



British Columbia Secondary Schools Gymnastics Association

Member of BC SCHOOL SPORTS

Dear Coach:

Welcome to the 2011-2012 Secondary Schools Gymnastics Season. We look forward to an excellent meet at Moscrop. To assist you in your preparation for the upcoming season you will find enclosed:

1. [CSSGA Directors 2011-12](#)
2. [Zone Representatives 2011-12](#)
3. [2010-11A.G.M. Minutes](#)
4. [2011 Board of Directors Meeting Minutes](#)
5. [Rules and Regulations \(Updated Spring 2009\)](#)
6. [Girls Routine Rules \(Revised Summer 2011\)](#)
7. [Boys Routine Rules \(Revised Summer 2011\)](#)
8. [Application for change of level in B.C.S.S.G.A.](#)
9. [2011 Championship Results](#)



South Delta Secondary –2010-2011 Provincial Champions

Rhonda Dale, Commissioner

| GYMNASTICS – B.C.S.S.G.A. | | | |
|---|-------------------------------------|--|--|
| | Cath Dimmock | Argyle | cathdim@shaw.ca |
| Commissioner Name: | Rhonda Dale | | |
| Zone Representatives | | | |
| Region | Name | School/Address | Email or Phone # |
| Address: 2515 Beverly Street, Duncan, BC V9L 3A5 | | | |
| Northern | Commissioner | | sixdale@telus.net |
| Phone: 250-746-6168 | Fax: Chris Buccini | Trail District | Direct Line: 250-664-2843 |
| Email: sixdale@telus.net North Island | Joyce Percey | Brooks/Oceanview Powell River | prgymnastics@shaw.ca |
| Vancouver/BBY | Lucinda Donaldson <i>Executive</i> | Moscrop | gym sense@hotmail.com |
| NSH/Pemberton | Position Terry Mitruk | Location/School | Email/Phone tmitruk@nvsd41.bc.ca |
| Vancouver Island | Rhonda Dale Cathy Fisher | Quamichan Brooks/Oceanview | sixdale@telus.net lp47@bc11.ca |
| Coquitlam President | Michelle Morin | Centennial Powell River | mmorin@sd43.bc.ca |
| Delta | Kristina Sharp | Delta | ksharp@deltagymnastics.com |
| Sport Deadline Dates | | | |
| DECLARATION DEADLINE: October 7th 2011 | | | |
| REGISTRATION DEADLINE: December 5th 2011 | | | |
| FINAL REGISTRATION DEADLINE: February 1 st 2012 (with penalty) | | | |
| Provincial Championships | | | |
| Boy's Rep | Chris Sheremeta | Delta | csheremeta@gmail.com |
| Coordinator Name: | Lucinda Donaldson and Adrian | | |
| Members at Large | Lucinda Moscrop Donaldson | Moscrop | gym sense@hotmail.com |
| Entry Fee: | \$50 | | |
| | Tracy Simpson | | tracy.n.simpson@gmail.com |
| Entry Deadline: | Heather Henderson | February 29 th 2012 Delta | hhenderson@deltagymnastics.com |
| Zone Events must be finished by: February 26th 2012 | | Zones MUST notify Commissioner by: Feb. 27th of their intent to fill berths. | |
| | Wil Erichson | Windsor | Will_erichson_14@yahoo.ca |
| Team Photos: (send to) bchighschoolgymnastics@yahoo.ca must be received by Feb 18, 2012 (jpeg format) | | Website: www.bchighschoolgymnastics.com | |

RULES AND REGULATIONS FOR THE BRITISH COLUMBIA SECONDARY SCHOOL GYMNASTICS CHAMPIONSHIPS AND ZONE QUALIFYING MEETS

2011-2012 School Year

A. DIRECTORS

| | | | | |
|----------------------|-----------------------|--------------|-------------------------|-------------------|
| Commissioner: | <i>Rhonda Dale</i> | 250-246-4177 | President: | Cathy Fisher |
| Secretary: | Joyce Percey | 604-485-0520 | Boys' Rep: | Chris Sheremeta |
| Girls' Rep: | <i>Kristina Sharp</i> | 604-220-6353 | Member-At-Large: | Lucinda Donaldson |
| Treasurer: | Pamela Mutsaerts | 604-984-7342 | | Heather Henderson |
| | | | | Cath Dimmock |
| | | | | Will Erichson |
| | | | | Tracy Simpson |

B. PROVINCIAL CHAMPIONSHIPS

| | |
|----------------------|--|
| Date: | Mar 9/10/12 |
| Place: | Moscrop Secondary |
| Coordinators: | Lucinda Donaldson and Adrian Wong |
| Entry Fee: | \$50.00 |

1. Information re: meet schedule, contact people, meet entry fee, etc. will be mailed to all registered schools in January.
2. SCHOOL & TEAM REGISTRATION – Refer to Section C2 “Registration Requirements”, pg 83 of the BC SCHOOL SPORTS Handbook.

ALL Player Registration Forms will now be completed using the BCSS “On-line” Registration system, no hardcopy PRF will be accepted by BCSS.

- a) In order to register your school, make sure that your Athletic Director has declared gymnastics on the “on-line” system with BC SCHOOL SPORTS before **October 1st**. Please complete the coach’s information when declaring gymnastics.
 - b) **PLAYER REGISTRATION FORM DEADLINE is December 5th**. PRF MUST be completed “**on-line**” by **December 5th (All grades)**. After **December 5th** a late fee of \$50 and the completed PRF must be submitted to BCSS or your gymnasts will not be allowed to compete at the zone qualifying meet or B.C. Championship. **The FINAL deadline that students can be added to the roster “on-line” is February 1st or 7 days prior to the Zone meet, whichever is earlier.** (Note: The last date for the qualifying meet is **February 26th**). The late school registration fee is \$50 dollars per school. (Additional Gymnasts can be added up to the same FINAL deadline date). Registered schools will receive a copy of the current Rules and Regulations, Boys’ Routine Rules, and Girls’ Routine Rules. A copy of the constitution is available from the Commissioner on request.
 - c) Each School and Feeder School must register separately. Students can only compete for the school at which they are enrolled.
- ### 3. MEET ENTRY FEE AND FORM
- Each school coach is responsible for sending their gymnastics entry form and entry fee so that they arrive (in the hands of the Meet Registrar) **on or before February 29th** deadline. To ensure arrival, use a FAX or send via Priority Post. The mail delivery system is **no excuse**. **THERE IS A LATE MEET ENTRY FORM and/or FEE CHARGE OF \$50/SCHOOL, PAYABLE BEFORE YOUR GYMNASTS COMPETE.** This applies to both B.3(a) and B.3(b) below.
- a) Send an original entry form and entry fee (make check payable to BCSSGA) to Pamela Mutsaerts **Team photo to be emailed to bchighschoolgymnastics@yahoo.ca**

C. ROUTINES

Boys' Events (Olympic Order)

Floor Exercise
Pommel Horse
Rings
Vault
Parallel Bars
High Bar

Girls' Events (Olympic Order)

Vault
Uneven Bars
Balance Beam
Floor Exercise

D. LEVELS

There are 5 levels. The levels are named I, II, III, IV and V. Level V is the most advanced skill level.

1. Guidelines for INITIAL PLACEMENT:

Place gymnast in as high a category as possible so that the gymnast is competitive, safe and does his/her routine with style and control. Before final initial placement, consult an experienced coach in your area or your Zone Representative. Phone the Girls or Boys Representative (see attached list) if you would like more input.

If a gymnast has not competed at a zone qualifying playoff and/or BCSSGA Championship, then placement is as follows:

GIRLS:

- Level I - a gymnast with little or no previous experience or 1-2 hours per week recreational, and no competitive experience during the period preceding **September 1st 2010, not competing with Gym B.C. this season Level 1's are broken down into two groups: Jr. Level 1 (grade 8-9) and Sr. Level 1 (grade 10-12)**
- Level II - a gymnast who has not been a member of a school or community group or club for more than 8 months from September 1st, 2010 to present, or training 3-4 hours per week: **GBC. Level 1**
- Level III - a gymnast who has not been a member of a school or community group or club for more than 12 months from September 1st, 2010 to present. **GBC Level 2**
- Level IV - any gymnast who is competing at Level 3 GBC or has been 3, or 4 Provincial or National gymnast before September 1st, 2010. **Gym B.C.**
- Level V - any gymnast who is competing in the Provincial (**Level 4&5**) or National or has competed at those levels since September 1st, 2010 **Gym B.C.** (Petitioning is available)

2. Levels for gymnasts who have already competed at a zone qualifying playoff and/or BCSSGA Championship:

- Level I - a gymnast who has not placed in the top three all-round in the BCSSGA Championship at a Level I
- Level II - a gymnast who has placed in the top three all-round in the BCSSGA Championship as a Level I.
 - a gymnast who has not placed in the top three all-round in the BCSSGA Championship as a Level II.
- Level III - a gymnast who has placed in the top three all-round in the BCSSGA Championship as a Level II.
 - a gymnast who has not placed in the top three all-round in the BCSSGA Championship as a Level III.
- Level IV - a gymnast who has placed in the top three all-round in the BCSSGA Championship as a Level III or is training at Level 3. **Gym B.C.**
 - a gymnast who has stopped competing and training at Level 3 or higher level prior to September 1st, 2010
- Level V - a gymnast who has competed or trained at a Gym B.C. **level 4** or higher since September 1st, 2010
no level IV gymnast has to move up unless they meet initial placement guidelines. (Petitioning available)

BOYS: – as suited to the levels – competing or training Gym BC Boys must go Level 4 or 5.

- Note:**
- a) All-round means best six events for boys and best four events for girls.
 - b) A gymnast may advance through levels more quickly than these rules state. Once a gymnast competes at a zone playoff or BCSSGA Championship he/she can only go back in levels upon successful appeal to the Girls or Boys Representative (*Note exception Level V - E.2. V*). Level cannot be changed between zone meet and B.C. Championship.
 - b) A gymnast must compete in one level only in a zone qualifying meet and BCSSGA Championship.
 - c) An appeal may be made to the Commissioner if at any one level the numbers competing are insufficient to warrant the top three advancing to the next level.

E. AWARD SYSTEM

1. a) Ribbons for the top 8 winners in each event and each member of the winning school team.
 - b) Rosettes for the top 8 all-round winners for each level) THESE RIBBONS WILL BE DISTINCT FROM EVENT RIBBONS.
 - c) Medals for the top three all-round winners.
 - d) **Level Trophies – see number 3 new scoring system (2004)**
 - e) Minimum two gymnasts required for team trophies plus level trophies.
 - f) Aggregate Trophy and Pennant for winning boys' team. Teams placing second receive a Trophy and Pennant. Teams placing third receive a Pennant. Termed AAA.
 - g) Aggregate Trophy and Pennant for winning girls' team. Teams placing second receive a Trophy and Pennant. Teams placing third receive a Pennant. Termed AAA.
 - h) Aggregate School Trophy and BC SCHOOL SPORTS Championship Banner for winning school team. Second placing school teams receive a Trophy and a Pennant. Third placing school teams receive a Pennant. Termed AAA.
 - i) Aggregate Trophy – the sum of the girls and boys points

2. Scoring System –

1. Ribbons for events awarded 1st place to 8th place.
2. All Around medals for 1st to 3rd place and rosettes for 4th to 8th place.
3. Scoring Program formulas:

The school team awards by level are based on adding up the best event scores and all around score per level, which is then divided by the best possible score and multiplied by ten. The school overall results use the points which take the above calculation, multiplying by ten and subtracting 70 (You have to have at least 70% of best possible to get points.) You add up all the teams' level points to get girls points and same for boys points. Add both together to get school points.

3. **Gymnasts will remain in competitive attire until ribbons have been presented, which means bodysuits or boys suit. It is the coach's responsibility to ensure that this occurs.**
4. Ties will not displace lower placing.

F. MEET ORGANIZATIONAL RULES

1. Entry fees are non-refundable and payable to the Treasurer. Fees must include the banquet fee and be sent with the entry form.
2. Ties will not displace lower placing when giving awards.
3. Event Ribbons and ALL AROUND will be awarded at meet.
4. All other awards to be given at the awards ceremonies.
5. An honorarium will be given to judges in appreciation for judging at the B.C. Championship.
6. Qualified judges will be used. For example, one Level III judge per girl's event, plus one other.
7. All gate receipts, concessions and other sales will be directed to the school hosting the meet.
8. Competitive etiquette will be stressed and no protest as far as a gymnast's event score will be allowed. Gymnasts must be on the competitive floor ready for the competition. Videos may be used for personal use only.
9. The BCSS Code of Conduct will be followed at this meet - see Commissioner regarding problems after seeing the coach involved.
10. The host school will assume copying, paper, writing, postage and telephone costs that are incurred in running the Championship.
11. There must be clearly defined pathways during the meet. Establish a "picket fence" situation.
12. Competitors from the same school in each level will be grouped together in the rotations where possible as a coaching/safety measure. **Coaches must be on the competitive floor or assign a coach to their gymnast.**
13. Warm-up/compete format of competition. General warm-up will be 30 minutes. Timing begins once the gymnast begins the warm-up on the apparatus and does not include the time taken to adjust the equipment.
14. Marshalls, with a list of competitors and order of competition shall organize gymnasts at each event during each rotation.

G. RESPONSIBILITY OF ZONE REPRESENTATIVE

1. Must be a member of the committee hosting the zone qualifying meet.
2. Must see that the zone qualifying meet is run in a manner that will allow eligible contestants to qualify for the B.C. Championship; i.e. meet is completed by **February 25th, 2010**.
3. Must see that all coaches and qualifying gymnasts are fully informed about pertinent instructions and information concerning the B.C. Championship.
4. Must encourage schools to submit their entry fee and entry forms as per the previous text B.3.a), b), and c) on page 1.
5. Must be responsible for making any changes to the zone qualifiers.
6. May conduct a general meeting of zone coaches at the zone-qualifying meet. This meeting is to determine the Zone Representative for the next year and recommendations to the B.C.S.S.G.A.'s AGM.
7. Will be responsible for setting league play for the following school year.
8. Must send zone results to commissioner.

Suggested League Practices:

- a. Each school has at least one dual meet with each school in their zone. In the case of a zone that is composed of a division(s), then each school in a division should have at least one dual meet with each school in their respective division. All league play must be finished before the zone-qualifying meet.
 - b. These dual meets may be bars, side horse, parallel bar, or full meet
 - c. A zone may elect to have levels within its zone. Levels may be formed due to geographical distance, number of registered schools, or any other reason deemed appropriate by the registered schools within that zone.
9. Discuss with Commissioner re: appeals due to sickness/injury resulting in no participation at zone qualifying meet. See L-1
 10. **Assure that all gymnasts who compete in zone qualifying meet come from a registered school before they compete and have paid their entry fee. "Very Important"**
 11. Obtain the sanction of the local Athletic Association for qualifying zone meet. This should provide a budget, trophies and liability coverage for zone meet.
 12. Recognized zone-qualifying competitions:
 - Central Vancouver Island Secondary School Gymnastics Championship
 - North Shore Secondary School Gymnastics Championship
 - Surrey Secondary School Gymnastics Championship
 - Fraser Valley Secondary School Gymnastics Championship
 - West Kootenay Secondary School Gymnastics Championship
 - Peace River Secondary School Gymnastics Championship
 - North West Secondary School Gymnastics Championship
 - Vancouver Secondary School Gymnastics Championship
 - Coquitlam Secondary School Gymnastics Championship
 - Upper Fraser Valley Secondary School Gymnastics Championship
 - North Okanagan Secondary School Gymnastics Championship
 - Upper Island Secondary School Gymnastics Championship
 - South (Okanagan) Secondary School Gymnastics Championship
 - BC Northern Winter Games

H. RESPONSIBILITY OF B.C.S.S.G.A. PROVINCIAL CHAMPIONSHIP MEET COORDINATOR

1. Organize the B.C. Championship in all aspects.
2. Supply registered schools and Zone Representatives with Meet information and entry forms in early January.
3. Submit Meet Budget to the Commissioner by September 15th of the current school year.
 - a) 50% of BC SCHOOL SPORTS registration fees plus 100% of the championship fees. All other expenses beyond this funding is the liability of the host school/zone.
4. Ensure that all Meet standings and scores be given to the Commissioner and Secretary for keeping as official records.
5. Commissioners must submit Meet report, pictures, and results to BC SCHOOL SPORTS after the B.C. Championship.
6. There must be a clearly designated first-aid station and attendant. All coaches must be informed of its location.
7. Equipment will be used only for official warm-up and competition. Gymnasts warming-up must do skills that are part of their level only and must be competing next. Demonstrations must be supervised and approved by the Meet Coordinator.
8. B.C. Co-ordinator contact BC SCHOOL SPORTS (Sue Keenan – skeenan@bcschoolsports.ca) Re: Conflict of Corporate Sponsor if applicable.

I. ELIGIBILITY

All gymnasts must be eligible in accordance with the BC SCHOOL SPORTS Eligibility Rules (see attached addendum) or the BCSS 2011-2012 Handbook & Directory.

J. BERTHS AND ZONES

Girls' Qualifying

1. The zones are Central Vancouver Island, Lower Vancouver Island, Vancouver, North Shore, Coquitlam, Surrey, Delta, Upper Fraser Valley, Fraser Valley, North Okanagan, West Kootenay, Upper Island, Peace River, North Central, North, West and South Okanagan. Schools from other areas of the province will form zones as per their local Athletic Association.
2. Berths for the B.C. Championship will be allotted according to the formula: number of competitors at zone championships (**0-15** gymnasts = 3 gymnasts to championships; **16-25** = 4 to championships; **26-35** = 5 to championships; **36-45** = 6 to championships; **46-55** = 7 championships; **over 55** = 9 to championships) per Level. The Zone Representative will be informed of berth allocations as soon as number of participating schools in zonal championship is confirmed.
3. Berths can only qualify for the B.C. Championship through the zone-qualifying meet.
4. In addition to zonal qualifications the host school will be allowed to send additional girls to make up a full team for the host school. A full team consists of 3 gymnasts per level.
5. Zone berths are comprised of the top 4-event all-round girls in each level. The number of berths is qualified by K2.
6. A qualified gymnast should have competed in at least 1 meet prior to the B.C. Championship. In areas where there is no meet within a reasonable travelling distance, these meets may be inter-squad meets.
7. **Additional level 3,4,5 girls above the berthing allotment may be petitioned to compete at BC's – attention to Commissioner.**

Boys' Qualifying

All boys are invited to the Provincial Meet. Coaches should send only boys that are able to achieve 8 out of a possible 12/14 on each competing event. In the event that there will be too many boys attending the B.C. Championship, the Commissioner will notify schools as soon as possible.

Team Qualifying

Girls' Team

The first place girls' team in zone championships will qualify as a team. **(3 per Level) Not on top of the ones you are already bringing but in total. For example 2 of your girls in level 1 make team for your school, you win top team overall you may bring one more to make 3 in level 1. If you already have 3 attending in that level you do not get extra spots. This is for all levels.**

School Team

The first place school team in zone championships will qualify as a full team – Boys and Girls **(3 per Level)**

For additional gymnasts to qualify to the B.C.'s contact the commissioner.

Not on top of the ones you are already bringing but in total. For example 2 of your girls in level 1 make team for your school, you win top team overall you may bring one more to make 3 in level 1. If you already have 3 attending in that level you do not get extra spots. This is for all levels and both boys and girls.

K. APPEAL PROCEDURE

For the B.C. CHAMPIONSHIP AND ZONE QUALIFYING MEETS.

1. Medical byes must be appealed to the zone representative and are only successful if there is room in the zone allotment.
2. In the event of a misrepresentation of either the Boys' or Girls' Rules, the coach must contact the respective Boys' or Girls' Rep. The Rep, after discussions with coach, judge, head judge, and Meet Coordinator, will adjudicate on the matter. If the Rep is unavailable, then the Meet Coordinator assumes her/his role for the appeal.

3. In the event there is a misinterpretation of the Rules and Regulations or the Rules and Regulations do not cover a case, or they are unfair as applied to a particular situation, a coach must appeal the situation to the Commissioner. The Commissioner will communicate the decision and reasons to the Board of Directors at its annual meeting. They will decide if the decisions are to be published in that meeting's minutes.

BC Secondary Schools Provincial Championships – Gymnastics

March 11, 2011 Delta Recreation Center

Annual General Meeting Minutes

In attendance: Rachael Fortier; Michele Morin; Heather Henderson; Cathy Fisher; Joyce Percey; Michele Dillon; Chris Buccini; Joy Zwicker; Lucinda Donaldson; Agata Kroondyk; Pam Mutsaerts; Karen Magee; Cath Dimmock; Will Erichson; Kristina Sharp; Nicola Marynowski; Mike Johnson; Tiffany Fong; Lisa Brougham; Tracy Simpson; Tara Hannibal; Cody Forbes; Jenn Burling; Rhonda Dale; Chris Sheremeta

- **Introduction** and welcome to participants – Rhonda Dale
- **New** business to add to agenda: Pam wishes to discuss new junior and senior categories for Level 1
- **Adoption** of Agenda Joy/Kristina
- **Adoption** of 2010 minutes Terry/Michele
- **Commissioner's** Report – Rhonda Dale
- Registration for schools is up to 61 schools compared to 47 last year.
- East Kootneys are new (Welcome!) and some schools from Vancouver Island. Thanks to Rachel and her zone for encouraging new schools to attend.
- Gaming money: Rhonda fought for the increase of \$1000 more for this year and won it!
- Working with a grant from Sport BC to help next year
- **President's** report – Rachael Fortier
- Webpage – was unable to find a free source to do our web page. So, she learned the program on her own and has it up and running!
- Web site definitely a positive tool
- Funding...working hard looking for annual corporate sponsor...no luck ...mission aborted!
- Tried companies such as Rogers, Booster Juice, Thrifty's Canada, Power Bar, Elevate Me
- Quite the process! Not much support

- She has a full list of all that she has done and would pass that on to a new person.
- Requests someone else pick up the ball and run with it...she is stepping down...will continue to manage the website for 2 years as it is part of her person email/accounting

- **Treasurer's Report** – Pam Mutsaerts

- \$2655 raised by Delta for this championships
- Income of \$27,230
- Expenses \$22,541 (a big chunk will go back to host school? To be discussed at the board level, disbursement of fundraising fees)
- Up 46 kids – 1 whole session this year
- 50 schools in attendance
- 192 and 42 boys
- More detailed financials to be done at the next board meeting when final numbers from this champs are in

- **Girls Tech** – Kristina Sharp

- New code of points – girls rules more streamlined with CPP code
- Work in progress!
- Not much feedback...need some clarifications

- **Boys Tech** – Chris Sheremeta

- Has made a few updates to rules
- Made deductions to FIG
- List of skills in C category out of sync with higher skills - hard time making the jump in level 3 to 4
- Need clarification on the amount/level of skills ie: 7 skills, not x number of C's
- Concerns...please direct to Chris

- **Championships 2011** – Rachael Fortier

- Places that donated...Sogo Active \$155; grant of \$250 Sogo 1 time grant; cash from Budget Foods \$350; staff at Delta did marketing of program, got adverts, printing, photography..full color much cheaper than Nathaniel at BCSSS
- Save On \$100 donation – use kids to go in with donation letters
- Food donations from Cobbs, Starbucks, Windset Farms, Kim's Market ; lasagna; every kid brought in a non perishable item...salt, sugar, mayo, etc

- Raffle baskets..Rachel works in film industry and got some in demand gifts/prizes
 - Sold booths... \$50 for a table..smoothies, photographers \$100, Stringbeans gym suits
 - Hotel...shop around...Coast gave 5% commission plus banquet room
 - Do the canvassing and follow up!!!
 - Borrowed benches from churches for viewing
 - Community support and promotion – local cable company
 - Do parents meetings early and do a couple of them! April, Sept, etc.
 - Local connections for first aide – students of paramedics - Justice Institute
 - Incorporate a theme into your event...decorations
 - Will be happy to pass this info on to the next hosts!
- **Future Champs**
- 2012 Moscrop
 - Need to have 3 schools noted in our AGM minutes to BCSSGA please talk to your schools and consider hosting in 2013 or 2014.
 - This issue tabled for now until next board meeting...not all schools represented today
- **New business**
- Rhonda had difficulty with which schools are in what zone and who is responsible. Charts were passed around for everyone to fill in their relevant info.
 - This year the scholarship money went equally to Powell River, Prince George and Trail. Travelling teams with large costs were able to apply instead of an individual athlete bursary. Some discussion about this was made. Need more and strict criteria to know who to award this to in future years.
 - Vote by show of hands... Travel (20) vs Athlete (2)
 - Table to board of directors meeting for criteria, size of team, and distance- Terry; cost per athlete? A breakdown of cost must be given...
- **Old Business**
- Registration fees: funding back this year, so no need to change the fees at this time
 - Vote –unanimous
- **Election of Officers**
- Commissioner – Rhonda Dale nominated by Michele Carried by acclamation

- President - Cathy Fisher – nomination from the floor – Michele.... Carried by acclamation
- Treasurer – Pam Mutsaerts to stand for another year - Carried by acclamation
- Secretary – Joyce Percey standing – nomination by Joy/Will seconder Carried
- Girls Rep – Kristina Sharp – stand Carried
- Boys Rep – Chris – stand Pam/ Will Carried
- Members at Large - Heather, Lucinda, Will, Cath
- New member at Large - Tracy Simpson – Key City, Cranbrook Rachel/Cathy Carried

- **End Notes:**

- Discussion about awarding the team awards at the end of the meet, not at the banquet as suggested.
- Jr. and Sr. discussion - injustice of kids of more skills not making level 2, yet all Level 1's attended...nature of the levels! Re: numbers...a jr. may not bump up...this is to the advantage of the younger ones ... it is working... unanimous...keeping the level 1 split
- During trials...must report when your trials are, results, to the Commissioner... this is how we keep track of wildcard spots, need to see the starting scores around the province...
- Email accounts on website..Joyce and Rachel to check who is checking the emails and responding. Rachel would like someone to take over for the website
- Need principal's signature and amounts for banquet, etc.

- **Motion** to adjourn Carried 10:00pm

BC Secondary School Sports – Gymnastics

Director's meeting minutes – Langley Event Center

April 10, 2011, 3:30pm

Introductions

Present; Rhonda, Pam, Chris, Lucinda, Cathy, Kristina, Tracy, Joyce

Adoption of Agenda

- one addition – meet etiquette
- Pam/Lucinda

Adoption of 2010 Minutes – Rhonda read a review

- Kristina/Lucinda

Director's Reports:

Commissioner - no report

President - no report

Secretary report:

- correspondence – letter from Andree Montreuil
- discussion about streamlining the code even more toward the CPP code
- Rhonda will contact Andree and speak with her more about this

Treasurer report

- Minor left over bills from 2011 provincials
- janitorial \$270.75; money coming back from Thrifty's \$131.00; and hotel commission \$700
- Williams Moving outstanding shipping bill \$1200 (estimate) from 2010 It was suggested that at this late time, the shipping bill be written off
- who is responsible for shipping of the GBC equipment? GBC should be sending bills to Pam (1636 Kilmer Road North Vancouver V7K 1R7)
- Meeting before next year needs to happen between Pam and Lucinda (host school) to clarify budget/costs/expenses
- need budget for next year by Sept 2011

- Pam to send an electronic copy of every treasurer report to Joyce so she can email out with minutes

Girls Technical Report

- no problems with changes by judges
- has a list of changes
- no complaints received at provincials about the code changes – which were vast!
- will update code as per the changes
- vault for level 4...120 or 125cm? check code to specific
- some discussion made that the code changes are so far behind the times due to the fact that they had not been adjusted over time as the provincial code did. We are now in a catch up mode which is going well. In comparison with other sporting groups in schools, changes are made in concession with the provincial sport body.

Boy's Technical Report

- no apparent troubles from judges, questions/concerns from schools
- sample level 1 routines Chris will write some level 1 routines up that can be posted on the web site
- send board of directors emails/contacts to Chris
- video tape and put sample routines on UTube to link to website
- some concerns about attire from the boys: inappropriate longs(need to be worn with socks or slippers): boarding shorts not allowed.. Chris to update the wording on the code. Info to clubs about boys attire – purchase: GK; Snowflakes; North West Equipment Supply; Northern Athletic all sell boys shorts and longs Hettie- 604 939-9372 seamstress

New Business

Championships 2011

- etiquette
- supervision at social events....must be bolded on package
- kids in bleachers need supervision
- meet etiquette sheet could be sent out and brought up at a coaches meeting prior to the meet (at warm up) ie: all athletes to remain on the floor until the last person finishes competing...etc.

Directors at Large Duties

- Cath – signer
- Lucinda – awards
- Tracy – main contact for zone reps for outside of lower mainland

- Cathy – snacks for AGM's and meetings
- Tracy – will help out with website –updating and take over by the end of the year

Berths – update to allow for greater berths for larger zones - up to 10 places

Rhonda to deal with this. The idea being that since the larger zones tend to take more of the wildcard spots, the allowance of more berths to these zones will assist with the wildcard mayhem.

Chelsey Bursary

- Pam and Rhonda will update wording of Chelsey Bursary

Championships 2012

- Need clarification that provincial level kids compete one level higher for provincials
- Deadline to have gymnastics programs in school sessions are Mar 6 – end of gymnastics session
- 2012 March 8,9,10

Future Championships:

- 2013 Powell River
- need hosts for 2014

Society Report

None given

Meeting adjourned at 5:40pm

B.C. SECONDARY SCHOOLS GYMNASTICS ASSOCIATION

GIRLS' ROUTINE RULES

Revised September 2011

The Girls' routine rules were formatted from the Canadian Provincial Program, used by Gymnastics BC for its provincial program, which were altered to suit the beginner to experienced coach as well as the beginner to experienced school gymnast. These rules have the flexibility to suit beginner gymnasts as well as the more advanced. The following are some helpful hints in this regard.

1. A school coach or a group of school coaches may select only certain "A", "B" or "C" moves to teach their gymnasts.

2. Music may be obtained from any instrumental arrangement. Ask the gymnast to find their favorite instrumental piece. Cut and record until the desired length of music is reached. Music with jazz arrangements is particularly appropriate. Normally, a routine's music will have a fast tempo portion for tumbling and a slow tempo portion for dance and controlled acrobatics. No vocals are permitted. One CD per gymnast, with gymnast's name and school name attached. CD players will be available.

3. ATTIRE – school team gymnastic body suit (**long or short sleeve**), gymnastic shoes and grips (optional). Tights may be worn if they are no longer than thigh length and match exactly the body suit in colour and material.

0.3 deduction - for shorts other than above, each time. 0.5 deduction for jewellery, each time. (stud earring only)

4. A vault, bars, beam, or floor routine may be repeated only in case of technical malfunctions that are beyond the control and responsibility of the athlete and coach. It is the decision of the head judge of the particular apparatus to decide upon request of the gymnast's coach. The gymnast may request to see the score of her first routine before deciding if she is going to repeat. The request must be made immediately after the malfunctions.

5. New Judging System: D Score + E Score + Landing bonus (where applicable) – Neutral Deductions = Final Score

D SCORE: Difficulty + CR + bonus = D score (**to a maximum for each level and event**)

DIFFICULTY: – Each A or supplementary element has value of 0.1, B = .2, C = .3, D = .4. Each level has to perform a required number of certain level skills.

CR – Composition Requirements: Each Level/Event has five requirements each worth .5 for a total CR value = 2.5

BONUS – Some Levels/Events are able to acquire bonus points for certain skills **to a set maximum for that level.**

E SCORE: Maximum value = 10.0

E Score = 10.0 – Execution, composition and artistry deductions

Landing bonus

+ .1 (Vault, Bars and Beam) for stuck dismount. In case of doubt, bonus is not rewarded.

| Table of General Faults and Penalties | Small | Medium | Large |
|--|--------------|---------------|--------------|
| Execution Faults (From E score) | 0.10 | 0.30 | 0.50 |

| | | | | |
|---|-----------|---|--------------------------|-----------|
| – Bent arms or bent knees | each time | X | X | X |
| – Leg or knee separations | each time | X | X shoulder width or more | |
| – Legs crossed during elements with twist | each time | X | | |
| – Insufficient height of elements (external amplitude) | each time | X | X | |
| – Insufficient exactness of tuck or pike position | each time | X <90° hip angle | X >90° hip angle | |
| – 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, Feet not pointed/relaxed, Insufficient split in dance/acro element (non flight), 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 | |
| Body Posture | | X | X | |
| 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 | | |

| | | |
|---|-------------------------|---|
| Neutral Faults (from final score) | | |
| – Performance of connection with fall | UB, BB, FX | No Bonus Given |
| – Failure to land feet first from salto | each time | No Difficulty Value, no CR, no bonus given |
| – Take-off outside the border markings | FX | No Difficulty Value, no CR, no bonus given |
| – Failure to present to judges before and/or after exercise | Gym/Evt | 0.1 From final score |
| – Overtime (BB, FX) | Gym/Evt | 0.1 from final score |
| Behavior of Coach | | |
| – Spotting assistance (help) | UB, BB, FX each time | 1.00 from Final Score No Difficulty Value, no CR, no bonus given |
| – Spotting assistance (coach brushes gymnast on UB) | each time | 0.50 from Final Score |

VAULT

| | LEVEL 1 | | LEVEL 2 | | LEVEL 3 | | LEVEL 4 | | LEVEL 5 | |
|---|---|--|---|---|--|--|--|--|--|---|
| D-Score | D – Score: Max: 2.0 | | D – Score: Max: 3.0 | | D – Score: Max: 3.5 | | D – Score: Max: 4.0 | | D –Score: Max: 4.5 | |
| REQUIREMENTS | 1 or 2 Vaults, best to count | | | | | | | | | |
| VAULTS ALLOWED | <ul style="list-style-type: none"> Handspring to back on stacked mats, beat board only | 1.00 | <ul style="list-style-type: none"> Handspring to back on stacked mats, beat board only | 1.00 | <ul style="list-style-type: none"> Handspring/ Yamashita | 3.00 | <ul style="list-style-type: none"> Handspring/ Yamashita | 3.00 | Handspring | 2.9 |
| | | <ul style="list-style-type: none"> Tuck through, beat board only | | 1.00 | | | | | <ul style="list-style-type: none"> Tuck through, layout position, beat board only | 1.00 |
| | <ul style="list-style-type: none"> Straddle through, beat board only | | 1.00 | <ul style="list-style-type: none"> Straddle through, layout position , beat board only | | | 1.00 | <ul style="list-style-type: none"> ½ turn on ½ turn off | | 3.50 |
| | | <ul style="list-style-type: none"> Tuck through, layout position, beat board only | 2.00 | | | | <ul style="list-style-type: none"> Handspring with mini tramp | | 2.00 | <ul style="list-style-type: none"> Handspring on ½ turn off/ Yamashita ½ |
| | <ul style="list-style-type: none"> Straddle through, layout position , beat board only | | 2.00 | <ul style="list-style-type: none"> Handspring with beat board only | | | | 3.00 | <ul style="list-style-type: none"> ½ turn on ½ turn off | |
| | | <ul style="list-style-type: none"> Handspring with mini tramp | 2.00 | | | | <ul style="list-style-type: none"> ½ turn on, full turn off | | | 4.00 |
| | <ul style="list-style-type: none"> Handspring with mini tramp | | 2.00 | | <ul style="list-style-type: none"> ½ turn on, full turn off | 4.00 | | | Yamashita 1/1 | 4.0 |
| | | <ul style="list-style-type: none"> Handspring with mini tramp | 2.00 | | | <ul style="list-style-type: none"> ½ turn on, full turn off | 4.00 | | 1/2 On - 1/2 Off | 2.9 |
| | <ul style="list-style-type: none"> Handspring with mini tramp | | 2.00 | | <ul style="list-style-type: none"> ½ turn on, full turn off | | 4.00 | | 1/2 On - 1/1 Off | 3.5 |
| | | <ul style="list-style-type: none"> Handspring with mini tramp | 2.00 | | | <ul style="list-style-type: none"> ½ turn on, full turn off | 4.00 | | 1/2 On - 1 1/2 Off | 4.3 |
| <ul style="list-style-type: none"> Handspring with mini tramp | 2.00 | | <ul style="list-style-type: none"> ½ turn on, full turn off | 4.00 | 1/2 On - 2/1 Off | | 4.5 | | | |
| | <ul style="list-style-type: none"> Handspring with mini tramp | 2.00 | | <ul style="list-style-type: none"> ½ turn on, full turn off | 4.00 | Tsukahara Tuck | 4.4 | | | |
| <ul style="list-style-type: none"> Handspring with mini tramp | | 2.00 | <ul style="list-style-type: none"> ½ turn on, full turn off | | 4.00 | Tsukahara Open Tuck | 4.5 | | | |
| | <ul style="list-style-type: none"> Handspring with mini tramp | 2.00 | | <ul style="list-style-type: none"> ½ turn on, full turn off | 4.00 | Tsukahara Pike | 4.5 | | | |
| <ul style="list-style-type: none"> Handspring with mini tramp | | 2.00 | <ul style="list-style-type: none"> ½ turn on, full turn off | | 4.00 | Tsukahara tuck with ½ turn | 4.5 | | | |
| | VAULT EQUIPMENT SPECS | Minimum height for all vaults 110cm (Maximum 125cm) | | Height for handstand to back 125cm Minimum height for all others 110cm (Maximum 125cm) | | Minimum height for all vaults 120cm Maximum height 125cm | | Vault height for all vaults 125cm | | Vault height for all vaults 125cm |
| Mandatory min FIG matting for landing of vault (min 10 cm). Otherwise, any mat or combination of mats, including 20 cm safety mat is allowed. | | | | | | | | | | |
| Presence of Coach | The presence of the coach on the landing mat is allowed. | | | | | | | | | |
| Additional Deductions | Head touching the vault table: vault is VOID | | | Coach assistance during vault: vault is void | | | Walking on the table in handstand: 0.5 per step | | | |
| Special Bonus | + 0.1 for stuck landing, added to the final score (in case of doubt, the bonus is not awarded) | | | | | | | | | |

UNEVEN BARS

| | LEVEL 1 | LEVEL 2 | LEVEL 3 | LEVEL 4 | LEVEL 5 |
|---|--|--|--|--|--|
| DV | Top 5 skills + Dmt Max DV 0.6 (Max D: 3.3) A or Supp Elements Minimum 3 suppl el | Top 5 skills + Dmt Max DV 0.6 (Max D: 3.5) A or Supp Elements only | Top 5 skills + Dmt Max DV 0.6 (Max D: 3.7) A elements only | Top 5 skills + Dmt Max DV 1.0 (Max D: 4.1) A B elements only | Top 5 skills + Dmt Max DV 1.4 (Max D: 4.5) A B and C elements only |
| RESTRICTIONS -1.00 for each restricted el. from final score | No B+ skills No salto dismounts | No B+ skills No salto dismounts | No B+ skills | No C+ skills No toe on salto dismount No flyaway double tuck No turning giants or front giants | No D+ skills No giant full |
| CR | <u>CR – 0.5 each</u> <ul style="list-style-type: none"> • Any mount • Cast feet to bar height • Close bar element • One bar change (suppl allowed) • Dismount | <u>CR – 0.5 each</u> <ul style="list-style-type: none"> • Low bar pullover (feet together or apart) • Cast to feet at bar height to back hip circle • Squat on (tuck, pike or straddle) to catch high bar • Long hang swing element (long kip, counter swing, or long swing pullover) • Dismount | <u>CR – 0.5 each</u> <ul style="list-style-type: none"> • Kip or Pullover • Close bar circle element • Bar change LB to HB • Long hang element (long kip, long swing pullover, flyaway dismount) • Dismount ‘A’ flyaway = 0.5 ‘A’ others = 0.3 | <u>CR – 0.5 each</u> <ul style="list-style-type: none"> • Kip cast to min horizontal (legs together) or to min 45° (legs straddled) • Close bar circle element • Bar change LB to HB • Long hang element (long kip, uprise, flyaway dismount) • Dismount ‘A’ flyaway or B = 0.5 ‘A’ others = 0.3 | <u>CR – 0.5 each</u> <ul style="list-style-type: none"> • Close bar circle element • Bar change LB to HB • Cast to min 30° from vertical • Element to or through handstand • Dismount ‘B’ or ‘C’ or layout flyaway = 0.5 ‘A’ flyaway (except layout) = 0.3 |
| BONUS | Maximum 0.2 +0.2 for any pullover (HB or LB, feet together or apart) | Maximum 0.2 <ul style="list-style-type: none"> • +0.2 for cast to horizontal • +0.2 for pullover with 2 feet/feet together | Maximum 0.6 <ul style="list-style-type: none"> • +0.2 cast to horizontal • +0.2 each different kip • +0.2 sole circle (legs together, bent or straight) | Maximum 0.6 <ul style="list-style-type: none"> • +0.2 B circle element to 45° • +0.2 cast to min 45° • +0.2 Bwd layout flyaway | Maximum 0.6 <ul style="list-style-type: none"> • +0.2 for Kip – Cast to handstand (±10°) with legs straddled (given once) • +0.2 any B+ |
| Specific Apparatus Deductions | <ul style="list-style-type: none"> • 2nd unsuccessful run approach – 1.0 • Adjusted grip position – 0.1 • Brush on apparatus with feet – 0.3 • Brush on mat – 0.5 • Hit on apparatus with feet – 0.5 • Hit on mat with feet – 1.0 | <ul style="list-style-type: none"> • Uncharacteristic Movement – 0.3 • Insufficient height of flight elements – 0.1/0.3 • Under rotation of flight elements – 0.1 • Insufficient extension in kips – 0.1 • Intermediate swing – 0.5 • Angle of completion of elements – 0.1/0.3/0.5 | <ul style="list-style-type: none"> • Poor rhythm in elements – 0.1 • Amplitude of Swing fwd or bwd under horizontal – 0.1 • More than 2 of the same elements directly connected to dmt – 0.1 • No attempt to dismount – 0.5 | | |
| EQUIPMENT | BAR HEIGHT: low bar – 148cm from top of mat high bar – optional NOTE: A beat board may be used for any mount) Mandatory FIG matting for landing of dismount (min 10 cm additional) Otherwise, any mat or combination of mats, including 20 cm safety mat is allowed for dismount. Presence of coach on mats is allowed. | | | | |
| Special Bonus | + 0.1 for stuck landing, added to the final score (in case of doubt, the bonus is not awarded) Bonus is awarded provided that the difficulty level of the dismount is high enough to be rewarded with a 0.3 or 0.5 in Dismount CR | | | | |

UNEVEN BARS ELEMENTS AND THEIR VALUES

| <u>SUPPLEMENTARY – Value 0.1</u> | <u>“A” ELEMENTS Value 0.1</u> | <u>B” ELEMENTS Value 0.2</u> | <u>“C” ELEMENTS Value 0.3</u> |
|---|--|--|---|
| <p><u>Mounts</u> -1 or 2 foot pullover L.B. -jump hang on H.B. – tuck/straddle over L.B. -jump squat/straddle on L.B. -jump to support on L.B.</p> <p><u>Elements</u> -Russian turn -½ turn in stride support to high bar -beat swing -single leg cut away -knee or stride circle -cast feet to bar height -skin the cat -pullover to H.B. (feet on starting on L.B.)</p> <p><u>Dismounts</u> -straddle off low bar -any simple dismount</p> | <p><u>Mounts</u> -jump front/back hip circle -short/glide kip -jump ½ turn kip - L.B. -jump ½ turn catch – H.B. -jump to H.B. – kip up</p> <p><u>Elements</u> -sole circle catch high bar -¾ sole circle forward -stride circle catch high bar -cast straddle/squat on -front / back hip circle L.B. -front / back hip circle high bar -short / long kip (also with ½ turn) -underswing ½ turn below horizontal -counterswing to stand on L.B. -stem uprise -long swing pullover -cast to long swing pull over from H.B. to H.B (baby giant) -cast to horizontal (Level 1, 2,3) -long swing to horizontal</p> <p><u>Dismounts</u> -flyaways (saltos) Tuck / Layout -cast to straddle underswing off L.B./ H.B.</p> | <p><u>Mounts</u> -jump full turn-catch H.B. -vault over L.B. to catch H.B. -jump full turn kip L.B. -jump & straddle to handstand -jump ½ turn kip ½ turn</p> <p><u>Elements</u> -underswing ½ turn H.B. – at bar height -straddle back over L.B. -uprise -underswing H.B. shoot ½ turn – catch L.B. -free hip to 45° -back giant -cast to handstand (legs together or straddled) -transfer (toe on to catch high bar)</p> <p><u>Dismount</u> -layout flyaway with full twist -underswing 1½ twist</p> | <p><u>Mounts</u> -jump full turn kip H.B. -jump straddle handstand – full turn</p> <p><u>Elements</u> -shoot over to handstand -front giant -back giant ½ turn or full turn -cast handstand ½ turn in handstand -straddle back to handstand -free hip to handstand</p> <p><u>Dismounts</u> -flyaway – double twist -double back salto -toe on front salto</p> |

BALANCE BEAM

| | LEVEL 1 | LEVEL 2 | LEVEL 3 | LEVEL 4 | LEVEL 5 |
|--|--|---|--|--|--|
| DV | Top 5 skills + Dmt Max DV 0.6 (Max D: 3.3) Min 3 Supp Elements | Top 5 skills + Dmt Max DV 0.6 (Max D: 3.5) Min 4 A elements | Top 5 skills + Dmt Max DV 0.6 (Max D: 3.7) A and B elements only | Top 5 skills + Dmt Max DV 1.0 (Max D: 4.1) A B and C elements only | Top 5 skills + Dmt Max DV 1.4 (Max D: 4.5) A B C and D elements only |
| RESTRICTIONS -1.00 for each restricted el. from final score | Supplementary and A elements only No Saltos | A Acro element only Only one B dance element allowed No Saltos | No B+ Acros | No C+ Acros No 2 flight acro series | No D+ Acros No acro C in series |
| Dance Elements and Acro Hold Elements of any value performed as mount or in the routine are allowed and can be credited (Credit maximum value allowed in a given category) | | | | | |
| CR | <u>CR – 0.5 each</u> <ul style="list-style-type: none"> • ½ turn on one foot • Balance held 2 seconds • Dance series (2 different el. directly conn.) • Any Acro (A or supp) • Dismount | <u>CR – 0.5 each</u> <ul style="list-style-type: none"> • Minimum ½ turn on one foot • Dance series (2 different elements directly conn) • Jump ½ half turn • An 'A' acro • An 'A' dismount | <u>CR – 0.5 each</u> <ul style="list-style-type: none"> • Full turn • Dance series (2 different el. directly conn.) • An 'A' acro element • 2nd 'A' acro in different direction • Dismount Aerial or 'A' salto = 0.5 'A' others = 0.3 | <u>CR – 0.5 each</u> <ul style="list-style-type: none"> • Full turn • Dance series (2 different el. directly conn.) • Acro series (min 2 el, no fight req.) • Acro elements in different directions • Dismount Aerial or 'A' salto = 0.5 'A' others = 0.3 *Handstand held or not can be used as 1st el. of bwd acro series (and would receive bonus). | <u>CR – 0.5 each</u> <ul style="list-style-type: none"> • Turn min 360° • Dance series (2 different el. Directly conn.1 with 180° spl't) • Acro Series, min 2 elements, 1 with flight • Acro elements in different direction (bwd AND sdw/fwd) excluding mt or dmt • Dismount B or C = 0.5 A = 0.3 |
| BONUS | Maximum 0.2 <ul style="list-style-type: none"> • +0.2 90° jump/leap | Maximum 0.4 <ul style="list-style-type: none"> • +0.2 full turn on one foot • +0.2 split jump/leap > 135° split | Maximum 0.6 <ul style="list-style-type: none"> • +0.2 Walkover fwd or bwd • +0.2 Leap/Jump with 180° split • +0.2 Dance B | Maximum 0.6 (Dance Max 0.2) <ul style="list-style-type: none"> • +0.2 Dance B+ • +0.2 Acro B with flight • +0.2 Acro series one flight element • +0.2 Acro A or B (non-repeated) directly connected to A+ salto dismount | Maximum 0.6 (Dance Max 0.2) <ul style="list-style-type: none"> • +0.2 First Dance C+ • +0.2 any Acro C • +0.2 Acro Series with 2 ft elements (directly connected) excl. mt and dmt • +0.2 Acro B directly connected to A+ salto dismount |
| Specific Apparatus Deductions | Specific Apparatus Deductions (E-Panel Deductions) <ul style="list-style-type: none"> • More than one ½ turn on 2 feet with straight legs (Level 3-5) – 0.1 • Missing movement close to beam – 0.1 • No attempt at dismount – 0.5 | | | Artistry Deduction (Max 0.3) <ul style="list-style-type: none"> • Insufficient variation in rhythm – 0.1 • Sureness of performance – 0.1 • Creative choreography (originality of composition of el. and mvts) – 0.1 | |
| EQUIPMENT | BEAM HEIGHT: 120cm. TIME: No Minimum 1:15 max (level 1 and 2) 1:30 max (level 3 to 5) Time begins when gymnast's feet leave the ground to mount and ends when she touches the mat upon completion of her beam exercise. Mandatory FIG matting for landing of dismount (min 10 cm additional) Otherwise, any mat or combination of mats, including 20 cm safety mat is allowed for dismount. | | | | |
| Special Bonus | + 0.1 for stuck landing, added to the final score (in case of doubt, the bonus is not awarded) Bonus is awarded provided that the difficulty level of the dismount is high enough to be rewarded with a 0.3 or 0.5 in Dismount CR | | | | |

BALANCE BEAM ELEMENTS AND THEIR VALUES

| | | | |
|---|--|---|---|
| <p><u>SUPPLEMENTARY – Value 0.1</u></p> <p><u>Mounts</u> -kick leg over beam to straddle support -jump-hand support to clear straddle support -jump-hand support-squat/stoop through -pull over</p> <p><u>Dance Elements</u> -knee scale -v-sit -splits- hand support -½ turn on one foot -any pose held for 2-3 seconds -straight jump</p> <p><u>Acro Elements</u> -kick to momentary handstand within 30° -forward roll to straddle sit -backward shoulder roll</p> <p><u>Dismounts</u> -straight/tuck jump with amplitude -knee scale-lift off side -cartwheel off the side</p> | <p><u>“A” ELEMENTS - Value 0.1</u></p> <p><u>Mount</u> -jump to straddle/tuck stand with hand support -flank over -jump to one or two feet stand -jump to forward roll</p> <p><u>Dance Elements</u> -full turn-one foot -most leaps/jumps -tuck jump -wolf jump -cat leap -splits no hands (going into) -shoulder stand on beam -body wave-backward/forward/sideways -arabesque, needle or Y scale</p> <p><u>Acro Elements</u> -forward roll to feet -handstand to forward roll to cross sit support -front / back walkover -cartwheel / cartwheel to handstand -handstand held 2 seconds -tic-toc -backward roll to feet/knees</p> <p><u>Dismounts</u> -front handspring -round off -side aerial -back salto tuck/pike -front salto tuck/pike -gainer back tuck off side</p> | <p><u>“B” ELEMENTS – Value 0.2</u></p> <p><u>Mounts</u> -press handstand -dive cartwheel -aerial walkover to rear support</p> <p><u>Dance Elements</u> -cat leap or tuck jump ½ turn -split jump ¼ turn -straight jump ¾ turn -tuck jump-1 leg extended to horizontal ½ turn -pike jump -full turn in sit or prone position</p> <p><u>Acro Elements</u> -no hands forward roll -forward shoulder roll- seat to seat -back / front handspring -back extension roll to handstand -roundoff -gainer back hand spring -back handspring swing down</p> <p><u>Dismounts</u> -salto backward full twist -front salto layout -back salto layout</p> | <p><u>“C” ELEMENTS – Value 0.3</u></p> <p><u>Mounts</u> -press handstand 1½ turns -planche -front salto to sit</p> <p><u>Dance Elements</u> -straight/tuck jump or cat leap-full with 360° turn -switchleg split leap -ring leap -sheep jump</p> <p><u>Acro Elements</u> -hecht or free shoulder roll -planche -handstand 1 ½ + turn side aerial -back tuck</p> <p><u>Dismounts</u> -front salto-full twist -aerial cartwheel-2 ¼ twist -salto backward stretched-1 ½ twist</p> |
|---|--|---|---|

FLOOR EXERCISE

| | LEVEL 1 | LEVEL 2 | LEVEL 3 | LEVEL 4 | LEVEL 5 |
|--|--|--|--|--|--|
| DV | Top 5 skills + turn Max DV 0.6 (Max D: 3.3) A or Supp Elements Only | Top 5 skills + turn Max DV 0.6 (Max D: 3.5) A Elements only | Top 5 skills + turn Max DV 0.6 (Max D: 3.7) A and B elements only | Top 5 skills + turn Max DV 1.0 (Max D: 4.1) A B and C elements only | Top 5 skills + Dmt Max DV 1.4 (Max D: 4.5) A B C and D elements only |
| RESTRICTIONS -1.00 for each restricted el. from final score | No saltos, handsprings or aerials No B+ acros | No saltos No B+ acros | No B+ Acros | No C+ Acros No 2 flight acro series | No D+ Acros |
| Dance elements of any value are allowed and can be credited. (Credit maximum value allowed in a given category). | | | | | |
| CR | <p style="text-align: center;"><u>CR – 0.5 each</u></p> <ul style="list-style-type: none"> Full turn on one foot Dance series (2 different leaps, jumps or hops directly connected) Acro series of 3 elements dir. connected Mixed series of 2 elements (one acro, one dance, directly connected) Momentary handstand within 10° of vertical, return/end position optional <p>*Handstand may be used in series and would receive credit for hs CR as well</p> | <p style="text-align: center;"><u>CR – 0.5 each</u></p> <ul style="list-style-type: none"> Full turn on one foot Dance series (2 different leaps, jumps or hops directly connected) Acro series of 3 elements dir. connected Mixed series of 2 elements (one acro, one dance, directly connected) Handstand marked position, fwd roll, straight arms Handstand not marked: CR not given; If bent arms: deduct 0.1 / 0.3 / 0.5 | <p style="text-align: center;"><u>CR – 0.5 each</u></p> <ul style="list-style-type: none"> Full turn on one foot Passage of 2 different leaps or hops Acro line of 3 elements with flight 2nd acro line of 3 elements (no flight needed, must have 1 non-repeated element) or acro series of 2 el., salto required 'B' Dance element <p>*In Level 3 supplementary skills may used to complete a series (eg. Front tuck to forward roll)*</p> | <p style="text-align: center;"><u>CR – 0.5 each</u></p> <ul style="list-style-type: none"> Full turn on one foot Passage of 2 different leaps or hops, one with 180° cross split Acro line with 3 flight element, one being a salto 2nd acro line with 3 flight elements (no salto required, must have at 1 non-repeated element) acro series of 2 el., salto required 'B' Dance element | <p style="text-align: center;"><u>CR – 0.5 each</u></p> <ul style="list-style-type: none"> Passage of 2 different leaps or hops, one being a 180° cross split Acro line with 2 different saltos 2 saltos in diff. directions (bwd and fwd/sdw) Salto with min 180° LA turn Dismount B or C Salto = 0.5 Layout salto bwd = 0.3 |
| BONUS | Maximum 0.2 • +0.2 for leap, jump or hop with 135° split | Maximum 0.4 • +0.2 each different handspring • + 0.2 each different walkover | Maximum 0.6 • +0.2 for first Leap/Hop with 180° split (Max 0.2 for dance) • +0.2 each different aerial or salto | Maximum 0.6 • +0.2 for first Dance B+ (max 0.2 for dance) • +0.2 any acro B • +0.2 for 3 acro lines with one salto in each (isolated salto can be a line) • +0.2 Acro line with 2 saltos | Maximum 0.6 • +0.2 for first Dance C+ (max 0.2 for dance) • +0.2 any Acro C • +0.2 Acro line of 2 saltos, one being B+ |
| | <p>Specific Apparatus Deductions (E-Panel Deductions)</p> <ul style="list-style-type: none"> More than one leap/jump/hop element to prone position – 0.1 Missing movement close to the floor – 0.1 Missing turn on one foot (level 5 only) – 0.3 | | | <p>Artistry Deductions (Max 0.3)</p> <ul style="list-style-type: none"> Lack of creative choreography – 0.1 Insufficient variation in rhythm – 0.1 Poor relationship of music and movement – 0.1 Inappropriate gesture or mimic not corresponding to the mvts – 0.1 | |
| Equipment | Up to 10 cm of additional mats for acro lines with salto (not mandatory). The additional mat may be left in place, moved or removed. | | | | |

FLOOR EXERCISE

| <u>SUPPLEMENTARY – Value 0.1</u> | <u>“A” ELEMENTS – Value 0.1</u> | <u>“B” ELEMENTS – Value 0.2</u> | <u>“C” ELEMENTS – Value 0.3</u> |
|--|---|---|---|
| <p><u>Gym Elements</u> -knee scale/ v-sit -splits -needle Y scale / arabesque -shoulder balance -any original pose -any simple jump with height</p> <p><u>Acro Elements</u> -back bend -bridge/ bridge kickover -back shoulder roll -headstand -handstand (no roll needed) -log roll -forward roll of all varieties</p> | <p><u>Gym Elements</u> -tuck / straight / pike jumps -full turn on one foot -sissone -arabesque or scale on toe -cat/split/stag leaps -jump full turn -hop full turn</p> <p><u>Acro Elements</u> -handstand to forward roll -front / back walkover -cartwheel / roundoff -backward roll-to handstand -back / front handspring -salto backward-tuck/pike/layout -salto forward-tucked/pike -handstand ½ + full pirouette -forward roll-no hands -round-off jump 1/2 turn -aerial side or front</p> | <p><u>Gym Elements</u> -tuck jump full turn -split leap / jump ½ turn -straight jump 1½ turn -tuck jump - 1 leg extended (wolf) ½ turn -ring leap or straddle jump -switch leap -pike jump -cat leap full turn -tour jeté -double turn</p> <p><u>Acro Elements</u> -handstand 1½ + pirouette -back extension roll full turn in handstand -back salto full twist -back layout ½ twist -front layout</p> | <p><u>Gym Elements</u> -cat leap or tuck jump double turn -straight jump double turn -schuschunova -switchleg ring leap -tuck jump -1 leg extended (wolf) full turn</p> <p><u>Acro Elements</u> -back salto- 1½ to 2 twist -double back salto-tuck or pike -front salto full twist-tuck or pike</p> |

B.C. SECONDARY SCHOOLS GYMNASTICS ASSOCIATION

BOYS' ROUTINE RULES

Revised August 2011

1. PHILISOPHIC STATEMENT

The prime consideration in adding difficulty is that the difficulty of an exercise must never be escalated at the expense of correct form and technically correct execution. The exercises must therefore, in regards to content, be adapted to the ability of the gymnast, for in gymnastics, the gymnast is to maintain complete control of his body. Assurance, elegance and amplitude are three chief characteristics.

2. These rules were designed to suit the beginner to experienced coach as well as the beginner to experienced school gymnast. These rules have the flexibility to suit large as well as small groups. A school coach or a group of school coaches may select only certain "A", "B", and "C" moves to teach their gymnasts; thus concentrating their efforts as well as their gymnast's.

3. ATTIRE

Gymnasts must wear a gymnastics singlet or tight fitting tunic as well as gymnastics shorts cut above the knee or long gymnastics pants with socks – The deduction is 1.0 taken by the head judge from the All-Around final score. This deduction is waived if the gymnast is wearing a team gymnastic uniform. The gymnasts must wear competition attire for the awards ceremony.

4. A routine may be repeated only if the apparatus malfunctions. It is the decision of the head judge of the particular apparatus to decide upon appeal of the gymnast's coach. The appeal must be made immediately after the malfunction.

5. EVALUATION OF THE EXERCISES AND ROUTINE CONSTRUCTION

Routine Evaluation

Optional routines are based on the additive 2006 Code system. There are 2 components of this system; a Difficulty Score (D-Score) and an Execution Score (E-Score)

D-Score

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

- 1) The values of the difficulties presented in the routine up to a specified maximum number.
- 2) The 0.5 for each Special Requirement achieved in the routine.

To calculate the total D-score:

First, determine if the required Special Requirement Skills have been performed in the routine 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 for value in the routine, including the value of the dismount, to fulfill the maximum number of skills permitted. As an example: if a Level 5 gymnast has met the 4 Special Requirements then the Judge must find the credit the gymnast with 4 more skills for a total of 8 skills. If the gymnast has met only 3 Special Requirements then the Judge finds 5 more skills to make up the maximum 8 elements.

A final D-score is flashed to the audience and the competition participants. Only 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 specific apparatus rules for specific skills that are prohibited.

SKILLS NOT LISTED IN THE CODE

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.

| LEVEL | MAXIMUM # OF SKILLS THAT CAN COUNT TOWARDS A-SCORE | A-PART VALUE | B-PART VALUE | C-PART VALUE |
|---------|--|--------------|--|--|
| Level 1 | 6 | 0.2 | Not permitted Only permitted on pommels | Not permitted |
| Level 2 | 6 | 0.2 | 0.3 | Not permitted Only permitted on pommels |
| Level 3 | 7 | 0.2 | 0.3 | 0.4 |
| Level 4 | 8 | 0.2 | 0.3 | 0.4 |
| Level 5 | 8 | 0.2 | 0.3 | 0.4 |

E- SCORE

The E-score is determined by subtracting points for deficiencies in technical or aesthetic execution. The definitions of those deductions are as per the 2006 Code of Points except;

| | | |
|--------------|---|-----|
| Small error | = | .10 |
| Medium error | = | .20 |
| Large error | = | .30 |
| Fall | = | .50 |

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

Short Routines

The following chart indicates how the B-jury must evaluate short routines at each Level. It is the duty of the D-jury to notify the E-jury how many skills were credited. A skill with a large error can still count towards the total number of skills required.

| Level 1 and 2 | 6 skills | 5 skills | 4 skills | 3 skills | 2 skills | 1 skill |
|---------------|----------|----------|----------|----------|----------|---------|
| Max B-score | 10.0 | 9.0 | 8.0 | 6.0 | 4.0 | 2.0 |

| Level 3 | 7 skills | 6 skills | 5 skills | 4 skills | 3 skills | 2 skills | 1 skill |
|-------------|----------|----------|----------|----------|----------|----------|---------|
| Max B-score | 10.0 | 9.0 | 8.0 | 6.0 | 4.0 | 2.0 | 1.0 |

| Level 4 and 5 | 8 skills | 7 skills | 6 skills | 5 skills | 4 skills | 3 skills | 2 skills | 1 skill |
|---------------|----------|----------|----------|----------|----------|----------|----------|---------|
| Max B-score | 10.0 | 9.0 | 8.0 | 6.0 | 4.0 | 3.0 | 2.0 | 1.0 |

6. 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) e.g. not all difficulties should be in the same direction, not all difficulties should be chosen from the same group (i.e. mix forward and backward handspring/saltos rather than all backward handsprings/saltos).
 - ii) Direct connections of difficulties and have smooth and fluent connections. Note that 0.3 is not deducted each time there is an intermediate swing. In some levels swings are considered a skill and it is the many repetitions of them that may lead to this deduction.
 - iii) Changes in levels e.g. movements close to and away from apparatus
 - iv) Use of full floor area and full length of parallel bars and side 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 would result in the deduction of up to 0.3 points each.

Stick Bonus- "0.1" stick bonus is applied to the final score for stuck landings.

7. EXECUTION

a) Technique

Can be defined as the general performance of the difficulties and the routine as a whole. Moves executed with poor techniques receive deductions - i.e. bent legs and arms (*see General Execution and Amplitude Faults*).

b) Amplitude

Can be defined as the quality of performing all movements to their maximum. Therefore:

- i) the body should be straight, tight and extended
- ii) all moves should be executed with good posture

c) General Execution and Amplitude Faults: Applies to all routines in points deducted upon each occurrence

Small Faults - 0.1

- slight loss of balance, deduction per step to a maximum of .50
- slightly bent arms/legs (angular deviation 0.1<15 degrees)
- poor technique / form
- legs apart < 15 degrees
- incomplete twist < 30 degrees (ex. Jump full twist on floor)
- hold part 1-2 sec. (hold part is 3 sec.)
- strength move with swing or vice versa (0.1-0.2)
- legs apart during saltos or landing (0.1-0.2)

Medium Faults - 0.2

- large step on landing
- 1 or 2 hands on landings
- 3 successive repetition of skill
- bend arms / legs 16 - 30 degrees
- legs apart 16 - 30 degrees
- strength move with swing and vice versa

- hold part 1 sec. Only (hold part is 3 sec.)
- interrupting without falling (hesitation)
- incomplete twist 31 - 60 degrees
- touching apparatus or floor to maintain balance
- unsportsmanlike behaviour
- lack of presentation before/after routine
- atypical structure

Large Faults - 0.3

- support with 1 or 2 hands on landing
- coach assistance - except a lift to grip apparatus
- fall on or against apparatus
- 2 + attempts to arrive to a strength/hold
- unsteadiness or fall form
- angular deviation 31 - 45 degrees above (ex. legs apart)
- hold parts <1sec.
- incomplete twist 61 - 90 degrees
- lack of harmony, rhythm, and flexibility (0.1 - 0.3)

8. SPOTTING AND ASSISTANCE (*Judges may use F.I.G. deductions*)

- a) For the prevention of accidents and for moral support of the competitor, one spotter will be permitted on horizontal bar, parallel bars, rings, and vault.
- b) On the pommel horse and in the floor exercise, the presence of a spotter is not permitted. However, if a spotter appears, the gymnast will be penalized 0.3 points.
- c) Any assistance will cause the gymnast to be deducted 0.5 points each time. The skill will receive no difficulty value if the assistance was the key to executing the skill.

On the horizontal bar and the rings, a gymnast may be assisted into the long position, but he must maintain the correct posture from the moment his feet leave the floor, i.e. the evaluation of the gymnast's exercise begins at the moment he leaves the floor (*see the specific apparatus deduction*).

REQUIREMENTS

FLOOR EXERCISE

| | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
|-------------------------------|---|--|---|--|---|
| Start Value | Maximum 6 counting skills (A=0.2) Special Req. 0.5 ea. Execution 10.0 | Maximum 6 counting skills (A=0.2 B=0.3) Special Req. 0.5 ea. Execution 10.0 | Maximum 7 counting skills (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.0 | Maximum 8 counting skills (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.0 | Maximum 8 counting skills (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.0 |
| Special Requirements | 1) One acrobatic series. Min. 2 elements | 1) 2 acrobatic series (1 must have minimum 3 elements) 2) Any balance or hold element. | 1) 2 acrobatic series (1 must have minimum 3 elements) 2) Any balance or hold element. | 1) One acrobatic series that begins with round off (min. 3 elements) 2) One acrobatic series that begins with a forward acrobatic element. 3) Any balance or hold element. | 1) One acrobatic series that begins with round off (min. 3 elements) 2) One acrobatic series that begins with a forward acrobatic element. 3) Any balance or hold element 4) Back walkover, Arabian element or back extension. |
| Additional Regulations | No time limit Any one skill may be performed twice for value. NO Saltos (1.0 deduction) NO Back handsprings (1.0 deduction) | No time limit Any one skill may be performed twice for value. NO Saltos (1.0 deduction) | No time limit | No time limit | No time limit |

| "A" Skills | | "B" Skills | | "C" Skills | |
|-------------------|----------------------|--|-------------------------|---|-------------------------|
| -Forward roll | -Dive roll | -Front handspring | -Flyspring | -Front tuck | -Back tuck |
| -Backward roll | -Cartwheel | -Back handspring | -Back/Front walkover | -Front pike | -Back pike |
| -Round off | -Any scale | -Double leg circle | -Flair | -Front layout | -Back layout |
| -L-sit | -Pike sit | -Kip to stand | -Handstand (3 sec.) | -Arabian salto | -Side somersault/aerial |
| -Windmill | -Momentary handstand | -Arabian dive roll | -Any split (180 Degree) | -Press handstand | -Y-scale w/ 180° Split |
| -Any jump or leap | -Single leg circle | Headstand push to handstand | | -Two double leg circles | -Two flairs |
| -Headstand | -Headspring | -Front handspring to dive roll (2 B's) | | -Front handspring flyspring (1 C) | |
| -Prone fall | -Pike press to stand | -Front handspring to handspring (2 B's) | | -Two consecutive back handsprings (1 C) | |
| | | -Back roll to handstand (back extension) | | -Press to wide arm handstand | |
| | | -V-sit | | V-sit press to handstand (2 C's) | |

REQUIREMENTS**POMMEL HORSE**

| | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
|-------------------------------|---|--|--|--|--|
| Start Value | Maximum 6 counting skills (A=0.2 B=0.3, no C's) Special Req. 0.5 ea Execution 10.0 | Maximum 6 counting skills (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.0 | Maximum 7 counting skills (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.0 | Maximum 8 counting skills (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.0 | Maximum 8 counting skills (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.0 |
| Special Requirements | 1) Any swing element. | 1) Any swing element. 2) Must use two parts of the horse. | 1) Any swing element. 2) Must use two parts of the horse. | 1) Any swing element. 2) Must use two parts of the horse. 3) Scissor or double leg circle. | 1) Any swing element. 2) Must use two parts of the horse. 3) Scissor or double leg circle. 4) Dismount finishing through Wende or handstand |
| Additional Regulations | Any skill may be performed twice for value. | Any skill may be performed twice for value. | 2 extra swings allowed. | Pommels optional | Pommels optional |

| “A” Skills | “B” Skills | “C” Skills |
|--|---|--|
| <ul style="list-style-type: none"> -Single leg cut -Front support travel (1 third) -Stride swing -Rear support swing -Single leg swing to dismount -1/3 Travel with 1/2 turn -Reverse single leg cut -Single leg travel (1 third) -Pendulum swing | <ul style="list-style-type: none"> -Single leg circle -Scissors -Double leg circle -Flank dismount -1/4 Spindle in circle or flair -Downhill loop -Reverse single leg circle -Reverse scissors -Flair -Loop -1/4 Turn in circle or flair | <ul style="list-style-type: none"> -Two consecutive single leg circles -Two consecutive scissors -Two consecutive double leg circles -Circle or flair to handstand dismount -Flank with 1/2 turn to dismount (Wende) -Downhill loop -1/2 Spindle in circle or flair -Moore -1/3 side travel -Scissor with 1/2 turn -Scissor with hop to leather -Two consecutive flairs -Stockli -1/3 Magyar -1/3 Shivado -1/2 turn in circle or flair |

REQUIREMENTS

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 stunt. Proceed with caution. In virtually all transition moves from one level to another, for example, support to hands, the gymnast should maintain constant pressure on the rings. Do not allow them to go slack.

| | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
|-------------------------------|--|--|--|--|--|
| Start Value | Maximum 6 counting skills (A=0.2) Special Req. 0.5 ea. Execution 10.0 | Maximum 6 counting skills (A=0.2 B=0.3) Special Req. 0.5 ea. Execution 10.0 | Maximum 7 counting skills (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.0 | Maximum 8 counting skills (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.0 | Maximum 8 counting skills (A=0.2 B=0.5 C=0.4) Special Req. 0.3 ea. Execution 10.0 |
| Special Requirements | 1) Any swing element. | 1) Any swing element. 2) L-sit in front support | 1) Any swing element. 2) L-sit in front support. | 1) Any swing element. 2) L-sit in front support. 3) Any inlocate. | 1) Any swing element. 2) Held handstand. 3) Any inlocate. 4) Any strength element excluding L-sit or hangs. |
| Additional Regulations | Any skill may be performed twice for value. Long hang swing may be used as an A part. | Any skill may be performed twice for value. May be boosted to support without deduction. 2 extra swings allowed. | 2 extra swings allowed. | | |

| “A” Skills | “B” Skills | “C” Skills |
|--|---|--|
| <ul style="list-style-type: none"> -Pike flyaway -Straddle dismount -Skin the cat -Inverted pike hang -Forward roll from support to hang -Back roll from support to hang | <ul style="list-style-type: none"> -Tuck flyaway -Layout flyaway -Inverted hang -Tuck to inverted hang | <ul style="list-style-type: none"> -Inlocate -Back uprise -Shoulder stand -Front pike dismount -Front/back bail from handstand |
| <p>Strength Elements</p> <ul style="list-style-type: none"> -L-hang -V-hang | <p>Strength Elements</p> <ul style="list-style-type: none"> -L-sit -Straddled back lever -Straight arm bent body pull to inverted hang -Straight body bent arm pull to inverted hang | <ul style="list-style-type: none"> -Dislocate -Kip -Muscle up -Layout ½ flyaway |
| | | <ul style="list-style-type: none"> -Straight body inlocate --Kip to L-sit (1 C) -Any swing handstand -Front pike dismount with ½ turn -Layout flyaway with full turn -Front support back/front roll to support -Back uprise with straight arms -Back roll to support with/without swing (Felge) <p>Strength Elements</p> <ul style="list-style-type: none"> -Press handstand -Front lever |
| | | <ul style="list-style-type: none"> -Dislocate above rings -Front uprise -Double back |
| | | <ul style="list-style-type: none"> -V-sit -Back lever |

REQUIREMENTS**VAULT**

| | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
|-------------------------------|---|---|--|---|---|
| Vault Setup | 115 to 135 cm. Cross horse or table | 115 to 135 cm. Cross horse or table | 115 to 135 cm. Cross horse or table | 115 to 135 cm. Cross horse or table | 115 to 135 cm. Cross horse or table |
| Additional Regulations | 2 nd vault permitted with 0.5 deduction. Prohibited from handspring vault. | 2 nd vault permitted with 0.5 deduction. Prohibited from more than a handspring vault. | 2 nd vault permitted with 0.5 deduction. Prohibited from flipping vault. (i.e. Tsukahara) | 2 nd vault permitted with 0.5 deduction. | 2 nd vault permitted with 0.5 deduction. |

| Start Values | | | |
|--|-----|-------------------------|-----|
| Layout tuck through | 2.0 | Higher value vaults | 4.5 |
| Layout straddle through | 2.0 | Tuck Tsukahara | |
| Layout stoop through | 2.0 | Handspring front tuck | |
| Handspring | 3.5 | Pike Tsukahara | |
| Handspring ½ off | 3.5 | Handspring front pike | |
| Handspring ½ on, ½ off | 4.0 | Tucked Yurchenko | |
| Handspring 1/1 off | 4.0 | Handspring double twist | |
| | | | |
| Level 1 – 2.0 value vaults only | | | |
| Level 2 – max. 3.5 vault | | | |
| Level 3 – max. 4.0 vault, minimum handspring | | | |
| Level 4 & 5 – minimum handspring | | | |

REQUIREMENTS

PARALLEL BARS

| | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
|-------------------------------|---|---|--|--|--|
| Start Value | Maximum 6 counting skills (A=0.2) Special Req. 0.5 ea. Execution 10.0 | Maximum 6 counting skills (A=0.2 B=0.3) Special Req. 0.5 ea. Execution 10.0 | Maximum 7 counting skills (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.0 | Maximum 8 counting skills (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.0 | Maximum 8 counting skills (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.0 |
| Special Requirements | 1) Any swing element. | 1) Any swing element. 2) Any hold element. | 1) Any swing element. 2) Any hold element. | 1) Any swing element. 2) Any hold element. 3) Momentary handstand. | 1) Any swing element. 2) Any hold element. 3) Momentary handstand. 4) Any swing element that passes through 2 phases. (i.e. long hang swing to upper arm support) |
| Additional Regulations | Any skill may be performed twice for value. NO Saltos allowed. (1.0 deduction) Swings will count as an A part. | Any skill may be performed twice for value. NO Saltos allowed. (1.0 deduction) 2 extra swings allowed. | 2 extra ½ swings allowed. | 2 extra ½ swings allowed. | |

| “A” Skills | | “B” Skills | | “C” Skills | |
|-------------------------------|------------------------|-------------------------------------|--------------------------------|--|---------------------|
| -L-sit | -Forward shoulder roll | Back uprise | -Front uprise | -Long hand back uprise to support | |
| -Shoulder stand | -Flank dismount | -Kip | -L-sit press shoulder stand | -Front uprise immediate swing to handstand (2 C's) | |
| -Rear dismount | -Kip to straddle sit | -Back shoulder roll | -Back shoulder roll to support | -Kip to immediate swing o handstand (2 C's) | |
| -Front uprise to straddle sit | | -Swing to shoulder stand | -Staddle cut | -Moy to upper arm from handstand | |
| -Straddle travel | | -Drop kip | -V-sit | -Kip staddle cut to handstand | |
| -Long hang swing to upper arm | | -Any kip to immediate L-sit (2 B's) | | -Back uprise to straddle cut | -Stutz to support |
| | | -Moy to upper arm | | -Front toss to support | -Wende dismount |
| | | -Back stutz to upper arm | | -Swing handstand | -Press handstand |
| | | -Flyaway | | -Handstand pirouete | -Cast up to support |
| | | | | -Any salto dismount off side | -Moy to support |

REQUIREMENTS

HORIZONTAL BAR

| | Level 1 | Level 2 | Level 3 | Level 4 | Level 5 |
|-------------------------------|---|--|---|---|--|
| Start Value | Maximum 6 counting skills (A=0.2) Special Req. 0.5 each Execution 10 | Maximum 6 counting skills (A=0.2 B=0.3) Special Req. 0.5 each Execution 10 | Maximum 7 counting skills (A=0.2 B=0.3 C=0.4) Special Req. 0.5 each Execution 10 | Maximum 8 counting skills (A=0.2 B=0.3 C=0.4) Special Req. 0.5 each Execution 10 | Maximum 8 counting skills (A=0.2 B=0.3 C=0.4) Special Req. 0.5 each Execution 10 |
| Special Requirements | 1) In-bar element. | 1) Any swing element. 2) In-bar element. | 1) Any swing element. 2) In-bar element. | 1) Any swing element. 2) In-bar element. 3) Any swing half turn. | 1) Any swing element. 2) In-bar element. 3) Any swing half turn. 4) Any flyaway dismount. |
| Additional Regulations | Any one skill may be performed twice for value. NO Saltos allowed. (1.0 deduction) 2 extra swings allowed. | Any one skill may be performed twice for value. NO Saltos allowed. (1.0 deduction) 2 extra swings allowed. Spotters must be present. | 2 extra ½ swings allowed. Spotters must be present. | 2 extra ½ swings allowed. Spotters must be present. | Spotters must be present. |

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

| "A" Skills | "B" Skills | "C" Skills |
|---|--|--|
| -Pull over -Back hip circle -Stride circle -Cast to straddle/pike underswing dismount * Single leg cut in support and ½ turn in support may be used as A parts in Level 1 | -Any kip -Straddle cut -Swing hop ½ turn -Jam cast immediate back uprise (2 B's) -Underswing ½ turn dismount -Cast straddle over dismount | -Kip to immediate cast handstand (2 C's) -Back uprise to immediate free hip to handstand (2 C's) -Back uprise to handstand -Free hip to handstand -Back giant -Cast handstand -Pirouette -Swing hop full turn -Flyaway |
| | | -Sole circle to handstand -Front giant -Blind change -Double back -Front tuck ½ turn -Front tuck dismount |

APPLICATION FOR CHANGE OF LEVEL IN B.C.S.S.G.A. - 2011

Name: _____ Male/Female: _____ Current Level: _____

Placement in B.C. Championship: _____ Year: _____ All round score: _____

School: _____ Phone: _____ Fax: _____ Date: _____

School Address: _____

Coach: _____ or Sponsor: _____

Rationale for application; (give all reasons for moving down a level)

Ruling: Consideration will be given to those gymnasts who have placed in the bottom 15% (all around score) of their level at B.C.S.S.G. Championships, to move down a level. The gymnast must apply to the B.C.S.S.G. Commissioner **prior** to any competition in the current year, and receive a written approval **prior** to competition.

Send Application to: Rhonda Dale at Box 472, Crofton, B.C. V0R 1R0 or sixdale@telus.net

Coaches Signature: _____ Phone No.: _____ Fax No.: _____

| | |
|-----------------------------|----------------------|
| FOR OFFICE USE ONLY: | |
| Approved by: _____ | Date returned: _____ |