without pommels</li> <li>No board permitted for mount</li> <li>Floor horse with one pommel (base must be covered)</li> </ul>		<ul style="list-style-type: none"> <li>100 or 105 cm Horse with pommels.</li> <li>No board permitted for mount</li> </ul>
<b>Rings</b>	<ul style="list-style-type: none"> <li>FIG Standard (260 cm)</li> <li>Must use 20 cm mat</li> </ul>	<ul style="list-style-type: none"> <li>FIG Standard (260 cm)</li> <li>An additional 20 cm mat may be used.</li> </ul>		<ul style="list-style-type: none"> <li>FIG Standard (260 cm)</li> <li>An additional 20 cm mat may be used.</li> </ul>
<b>Vault</b>	<ol style="list-style-type: none"> <li>Vault table at 125 cm with mini-tramp (may use lead up board)</li> <li>Landing mat (20 cm) with sting mats permitted</li> </ol>	<ol style="list-style-type: none"> <li>Vault table at 125cm with one or two boards</li> <li>Landing mat (20 cm) with sting mats permitted</li> </ol>	<ul style="list-style-type: none"> <li>125, 130 or 135 cm</li> <li>An additional 20 cm mat may be used.</li> </ul>	<ul style="list-style-type: none"> <li>130 or 135cm</li> <li>An additional 20 cm mat may be used.</li> </ul>
<b>Parallel Bars</b>		<ul style="list-style-type: none"> <li>Between 150 and 180cm</li> <li>An additional 20 cm mat may be used</li> </ul>		<ul style="list-style-type: none"> <li>FIG Standard (180 cm)</li> <li>An additional 20 cm mat may be used</li> </ul>
<b>Horizontal Bar</b>	<ul style="list-style-type: none"> <li>High enough to swing without touching floor.</li> <li>Multiple mats may be added.</li> </ul>		<ul style="list-style-type: none"> <li>FIG Standard (260 cm)</li> <li>An additional 20 cm mat may be used on both sides of the bar</li> </ul>	

**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 unless 4 or more judges are assigned to the event.
- ii. In optional routines the D-jury will determine the Difficulty Value or Start Value (D- Score) of the routine.
- iii. Execution errors for poor technique, poor body position, etc. are evaluated according to the 2009 FIG Code of Points unless otherwise stipulated in these rules.
- iv. The Chair of the Apparatus Jury will be responsible for determining and applying bonus for stuck dismounts to the Final score
- v. The Chair of the Apparatus Jury takes deductions for line, behaviour and apparatus violations from the Final Score. See Article 4 and the 2009 Code of Points.
- vi. A reasonable expectation is that judges will submit the scores within 1 minute after a routines completion.

**5.2 Judging Panels**

- i. For National and Regional (Eastern or Western Championships) competitions a minimum of 3 Judges per panel National Level or FIG should be assigned.
- ii. Chair of the Competition Jury must hold a current FIG Brevet.

**5.3 Scoring Regulations**

- iii. 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.
- iv. When there are four judges the highest and lowest scores are eliminated and the two middle scores are averaged.

**Article 6: Evaluation of the Exercises and Routine Construction****6.1 D-score**

Option routines are judged as per the 2009 FIG Code of Points except that only eight (8) skills count towards the Start Value. Please refer to the Individual Apparatus Charts starting on page 57.

**6.2 E-score**

The E-score is determined by subtracting points for deficiencies in technical or aesthetic execution. The definitions of those deductions are as per the 2009 FIG Code of Points:

Small error:	= 0.1
Medium error:	= 0.3
Large error:	= 0.5
Fall:	= 1.0

**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 gymnast does a routine with 6 skills the Head judge will tell the scorer to deduct 2.0 from the final score. When the coaches see the score sheet they understand why the final score is so low.

	8 skills	7 skills	6 skills	5 skills	4 skills	3 skills or less
<b>Maximum E-score</b>	10.0	9.0	8.0	6.0	4.0	3.0

**6.4 Repetition**

- i. 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 rules)
- ii. Repeated elements cannot contribute to the start value.

**6.5 Landings**

- i. For all categories a 0.1 bonus will be applied to the Final Score for all stuck landings. A stuck landing is defined as a stable landing position with no movement of the feet.
- ii. If a gymnast does not perform a recognized dismount they will not receive 0.5 for the dismount element group requirement.
- iii. 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 Parts**

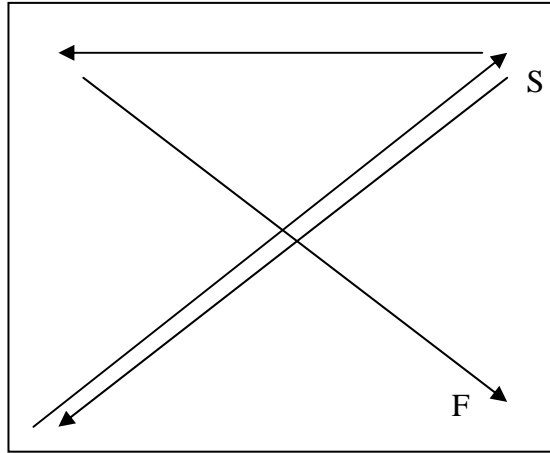
- i. Refer to the Individual Apparatus Charts, starting on page 57, for a complete listing of all Developmental parts.
- ii. These parts are eligible for Difficulty and Connection bonus points and will fulfill the Compulsory Requirement Elements

**6.7 Compulsory Routines**

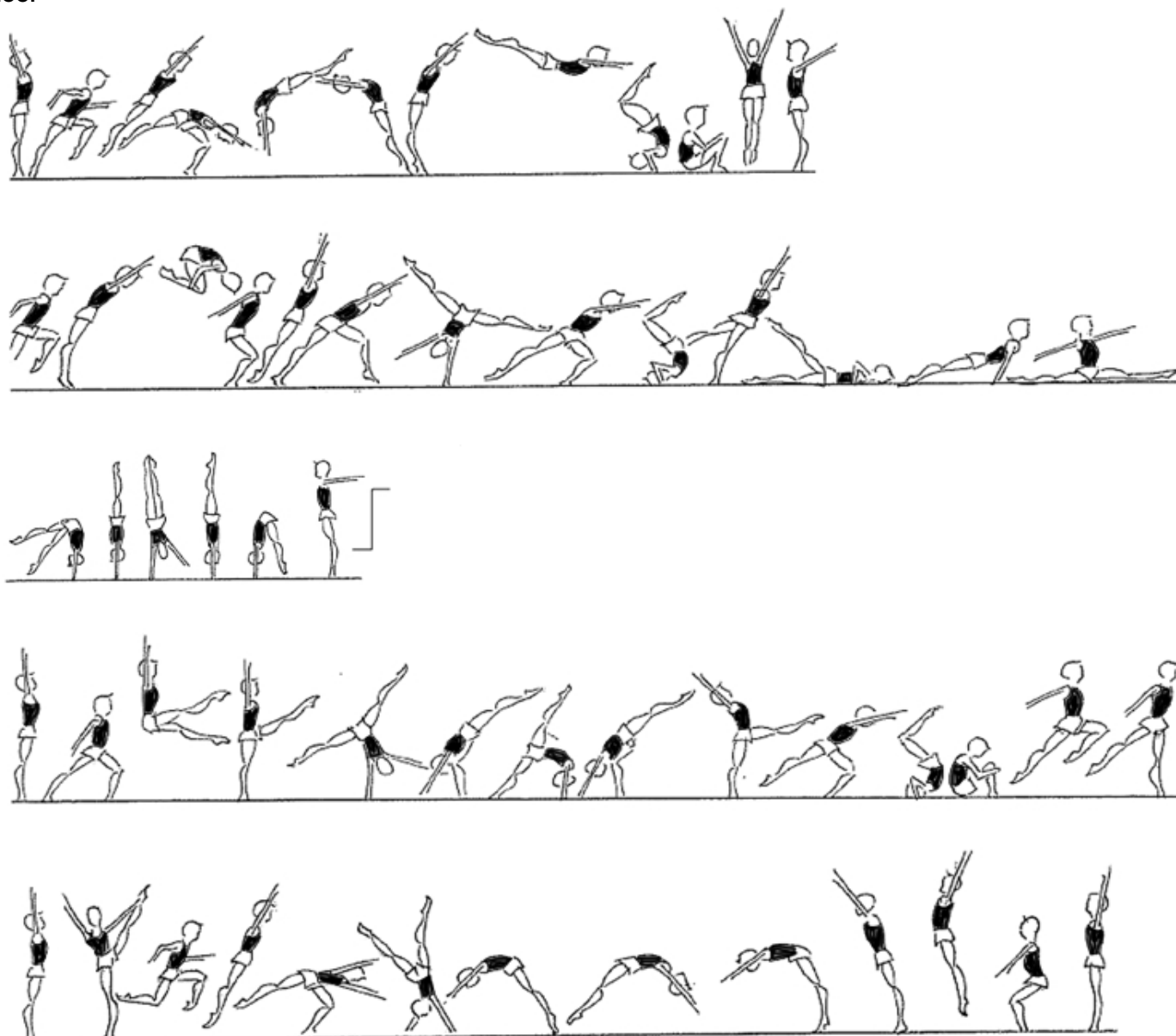
- i. The deduction for adding an extra circle or giant to a compulsory routine is 0.5

# Argo Compulsory Routines

## Floor Exercise Plan



Argo A: Floor



**Argo A: FLOOR**

	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
1.	2-3 steps Handspring Dive Roll to immediate jump ½ turn	<b>2.2</b> (0.8, 1.1, 0.3)	Extra steps Dive Roll: body closed body piked body tucked Lack of Rhythm	0.1 each  0.1 – 0.3 0.5 No value (1.1) 0.1 - 0.5
2.	2- 3 steps front tuck and without stop (but with control) immediate power hurdle to cartwheel, ¼ turn to forward roll step forward and Swedish fall	<b>3.0</b> (1.8, 0.6, 0.3, 0.3)	Pause after front salto	0.5
3.	Any Split (2 sec).	<b>1.0</b>	Split hold.	2 - 1sec. – 0.1 1sec. – 0.3 <1 sec=no value(1.0)
4.	Press to Handstand (2 sec), 45° turn and stoop down to stand (knees may be bent)	<b>2.0</b> (1.5, 0.5)	Arms bent Handstand hold	0.1 - 0.5 2 - 1sec. – 0.1 1 sec. – 0.3 <1 sec=no value(1.5)
5.	Step to scissor kick, step cartwheel to back walkover (free leg may touch floor or swing direct into walkover) to ½ turn on one foot (free leg does not touch floor after walkover) step to forward roll and immediate stag jump	<b>2.0</b> (0.5, 0.4, 0.7, 0.4)	Insufficient split in cartwheel Foot touches before turn	0.1 - 0.5 0.5
6.	Step turn (45°) into corner	<b>0.4</b>		
7.	Y scale hold (2 sec)	<b>1.0</b>	Y-Hold	2 - 1sec - 0.1 1 sec - 0.3 <1 sec=no value(1.0)
8.	2-3 steps, round off back handspring straight jump.	<b>2.4</b> (0.8, 1.0, 0.6)	Lack of Rhythm	0.1 - 0.3
	<b>Total</b>	<b>14.0</b>		

**Performance Expectations:**

- Flexibility must be demonstrated in split, scale and in elements such as cartwheel and back walkover. In cartwheel and back walkover the split must be greater than 90°.
- In the connection from cartwheel to back walkover, the gymnast has the choice to finish the cartwheel and step into the back walkover or to swing free leg through to back walkover.

**Argo A Pommel Horse – Routine 1**



	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
1.	From stand jump to uphill loop on end of horse	<b>1.4</b>	Usual errors: 0.1 - 0.5 Pike in hips: 0.1 – 0.5 Bent legs: 0.1 – 0.5 Straddled: 0.1 – 0.5	0.1 - 0.5 0.1 – 0.5
2.	Nine (9) additional uphill loops	<b>12.6</b> (9 x 1.4)		
<b>TOTAL</b>		<b>14.0</b>		

**General Comments:**

- 1 Additional circles will receive no value but can receive performance deductions.
- 2 Uphill loop is considered complete if second hand reaches support position before a fall.

**Argo - A – Pommel Horse – Routine 2**

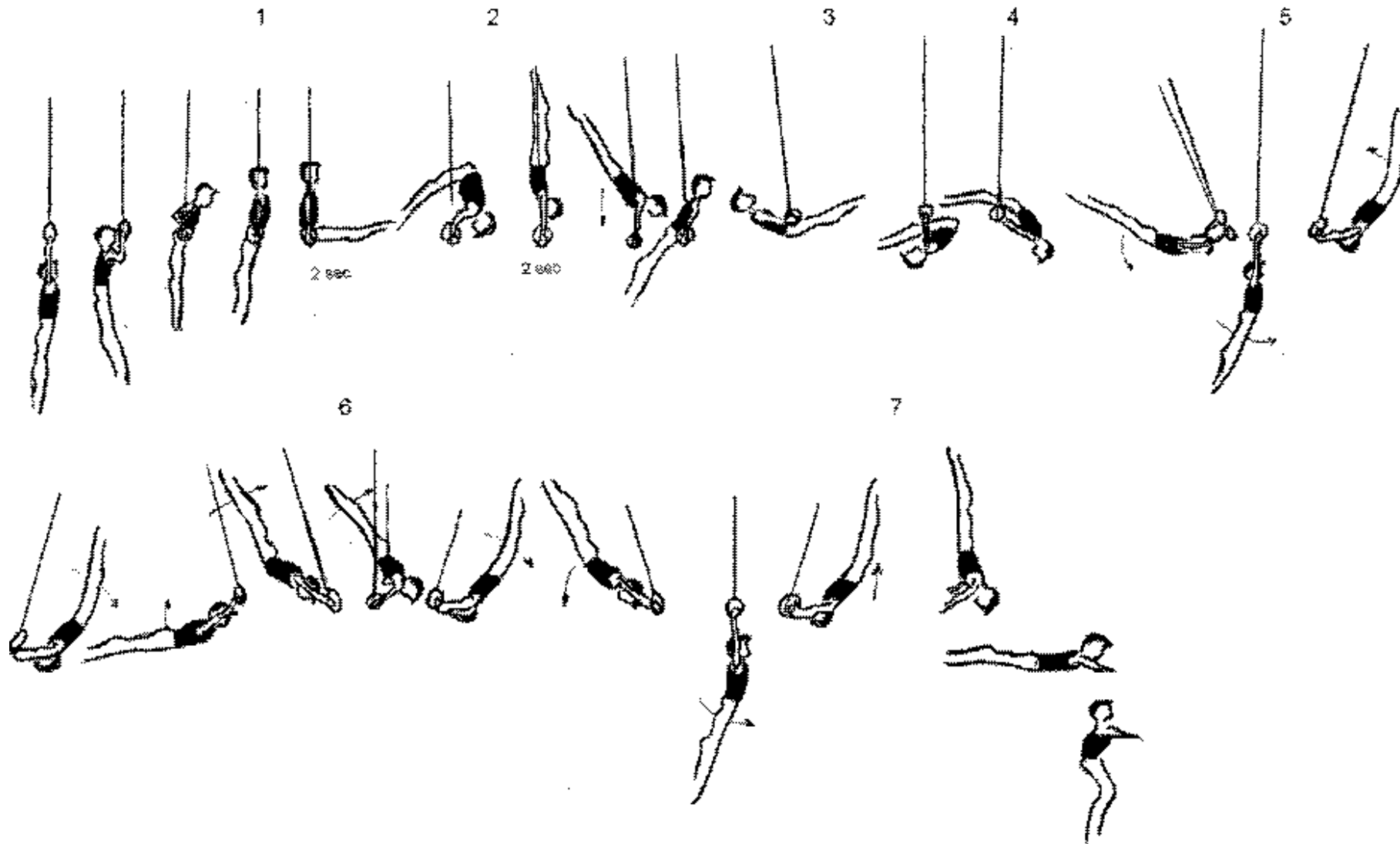


	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
1.	From stand jump to downhill loop on end of horse	<b>1.4</b>	Usual errors: 0.1 - 0.5 Pike in hips: 0.1 – 0.5 Bent legs: 0.1 – 0.5 Straddled: 0.1 – 0.5	0.1 - 0.5 0.1 – 0.5
2.	Nine (9) additional downhill loops	<b>12.6</b> (9 x 1.4)		
<b>TOTAL</b>		<b>14.0</b>		

**General Comments:**

1. Additional circles will receive no value but can receive performance deductions.
2. Downhill loop is considered complete if second hand reaches support position before a fall.

Argo A: Rings



**Argo A: Rings**

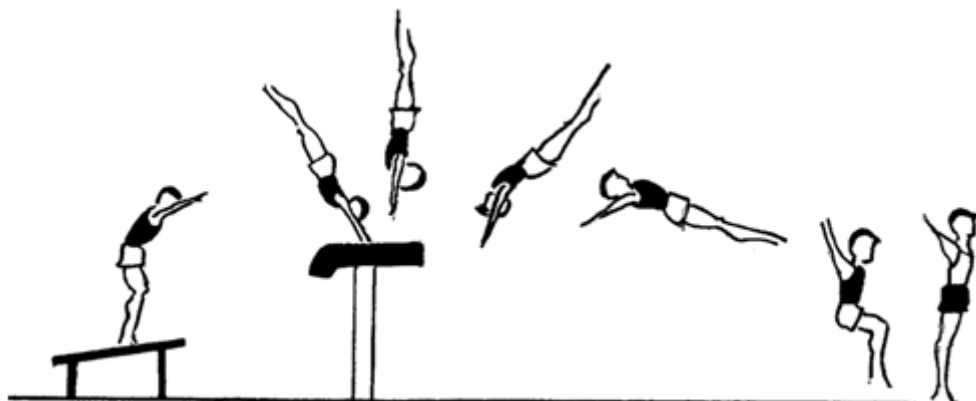
	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
<b>1.</b>	From still hang, muscle up (body may be piked) to support and raise legs to L-sit (2 sec)	<b>1.4</b> (0.8, 0.6)	L-sit, rings turned in L-sit hold.	0.1 - 0.3 2 - 1sec. – 0.1 1sec. – 0.3 <1 sec=no value(0.6)
<b>2.</b>	Press to handstand (2 sec) legs together pike body and bent arms.	<b>2.5</b>	Handstand hold.  Tucked body	2-1sec. – 0.1 1sec. – 0.3 <1 sec=no value(2.5) 1.2
<b>3.</b>	Lower down to support with straight body and continue with back roll to pike inverted hang	<b>1.7</b>	Arms bent Body not straight	0.1 - 0.5 0.1 - 0.5
<b>4.</b>	Without stopping in inverted hang, pike shoot to back dislocate	<b>2.0</b>	Stopping in inverted hang Usual errors	0.1 – 0.5 0.1 - 0.5
<b>5.</b>	Swing forward	<b>0.9</b>	Shoulders below rings	0.1 - 0.5
<b>6.</b>	Swing backward to inlocate	<b>2.1</b>	Shoulders below rings	0.1 - 0.5
<b>7.</b>	Swing backwards with shoulders at ring height and swing forward to back layout.	<b>3.4</b> (1.2, 2.2)	Shoulders below rings Body piked Body tucked	0.1 - 0.5 0.1 - 0.5 No value (2.2)
	<b>TOTAL</b>	<b>14.0</b>		

**General Comments:**

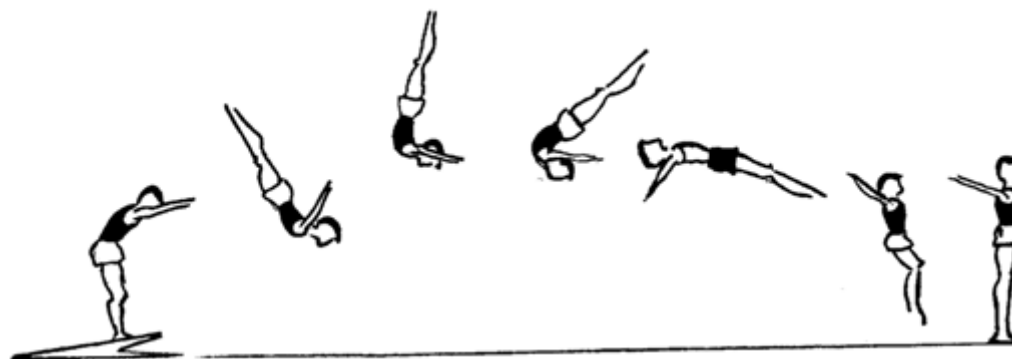
1. Each extra full swing will be deducted 0.5.
2. If arms are bent in back swing deduction 0.2. (Bent in front swing is permissible)
3. Handstand will only count if arms are straight during hold
4. A handstand with feet on the cables will not receive value.
5. Non-listed deductions are applied as per 2009 FIG Code

**Argo A: Vault**

**Routine 1:**



**Routine 2:**



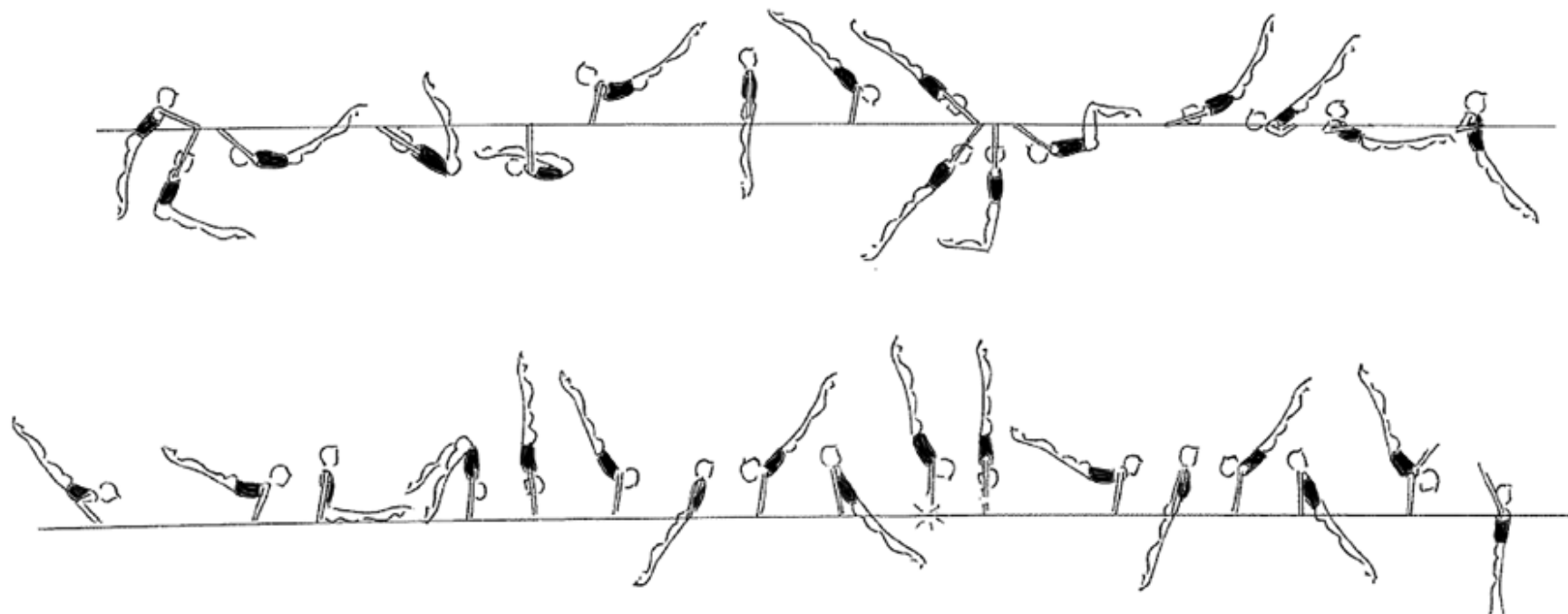
**Argo A: Vault**

	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
1.	<b>Front Handspring</b> (Table at 125cm with mini trampoline. Lead up board may be used)	<b>14.0</b>	Insufficient height Small pike in body Large pike in body Excessive Pike (90° or more) Body tucked Landing 1.5m – 2.0 m Landing 1.0 to 1.5 m Landing less than 1m	0.1 - 0.5 0.1 0.5 1.0 score = 0.0 0.1 - 0.2 0.3 - 0.5 1.0
	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
2.	<b>Front layout.</b> No minimum distance required	<b>14.0</b>	Usual errors Body closed Body piked Body Tucked	0.1 – 0.5 0.1 0.5 score = 0.0

**General Comments:**

- No second chance on either vault.
- No bonus for distance on landing

**Argo A: Parallel Bars**



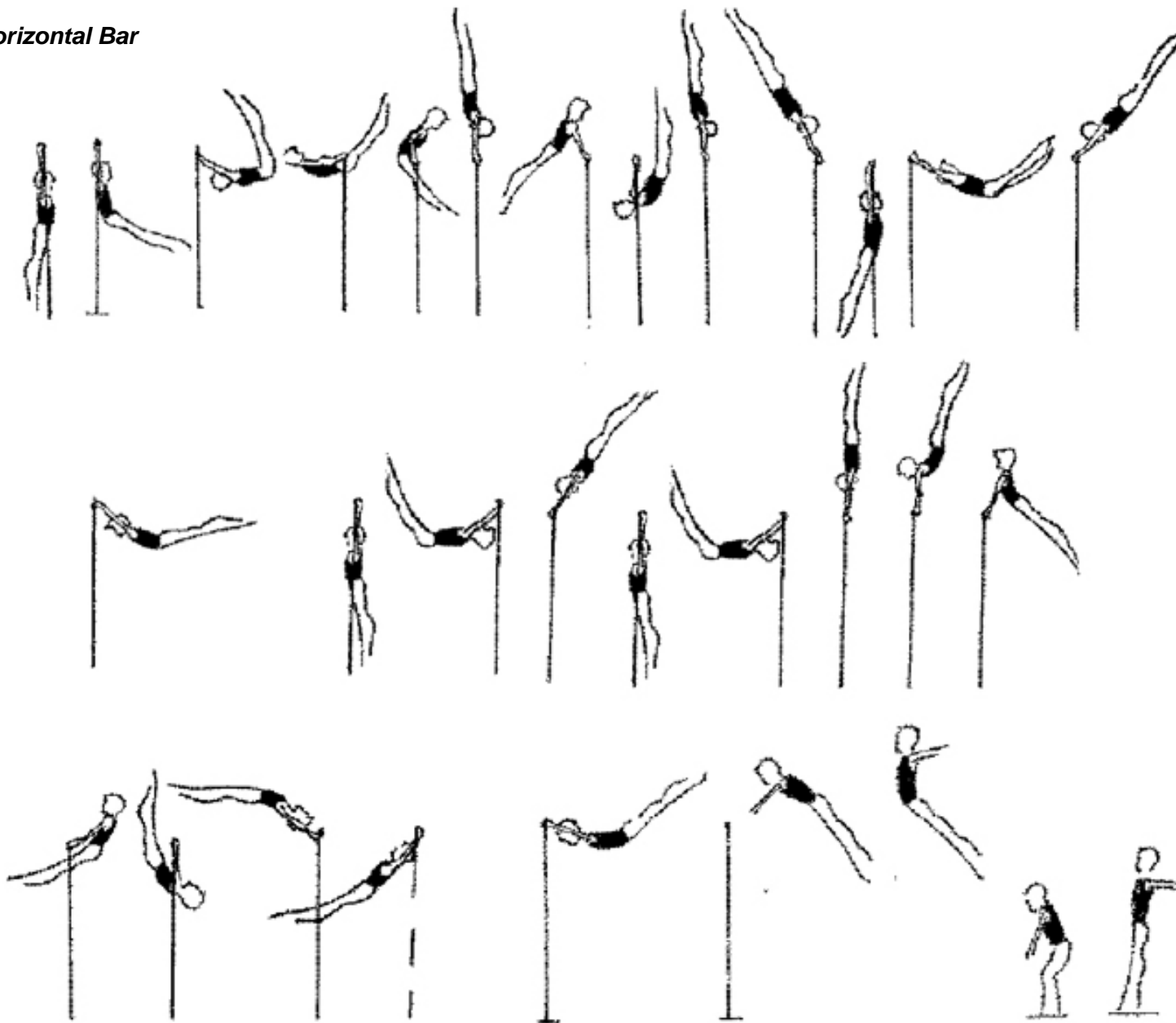
**Argo A: Parallel Bars**

	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
<b>1</b>	From stand or with running, jump to glide kip to cross support	<b>2.1</b>	Hips lower than bars in kip Arms bent	0.1 - 0.5 0.1 - 0.5
<b>2</b>	Swing back to 45° or momentary handstand	<b>0.8</b>	Body under 45° Arms bent	0.1 - 0.5 0.1 - 0.5
<b>3.</b>	Moy to upper arm support	<b>2.1</b>	Hips lower than bars	0.1 - 0.5
<b>4.</b>	Swing to back uprise	<b>1.5</b>	Heels lower than bars	0.1 - 0.5
<b>5.</b>	Swing forward to L-sit (2 sec)	<b>0.8</b>	L-sit hold. Hips behind hands.	2 - 1sec. - 0.1 1 sec. - 0.3 <1 sec=no value(0.8) 0.1 – 0.3
<b>6.</b>	Press to handstand straddle legs and straight arms (2 sec)	<b>2.2</b>	Arms bent Arm bend >90° in press Handstand hold	0.1 - 0.5 0.5 2 - 1sec. - 0.1 1 sec. - 0.3 <1 sec=no value(2.2)
<b>7.</b>	Swing forward, swing backward to hop to handstand (2 sec)	<b>2.5</b> (0.4, 1.4, 0.7)	Body piked (both swings) Handstand hold.	0.3 2 - 1sec. - 0.1 1 sec. - 0.3 <1 sec=no value(0.7)
<b>8.</b>	Swing forward, swing backward to hop side dismount (left or right)	<b>2.0</b> (0.5, 1.5)	Body piked (both swings) No hop Swing back under 45°	0.3 0.5 0.1 - 0.5
	<b>TOTAL</b>	<b>14.0</b>		

**General Comments:**

- Each extra swing is a 0.5 deduction.

**Argo A: Horizontal Bar**



**Argo A: Horizontal Bar**

	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
1.	Swing forward to glide kip cast to handstand	<b>3.0</b> (1.5, 1.5)	Arms bent on cast Under 45° Under horizontal	0.1 - 0.5 0.1 - 0.5 0.8
2.	Free hip to handstand	<b>3.0</b>	45° to handstand Below 45° Arms bent	0.1 - 0.5 0.8 0.1 - 0.5
3.	Swing forward to ½ turn (45° from HS minimum changing both hands without hop) and swing forward to handstand.	<b>2.2</b>	Under 45° Under horizontal	0.1 - 0.5 0.8
4.	Back giant	<b>2.0</b>	Usual errors.	0.1 - 0.5
5.	From handstand swing down through support to under shoot	<b>2.2</b>	Under 45° Under horizontal	0.1 - 0.5 0.8
6.	Swing backward and push away (snap down action) to land behind Bar.	<b>1.5</b>	Shoulders below the bar Arms bent	0.1 - 0.5 0.1 - 0.5
	<b>TOTAL</b>	<b>14.0</b>		

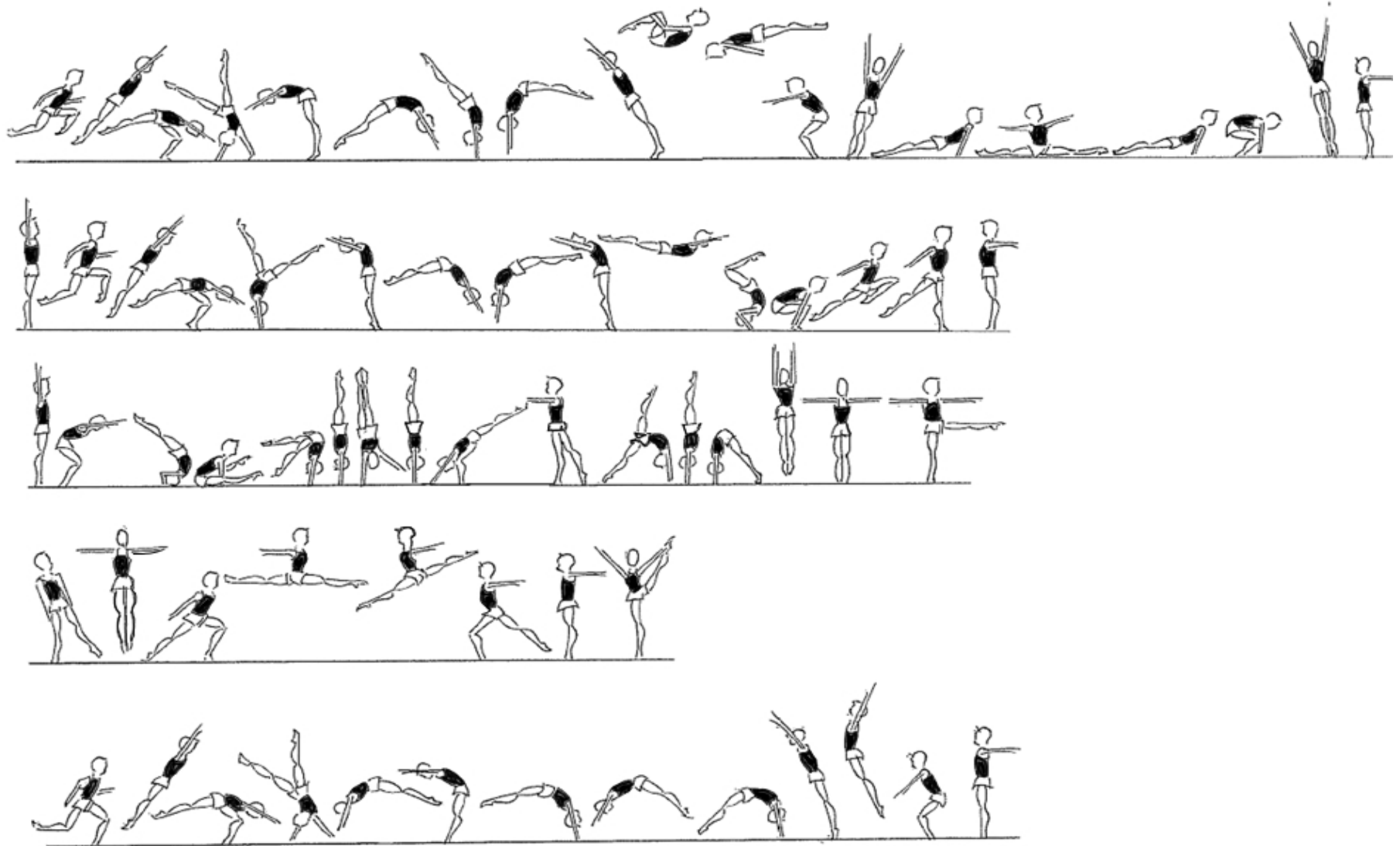
**General Comments**

- The gymnast can begin the routine with any swinging movement necessary for glide kip cast to handstand.

**Performance Expectation:**

- In the dismount, If the gymnast does not push away from the bar, they lose the value of the dismount.

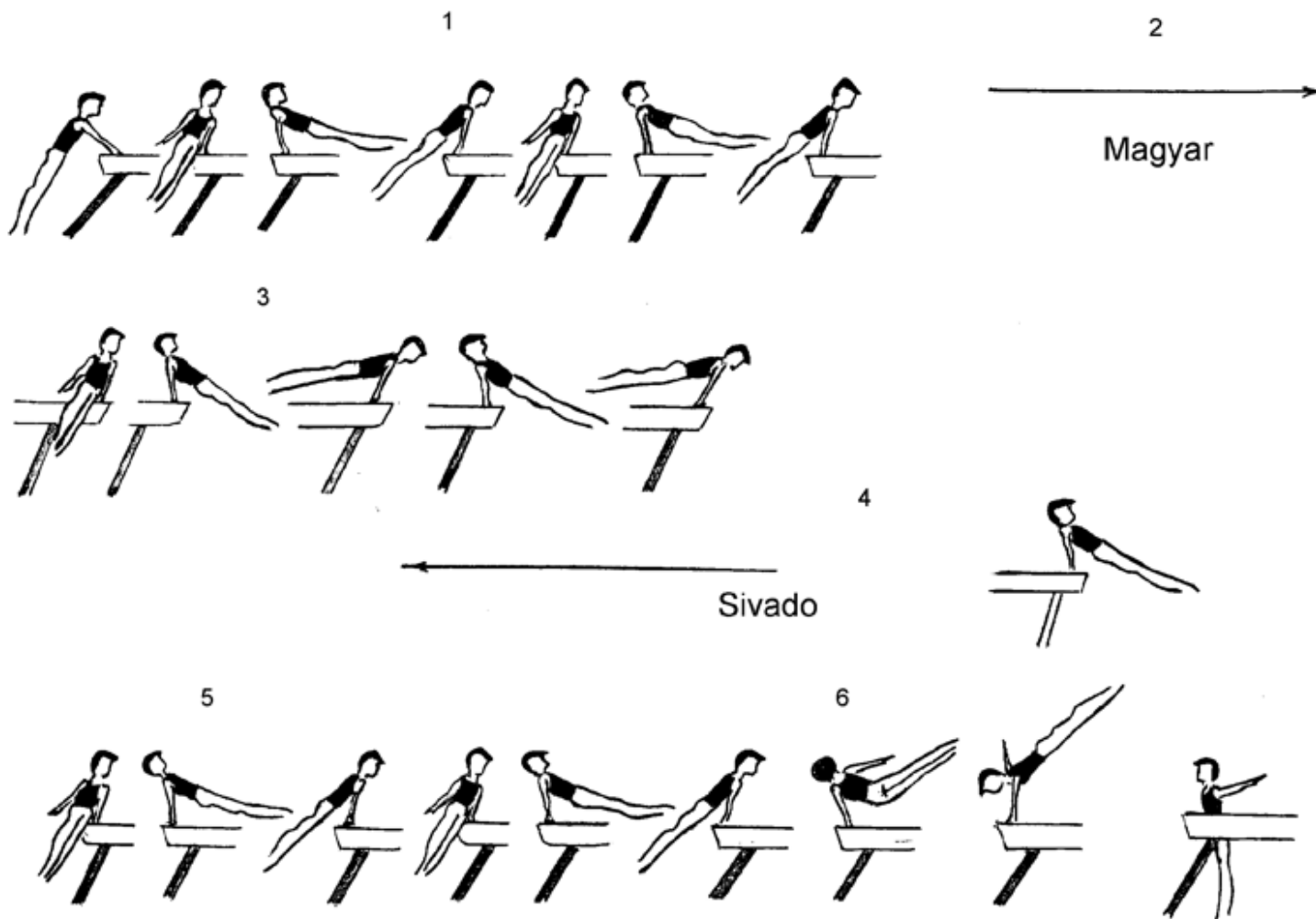
**Argo B: Floor**



**Argo B: Floor**

	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
1.	2-3 steps round off, back handspring, back tuck land with control and ½ turn to prone fall	<b>3.2</b> (0.7, 0.9, 1.3, 0.3)	Each extra step: Lack of rhythm:	0.1 each 0.1 – 0.3
2.	Any split (2sec.) then slide legs together fast and pull legs forward to squat and jump ½ turn.	<b>1.3</b> (0.9, 0.4)	Split Hold:	2 – 1 sec. -0.1 1 sec. -0.3 <1sec=no value(0.9)
3.	2-3 steps handspring, flyspring, dive roll to immediate stag jump and step 45° turn to corner	<b>2.9</b> (0.9, 0.9, 0.6, 0.5)	Each extra step: Lack of rhythm: Dive roll <ul style="list-style-type: none"> <li>• body closed:</li> <li>• body piked:</li> <li>• body tucked:</li> </ul>	0.1 each 0.1 – 0.3 0.1 0.3 no value (0.6)
4.	Straddle forward roll to HS ½ turn step down to back walkover to momentary handstand position stoop down jump ¼ turn	<b>2.6</b> (1.0, 0.4, 0.8, 0.4)	Arms bent: No handstand in walkover:	0.1 – 0.5 0.5
5.	Step to side Chasse step tour jete to step backward with 45° turn to diagonal	<b>1.2</b> (0.6, 0.6)	FIG Deductions	0.1 – 0.5
6.	Y scale.	<b>0.7</b>	Y – Hold:	2 – 1 sec. -0.1 1 sec. -0.3 <1sec=no value(0.7)
7.	Round off back handspring back handspring straight jump	<b>2.6</b> (0.5, 0.9, 0.9, 0.3)	Each extra step: Lack of rhythm:	0.1 each 0.1 – 0.3
	<b>Total</b>	<b>14.5</b>		

**Argo B: Pommel Horse Routine 1**



**Argo B: Pommel Horse Routine 1**

	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
1.	Two (2) loops	<b>1.2</b> (0.6, 0.6)	Usual errors:	0.1 – 0.5
2.	Magyar travel 3 zones 2 zones 1 zone	<b>4.4</b> (4.4, 2.4, 1.0)	Skew =<15°: >15 - 30°: >30 - 45°: >45°:	0.1 0.3 0.5 0.5 + no value (4.4)
3.	Two (2) downhill loops	<b>1.2</b> (0.6, 0.6)	Usual errors:	0.1 – 0.5
4.	Shivado travel 3 zones 2 zones 1 zone	<b>5.3</b> (5.3, 2.5, 1.0)	Skew =<15°: >15 - 30°: >30 - 45°: >45°:	0.1 0.3 0.5 0.5 + no value (5.3)
5.	Two (2) loops	<b>1.2</b> (0.6, 0.6)	Usual errors:	0.1 – 0.5
6.	Loop with ½ turn (Flank) dismount	<b>1.2</b>	Poor extension: Body below horizontal:	0.1 – 0.5 0.3
	<b>Total</b>	<b>14.5</b>		

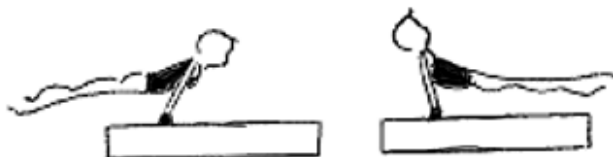
→→→→→→→→→→Magyar

1 zone	2 zone	3 zone
3 zone	2 zone	1 zone

Shivado ←←←←←←←←←←

**General Comments:**

1. There is no limit of circles during the Magyar or Shivado, but travel must be uninterrupted.
2. Constant deviation of hands (shoulders) more than 45° in travel will result in non-recognition of the travel from that point onward.
3. If the gymnast falls in one of the zones, he will receive the value for the number of zones completed. The gymnast may repeat the travel and may begin where he fell. If successful on 2<sup>nd</sup> attempt only the 1.0 for the fall will be deducted. The gymnast will not be granted value for a third attempt, but deductions will apply.

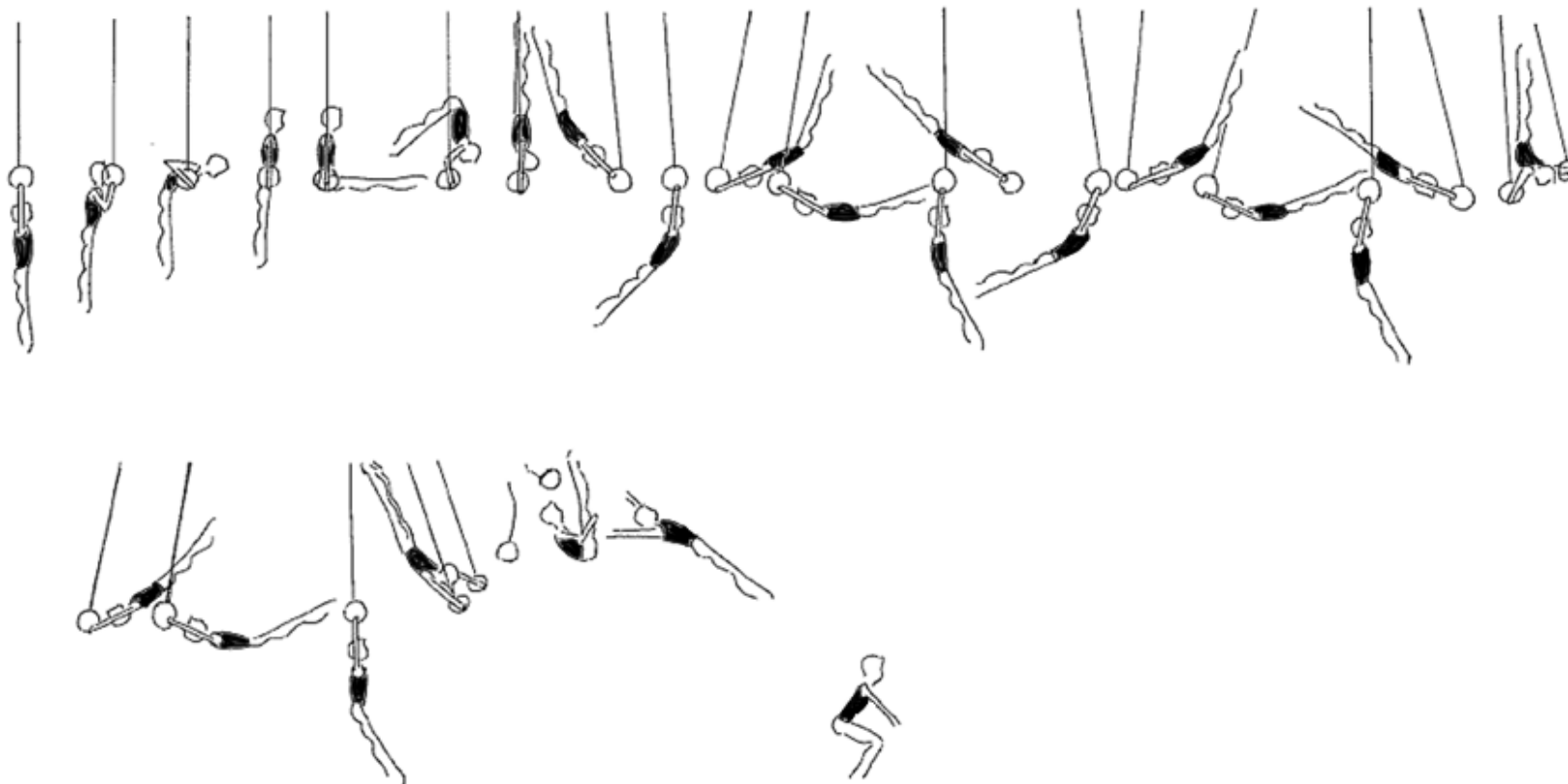
**ARGO B: Pommel Horse Routine 2**

	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
<b>1.</b>	One (1) single pommel loop facing the middle of horse	<b>1.9</b>	Usual errors: Pike body: Bent legs: Straddle legs :	0.1 - 0.5 0.1 – 0.5 0.1 – 0.5 0.1 – 0.5
<b>2.</b>	Nine (9) additional pommel loops facing the middle of horse	<b>12.6</b> (9 x 1.4)	Usual errors: Pike body: Bent legs: Straddle legs :	0.1 - 0.5 0.1 – 0.5 0.1 – 0.5 0.1 – 0.5
	<b>Total</b>	<b>14.5</b>		

**General Comments:**

1. Additional circles will receive no value but can receive performance deductions
2. The circle is considered completed if the gymnast touches his second hand in support.
3. The circle should be straight in front and slightly arched or straight in back.

**Argo B: Rings**



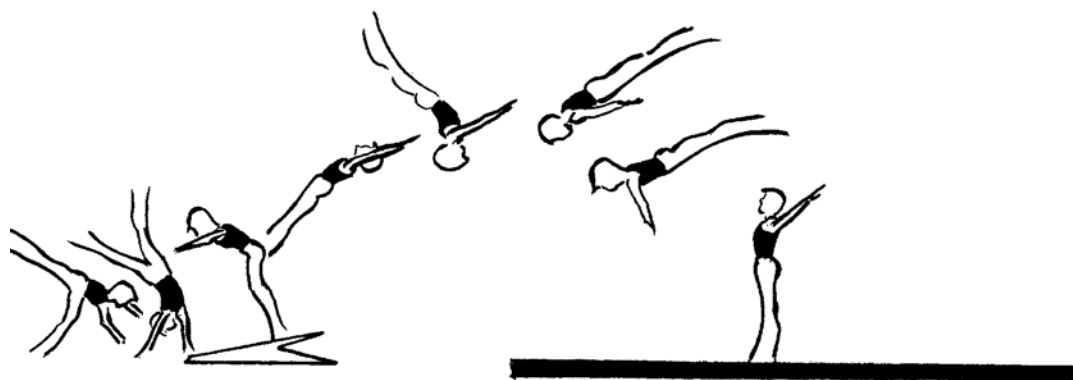
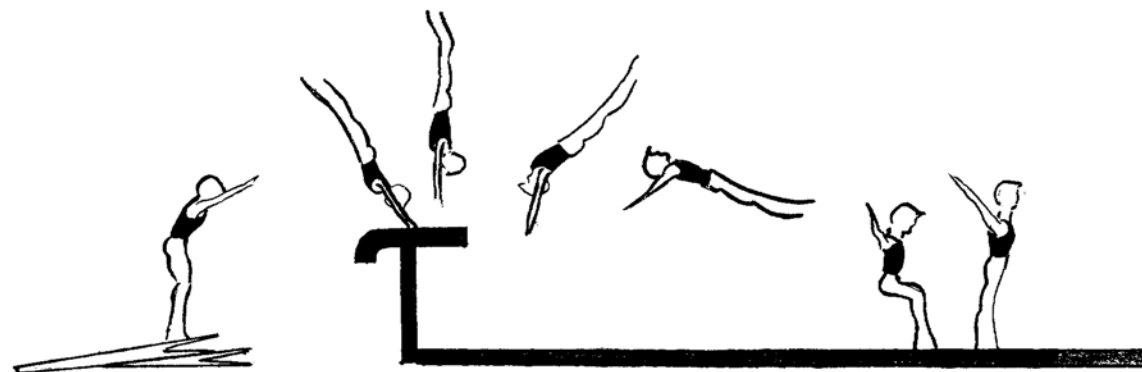
**Argo B: Rings**

	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
1.	Muscle up (Body straight or piked) to support and raise legs to L-sit (2 sec)	<b>1.5</b> (1.0, 0.5)	L-sit arms bent: L-sit hold:  L-sit, rings turned in:	0.1 – 0.5 2 – 1 sec – 0.1 1 sec. – 0.3 <1 sec=no value(0.5) 0.1 – 0.3
2.	Press to handstand (2 sec) piked body legs together and bent arms	<b>2.5</b>	Handstand hold:  Tucked body:	2 – 1 sec – 0.1 1 sec. – 0.3 <1 sec=no value(2.5) 1.2
3.	Bale from handstand to forward swing	<b>2.9</b> (2.0, 0.9)	Body not straight: Arms bent: Shoulders below rings:	0.1 – 0.5 0.1 – 0.5 0.1 – 0.5
4.	Swing backward to 45°	<b>1.3</b>	Below 45°: Body below horizontal:	0.1 – 0.5 1.0
5.	Swing forward	<b>1.3</b>	Shoulders under rings: Missed amplitude:	0.1 – 0.5 0.1 – 0.5
6.	Swing backward to inlocate	<b>2.5</b>	Shoulders below rings:	0.1 – 0.5
7.	Swing backward to <i>piked forward salto</i> dismount	<b>2.5</b>	Arms bent: Tucked: Usual errors:	0.1 – 0.5 0.1 – 0.5 0.1 – 0.5
	<b>Total</b>	<b>14.5</b>		

**General Comments:**

1. Each extra full swing will be deducted 0.5.
2. A handstand with feet on the cables will not receive value.
3. If the arms are bent in the front or back of the swing the deduction is 0.3
4. Non-listed deductions are applied as per 2009 FIG Code of Points.

**Argo B: Vault**



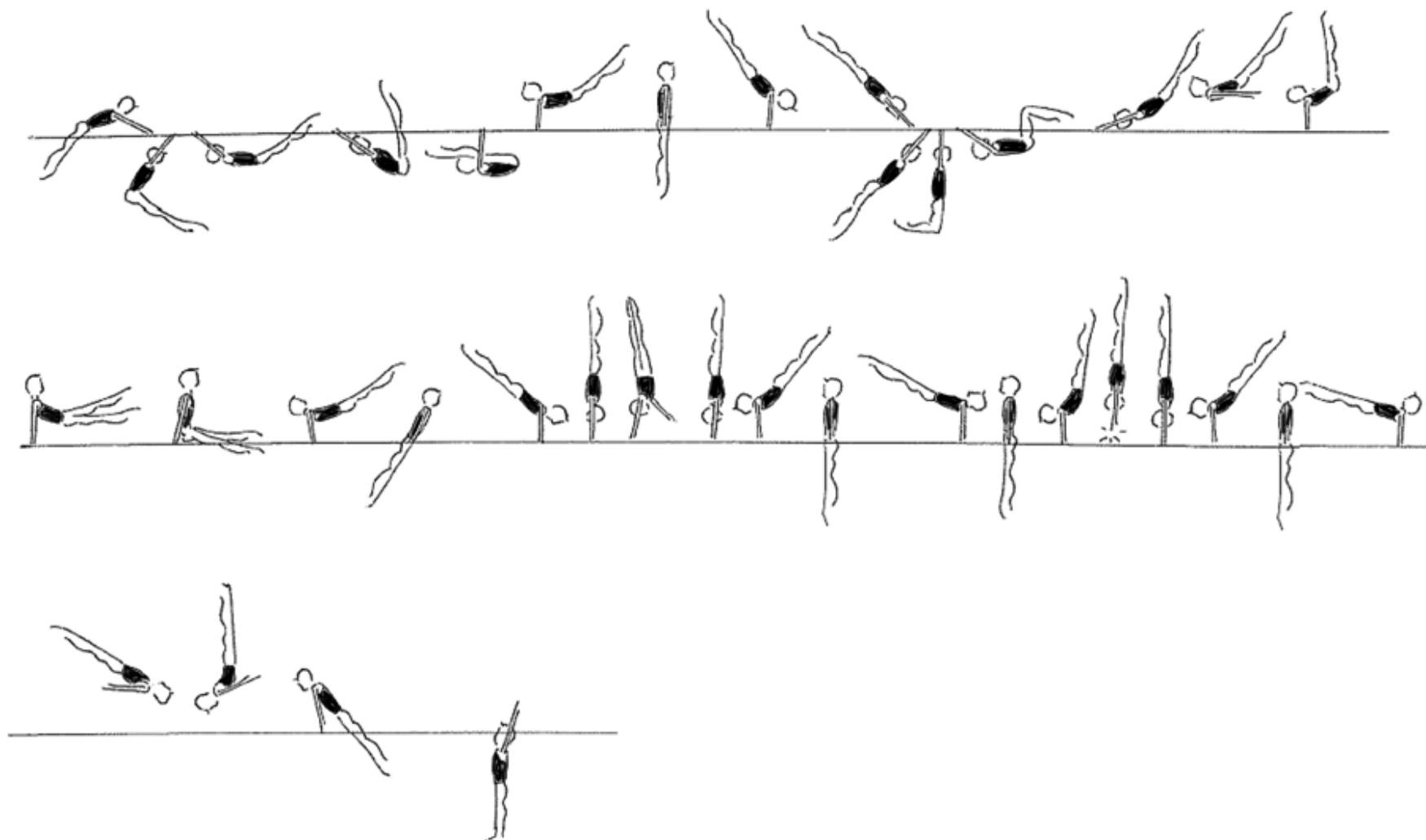
**Argo B: Vault**

	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
1.	<b>Handsprings</b> (Vault Table at 1.25m with 2 boards)	<b>14.5</b>	Insufficient height: Small pike in body: Large pike in body: Pike (90° or more): Body tucked: Landing 1.5m – 2.0 m: Landing 1.0 to 1.5 m: Landing less than 1m:	0.1 – 0.3 0.1 – 0.3 0.5 1.5 score = 0.0 0.1 – 0.2 0.3 – 0.5 1.0
2.	<b>Round off back layout</b> onto landing mat (20cm with 1 board). Sting mats allowed	<b>14.5</b>	Usual errors: Body closed: Body piked: Body tucked:  Landing 1.5m – 2.0 m: Landing 1.0 to 1.5 m: Landing less than 1m:	0.1 – 0.5 0.3 – 0.5 1.0 score = 0.0  0.1 – 0.2 0.3 – 0.5 1.0

**General Comments:**

1. No second chance on either vault.
2. Landing distance is measured from inside edge of Yurchenko collar. Gymnast should land 2.0 m from vault table or collar.
3. No bonus for distance

**Argo B: Parallel Bars**



**Argo B: Parallel Bars**

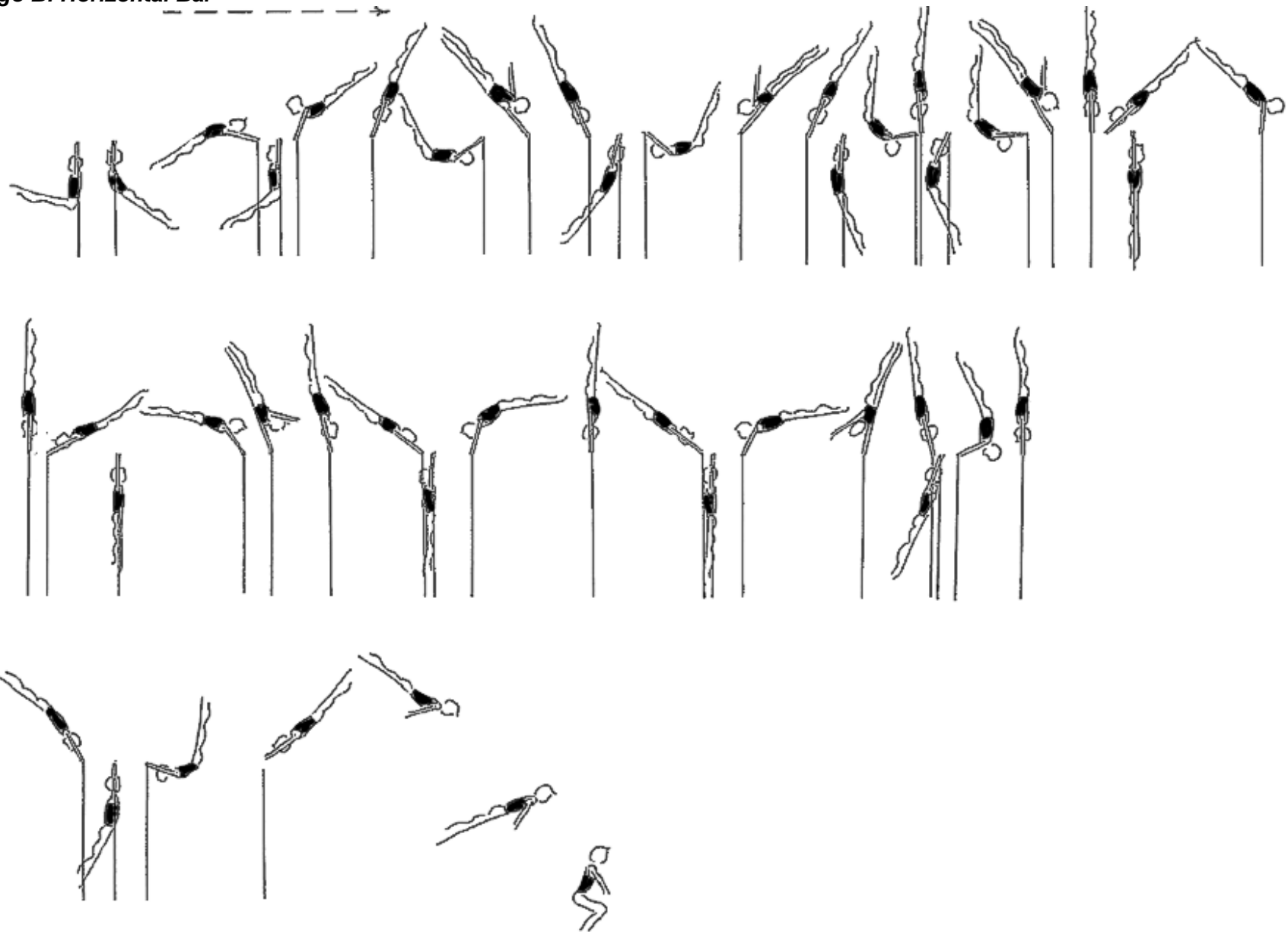
	<b>Text</b>	<b>Value</b>	<b>Errors</b>	
1.	Glide Kip to support swing back to 45° or to handstand (no hold)	<b>3.0</b> (2.0, 1.0)	Hips lower than bars: Arms bent:	0.1 – 0.5 0.1 – 0.5
2.	Layaway to Moy to support	3.0	Piked hips through bottom of swing: Piked hips and straight legs through bottom of swing: No support before straddle:	0.1 – 0.5 0.5 0.3 – 0.5
3.	Straddle and bounce legs off bars and swing backward to immediate* forward pirouette and hold handstand (2 sec).  <i>* If a handstand is held (1 second or more) before the pirouette, deduct 0.5</i>	<b>2.5</b> (0.9, 0.8, 0.8)	Piked swing to handstand: Handstand hold:	0.1 – 0.5 2 – 1 sec – 0.1 1 sec – 0.3 <1 sec= no value
4.	Swing forward; swing backward with hop to HS hold (2 sec.)	<b>3.0</b> (0.7, 1.6, 0.7)	Piked body during swings: Handstand hold:	0.1 – 0.5 2 – 1 sec – 0.1 1 sec – 0.3 <1 sec=no value(0.7)
5.	Swing fwd to layout dismount.	<b>3.0</b>	Salto piked <45°: Salto piked ≥45°: Salto tucked:	0.1 – 0.5 0.8 no value (3.0)
	<b>Total</b>	<b>14.5</b>		

**Performance Expectation:**

In the performance of the Moy, it is important that the technique is not the same as for Tippelt, especially in the case of smaller gymnasts.

A gymnast may swing through the bottom with straight legs (if size allows) as long as hips are open at the vertical.

**Argo B: Horizontal Bar**



**Argo B: Horizontal Bar**

	<b>Text</b>	<b>Value</b>	<b>Errors</b>	
1.	Jam cast to backward swing to handstand	<b>0.8</b>	45° to handstand: Under 45°:	0.1 – 0.5 0.8
2.	Swing to 45° ½ turn changing both hands without hop	<b>1.5</b>	½ Turn under 45°: Under horizontal:	0.1 – 0.5 0.8
3.	Swing 45° ½ turn changing both hands without hop	<b>1.5</b>	½ Turn under 45°: Under horizontal:	0.1 – 0.5 0.8
4.	Back giant	<b>0.8</b>	Usual errors:	0.1 – 0.5
5.	Blind change on 2nd giant	<b>1.8</b>	Legs apart: Deviation from Handstand:	0.1 – 0.5 0.1 – 0.5
6.	Front giant	<b>0.8</b>	Usual errors:	0.1 – 0.5
7.	Early pirouette on 2nd front giant to finish before handstand in under grip	<b>1.8</b>	Legs apart: 45° to handstand: Under 45°:	0.1 – 0.5 0.1 – 0.5 0.8
8.	Front giant	<b>0.8</b>	Usual errors:	0.1 – 0.5
9.	Pirouette on 2nd front giant	<b>1.8</b>	Legs apart: Deviation from Handstand:	0.1 – 0.5 0.1 – 0.5
10.	Back giant and swing down to back layout dismount.	<b>2.9</b> (1.1, 1.8)	Usual errors: Lack of amplitude: Body not stretched: Body tucked:	0.1 – 0.5 0.1 – 0.5 0.1 – 0.5 no value (1.8)
	<b>Total</b>	<b>14.5</b>		

**General Comments:**

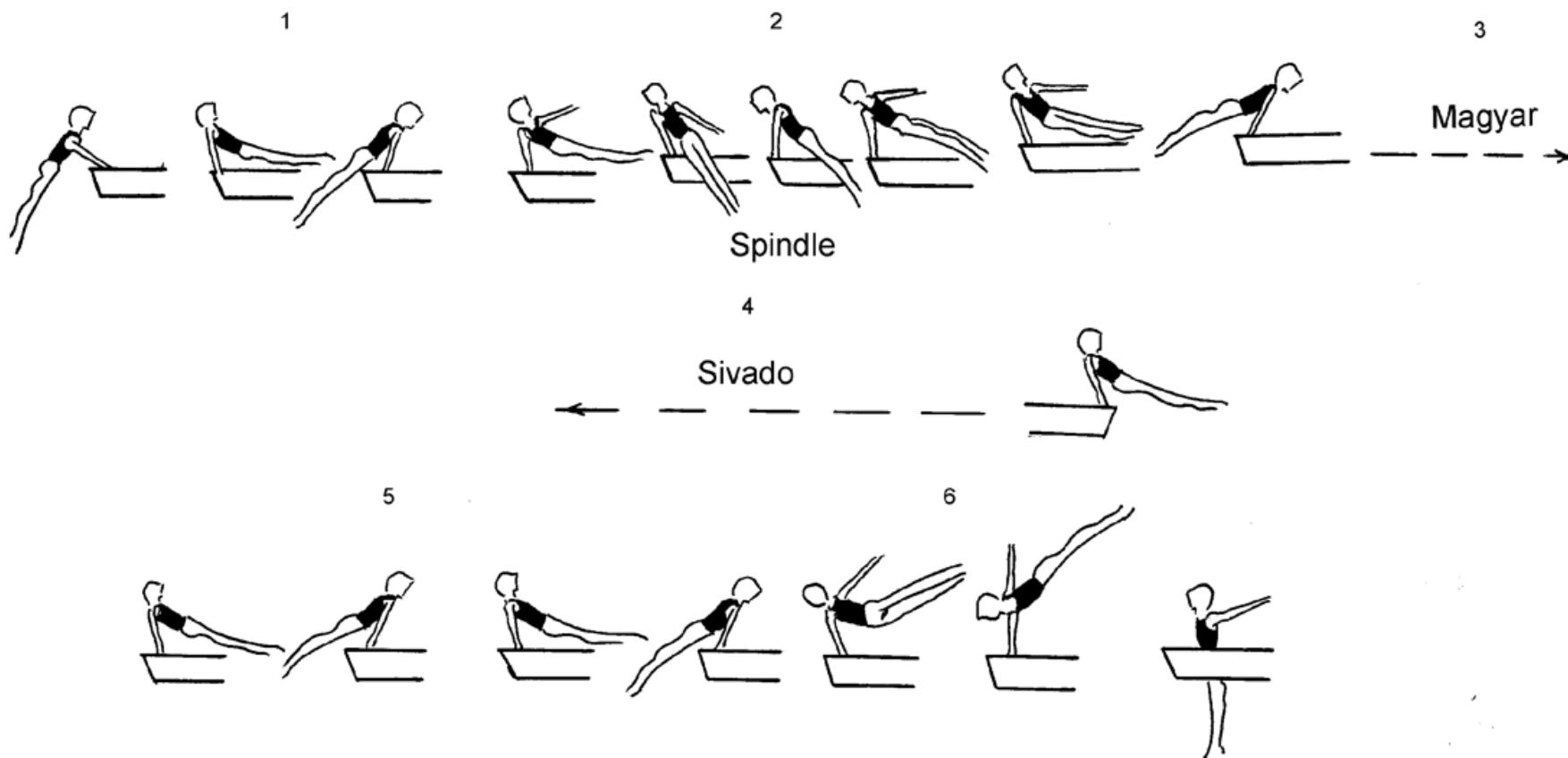
1. Each extra back giant or front giant is a 0.5 deduction.
2. The gymnast can begin the routine with any swinging movement necessary for the Jam Cast to finish at 45° degrees



**Argo C: Floor**

	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
1.	2-3 steps round off back handspring back handspring back tuck land with control and ½ turn to prone fall.	<b>3.3</b> (0.6, 0.6, 0.6, 1.2, 0.3)	Each extra step: Lack of control on landing: Lack of Rhythm:	0.1 each 0.1 – 0.5 0.1 – 0.3
2.	Any Split (2 sec)	<b>0.9</b>	Split hold:	2 – 1 sec – 0.1 1 sec – 0.3 <1 sec=no value(0.9)
3.	Press to handstand hold (2 sec.) then 180° pirouette and stoop down to stand	<b>1.5</b> (1.2, 0.3)	Handstand hold:	2 – 1 sec – 0.1 1 sec – 0.3 <1 sec=no value(1.2)
4.	2-3 steps handspring, flyspring, flyspring, dive roll to immediate stag jump and step 45° turn to corner	<b>3.3</b> (0.6, 0.8, 0.8, 0.8, 0.3)	Each extra step: Lack of Rhythm:	0.1 each 0.1 – 0.3
5.	Straddle forward roll to HS ½ turn and stoop down, back extension to handstand, step down to back walkover with ½ turn on one foot (free leg does not touch floor after walkover)	<b>1.6</b> (0.6, 0.5, 0.5)	Lack of Rhythm: Insufficient split in walkover:	0.1 – 0.3 0.1 – 0.3
6.	Forward roll to immediate jump 45° turn to diagonal	<b>0.5</b>		
7.	Y scale (2 sec)	<b>0.9</b>	Y-hold:	2 – 1 sec – 0.1 1 sec – 0.3 <1 sec=no value(0.9)
8.	Round off back handspring back layout	<b>3.0</b> (0.6, 0.6, 1.8)	Each extra step: Lack of Rhythm:	0.1 each 0.1 – 0.3
	<b>Total</b>	<b>15.0</b>		

**Argo C: Pommel Horse Routine 1**



**Argo C: Pommel Horse Routine 1**

	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
1.	One (1) loop	<b>0.6</b>	Extra circles	0.5 each
2.	Full spindle	<b>3.8</b>	Usual errors.	0.1 – 0.5
3.	Magyar travel 3 zones 2 zones 1 zone	<b>3.9</b> (3.9) (2.6) (1.3)	Skew =<15 degrees >15 - 30 >30 - 45 >45	0.1 0.3 0.5 0.5 + no value (3.9)
4.	Shivado travel 3 zones 2 zones 1 zone	<b>4.5</b> (4.5) (3.0) (1.5)	Skew =<15 degrees >15 - 30 >30 - 45 >45	0.1 0.3 0.5 0.5 + no value (4.5)
5.	One (1) uphill loop	<b>0.6</b>	Extra circles	0.5 each
6.	On second uphill loop ½ turn and (Flank) dismount	<b>1.6</b>	Poor extension Body below horizontal	0.1 – 0.5 0.3
	<b>Total</b>	<b>15.0</b>		

→→→→→→→→→→Magyar

1 zone	2 zone	3 zone
3 zone	2 zone	1 zone

Shivado←←←←←←←←←←

**General Comments:**

1. There is no limit of circles for spindle, Magyar and Shivado, but spindle and travel actions must not be interrupted.
2. Constant deviation of hands (shoulders) more than 45° in travel will result in non-recognition of the travel from that point onward.
3. If the gymnast falls in one of the zones, he will receive the value for the number of zones completed. The gymnast may repeat the travel and may begin where he fell. If successful on 2nd attempt only the 1.0 for the fall will be deducted. The gymnast will not be granted value for a third attempt, but deductions will apply.

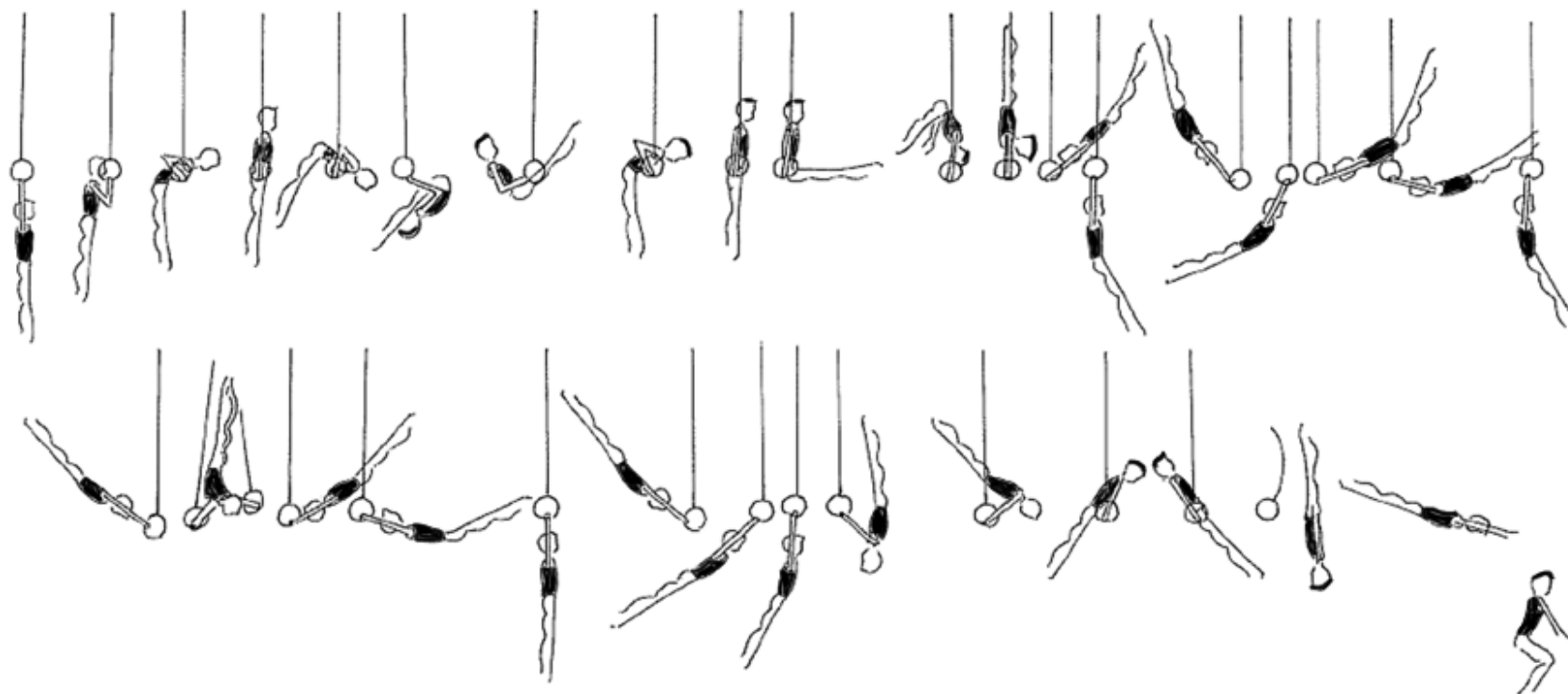
**Argo C: Pommel Horse Routine 2**

	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
<b>1.</b>	One (1) single pommel loop facing the end of the horse	<b>0.6</b>	Pike body: Bent legs: Straddle legs :	0.1 – 0.5 0.1 – 0.5 0.1 – 0.5
<b>2.</b>	Nine (9) additional pommel loops facing the end of the horse	<b>14.4</b> (9 x 1.6)	Pike body: Bent legs: Straddle legs :	0.1 – 0.5 0.1 – 0.5 0.1 – 0.5
	<b>Total</b>	<b>15.0</b>		

**General Comments:**

1. Additional circles will receive no value but can receive performance deductions.
2. The circle is considered completed if the gymnast touches his second hand in support.
3. The circle should be straight in front and slightly arched or straight in back.

**Argo C: Rings**



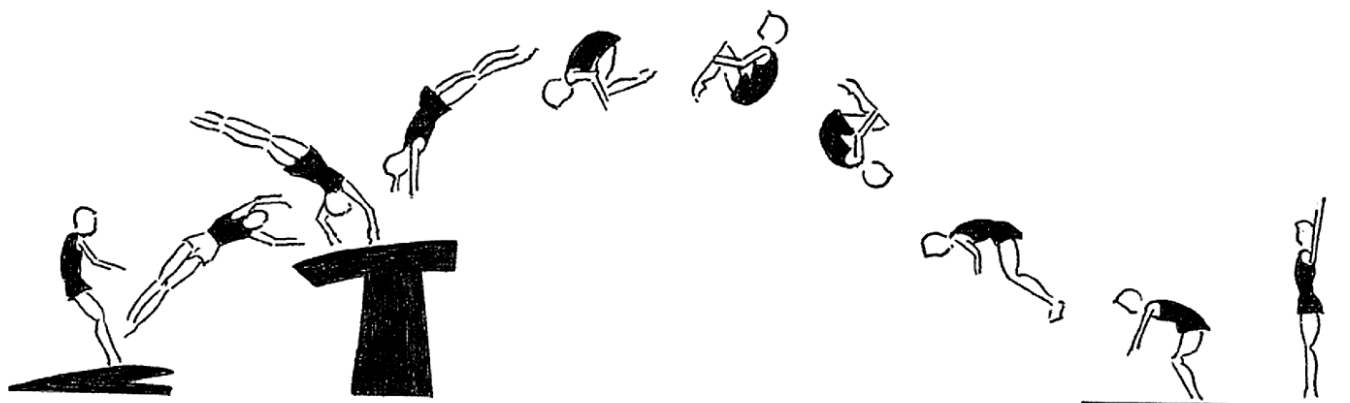
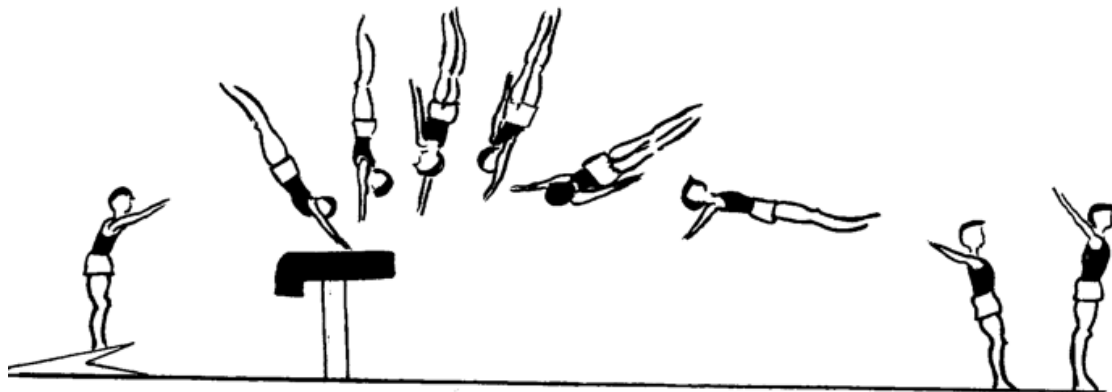
**Argo C: Rings**

	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
1.	From long hang pull up to support.	<b>1.5</b>	Extra swing:	0.5 each
2.	Forward roll through support to L-sit (2 sec)	<b>1.5</b> (0.9, 0.6)	Arms bent: L-sit hold:  L-sit, rings turned in:	0.1 – 0.5 2 – 1 sec – 0.1 1 sec – 0.3 <1 sec=no value(0.6) 0.1 – 0.5
3.	Press to handstand (2 sec) straddle legs and straight arms	<b>2.1</b>	Handstand hold:  Arms Bent > 45° Excessive Bent arms	2 – 1 sec – 0.1 1 sec – 0.3 <1 sec=no value(2.1) 0.7 1.4
4.	Bale forward	<b>2.2</b>	Arms bent:	0.1 – 0.5
5.	Swing backward, shoulders at ring height and body at 45°	<b>0.6</b>	Below 45°: Missed amplitude:	0.1 – 0.3 0.1 – 0.5
6.	Swing forward, shoulders at ring height	<b>0.6</b>	Shoulders below at rings: Usual errors:	0.1 – 0.5 0.1 – 0.5
7.	Swing backward to inlocate	<b>1.7</b>	Shoulders below rings:	0.1 – 0.5
8.	Swing backward, shoulders at ring height and body at 45°	<b>0.6</b>	Body below at 45°: Shoulders below at rings:	0.5 0.5
9.	Swing forward back roll to support (peach) with straight arms and immediate back layout from support	<b>4.2</b> (1.8, 2.4)	Arms bent: Body piked: Body tucked:	0.1 – 0.5 0.6 – 1.0 no value (1.8)
	<b>Total</b>	<b>15.0</b>		

**General Comments:**

1. Each extra full swing will be deducted 0.5.
2. The mount may be performed with a piked or straight body.
3. "Not held" handstands must demonstrate a controlled handstand position
4. A handstand with feet on the cables will not receive value.
5. If the arms are bent in the front or back of the swing the deduction is 0.3
6. Non-listed deductions are applied as per 2009 FIG Code of Points.

**Argo C: Vault**



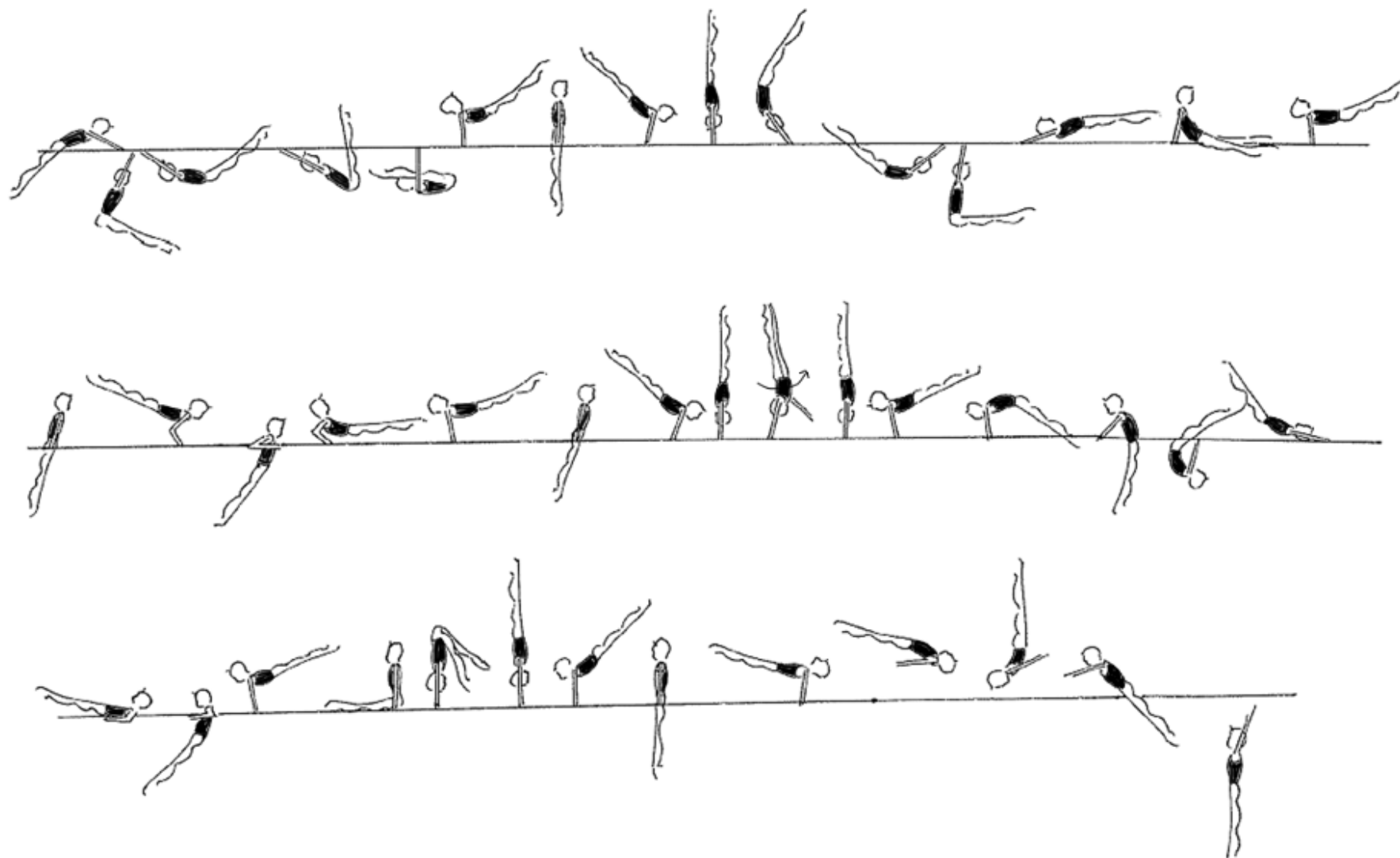
**Argo C: Vault**

	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
1.	<b>Handspring with full turn</b> (only 1 board permitted)	<b>15.0</b>	Insufficient height: Small pike in body: Large pike in body: Excessive Pike (90° or more): Body tucked: Landing 1.5m – 2.0 m: Landing 1.0 to 1.5 m: Landing less than 1m:	0.1 – 0.3 0.1 0.3 – 0.5 1.0 score = 0.0 0.1 – 0.2 0.3 – 0.5 1.0
2.	<b>Tsukahara Back Tuck</b>	<b>15.0</b>	Insufficient height: Tucked legs while on vault: Landing 1.5m – 2.0 m: Landing 1.0 to 1.5 m: Landing less than 1m:	0.1 – 0.3 0.1 – 0.5 0.1 – 0.2 0.3 – 0.5 1.0

**General Comments:**

- Only in the case of a 0.0 vault, a second vault is permitted with a 1.0 penalty (Final Score)
- No bonus for distance

**Argo C: Parallel Bars**



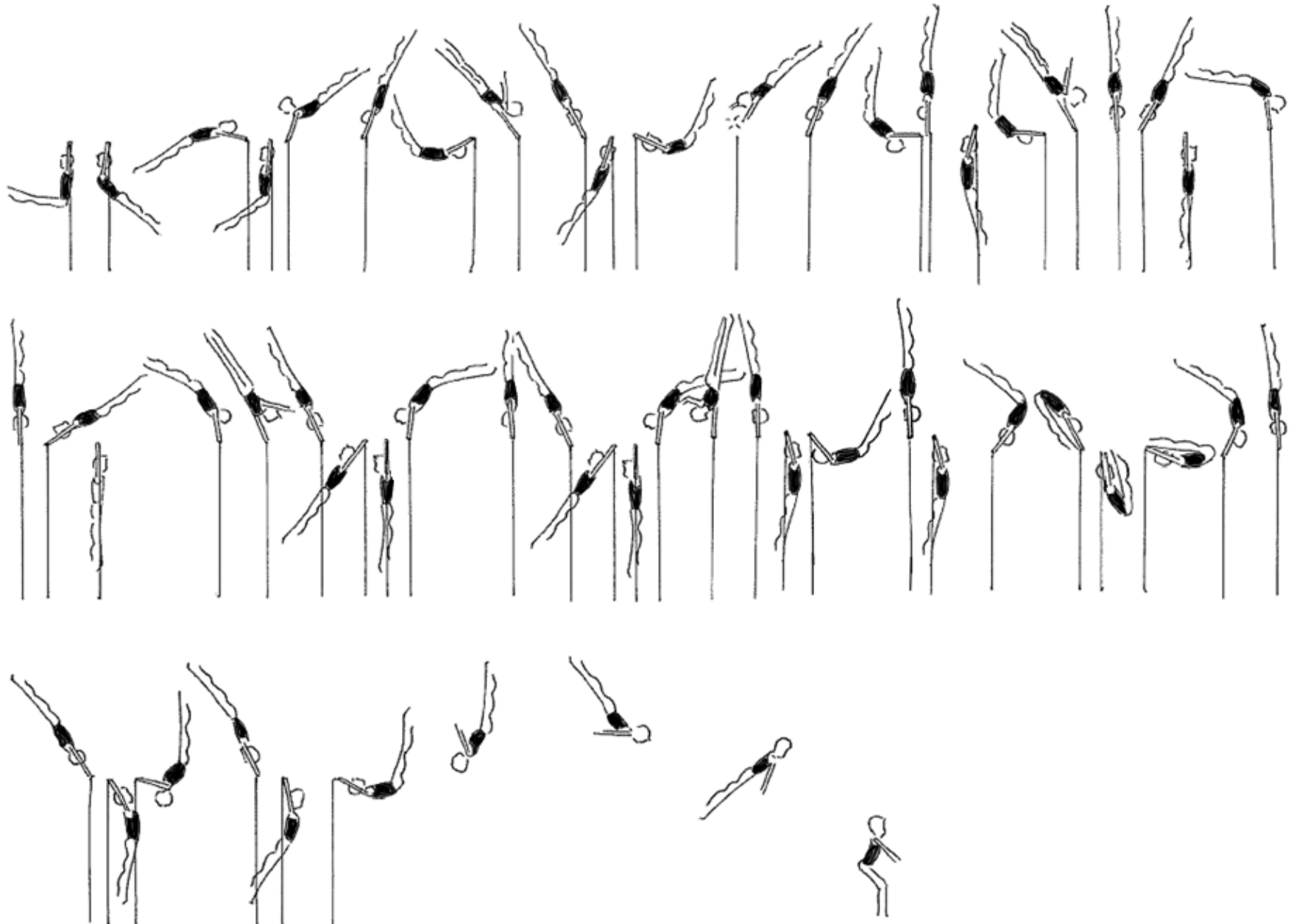
**Argo C: Parallel Bars**

	<b>Text</b>	<b>Value</b>	<b>Error</b>	<b>Deductions</b>
1.	Kip to support swing back to momentary handstand	<b>2.2</b> (1.5, 0.7)	Hips lower than bars in kip Arms bent	0.1 – 0.5 0.1 – 0.5
2.	Layaway to Tippelt to support with straddled legs bounce legs on bar and swing back to horizontal	<b>2.3</b> (1.5, 0.8)	Bent leg Moy Bent legs during downswing Back swing below horizontal	0.1 – 0.5 0.1 – 0.5 0.1 – 0.5
3.	Swing back and layaway to upper arm support swing forward to uprise	<b>1.5</b>	Piked body on uprise Hips below bars on uprise	0.1 – 0.5 0.1 – 0.5
4.	Swing backward to immediate* pirouette and hold handstand (2 sec).  <i>* If a handstand is held (1 second or more) before the pirouette, deduct 0.5</i>	<b>1.8</b>	Piked body on swing Handstand hold	0.1 – 0.5 2 – 1 sec – 0.1 1 sec – 0.3 <1 sec= no value
5.	From handstand, drop cast to upper arm support (drop position like peach) swing to back uprise and L- sit. (2 sec)	<b>3.9</b> (2.3, 0.9, 0.7)	Late drop Hips below bars on cast Heels below shoulders in uprise: Hips behind hands on L-sit L-sit hold.	1.5 0.1 – 0.5 0.1 – 0.5 0.8 0.1 – 0.5 2 – 1 sec – 0.1 1 sec – 0.3 <1 sec=no value(0.7)
6.	Press handstand (2 sec)	<b>1.5</b>	Arms bent Arm bend >90° in press Handstand hold	0.1 – 0.5 1.0 2 – 1 sec – 0.1 1 sec – 0.3 <1 sec=no value(1.5)
7.	Swing forward to back layout dismount	<b>1.8</b>	Salto piked <45° Salto piked >45° Salto tucked	0.1 – 0.5 0.8 no value (1.8)
	<b>Total</b>	<b>15.0</b>		

**Performance Expectations:**

- Moy must be performed with a Tippelt action i.e.: straight legs throughout the long swing.

**Argo C: Horizontal Bar**



**Argo C: Horizontal Bar**

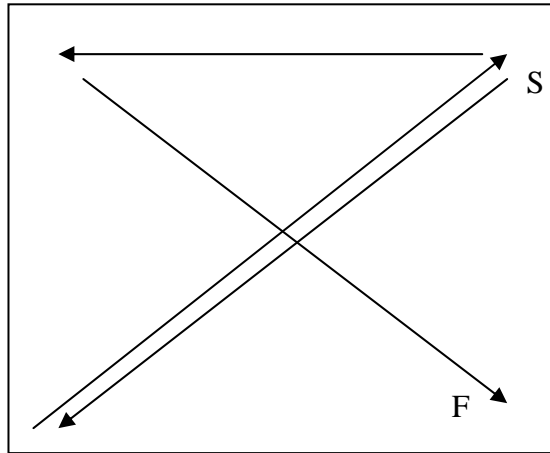
	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
1.	Jam cast to swing backward	<b>1.0</b>	Under 45°: Below Horizontal:	0.1 – 0.5 1.0
2.	Swing forward ½ turn (min 45°)	<b>1.5</b>	Under 45°: Below Horizontal:	0.1 – 0.5 0.8
3.	Swing fwd ½ turn with hop (min 45°)	<b>1.5</b>	Under 45°: Below Horizontal:	0.1 – 0.5 0.8
4.	Giant	<b>0.7</b>	Usual errors:	0.1 – 0.5
5.	Blind change on 2nd Giant	<b>1.5</b>	Legs apart: Deviation from Handstand:	0.1 – 0.5 0.1 – 0.5
6.	Front giant	<b>0.7</b>	Usual errors:	0.1 – 0.5
7.	Early pirouette on 2nd front giant to finish before handstand in under grip	<b>1.5</b>	Legs apart: 45° to handstand: Below 45°:	0.1 – 0.5 0.1 – 0.5 0.8
8.	Front giant	<b>0.7</b>	Usual errors:	0.1 – 0.5
9.	Pirouette on 2nd front giant	<b>1.5</b>	Legs apart: Deviation from Handstand:	0.1 – 0.5 0.1 – 0.5
10.	Back giant	<b>0.7</b>	Usual errors:	0.1 – 0.5
11.	On 2nd giant, Pike sole circle to handstand	<b>1.5</b>	Bent legs on stoop: Deviation from handstand:	0.1 – 0.5 0.1 – 0.5
12.	Back giant and swing down to back layout dismount.	<b>2.2</b> (0.7, 1.5)	Usual errors: Lack of amplitude: Body not stretched: Body tucked:	0.1 – 0.5 0.1 – 0.5 0.1 – 0.5 no value (1.5)
	<b>Total</b>	<b>15.0</b>		

**General Comments**

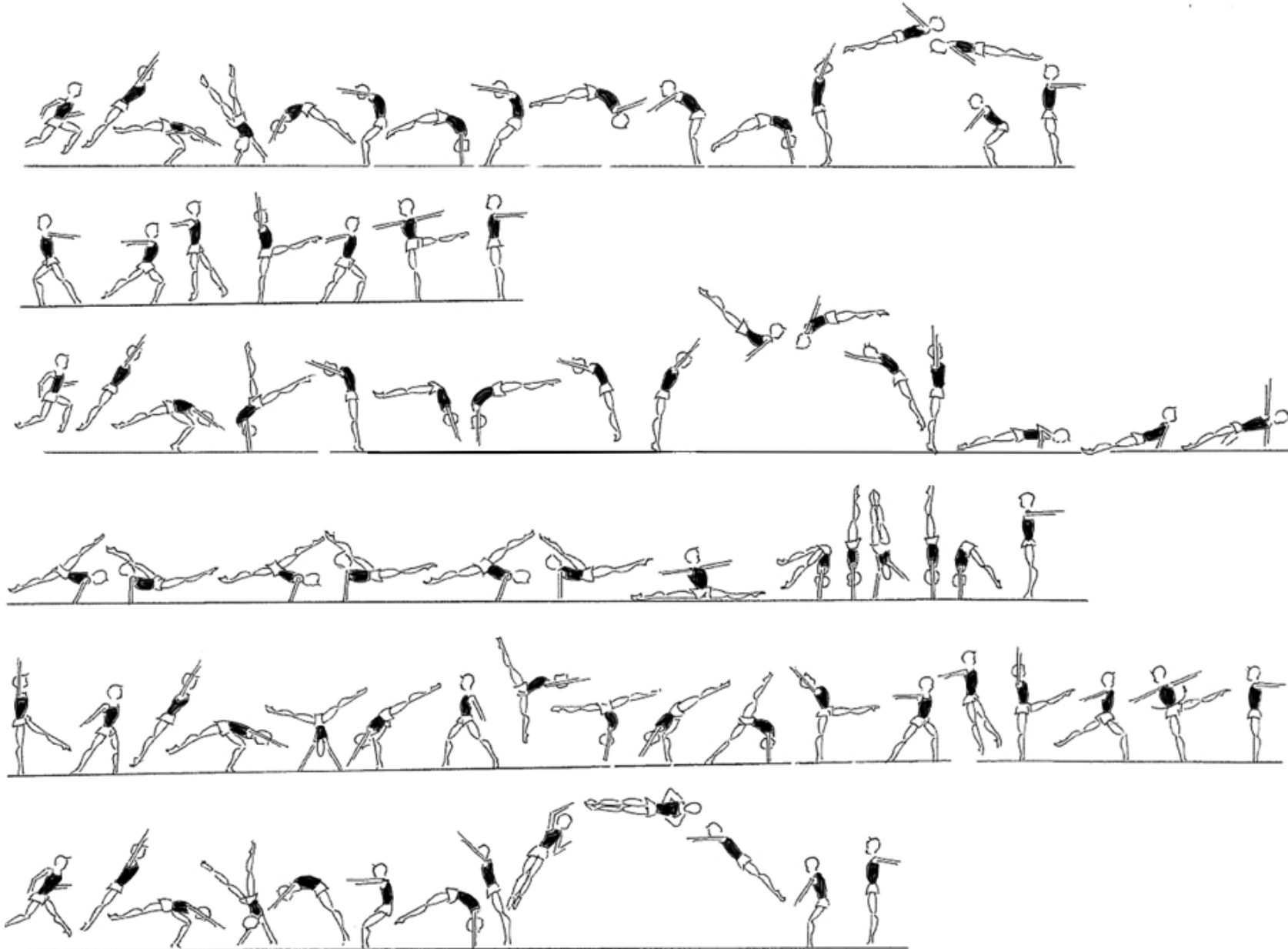
- The gymnast may begin the routine with any swinging movement necessary for Jam Cast to finish at 45°

# Tyro Compulsory Routines

## Floor Exercise Plan



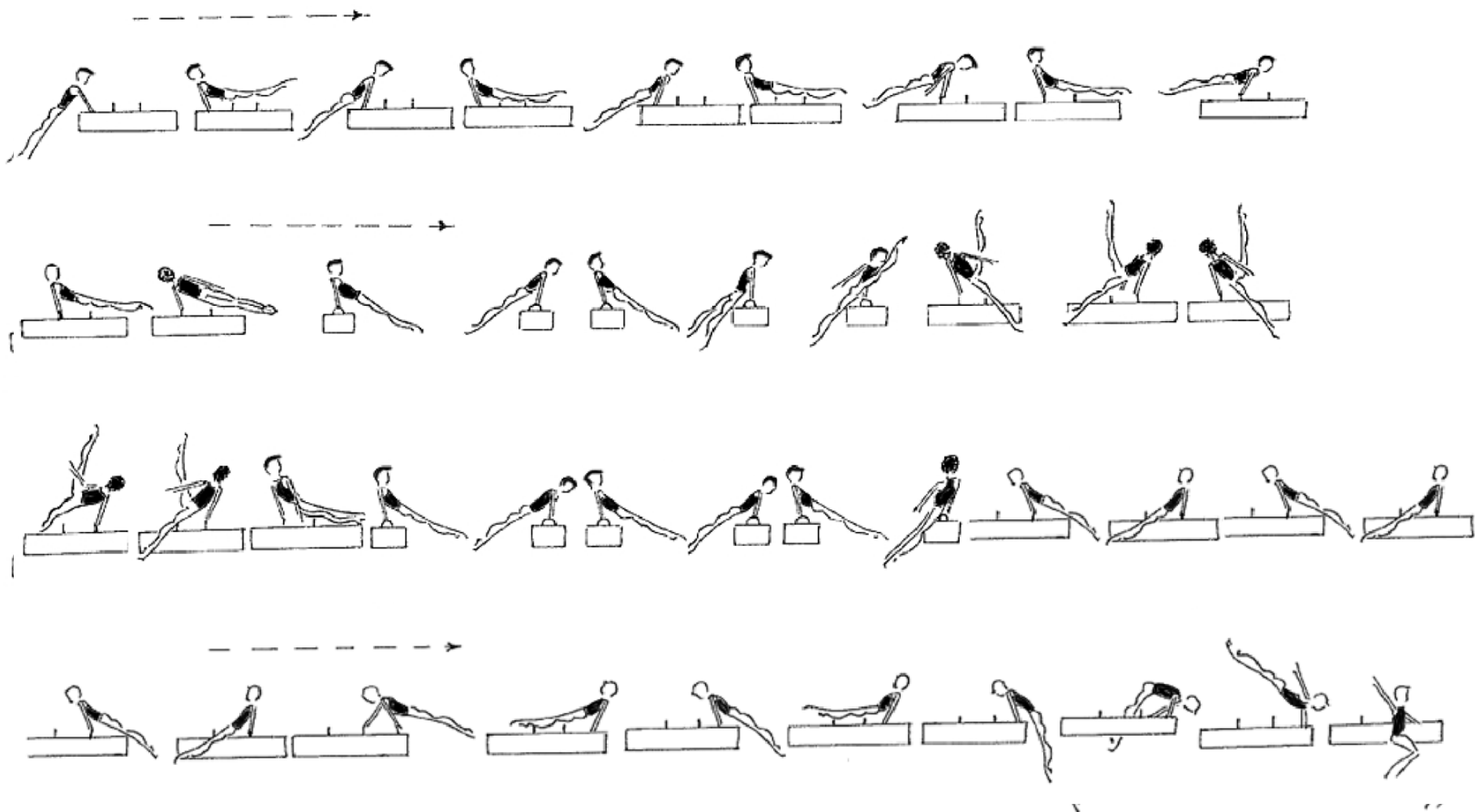
**Tyro: Floor**



**Tyro: Floor**

	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
1.	2-3 steps round off, back handspring, Whip, back handspring to back layout.	<b>3.4</b> (0.3, 0.4, 0.8, 0.4, 1.5)	Each extra step: Lack of Rhythm:	0.5 each 0.1 – 0.3
2.	Step back with ½ turn step chasse step kick ½ turn to corner	<b>0.2</b>	Lack of Rhythm:	0.1 – 0.3
3.	2-3 steps front handspring, flyspring, front layout to controlled prone fall	<b>2.4</b> (0.4, 0.5, 1.2, 0.3)	Each extra step: Lack of Rhythm:	0.5 each 0.1 – 0.3
4.	Flank to side with one leg and perform 3 flares	<b>2.7</b> (0.9, 0.9, 0.9)	Usual errors:	0.1 - 0.5
5.	Any split. (2sec.)	<b>0.6</b>	Split hold:	2 - 1sec.= 0.1 1 sec. = 0.2 <1 sec=no value(0.6)
6.	Press handstand (2 sec) pirouette 45° stoop to stand	<b>1.3</b> (0.9, 0.3, 0.1)	Handstand Hold:  Lack of Rhythm: Insufficient split in walkover:	2 - 1sec.= 0.1 1 sec. = 0.3 <1 sec=no value(0.9) 0.1 – 0.3 0.1 - 0.5
7.	One step hurdle cartwheel, high back handspring	<b>0.8</b> (0.3, 0.5)	Usual errors:	0.1 - 0.5
8.	Immediate back walkover to ½ turn on one foot (free leg does not touch floor after walkover) step Chassé step turn 45° to corner	<b>0.9</b> (0.6, 0.3)	Each extra step: Lack of Rhythm:	0.5 each 0.1 – 0.3
9.	2-3 steps round off back handspring layout with double twist. <b>Tyro A (1998); May dismount with a full twist -1.0</b>	<b>2.7</b> (0.3, 0.4, 2.0)	Extra step: Piked body in twist: Tucked body in twist: Lack of rhythm:	0.5 each 0.5 No value (2.0) 0.1 – 0.3
	<b>TOTAL</b>	<b>15.0</b>		

**Tyro: Pommel Horse**



**Tyro: Pommel Horse**

	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
1.	Two (2) loops in cross support	<b>1.0</b> (0.5, 0.5)	Body piked: Bent legs:	0.1 - 0.5 0.1 - 0.5
2.	1/3 cross support travel forward to front support on one pommel (Magyar 1/3 travel)	<b>1.8</b>	Usual errors:	0.1 - 0.5
3.	One loop on one pommel. On second loop, flank forward with 90° turn to rear support on two pommels. (1/4 turning single pommel loop circle)	<b>1.8</b> (1.2, 0.6)	Usual errors:	0.1 - 0.5
4.	One circle on two pommels	<b>0.3</b>	Usual errors:	0.1 - 0.5
5.	Flank back to front support and break circle to cross cut forward, swing in stride and cut front leg back to front support swing. (Single leg circle) <b>Tyro A (1998): Not Applicable</b>	<b>0.7</b>	Hips below support: Hips below support elbow: Hips below shoulders:	0.5 0.3 0.1
6.	Forward scissor to stride swing and cross cut forward to rear support pick up  <b>Tyro A (1998); Scissors not required -1.0</b>	<b>0.8</b>	Hips below support: Hips below support elbow: Hips below shoulders:	0.5 0.3 0.1
7.	Two (2) circles on two pommels to (start and finish in rear support)	<b>0.6</b> (0.3, 0.3)	Usual errors:	0.1 - 0.5
8.	Flank backwards and 90° turn to cross support forward on 1 pommel.	<b>0.9</b>	Usual errors:	0.1 - 0.5
9.	Two (2) loops on one pommel	<b>3.6</b> (1.8, 1.8)	Usual errors:	0.1 - 0.5
10.	1/3 cross support travel backward to front support on end of horse.	<b>1.8</b>	Usual errors:	0.1 - 0.5
11.	One circle in cross support to Wende dismount. Must show extension.	<b>1.7</b> (0.7, 1.0)	Poor extension: Body below horizontal:	0.1 - 0.5 0.5
	<b>TOTAL</b>	<b>15.0</b>		

**Tyro: Rings**



**Tyro: Rings.**

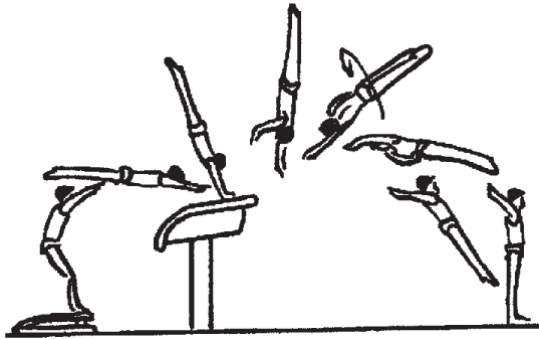

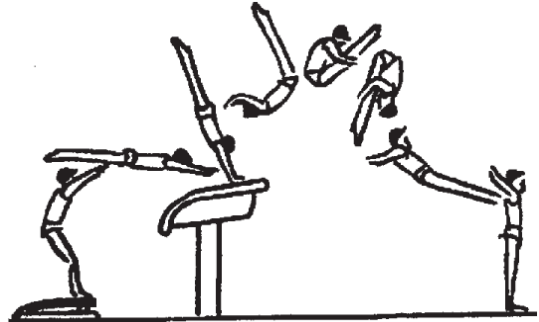
	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
1.	Straight body pull to inverted hang	<b>0.9</b>	Bent Arms:	0.1 - 0.5
2.	Kip to front support with support swing back to straddled L-sit (2 sec) <b>Tyro A (1998); Muscle-up from hang -1.0</b>	<b>2.1</b> (1.5, 0.6)	Lack of control: L-sit hold:	0.1 - 0.5 2 - 1sec. - 0.1 1 sec. - 0.3 <1 sec=no value(0.6)
3.	Press to handstand (2 sec) with straddled legs and straight arms.	<b>2.5</b>	Handstand hold:  Arms bent : Excessive Bent arms:	2 - 1sec. = - 0.1 1 sec. = - 0.3 <1 sec= no value <45° = 0.5 ≥45° = 1.5
4.	Bale forward and inlocate close to handstand	<b>2.5</b> (0.5, 2.0)	Arms bent in bale: Deviation from Handstand : At horizontal: Below horizontal: Bent arms in inlocate:	0.1 - 0.5 0.1 - 0.5 1.0 1.5 0.1 - 0.5
5.	Second inlocate to held handstand (2 sec.) <b>Tyro A (1998) hold not required</b>	<b>2.5</b>	Bent arms Handstand hold:	FIG 2 - 1sec. = - 0.1 1 sec. = - 0.3 <1 sec= no value
6.	Swing forward and dislocate close to handstand	<b>2.0</b>	Arms bent : Deviation from Handstand: At horizontal: Below horizontal:	0.1 - 0.5 0.1 - 0.5 1.0 1.5
7.	Double back tuck dismount.	<b>2.5</b>	Hips ring height: Hips below rings:	0.5 1.0
	<b>TOTAL</b>	<b>15.0</b>		

**General Comments:**

1. Each extra half swing will be deducted 0.5 and full swing - 0.8
2. A handstand with feet on the cables will not receive value.
3. Each inlocate and dislocate must arrive at or be close to handstand.
4. If the arms are bent in the front or back of the swing the deductions are; 0.1, 0.3 or 0.5

**Tyro: Vault**

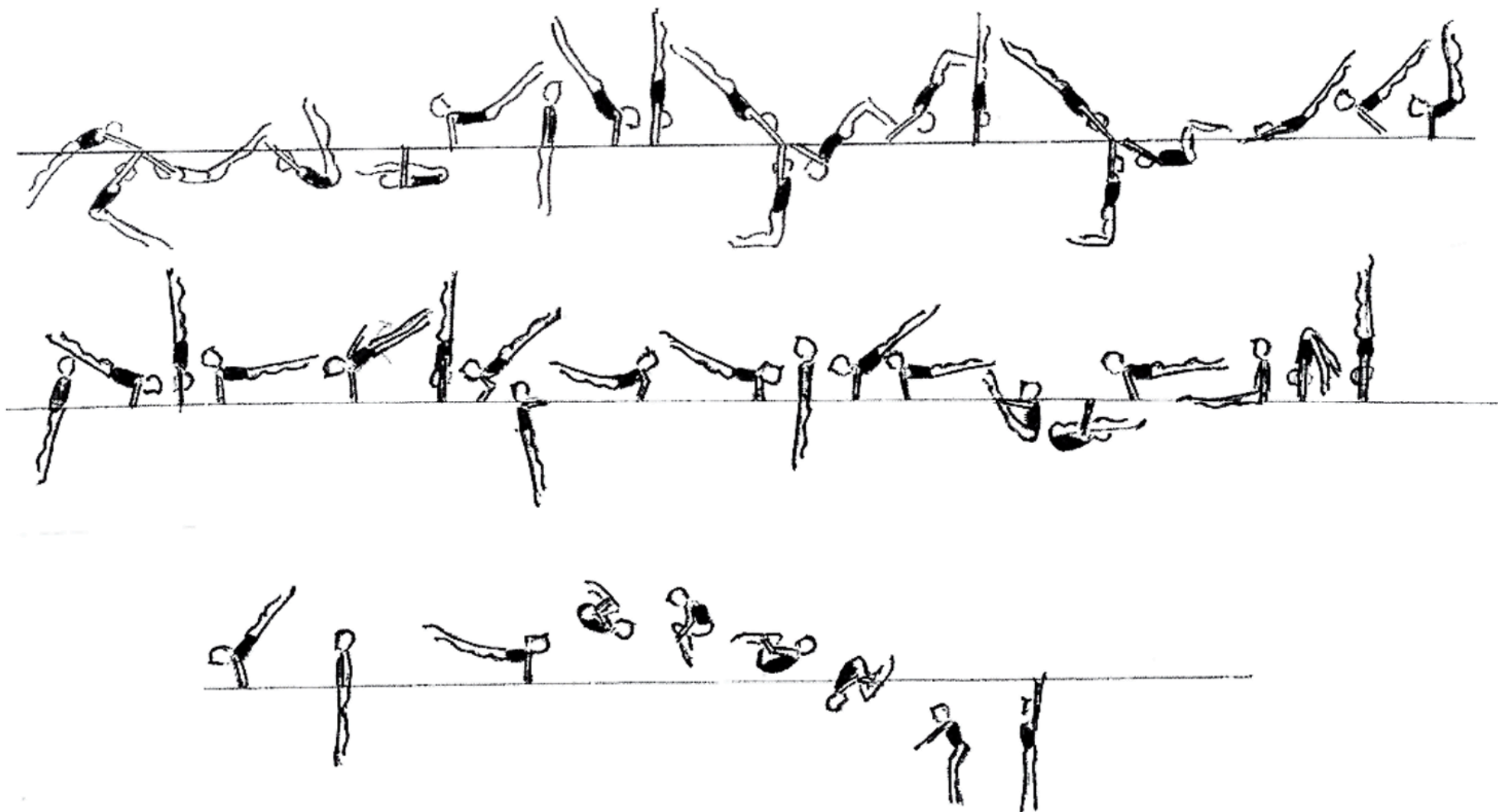
One of the following compulsory vaults must be performed:

	Vault	Start Value	Errors
1.	<p><b>Tyro A (1998) only</b>  <b>Handspring forward with full twist</b></p> 	13.0	F.I.G Deductions
2.	<p><b>Handspring forward and salto forward</b></p> 	14.5	F.I.G Deductions
3.	<p><b>Handspring forward and salto forward piked</b></p> 	15.0	F.I.G Deductions

**General Comments:**

1. 13 year olds may use two (2) beat boards with a 0.5 deduction.
2. No distance deductions.

**Tyro: Parallel Bars**



**Tyro: Parallel Bars**

	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
1.	Glide kip to front support swing back to momentary handstand	<b>1.2</b> (0.7, 0.5)	Hips lower than bars: Arms bent: No pause in handstand:	0.1 - 0.5 0.1 - 0.5 No value (0.5)
2.	Giant to handstand	<b>2.2</b>	Bent arms:	0.1 – 0.3
3.	Moy to support	<b>1.2</b>	Bent arm catch:	0.3
4.	Swing to handstand (2 sec)	<b>0.5</b>	Closed body in swing: Handstand hold:	0.5 0.1 – 0.3 2-1sec. – 0.1 1 sec. – 0.3 <1 sec=no value(0.5)
5.	Swing forward to Stutz to HS (no hold)	<b>2.2</b>	Short of handstand: Below 45°: Below horizontal: NO deduction for HS hold:	0.1 - 0.5 0.5 No value (2.2) 0.0
6.	Layaway to upper arm support swing forward to front uprise	<b>0.9</b>	Hips below bars on uprise:	0.1 - 0.5
7.	Swing back and drop to peach basket to support and swing forward with control to finish in L-sit (2 sec)	<b>2.6</b> (2.3, 0.3)	Late drop: Bent arms in swing: Hips behind hands on L-sit: L-sit hold:	1.0 0.3 0.3 2-1sec. – 0.1 1sec. – 0.3 <1 sec=no value(0.3)
8.	Press handstand with straddled legs and straight arms. (2sec)	<b>1.2</b>	Arms bent: Arm bend >90° in press: Handstand hold:	0.1 - 0.5 0.5 2 - 1sec. – 0.1 1 sec. – 0.2 <1 sec=no value(1.2)
9.	Swing forward to double tuck dismount. <b>Tyro A (1998); Back layout dismount -1.0</b>	<b>3.0</b>	Usual errors:	0.1 - 0.5
	<b>TOTAL</b>	<b>15.0</b>		

**Tyro: Horizontal Bar**



**Tyro: Horizontal Bar**

	<b>Text</b>	<b>Value</b>	<b>Errors</b>	<b>Deductions</b>
1.	Jam cast to swing backward above 45°	<b>0.8</b>	Under 45°:	0.1 - 0.5
2.	Stalder	<b>1.8</b>	Deviation from Handstand:	0.1 - 0.5
3.	Swing forward to hop ½ turn (45° or above)	<b>0.8</b>	Under 45°:	0.1 - 0.5
4.	Back Giant	<b>0.7</b>	Usual errors:	0.1 - 0.5
5.	On second giant, blind change	<b>1.5</b>	Legs apart: Deviation from Handstand:	0.1 - 0.5 0.1 - 0.5
6.	Front giant	<b>0.7</b>	Usual errors:	0.1 - 0.5
7.	On second giant, stoop in to shoot dislocate to minimum 45° <b>Tyro A (1998); Endo -1.0</b>	<b>1.5</b>	Usual errors:	0.1 - 0.5
8.	El-grip swing or Tyro A (1998); undergrip swing to minimum 45° and hop change to over grip.	<b>1.8</b>	Usual errors:	0.1 - 0.5
9.	Free hip circle to handstand	<b>2.2</b>	Bent arms: 45° to handstand: Under 45°:	0.1 - 0.5 0.1 - 0.5 0.8
10	Giant	<b>0.7</b>	Usual errors:	0.1 - 0.5
11.	Giant	<b>0.7</b>	Usual errors:	0.1 - 0.5
12.	Swing double tuck dismount.	<b>1.8</b>	Lack of amplitude:	0.1 - 0.5
	<b>TOTAL</b>	<b>15.0</b>		

**General Comments:**

- The gymnast may begin the routine with any swinging movement necessary for Jam Cast to finish at 45°

Tyro Optional Routine Charts



**GYM**nastics  
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**CANADA**

Tyro Optional Routine Charts

**Floor Exercise**

<b>Tyro Optional</b>	
<b>When Competed</b>	<b>Day 2</b> at Nationals and Elite Canada
<b>Routine Composition</b>	Difficulty: A=0.1, B=0.2, C=0.3, D=0.4, E=0.5, F=0.6 8 skills maximum to count for difficulty
<b>Developmental &amp; Supplemental Skills</b>	<ol style="list-style-type: none"> <li>1. Round off or Cartwheel= A part , Group IV element and in the same box</li> <li>2. Back-extension to handstand = A part, Group III element</li> <li>3. The value of all Circles, Flair and Russian skills are increased by one value over the FIG Code</li> </ol>
<b>Element Group Requirements + 0.5 each</b>	<ol style="list-style-type: none"> <li>1. Any press to held handstand (2 sec.) <b>from any held split (2 sec.)</b></li> <li>2. Three (3) circles or flares or two (2) Russian circles or any combination of circles flares or Russians.</li> <li>3. Front tumbling (Group II)</li> <li>4. Back tumbling (Group III)</li> <li>5. Dismount. (min. B-value, salto dismount)</li> </ol>
<b>Additional Regulations</b>	Bonus for Directly Connected Saltos: <ul style="list-style-type: none"> <li>• B + C or C + B = 0.1</li> <li>• C + C = 0.2</li> <li>• D, E &amp; F connections are not permitted</li> </ul>

Tyro Optional Routine Charts

**Pommel Horse**

<b>Tyro Optional</b>	
<b>When Competed</b>	<b>Day 2</b> at Nationals and Elite Canada
<b>Routine Composition</b>	Difficulty: A=0.1, B=0.2, C=0.3, D=0.4, E=0.5, F=0.6 8 skills maximum to count for difficulty
<b>Developmental &amp; Supplemental Skills</b>	<ol style="list-style-type: none"> <li>1. False scissor forward or backward (single leg circle) = A value</li> <li>2. All scissor elements are increased by one (1) value</li> <li>3. All Russian swing elements are increased by one (1) value</li> <li>4. Two (2) circles on one (1) pommel in down-hill support position = C value</li> <li>5. Two (2) circles on one (1) pommel in up-hill support position = C value</li> <li>6. Russian 180 + 1 Flop = D; + 2 Flops = E</li> <li>7. Russian 270 + 1 Flop = E; + 2 Flops = F</li> </ol>
<b>Element Group Requirements + 0.5 each</b>	<ol style="list-style-type: none"> <li>1. Any single leg swings. (Any front or back scissors with or without turns)</li> <li>2. Minimum two (2) circles in up-hill or down-hill support position or any combinations in these support positions with a minimum of two (2) circles</li> <li>3. Minimum two (2) circles on <u>one</u> pommel in 1st or 3rd support positions or any combinations in these support positions</li> <li>4. Minimum one (1) circle on each part of the horse FIG zones 1, 3 and 5</li> <li>5. Dismount. (Group V)</li> </ol>
<b>Additional Regulations</b>	Gymnasts will receive credit for handstand dismounts even if there is a stop or if strength is used.

Tyro Optional Routine Charts

**Rings**

<b>Tyro Optional</b>	
<b>When Competed</b>	<b>Day 2</b> at Nationals and Elite Canada
<b>Routine Composition</b>	Difficulty: A=0.1, B=0.2, C=0.3, D=0.4, E=0.5, F=0.6 8 skills maximum to count for difficulty
<b>Developmental &amp; Supplemental Skills</b>	<ol style="list-style-type: none"> <li>1. Straddled Front lever = A part. Group IV</li> <li>2. Straddled Back lever = A part. Group IV</li> <li>3. All FIG Group III elements are increased by one value.</li> <li>4. Forward and / or Backward giant with bent arms and a 2 second hold = C value</li> </ol>
<b>Element Group Requirements + 0.5 each</b>	<ol style="list-style-type: none"> <li>1. Front Giant. (2 sec.)</li> <li>2. Back Giant. (2 sec.)</li> <li>3. Press to handstand (2 sec.)</li> <li>4. Any Group IV element excluding L-sits or press to handstands.</li> <li>5. Dismount (Group V)</li> </ol>
<b>Additional Regulations</b>	A back layaway is permitted

Tyro Optional Routine Charts

**Vault**

<b>Tyro Optional</b>	
<b>When Competed</b>	<b>Day 2 at Nationals and Elite Canada</b>
<b>Routine Composition</b>	One vault from either: 1. FIG Group IV (Round-off entry) 2. FIG Group V (Yurchenko)
<b>Start Value</b>	FIG Start Value minus 1.0 for all vault choices.
<b>Bonus</b>	NO bonus will be awarded for distance on landing
<b>Additional Regulations</b>	13 year olds may use two (2) beat boards with a 0.5 deduction from the Final Score

Tyro Optional Routine Charts

**Parallel Bars**

<b>Tyro Optional</b>	
<b>When Competed</b>	<b>Day 2</b> at Nationals and Elite Canada
<b>Routine Composition</b>	Difficulty: A=0.1, B=0.2, C=0.3, D=0.4, E=0.5, F=0.6 8 skills maximum to count for difficulty
<b>Developmental &amp; Supplemental Skills</b>	<ol style="list-style-type: none"> <li>1. Peach basket to support with straight arms = B part</li> <li>2. Peach basket to horizontal or higher with straight arms = C part</li> </ol>
<b>Element Group Requirements + 0.5 each</b>	<ol style="list-style-type: none"> <li>1. Stutz or Diamidov</li> <li>2. Giant or any giant variation</li> <li>3. Long hang element on 2 bars (excluding giant or any giant variation)</li> <li>4. Any Felge skill (min. 360° rotation)</li> <li>5. Dismount. (FIG group V)</li> </ol>
<b>Additional Regulations</b>	<ul style="list-style-type: none"> <li>• A Peach basket to handstand with slightly bend arms and no interruption in the upward movement will be given a D value and a 0.1 deduction.</li> <li>• A back layaway is permit</li> </ul>

Tyro Optional Routine Charts

**Horizontal Bar**

<b>Tyro Optional</b>	
<b>When Competed</b>	<b>Day 2 at Nationals and Elite Canada</b>
<b>Routine Composition</b>	Difficulty: A=0.1, B=0.2, C=0.3, D=0.4, E=0.5, F=0.6 8 skills maximum to count for difficulty
<b>Developmental &amp; Supplemental Skills</b>	<ol style="list-style-type: none"> <li>1. All flight elements are increased by one value (FIG group II)</li> <li>2. Piked Endo and piked Stalder elements are all increased by one value</li> <li>3. Back uprise to support = A value (FIG group I)</li> <li>4. Early fwd pirouette, min 45° and grip change to under-grip = A value (FIG Group I)</li> </ol>
<b>Element Group Requirements + 0.5 each</b>	<ol style="list-style-type: none"> <li>1. Front and back giant with or without turn. (both or no credit)</li> <li>2. In-bar element (Group III)</li> <li>3. Stoop dislocation (with or without turn)</li> <li>4. El-grip, Russian Giant or Dorsal hang element (Group IV)</li> <li>5. Dismount. (FIG group V)</li> </ol>
<b>Additional Regulations</b>	<p>On Bar + Flight Connection Bonus</p> <ul style="list-style-type: none"> <li>• On bar element (B, C or D) + any flight element (or vice versa) = 0.3</li> <li>• Connections with E and F parts are not permitted</li> </ul> <p>Flight Connection Bonus</p> <ul style="list-style-type: none"> <li>• Any Flight element + Any Flight element = 0.5</li> <li>• Flight connections with an E or F parts are <i>not</i> permitted</li> <li>• May repeat one flight element</li> </ul>