



British Columbia Secondary Schools
Gymnastics Association
bcssga.ca

BCSSGA Policies and Rules

2023-24

Part 2: MAG Specific Rules

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A. Uniforms:

School team gymnastics singlet or tight fitting shirt (t-shirt or sleeveless) as well as gymnastics shorts cut above the knee or long gymnastics pants with socks, except on Floor Exercise and Vault where socks should not be worn. Gymnastics shoes and grips are optional.

B. Levels:

- a. There are 5 levels: 1, 2, 3, 4 and 5. Level 5 is the most advanced.
- b. A gymnast must compete in one level only (ie. the same level on each event).
- c. A gymnast should be placed in as high a level as possible so they are competitive, safe and can do their routine with style and control. Before final placement, you may wish to consult an experienced coach or judge in your area, or your Zone Representative.
- d. The Level in which a gymnast competes cannot be changed between the Zone and Provincial Championship.
- e. Criteria for Level PLACEMENT:
 - i. Level 1
 - a gymnast with little or no previous experience, including beginner recreational gymnasts
 - a gymnast that competed in Level 1 the previous season and did not place in the top three all-around
 - ii. Level 2
 - a gymnast with previous experience, or training as a recreational athlete in a gymnastics club
 - a gymnast who placed in the top three all-around in the previous Provincial Championships in Level 1
 - a gymnast that competed in Level 2 the previous season and did not place in the top three all-around
 - iii. Level 3
 - a gymnast with previous experience training beyond a recreational level
 - a gymnast who is ready to compete Level 3 skills (as determined by the coach)
 - a gymnast who placed first all-around in the previous Provincial Championships in Level 2
 - a gymnast that competed in Level 3 the previous season and did not place first all-around
 - iv. Level 4
 - a gymnast who is ready to compete Level 4 skills (as determined by the coach)
 - a gymnast who placed first all-around in the previous Provincial Championships in Level 3
 - a gymnast that competed in Level 4 the previous season, regardless of final placement in the Provincial Championships
 - a club gymnast training or competing in MAG CCP Level 3
 - v. Level 5
 - a gymnast that competed in Level 5 the previous season, regardless of final placement in the Provincial Championships
 - a club gymnast that has trained or competed in MAG CCP Level 4 or 5 after the first day of the current school year, or at a higher level at any time
- g. Once a gymnast competes at a Zone or Provincial Championships they can only go to a lower level upon successful appeal to the BCSSGA Chair.
- h. If the Criteria for level placement are not followed and the gymnast competes, they may be disqualified and their scores will not count.
- i. An application form to compete in a lower level than prescribed in the Criteria can be found in the Appendices of this document.

C. Warm-up up Procedures:

a. General Warm-up:

Recommended 20 minutes. Athletes may not start the general warm-up on the warm-up or competition floor before the set time. Gymnasts may not use the other apparatus during the general warm-up.

b. Specific Warm-up:

- Each athlete is entitled to a minimum of 2 minutes to warm-up on floor, 2 vaults, and 1 turn on each apparatus.
- Gymnasts in Levels 4 and 5 shall receive an extra warm-up turn on each apparatus.
- A coach may request an additional warm-up turn for their gymnast. The Head Judge shall grant the request where athlete safety is a concern.
- The competition order can be modified so the athletes compete in the order that is most efficient; otherwise, the competition order drops down by 1 or 2 athletes per rotation.
- If a group consists of only one athlete, they must be given sufficient time to warm up and rest.

D. Event Requirements:

- a. All skills listed in the following tables are available for use in Level 1 – 3 as appropriate.
- b. Skills *italicized in Orange* may be used in Level 4.
- c. Skills **bolded in Blue** are available for use in Level 4 and 5, with a complete list available in the FIG Code of Points.
- d. Please note that although they are available for use in Levels 4 and 5, the values may be different than the ones listed in the following tables.
- e. Event Requirements in Level 4 are based on CPP Level 3, and Event Requirements in Level 5 are based on CPP Level 4. For a complete set of the CPP Requirements the official document [Canadian Provincial Pathways](#) should be used (pages 8-10).

FLOOR EXERCISE

Levels IV and V must use the entire floor area, represented by arriving in each corner at least once.

	LEVEL I	LEVEL II	LEVEL III	LEVEL IV	LEVEL V
Start Value	Max. 6 counting skills (A=0.1) Special Req. + 0.5 ea. Execution 10.0 Maximum D-Score 3.1 <i>Plus Stuck Landing Bonus</i>	Max. 6 counting skills (A=0.1, B=0.2) Special Req. + 0.5 ea. Execution 10.0 Maximum D-Score 3.4 <i>Plus Stuck Landing Bonus</i>	Max. 7 counting skills (A=0.1, B=0.2, C=0.3) Special Req. + 0.5 ea. Execution 10.0 Maximum D-Score 3.7 <i>Plus Stuck Landing Bonus</i>	Max. 6 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 3 Rules Maximum D-Score 3.7 <i>Plus Landing & Virtuosity Bonus</i>	Max. 7 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 4 Rules Maximum D-Score 4.0 <i>Plus Landing & Virtuosity Bonus</i>
Special Requirements	I. An acrobatic series; min. 2 elements II. Cartwheel or round-off III. One balance or hold element IV. Forward or backward roll • Acrobatic dismount that lands on the feet or round-off directly connected to a jump	I. An acrobatic series; min. 3 elements II. Second acrobatic series; min. 2 elements III. One balance or hold element IV. Front or back handspring • Acrobatic dismount that lands on the feet	I. An acrobatic series; min. 3 elements II. Second acrobatic series; min. 2 elements III. One balance or hold element IV. Salto element • Acrobatic dismount that lands on the feet	I. 2 FIG Element Groups • FIG A(+0.5 ea.) • Supplemental A(+0.3 ea.) II. Front Handspring or Flyspring(+0.5) III. Dismount; • A(+0.5) • Supplemental A(+0.3)	I. 2 FIG Element Groups • FIG A(+0.5 ea.) • Supplemental A(+0.3 ea.) II. Back layout full twist or more(+0.5) • Dismount; A(+0.3), B(+0.5)
Additional Regulations	<ul style="list-style-type: none"> • No time limit • Any one skill may be performed twice for value • NO Saltos (1.0 deduction) • NO back handsprings (1.0 deduction) 	<ul style="list-style-type: none"> • No time limit • Any one skill may be performed twice for value • NO Saltos (1.0 deduction) • Round-off back handspring back handspring counts as "ABB" 	<ul style="list-style-type: none"> • No time limit 	<ul style="list-style-type: none"> • 70 sec. time limit • +0.5 bonus for each additional Element Group requirement • Salto connection bonus: (A+B or C), (B+B or C) = +0.1 (C+C), (D+A or greater) = +0.2 • Up to +0.2 virtuosity bonus 	<ul style="list-style-type: none"> • 70 sec. time limit • +0.5 bonus for each additional Element Group requirement • Salto connection bonus: (A+B or C), (B+B or C) = +0.1 (C+C), (D+A or greater) = +0.2 • Up to +0.2 virtuosity bonus
	A Skills		B Skills		C Skills
	<ul style="list-style-type: none"> • Forward roll • Backward roll • Round-off • Dive-roll • <i>Cartwheel</i> • Headspring 		<ul style="list-style-type: none"> • Front Handspring • Back Handspring • Front handspring to dive-roll (2 B's) • Front handspring to headspring (2 B's) • Flyspring • Arabian dive-roll 		<ul style="list-style-type: none"> • Front tuck • Front pike • Front layout • Arabian salto • Back tuck • Back pike • Back layout • Side somersault/aerial
	Non-Acrobatic Skills		Non-Acrobatic Skills		Non-Acrobatic Skills
	<ul style="list-style-type: none"> • L-sit [2 sec.] • Windmill • Any jump or leap • Headstand [2 sec.] • Prone fall • Pike sit [2 sec.] • Momentary handstand • Single-leg circle • Any scale [2 sec.] • Pike press to stand 		<ul style="list-style-type: none"> • V-sit [2 sec.] • Double-leg circle • Kip to stand • Any split (180°) [2 sec.] • Headstand push to handstand [2 sec.] • Back roll to handstand (back extension) • Front or Back walkover • Flair • Handstand [2 sec.] 		<ul style="list-style-type: none"> • Two double-leg circles • Press to wide-arm handstand [2 sec.] • V-sit press to handstand [2 sec.] (2 C's) • Y-scale with 180° split [2 sec.] • Press to handstand [2 sec.] • Two flairs

POMMEL HORSE

Levels I, II, and III must use the pommel horse with the pommels. Levels IV and V have the option of using the pommel horse without pommels. All levels may use a spring board to mount. Level IV only: Athletes have the option of using a mushroom, however, if they choose to use the pommel horse with pommels, they may use any skill listed below and receive a supplemental "A" part and 0.3 for Element Group.

	LEVEL I	LEVEL II	LEVEL III	LEVEL IV	LEVEL V
Start Value	Max. 6 counting skills (A=0.1) Special Req. + 0.5 ea. Execution 10.0 Maximum D-Score 3.1 <i>Plus Stuck Landing Bonus</i>	Max. 6 counting skills (A=0.1, B=0.2) Special Req. + 0.5 ea. Execution 10.0 Maximum D-Score 3.4 <i>Plus Stuck Landing Bonus</i>	Max. 7 counting skills (A=0.1, B=0.2, C=0.3) Special Req. + 0.5 ea. Execution 10.0 Maximum D-Score 3.7 <i>Plus Stuck Landing Bonus</i>	Max. 6 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 3 Rules Maximum D-Score 3.7 <i>Plus Landing & Virtuosity Bonus</i>	Max. 7 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 4 Rules Maximum D-Score 4.0 <i>Plus Landing & Virtuosity Bonus</i>
Special Requirements	I. Leg cut forwards II. Leg cut backwards III. Any pendulum swing IV. Any travel element V. Dismount <ul style="list-style-type: none"> • A or B dismount = +0.5 • Any non-listed but recognized dismount = +0.3 	I. Single-leg circle forward or backward II. Any scissor element III. Any pendulum swing IV. Any travel element V. Dismount <ul style="list-style-type: none"> • A, B, or C dismount = +0.5 • Any non-listed but recognized dismount = +0.3 	I. Single-leg circle forward or backward II. Any scissor element III. Any double-leg circle element IV. Any travel element V. Dismount <ul style="list-style-type: none"> • A, B, or C dismount = +0.5 • Any non-listed but recognized dismount = +0.3 	I. 2 FIG Element Groups <ul style="list-style-type: none"> • FIG A (+0.5 ea.) • Supplemental A (+0.3 ea.) II. Flair Element (+0.5) III. Dismount; <ul style="list-style-type: none"> • A (+0.5) • Supplemental A (+0.3) 	I. 2 FIG Element Groups (+0.5 ea.) II. Any 3/3 Travel (+0.5) III. Dismount; <ul style="list-style-type: none"> • A (+0.3) • B or higher (+0.5)
Additional Regulations	<ul style="list-style-type: none"> • Any one skill may be performed twice for value. 	<ul style="list-style-type: none"> • Any one skill may be performed twice for value. 	<ul style="list-style-type: none"> • Double-leg circle element group includes 180° Russian and simple Swiss. 	<ul style="list-style-type: none"> • Mushroom or horse, with or without handles (any height) • Flair and Circle are considered separate elements • +0.5 bonus for each additional Element Group requirement • Up to +0.2 virtuosity bonus 	<ul style="list-style-type: none"> • Horse, with or without handles (any height) • Flair and Circle are considered separate elements • +0.5 bonus for each additional Element Group requirement • Up to +0.2 virtuosity bonus
	A Skills	B Skills		C Skills	
	<ul style="list-style-type: none"> • Single-leg cut • Front support travel (1/3) • Stride swing • Rear support swing • 1/3 travel with ½ turn • Reverse single-leg cut • Single leg travel (1/3) • Pendulum swing 	<ul style="list-style-type: none"> • Single-leg circle • ½ khere with ½ travel • Scissors • Double-leg circle • Loop • Reverse single-leg circle • 180° Russian or simple Swiss 	<ul style="list-style-type: none"> • Reverse scissors • Flair • ¼ turn in circle or flair • ½ spindle in circle or flair • ½ Stöckli 	<ul style="list-style-type: none"> • Stöckli • Moore • 360° Russian • 1/3 side travel • 1/3 Magyar • Two consecutive scissors • Two consecutive single-leg circles • Two consecutive double-leg circles 	<ul style="list-style-type: none"> • Downhill loop • Two consecutive flairs • Scissor with ½ turn • 1/3 Sivado • ½ spindle in circle or flair • Scissor with hop to leather
	Dismounts	Dismounts		Dismounts	
	<ul style="list-style-type: none"> • Single leg swing to dismount • Flank dismount • <i>Wende dismount from side support</i> 	<ul style="list-style-type: none"> • 180° Russian or simple Swiss t flank dismount • Flank with ½ turn to dismount ("Wende") 		<ul style="list-style-type: none"> • Circle or flair to handstand dismount • 360° Russian to wende dismount 	

STILL RINGS

Note of Caution: Gymnasts performing “dislocates” for the first time should understand that it is important to maintain pressure on the rings throughout the skill. Proceed with caution.
In virtually all transition moves from one level to another, for example, support to hang, the gymnast should maintain constant pressure on the rings. Do not allow them to go slack.

	LEVEL I	LEVEL II	LEVEL III	LEVEL IV	LEVEL V
Start Value	Max. 6 counting skills (A=0.1) Special Req. + 0.5 ea. Execution 10.0 Maximum D-Score 3.1 <i>Plus Stuck Landing Bonus</i>	Max. 6 counting skills (A=0.1, B=0.2) Special Req. + 0.5 ea. Execution 10.0 Maximum D-Score 3.4 <i>Plus Stuck Landing Bonus</i>	Max. 7 counting skills (A=0.1, B=0.2, C=0.3) Special Req. + 0.5 ea. Execution 10.0 Maximum D-Score 3.7 <i>Plus Stuck Landing Bonus</i>	Max. 6 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 3 Rules Maximum D-Score 3.7 <i>Plus Landing & Virtuosity Bonus</i>	Max. 7 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 4 Rules Maximum D-Score 4.0 <i>Plus Landing & Virtuosity Bonus</i>
Special Requirements	I. L-hang or V-hang II. Long hang swing III. Swing to inverted hang IV. Pike inverted hang V. Dismount ● A or B dismount = +0.5 ● Any non-listed but recognized dismount = +0.3	I. Any swing element II. L-sit in front support III. Any other strength element IV. Pike or straight inverted hang V. Dismount ● A or B dismount = +0.5 ● Any non-listed but recognized dismount = +0.3	I. Inlocate or dislocate II. L-sit in front support III. Any other strength element IV. Muscle-up, kip, or back uprise V. Dismount ● A, B, or C dismount = +0.5 ● Any non-listed but recognized dismount = +0.3	I. 2 FIG Element Groups ● FIG A (+0.5 ea.) ● Supplemental A (+0.3 ea.) II. Cross support without assistance (+0.5) III. Dismount; ● A (+0.5) ● Supplemental A (+0.3)	I. 2 FIG Element Groups (+0.5 ea.) II. Press to 2 Second Handstand (+0.5) III. Dismount; A(+0.3), B(+0.5)
Additional Regulations	● Any one skill may be performed twice for value ● Long hang swing may be used as an “A” part	● Any one skill may be performed twice for value ● May be boosted to support without deduction ● 2 extra swings allowed	● 2 extra swings allowed	● Up to 40 cm landing mats allowed ● +0.2 bonus for all “B” or greater strength skills ● +0.5 bonus for each additional Element Group requirement ● Up to +0.2 virtuosity bonus	● Up to 40 cm landing mats allowed ● +0.2 bonus for all “B” or greater strength skills ● +0.5 bonus for each additional Element Group requirement ● Up to +0.2 virtuosity bonus
A Skills		B Skills		C Skills	
<ul style="list-style-type: none"> ● Dorsal hang (skin the cat) ● Inverted pike hang ● Bail from shoulder stand ● Inverted hang ● Tuck to inverted hang ● Swing to inverted hang 		<ul style="list-style-type: none"> ● Inlocate ● Dislocate ● Shoulder stand ● Kip ● Back uprise ● Front/back bail from handstand 		<ul style="list-style-type: none"> ● Straight body inlocate ● Kip to L-sit (1 C) ● Back uprise with straight arms ● Front support bwd/fwd roll to support ● Back roll to support with/without swing (Felge) ● Dislocate above rings ● Front uprise ● Any swing handstand 	
Strength Elements		Strength Elements		Strength Elements	
<ul style="list-style-type: none"> ● L-hang (also with bent arms) ● V-hang (also with bent arms) 		<ul style="list-style-type: none"> ● L-sit ● Straddled L-sit ● Straddled back lever ● Straight arms bent body pull to inverted hang ● Straight body bent arms pull to inverted hang ● Straddled front lever ● Press to shoulder stand ● Muscle-up 		<ul style="list-style-type: none"> ● Press handstand ● Front lever ● Back lever ● V-sit ● Iron cross 	
Dismounts		Dismounts		Dismounts	
<ul style="list-style-type: none"> ● Back tuck/pike/layout ● Straddle back salto 		<ul style="list-style-type: none"> ● Front tuck/pike ● Back uprise salto tuck/pike (“Koste”) ● Back layout ½ turn 		<ul style="list-style-type: none"> ● Double back tuck ● Back layout full twist ● Front layout ● Front pike ½ twist ● Back uprise salto layout 	

VAULT

All vaults must be performed with a spring board, except for Level 1, where a mini-tramp or double spring board may be used for Handspring. All vaults must have a spotter present.

	LEVEL I	LEVEL II	LEVEL III	LEVEL IV	LEVEL V
Vault Setup	115, 125, or 135 cm cross horse or table			110 – 135 cm table	110 – 135 cm table
Special Requirements	3.1 vaults only	3.1 vaults or handspring	Maximum of handspring full twist Minimum of handspring 1.0 deduction from final score for 3.1 value vaults	All FIG vaults allowed Maximum awarded D-score of 3.7	All FIG vaults allowed Maximum awarded D-score of 4.0
Additional Regulations	● <i>2nd vault permitted with 1.0 deductions</i>	● <i>2nd vault permitted with 1.0 deductions</i>	● <i>2nd vault permitted with 1.0 deductions</i> ● <i>NO salto vaults</i>	● <i>2nd vault permitted with 1.0 deductions</i> ● <i>Additional 10 cm landing mat permitted</i>	● <i>2nd vault permitted with 1.0 deductions</i> ● <i>Additional 10 cm landing mat permitted</i>
Start Values					
● Layout tuck through			3.1		
● Layout straddle through			3.1		
● Layout stoop through			3.1		
● Handspring (with mini-tramp or double spring board) Level 1 only			3.1		
● Handspring			3.4		
● Handspring ½ off			3.4		
● Handspring ½ on, ½ off			3.4		
● Handspring full off			3.7		

PARALLEL BARS

All levels may use the bars at any setting up to 10 cm past FIG height, provided that they can still swing in upper arm support. All levels may use a spring board to mount.

	LEVEL I	LEVEL II	LEVEL III	LEVEL IV	LEVEL V
Start Value	Max. 6 counting skills (A=0.1) Special Req. + 0.5 ea. Execution 10.0 Maximum D-Score 3.1 <i>Plus Stuck Landing Bonus</i>	Max. 6 counting skills (A=0.1, B=0.2) Special Req. + 0.5 ea. Execution 10.0 Maximum D-Score 3.4 <i>Plus Stuck Landing Bonus</i>	Max. 7 counting skills (A=0.1, B=0.2, C=0.3) Special Req. + 0.5 ea. Execution 10.0 Maximum D-Score 3.7 <i>Plus Stuck Landing Bonus</i>	Max. 6 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 3 Rules Maximum D-Score 3.7 <i>Plus Landing & Virtuosity Bonus</i>	Max. 7 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 4 Rules Maximum D-Score 4.0 <i>Plus Landing & Virtuosity Bonus</i>
Special Requirements	I. Back uprise from long hang swing to upper arm or jump to upper arm II. Upper arm swing III. Front uprise to straddle sit IV. Straddle travel V. Rear or Stütz dismount	I. L-sit II. Any uprise from upper arm to front support III. Shoulder stand (2 sec.) IV. Long hang swing element V. Dismount ● A or B dismount = +0.5 ● Any non-listed but recognized dismount = +0.3	I. L-sit II. Front or back uprise from upper arm to front support III. Long hang swing element IV. Support swing element V. Dismount ● A, B, or C dismount = +0.5 ● Any non-listed but recognized dismount = +0.3	I. 2 FIG Element Groups ● FIG A(+0.5 ea.) ● Supplemental A(+0.3 ea.) II. 2 Second Handstand (+0.5) III. Dismount; ● A (+0.5) ● Supplemental A (+0.3)	I. 2 FIG Element Groups (+0.5 ea.) II. Press to 2 sec. Handstand (+0.5) III. Dismount; A(+0.3), B(+0.5)
Additional Regulations	<ul style="list-style-type: none"> ● Any one skill may be performed twice for value ● NO Saltos (1.0 deduction) ● Swings will count as an "A" part 	<ul style="list-style-type: none"> ● Any one skill may be performed twice for value ● NO Saltos (1.0 deduction) ● 2 extra swings allowed 	<ul style="list-style-type: none"> ● 2 extra ½ swings allowed 	<ul style="list-style-type: none"> ● May compete with lower bars ● Up to 20 cm of extra mats allowed ● Giant + Giant = C, C +0.2 bonus ● 1 permitted empty swing ● +0.5 bonus for each additional Element Group requirement ● Up to +0.2 virtuosity bonus 	<ul style="list-style-type: none"> ● Up to 20 cm of extra mats allowed ● Giant + Giant = C, C +0.2 bonus ● 1 permitted empty swing ● +0.5 bonus for each additional Element Group requirement ● Up to +0.2 virtuosity bonus
A Skills		B Skills		C Skills	
<ul style="list-style-type: none"> ● L-sit ● Shoulder stand ● Straddle travel ● Front uprise to straddle sit ● Kip to upper arm support ● Kip from upper arm support ● Pirouette in cross support ● Long hang swing back uprise to upper arm support ● Forward shoulder roll ● Kip to straddle sit 		<ul style="list-style-type: none"> ● Back uprise ● Kip ● Moy to upper arm ● Drop kip ● Back shoulder roll ● Back shoulder roll to support ● Cast to upper arm ● From L-sit, press to shoulder stand ● Any kip to immediate L-sit (2 B's) ● Swing to shoulder stand ● Front uprise ● Reverse Straddle cut ● Forwards Straddle cut ● V-sit ● Front toss to upper arm ● Stütz to upper arm ● Back Stütz to upper arm 		<ul style="list-style-type: none"> ● Moy to upper from handstand ● Stütz to support ● Moy to support ● Press handstand ● Cast up to support ● Back uprise straddle cut ● Giant swing to support ● Long hang back uprise to support ● Kip straddle cut to handstand ● Front uprise to immediate swing handstand (2 C's) ● Kip to immediate swing handstand (2 C's) ● Handstand pirouette ● Swing handstand ● Front toss to support ● Peach to long hang ● Peach to support ● Straddle planche ● Manna 	
Dismounts		Dismounts		Dismounts	
<ul style="list-style-type: none"> ● Stütz dismount (front swing with ½ turn) ● Rear dismount 		<ul style="list-style-type: none"> ● Flyaway tuck or pike ● Rear dismount above 45° 		<ul style="list-style-type: none"> ● Any salto off side ● Layout flyaway ● Wende ● Stütz (hips horizontal) 	

HORIZONTAL BAR

Level 1 (Low Bar) Height 5' 6" (170 cm), spring board may be used for the mount.

	LEVEL I	LEVEL II	LEVEL III	LEVEL IV	LEVEL V
Start Value	Max. 6 counting skills (A=0.1) Special Req. + 0.5 ea. Execution 10.0 Maximum D-Score 3.1 <i>Plus Stuck Landing Bonus</i>	Max. 6 counting skills (A=0.1, B=0.2) Special Req. + 0.5 ea. Execution 10.0 Maximum D-Score 3.4 <i>Plus Stuck Landing Bonus</i>	Max. 7 counting skills (A=0.1, B=0.2, C=0.3) Special Req. + 0.5 ea. Execution 10.0 Maximum D-Score 3.7 <i>Plus Stuck Landing Bonus</i>	Max. 6 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 3 Rules Maximum D-Score 3.7 <i>Plus Landing & Virtuosity Bonus</i>	Max. 7 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 4 Rules Maximum D-Score 4.0 <i>Plus Landing & Virtuosity Bonus</i>
Special Requirements	I. Pullover II. Front or back hip circle III. Leg cut forwards or backwards IV. Cast with feet at bar height V. Dismount <ul style="list-style-type: none"> ● A dismount = +0.5 ● Any non-listed but recognized dismount = +0.3 	I. Any pullover II. Front or back hip circle III. Long swing element IV. Cast to horizontal V. Dismount <ul style="list-style-type: none"> ● A or B dismount = +0.5 ● Any non-listed but recognized dismount = +0.3 	I. Kip or back uprise II. Front or back hip circle III. Underswing IV. Any element with ½ turn <ul style="list-style-type: none"> ● excluding dismounts V. Dismount <ul style="list-style-type: none"> ● A, B, or C dismount = +0.5 ● Any non-listed but recognized dismount = +0.3 	I. 2 FIG Element Groups <ul style="list-style-type: none"> ● FIG A (+0.5 ea.) ● Supplemental A (+0.3 ea.) II. Giant (+0.5) III. Dismount; <ul style="list-style-type: none"> ● A (+0.5) ● Supplemental A (+0.3) 	I. 2 FIG Element Groups (+0.5 ea.) II. Giant (+0.5) III. Dismount; A(+0.3), B(+0.5)
Additional Regulations	<ul style="list-style-type: none"> ● Any one skill may be performed twice for value ● NO Saltos (1.0 deduction) ● 2 extra swings allowed ● Single-leg cut in support, cast to bar height, and ½ turn in support may be used as "A" parts 	<ul style="list-style-type: none"> ● Any one skill may be performed twice for value ● NO Saltos (1.0 deduction) ● 2 extra swings allowed ● Spotter must be present 	<ul style="list-style-type: none"> ● 2 extra ½ swings allowed ● Spotter must be present 	<ul style="list-style-type: none"> ● 1 layaway or empty swing allowed ● Up to 20 cm of extra mats allowed ● Flight elements of "B" value or higher = +0.2 bonus ● +0.5 bonus for each additional Element Group requirement ● Up to +0.2 virtuosity bonus 	<ul style="list-style-type: none"> ● 1 layaway or empty swing allowed ● Up to 20 cm of extra mats allowed ● Flight elements of "B" value or higher = +0.2 bonus ● +0.5 bonus for each additional Element Group requirement ● Up to +0.2 virtuosity bonus
	A Skills	B Skills		C Skills	
	<ul style="list-style-type: none"> ● Pullover ● Cast to horizontal ● Single-leg kip ● Long swing pullover ● Swing ½ turn to 45 below horizontal 	<ul style="list-style-type: none"> ● Any kip ● Straddle cut ● Sole circle ● Straddle sole circle ● Piked or straddled underswing ½ turn to long hang ● Long hang swing pullover from cast ("Baby Giant") ● Jam cast to immediate back uprise (2 B's) ● Swing hop ½ turn to 45° below horizontal 	<ul style="list-style-type: none"> ● Back uprise ● Free hip circle 	<ul style="list-style-type: none"> ● Back giant ● Cast handstand ● Pirouette ● Swing hop full turn ● Swing ½ turn above horizontal ● Kip to immediate cast 45° above horizontal (2 C's) ● Back uprise to handstand ● Back uprise to immediate free hip to handstand (2 C's) ● Sole circle to handstand 	<ul style="list-style-type: none"> ● Front giant ● Blind change ● Free hip to handstand
	Dismounts	Dismounts		Dismounts	
	<ul style="list-style-type: none"> ● Cast to straddle/pike underswing dismount ● Underswing dismount 	<ul style="list-style-type: none"> ● Cast straddle over dismount ● Piked or straddled underswing ½ turn dismount 	<ul style="list-style-type: none"> ● Front tuck ½ twist ● Front or back flyaway 	<ul style="list-style-type: none"> ● double back flyaway ● Pike off with front salto 	

E. Routine Evaluation:

Optional routines are based on the 2021-2024 FIG Code of Points.

There are 2 components of this system; a Difficulty Score (D-Score) and an Execution Score (E-Score).

a. D-SCORE:

The D-Score is calculated based on adding together the following 2 components,

- The values of skills presented in the routine up to a specified maximum number.
- The 0.5 for each Special Requirement or Element Group Requirement achieved in the routine.

To calculate the total D-score, first, determine if the Special Requirement Skills have been performed and credit the gymnast 0.5 for each one met (plus the value of the skill itself). Second, credit the gymnast with the values of the most difficult skills recognized in the routine, including the dismount, to fulfill the maximum number of skills permitted. Finally, for levels 4 and 5 only, the value of any skill or connection bonus are added to the D-Score. As an example: if a Level 3 gymnast has met the 5 Special Requirements the Judge must find and credit the gymnast with 2 more skills for a total of 7 skills. If the gymnast has met only 3 Special Requirements then the Judge finds 4 more skills to make up the maximum 7 elements. The value of the dismount must be within the credited skills. A final D-score is flashed to the audience and the competition participants. Only the D-score can be discussed with the judges.

The chart below indicates the maximum number of difficulty parts that may be counted towards the D-score at each level and the value of those parts. It also indicates which parts may not be performed at a given level. Check apparatus rules for prohibited skills.

LEVEL	MAXIMUM # OF SKILLS THAT COUNT TOWARDS D-SCORE	“A” PART VALUE	“B” PART VALUE	“C” PART VALUE
Level 1	6	0.1	Not permitted <i>Only permitted on Pommel Horse</i>	Not permitted
Level 2	6	0.1	0.2	Not permitted <i>Only permitted on Pommel Horse</i>
Level 3	7	0.1	0.2	0.3
Level 4	6	Difficulty values as per the FIG Code of Points with the exception of Pommel Horse, where the listed skills will be considered Supplemental A parts and receive 0.1 for value.		
Level 5	7	Difficulty values as per the FIG Code of Points.		

SKILLS NOT LISTED IN THE CODE

For levels 1, 2 and 3, any recognizable gymnastics skill not listed in the code will be given at least an A value. Whether a skill is recognized or not is based on the Judge’s discretion. Any skill that is listed in the FIG Code of Points will be given at least the FIG value. The MAG Representative can be contacted if there are questions as to whether a skill will be credited.

b. SHORT ROUTINES

The following chart indicates how the E-jury must evaluate short routines at each Level. It is the duty of the D-jury to notify the E-jury how many elements were credited. A skill with a large error or that was not credited can still count towards the total number of skills required.

	SHORT 1 ELEMENTS	SHORT 2 ELEMENTS	SHORT 3 ELEMENTS	SHORT 4+ ELEMENTS
MAXIMUM E-SCORE	9.5	9.0	8.0	5.0

c. EXECUTION

- i. **TECHNIQUE:** Can be defined as the general performance of the difficulties and the routine as a whole. Moves executed with poor technique receive deductions - i.e. bent legs and arms (see General Execution and Amplitude Faults)
- ii. **AMPLITUDE:** Can be defined as the quality of performing all movements to their maximum. Therefore:
 - o the body should be straight, tight and extended
 - o all moves should be executed with good posture
- iii. **EXAMPLES:** Some examples of General Execution and Amplitude Faults: Applies to all routines and points are deducted upon each occurrence. For a full list of faults please consult the FIG Code of Points.

Small Faults (-0.1)	
<ul style="list-style-type: none"> • Slight loss of balance; deduction per step/hop (to a maximum of 1.0) • Slightly bent arms/legs (angular deviation <45°) • Poor technique/form • Legs apart (< shoulder width) 	<ul style="list-style-type: none"> • Incomplete twist <30° (eg. jump full twist on floor) • Strength move with swing or vice versa • Legs apart during saltos or landings
Medium Faults (-0.3)	
<ul style="list-style-type: none"> • Large step/hop on landing; deduction per step/hop (to a maximum of 1.0) • 1 or 2 hands brushing apparatus or floor on landings • Bent arms/legs (45-90°) • Legs apart (> shoulder width) • Strength move with large swing, and vice versa • Hold strength element less than 2 seconds 	<ul style="list-style-type: none"> • Interruption of exercise without falling • Incomplete twist (31-60°) • Touching apparatus or floor to maintain balance • Unsportsmanlike behavior • Not acknowledging the judge before and/or after routine
Large Faults (-0.5)	
<ul style="list-style-type: none"> • Extreme bending of arms/legs (>90°) • Large leg separation (straddled) • Unsteadiness 	<ul style="list-style-type: none"> • Angular deviation >45° • Incomplete twist (61-90°)

Individual Judges present their E-score out of the maximum 10 points and then a final score of E-score plus D-score plus Stick Bonus is flashed to the audience and the competition participants.

d. **COMMENTS ON ROUTINE COMPOSITION**

Can be defined as the use of a variety of connective moves, which connect “A”, “B”, or “C” moves. These connections can be difficult or simple, but they should complement and enhance the routine. Also included in composition marks is the choice of difficulties and how they are connected.

Routines which have good composition should include:

- i. Choice of variety of difficulties and connections to avoid monotony in the routine.
(i.e. Not all difficulties should be in the same direction or chosen from the same group; a mix of forward and backward handspring/saltos rather than all backward handsprings/saltos).
- ii. Direct connections of difficulties and have smooth and fluent connections.
Note that 0.5 is not deducted each time there is an intermediate swing and 0.3 for half of an intermediate swing. In some levels a number of empty swings is permitted and in other levels swings are considered a skill therefore this deduction should not be taken.
- iii. Changes in levels (i.e. movements close to and away from apparatus).
- iv. Use of full floor area and full length of parallel bars and pommel horse.
- v. Each exercise must include a mount and dismount, equal in value to the general division of difficulty displayed.

Omission of any of the composition requirements could result in the deduction of up to 0.3 points each.

Stick Bonus: A +0.1 stick bonus is applied to the Final Score for stuck landings on the dismount for all levels. For Level 5, a +0.2 stick bonus is credited to stuck dismounts that are a C or higher value. For Level 4, +0.2 is awarded for stuck FIG B or higher dismounts. For stuck vaults that have a 3.2 value or higher, both Level 4 and 5 receive +0.2.

Virtuosity Bonus: For levels 4 and 5, +0.1 for virtuosity may be awarded for any element performed with exceptional amplitude, and +0.2 for virtuosity may be awarded for 3 or more elements performed with exceptional amplitude, applied to the Final Score.