

2009 - 2012

Canadian National Youth and National Open Rules

*Men's Artistic Gymnastics
Coaches and Judges Manual*



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Acknowledgements

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



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National Program: General Information

This document describes the program for the GCG National Youth and Open categories. The National Stream Program is a modification of the FIG Junior rules. Therefore, all FIG Junior rules apply including the restricted elements, repetition, maximum four counting skills per Element Group, time on floor, three parts of the Pommel Horse, etc. Modifications to the FIG Junior rules include, a reduction in the number of EGRs required and the difficulty requirement of the dismount has been reduced.

Article 1 Program Description

- i. The National Program consists of two categories of competition: Youth and Open.
- ii. The National Youth and Open categories will participate at the Canadian Championships only.

Article 2: Competitive Age

- 2.1** The competitor's age will be based on his age as of January 1st of the competition year. Please refer to the Summary of Birth Years chart for the current competitive year.

Summary of Birth Years

Season	National Youth	National Open
January 1 st to December 31 st , 2010	1994-96	1993 & over
January 1 st to December 31 st , 2011	1995-97	1994 & over
January 1 st to December 31 st , 2012	1996-98	1995 & over

2.2 Restrictions

- i. 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 Canadian Championships – GCG Men's Program Committee (MPC); Provincial Competitions - Provincial Technical Committee.
- ii. Permission must be granted before the registration deadline of the event.

Article 3: Modifications and Committee Responsibilities

- i. Competitions for the National Levels Program will be organized and run provincially and / or nationally.
- ii. These regulations must be used for all events. Gymnastics Canada reserves the right to make on-going clarifications to the regulations as needed throughout the season, but no changes to the rules will be made after September 30th.
- iii. Clarifications for the 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 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.

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 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 below describes the specific equipment requirements for each category within the National Program.
- ii. 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.
- 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 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

Floor Exercise:	FIG (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 (100 to 105cm)
Rings:	From the of the mat to the inside bottom of the ring (FIG 260cm)
Vault:	From the floor to the centre top of the table body (125 to 135cm)
Parallel Bars:	From the mat to the top of the rail (FIG 180cm)
Horizontal Bar:	From the mat to the top of the bar (FIG 260cm)

4.6 Supplementary Mats

Apparatus	Supplementary Mats
Floor	Up to one (1) 10 cm sting mat is permitted. It may be removed
Pommel Horse	No supplementary mats are permitted
Rings	One 20cm mat is permitted except on Horizontal bar where one mat on <i>both</i> sides of the Horizontal Bar is permitted
Vault	
Parallel Bars	
Horizontal Bar	

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. Execution errors for poor technique, poor body position, etc. are evaluated according to the 2009 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 FIG Code of Points.

5.2 Judging Panels

- i. For National and Regional (Eastern or Western Championships) competitions a minimum of two (2) Judges per panel is required. One FIG or National level should be assigned.
- ii. Chair of the Competition Jury should hold a current 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 scores are eliminated and the two middle scores are averaged.

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

Routines are judged as per the 2009 FIG Code of Points except that only eight (8) skills count towards the Start Value and the number of required Elements Groups has been reduced. Please refer to the chart on page 4.

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 current FIG Code of Points and its updates.

6.3 Short Routines

- i. For each missing skill, the gymnast will be penalized 1.0.
- ii. It is the duty of the D-jury to notify the E-jury how many skills were credited.
- iii. 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.

6.4 'Stick' Bonus

- 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.

6.5 Landings

- i. If a gymnast does not perform a recognized dismount or a dismount of sufficient value they will not receive credit 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 Parts

- i. On Rings, a bent arm swing to a held (2 sec.) handstand or a bent arm giant to a held (2 sec.) handstand will be considered a B-part.
- ii. On Parallel Bars, a straight-arm peach basket to support will be considered an A-part.
- iii. Except as specifically listed above, elements not listed in the current Code of Points, or its updates, have no value, do not fulfil any EGRs and do not count as a skill.

6.7 A-typical Straddle

- i. Un-listed straddled elements will not be permitted.

6.8 Vault

- i. FIG values will be used for vault.
- ii. In case of a 0.0 vault, one additional attempt will be allowed with a 1.0 deduction from the Final Score.

6.9 FIG Junior Restricted Elements

- i. The Youth and Open rules are based on the FIG Junior rules. Therefore, gymnasts are also prohibited from performing any of the FIG Junior Restricted Elements.

Apparatus Requirements

Category	Difficulty*	Element Groups	Dismount	Bonus	Restrictions
National Youth	FIG (8 elements)	Any 2 + Group V	Minimum A	'Stick' bonus on all apparatus	Elements of D-value or higher are prohibited <i>except</i> Rings Groups III & IV and on Pommel Horse
National Open		Any 3 + Group V	Minimum B (A = 0.3)		Elements of E-value or higher are prohibited <i>except</i> Rings Groups III & IV and on Pommel Horse

* Developmental Parts

- i. On Rings, a bent arm swing to a held (2 sec.) handstand or a bent arm giant to a held (2 sec.) handstand will be considered a B-part.
- ii. On Parallel Bars, a straight-arm peach basket to support will be considered an A-part.
- iii. Except as specifically listed above, elements not listed in the current Code of Points or its updates, have no value, do not fulfil any EGRs and do not count as a skill.

Short Routines: For each missing skill, the gymnast will be penalized 1.0

Apparatus Specifications & Supplementary Mats

Apparatus	Specifications	Supplementary Mats
Floor	12 x 12 meters	Up to one (1) 10 cm sting mat is permitted. It may be removed.
Pommel Horse	FIG pommel horse (100 to 105cm)	No supplementary mats are permitted
Rings	FIG height (260cm)	One 20cm mat is permitted except on Horizontal bar where one mat on <i>both</i> sides of the Horizontal Bar is permitted
Vault	125 to 135cm	
Parallel Bars	FIG height (180cm)	
Horizontal Bar	FIG height (260cm)	