



# **WOMEN'S ARTISTIC GYMNASTICS**

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**Canadian Provincial Program  
2009-2010**

**Main Charts  
Final Version**

**July 7, 2009**

## WOMEN'S COMPETITIVE STRUCTURE BIRTH YEARS AS OF 2009-2010

	PROVINCIAL					NATIONAL	
<b>COMPETITIVE CATEGORIES</b>	PROVINCIAL 1	PROVINCIAL 2	PROVINCIAL 3	PROVINCIAL 4	PROVINCIAL 5	NATIONAL	HIGH PERFORMANCE
	Open 1995 and ↓ Compulsory Elements	Open 1995 and ↓ 6 elements A allowed	Open 1995 and ↓ 6 elements A-B allowed	Open 1995 and ↓ 6 elements A-B-C allowed	Open 1995 and ↓ 8 elements A-B-C-D allowed	Open 1997 and ↓ FIG CDN Model	HP Senior 1996 and ↓ FIG
	Novice 1996 - 1997 Compulsory Elements	Novice 1996 - 1997 6 elements A allowed	Novice 1996 - 1997 6 elements A-B allowed	Novice 1996 - 1997 6 elements A-B-C allowed	Novice 1996 - 1997 8 elements A-B-C-D allowed		HP Junior 1995 – 1998 FIG CDN Model
	Tyro 1998 – 1999 Compulsory Elements	Tyro 1998 – 1999 6 elements A allowed	Tyro 1998 – 1999 6 elements A-B allowed	Tyro 1998 – 1999 6 elements A-B-C allowed	Tyro 1998 – 1999 8 elements A-B-C-D allowed	Novice 1997 – 1999 FIG CDN Model	HP Novice 1997- 1999 FIG CDN Model
	Argo 2000–(2001)* Compulsory Elements	Argo 2000-(2001)* 6 elements A allowed	Argo 2000-(2001)* 6 elements A-B allowed	Argo 2000-(2001)* 6 elements A-B-C allowed	Canadian Pre-Novice Aspire / Elite 1999-2001		
<a href="#">Pre-comp</a>	Developmental Programs						
<a href="#">REC</a>	Recreational Programs						

*These areas are under provincial jurisdiction and may be adapted to suit each province's needs.*

- *\*Minimum age for the Argos: one additional birthyear can be included for the Argo category*
- *Possibility to combine age categories if there are too few athletes in one age group.*
- *Height of apparatus – Vault and Beam*
- *Use of the mini-trampoline and of two beatboards on top of each other on Vault in the P2 Category*
- *Warm up procedures and competition format*

## 2009 – 2010 WOMEN'S CANADIAN PROVINCIAL PROGRAM

Please refer to the 2009 FIG Code of Points for further information on the D and E scores. The Code of points can be downloaded from the FIG Website at <http://www.fedintgym.com/rules>

### COMPONENTS OF THE D and E SCORES

	Provincial 1	Provincial 2-3-4	Provincial 5
Number of Elements	6 required elements @ 0.5 = 3.0	Top 5 elements + dismount	Top 7 elements + dismount
Composition Requirement	N/A	5 CR @0.5 ea = 2.5	
Bonus	N/A	Max 0.6	No maximum
Stuck Landing	0.1 added to Final Score (UB, BB)	0.1 added to Final Score (V, UB, BB)	
Major Change to the FIG Execution	All execution deductions are as per the 2009 version of the FIG Code of points except for falls. Some modifications made to the artistry deductions on BB and FX. <b>Fall: 0.8 deduction</b>		

### SUMMARY CHART FOR D AND E SCORES

#### D SCORE

	P1	P2	P3	P4	P5
Counting Elements	6	6	6	6	8
Required Elements	0.5	n/a	n/a	n/a	n/a
Value of A Elements		0.1	0.1	0.1	0.1
Value of B Elements			0.2	0.2	0.2
Value of C Elements				0.3	0.3
Value of D Elements					0.4
Max possible DV	3.0	0.6	1.0	1.4	1.8
CR	0	2.5	2.5	2.5	2.5
Bonus	0	0.6	0.6	0.6	no max

#### **Max D-Score**

<b>3.0</b>	<b>3.7</b>	<b>4.1</b>	<b>4.5</b>	<b>4.3 + bonus</b>
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#### E SCORE

Max score for Execution / Artistry	10	10	10	10	10
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#### **MAX TOTAL SCORE**

<b>13.0</b>	<b>13.7</b>	<b>14.1</b>	<b>14.5</b>	<b>14.3 + bonus</b>
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Stuck Bonus (V, UB, BB) added to the final score	+0.1	+0.1	+0.1	+0.1	+0.1
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No stuck landing bonus for P1 – vault.

# PROVINCIAL 1 – REQUIRED ELEMENTS INCLUDED IN AN OPTIONAL ROUTINE –2009-2010 – June 2009

	<b>VAULT</b>	<b>BARS</b>	<b>BEAM</b>	<b>FLOOR</b>
<b>Required Elements (RE)</b>	<p style="text-align: center;"><u>Compulsory Vault</u></p> <ul style="list-style-type: none"> <li>• Handspring to land on back</li> </ul> <p>Board and stacked mats (no vault table) Mats are measured from the floor Argo/Tyro: Mats: 100 cm ± 5 cm</p> <p>Novice / Open: Mats: 125 cm ± 5 cm</p> <p>Use of mini-trampoline or of 2 boards on top of each other not authorized.</p>	<p style="text-align: center;"><u>Required Elements – 0.5 each</u></p> <ul style="list-style-type: none"> <li>• Pull over mount (2 legs) – If performed 1 leg, RE given but execution deduct 0.1 / 0.3 for legs apart (B Score) <b>or Kip</b></li> <li>• One cast – feet at bar height – if feet lower than bar, RE not given</li> <li>• Back hip circle</li> <li>• Squat on (tuck, pike or straddled) to catch HB – If do not catch HB, RE not given</li> <li>• Long hang swing pull over</li> <li>• Toe on dismount on HB (legs together or straddled)</li> </ul>	<p style="text-align: center;"><u>Required Elements – 0.5 each</u></p> <ul style="list-style-type: none"> <li>• Any mount (not necessarily from the FIG table of elements)</li> <li>• 180° turn on one foot followed immediately by pivot turn on 2 feet (stop between 180° turn is allowed) – If fall after first 180°, the entire series (2 x 180°) must be repeated to get RE.</li> <li>• <b>Dance Series: 2 diff jumps or leaps. Both must be FIG A or developmental A. If not connected, RE given but deduction of 0.3 (E Score)</b></li> <li>• <b>Straight Jump with ½ turn or leap/jump with 180 split (may be part of the dance series)</b></li> <li>• Handstand (not held), Cartwheel or Walkover (or variations). As per FIG, handstand must be within 10° to be credited</li> <li>• Dismount: roundoff or front handspring</li> </ul>	<p style="text-align: center;"><u>Required Elements – 0.5 each</u></p> <ul style="list-style-type: none"> <li>• Full turn on 1 foot</li> <li>• Dance Series: 2 different leaps directly connected. Leaps must be FIG A or Developmental A elements. If not connected, RE given but deduction of 0.3 (E Score).</li> <li>• Stride leap, min 90° split (90° = 0.3 amplitude deduct, 135° = no amplitude deduction)</li> <li>• Handstand marked position, fwd roll, straight arms: Handstand not marked: RE not given; if bent arms: deduct 0.1 / 0.3 / 0.5 (E Score)</li> <li>• Cartwheel or Walkover (including tic toc)</li> <li>• Acro series of 2 or 3 elements directly connected, one being a roundoff — 2<sup>nd</sup> acro element (and 3<sup>rd</sup>): any acro A FIG or developmental element including bwd roll or fwd roll – no flight required</li> </ul>
<b>Evaluation</b>	D Score: 3.0      E Score: 10.0      Maximum score: 13.0 In P1 only, Required Elements will be credited even if the element is repeated (for ex: straight jump performed before the dance series on beam). <b>Fall: 0.8 deduction</b>			
<b>Short routine</b>	n/a	<ul style="list-style-type: none"> <li>• If 3 counting elements or less, the max E-Score is 6.0</li> </ul>		
<b>Artistry and Specific Apparatus Deductions (see Code of points for complete list)</b>		<ul style="list-style-type: none"> <li>• No attempt at dismount <b>- 0.5</b></li> </ul>	<p style="text-align: center;"><b>Artistry (Max 0.3 deduction)</b></p> <ul style="list-style-type: none"> <li>• Insuff. variation in rhythm – 0.1</li> <li>• Sureness of performance – 0.1</li> <li>• Lack of creative choreography – 0.1</li> </ul> <p style="text-align: center;"><b>Specific Apparatus Deduction</b></p> <ul style="list-style-type: none"> <li>• Inappropriate gesture or mimic – 0.1</li> <li>• No attempt at dismount <b>- 0.5</b></li> <li>• Missing mvt close to beam – 0.1</li> </ul>	<p style="text-align: center;"><b>Artistry (Max 0.3 deduction)</b></p> <ul style="list-style-type: none"> <li>• Lack of creative choreography – 0.1</li> <li>• Insuff. variation in rhythm – 0.1</li> <li>• Poor relationship music and mvt – 0.1</li> </ul> <p style="text-align: center;"><b>Specific Apparatus Deduction</b></p> <ul style="list-style-type: none"> <li>• Inappropriate gesture or mimic – 0.1</li> <li>• Missing mvt close to the floor – 0.1</li> </ul>
<b>Restricted Elements</b> - 1.0 for ea. el. from Final Score	Only identified vault accepted Other vault = VOID	Additional A elements (FIG or developmental) allowed but execution deductions will be applied.	Additional Acro A (FIG or developmental) and any dance element allowed but execution deductions will be applied.	
<b>Stuck Landing</b>	N/A	+ 0.1 for stuck landing of compulsory dismount Added to the final score (in case of doubt, the bonus is not awarded)		N/A
<b>Time</b>	N/A	N/A	Time: Max 60 seconds	Suggested time: approx. 60 seconds
<b>Mats</b>	N/A	Mandatory minimum FIG matting for landing of dismount (min 10 cm). Otherwise, any mat or combination of mats, including 20 cm safety mat is allowed. On UB, mats can be under the rails.		Additional 5 or 10 cm allowed for acro series with salto

**2009 – 2010 WOMEN’S CANADIAN PROVINCIAL PROGRAM  
JUNE 2009 – VAULT**

	<b>PROVINCIAL 2</b>	<b>PROVINCIAL 3</b>	<b>PROVINCIAL 4</b>	<b>PROVINCIAL 5</b>
<b>A-Score</b>	A – Score: Max: 3.5	A – Score: Max: 4.0	A – Score: Max: 4.5	A – Score: Max: 5.0
<b>VAULTS ALLOWED</b>	<a href="#">Allowed Vault</a> List of allowed vaults per category and A Score for each vault in Chart			
<b>REQUIREMENTS</b>	<ul style="list-style-type: none"> <li>• 1 or 2 vaults, best to count</li> </ul> P2 only: Use of mini-tramp is allowed with a deduction of 1.5 points applied to final score of that vault (Under provincial jurisdiction).  The use of 2 boards on top of each other is allowed with a deduction of 1.0 point (to be re-evaluated in 2010-2011).	<ul style="list-style-type: none"> <li>• 1 or 2 vaults, best to count</li> </ul>	<ul style="list-style-type: none"> <li>• 1 or 2 vaults, best to count</li> </ul>	<ul style="list-style-type: none"> <li>• 1 or 2 vaults, best to count</li> </ul>
<b>VAULT EQUIPMENT SPECS</b>	Vaulting Table Heights:  P2 – P5: Argo / Tyro:           115 cm or 125 cm (FIG) P2 – P5: Novice / Open:       125 cm (FIG) <ul style="list-style-type: none"> <li>• 20 cm landing mats</li> <li>• P2 – P5: Mandatory minimum FIG matting for landing of vault (min 10 cm). Otherwise, any mat or combination of mats, including 20 cm safety mat is allowed.</li> <li>• Corridor markings are not in effect for CPP. The deduction for “Deviation from straight direction – 0.10” can be used.</li> </ul>			
<b>Presence of Coach</b>	The presence of the coach on the landing mat is allowed.			
<b>Additional Deductions</b>	The following deductions apply to all categories (CPP deductions added to the FIG deductions) <ul style="list-style-type: none"> <li>• Head touching the vault table: vault is VOID</li> <li>• Walking on the table in handstand: 0.5 for each step</li> </ul>			
<b>Special Bonus</b>	+ 0.1 for stuck landing, added to the final score (in case of doubt, the bonus is not awarded)			

## 2009 – 2010 WOMEN'S CANADIAN PROVINCIAL PROGRAM – JUNE 2009

### TABLE: Allowed vaults and value per category

			P1	P2	P3	P4	P5
		Vault #	Max 3.0	Max 3.5	Max 4.0	Max 4.5	Max 5.0
<b>Handsprings</b>	Handspring		3.0 (to back)	3.5	3.2	2.9	2.8
	Handspring 1/2	1.01		3.5	3.4	2.9	2.8
	Handspring 1/1	1.02			4.0	3.7	3.6
	Handspring 1 1/2	1.03				4.5	4.3
	Handspring 2/1	1.04					4.9
<b>Yamashita</b>	Yamashita	1.10			3.2	2.9	2.8
	Yamashita 1/2	1.11			3.4	3.5	3.0
	Yamashita 1/1	1.12			4.0	4.0	3.6
<b>½ On</b>	1/2 On - 1/2 Off	1.20		3.5	3.2	2.9	2.8
	1/2 On - 1/1 Off	1.21			3.6	3.5	3.3
	1/2 On - 1 1/2 Off	1.22			4.0	4.3	4.0
	1/2 On - 2/1 Off	1.23				4.5	4.4
<b>1/1 On</b>	1/1 On - Handspring Off	1.30					3.6
	1/1 On - Handspring 1/1 Off	1.31					4.4
<b>Yurchenko On – handspring Off</b>	Yurchenko 1/2 On - Handspring 1/1	1.40					3.6
	Yurchenko 1/2 On - Handspring 1 1/2	1.41					4.2
<b>Handspring front</b>	Handspring front salto Tuck	2.10					5.0
<b>Tsukahara</b>	Tsukahara Tuck	3.10				4.4	4.5
	Tsukahara Open Tuck	3.09				4.5	4.8
	Tsukahara Pike	3.20				4.5	4.7
	Tsukahara tuck with ½ turn	3.11				4.5	5.0
	Tsukahara Layout	3.30					5.0
<b>Yurchenko</b>	Yurchenko Tuck	4.10					4.5
	Yurchenko Open tuck	4.09					4.7
	Yurchenko Pike	4.20					4.6
	Yurchenko tuck with ½ turn	4.11					5.0
	Yurchenko Layout	4.30					5.0

## 2009 – 2010 WOMEN'S CANADIAN PROVINCIAL PROGRAM – JUNE 2009 UNEVEN BARS

	<b>PROVINCIAL 2</b>	<b>PROVINCIAL 3</b>	<b>PROVINCIAL 4</b>	<b>PROVINCIAL 5</b>
<b>DV</b>	<b>Top 5 skills + Dmt Max DV 0.6 (Max A: 3.7) A elements only **</b>	<b>Top 5 skills + Dmt Max DV 1.0 (Max A: 4.1) A and B elements only**</b>	<b>Top 5 skills + Dmt Max DV 1.4 (Max A: 4.5) A, B and C elements only**</b>	<b>Top 7 skills + Dmt Max DV 1.8 (Max A: 4.3 + bonus) A, B, C and D element only**</b>
<b>RESTRICTIONS</b> -1.00 for each restricted el. from final score	No B+	No C+ No toe on salto dmt, flyaway dble tuck No turning giants or Front Giants	No D+ No full turning giants	No E+
P1 – P5: Elements performed to maximum amplitude will not be deducted as restricted skills even if the FIG value changes.				
<b>CR</b>	<u>CR – 0.5 each</u> <ul style="list-style-type: none"> <li>• 1 bar change LB-HB (no value necessary)</li> <li>• Close bar circle element</li> <li>• <b>Kip</b></li> <li>• 1 long hang element (long kip, pullover or uprise)</li> <li>• Dismount A Flyaway = 0.5 A Others = 0.3</li> </ul>	<u>CR – 0.5 each</u> <ul style="list-style-type: none"> <li>• 1 bar change LB-HB (no value necessary)</li> <li>• Close bar circle element</li> <li>• Kip – cast to min horizontal legs together (see clarification below)</li> <li>• 1 long hang swing element (uprise, giant bwd, straddle back or flyaway dismount)</li> <li>• Dismount A Flyaway or B = 0.5 A Others = 0.3</li> </ul>	<u>CR – 0.5 each</u> <ul style="list-style-type: none"> <li>• 1 bar change LB-HB (no value necessary)</li> <li>• Close bar circle element</li> <li>• <b>Cast to min 45° from vertical</b></li> <li>• Element to or through handstand</li> <li>• Dismount <b>Layout Flyaway fwd or bwd</b>, B or C = 0.5 A Flyaway = 0.3</li> </ul>	<u>CR – 0.5 each</u> <ul style="list-style-type: none"> <li>• 1 bar change with value</li> <li>• Close bar circle element</li> <li>• <b>Kip – Cast to min 45° from vertical</b></li> <li>• Element to or through handstand (except cast to handstand)</li> <li>• Dismount C or D = 0.5 B = 0.3</li> </ul>
<b>Casts</b>	Clarification P1-P5: Any cast performed to <b>45°</b> from vertical or higher (towards handstand) can be done with legs together or straddled (body pike). If a straddle technique is used, the legs must come together at the end of the cast.			
<b>BONUS</b>	<b>Maximum 0.6</b> <ul style="list-style-type: none"> <li>• +0.2 cast 45°+</li> <li>• +0.1 additional for cast completed within 10°</li> <li>• +0.2 for 2<sup>nd</sup> different Kip</li> <li>• +0.2 <b>Sole circle (bent or straight legs), legs together</b></li> </ul>	<b>Maximum 0.6</b> <ul style="list-style-type: none"> <li>• + 0.2 B circle elements 45°+</li> <li>• +0.2 cast 45°+</li> <li>• +0.1 additional for casts and circles completed within 10°</li> <li>• +0.3 Giant</li> <li>• +0.2 Bwd Layout Flyaway+</li> </ul>	<b>Maximum 0.6</b> <ul style="list-style-type: none"> <li>• +0.2 Kip – minimum cast to min 45°+</li> <li>• +0.2 for B, incl. cast to handstand (within 10°) with straddled legs</li> <li>• +0.3 for C</li> </ul>	<b>No maximum</b> <ul style="list-style-type: none"> <li>• +0.2 for 2<sup>nd</sup> bar change with value</li> <li>• +0.2 for C</li> <li>• +0.2 for D</li> <li>• +0.2 Giant bwd or fwd with 180°</li> <li>• +0.2 for C+C or C+D (may be same or different no flight or turn required)</li> <li>• +0.2 Double salto bwd tuck dmt</li> </ul>
<b>Specific Apparatus Deductions</b>	Specific Apparatus Deductions: see Code of points or CPP Manual			
<b>EQUIPMENT</b>	P1 – P5: 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. <b>Matting can be put under the rails and for dismount.</b> No maximum width – within the equipment safety limitation			
<b>Special Bonus</b>	+ 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			

## 2009 – 2010 WOMEN’S CANADIAN PROVINCIAL PROGRAM – JUNE 2009

	Provincial 2	Provincial 3-4-5
<b>Limited A</b>	<ul style="list-style-type: none"> <li>• Long hang swing pull over</li> <li>• Squat / Stoop / Straddle on LB to catch HB</li> <li>• Cast to horizontal, legs together (angle measured by line shoulders– feet)</li> <li>• Toe on dismount on HB</li> <li>• Front hip circle</li> </ul>	<b>No value</b>
<b>A</b>	<ul style="list-style-type: none"> <li>• Min 270° sole circle fwd or bwd legs together or straddled (no deduction for bent legs)</li> </ul>	

**\*\* A, B, C or D elements only:** Elements performed to maximum amplitude are not restricted, even if their value (FIG or developmental) changes. If the value of the performed skill (when performed to maximum amplitude) is restricted, the highest accepted value for that category will be credited.

- P2 = A
- P3 = A and B
- P4 = A, B and C

### Casts – Angle Deductions (Bonus already included in the table above)

- P1 Requirement: Cast to feet at bar height  
 Cast with feet at bar height                      Credit RE, no deduction  
 Cast with feet below bar height                      No RE, 0.1 deduction
- P2-P3 Requirement: Cast to horizontal, legs together (see clarification in the table on the previous page)  
 Cast below horizontal                      No DV, 0.1 deduction  
 Cast to horizontal – 45°                      P2 – A value, P3 – no DV, no deduction  
 Cast to 45° to within 10°                      P2 – A value, P3 – no DV, no deduction, bonus (see table)  
 Cast to handstand (within 10°)                      P2 – A value, P3 – A or B (legs straddled or together), bonus (see table)
- P4-P5 Requirement: Cast to 45° (or Kip Cast to 45° for P5)  
 Cast below 45°                      No DV, 0.1 deduction  
 Cast to 45° to within 10°                      No DV, no deduction  
 Cast to handstand (within 10°)                      A or B (legs straddled or together), bonus awarded in P4 only (see table)

### Circle elements without turn and Flight Elements from HB to LB – Angle Deductions

**Includes: clear hip, stalder, etc.**

- |                       |   |
|-----------------------|---|
| Below horiz           | A element (becomes back hip circle or sole circle), deduction 0.1 (modified from FIG), no bonus |
| Between 45° and horiz | One DV lower (as per FIG), no deduction (modified from FIG), no bonus                           |
| Between 10° and 45°   | One DV lower (as per FIG), no deduction (modified from FIG), bonus (see table)                  |
| Within 10°            | Credit FIG DV   |

### Other angle deductions are as per FIG

# 2009 – 2010 WOMEN'S CANADIAN PROVINCIAL PROGRAM – JUNE 2009

## BALANCE BEAM

	<b>PROVINCIAL 2</b>	<b>PROVINCIAL 3</b>	<b>PROVINCIAL 4</b>	<b>PROVINCIAL 5</b>
<b>DV</b>	<b>Top 5 skills + Dmt</b> Max DV 0.6 (Max A: 3.7) A elements only**	<b>Top 5 skills + Dmt</b> Max DV 1.0 (Max A: 4.1) A and B elements only**	<b>Top 5 skills + Dmt</b> Max DV 1.4 (Max A: 4.5) A, B and C elements only**	<b>Top 7 skills + Dmt</b> Max DV 1.8 (Max A: 4.3 + bonus) A, B, C and D elements only**
<b>RESTRICTIONS</b> -1.00 for each restricted el. from final score	No acro B+	No acro C+ No 2 flight acro series	No acro D+ No acro C's in acro series	No acro E+
	P1 – P5: Dance Elements and Acro Hold Elements of any value performed as mount or in the routine are allowed and can be credited.			
<b>CR</b>	<u>CR – 0.5 each</u> <ul style="list-style-type: none"> <li>• Connection of min 2 different dance elements</li> <li>• Turn min 360°</li> <li>• 1 acro element*</li> <li>• 2<sup>nd</sup> acro element in different direction (bwd OR sdw OR fwd )</li> <li>• Dismount Aerial or A salto = 0.5 A others = 0.3</li> </ul> <p>* Handstand, fwd entry is considered a fwd skill. Cartwheel to hdstand is side element. All Handstands are considered the same (credited only once).</p>	<u>CR – 0.5 each</u> <ul style="list-style-type: none"> <li>• Connection of min 2 different dance elements</li> <li>• Turn min 360°</li> <li>• Acro Series, min 2 elements, no flt required*</li> <li>• Acro elements in different direction (bwd AND sdw/fwd)</li> <li>• Dismount Aerial or A salto or B = 0.5 A others = 0.3</li> </ul> <p>*Handstand held or not can be used as 1<sup>st</sup> el. of bwd acro series (and would receive bonus).</p>	<u>CR – 0.5 each</u> <ul style="list-style-type: none"> <li>• Connection of min 2 diff dance elements, one being a jump, leap or hop with 180°(cross split)</li> <li>• Turn min 360°</li> <li>• Acro Series, min 2 elements, 1 with flight</li> <li>• Acro elements in different direction (bwd AND sdw/fwd)</li> <li>• Dismount B or C = 0.5 A = 0.3</li> </ul>	<u>CR – 0.5 each</u> <ul style="list-style-type: none"> <li>• Connection of min 2 diff dance elements, one being a jump, leap or hop with 180°(cross split)</li> <li>• Turn (as per FIG)</li> <li>• <b>Acro Series, min 2 elements with flight</b></li> <li>• Acro elements in different direction (bwd AND sdw /fwd)</li> <li>• Dismount C or D = 0.5 B = 0.3</li> </ul>
<b>BONUS</b>	<b>Maximum 0.6</b> <b>Dance (Max 0.2)</b> <ul style="list-style-type: none"> <li>• +0.2 Dance B+</li> <li>• +0.2 Leap or Jump 180°cross split as per FIG, bonus given if value is awarded (min 135°)</li> </ul> <b>Acro</b> <ul style="list-style-type: none"> <li>• +0.2 Walkover (any variation)</li> <li>• +0.2 Press to handstand mount</li> <li>• +0.2 Acro Series, min 2 elements, no flt required. Handstand held or not can be used as the 1<sup>st</sup> element of bwd acro series</li> </ul>	<b>Maximum 0.6</b> <b>Dance (Max 0.2)</b> <ul style="list-style-type: none"> <li>• + 0.2 any B</li> <li>• +0.2 any Dance C+</li> <li>• +0.2 Acro Series with one being B with flight (incl handstand – bck hpring) excl. mt and dmt</li> <li>• +0.2 Acro A (non repeated) or B directly connected to A+ salto dismount</li> </ul>	<b>Maximum 0.6</b> <b>Dance (Max 0.2)</b> <ul style="list-style-type: none"> <li>• +0.2 any C</li> <li>• +0.2 any Dance D+</li> <li>• +0.2 Acro Series with 2 flt elements (directly connected) excl. mt and dmt</li> <li>• +0.2 Acro B directly connected to A+ salto dismount</li> </ul>	<b>No Maximum</b> <ul style="list-style-type: none"> <li>• +0.2 any C</li> <li>• +0.2 any D</li> <li>• +0.2 Mixed Series min B+C</li> <li>• +0.2 Acro Series with 2 flight el. one being a salto (directly connected) excl. mt and dmt</li> </ul>
	<b>Specific Apparatus Deductions (E-Panel Deductions)</b> <ul style="list-style-type: none"> <li>• Mount not in Table of Elements (P4 and P5) – 0.1</li> <li>• More than one ½ turn on 2 feet with straight legs (P2- P5) – 0.1</li> <li>• Missing movement close to beam – 0.1</li> <li>• No attempt at dismount – 0.5</li> </ul>		<b>Artistry Deduction (Max 0.3)</b> <ul style="list-style-type: none"> <li>• Insufficient variation in rhythm – 0.1</li> <li>• Sureness of performance – 0.1</li> <li>• Creative choreography (originality of composition of el. and mvts) – 0.1</li> <li>• Inappropriate gesture or mimic not corresponding to the mvts – 0.1</li> </ul>	
<b>EQUIPMENT</b>	Beam: Argo / Tyro: 110 cm or 125 cm, Novice / Open: 125 cm. 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.			
<b>Special Bonus</b>	+ 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			

**2009 – 2010 WOMEN’S CANADIAN PROVINCIAL PROGRAM – JUNE 2009  
BEAM – LIST OF DEVELOPMENTAL SKILLS**

	Provincial 2	Provincial 3-4-5
<b>Limited A</b>	<p><b>Dance Elements (each line item is different)</b></p> <ul style="list-style-type: none"> <li>• Straight jump, no arch – all straight jumps and variations are considered as same elements</li> <li>• Tuck jump</li> <li>• Cat leap</li> <li>• Scissor leap</li> <li>• Stag leap / jump (no developpé of front leg)</li> </ul> <p><b>Acro Elements</b></p> <ul style="list-style-type: none"> <li>• Handstand within 10° from vertical, not held 2 seconds (see note below)</li> <li>• Dismount: Roundoff off the beam (hands at end of the beam)</li> <li>• Dismount: Front handspring off the beam (hands at end of the beam)</li> <li>• Dismount: Front Aerial and Side Aerial (considered as salto for CR)</li> </ul>	No value

**\*\* A, B, C or D elements only:** If a non restricted element of a restricted value is performed, the maximal value accepted in that category will be credited.

On UB, BB, FX, the maximum allowed value is:

- P2 = A
- P3 = A and B
- P4 = A, B and C

**Notes:**

- Tic-toc is considered a bwd skill.
- In P2 only, the handstand, forward entry is considered a fwd skill. The cartwheel to handstand is a side element. All handstands (held or not, entry from a lunge forward or from a cartwheel, etc.) are considered as the same element and will be credited only once.

## 2009 – 2010 WOMEN'S CANADIAN PROVINCIAL PROGRAM – JUNE 2009 FLOOR EXERCISE

	<b>PROVINCIAL 2</b>	<b>PROVINCIAL 3</b>	<b>PROVINCIAL 4</b>	<b>PROVINCIAL 5</b>
<b>DV</b>	<b>Top 5 skills + Dmt Max DV 0.6 (Max A: 3.7) A elements only**</b>	<b>Top 5 skills + Dmt Max DV 1.0 (Max A: 4.1) A and B elements only**</b>	<b>Top 5 skills + Dmt Max DV 1.4 (Max A: 4.5) A, B and C elements only**</b>	<b>Top 7 skills + Dmt Max DV 1.8 (Max A: 4.3 + bonus) A, B, C and D elements only**</b>
<b>RESTRICTIONS</b> -1.00 for each restricted el. from final score	No acro B+ No twisting saltos No acro s. with 2 saltos	No acro C+	No acro D+ No double saltos	No acro E+
P1 – P5: Dance Elements of any value are allowed and can be credited.				
<b>CR</b>	<p style="text-align: center;"><u>CR – 0.5 each</u></p> <ul style="list-style-type: none"> <li>• Passage of 2 diff leaps or hops</li> <li>• Turn on 1 foot min 360°</li> <li>• 1 acro series of 3 el., 2 of which must have flt., no salto required</li> <li>• 2<sup>nd</sup> acro series of 3 el., no flt or salto required*</li> <li>• Dismount (must be non repeated) Acro A with flt in series of 3, or A Salto = 0.5 Acro A with or without flight (except salto) isolated = 0.3</li> </ul> <p>* The 2<sup>nd</sup> series must have at least one non repeated DV to receive CR.</p>	<p style="text-align: center;"><u>CR – 0.5 each</u></p> <ul style="list-style-type: none"> <li>• Passage of 2 different leaps or hops, one being a 180° cross split</li> <li>• Turn on 1 foot min 360°</li> <li>• Acro series of 3 flight el., one being a salto</li> <li>• 2<sup>nd</sup> acro series of 3 flt el., no salto required*</li> <li>• Dismount (must be non repeated) A salto in series of 3 or B Salto = 0.5 A Salto isolated = 0.3</li> </ul> <p>* The 2<sup>nd</sup> series must have at least one non repeated DV to receive CR.</p>	<p style="text-align: center;"><u>CR – 0.5 each</u></p> <ul style="list-style-type: none"> <li>• Passage of 2 different leaps or hops, one being a 180° cross split</li> <li>• Acro series with 2 different saltos</li> <li>• 2 saltos in diff. directions (bwd and fwd/sdw)</li> <li>• Salto with min 180° LA turn</li> <li>• Dismount (1<sup>st</sup> acro series cannot be used for dismount) B or C Salto = 0.5 Layout salto bwd = 0.3</li> </ul>	<p style="text-align: center;"><u>CR – 0.5 each</u></p> <ul style="list-style-type: none"> <li>• Passage of 2 different leaps or hops, one being a 180° cross split</li> <li>• Acro series with 2 diff saltos</li> <li>• 2 saltos in diff. directions (bwd and fwd/sdw)</li> <li>• Salto with double BA or min 360° LA turn</li> <li>• Dismount (1<sup>st</sup> acro series cannot be used for dismount) C or D Salto = 0.5 B Salto = 0.3</li> </ul>
<b>BONUS</b>	<b>Maximum 0.6</b>	<b>Maximum 0.6</b>	<b>Maximum 0.6</b>	<b>No Maximum</b>
	<p><b>Dance (Max 0.2)</b></p> <ul style="list-style-type: none"> <li>• +0.2 A Leap or Jump with 180° cross split</li> </ul> <p><b>Acro</b></p> <ul style="list-style-type: none"> <li>• +0.2 for each different salto or aerials</li> <li>• +0.2 Acro Series of 3 el. with flight (given once)</li> </ul>	<p><b>Dance (Max 0.2)</b></p> <ul style="list-style-type: none"> <li>• +0.2 any B</li> <li>• +0.2 any Dance C+</li> <li>• +0.2 Bwd layout salto (no twist)</li> <li>• +0.2 Acro Series (min 3 el.) with 2 saltos (may be same)</li> <li>• +0.2 for 3 tumbling lines with 1 different salto in each line</li> </ul>	<p><b>Dance (Max 0.2)</b></p> <ul style="list-style-type: none"> <li>• +0.2 any Dance B</li> <li>• +0.2 any C</li> <li>• +0.2 Acro Series of 2 saltos, one being B+ salto</li> </ul>	<ul style="list-style-type: none"> <li>• +0.2 any C</li> <li>• +0.2 any D</li> <li>• +0.2 Double salto</li> <li>• +0.2 Acro Series with 2 saltos, one being a C+</li> </ul>
	<p><b>Specific Apparatus Deductions (E-Panel Deductions)</b></p> <ul style="list-style-type: none"> <li>• More than one leap/jump/hop element to prone position – 0.1 ea</li> <li>• Missing movement close to the floor – 0.1</li> <li>• Missing turn on one foot (P4 and P5 only) – 0.3</li> <li>• No attempt to dismount – 0.5</li> </ul>		<p><b>Artistry Deductions (Max 0.3)</b></p> <ul style="list-style-type: none"> <li>• Lack of creative choreography – 0.1</li> <li>• Insufficient variation in rhythm – 0.1</li> <li>• Poor relationship of music and movement – 0.1</li> <li>• Inappropriate gesture or mimic not corresponding to the mvts – 0.1</li> </ul>	
<b>Equipment</b>	Up to 10 cm of additional mats for tumbling lines with salto (not mandatory). The additional mat be left in place, moved or removed.			

**2009 – 2010 WOMEN’S CANADIAN PROVINCIAL PROGRAM – JUNE 2009  
FLOOR– LIST OF DEVELOPMENTAL SKILLS**

	Provincial 2	Provincial 3-4-5
<b>Limited A Elements</b>	<p><b>Dance Elements (each line item considered different)</b></p> <ul style="list-style-type: none"> <li>• Stag leap / jump (no developpé of front leg)</li> <li>• Cat leap</li> <li>• Wolf hop</li> <li>• Scissor leap</li> <li>• Jump full turn or hop full turn (considered as same elements)</li> </ul> <p><b>Acro Elements</b></p> <ul style="list-style-type: none"> <li>• Cartwheel and variations</li> <li>• Bwd and fwd walkovers and variations</li> <li>• Back extension to handstand</li> </ul>	<b>No value</b>

**\*\* A, B, C or D elements only:** Dance Elements are not restricted for any category. If a non restricted element of a restricted value is performed, the maximum value accepted in that category will be credited. On UB, BB, FX, the maximum allowed value is:

- P2 = A
- P3 = A and B
- P4 = A, B and C