



GYMNASTICS CANADA / GYMNASTIQUE CANADA

WOMEN'S ARTISTIC GYMNASTICS

Canadian Provincial Program **2011-2012**

Guide for Coaches and Judges Provincial Levels 1-5

September 2011

Introduction

This manual has been prepared to present the principles and standards of judging required by the Code of Points of the Fédération internationale de gymnastique (FIG), as they apply to the Canadian Provincial Program. This manual is intended to be used as a resource for both coaches and judges.

Rules and definitions are based on the FIG Code of Points, the Canadian Supplement to the Code of Points, and the Equipment Specifications and Measurements Procedure document. Where no clarification exists under the Canadian Provincial Program, the FIG rule applies.

The Canadian Provincial Program is the result of a cooperative effort of all Provinces within Canada. Gymnastics Canada Gymnastique and the Provincial Sport Organizations would like to extend their thanks to the members of the Canadian Provincial Program Committee who developed this program, and the many individuals who contributed to its success by reviewing drafts and assisting with clarifications.

We would like to recognize the dedication, hard work of the CPP Working Group members: Nancy Beyer, Tracey Cardinal, Jennifer Charters, Josée Cyr, Hélène Desmarais, Crystal Kikuchi, Hélien Laliberté, Matt McCann, Andrée Montreuil, Valérie Oudin, Jaime Schafer, Marylène Turp and Carolyn Woolgar. Andrée Montreuil was also responsible for translating all original CPP documents.

COMPOSITION OF THE 2011 – 2012 MAIN CPP WORKING GROUP

The mandate of the members is from July 1 to June 30th.

Chair	BC	Andrée Montreuil	amontreuil@gymnastics.bc.ca
Vice Chair	BC	Nancy Beyer	nbeyer@gymnastics.bc.ca
	AB	Valérie Oudin	Valerie.arsenault@telus.net
	ATL	Crystal Kikuchi	crystal.kikuchi@olympian.org
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Resource people appointed by their Provincial Association	BC	Jennifer Charters	charters.jennifer@gmail.com
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	MB	Hélène Desmarais	imagymn@shaw.ca
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People appointed by the Chair and Vice-Chair	QC	Matt McCann	gymmattics@juno.com
	BC	Crystal Gilhooly	crystalgilhooly@hotmail.com
Advisor	QC	Josée Cyr	

The profile of a CPP main working group member is an active, working person with an in-depth knowledge of the CPP program and a good understanding of the Canadian reality. This person is a valuable resource person from the province who has the ability to discuss issues and make recommendations on her/his own

QUESTIONS ON THE CPP?

Send your questions to any member of the CPP Working Group, to your Provincial Judging Chairperson or directly to Andrée Montreuil.

PHILOSOPHY STATEMENTS (Revised June 2007)

- 1) The CPP is a multi level program for all Canadian gymnasts competing below the National level. It is the only Canadian program available to all provinces and territories. It must promote mass participation and the safe development of the athlete.
- 2) Provinces and territories may make small adjustments to the CPP in the specific areas identified in the CPP program documents.
- 3) The CPP is designed to address the needs of the entire country collectively rather than the needs of small groups of gymnasts or a single gymnast.
- 4) The CPP is a competitive program with five progressive and logical stages to choose from which support smooth transition from one level to the next.
- 5) Each level has its own technical requirements which progressively increase from Provincial 1 to 5. As one improves in skill level, one advances to the next competitive level.
- 6) A gymnast can easily identify with gymnasts of similar calibre within each level regardless of province or territory.
- 7) Gymnasts across the country will be judged according to the same rules regardless of province or territory.
- 8) The CPP is not designed to mirror the FIG Code of Points but will remain as close as possible to the Code to simplify the task of the judges.
- 9) The CPP may facilitate access to the National level program. The rules of a given level/category may not be a duplication of the rules of the Canadian Pre-Novice, Novice or Open programs.
- 10) The CPP is not intended to guide the development of an athlete toward international standards.

Canadian Provincial Program Manual

MANDATE OF PARTNERS

TASKS	WPC	CPP MAIN WORKING GROUP	PROVINCES AND TERRITORIES
Philosophy Statements	2) Approve	1) Develop	3) Ratify
Mandate of partners	2) Determine	1) Contribute to development	1) Contribute to development
Composition CPP Working Group	2) Appoint Chair and Vice-Chair 3) Confirm members based on recommendation of Main Working Group or JDSC	2) Chair and Vice-Chair recommend resource persons to WPC: a) from provincial associations b) additional people at their discretion	1) Recommend one resource person from respective area of jurisdiction to Chair and Vice-Chair of CPP Main Working Group
Budget	2) Approve	1) Develop	3) Adopt cost sharing formula
Action Plan	2) Approve 4) Monitor implementation 5) Evaluate	1) Develop 4) Implement 5) Evaluate	3) Ratify 4) Contribute to implementation 5) Evaluate
Issues	4) Monitor resolutions	1) Identify issues and steps to address and resolve 3a) resolve issues during the gymnastic season 3b) resolve issues with the provinces and territories in June of each year	2) Identify and forward issues to main CPPWG 3b) resolve issues with the extended CPPWG group in June of each year
Clarifications		1) Identify needs for clarification 2) Develop and submit clarification document as needed during the gymnastic season	1) Forward needs for clarification to main CPPWG
Proposed changes for next gymnastic season	5) Arbitrates significant differences of opinion between the P/Ts and the main CPPWG	1) Proposed changes circulated to P/T Associations in May 2) Draft sent to P/T after CC 3) Proposed changes finalized with provinces and territories the day before the WPA in June	3) Proposed changes finalized with the main CPPWG the day before the WPA in June 4) Proposed changes ratified by the WPA
Program documents Charts, Manual; Clarifications and List of new elements (as required)		1) Develop in consultation with P/T associations	2) Ratify 3) Provide feedback on efficiency and effectiveness
Judging tools	2) Ensure that there is no duplication or contradiction with	1) Develop in consultation with P/T associations	4) Provide feedback on efficiency and effectiveness

Canadian Provincial Program Manual

other WP tools 3) Ensure overall quality control		
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COMMUNICATION

If coaches and judges have questions regarding the program, they should contact any Committee member or their Provincial Judging Chairperson; these people will in turn send the questions to Andrée Montreuil who will do the appropriate consultation and send clarifications to PSOs, Provincial Judging Chairs and Committee members. It will be the responsibility of each PSO to distribute the information to its members.

To avoid possible confusion or misunderstandings, only the documents coming from Lise Simard or Andrée Montreuil will be considered official CPP documents.

WEBSITE

Official CPP information will be circulated via GCG / Lise Simard and will be available on the GCG Website.

QUESTIONS ON THE CPP?

Send your questions to any member of the CPP Working Group, to your Provincial Judging Chairperson or directly to Andrée Montreuil

LEADERSHIP, WORKING METHODS AND MEETINGS

The Chair and Vice-Chair will assume the leadership of the working groups. The working groups will work by e-mail. Occasionally, and with the approval of the Chair and Vice-Chair, members of the main WG or extended WG may conduct CPP business via a conference call or at an existing event.

Whenever possible, a preliminary meeting of the members of the CPP Extended Working Group and PTOs already on site will be held during the Canadian Championships to discuss issues and changes to the CPP program for the next gymnastic season. A working meeting of the extended CPP working group and representatives of the PTOs will be conducted on the day before the WP Assembly (June of each year). The CPP program will be a standing item on the agenda of the WPA. Due to the financial limitations of all the partners, there is no obligation for a PTO, GCG or the CPP budget to ensure the participation of the member(s) of the Extended Working Group from their area of jurisdiction. However, the partners will attempt to have as many working group members as possible present at the meetings.

CPP GENERALITIES

The CPP manual should be used in conjunction with other documents. The following documents are in effect for the Canadian Provincial Program. The documents are free and available for download at the address indicated.

It is STRONGLY suggested that coaches and judges study these free documents to get a complete understanding of the CPP program.

- 2009 FIG Code of points (www.fedintgym.com/rules/)
- FIG Help Desk (www.fedintgym.com/rules/)
- Canadian Code Supplement (www.gymcan.org)
- Equipment Specifications and Measurement Procedure (www.gymcan.org)
- CPP Main Chart (www.gymcan.org)
- CPP New Elements (www.gymcan.org)

For the judges, the following documents are also available at the Gymnastics Canada Website (www.gymcan.org)

- CPP Symbols
- CPP Judging Sheets

Main Charts vs. CPP Manual vs. Judging Sheets

The information included in the Main Charts has not been repeated in the Manual. Both documents should be used together. The list of skills and their value are part of the FIG Code of points.

Unless stated otherwise in a clarification document, the English version of the Main Charts will remain the base document if there were discrepancies between the Main Charts, the Judging sheets, the CPP Manual or any of the French documents.

Please report any discrepancies to the CPP Working Group members (or directly to Andrée Montreuil) so they can be corrected.

FIG or CPP in the Left Margin

In the left margin, the text FIG or CPP indicates if there has been a change to the FIG rule.

FIG: The FIG rule is applied. The text in that paragraph is similar to the text in the FIG Code of point. Any clarifications to the FIG rule included in the current version of the Canadian Code Supplement will apply as well.

CPP: The rules have been modified and adapted for the CPP program.

CPP mod: Indicates that the FIG rule applies but it had to be slightly modified to fit the Canadian reality. For example, "Superior Jury" was changed to "Competition Head Judge".

If a rule is unclear, FIG principles should be applied.

FIG rules and principles will be applied where ever possible. The idea of the CPP is to stay as close as possible to FIG.

ARTICLE 1 – Regulations for Gymnasts

FIG **1.1 Rights of the Gymnast**

- Each gymnast must be informed about the CODE OF POINTS and act according to the rules as specified below.

CPP **Equipment**

Refer to the current version of the GCG document *Equipment Specifications and Measurements Procedure* or to the CPP Main Charts for specific information on equipment height and mandatory additional matting.

- A 10 cm min supplementary mat **must** be used for landing on V, UB and BB. Otherwise, any matting including 20 cm safety mats can be used for landing of the vault / dismount, and under the rails.
- On floor, a 5 or 10 cm supplementary mat **may be** used for acro lines with salto. After the acro line, the mat may be removed, moved or can stay in place.
- CPP • If no additional matting is in place and the judges notice it before the gymnast starts her routine, the judges, will remind the coach as a courtesy. If the coach does not remedy the situation, the FIG penalty will apply (deduction of 0.5 from the final score of the gymnast at the event).
- CPP • The configuration of the springs for springboards is optional. It is up to each province to decide if they want to use a standard spring configuration in CPP.
- CPP – Upon written approval from the Competition Head Judge, the gymnast is permitted to raise both bar rails (both bars one or two notches), if her feet or hips touch the mat. Minimum width is 130 cm.
- mod – For all CPP Categories, the UB can be widened more than the FIG maximum width of 180 cm. The UB must however remain within the manufacturer's safety limit.
- With permission of the Competition Head Judge, she may repeat her entire exercise, if the exercise has been interrupted for reasons beyond her control or responsibility.

CPP **Warm-up**

Each competing gymnast is entitled to a warm up. It is up to each province to determine their warm up procedures.

1.2 Responsibilities of the Gymnasts

FIG **Competition Attire**

- FIG rules regarding leotard will be applied.

CPP **Jewellery / Piercing**

The CPP considers the safety of the athletes first and foremost. Judges will deduct for jewellery except stud earrings. However, contrary to FIG, gymnasts may have more than 1 earring per ear. Nose or eyebrow piercing must be covered with a small tape but will not be deducted.

CPP **Tape Color**

In CPP, the bandages do not need to be beige color. Same for wrist bands or grips.

FIG **1.3 Competition Rules for the Gymnast**

- At the start of the exercise, she must present herself in the proper manner (raise up hand/hands) and thereby acknowledge the D1-Judge and then again acknowledge the D1-Judge at the conclusion of her exercise.
- She must observe that, at the start of the exercise, the green light is lit or that the D1-Judge has given a visible conspicuous signal to start her exercise.
- She must begin the exercise within 30 seconds (*on all apparatus*).
- She has at her disposal 30 seconds after a fall in which to recuperate, re-chalk and confer with her coach, before remounting the uneven bars. At the balance beam she has 10 seconds in which to remount. Timing of the fall starts when the gymnast is back on her feet after the fall.
- She must leave the podium immediately after the conclusion of her exercise.

Canadian Provincial Program Manual

- She must refrain from any undisciplined or abusive behavior and from otherwise abusing her rights or infringing on those of any other participant.

- CPP mod – She must notify the D1 judge or Competition Head Judge, if a necessity arises to leave the competition hall. The Competition may not be delayed through her absence.
- Unexcused absence from the competition hall leads to disqualification and to withdrawal of medals.
- CPP mod – She must refrain from speaking with active judges during the competition.
- CPP mod – She must participate in the respective Award Ceremony dressed in competition attire (leotards) or track suit.

FIG **Magnesia Usage**

- In the preparation of the uneven bar, reasonable use of magnesia is permitted.
- Small markings with magnesia may be placed on the balance beam.
- The spreading of magnesia on the floor exercise mat is not allowed.

FIG **1.4 Gymnasts' Oath**

“In the name of all gymnasts I promise that we shall take part in this Provincial Championships (or any other official Event) respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of sportsmanship, for the glory of sport and the honor of the gymnasts.”

ARTICLE 2 — Regulations for Coaches

FIG **2.1 Rights and Responsibilities of Coaches**

Each coach must know the CODE OF POINTS and act according to the rules.

- They must conduct themselves in a **fair and sportsmanlike manner** at all times during the competition, in particular at the apparatus, during the march to and from the apparatus or during their mandatory participation in the applicable award ceremony.

CPP **Presence of the coach on the mat (podium)**

The athlete will be deducted if the coach spots (touches) her, according to the FIG rule (see clarification in the Canadian Code Supplement). However, in the CPP, the following rules apply:

VAULT: Presence of the coach on the landing mat permitted for P2 – P5 categories.

The coach cannot stand between the board and the vault table.

UB: Presence of the coach on the mat during the entire routine permitted (P1 – P5)

BB: The coach may remove the board but must leave right away (as per FIG rule). Presence on the mat at any other time during the routine is not permitted. **The coach is allowed on the landing mat for the dismount only.**

FX: Presence of the coach on the floor is not permitted.

CPP **Speaking to the gymnasts**

Although it is not encouraged, no deductions will be taken if the coach speaks to the gymnast, give signals, shouts (*cheers*) or similar during the exercise.

CPP **2.1.1 Number of Coaches Permitted in the Inner Circle**

It is up to each province to determine their rule regarding the number of coaches allowed on the competition floor. The rule used usually is 2 coaches per team and 1 coach if there is only 1 athlete once the competition begins. During the warm-up, the number of coaches per team / per club is unlimited.

CPP 2.2 Inquiries

It is up to each province to determine their protest rules.

ARTICLE 3 — WTC Functions (CPP – Role of the Competition Head Judge and D-panel)

FIG The FIG Code of points has rules regarding roles and functions of its members during competition.

CPP As a general rule, the Competition Head Judge is in charge of resolving any issues that may arise during a competition. Although the GCG Technical Rules – Section 4 applies only to National Level Competitions, it may provide some additional information to help resolve issues. It is however up to each province to determine the proper course of action.

3.1 Execution Score

CPP The D1 at the event must intervene if the score given by an individual judge or the average E score is deemed impossible. The difference between the middle sums of deductions (score), in accordance with the E average deductions should not exceed:

0.10	between	10.0 – 9.6
0.20	between	9.6 – 9.4
0.30	between	9.4 – 9.0
0.40	between	9.0 – 8.5
0.50	between	8.5 – 8.0
0.60	between	8.0 – 7.5
0.70	between	7.5 and under

The D1 judge may decide not to intervene if, in her opinion, the final E-Score is acceptable despite the difference between the counting deductions (scores), which are higher than the tolerated deviations.

CPP No judge is obligated to change his/her score but reaching an agreement amongst panel members is highly desirable. The D1 must promote team work.

ARTICLE 4 — Regulations for Judges **Structure, Composition and Functions of the Apparatus Juries**

4.1. Regulations for the Judges

CPP All judges should have taken a clinic on the current Code of points. Each Province has its own rules regarding judges and certification. Please contact your Provincial Association if you require more information.

As a general rule (regarding Provincial competitions), judges have the responsibility to

- participate in the Judges' Review Session (Instruction) before the respective Competition
- be punctually present before the respective Competition at all Judges' Briefings.
- be at the competition site per scheduled time.

CPP mod – wear the FIG uniform (dark blue suit - skirt or trousers, and white top) or the uniform prescribed by their Provincial Association.

- follow the instructions delivered by the governing authorities.
- prepare thoroughly on all apparatus in advance of the competition.
- fulfill the duties as specified in *Article 4*, specifically.
- evaluate each exercise accurately, consistently, quickly, objectively, fairly and ethically and, when in doubt, give the benefit of the doubt to the gymnast.

Canadian Provincial Program Manual

- understand and comply with the necessary record keeping tasks, such as:
 - use of the symbol notation sheets and,
 - maintaining a record of their personal scores.

During the competition a judge must:

- not leave her/his place, except with the consent of the D1 - Judge
- not have contact and/or discussions with other persons, e.g. coaches.

CPP Every Judge is fully and alone responsible for her/his scores. In case of an intervention by the D1 judge, the Judge has the right to explain her/his score and to agree (or not) to a change.

FIG **All judges must act in a professional manner at all times and exemplify non partisan ethical behavior.***

FIG **4.2 The Judges' Oath (TR 7.12)**

At the World Championships, and other important international events, juries and judges pledge to respect the terms of the Judges' Oath.

CPP mod "In the name of all the judges and officials, I promise that we shall officiate in these Provincial Championships (or any other official Event) with complete impartiality, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship".

FIG **4.3 The Apparatus Jury (Judges' Panels)**

The D- Judging Panel's primary responsibility is to evaluate the maximum content value of the exercise.

The E- Judging Panel's primary responsibility is to evaluate the execution and artistry occurring during the performance of the exercise.

CPP For provincial level meets, the structure of the Apparatus Jury may comprise of 2 to 4 judges per event.

FIG **4.3.1 Functions of the D-Panel**

– D- Panel Judges record the entire program content in symbol notation, evaluate independently, without bias and then jointly determine the D- score content. Discussion is allowed.

CPP mod – The D1 and D2 must come to an agreement about the D-Score.

- D1 Judge supervises the work of the Assistants (Timers and Line Judges) and Secretaries.
- D1 Judge sees that neutral deductions for time, line and behavior faults are taken from the Final Score before being flashed.
- The D- Panel Judges decide whether the gymnast failed to present before and after the exercise.
- The D- Panel Judges decide whether the gymnast performed an invalid "0" vault.
- The D- Panel deducts from the final score, for Spotting assistance during the Vault, Exercise and Dismounts.
- The D- Panel must report unsportsmanlike conduct of the coach to the Competition Head Judge.

FIG **The D- score (content) of the exercise includes:**

- Difficulty Value,
- Connection Value (Bonus in CPP)
- Composition Requirements

FIG **4.3.2 Functions of the E-Panel**

- They must observe the exercises attentively and evaluate the faults and corresponding deductions correctly, independently and without bias.
- They must record the deductions for: General Faults, Specific Apparatus Execution Faults and Artistry Faults.
- They work with a total of deductions in tenths of points [e.g. 0.40 P.].

CPP mod – They must complete the score slip (if used) with their deduction for execution and technique (general and specific) faults and artistry faults.

Canadian Provincial Program Manual

- They must be able to provide a personal written record of their evaluation of all exercises.
- If score slips are used, they must check that the runners delivers their score slips immediately and quickly.

FIG mod 4.3.3 Functions of the Assistants

The assistants will serve as:

- line judges on Floor to determine stepping outside of the border marking.
- time judges to:
 - time the duration of the exercise (at beam and floor)
 - time the duration of the fall period at uneven bars and beam.

CPP 4.3.4 Functions of the Secretaries

The Secretaries are usually appointed by the Organizing Committee. Under the supervision of the D1 Judge they are responsible for correctness of all entries (*proceedings*) on the scoring sheets and correct flashing of the Final Score. The final score should be flashed as soon as it is available.

GCG 4.4 Seating Arrangement for the Apparatus Jury (Judges' Panels)

See the GCG Equipment Specifications and Measurements Procedures document.

4.5 Determination of Scores

FIG mod The four scores of the judges are the basis for the score calculation. The respective highest and lowest deductions are eliminated; the remaining two middle deductions are added and divided by two = E-Panel Average deductions. The E-Score = 10 minus Average Deductions

CPP If there are 2 or 3 judges, all scores are averaged.

Example:

D- Panel score = 3.50 P.

E- Panel Deductions

Judge:	E-1	E-2	E-3	E-4
Execution/Artistry	0.70	0.60	0.50	0.40
Deductions to be averaged		x	x	
Average deductions		0.55		
E-Score (10.0 – deductions)		9.45		
Plus D-Score		3.50		
Provisional Final score		12.95		
Minus Neutral deductions		- 0.30		
Plus stuck landing bonus		<u>+ 0.1</u>		
<u>FLASHED FINAL SCORE</u>		12.75		

ARTICLE 5 – EVALUATION OF THE EXERCISES

5.1 General

CPP The FIG evaluation method described below is used for CPP competitions.

FIG Arrangement of the Table of Elements

The Code of Points contains specific apparatus Table of Elements (Articles 9-11) in which each element is identified by a multi-digit number.

- 101 to 199 = A- Difficulty
- 201 to 299 = B- Difficulty
- 301 to 399 = C- Difficulty
- 401 to 499 = D- Difficulty
- 501 to 599 = E- Difficulty
- 601 to 699 = F- Difficulty
- 701 to 799 = G-Difficulty

FIG 5.2 Components of the Evaluation

- The current philosophy for exercise content and combination encourages an emphasis on the mastery of dance and acrobatic choreography, artistically presented.
- In principle, the repetition of an exercise is not permitted.
- The execution/performance on all apparatus will be evaluated from 10.00 P.
- The responsibilities for the evaluation are distributed between the D- and E-Panels as described below.

FIG 5.3 D- Score (Content)

The D-Score on Vault includes Difficulty Value.

The D- Score on Uneven Bars, Balance Beam and Floor Exercise includes:

– Difficulty Value

- § A- = 0.10 P.
- § B- = 0.20 P.
- § C- = 0.30 P.
- § D- = 0.40 P.
- § E- = 0.50 P.
- § F- = 0.60 P.
- § G- = 0.70 P.

– Composition Requirements: 5 @ 0.50 P. each = 2.50 P.

CPP – Connection Value / CPP Bonus

CPP 5.3.1 Difficulty Value (DV)

The DV are elements from the FIG Code of Points Table of Elements which are open ended and may be expanded as needed. The CPP also includes Developmental Skills which are listed in the Main Charts.

The D- Panel will always recognize the difficulty value of the element unless there is a failure to meet the technical requirement of the element, as per FIG. For example: a walkover, landing one foot in proper position on BB, then fall, does receive DV.

CPP CPP Requirements

In CPP (P2 – P5), as per FIG, the highest DV elements including the dismount are counted on UB, BB and FX.

	Provincial 1	Provincial 2-3-4	Provincial 5
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Canadian Provincial Program Manual

Number of Elements	6 required elements (RE) @ 0.5 each	Top 5 elements + dismount	Top 7 elements + dmt
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CPP

Restricted Elements

- Restricted elements will receive a 1.0 deduction each off the final score. The list of restricted skills is included in the CPP Main Charts.
- Restricted elements do NOT fulfill CR, are NOT eligible for bonus and do not receive Difficulty Value.
- Execution deductions will be taken in addition to the restricted element deduction.

Allowed and Restricted Elements

Uneven Bars (P1 to P5)

Skills performed to maximum amplitude are allowed even if the value changes. For example – Clear hip

- Clear hip circle to handstand (within 10°) = C
- Clear hip circle from 10° to horizontal = B
- Clear hip circle below horizontal = A

- P2 athletes, who are limited to A skills, are allowed to perform a clear hip to handstand since it is an allowed skill performed to maximum amplitude. However, they can only receive 0.1 in DV, as only A skills can count in P2. In this example a P3 athlete would receive 0.2 as she can perform A and B skills.

Beam (P1 to P5)

Acro hold elements (press to handstand, Vsit – for example) and all dance elements are allowed.

Floor (P1 to P5)

All dance elements are allowed on floor for any categories.

CPP

Highest DV elements credited vs. Restricted Value elements

Since some families of elements can be performed to maximum amplitude on UB, it is necessary to specify the maximum DV that can be credited in a given category. If an element of higher value is performed, the gymnast will be credited for the maximum DV allowed in her category.

- P2: A elements only can be credited
- P3: A and B elements can be credited
- P4: A, B and C elements can be credited
- P5: A, B, C and D elements can be credited

See example above (clear hip)

5.3.2 Recognition of DV of elements

Arabian are forward elements
Tic Toc is a backward element.

FIG Recognition of the Same and Different Difficulties

The same Difficulty Value can be recognized only one time in an exercise.
If performed the second time, the Difficulty value is **not** considered.

Elements are considered different if they are listed under different numbers in the Table of elements.

Elements are considered the same, if they are listed under the same number in the Code of points and have the following criteria:

UB elements:

Canadian Provincial Program Manual

- are performed with or without a hop grip change on UB
- giants fwd and bwd performed with legs straddled or together, with hip bent or stretched

Dance elements:

- are performed in Side or Cross position (BB)
 - Jump with 1/1 turn or more performed in side position will be awarded 1 DV higher than in cross position (except 2.209, 2.309). If the same element is performed in cross and in side position, the DV is awarded one time only and in chronological order. (Jumps with start from side position and finish in cross position, or vice versa – consider as elements performed in cross position).
- with take off from one or two feet with the same leg position i.e.; wolf hop (take off with one leg) and wolf jump (take off with 2 legs)
- land on one or both feet (BB)
- land on one or both feet or in prone position (FX)
- turns in the forward and backward direction

Acro elements:

- that land on one or both feet

Elements are considered ***different***, if they are listed (in the FIG CoP) under;

- the same number, when
 - there are different body positions (tuck, pike or stretched) in saltos
 - the description for body position of dance elements are different
 - the legs are together or straddled in saltos on UB
 - the legs are in cross or side split in dance elements
 - there are different degrees of turns $\frac{1}{2}$, $\frac{1}{1}$, $1\frac{1}{2}$ (180°, 360°, 540°), etc. (see Article 7 for specific apparatus requirements)
 - the support is performed on one or both arms or free
 - the acrobatic elements take-off on one or both legs

Recognition of elements occurs in chronological order

In case of technical failure, elements will be credited one DV lower or recognized as another element in the table of difficulty (or no DV).

- If an element is credited one DV lower due to technical requirement failure and is later performed again in the exercise, it will then be considered as a repetition and no DV will be awarded.
- If an element is recognized as another element (from the Table of elements) due to failure to meet technical requirements and later the element is performed with correct technique, they may both receive DV.

Example 1: UB – Clear hip to handstand. If the gymnast does not reach handstand (within 10°), the element is devalued from C to B. In this case, it cannot be credited as “another” element in the Code of point as the element – clear hip not ended in handstand – does not exist in the Code. If performed correctly a second time, it would not receive any value

Example 2: FX - 2/1 turn on one foot – If the turn is incomplete, only 1/1 turn will be credited. Since 1/1 turn exists in the Code of points, she could performed the 2/1 a second time and if performed correctly, the gymnast would receive the value of the 2/1 turn.

FIG 5.3.3 Composition Requirements (2.50 P.)

Composition requirements are described in the respective Apparatus Articles. A maximum of 2.50 P. is possible.

- Only elements from the Table of elements (or CPP developmental skills) may fulfill CR.
- One element may fulfill more than one CR; however, an element may not be repeated to fulfill another CR.

CPP 5.3.4 CPP Bonus and Connection Value (CV)

CPP Bonus and Connection Value are listed in the CPP Main Charts.

In P1, there is no bonus.

In P2, P3 and P4, the maximum that can be awarded for bonus is 0.6

In P5, there is no maximum for bonus.

- If a bonus applies to a skill (any B for example), bonus is awarded if the value of the element is credited, even if there is a fall.
- In order to recognize a connection (C+C, for example), it must be performed without a fall.
- Bonuses are cumulative; unless specified, more than one bonus can be awarded for one skill.
- Unless specified in the charts, bonuses can be awarded more than once.

Example 1: Bonus awarded more than once

P4 – BB: + 0.2 any C

The bonus is awarded for every C element performed.

Example 2: All possible bonus will be given

Series: P3 – BB - back walkover – back handspring – backward salto tuck dismount –
+ 0.6 bonus awarded for:

- + 0.2 for acro series with one being a B with flight
- + 0.2 for any B
- + 0.2 for acro A or B directly connected to A salto dismount

Example 3: Bonus awarded in case of a fall and not awarded for a connection

P3 – BB: Back Walkover – Back handspring, Fall (one foot on BB before fall)

- + 0.2 for any B GIVEN (element receives DV, bonus given even with fall)
- + 0.2 acro series with one B flight NOT GIVEN (not given because series must be performed without fall to receive bonus)

Example 4: Bonus awarded even when execution is poor.

P2 – BB: + 0.2 Leap or jump with 180⁰ cross split

- The bonus is awarded if the element is credited. To be credited, the minimum leg separation (split) required is 135° (see Article 7). If the gymnast has the minimum leg separation required, the element is credited and the bonus is given. Execution deductions will of course be taken.

CPP Stuck Landing Bonus

- In CPP, the Stuck Landing Bonus of 0.10 P. is added to the final score. It applies to the following categories and events:
 - Provincial 1: UB and BB
 - Provincial 2-5: V, UB, BB
- On UB and BB, Bonus will be awarded if the value of the dismount performed is high enough to be rewarded by either 0.3 or 0.5 in the Dismount CR.
- On Vault, Bars, Beam, the purpose is to reward a landing, which is stuck rather than a landing, which is perfect. Stuck landing is defined as:
 - no movement of the feet except bringing the heels together to present
 - the feet must not be further apart than the length of the gymnast's foot.
- Code of Points deductions for additional movement to maintain balance and body posture on landing will apply. The Stuck Landing Bonus will be awarded provided the landing does not have a total deduction 0.30 or more. In case of a doubt, the bonus will not be awarded.

- FIG **Direct Connections** are those in which acrobatic and/or dance/acro-elements are performed without
- hesitation or stop between elements
 - extra step between elements
 - foot touching beam between elements
 - loss of balance between elements
 - additional arm/leg swing between elements

Indirect Connections (only in acrobatic lines on FX) are those in which directly connected acrobatic elements with flight phase and hand support (from Group 3, e.g. round-off, flic-flac, etc. as preparatory elements) are performed between saltos.

FIG **5.4 E-Score 10.0 (Performance)**

For perfection of execution and artistry of presentation, the gymnast may earn a score of **10.00 P**.

The E- Score includes deductions for faults in:

- Execution
- Artistry of presentation

These deductions for faults are described in the **Table of General Faults and Penalties** (Article 6), **Specific Apparatus Articles 8-11** and **Technique** (Article 7).

The Final Score Calculation: D- Score + E-Score* = Final Score

CPP

<u>D SCORE</u>	P1	P2	P3	P4	P5
Counting Elements	6	6	6	6	8
Value of Required Elements	0.5	n/a	n/a	n/a	n/a
Value of A Elements		0.1	0.1	0.1	0.1
Value of B Elements			0.2	0.2	0.2
Value of C Elements				0.3	0.3
Value of D Elements					0.4
Max possible DV	3.0	0.6	1.0	1.4	2.1
CR	0	2.5	2.5	2.5	2.5
Bonus	0	0.6	0.6	0.6	no max
Max D-Score	3.0	3.7	4.1	4.5	4.6 + bonus
<u>E-SCORE</u>					
Max score for Execution / Artistry	10	10	10	10	10
<u>MAX TOTAL SCORE</u>	13.0	13.7	14.1	14.5	14.6 + bonus
Neutral Deductions Deducted from Final Score	Minus Out of bounds of FX, overtime on BB and FX				
Stuck Bonus (V, UB, BB) Added to the final score	+0.1	+0.1	+0.1	+0.1	+0.1

Note: No stuck landing bonus for Vault – P1.

CPP **Deduction for Short Exercise**

If there are 3 counting / credited elements or less, the maximum E-Score that the gymnast may earn is 6.0 points.

The D-Panel will determine the number of elements: only elements that are credited are counted (repeated elements or elements with no value are not counted). If the routine is too short (3 elements or less for CPP), the D-Panel will take the appropriate deductions: the average E-deductions will be deducted from 6.0 points (instead of 10.0).

As a courtesy, the D-Panel will inform the judges on the E-Panel that a short routine deduction has been applied.

For example, a P3 gymnast performs:

UB: kip, cast to horizontal, squat on, jump to HB, swing forward / backward to straddle back over LB, kip then stops. She has only 2 counting elements: the first kip and the straddle back. If the E-Panel average deduction is 1.5, the E-Score will be 4.5 (6.0 minus 1.5).

CPP **5.5 Recognition of New Vaults and Elements**

The coaches and gymnasts are encouraged to submit new vaults and elements that have not yet been performed and/or do not yet appear in the Table of Elements of the FIG CoP. Coaches must submit the element on the appropriate form to the CPP Working Group.

FIG **5.6 FIG Code Updates**

After the Official FIG Competitions the FIG/WTC publishes a **Code Update** which includes

- all new elements and variations with a number and illustration.

The **Code Update** will be sent by the FIG Secretary General to all affiliated federations, including the effective date, from which time it is valid for all further FIG Competitions.

CPP When FIG updates are published mid-season, the CPP Working group will determine if the changes should be applied to the CPP immediately or if their application could be delayed until the next season.

Canadian Provincial Program Manual

ARTICLE 6 – Table of General Faults and Penalties

(Only the deductions being used at the Provincial Level are included in this table)		Small	Med.	Large	Very Large
Faults		0.10	0.30	0.50	0.80
Execution Faults					
– Bent arms or bent knees	each time	X	X	X	
– Leg or knee separations	each time	X	X shoulder width or +		
– Legs crossed during elements with twist	each time	X			
– Insufficient height of elements (external amplitude)	each time	X	X		
– Insufficient exactness of tuck, pike or stretch position	each time	X 90° hip angle	X hip angle 90°		
– Failure to maintain stretched body posture (UB, BB, FX) – piking too early	Each time	X	X		
– Hesitation during jumps, press or swing to handstand	each time	X			
– Deviation from straight direction (UB, BB, FX)	each time	X			
Body posture & leg position in elements					
– Body alignment	each time	X			
– Feet not pointed/relaxed	each time	X			
– Insufficient split in dance/acro element (non flight)	each time	X	X		
– Legs in split are not parallel to BB/FX (dance)	each time	X			
– Precision (each movement has a clear start and finish position. Movement has to demonstrate perfect control)	each time	X			
Throughout the entire exercise:					
– Insufficient dynamics		X	X		
• Energy maintained throughout the exercise creating an impression of ease of execution					
• To make the “very difficult” look effortless.					
• Lightness via strong extension, speed and					
• Quickness of achieving ultimate positions					
– Body Posture		X	X		
• Body alignment					
• Feet not pointed/relaxed					
• Feet turned in					
– Insufficient amplitude		X	X		
Landing Faults (all elements including dismounts)		If there is no fall, the maximum landing deduction may not exceed 0.80			
– Legs apart on landing	each time	X			
– Too close to the apparatus (UB & BB)		X	X		
– Movements to maintain balance:					
• extra arm swings		X			
• additional trunk movements to maintain balance	each time	X	X	X BB only	
• extra steps, slight hop	each time	X			
• very large step or jump (guideline – more than shoulder width)	each time		X		
• body posture fault	each time	X	X		
• deep squat	each time			X	
• brushing/touching apparatus/mat, but not falling against the apparatus	each time		X		
• support on mat or apparatus with 1 or 2 hands	each time				1.00
• fall on mat to knees or hips	each time				1.00
• fall on or against apparatus	each time				1.00

Canadian Provincial Program Manual

ARTICLE 6 – Table of General Faults and Penalties

Faults		Small	Med.	Large	Very Large
		0.10	0.30	0.50	More
By D-Panel Judges (D1 – D2)					
– Performance of connection with fall	UB, BB, FX				No CV
– Failure to land feet first from salto	each time				No DV, CV, CR
– Take-off outside the border markings	FX				No DV, CV, CR
– Failure to present to D panel Judges before and/or after exercise	Gym/Evt		X From final score		
Behavior of Coach					
– Spotting assistance (help)	UB, BB, FX each time				1.00 from Final Score No DV, CV, CR
– Spotting assistance (coach brushes gymnast on UB)	each time			0.50 from Final Score	
– Unauthorized remaining of coach on the podium	each time			0.50 from Final Score	
By D-panel (In Consultation with Competition Head Judge)					
Apparatus irregularities through:					
• failure to properly use safety collar mat for round-off entry vaults (see 8.4.2)	Gym/Evt				Invalid VT "0"
• failure to use supplementary landing mat	Gym/Evt			X	
• raising of apparatus without permission	Gym/Evt			X	
• placement of springboards on unpermitted surface	Gym/Evt			X	
• use of unpermitted supplementary mats	Gym/Evt			X	
• moving the supplementary mat (except on FX)	Gym/Evt			X	
Notification by D-Panel to Competition Head Judge					
– Non identical leotards (for gymnasts from same team) • taken 1 x from the apparatus where first recognize	Team		X		
– Incorrect or unaesthetic padding	Gym/Evt	X			
– Incorrect use of magnesia	Gym/Evt	X			
– Incorrect attire – leotard, jewelry	Gym/Evt		X		
– Competing in the incorrect order	Gym/Evt			1.00 from team total	
Written Notification by TIME JUDGE To D-Panel					
– Flagrant exceeding of touch warm-up time (after warning) • by Individuals	Team Gym/Evt		X X		FROM FINAL SCORE
– Failure to start within 30 sec. after green light is lit	Gym/Evt		X		
– Overtime (BB, FX)	Gym/Evt	X			
– Starting exercise when red light is lit	Gym/Evt				"0"
– Exceeding intermediate fall time (UB and BB)	Gym/Evt				Exercise ended

Landing Deduction (all events)

FIG has become very demanding on landings. A small step or hop is deducted 0.1. A large step (athlete's shoulder width or more) is deducted 0.3. If a gymnast does 2 or 3 large steps, she will be deducted 0.3 x the number of steps to a maximum deduction for landing of 0.8, if there is no fall.

UB, BB – Double bounce on the board before the mount

A double bounce on the board before the mount will be penalized as an extra swing – 0.5. The gymnast is always allowed to step into a jump.

ARTICLE 7 — Technical Element Recognition

(Adapted for CPP)

In order to recognize DV specific technical expectations are required.

All directives for angles of completion of elements are approximate and meant to serve as a guideline.

7.1 ALL APPARATUS

Body Position Requirements

Tucked

- < (less than) 90° hip and knee angle in salto & dance elements

Piked

- < 90° hip angle in salto & dance elements

Stretched

- The *layout* position is defined as straight, slightly hollow, or slightly arch body position, with absolutely NO angle at the hip (piking).
- Stretched position must be maintained a min. 3/4 of the salto
- On Vault, stretched body position must be maintained for a minimum of 360° BA rotation
- Piking down at the end of the salto will result in a deduction. (Failure to maintain stretch body position 0.1 or 0.3).
- If there is any angle at the hip during the salto, the salto is deemed “pike”.

7.1.1 Landings from Single Saltos with Twists

Elements with twists must be completed exactly or the Lower DV will be recognized*.

- as dismounts from UB and BB
- during the exercise on BB and FX
- all landings on VT

Note: The placement of the front hand (on back handsprings with 1/1 twist to cross sit support), or foot is decisive when awarding the difficulty value

*FX: When there is a salto with twist directly connected to another salto and in the first salto the turn is not completed exactly (but the gymnast is able to continue into the next element), the first element will NOT be devalued.

For under turning:

- 3/1 twist becomes 2½ twist
- 2½ twist becomes 2/1 twist
- 2/1 twist becomes 1½ twist
- 1½ twist becomes 1/1 twist

Falls on Landing

- with landing feet first – the DV is awarded
- without landing feet first – **No** DV is awarded

7.2 Balance Beam and Floor Exercise

7.2.1 Turns on One Leg are in increments of:

- 180° for BB
- 360° for FX

– **Turn recognition in dance elements**

- The turn must be completed exactly or the Lower DV will be recognized.
- In addition to the foot placement the position of the hip and shoulders should be taken into consideration.

– **For under turning on Support Leg:**

Example:

- 3/1 turn becomes 2/1 turn (FX)
- 2/1 turn becomes 1½ turn (BB)

– **Turn Considerations:**

- Must be performed on the toes.
- Have a fixed and well defined shape throughout the turn.
- The support leg whether stretched or bent does not change the value of the difficulty.
- Degree of rotation is determined once the heel and/or free leg drops (turn is considered finished).
- For turns on 1 leg requiring the free leg to be at a specific position, the position must be maintained throughout the turn.
- If the free leg is not in prescribed position - credit another element from the COP.

7.2.2 JUMPS, LEAPS, HOPS WITH TURNS ARE IN INCREMENTS OF:

- 180° for BB/FX

If landing on 2 feet - the placement of the front foot is decisive when awarding the difficulty value.

If landing on 1 foot - the position of the hip and shoulders are decisive.

Various techniques of jumps turns are permitted including piking, tucking or straddling the legs in the beginning, middle or end of the turn.

Definition:

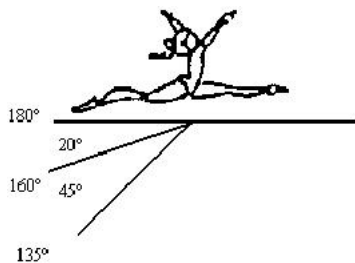
Leaps – take off from 1 foot to land on other or 2 feet

Hops – take off from 1 foot and land on the same foot or 2 feet

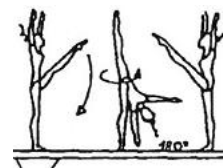
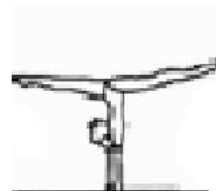
Jumps – take off from 2 feet and land on 1 or 2 feet

7.2.3 SPLIT REQUIREMENT

For missing degrees of leg separation (insufficient split) in Leaps, Jumps, Hops, Turns and Acro non flight elements:



- >0° – 20° deduct 0.10
- >20° – 45° deduct 0.30
- >45° (dance) credit another element from the COP or no DV



For Incorrect Leg Position

Legs not parallel to floor – deduct 0.10



7.3 REQUIREMENTS FOR SELECTED DANCE ELEMENTS

Scales (4.102) require 180° split, if less – no DV.

Split Leap with Leg Change

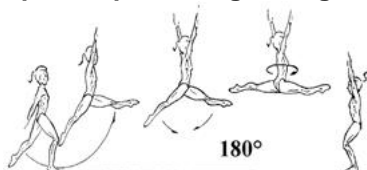


Requirement: free leg swing min. 45°, 180° split of legs

D- Panel

– If free leg swings less than 45° or is bent – credit Split Leap.

Split Leap with Leg Change with turn



Requirement: Must show cross split position

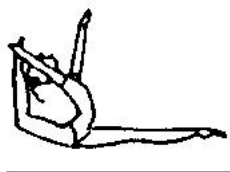
D- Panel

– If free leg swings less than 45° or is bent then credit – split leap with ½ turn
 – If Side Split is shown – credit side leap with leg change (Johnson)

Ring Leap/Change Leg Ring Leap with/without turn

Requirement:

- Y Upper back arch and head release with foot to head height
- Y 180° split of legs
- Y Front leg at horizontal



D -Panel

– Back foot below shoulder height and/or front leg below horizontal (> 10°) - credit one DV lower
 – No arch and release of head – credit split leap or split leap with leg change

E - Panel

– Insufficient arch position – 0.10
 – Foot of back leg to shoulder height – 0.10
 – Front leg is below horizontal – 0.10
 (incorrect leg position)

Note: Back Leg Bent or Straight is the same element

Sheep/Ring Jump

Requirement: Upper back arch and head release with feet almost touching head (Ring shape)



Reward DV

No DV

D – Panel

– No ring shape – No DV
 – No upper back arch and release of head – No DV

E - Panel

– Insufficient arch position (chest and/or hips) – 0.10
 – Insufficient closure of feet to head – 0.10
 – Legs apart – 0.10/0.30

Canadian Provincial Program Manual

Yang Bo



Requirement: Over split with front leg at least at horizontal

D - Panel

- No over split but both legs at horizontal - credit 1 DV lower
- Over split but front leg below horizontal ($> 10^\circ$) = Ring Jump
- No arch and release of head = Split jump or Sissone (if front leg below horizontal)
- No arch and release of head & no split (missing more than 45°) – No DV

E - Panel

- Insufficient arch position – 0.10
 - Over split, but front leg below horizontal (incorrect leg position) – 0.10
-

Tuck Jump with/without turn



Requirement: hip & knee angle at 45°

D - Panel

- $> 135^\circ$ hip angle – No DV

E - Panel

- Knees at horizontal – 0.10
 - Knees below horizontal – 0.30
-

Wolf Jump with/without turn



Requirement: hip angle at 45° , knees together

D - Panel

- $> 135^\circ$ hip angle – No DV

E - Panel

- Extended leg at horizontal – 0.10
 - Extended leg below horizontal – 0.30
-

Cat Leap with/without turn



Requirement: Evaluate the lowest knee position

D - Panel

- $> 135^\circ$ hip angle – No DV
- Lack of alternation – credit Tuck jump

E - Panel

- One or both legs at horizontal – 0.10
 - One or both legs below horizontal – 0.30
-

Straddle Pike Jump with/without turn



Requirement: Both legs above horizontal

D - Panel

- $> 135^\circ$ hip angle – No DV

E - Panel

- Legs at horizontal – 0.10
 - Legs below horizontal – 0.30
-

Execution deductions for body posture faults must be taken in addition to penalties assessed for amplitude.

7.4 UNEVEN BARS

7.4.1 Cast to Handstand – MODIFIED FROM FIG

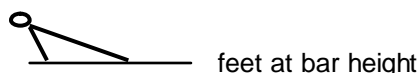
- Handstand position is considered reached when all body parts arrive within 10° of vertical
- Cast to Handstand (within 10° of vertical) are credited as A (legs straddled, body pike) or B element (legs together, straight body)

Clarification: **P1-P5:** Any cast performed to 45° from vertical or higher (towards handstand) can be done with legs together or straddled (body pike). If a straddle technique is used, the legs must come together at the end of the cast.

Cast – P1 Requirement: cast with feet at bar height

D - Panel

- If feet at bar height – credit DV
- If below bar height – No DV



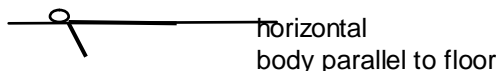
E- Panel

- Feet at bar height – No Deduction
- Feet below bar height – Deduct 0.10

Cast – P2 and P3 Requirement: cast to horizontal, legs together (unless performed to 45°+, see clarification above). Body must be parallel to the floor. Shoulder angle is not relevant.

D - Panel

- If cast to horizontal – credit DV (P2 only)
- If cast below horizontal – No DV



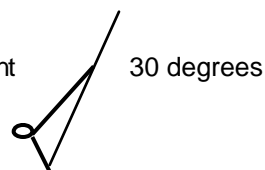
E- Panel

- Cast to horizontal – No Deduction
- Cast below horizontal – Deduct 0.10

Cast – P4 and P5 Requirement: cast to 30°

D - Panel

- If completed within 10° of HS – credit A or B element
- If completed more than 11° from HS – No DV



E- Panel

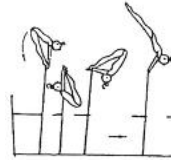
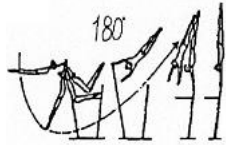
- > 10° – 30° – No Deduction
- > 30° – 45° – No Deduction
- > 45° – Deduct 0.10

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7.4.2 Circle elements without turn and flight elements from HB to LB – MODIFIED FROM FIG

Includes: clear hip circle, stalder, shoot over with ½ turn to LB

<p>Within 10° Between 10° to 45° Between 45° and horiz Below horiz</p>	<p>Credit FIG DV, no angle deduction One DV lower (as per FIG), no angle deduction (modified from FIG) One DV lower (as per FIG), angle deduction of 0.1 A element (becomes back hip circle or sole circle). No angle deduction because credited as an A element.</p>
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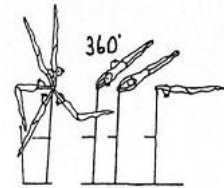
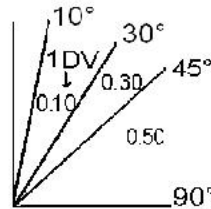
7.4.3 Swings – element with turns that do not reach HS and continue movement after turn completion in opposite direction (as per FIG)

D- Panel

If completed within 10° – Credit DV

E- Panel

- > 10° – 30° – 0.10
- > 30° – 45° – 0.30
- > 45° – 0.50



Swing elements with ½ turn: all body parts must reach horizontal to receive DV, otherwise NO DV will be credited.

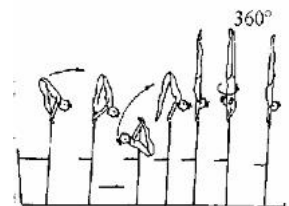
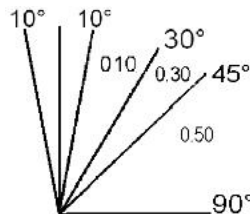
7.4.4 Circle elements with turns completed to HS and Cast with turns completed to HS (as per FIG)

D- Panel

In HS completed within 10° (either side) and turn occurs – Credit DV

E- Panel

- > 10° – 30° – 0.10
- > 30° – 45° – 0.30
- > 45° – 0.50



ARTICLE 8 – VAULT

FIG 8.1 General

- The gymnast is required to perform one or two vaults from the Table of Vaults. She is responsible for the flashing of the intended vault number prior to the beginning each vault.
- The recommended run distance is 25 meters. However, the run distance may be individually set.
- After receiving the green light or signal from the D1 judge, the gymnast executes the first vault and then returns to the end of the runway to post the number for her second vault. After the score of the first vault is flashed, she must be ready to immediately begin her second vault.
- The vault begins with a run, an arrival and take-off from the board on two feet from either a forward position or backward position
- No vault with sideward take-off or landing may be submitted.
- Beginning with the take-off, the vault phases are evaluated: pre-flight (1st flight), repulsion, flight (2nd flight) and landing. All vaults must be performed with repulsion by both hands from the vaulting table.
- Permitted running approaches, if the gymnast has not touched the springboard and/or the vaulting table, are: three approaches, when 2 vaults are required (fourth approach not permitted).
- The gymnast is required to properly use the "safety collar" supplied by the Organizing Committee for round-off entry vaults.

CPP • In P1, only the handspring to back on pile of mats is allowed. The list of execution deduction specific to this vault is in 8.7.

CPP • In P2 to P5, the list of allowed vaults and their value are included in the CPP Main Charts.

CPP • P1-P2 – Use of the mini-trampoline (under Provincial Jurisdiction)
It is up to each Province to decide if they allow the mini-tramp for vault in the P1-P2 Category. The deduction for the use of a mini-tramp is 1.5 P., taken from the final score of that vault. A beat board may be placed in front of the mini-tramp without deduction. However, the extra board becomes part of the apparatus. If on her attempt an athlete touches the board placed in front of the mini-trampoline but does not vault, she will receive a 0 (void vault).
In P1-P2, an athlete can also use 2 boards on top of each other. Alignment of the boards is optional (they do not need to sit perfectly on top of each other; the top board may sit on the middle of the bottom board). The deduction for use of 2 boards is 1.0 P., taken from the final score of that vault.

FIG 8.2 Vault Groups

The vaults are classified into the following groups:

- Group 1 – Vault without salto (Handspring, Yamashita, Round-off) with or without LA turn in 1st and/or 2nd flight phase
- Group 2 – Handspring forward with or without 1/1 turn (360°) in 1st flight phase – salto forward with or without LA turn in 2nd flight phase
- Group 3 – Handspring with ¼ - ½ turn (90° - 180°) in 1st flight phase (Tsukahara) – salto backward with or without LA turn in 2nd flight phase
- Group 4 – Round-off (Yurchenko) with or without 1/1 LA turn (360°) in 1st flight phase – salto backward with or without LA turn in 2nd flight phase.
- Group 5 – Round-off with ½ LA turn (180°) in 1st flight phase – salto forward with or without LA turn in 2nd flight phase

FIG 8.3 Requirements

- The **intended** vault number to be flashed (manually or electronically) before the vault is performed

CPP 8.3.1 Corridor Markings

In CPP, the lines for corridor markings are not used. These deductions are not applied.

8.4 Specific Apparatus Deductions (D-Panel)

All vaults are illustrated with a number. The gymnast is responsible for flashing the **intended** vault number. There is no penalty, if a different vault than the flashed vault is performed.

FIG	– Failure to flash the intended vault number* (no vault number flashed) * taken from the Final Score of the vault performed	0.30.P
FIG	– Touch with one hand (from Final Score)	2.00 P.
CPP	– Walking on the table in handstand (E-Score)	0.50 P. for each step

Performance of Invalid Vaults*

FIG	– Run approach with touch on the springboard or vaulting table, without execution of vault	Invalid -0 Score
FIG	– No touch on vault table	Invalid -0 Score
FIG	– During the vault • Any spotting assistance	Invalid -0 Score
FIG	– Failure to use the safety collar for round-off entry vaults	Invalid -0 Score
FIG	– Failure to land on feet first	Invalid -0 Score
CPP	– Head touching the vault table (or mat in P1)	Invalid -0 Score
CPP	– Performance of a restricted vault	Invalid -0 Score

***Note:** "0" score recorded by both D- and E- Panels

FIG 8.5 Method of Scoring

D-Panel: enters the Value of the performed vault

E-Panel: each judge evaluates the performed vault and enters their respective deductions total, e.g. -0.40 P. The score of the first vault must be flashed before the gymnast executes the second vault.

Canadian Provincial Program Manual

8.6 Specific Execution Deductions (E-Panel) – P2 to P5 Categories

Faults	0.10	0.30	0.50	0.80
First Flight Phase				
– Incomplete LA turn Gr 3 with ¼ (90°) turn Gr 1 & 5 with ½ (180°) turns Gr 1, 2 & 4 with 1/1 (360°) turns	45° 45° 45°	90° 90°	90°	
– Poor technique				
• hip angle	X	X		
• arch	X	X		
• leg or knee separation	X	X		
• knees bent	X	X	X	
Repulsion Phase				
– Poor technique				
• Staggered/alternate hand placement on forward entry vaults	X	X		
• shoulder angle	X	X		
• Failure to pass through vertical	X	X		
– Bent arms	X	X	X	
– Prescribed LA turn begun too early	X	X		
– (CPP) Walking on the table			X per step	
Second Flight Phase				
– Height	X	X	X	0.80
– Exactness of (LA) turn	X			
– Body position				
• failure to maintain stretched body <i>(pike down of stretched vaults)</i>	X	X		
• insufficient and/or late extension <i>(tuck and pike vaults)</i>	X	X		
• Insufficient tuck, pike	X	X		
– Legs				
• Crossed (from table 6)	X			
• Separated	X	X		
– Knees bent	X	X	X	
Distance				
– Insufficient length	X	X	X	
General				
– Insufficient Dynamics	X	X	X	
– Under rotation of salto without fall	X			
– Under rotation of salto with fall		X		
– Deviation from straight direction	X			

Falls: Second Flight

- with landing feet first, the vault is awarded
- without landing feet first, the vault is 0.00 P. (void)

Canadian Provincial Program Manual

8.7 Specific Execution Deductions (E-Panel) – P1 Category

Faults	0.10	0.30	0.50	0.80
First Flight Phase				
– Poor technique				
• hip angle	X	X		
• piked position to facilitate passage through vertical	X	X	X	
• arch	X	X		
• legs separated	X	X		
• knees bent	X	X	X	
• loose body in 1 st flight	X	X	X	
Repulsion Phase				
– Poor technique				
• Staggered/alternate hand placement	X	X		
• shoulder angle	X	X		
• Failure to pass through vertical	X	X		
– Bent arms	X	X	X	
Second Flight Phase				
– Height	X	X	X	0.80
– Legs				
• Crossed	X			
• Separated	X	X		
– Knees bent	X	X	X	
– Body position				
• failure to maintain stretched body (arch or pike body position)	X	X	X	
• loose body in 2 nd flight	X	X	X	
– Distance - Insufficient length	X	X	X	
Landing				
– Deviation from straight direction	X			
– Legs apart on landing	X			
– Body posture fault	X	X		
General				
– Insufficient Dynamics	X	X	X	

8.8 CPP NOTES

½ on ½ off with incomplete LA turn in second flight

FIG principles will apply. If the second ½ turn (second flight) is incomplete, the vault has NO value as a ½ on is not a vault in the Code of Points or on the CPP list of vaults.

ARTICLE 9 — Uneven Bars

FIG **9.1 General**

- CPP
mod
- The evaluation of the exercise begins with the take off from the board or the mat.
 - A second run approach for the mount is permitted, if the gymnast on her first attempt (balk) has not touched the springboard, the apparatus, or run underneath the apparatus. After a 2nd unsuccessful attempt to mount she should begin the exercise. A 3rd attempt is not permitted.
- CPP
mod
- During a fall from the apparatus, an interruption of 30 seconds is allowed (the timing starts when the gymnast is on her feet after the fall) before the gymnast must remount the uneven bars to continue the exercise. The elapsed time during the fall will be counted out loud by the assistant. If the gymnast does not remount the uneven bars by the 30 second time limit, the exercise is considered as terminated. The D1 will announce that the exercise is considered ended.

FIG **9.2 Content and Construction of the Exercise**

The value parts should represent a variety of the following categories of movement:

- Circle and Swings
 - Giant Circles backward
 - Giant Circles forward
 - Swings & Clear Hip Circles
 - Stalders Forward/Backward
 - Pike Circles Forward/Backward
- Flights
 - flight from HB to grasp on LB (or reversed)
 - counter flight (over the bar)
 - vaults
 - hechts
 - saltos

CPP **9.3 Composition Requirement (D-Panel)**

See CPP Main Charts for list per category.

CPP **9.4 CPP Bonus and Connection Value (CV) (D-Panel)**

See CPP Main Charts for list per category.

Empty swing – The concept of empty swing is not applied in CPP. Therefore, there will be no empty swing deduction for the swing forward before straddle back or uprise, for example. Amplitude deduction for the swing forward will be applied if the swing is below horizontal

Intermediate swing = pump swing from a front support and/or a long swing not needed in order to perform the next element. If the gymnast performs more than one extra swing after performing an element, the deduction is taken only once.

FIG 9.5 Specific Execution Deductions (E-Panel)

Faults	0.10	0.30	0.50 or more
– Run approaches:			
• Run approach with touch on springboard or UB without mounting			1.0
• 2 nd unsuccessful attempt to mount			1.0
– Adjusted grip position	X		
– Brush on apparatus with feet		X	
– Brush on mat			0.5
– Hit on apparatus with feet			0.5
– Hit on mat with feet			1.0
– Uncharacteristic Movement E.g. Legs split before arrival in Handstand		X	
– Poor rhythm in elements	X		
– Insufficient height of flight elements	X	X	
– Under rotation of flight elements	X		
– Insufficient extension in kips	X		
– Intermediate swing			0.5
– Angle of completion of elements	X	X	X
– Amplitude of:			
• Swing fwd or bwd under horizontal	X		
• Cast (modified from FIG)	X		
– More than 2 of the same elements directly connected to the dismount	X		
– No attempt to dismount*			0.5

***Dismount with fall:**

Example 1: Flyaway with no rotation to land on back or feet (no initiation of salto)

Evaluation:

- No CR (D-Panel)
- No DV (count one less element – 5 for P2 to P4, 7 for P5) (D-Panel)
- 1.00 Fall (E-Panel)
- 0.50 No attempt to dismount (E-Panel)

If the salto for the dismount has begun and then the fall occurs:

Example 2: Flyaway salto backward tuck with failure to land feet first

Evaluation:

- No CR (D-Panel)
- No DV (count one less element) (D-Panel)
- 1.00 Fall (E-Panel)

FIG 9.6 Notes

Falls – Flight Elements

- with grasp of both hands (momentary hang) on the bar, the DV is awarded
- without grasp of both hands on the bar – **No** DV is awarded

CPP 9.7 CPP NOTES

P3 - Cast to horizontal, legs together

- In P1 and P3, the cast must reach a minimum height (feet at bar height in P1 and horizontal in P3) with legs together to meet the CR requirement. However, if the cast is done to minimum 45 degrees, it can be done with legs straddled/pike hips technique and will meet the requirement. This is explained in the CPP Main Charts in the UB table and applies to all categories in CPP. The order (lower requirement to higher requirement) is as follows:
 - Cast with feet at bar height (legs together)
 - Cast to horizontal (legs together)
 - Cast to 45° (straddled or legs together)
 - Cast to 30° (straddled or legs together)
 - Cast to Handstand (A or B value)
- If a cast with feet at bar height is required, any of the casts listed will meet the requirement.
- If a cast to horizontal is required, the cast to horizontal and any of the casts listed below it will meet the requirement... and so on.

UB – Cast with straddled legs / pike hips technique

- In order to receive value, the legs must come together at the end of the cast. This is a FIG rule. The value given (A value if in handstand or credit for a cast to 45° or 30°) will depend on the angle of the body (line feet-hands) when the legs finally come together.

For example: a gymnast cast with straddled legs, pike hips technique; her hands and hips are vertical (HS) on top of the bar but her legs remain in split. As she swings down between the bars, her legs come together and the ankles touch at a 45° angle. A cast to 45° will be credited.

- If her legs remains straddled, no value is given and a deduction for legs apart (0.1 or 0.3) is also applied.
- Coaches and Judges must however make the difference between a cast with straight body done with legs apart (technical fault with deductions for legs apart) and a cast with straddled legs / pike hip technique.

Shoot over with ½ turn to Handstand on LB

- In the FIG Code of points, the shoot to handstand is recognized as a D element. If it is not performed to finish within 10° from handstand, the element is devalued to a C element (see article 7). Since the P3 athletes were allowed to perform this skill in past seasons, it will not be a restricted skill. However, as per CPP rules, only a B element can be credited. (See article 5).

Remounting bars after a fall

- Coaches should ideally educate their athletes to remount bars appropriately after a fall (resume her exercise with a kip on LB and move on). However, since there can be a lot of added deductions (cast not high enough, etc.), some athletes will prefer remounting with a pull over - This should not be deducted.
- However, in P2, the pull over on HB is a Developmental skill. Judges will need to use their own judgment to determine if the athlete was using the pull over as an A element or as a means to go back up on HB.

Front support, Reverse Kip to Hang

- Some athletes use this element before straddle back or uprise. The element has no value, will receive amplitude deductions (if swing is below horizontal) but, in CPP, will not receive any additional deductions for extra swing or empty swing.

Sole circle twice in a row

- If a gymnast performs 2 sole circles in a row, it will be considered as an extra swing – 0.5 deduction. If she did more than 2 in a row, the FIG rule for extra swing would apply – the extra swing is taken ONCE per occurrence (only 0.5 would be taken, whether she does 2, 3 or 4 sole circles in a row).

Glide ½ turn

- The glide ½ turn has no value but no deduction will be applied (as per FIG). The kip that would follow will

Canadian Provincial Program Manual

receive DV (A element) provided that it is the first time being performed in the routine.

P2 – Swing to horizontal

- This element is no longer recognized as a developmental A element. If performed, it will be deducted as an intermediate/extra swing in all categories.

P2-P4 Bar change without a value

- The bar change is the jump from LB to HB; the squat on or sole circle is considered as the element that precedes the bar change. In CPP, we will request that the athlete completes the preceding element before jumping to catch the HB.
- In P2, if an athlete does squat on and falls, crawls up and jumps to HB, the bar change will NOT be awarded; if she repeats the squat on and successfully catches HB, the bar change will be awarded.
- In P3, the element that precedes the bar change does not need value. A squat on will meet the CR requirement, provided it is connected to the bar change without a fall

Example:

Squat on – jump catch HB meets the requirement

Squat on – fall – climb on LB and jump to catch HB will NOT meet the requirement

- In P4, the element that precedes the bar change must have a value. A squat on will NOT meet the CR requirement. A sole circle, which is an A element, will meet the requirement.

Example:

Sole circle – jump to catch HB meets the requirement

Sole circle – fall – climb on LB and jump to catch HB will NOT meet the requirement

Squat on – jump catch HB will NOT meet the requirement

P3-P5 Underswing dismount

- The Underswing dismount with or without support of the feet without ½ turn has no value for P3-P5. If performed, the deductions will be:
 - CR for dismount: 0.0 awarded
 - No attempt at dismount: 0.5
 - 5 or 7 elements counted toward DV (as dismount must be counted in the Top 6 or Top 8)
 - Fall or applicable landing deductions

P2-P5 DV for Circle Elements

- In the 2009 version of the Code of points, circle elements are devalued if not completed within 10° of handstand. Since the element is devalued (it does not appear as an element on its own with lesser value in the Code of point), it cannot be credited twice. For example, the clear hip to handstand (C value) and clear hip to 11 degrees (devalued to B) can only be credited once, if both elements are performed. The element will be credited in chronological order (the first one performed will count toward DV).

Clear hip to Handstand / Back hip circle

- The value given to the clear hip (and stalder) varies according to the angle of completion at the end of the element
 - Completed within 10° of handstand = C value given
 - Completed between 11° and horizontal = B value given
 - Completed below horizontal = A value given, same element as a back hip circleAngle of completion deductions are explained in Article 7.
- If the gymnast falls over on the way up, without reaching handstand (not within 10 degrees), the free hip has NO value.
- If the gymnast performs 2 free hips, she receives credit only for the first one performed. If the 1st free hip performed is a B, the gymnast receives credit for a B element. If she performs a free hip to handstand (C value) immediately after or later in the routine, the 2nd free hip does not count as it has no value (repeated element). See explanation of FIG rule above. However, a free hip and a back hip circle are 2 different elements.

ARTICLE 10 — Balance Beam

FIG 10.1 General

- The evaluation of the exercise begins with the take-off from the board or the mat.
- A second run approach for the mount is permitted, if the gymnast on her first attempt (balk) has not touched the springboard, the apparatus, or run underneath the apparatus. After a 2nd unsuccessful attempt to mount she should begin the exercise. "Mount not from the table of elements" (P4 and P5) deduction will apply, but no additional penalty if she has not touched the springboard, the apparatus or run underneath the apparatus. A 3rd attempt is not permitted.
- The duration of the exercise on the balance beam may not exceed 1:30 minutes (90 seconds).
- In P1 category ONLY, the routine may not exceed 1 minute (60 seconds). The following rules about timing and intermediate fall will apply but 30 seconds earlier.

CPP
mod

FIG Timing:

- The Assistant begins timing when the gymnast takes-off from the springboard or mat. She stops the clock when the gymnast touches the mat upon completion of her beam exercise.
- A signal (bell in Canada) will be communicated ten (10) seconds prior to the maximum time limit and again at the maximum time limit to indicate that the exercise is to be finished.
- If the dismount lands at the sound of the second signal, there is no deduction.
- If the dismount lands after the sound of the second signal, there is a deduction for exceeding the time limit. The judges evaluate the entire exercise including the dismount.
- The deduction for overtime will be taken, if the exercise is more than 1:30 minutes (90 sec.), deduct 0.10P
- Elements performed after the 90 second time limit will be recognized by the D- Panel and evaluated by the E- Panel.

Time violations are reported in writing by the respective Time Judge to the D1 Judge, who then takes the deduction from the Final Score.

FIG Intermediate (*Fall*) Time:

- For interruption of the exercise due to a fall from the apparatus, an intermediate time period of ten (10) seconds is allowed (the timing starts when the gymnast is on her feet after the fall). The duration of the fall is timed separately; it will not be calculated in the total time of the exercise.
- The D2 judge will ensure that the Beam timer communicates the elapsing time by counting out loud the 10 second limit (i.e. 1,2,3,...10)
- The fall period ends when the gymnast takes-off from the mat to remount the beam.
- After remounting the beam the resumption of timing begins with the first movement to continue the exercise.
- At the count of 10, a final verbal warning signal of "Time" will be announced clearly and loudly by the timer. If the gymnast does not remount the beam by the 10 second time limit, the exercise is considered as terminated. The D1 will also announce that the exercise is ended.

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FIG 10.2 Content and Construction of the Exercise

The **difficulty** value should represent a variety of the categories of movement:

- Acrobatic elements with or without
 - hand support
 - flight phase
- Dance
 - leaps, jumps and hops
 - turns
 - body waves
 - holds (in stand, sit and lying position)

CPP 10.3 Composition Requirement (D-Panel)

See CPP Main Chart for list per category.

CPP 10.4 CPP Bonus and Connection Value (CV) (D-Panel)

See CPP Main Charts for list per category.

- An acrobatic element can be performed only two (2) times within the same series for CV, but may not receive Difficulty Value (DV) credit a second time.
- The following B-acro elements with hand support and flight
 - flic-flac with legs together
 - flic-flac with step-out
 - gainer flic-flac
 - round-off
 - handspring forward

can be performed a second time in the exercise and/or dismount to receive CV.

CPP mod 10.5 Artistry Deductions (E-Panel) (different than FIG)

Faults	0.10	0.30	0.50 or more
- Insufficient variation in rhythm	x		
- Sureness of performance <i>FIG defines as: confidence in technique and presentation; unwavering execution of elements. Major lack of balance (0.3/0.5) and fall can be used as guidelines.</i>	x		
- Insufficient artistry of presentation throughout the exercise including: <ul style="list-style-type: none"> • Lack of creative choreography <i>originality of composition of elements and movements</i> 	x		
- Inappropriate gesture or mimic not corresponding to the movements	x		

10.6 Specific Execution Deductions (E-Panel)

Faults	0.10	0.30	0.50 or more
- Run approaches <ul style="list-style-type: none"> • Run approach with touch on springboard or BB without mounting • 2rd unsuccessful attempt to mount 			1.0 1.0
- Additional support of leg against the side-surface of the beam		x	
- Failure to meet the technical requirement of the element through use of the additional support		x	
- Grasp on beam in order to avoid a fall			0.50
- Additional movements to maintain balance	x	x	0.50
- Concentration pause (<i>longer than 2 seconds</i>)	x		
- Excessive preparation into dance elements	x		
- One sided use of elements: <ul style="list-style-type: none"> • More than one ½ turn on 2 feet with straight legs throughout the exercise – P2 to P5 	x		
- Insufficient use of entire beam apparatus: <ul style="list-style-type: none"> • missing one movement close to the beam with a part of the torso (including thigh) and/or head touching the beam (element not necessary) 	x		
- Poor rhythm in connections	ea x		
- Mount not from table (P4 and P5 only)	x		
- No attempt to dismount*			0.50

FIG 10.7 FIG Notes

Falls – Acro and Dance Elements – Must return to beam with foot or torso

- with a landing of one or two feet or in prescribed position on the beam – the DV is awarded
- without a landing of one or two feet or in prescribed position on the beam – **No** DV is awarded

Mounts

- Only a Roundoff may precede the mount
- Mount elements (rolls, handstand and holds) may be performed within the routine but receive difficulty value only once for the same element.

Holds

- Handstands (without turns) & Holds must be held for 2 sec., when prescribed in the table of elements in order to receive DV. If the element is not held for 2 sec. and does not appear as another element in Code award 1 DV lower (Handstand or Hold position should be completed).
- For CV “Hold” acro elements (with flight) may be used as the second element in an Acro series.

Jumps performed in Side position

- Jumps with 1/1 turn or more performed in side position will be awarded 1 DV higher than in cross position (except 2.209, 2.309). If the same element is performed in cross and in side position, the DV is awarded one time only and in chronological order. (Jumps with start from side position and finish in cross position, or vice versa – consider as elements performed in cross position).

10.8 CPP NOTES

P4 – No Acro C's in Series Restriction

- The restriction “No acro C's in series” applies only to acro series. Acro C elements can be included in a mixed series without deduction. For example, the mixed series switch split – back tuck (C+C) is allowed. However, the acro series back walkover – back tuck (A+C) is restricted.

Hold Elements as mount or in routine

- Elements done in routine will get same value as if they were done as mounts (provided they meet the technical requirements). This applies to V-sit (B element), press to handstand (B element) or planches (C elements). They will however receive DV only once (V sit done as mount and V-sit in routine = same element).

Press to handstand mount held 2 seconds

- To receive B value, the athlete must show handstand position for 2 seconds (no movement). If the handstand is not held for 2 seconds, the mount will receive A value. If the element does not return to the BB (handstand held or not), the mount has no value.

Difficulty value - Summary:

A press to handstand, held 2 sec return to the beam is a B element.

If not held to 2 sec but still returns to the beam, it is an A element.

If the athlete falls over without returning to the BB, the press to handstand receives NO value.

Press to handstand vs Kick to handstand

- Press to handstand and kick to handstand are 2 different elements in the Code. If a P2 athlete does press to handstand as a mount, she can count a kick to handstand done later as one of her acro elements since they are recognized as two different elements in the Code.

P3 Handstand held 2 seconds or not

- The handstand not held can be used as the first element of a backward acro series. If performed:
 - CR for acro series awarded
 - The handstand has no DV
 - The handstand will not count as an acro element in different direction as it has no value.

Rolls / Acro Elements in different direction

- Since rolls backward and simple rolls forward (with hand support, no flight) have no value, a forward roll or backward roll will not fulfill the CR of Acro Elements in different direction.
- However, if the element exists in the CoP (back extension to handstand – element # 5.203, for example), the element can be used as an element in a different direction. This is different than FIG.

Acro Elements in different directions

- Elements must be performed ON the beam. It does not include mount or dismount.
- In P2, the CR only states: 2 acro elements in different directions. It is not mandatory to have a bwd element. A forward and sideward would meet the requirement (for example: handstand and cartwheel).
- In the P3-P5 categories, the CR specifies the directions of the elements: Acro elements in different directions (backward AND sideward / forward). A front walkover and roundoff WOULD NOT fulfill the CR in P3-P5.

V Sit on BB

The V-Sit is a B element on BB, whether done legs together or straddled

BB, FX – Gym Series/Passage

- The gym series/passage for all categories must include 2 different elements that have a value.
- In P1 and P2, lists of developmental jumps and leaps have been added so that gymnasts with limited experience have a better choice. The lists are included in the Main Chart and include the following elements: straight jump, tuck jump, stag leap, etc.
- However, the developmental lists of jumps, leaps and hops do not apply in P3 to P5. In the higher level categories, gymnasts are expected to use the FIG list of jumps, leaps and hop (both on BB and FX).
- For example, in P3 on BB, the gym series - split leap, tuck jump – cannot count because the tuck jump is not an element with value. The athlete then loses the value of the CR gym series (0.5). In this example, the tuck jump needs to be replaced with an element with a FIG “A” value, like wolf jump.

BB – Crediting the value of an element when there is a fall

- On BB, in case of a fall, the difficulty will be credited if the landing is done on one or two feet in the prescribed position on the beam.
- For example, to receive credit for a cartwheel, the gymnast must land with one foot on top of the beam (in the prescribed position) before the fall occurs. If she touches the beam with her toes but is unable to place her foot in the prescribed position, or if the foot immediately slides off the side of the beam, the value is not credited.

ARTICLE 11 — Floor Exercise

FIG **11.1 General**

- The evaluation of the exercise begins with the first movement of the gymnast. The duration of the floor exercise may not exceed 1:30 minutes (90 seconds).

Music

The floor exercise music CD will be given to the competition administration – One CD per athlete. The following information must be written on the CD: name, category, club.

The musical accompaniment with orchestration, piano or other instruments (the voice maybe used as an instrument without word/s) occurs through a recording.

- The music has to have the characteristics of a FX exercise: clear and a well defined structure.
- Absence of music or music with words) **1.00 P** taken by the D- Panel from the Final Score.

FIG **Timing:**

The assistant begins timing, when the gymnast begins with the first movement of her floor exercise. The assistant stops timing, when the gymnast ends her floor exercise with the last position. The exercise is to be ended with the music.

- The deduction for overtime of 0.10 P. will be taken, if the exercise is more than 1:30 minutes (90 sec.)
- Elements performed after the 90 second time limit will be recognized by the D- Panel and evaluated by the E- Panel.

FIG **Border Markings:**

Exceeding the prescribed floor area (12 X 12 m), that is touching on the floor with any part of the body outside of the border marking, will result in a deduction

- One step outside boundary with foot/hand – 0.10 P.
- Step outside with both feet/hands or body part or landing
With both feet on the line slightly outside (1st contact) – 0.30 P.
- Land completely outside of the border markings – 0.50 P.

Both time and line violations are reported in writing by the respective Time and Line Judge to the D1- Judge, who then takes the deduction from the Final Score.

FIG **11.2 Content and Construction of the Exercise**

The maximum number of acro lines with salto is four (4): any difficulty in subsequent acro lines will not be counted for DV.

An Acro Line may consist of a min of one flight element without hand support and take off 2 feet (rebound)

- Including mix connections (roundoff - straddle jump – fwd salto tuck)
- Failure to land feet first from salto will still be considered an acro line.

Example:

1. Single salto with take off from 2 feet
2. A direct or indirect connection of saltos (at least one with take off from 2 feet)
3. Mixed connections (jumps or leaps) with salto (with take off from 2 feet).

The following do not constitute an acro line:

- Salto with take off from one foot (maybe used to fulfill CR- except DMT CR or bonus) - e.g.: front aerial
- Salto without rebound (standing back salto tuck, for example)
- Acro or mixed connection of flight elements with hand support – e.g. round-off, back handspring This definition does not apply P1 and P2 for which CR does not always require saltos to meet the requirement.

The difficulty value should represent a variety of the categories of movement:

- Acrobatic Elements
 - rolls
 - handstands
 - hand support elements with or without flight phase and
 - saltos
- Dance
 - leaps, jumps and hops
 - turns

CPP 11.3 Composition Requirement (D-Panel)

See CPP Main Charts for list per category.

11.4 CPP Bonus and Connection Value (CV) (D-Panel)

See CPP Main Charts for list per category.

11.5 Artistry Deductions (E-Panel) (different than FIG)

Faults	0.10	0.30	0.50
- Insufficient artistry of presentation throughout the exercise including: <ul style="list-style-type: none"> • Lack of Creative choreography <i>originality of composition of elements and movements</i> 	X		
- Insufficient variation in rhythm	X		
- Music <ul style="list-style-type: none"> • Poor relationship between music and movement 	X		
- Inappropriate gesture or mimic not corresponding to the music or to the movements	X		

11.5 Specific Apparatus Deductions (E-Panel)

Faults	0.10	0.30	0.50
- Concentration pause prior to acrobatic lines <i>(more than 2 seconds)</i>	Ea X		
- Excessive preparation for a dance element	Ea X		
- One sided use of elements: <ul style="list-style-type: none"> • More than one leap/jump/hop element to prone position 	X		
- Missing turn on one foot (only applies to P4 and P5)		X	
- Lack of movement close to the floor with a part of the torso (including thigh)and/or head touching the floor <i>(element not necessary)</i>	X		
- No attempt to dismount			X

11.8 FIG Notes

Additional FIG notes

Canadian Provincial Program Manual

- In the attempt to perform a 2/1 turn with leg at horizontal (C):
The gymnast's free leg drops below horizontal after the 1st 360° rotation, but a 720° is completed. The DV that can be considered is either as a 2/1 turn (2.201) with optional leg position or a 360° turn with leg at horizontal (2.202). If both turns are in one exercise, two DVs can be awarded, in favour of the gymnast.

11.9 CPP NOTES

P2-Acro Lines

- 2 acro lines are required as part of the the CR. To receive credit for the 2 acro lines and dismount CRs, the athlete must perform a minimum of 2 acro lines (min 3 elements in each, or 2 flight elements with one being a salto for the second acro line); the second acro line must have at least ONE non repeated element.
- The dismount CR must be an acro element either included in an acro line or a single acro element.
- The last eligible element - i.e. the last acro element performed that has DV (FIG or developmental) is used to determine the value of the dismount CR. It can be a salto or an acro element without flight. If the last eligible element is repeated, no dismount CR is awarded.
- Elements that have no value FIG or developmental (fwd roll, for example) have no impact on the value awarded to the dismount CR. They can be included in the routine after the last counting acro element without negative consequences.

Example 1:

- 1st line: rd-ff-layout – CR #3 ok
- 2nd line: fwd salto tuck -rd-ff – CR #4 ok

CR Dismount is awarded 0.5 – for A salto dismount

Example 2:

- 1st line: rd-ff-layout – CR #3 ok
- 2nd line: fwd salto tuck -rd-ff – CR #4 ok
- In choreography, at the end of the routine: Roundoff-straddle jump

CR Dismount is awarded + 0.0, as the roundoff is the last eligible element, but is repeated, so has no value.

P3-P5 - Dismount CR

- No dismount will be credited if there is only one acro line is performed.
- For the dismount CR, the last salto (two foot take off, from rebound) is used, provided it is not in the 1st acro line. Additional acro elements performed after the last salto do not affect the value awarded to the dismount CR. For example, a gymnast could do rd-straddle jump after her last salto. Only Salto are used for dismount CR purposes.
- If the last line is a combo (2 salto), the salto with the highest value will be used. For example:
Rd-ff-1 ½ twist bwd – punch fwd salto tuck. The C salto will be used to determine the value of the dismount CR.

Example 1: P4:

- 1st line (and only line in the routine): front tuck rd-ff-1/1 twist – CR #2, #3, #4 are OK

No CR Dismount awarded (0.0), as the dismount cannot be part of the 1st acro line.

The deduction "No attempt to dismount" (0.5 P.) is also applied.

Gym Passage

- FIG defines a passage as a large traveling movement that flows.
- In P2-P5, the 2 different leaps must be performed in direct or indirect connection; one of the leaps must show 180° cross split.
- Indirect connection means that "running steps, small leaps, hops, chasse or chaine turns can be used between the leaps. But NO walking allowed.

Landing Deduction – Lunge

- On floor, the men's concept of stuck landing is now applied to women's gymnastics.

Canadian Provincial Program Manual

- When the landing must be done on 2 feet (landing of salto, for example), every step following the landing is deducted. A step (even controlled) into a lunge is deducted 0.1 or 0.3, according to the length of the step.
- A lunge is an acceptable landing position for certain elements such as cartwheels, walkovers, BHS step out, layout step out, etc. In those cases, there is no deduction for landing in a lunge position, since this is the proper landing position, required by the Code of points.
- There is no deduction in the Code of points for “landing in a lunge”. There is instead a landing deduction for “step upon landing to maintain balance”. So, if an athlete does rd-bhs-bhs step out, there is NO deduction for landing in a lunge, since this is an acceptable landing position for a bhs step out. However, from that lunge position, if she had too much speed and needed to step or hop backward, then this step or hop would be a landing deduction of 0.1 or 0.3 (according to length of step).

Landing Deduction – Acro line ending with Straight Jump

- In P1-P3, athletes may end an acro line with a controlled straight jump. The straight jump is allowed and landing deductions (steps, step into lunge) are only taken if the straight jump is not stuck. Deductions for body position, height or legs bent or apart in the jump can also be applied, of course.
- Example: rd-bhs-bhs-straight jump...
If the landing of the straight jump is stuck = no landing deduction
If after landing the straight jump (2 foot landing), the athlete steps into a lunge, then a landing deduction of 0.1 or 0.3 is taken.

FX – Aerials

- The FIG rule applies. Aerials are saltos. Aerials will meet the Composition Requirement of “two saltos in different directions”. However, an aerial is not an “acro line”. An acro line must include a salto with take off from 2 feet, with rebound.
- So, every time the description includes the expression “acro line”, an aerial will not meet the requirement. As well, for the Dismount CR, the salto must be with 2 feet take off, with rebound.

Examples:

P2: Aerials can be used in CR #3 and #4 (Acro lines of 3 elements), as no salto is required to meet the requirement. The acro line Side aerial–bhs–bhs would meet the requirement for either CR #3 or #4 and would receive 0.2 in bonus (+0.2 for each salto or aerials)

P3: Aerials cannot be used to meet any of the CR because the minimum requirement is an acro line which includes a salto (2 feet take-off, with rebound). Aerials cannot be used for the dismount CR either. Since all possible bonuses include the expression “acro line”, aerials cannot be used to get any bonuses either.

P4-P5: As per FIG, Aerials can be used to meet CR #3 (2 salto in different direction). Some gymnasts will use front aerial to meet the requirement of a different direction. Aerials will not meet any other CR or bonus.

CPP **APPENDIX 1 – CPP PROVINCIAL 1**

For the P1 category, FIG principles will apply, unless stated otherwise.

Equipment

- The height of the apparatus is indicated in the GCG document *“Equipment Specifications and Measurements Procedures”*.
- As per FIG rules, the gymnast must use a supplementary mat for landing the dismount on UB and BB. The minimum height of the additional mat is 10 cm (FIG rule). Mats 10, 15 or 20 cm as well as a 20 cm safety mat are allowed.
- A 10 cm mat can be put over the vault table and stacked mats (overlap both the vault table and the stack of mats) to prevent gymnasts from landing directly on the vaulting table. The 10 cm mat can be adjusted for each gymnast.
- On floor, the supplementary mat can only be used for saltos.

Required Elements (RE)

- On V, the compulsory vault is worth 3.0.
- On UB, BB and FX, athlete must perform 6 Required Elements (RE) to get the maximum difficulty value (DV) of 3.0 P.
- Each RE is worth 0.5 P.
- On BB and FX, some RE are comprised of 2 elements.
- Unless a choice is given, elements must be performed as written to be recognized.
- In P1 only, the RE will be awarded even if the element is repeated. For example, the gymnast on BB does straight jump at the beginning of the routine and later on does her dance series (straight jump – tuck jump). The FIG rule would be to not recognize the straight jump because it is repeated. In P1 only, the dance series, even if one element is repeated, will be awarded.

Elements Allowed or Restricted

- Gymnasts are not limited to the 6 RE. They can incorporate additional elements in their routine. Additional elements will not increase the value of the routine and will be deducted for execution faults. Gymnasts are encouraged to add elements that are well executed.
- Additional elements cannot replace any RE. For example, a full turn on BB will not replace the 2 x 180° turns; a switch split on FX will not replace the stride leap.
- Restricted elements will receive a 1.0 deduction off the final score (same as the other CPP categories). Execution deductions will be taken in addition to the restricted element deduction.

VAULT

- The handspring to back on a stack of mats is the mandatory vault. It is the only vault accepted. If any other vault is performed, the attempt will be void.
- The list of deductions for P1 Vault is under article 8 of the manual.
- The coach is not authorized to stand between the board and the vault table/stack of mats.
- After their vault, gymnasts are encouraged to present to judges in a seated position on the mats.

UNEVEN BARS

- Additional FIG or developmental A value elements are allowed. Elements performed to maximum amplitude are also allowed even if the value changes (cast to handstand, for example).
- On bars, the presence of the coach on the mat is authorized at all time (anywhere on the mat, including between the bars).
- On bars, the order of the elements can be modified. The back hip circle can be done on LB or HB or both, since additional A elements are allowed.
- Any cast, not necessarily the first cast performed, may meet the requirement of cast to feet at bar height.
- Additional mats can be put under the rails. They must always be available for the dismount.

BALANCE BEAM

- Additional FIG or developmental A value acro elements are allowed. Dance skills of any value are allowed. Acro hold elements are also allowed on BB (press to handstand or Vsit, for example).
- On beam, the coach may remove the board but must leave right away. The coach is not authorized to stand on the mat. If he/she does, the FIG deduction will be applied.
- The time limit for a routine is different in P1 than it is from FIG. The maximum allowed time is 60 seconds.

½ turn followed by Pivot Turn (RE: 0.5)

- Cannot be replaced by a full turn.
- Will be credited even if there is a pivot turn was done previously in the routine.
- The RE will be credited even if there is a wobble between the 2 x 180⁰ turns.
- If the gymnast falls after the first 180⁰ turn, she MUST redo the first 180⁰ turn before the pivot turn to get the RE. If she does it successfully the second time, the RE will be credited.

Dance Series (RE: 0.5 for the series)

- Gymnasts can choose the elements included in their dance series. The 2 elements may be jumps or leaps, but they must be different.
- The RE will be awarded provided that both jumps are done consecutively, even if there is a wobble or fall in between the elements
- If a gymnast falls after the first jump, she has a choice or repeating the entire series or doing only the second jump:
 - a) If she repeats and connects successfully both jumps, she will be awarded the RE, she will not receive the 0.3 rhythm deduction for the connection of the jumps.
 - b) If she only does the 2nd jump, she will receive the RE; she will be penalized 0.3 for rhythm in the connection.

Example:

- Straight jump immediately tuck jump: RE given, no E-panel deduction for rhythm in series connection
- Straight jump stop/wobble tuck jump: RE given, 0.3 deduction by E-panel for rhythm in series connection (also deduct for wobble)
- Straight jump fall tuck jump: RE given, 0.3 deduction by E-panel for rhythm in series connection (also deduct for fall)

Credit of the RE for Dance Series and 2 x 180⁰ Turns

- In summary, the dance series will be credited even if there is a wobble OR fall between the jumps
- The 2 x 180⁰ turns will be credited if there is a wobble between the turns, but WILL NOT be credited if there is a fall. If she falls, the gymnast must redo the entire series to receive the RE.

FLOOR

- Additional FIG or developmental A value acro elements and dance skills of any value are allowed.
- On floor, the presence of the coach on the mat is not authorized.

Dance Series (RE: 0.5 for the series)

- Gymnasts can choose the elements to be included in the dance series. Both elements must be leaps, but the second one can land on 2 feet. Both elements must be FIG A or developmental A elements. However, they must be different. If the leaps are not connected, the E-panel will apply a 0.3 deduction.

Stride Leap (RE: 0.5)

- To get RE credit, the gymnast must reach a minimum leg separation of 90⁰
- The deduction for "insufficient split" will be applied as follows:
 - 90⁰ leg separation: 0.3 deduction for insufficient split (RE given) – Deduction different than FIG
 - 135⁰ leg separation: 0.0 deduction for insufficient split (RE given) – Deduction different than FIG

Acro Line (RE: 0.5 for the series)

- The acro line consists of a minimum of 2 acro elements. The gymnast may add a 3rd element.
- One of the elements must be a roundoff.
- The 2nd element must be a FIG or Developmental A acro element, including a backward roll. No flight is required

Example of acceptable series:

- Roundoff – backward roll or Roundoff – back handspring
- Roundoff – back extension – back walkover (3rd element is optional)
- Cartwheel (landing sideways) – Roundoff

A straight jump between the 2 elements (roundoff, straight jump, back extension, for example) is not authorized (RE not awarded).