

B.C. SECONDARY SCHOOLS GYMNASTICS ASSOCIATION BOYS' ROUTINE RULES

Revised February 2015

1. PHILISOPHC 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. The current F.I.G. Code of Points emphasises correct technical execution with more stringent penalties for aesthetic faults. As a result the E jury deductions have been increased to be in line with the current standards.

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. Levels 4 and 5 will use the current Canadian Provincial Pathways Program. Level 4 corresponds to Provincial Level 3, and Level 5 corresponds to Provincial Level 4. An outline of the rules follows, but the most current and in depth rules are available at the Gymnastics Canada or Gymnastics BC websites. These levels are in turn based on the FIG Code of Points, which can be found on the FIG website. These Levels are for the club gymnast competing for their school, or the experienced high school gymnast who is ready to compete at a higher level.

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, except on Floor Exercise and Vault, where socks should not be worn. There is a 1.0 deduction taken by the head judge from the All-Around final score for Attire Violations. 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 2013 FIG Code of Points. 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 skills 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 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.

Finally, and only for levels 4 and 5, 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 then 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 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

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.

LEVEL	MAXIMUM # OF SKILLS THAT CAN COUNT TOWARDS A-SCORE	A-PART VALUE	B-PART VALUE	C-PART VALUE
Level 1	6	0.1	Not permitted Only permitted on pommels	Not permitted
Level 2	6	0.1	0.2	Not permitted Only permitted on pommels
Level 3	7	0.1	0.2	0.3
Level 4	6 with difficulty values as per FIG CoP			
Level 5	7 with difficulty values as per FIG CoP			

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 2013 Code of Points:

Small error	=	0.1
Medium error	=	0.3
Large error	=	0.5
Fall	=	1.0

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.

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 skills were credited. A skill with a large error or that was not credited can still count towards the total number of skills required.

Level 1 and 2	Short 1 skill	Short 2 skills	Short 3 skills	Short 4 skills	Short 5 skills
Max E-score	9.0	8.0	7.0	5.0	2.0

Level 3	Short 1 skill	Short 2 skills	Short 3 skills	Short 4 skills	Short 5 skills	Short 6 skills
Max E-score	9.0	8.0	7.0	6.0	4.0	2.0

Level 4 and 5	Short 1 skill	Short 2 skills	Short 3 skills	Short 4 or more skills
Max E-score	9.5	9.0	8.0	5.0

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 0.5 is not deducted each time there is an intermediate swing and 0.3 for half of an intermediate swing. In some levels swings are considered a skill and this deduction should not be taken.
 - 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 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 Levels 4 and 5, a 0.2 stick bonus is credited to stuck dismounts that are a C or higher value, or stuck vaults that have a 4.4 value or higher.

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.

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) 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 FIG Code of Points.

Small Faults - 0.1

- slight loss of balance, deduction per step or hop to a maximum of 1.0
- slightly bent arms/legs (angular deviation $0.1 < 15^\circ$)
- poor technique / form
- legs apart $< 15^\circ$

- incomplete twist $< 30^\circ$ (ex. Jump full twist on floor)
- strength move with swing or vice versa
- legs apart during saltos or landing

Medium Faults - 0.3

- large step or hop on landing, deduction per step or hop to a maximum of 1.0
- 1 or 2 hands brushing apparatus or floor on landings
- bend arms / legs $16^\circ - 30^\circ$
- legs apart $16^\circ - 30^\circ$
- strength move with swing and vice versa
- hold part less than 2 seconds

- interrupting without falling (hesitation)
- incomplete twist $31^\circ - 60^\circ$
- touching apparatus or floor to maintain balance
- unsportsman like behaviour
- lack of presentation before/after routine

Large Faults - 0.5

- extreme bending of arms or legs $> 45^\circ$
- Large leg separation $> 45^\circ$
- unsteadiness or fall form

- angular deviation $> 45^\circ$.
- incomplete twist $61^\circ - 90^\circ$

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 0.5 points.
- c) Any assistance will cause the gymnast to be deducted 1.0 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 EXERCISES

Levels 4 and 5 must use the entire floor area, represented by arriving in each corner at least once. **N.B. An acrobatic dismount will finish with a two foot landing.**

	Level 1	Level 2	Level 3	Level 4	Level 5
Start Value	Maximum 6 counting skills (A=0.1) Special Req. 0.5 ea. Execution 10.0 Maximum D-Score 3.1 Plus Stuck Landing Bonus	Maximum 6 counting skills (A=0.1 B=0.2) Special Req. 0.5 ea. Execution 10.0 Maximum D-Score 3.4 Plus Stuck Landing Bonus	Maximum 7 counting skills (A=0.1 B=0.2 C=0.3) Special Req. 0.5 ea. Execution 10.0 Maximum D-Score 3.9 Plus Stuck Landing Bonus	Maximum 6 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 3 Rules Maximum D-Score 4.0 Plus Landing & Virtuosity Bonus	Maximum 7 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 4 Rules Maximum D-Score 4.4 Plus Landing & Virtuosity Bonus
Special Requirements	1) One acrobatic series. Min. 2 elements 2) Cartwheel or Round off 3) One Balance or Hold Element 4) Forward or Backward Roll 5) Acrobatic Dismount or Round Off Directly Connected to a Jump	1) An acrobatic series with minimum 3 elements 2) Second acrobatic series with minimum 2 elements 3) Any balance or hold element. 4) Front or Back Handspring 5) Acrobatic Dismount	1) An acrobatic series with minimum 3 elements 2) Second acrobatic series with minimum 2 elements 3) Any balance or hold element. 4) Salto Element 5) Acrobatic Dismount	2 FIG Element Groups (0.5 each) A Dismount (0.5)	2 FIG Element Groups (0.5 each) A Dismount (0.3) B or higher Dismount (0.5)
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) N.B. Round off Back Handspring Back Handspring will count as ABB for Level 2	No time limit	70 Second 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) = 0.2 Up to 0.2 Virtuosity Bonus	70 Second 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) = 0.2 Up to 0.2 Virtuosity Bonus

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

REQUIREMENTS

POMMEL HORSE

Levels 1, 2, and 3 must use the pommel horse with the pommels in place. Levels 4 and 5 have the option of using the pommel horse without pommels. All levels may use a spring board to mount.

	Level 1	Level 2	Level 3	Level 4	Level 5
Start Value	Maximum 6 counting skills (A=0.1) Special Req. 0.5 ea. Execution 10.0 Maximum D-Score 3.1 Plus Stuck Landing Bonus	Maximum 6 counting skills (A=0.1 B=0.2) Special Req. 0.5 ea. Execution 10.0 Maximum D-Score 3.4 Plus Stuck Landing Bonus	Maximum 7 counting skills (A=0.1 B=0.2 C=0.3) Special Req. 0.5 ea. Execution 10.0 Maximum D-Score 3.9 Plus Stuck Landing Bonus	Maximum 6 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 3 Rules Maximum D-Score 4.0 Plus Landing & Virtuosity Bonus	Maximum 7 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 4 Rules Maximum D-Score 4.4 Plus Landing & Virtuosity Bonus
Special Requirements	1) Leg Cut Forwards 2) Leg Cut Backwards 3) Any Pendulum Swing 4) Any Travelling Element 5) Dismount (A or B dismount = 0.5 Any recognized but not listed dismount = 0.3)	1) Single Leg Circle Forward or Backwards 2) Any Scissor Element 3) Any Pendulum Swing 4) Any Travelling Element 5) Dismount (A, B or C dismount = 0.5 Any recognized but not listed dismount = 0.3)	1) Single Leg Circle Forward or Backwards 2) Any Scissor Element 3) Any Double Leg Circle Element (Including Flank Dismount or 180° Russian) 4) Any Travelling Element 5) Dismount (A,B or C dismount = 0.5 Any recognized but not listed dismount = 0.3)	2 FIG Element Groups (0.5 each) A Dismount (0.5)	2 FIG Element Groups (0.5 each) A Dismount (0.3) B or higher Dismount (0.5)
Additional Regulations	Any one skill may be performed twice for value.	Any one skill may be performed twice for value.		Mushroom or horse with or without handles 0.5 Bonus for each additional Element Group Requirement Up to 0.2 Virtuosity Bonus	Horse with or without handles, any height 0.5 Bonus for each additional Element Group Requirement Up to 0.2 Virtuosity Bonus

“A” Skills		“B” Skills		“C” Skills	
-Single leg cut	-Reverse single leg cut	-Single leg circle	-Reverse single leg circle	-Two consecutive single leg circles	-360° Russian
-Front support travel (1/3)	-Single leg travel (1/3)	-Scissors	-Reverse scissors	-Two consecutive scissors	-Stockli
-Stride swing	-Pendulum swing	-Double leg circle	-Flair	-Two consecutive double leg circles	-Moore
-Rear support swing		-Loop	-1/4 Spindle in circle or flair	-1/3 side travel	
-1/3 Travel with 1/2 turn		-1/4 Turn in circle or flair	-180° Russian or Simple Swiss	-Downhill loop	-Two consecutive flairs
Dismounts		Dismounts		-1/2 Spindle in circle or flair	-Scissor with 1/2 turn
-Single leg swing to dismount		-180° Russian or Simple Swiss to Flank Dismount		-1/3 Magyar	-1/3 Shivado
-Flank dismount		-Flank with 1/2 turn to dismount (Wende)		-1/2 Spindle in circle or flair	-Scissor with hop to leather
				Dismounts	
				-Circle or flair to handstand dismount	
				-360° Russian to Flank dismount	

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 skill. 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=0.1) Special Req. 0.5 ea. Execution 10.0 Maximum D-Score 3.1 Plus Stuck Landing Bonus	Maximum 6 counting skills (A=0.1 B=0.2) Special Req. 0.5 ea. Execution 10.0 Maximum D-Score 3.4 Plus Stuck Landing Bonus	Maximum 7 counting skills (A=0.1 B=0.2 C=0.3) Special Req. 0.5 ea. Execution 10.0 Maximum D-Score 3.9 Plus Stuck Landing Bonus	Maximum 6 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 3 Rules Maximum D-Score 4.0 Plus Landing & Virtuosity Bonus	Maximum 7 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 4 Rules Maximum D-Score 4.4 Plus Landing & Virtuosity Bonus
Special Requirements	1) L-Hang or V-Hang 2) Long Hang Swing 3) Swing to Inverted Hang 4) Pike Inverted Hang 5) Dismount (A dismount = 0.5 Any recognized but not listed dismount = 0.3)	1) Any Swing Element Including Long Swing 2) L-sit in front support 3) Any Other Strength Element 4) Pike or Straight Inverted Hang 5) Dismount (A or B dismount = 0.5 Any recognized but not listed dismount = 0.3)	1) Inlocate or Dislocate 2) L-sit in front support 3) Any Other Strength Element 4) Muscle Up, Kip, or Back Uprise 5) Dismount (A, B, or C dismount = 0.5 Any recognized but not listed dismount =0.3)	2 FIG Element Groups (0.5 each) A Dismount (0.5)	2 FIG Element Groups (0.5 each) A Dismount (0.3) B or higher Dismount (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 of extra landing mats allowed. 0.2 Bonus for all ‘B’ strength elements or greater 0.5 Bonus for each additional Element Group Requirement Up to 0.2 Virtuosity Bonus	Up to 20 cm of extra landing mats allowed. 0.2 Bonus for all ‘B’ strength elements or greater 0.5 Bonus for each additional Element Group Requirement Up to 0.2 Virtuosity Bonus

“A” Skills	“B” Skills	“C” Skills
-Skin the cat -Inverted pike hang -Bail from shoulder stand -Swing to inverted hang -Forward roll from support to hang -Back roll from support to hang Strength Elements -L-hang (also with bent arms) -V-hang (also with bent arms) Dismounts -Pike flyaway -Straddle dismount	-Inlocate -Back uprise -Shoulder stand Strength Elements -L-sit -Straddled back lever -Muscle up -Straight arm bent body pull to inverted hang -Straight body bent arm pull to inverted hang Dismounts -Front tuck/pike dismount -Back Layout ½ flyaway -Back Uprise Salto Tuck or Pike Dismount (Koste)	-Straight body inlocate -Kip to L-sit (1 C) -Any swing handstand -Front support back/front roll to support -Back uprise with straight arms -Back roll to support with/without swing (Felge) Strength Elements -Press handstand -Front lever -Iron Cross Dismounts -Double back -Layout flyaway with full turn -Front Layout
-Inverted hang -Tuck to inverted hang -Swing to inverted hang	-Dislocate -Kip -Front/back bail from handstand -Straddled L-sit -Straddled front lever	-Dislocate above rings -Front uprise
-Tuck flyaway -Layout flyaway	-Back Layout ½ flyaway	-V-sit -Back lever -Front pike dismount with ½ turn -Back Uprise Salto Layout

REQUIREMENTS

VAULT

	Level 1	Level 2	Level 3	Level 4	Level 5
Vault Setup	115, 125 cm, or 135 cm Cross horse or table	115, 125 cm, or 135 cm Cross horse or table	115, 125 cm, or 135 cm Cross horse or table	110-135 cm table	120-135 cm table
Additional Regulations	2 nd vault permitted with 1.0 deduction. Allowed to compete vaults with 3.1 value only.	2 nd vault permitted with 1.0 deduction. Can compete vaults with 3.1 value or Handspring.	2 nd vault permitted with 1.0 deduction. 1.0 deduction for 3.1 value vaults. Prohibited from flipping vault. (i.e. Tsukahara)	2 nd vault run permitted with 1.0 deduction. Additional 10 cm landing mat permitted.	2 nd vault run permitted with 1.0 deduction. Additional 10 cm landing mat permitted.

Start Values		
Layout tuck through	3.1	
Layout straddle through	3.1	
Layout stoop through	3.1	
Handspring	3.4	
Handspring ½ off	3.4	
Handspring ½ on, ½ off	3.4	
Handspring 1/1 off	3.9	
Level 1 – 3.1 value vaults only		
Level 2 – 3.1 vaults or Handspring.		
Level 3 – maximum of Handspring 1/1, minimum Handspring. 1.0 deduction from final score for 3.1 Value Vaults		
Level 4 – All FIG Vaults Allowed, Maximum Awarded D-Score of 4.0		
Level 5 – All FIG Vaults Allowed, Maximum Awarded D-Score of 4.4		

REQUIREMENTS

PARALLEL BARS

Level 1,2, and 3 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 1	Level 2	Level 3	Level 4	Level 5	
Start Value	Maximum 6 counting skills (A=0.1) Special Req. 0.5 ea. Execution 10.0 Maximum D-Score 3.1 Plus Stuck Landing Bonus	Maximum 6 counting skills (A=0.1 B=0.2) Special Req. 0.5 ea. Execution 10.0 Maximum D-Score 3.4 Plus Stuck Landing Bonus	Maximum 7 counting skills (A=0.1 B=0.2 C=0.3) Special Req. 0.5 ea. Execution 10.0 Maximum D-Score 3.9 Plus Stuck Landing Bonus	Maximum 6 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 3 Rules Maximum D-Score 4.0 Plus Landing & Virtuosity Bonus	Maximum 7 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 4 Rules Maximum D-Score 4.4 Plus Landing & Virtuosity Bonus	
Special Requirements	1) Back Uprise from long swing to upper arm or Jump to Upper Arm 2) Upper Arm Swing 3) Front Uprise to Straddle Sit 4) Straddle Travel 5) Rear or Stutz Dismount	1) L-Sit 2) Any Uprise From Upper to Support 3) Shoulder Stand (2 Second Hold) 4) Front Support Swing to Horizontal 5) Dismount (A or B dismount = 0.5 Any recognized but not listed dismount = 0.3)	1) L-Sit 2) Front or Back Uprise from Upper Arm to Support 3) Long Swing Element 4) Support Element Other Than L-Sit 5) Dismount (A, B, or C dismount = 0.5 Any recognized but not listed dismount = 0.3)	2 FIG Element Groups (0.5 each) A Dismount (0.5)	2 FIG Element Groups (0.5 each) A Dismount (0.3) B or higher Dismount (0.5)	
Additional Regulations	Any one skill may be performed twice for value. NO Saltos allowed. (1.0 deduction) Swings will count as an A part.	Any one skill may be performed twice for value. NO Saltos allowed. (1.0 deduction) 2 extra swings allowed.	2 extra ½ swings allowed.	May compete with lower bars. Up to 20 cm of additional mats may be used. 0.5 Bonus for each additional Element Group Requirement Giant + Giant = C, C + 0.2 bonus Up to 0.2 Virtuosity Bonus 1 Permitted Empty Swing	Up to 20 cm of additional mats may be used. 0.5 Bonus for each additional Element Group Requirement Giant + Giant = C, C + 0.2 bonus Up to 0.2 Virtuosity Bonus 1 Permitted Empty Swing	
“A” Skills		“B” Skills		“C” Skills		
-L-sit -Shoulder stand -Front uprise to straddle sit -Straddle travel -Long hang swing back uprise to upper arm -Kip to or from upper arm support - Pirouette in cross support Dismounts -Stutz dismount (Front swing with ½ turn) -Rear dismount		-Back uprise -Kip -Back shoulder roll -Swing to shoulder stand -Drop kip -Moy to upper arm -Back stutz to upper arm -Front toss to upper arm Dismounts -Flyaway		-Long hang back uprise to support -Front uprise immediate swing to handstand (2 C's) -Kip to immediate swing to handstand (2 C's) -Moy to upper arm from handstand -Handstand pirouette -Kip straddle cut to handstand -Back uprise to straddle cut Dismounts -Any salto dismount off side -Layout Flyaway		-Stutz to support -Moy to support -Press handstand -Cast up to support -Swing handstand -Front toss to support -Wende dismount

REQUIREMENTS

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

HORIZONTAL BAR

	Level 1	Level 2	Level 3	Level 4	Level 5
Start Value	Maximum 6 counting skills (A=0.1) Special Req. 0.5 ea. Execution 10.0 Maximum D-Score 3.1 Plus Stuck Landing Bonus	Maximum 6 counting skills (A=0.1 B=0.2) Special Req. 0.5 ea. Execution 10.0 Maximum D-Score 3.4 Plus Stuck Landing Bonus	Maximum 7 counting skills (A=0.1 B=0.2 C=0.3) Special Req. 0.5 ea. Execution 10.0 Maximum D-Score 3.9 Plus Stuck Landing Bonus	Maximum 6 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 3 Rules Maximum D-Score 4.0 Plus Landing & Virtuosity Bonus	Maximum 7 counting skills with values as per FIG CoP Canadian Provincial Pathways Level 4 Rules Maximum D-Score 4.4 Plus Landing & Virtuosity Bonus
Special Requirements	1) Pull Over 2) Front or Back Hip Circle 3) Leg Cut Forwards or Backwards 4) Cast With Feet at Bar Height 5) Dismount (A dismount = 0.5 Any recognized but not listed dismount = 0.3)	1) Any Pullover 2) Front or Back Hip Circle 3) Long Swing Element 4) Cast to Horizontal 5) Dismount (A or B dismount = 0.5 Any recognized but not listed dismount = 0.3)	1) Kip or Back Uprise 2) Front or Back Hip Circle 3) Underswing 4) Any Element with ½ Turn Excluding Dismounts 5) Dismount (A, B, or C dismount = 0.5 Any recognized but not listed dismount = 0.3)	2 FIG Element Groups (0.5 each) A Dismount (0.5)	2 FIG Element Groups (0.5 each) A Dismount (0.3) B or higher Dismount (0.5)
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.	One Layaway or empty swing permitted. Up to 20 cm of additional mats may be used on both sides of the bar. 0.5 Bonus for each additional Element Group Requirement 0.2 Bonus for Flight elements of C value or higher Up to 0.2 Virtuosity Bonus 1 Permitted Empty Swing	One layaway or empty swing permitted. Up to 20 cm of additional mats may be used on both sides of the bar. 0.5 Bonus for each additional Element Group Requirement 0.2 Bonus for Flight elements of C value or higher Up to 0.2 Virtuosity Bonus 1 Permitted Empty Swing

"A" Skills		"B" Skills		"C" Skills	
-Pull over	-Single leg kip	-Any kip	-Back uprise	-Kip to immediate cast handstand (2 C's)	
-Back hip circle	-Front hip circle	-Straddle cut	-Free hip circle	-Back uprise to immediate free hip to handstand (2 C's)	
-Stride circle	-Underswing	-Straddled sole circle	-Sole circle	-Back uprise to handstand	
-Long swing pullover	-Swing ½ turn To Horizontal	-Jam cast immediate back uprise (2 B's)		-Free hip to handstand	-Sole circle to handstand
-Cast to Horizontal		-Piked or straddled underswing ½ turn to long hang		-Back giant	-Front giant
Dismounts		-Long swing pullover from cast (Baby Giant)		-Cast handstand	-Blind change
-Cast to straddle/pike underswing dismount		-Swing hop ½ turn To Horizontal		-Pirouette	-Swing hop full turn
-Underswing Dismount		Dismounts		Dismounts	
* Single leg cut in support, Cast to Bar Height and ½ turn in support may be used as A parts in Level 1		-Cast straddle over dismount		-Front tuck ½ turn	-Front or Back Flyaway
		-Piked or straddled underswing ½ turn dismount		-Pike off with Front Salto	-Double back