



# Canadian Elite Pathways Program

Men's Artistic Gymnastics Coaches and Judge's manual

November 2022 ver 2



## TABLE OF CONTENTS

|   |    |
|---|----|
| ACKNOWLEDGMENTS .....   | 2  |
| ELITE PATHWAY: GENERAL INFORMATION .....                              | 2  |
| PROGRAM DESCRIPTION .....   | 2  |
| ARTICLE 2: COMPETITIVE AGE FOR ELITE PATHWAY .....                    | 3  |
| ARTICLE 3: MODIFICATIONS AND COMMITTEE RESPONSIBILITIES.....          | 4  |
| ARTICLE 4: COMPETITION REGULATIONS AND EQUIPMENT SPECIFICATIONS ..... | 4  |
| MEASUREMENT OF EQUIPMENT AND SPECIFICATIONS.....                      | 5  |
| ARTICLE 5: JUDGING RESPONSIBILITIES.....                              | 6  |
| ARTICLE 6: EVALUATION OF EXERCISES AND ROUTINE CONSTRUCTION .....     | 7  |
| ARTICLE 7: SPECIFIED RULES AND REGULATION .....                       | 8  |
| SUPPLEMENTARY REGULATIONS FOR ASPIRE ONLY .....                       | 9  |
| DEVELOPMENTAL REGULATIONS .....                                       | 10 |

## ACKNOWLEDGMENTS

This Elite Pathways Program has been developed by Tony Smith and Markos Baikas. GymCan would like to specially thank Richard Ikeda, Nick Blanton, Greg Jackson, John Carroll, Jason Woodnick, Patrick Beauchamp, Adrian Balan, Zhaohui Huang, Jonathon Okada, Jean Sebastien Tougas, Vaughn Arthur, Gary Isaacs, Norm Loaders, Mike Burns, Nistor Sandro, Alexander Pozdniakov, CJ Keliher, Kader Mecellem and Eddie van Hoof National Head Coach for their contribution to this document. These routines are the property of GymCan and may not be reproduced in whole or in part without express permission of GymCan.

Designs: Bato Rafajlović

## ELITE PATHWAY: GENERAL INFORMATION

This document describes the GymCan program for the Elite Pathway Categories. This program has been prepared with the goal of developing a higher level of elite performance for Canada. It has been reworked and is the product of a great deal of consultation from Canadian coaches involved with our National Team.

Our goal is to set out a pathway that will properly prepare our athletes who are able to follow the Elite Pathway towards international success in individual and team competitions. It is expected that within the Provinces there will be a coordinated effort to align our initiatives towards a common set of goals.

The revised Elite Pathways progressively develop the young talented gymnasts' technique and routine structure to define a Canadian style and prepare these athletes for international excellence. These routines will be challenging for all of our athletes and coaches, but are achievable for the talent pool in the country. The Provincial Pathways program will also provide a challenge and will be similar to the Elite program, though with reduced expectations to be developmentally appropriate.

The Elite Pathways Program is complemented by the Aspire camp structure, which focuses on fine-tuning the technical expectations for the program and will help to bring all clubs in line with a national direction. One of the anticipated outcomes is to improve upon Artistry in our performances through specific expectations and ongoing reinforcement of these in camp and competition environment

## PROGRAM DESCRIPTION

- The Elite Pathway program consists of four Categories of competition; Aspire, Junior and Senior Next Gen and Senior.
- Aspire, Junior, Senior Next Gen and Senior categories, within the Elite Pathway, must participate at Elite Canada and the Canadian Championships.

## LONG TERM DEVELOPMENT IN THE PATHWAYS

| Category & Ages              | Competition Stream       | LTD Stage                        | Characteristics  |
|------------------------------|--------------------------|----------------------------------|--|
| Aspire                       | Regional / National      | Learn to Train<br>Train to Train | Major fitness development stage; Greater attention to mental preparation.      |
| Junior 14-15<br>Junior 16-18 | National / International | Train to Compete                 | Specialized coaching and training environment.                                 |
| Next Gen                     | National / International | Train to Compete                 | Advanced mental preparations and practice under highly competitive conditions. |
| Senior                       | International            | Train to Win                     | Focus is on podium performances at the highest level.                          |

## ELITE PATHWAYS RULES

| Elite Path      | Rules And Regulations  |
|-----------------|--|
| Senior          | Senior FIG rules + Stick bonus   |
| Senior Next Gen | Senior FIG rules + Stick bonus   |
| Junior          | Junior FIG rules + Stick bonus   |
| Aspire          | Optional Routines – 7 skills + Stick bonus with GymCan supplementary rules |

## JUNIOR TEAM COMPETITION FORMAT

Teams will represent their respective Province or Territory. The Junior Team competition is held at Canadian Championships using a 6–6–3 format.

## ARTICLE 2: COMPETITIVE AGE FOR ELITE PATHWAY

### AGE DETERMINATION

The competitor’s age will be determined by their age at the end of the calendar year. Example: If an athlete turns 16 years old at any time during the calendar year, they must compete Junior 16-18

| Category        | Season: Sept 1, 2022 – Aug 31, 2023 | Season: Sept 1, 2023 – Aug 31, 2024 |
|-----------------|-------------------------------------|-------------------------------------|
| Senior          | 2002 or earlier                     | 2003 or earlier                     |
| Senior Next Gen | 2003 – 2004 - 2005                  | 2004 – 2005 – 2006                  |
| Junior 16 - 18  | 2005 – 2006 – 2007                  | 2006 – 2007 - 2008                  |
| Junior 14 - 15  | 2008 - 2009                         | 2009 – 2010                         |
| Aspire          | 2009 – 2010 - 2011                  | 2010 – 2011 – 2012                  |

## LTD COMPLIANCE RESTRICTIONS

1. Under no circumstances may an underage athlete participate in an Elite Pathway competition.
2. Under no circumstances may an athlete move from Aspire to Junior prematurely.

The following are suggested weekly training hours depending on coaching and training environment:

- Aspire athletes should strive to train between 16 and 20 hours.
- Junior 14–15 athletes should be training 16 and 20 hours.
- Junior 16–18 athletes should be training 16 and 20 hours.
- Next Gen and Senior athletes should be training 20 and 25 hours.

## ARTICLE 3: MODIFICATIONS AND COMMITTEE RESPONSIBILITIES

### COMPETITIONS

- Competitions for the Elite Pathways Program will be organized and run provincially and / or nationally.
- These regulations must be used for all events. GymCan reserves the right to make changes to the regulations, as needed.

### CLARIFICATIONS

Clarifications for the Program may take place several times over the competition year. Any clarifications will be circulated to all PTO's and Program members and will be posted on the GymCan website.

## ARTICLE 4: COMPETITION REGULATIONS AND EQUIPMENT SPECIFICATIONS

### RULES IN EFFECT

- The current GymCan Men's Artistic Gymnastics Technical Regulations
- Unless otherwise stated, the current FIG Code of Points will be applied along with all related FIG MTC Newsletters.

### COMPETITIONS AND WARM-UPS

- Competition warm-ups may not begin prior to 8:00 am and competitions may not finish later than 10:00 pm.
- Athletes will receive a general warm up and apparatus warm-up prior to the start of the competition as follows:

| Category        | Warm up duration   |
|-----------------|--|
| Aspire          | 75-90 minutes  |
| Junior & Senior | 90 minutes (Approximately 15 minutes general and 10 minutes per apparatus) |

- Aspire competitions should be scheduled to take place during daytime sessions whenever possible.
- Depending on the competition format, each gymnast is entitled to a touch warm-up prior to the Competition.
  - 30 sec. on all apparatus except Parallel Bars.
  - 50 sec. on Parallel Bars, including bar preparation.
  - Gymnasts are entitled to two warm-up vaults (maximum) even if the 30 sec. has expired.

## COMPETITION DUTIES OF GYMNAST

- Gymnasts must be attired according to the stipulations of the current FIG Code of Points. Note: Canadian Competitions dark colored longs (including black and dark blue) are not allowed.
- Gymnasts are required to wear a shirt at all times during competition warm-ups and whenever training in the competition gym.
- Athletes from the same Team or Club must wear the same competition attire.
  - All athletes and coaches at Canadian Championships compete for their Province and wear provincial uniforms.
  - All athletes and coaches at Regional Championships compete for their Province and wear provincial uniforms.
  - All athletes and coaches at Elite Canada compete for their club and will wear club uniforms.
  - National Team uniforms will be worn only when representing Canada internationally or during Event Finals at Canadian Championships and Elite Canada
- Violation of the uniform requirements will result, without warning in a FIG Code penalty.

## SPOTTING AND ASSISTANCE

For all categories, it is permitted to have a coach present on Rings and Horizontal Bar to act as a spotter. Whenever possible, the coach should stand such that the view of the judges will not be obstructed.

## MEASUREMENT OF EQUIPMENT AND SPECIFICATIONS

### EQUIPMENT

1. The chart below describes the specific equipment requirements for each category within the Elite Pathways.
2. Unless noted in the chart of apparatus requirements, the use of any *additional* mats will result in a 0.5 deduction from the Final Score, on that apparatus.

See the table in Article 7 concerning the use of the mats, apparatus regulations for each category

- It is the responsibility of the local organizing committee (LOC) to make available and set up the equipment in accordance with the specifications in the Pathways program. Any change to these guidelines must be communicated to the participating clubs in the work plan.
- It is the responsibility of the Apparatus Head Judge, in conjunction with the LOC to check the equipment before the beginning of the warm-up for each competition session.
- All landing mats used on Pommel Horse, Vault, Rings, Parallel Bars and Horizontal Bar must conform to FIG specifications.

**MEASUREMENTS OF THE EQUIPMENT (FIG STANDARD IN BRACKETS)**

|                       | <b>Aspire</b>   | <b>Junior</b> | <b>Senior</b> |
|-----------------------|---|---------------|---------------|
| <b>Floor</b>          | FIG 12 m x 12 m   |               |               |
| <b>Pommel Horse</b>   | <b>Horse with handles.</b><br>The horse may be lowered to any height or use a beat board to mount.                    | FIG (105 cm)  |               |
| <b>Rings</b>          | FIG (290 cm from the floor to the inside bottom of the ring)<br>A 10 cm 'sting mat' is mandatory.                     |               |               |
| <b>Vault</b>          | 120 to 135 cm with FIG landing mats   | FIG (135 cm)  |               |
| <b>Parallel Bars</b>  | FIG (180 cm from the landing mat to the top of the rail)  |               |               |
| <b>Horizontal Bar</b> | FIG (280 cm from the floor to the top of the rail)<br>10 cm 'sting mats' are mandatory on both sides of the apparatus |               |               |

**ARTICLE 5: JUDGING RESPONSIBILITIES**

**EVALUATION OF ROUTINES**

- In optional routines, the D-jury will determine the Difficulty Value or Start Value (D- Score) of the routine.
- Execution errors for poor technique, poor body position, etc. are evaluated according to the current FIG Code of Points, unless otherwise stipulated in these rules.
- The Chair of the Apparatus Jury will be responsible for determining and applying bonus for stuck dismounts to the Final Score. Virtuosity and stick bonus will be included in the bonus column.
- The Chair of the Apparatus Jury takes deductions for line, behavior and apparatus violations from the Final Score. See Article 4 and the current Code of Points.
- The expectation is that judges will submit the scores within 1 minute after a routine's completion.

**JUDGING PANELS**

- For National and Regional (Eastern or Western Championships) competitions a minimum of two, preferably four judges per panel should be assigned. The head judge on the panel should be a FIG or National level judge.
- The Chair of the Competition Jury (CCJ) must hold a current FIG Brevet.
- For all categories, the members of the judging panel will be responsible for both D-jury and E-jury unless four or more judges are assigned to the event.
- Unless assigned separately, or provided by the LOC, the judges on the jury for Floor and Vault will have the additional responsibility of being the Line Judge.

**SCORING REGULATIONS**

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

## ARTICLE 6: EVALUATION OF EXERCISES AND ROUTINE CONSTRUCTION

### D-SCORE

The D score is calculated as per the current FIG Code of Points and for the Aspire category, the supplemental developmental regulations.

### E-SCORE

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

| Small error | Medium error | Large error | Fall |
|-------------|--------------|-------------|------|
| 0.1         | 0.3          | 0.5         | 1.0  |

### SHORT ROUTINES

- It is the duty of the D-jury to determine how many skills were credited.
- The Chair of the apparatus jury should give the scorer a deduction for the non-technical deductions prior to the Final Score (see the table below in Article 7 for specified rules about short routine for each category).

### REPETITION RULES FOR ASPIRE ONLY

- A second Vault may be repeated with a 1.0 penalty if the first Vault competed received a zero.

### LANDINGS

- For all categories of the Elite Pathway Program a bonus will be applied to the Final Score for a stuck landing except on Pommel Horse. A stuck landing is defined as a stable landing position with no unsteadiness, minor adjustment of feet, or excessive arm swings on landing. See the table below concerning bonus for each category.
- 1.0 is the maximum deduction for an element with a fall, and including all steps, touches, or support on the floor or mat leading up to the fall. Other execution deductions incurred for the element (height, landing extension, insufficient twist) still apply.

### SCREENING ACTIVITIES

To be eligible to compete in the Aspire, Junior and Senior categories at Elite-Canada or Canadian Championships, athletes must meet one of the following GymCan recommended standards for their category (to be approved by respective PTO's for acceptance into the category):

- Aspire: 63.00 AA
- Junior 14-15 years old: 65.0 AA
- Junior 16-18 years old: 68.0 AA
- Senior Next Gen: 68.0 AA or 12.0 on an apparatus
- Senior: 70.0 AA or 12.5 on an apparatus



## ARTICLE 7: SPECIFIED RULES AND REGULATION

### COMPETITION RULES

| Category                           | Rules of the routines                     | Skills req'd | EGs              | FIG amendments Dismount         | Skill Bonus (+ 0.5 Start Value)  | Stick Bonus & Virtuosity   | Short routines Neutral Deduction  | Additional Landing Mats   |
|------------------------------------|---|--------------|------------------|---------------------------------|--|--|---|---|
| <b>Senior &amp; Senior NextGen</b> | Senior FIG Rules 2022-2024 Code of Points | 10           | Senior FIG Rules | Senior FIG rules                | N/A  | D = 0.1<br>E and higher = 0.2<br>No stick bonus on PH<br><br>Vault:<br>4.6 to 4.8 = 0.1<br>5.0 and higher = 0.2  | 8 elements = 0.0<br>7 elements = 3.0<br>6 elements = 4.0<br>5 elements = 5.0<br>4 elements = 6.0<br>3 elements = 7.0<br>2 elements = 8.0<br>1 element = 9.0<br>0 element = 10.0 | Floor: Up to ONE 10 cm mat (can be removed) Not for rebound.<br><br>Rings: Mandatory 10 cm<br><br>High Bar: Up to 10 cm for release moves only and must be taken out prior to the dismount.   |
| <b>Junior</b>                      | Junior FIG Rules 2022-2024 Code of Points | 8            | Junior FIG rules | Junior FIG rules                |  | C = 0.1<br>D and higher = 0.2<br>No stick bonus on PH<br><br>Vault:<br>3.2 to 4.4 = 0.1<br>4.6 and higher = 0.2  | 6 elements = 0.0<br>5 elements = 3.0<br>4 elements = 4.0<br>3 elements = 5.0<br>2 elements = 6.0<br>1 element = 7.0<br>0 element = 10.0   | Note: When an event is being used for selection to World Championships or a Major Games, FIG mat restrictions may be enforced.  |
| <b>Aspire</b>                      | Optional Routines                         | 7            | Junior FIG rules | B & higher = 0.5<br>FIG A = 0.3 | FX:<br>Forward or backward layout with double twist or more.<br><br>PH:<br>Any 3/3 travel.<br><br>SR:<br>Long swing forward OR backward to handstand (hold 2 sec)<br><br>PB:<br>Giant to handstand.<br><br>HB:<br>Min B-value in- bar element. | B = 0.1<br>C and higher = 0.2<br>No stick bonus on PH<br><br>Vault:<br>under 3.2 = 0.1<br>3.2 and higher = 0.2<br><br>Amplitude:<br>One element = 0.1<br>Three or more = 0.2 | 6 elements = 0.0<br>5 elements = 3.0<br>4 elements = 4.0<br>3 elements = 5.0<br>2 elements = 6.0<br>1 element = 7.0<br>0 element = 10.0   | Floor: Up to ONE 10 cm mat (can be removed) Not for rebound.<br><br>Rings: Mandatory 10 cm + optional 10 cm<br><br>Vault: Up to an additional 10 cm<br><br>P. Bars: Up to 20 cm<br><br>High Bar: Up to 20 cm may be used on both sides of the bar |

## SUPPLEMENTARY REGULATIONS FOR ASPIRE ONLY

| Apparatus     | Skills  |
|---------------|---|
| Floor         | <p>Salto connection bonus; including combined twisting elements:<br/>           (A+B or C) (B+B or C) = 0.1. / (C+C) or (D+A or higher) = 0.2<br/>           The following listed elements shall be considered as separate elements:</p> <ul style="list-style-type: none"> <li>• Salto forward tucked/piked (A) and Salto forward tucked ½ twist/piked ½ twist (A)</li> <li>• Salto forward stretched (B) and Salto forward stretched w. ½ twist (B)</li> <li>• Salto fwd stretched with 1/1 twist (C) and Salto fwd stretched with 1 ½ twist (C)</li> <li>• Salto bwd stretched with ½ twist (B) and Salto bwd stretched with 1/1 twist (B)</li> <li>• Salto bwd stretched with 1 ½ twist (C) and Salto bwd stretched with 2/1 twist (C)</li> </ul>                               |
| Pommel Horse  | <p>For D-jury awarded 3/3 Travel, the maximum E-jury deduction is 0.5<br/>           All dismounts to handstand receive full credit (FIG deductions apply)<br/>           The following listed elements shall be considered as separate elements:</p>   |
|               | <p>The FIG D-jury deduction for “Non-utilization” of all 3 parts of the horse” will not apply.</p>  |
| Rings         | <p>All static “B” strength elements (Swing to B strength hold, press upwards from a B strength hold, or B static hold) or greater = 0.2 bonus. The bonus does not apply to any of these elements; Uprise to L-sit, Honma to L-sit, Kip to L-sit, ANY Press to Hdst, Straight body Slow roll forward or backward to L-sit, or any “B” elements that finish in back lever.</p> <p>Straddle planche (B) and swing to straddle planche (C). For D-jury awarded swing to or static straddle planche elements, the maximum E-jury deduction is 0.5</p> <p>The FIG requirement of “One swing to handstand (2 sec. hold) is required” will not apply.</p> <p>The FIG rule of “not more than 3 elements from groups II and/or III can be presented in direct succession” will not apply.</p> |
| Vault         | FIG   |
| Parallel bars | <p>Giant + Giant or Giant element of C value or higher = C, C = 0.2 BONUS<br/>           For D-jury awarded Peach to handstand elements, the maximum E-jury deduction is 0.5<br/>           Salto forward piked with ½ twist (B)<br/>           Back layout with ½ twist (B)<br/>           Peach basket to 45° = C value.</p>  |
|               | <p>One Layaway OR Empty swing is permitted on P. Bars</p>   |
| High Bar      | <p>Flight elements: B value = 0.2 bonus. C or higher = 0.3 bonus<br/>           C-value or higher Flight elements may be repeated if successful on the first attempt = 0.2 BONUS<br/>           Stalder with ½ turn (B) and / or Endo with ½ turn (B)<br/>           Blind Change immediate pirouette (done as a full turn) = B value.</p>  |
|               | <p>-Special Repetition: Gymnasts may perform a swing ½ turn above horizontal and Blind change element to receive two different values.<br/>           One Layaway OR Empty swing is permitted on H. Bars.</p>   |

## DEVELOPMENTAL REGULATIONS

Supplementary 'A' parts are considered FIG A parts, but receive only partial (0.3) credit for Element Group requirements.

|           | Element Group  | Skill   |
|-----------|--|---|
| <b>FX</b> | Non acrobatic  | Back roll to handstand with straight arms                               |
|           | Elements backward & Arabian                                    | Round off.  |
| <b>PH</b> | Single leg swings and scissors                                 | ½ scissor (one only, either fwd or bwd)                                 |
|           | Circle, flairs, flops, spindles, Russian Kehrswings            | –   |
|           | Travel type elements   | –   |
| <b>SR</b> | Kip & swing elements & Swings through or to handstand (2 sec.) | –   |
|           | Strength elements & hold elements (2 sec.)                     | Muscle up to support.<br>Tucked planche                                 |
| <b>PB</b> | Elements in support  | Stutzkehre to 45°.  |
|           | Elements starting in upper arm position                        | Back Uprise to support (Heels at horizontal).                           |
|           | Long swings in hang on 1 or 2 bars & underswings.              | Moy to upper arm.   |
|           | Dismount   | Salto tucked off the side or from long hang on end.                     |
| <b>HB</b> | Long hang swings with & without turns.                         | Swing forward and half turn to handstand (pirouette or early pirouette) |
|           | Flight elements  | –   |
|           | In bar & Adler elements.                                       | Stoop/straddle on & off backwards                                       |
|           | Dismounts  | –   |