



WOMEN'S ARTISTIC GYMNASTICS

Canadian Provincial Program 2011-2012

**Main Charts
Final Version**

June 2011

WOMEN'S COMPETITIVE STRUCTURE

BIRTH YEARS AS OF 2011-2012

	PROVINCIAL					NATIONAL	
COMPETITIVE CATEGORIES	PROVINCIAL 1	PROVINCIAL 2	PROVINCIAL 3	PROVINCIAL 4	PROVINCIAL 5	NATIONAL	HIGH PERFORMANCE
	Open 1997 and ↓ Compulsory Elements	Open 1997 and ↓ 6 elements A allowed	Open 1997 and ↓ 6 elements A-B allowed	Open 1997 and ↓ 6 elements A-B-C allowed	Open 1997 and ↓ 8 elements A-B-C-D allowed	Open 1999 and ↓ FIG CDN Model	HP Senior 1998 and ↓ FIG
	Novice 1998 - 1999 Compulsory Elements	Novice 1998 - 1999 6 elements A allowed	Novice 1998 - 1999 6 elements A-B allowed	Novice 1998 - 1999 6 elements A-B-C allowed	Novice 1998 - 1999 8 elements A-B-C-D allowed		HP Junior 1997 – 2000 FIG CDN Model
	Tyro 2000 – 2001 Compulsory Elements	Tyro 2000 – 2001 6 elements A allowed	Tyro 2000 – 2001 6 elements A-B allowed	Tyro 2000 – 2001 6 elements A-B-C allowed	Tyro 2000 – 2001 8 elements A-B-C-D allowed	Novice 1999 – 2001 FIG CDN Model	HP Novice 1999 – 2001 FIG CDN Model
	Argo 2002–(2003)* Compulsory Elements	Argo 2002–(2003)* 6 elements A allowed	Argo 2002–(2003)* 6 elements A-B allowed	Argo 2002–(2003)* 6 elements A-B-C allowed	Canadian Pre-Novice Aspire / Elite 2001-2003		
Pre-comp	Developmental Programs						
REC	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 P1 and P2 Categories*
- *Warm up procedures and competition format*

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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)	
Changes to the FIG Execution	All execution deductions are as per the 2009 version of the FIG Code of points. Some modifications made to the artistry deductions on BB and FX. Fall: 1.0, as per the FIG Code of point		

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	2.1
CR	0	2.5	2.5	2.5	2.5
Bonus	0	0.6	0.6	0.6	no max

Max D-Score

3.0	3.7	4.1	4.5	4.6 + bonus
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E SCORE

Max score for Execution / Artistry	10	10	10	10	10
MAX TOTAL SCORE	13.0	13.7	14.1	14.5	14.3 + bonus

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 - JUNE 2011

	VAULT	BARS	BEAM	FLOOR
Required Elements (RE)	<p style="text-align: center;"><u>Compulsory Vault</u></p> <ul style="list-style-type: none"> • Handspring to land on back <p>Vaulting table and stacked mats (mats at same height as table) A 10 cm mat can be put over the vault table and stacked mats to prevent gymnasts from landing on the vaulting table.</p> <p>Argo/Tyro: Table: 100 cm ± 5 cm</p> <p>Novice / Open: Table: 125 cm</p> <p>Mini-tramp: deduct. of 1.5 2 boards: deduct of 1.0 (from final score of that vault)</p>	<p style="text-align: center;"><u>Required Elements – 0.5 each</u></p> <ul style="list-style-type: none"> • Kip or Pull over mount (2 legs) – If performed 1 leg, RE given but execution deduct 0.1 / 0.3 for legs apart (E Score) • One cast – feet at bar height – if feet lower than bar, RE not given • Back hip circle • Squat on (tuck, pike or straddled) to catch HB – If do not catch HB, RE not given • Long hang swing pull over • Toe on dismount on HB (legs together or straddled) 	<p style="text-align: center;"><u>Required Elements – 0.5 each</u></p> <ul style="list-style-type: none"> • Any mount (not necessarily from the FIG table of elements) • 180° turn on one foot followed immediately by pivot turn on 2 feet (stop between 180° turns is allowed) – If fall after first 180°, the entire series (2 x 180°) must be repeated to get RE. • 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) • Straight Jump with ½ turn or leap/jump with min 90° split (90° = 0.3 amplitude deduct, 135° = no amplitude deduction). May be part of the dance series. • Handstand (not held), Cartwheel or Walkover (or variations). As per FIG, handstand must be within 10° to be credited • Dismount: roundoff or front handspring 	<p style="text-align: center;"><u>Required Elements – 0.5 each</u></p> <ul style="list-style-type: none"> • Full turn on 1 foot • 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). • Stride leap, min 90° split (90° = 0.3 amplitude deduct, 135° = no amplitude deduction) • 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) • Cartwheel or Walkover (any variation) • Acro series of 2 or 3 elements directly connected, one being a roundoff — 2nd acro element (and 3rd): any acro A FIG or developmental element including bwd roll or fwd roll – no flight required
Evaluation	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. List of developmental skills is same as for the P2 category. Falls as per FIG (1.0 p.)			
Short routine	n/a	Short Routine: If 3 counting elements or less, the max E-Score is 6.0		
Artistry and Specific Apparatus Deductions		<ul style="list-style-type: none"> • No attempt at dismount – 0.5 	<p>Artistry (Max 0.3 deduction)</p> <ul style="list-style-type: none"> • Insuff. variation in rhythm – 0.1 • Sureness of performance – 0.1 • Lack of creative choreography – 0.1 <p>Specific Apparatus Deduction</p> <ul style="list-style-type: none"> • Inappropriate gesture or mimic – 0.1 • No attempt at dismount – 0.5 • Missing mvt close to beam – 0.1 	<p>Artistry (Max 0.3 deduction)</p> <ul style="list-style-type: none"> • Lack of creative choreography – 0.1 • Insuff. variation in rhythm – 0.1 • Poor relationship music and mvt – 0.1 <p>Specific Apparatus Deduction</p> <ul style="list-style-type: none"> • Inappropriate gesture or mimic – 0.1 • Missing mvt close to the floor – 0.1
Restricted Elements - 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.	
Stuck Landing	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
Time	N/A	N/A	Time: Max 60 seconds	Suggested time: approx. 60 seconds
Mats	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

**2011 – 2012 WOMEN'S CANADIAN PROVINCIAL PROGRAM
JUNE 2011 – VAULT**

	PROVINCIAL 2	PROVINCIAL 3	PROVINCIAL 4	PROVINCIAL 5
D-Score	D – Score: Max: 3.5	D – Score: Max: 4.0	D – Score: Max: 4.5	D – Score: Max: 5.0
VAULTS ALLOWED	Allowed Vault List of allowed vaults per category and A Score for each vault in Chart			
REQUIREMENTS	<ul style="list-style-type: none"> • 1 or 2 vaults, best to count <p>P1 and 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).</p> <p>The use of 2 boards on top of each other is allowed with a deduction of 1.0 point applied to the final score of that vault.</p>	<ul style="list-style-type: none"> • 1 or 2 vaults, best to count 	<ul style="list-style-type: none"> • 1 or 2 vaults, best to count 	<ul style="list-style-type: none"> • 1 or 2 vaults, best to count
VAULT EQUIPMENT SPECS	<p>Vaulting Table with mats at table height P1: Argo / Tyro: 100 cm (\pm 5 cm), or at lowest setting for the vault P1: Novice / Open: 125 cm (FIG)</p> <ul style="list-style-type: none"> • A 10 cm mat can be placed on top of the table covering the part of the table and the mats for gymnasts that have a shorter 2nd flight, to prevent landing on the table. The gymnast must put her hands on the vaulting table (not on the mat). <p>Vaulting Table Heights: P2 – P4: Argo: 105 cm, 115 cm or 125 cm (FIG) P2 – P5: Tyro: 115 cm or 125 cm (FIG) P2 – P5: Novice / Open: 125 cm (FIG)</p> <ul style="list-style-type: none"> • 20 cm landing mats • 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. • Corridor markings are not in effect for CPP. The deduction for “Deviation from straight direction – 0.10” can be used (part of E-Score). 			
Presence of Coach	The presence of the coach on the landing mat is allowed.			
Additional Deductions	<p>The following deductions apply to all categories (CPP deductions added to the FIG deductions)</p> <ul style="list-style-type: none"> • Head touching the vault table: 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)			

2011 – 2012 WOMEN'S CANADIAN PROVINCIAL PROGRAM – JUNE 2011

TABLE: Allowed vaults and value per category

		Vault #	P1 Max 3.0	P2 Max 3.5	P3 Max 4.0	P4 Max 4.5	P5 Max 5.0
Handsprings	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
Yamashita	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
½ On	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
1/1 On	1/1 On - Handspring Off	1.30					3.6
	1/1 On - Handspring 1/1 Off	1.31					4.4
Yurchenko On – handspring Off	Yurchenko entry 1/1 off	1.405					3.5
	Yurchenko 1/2 On - Handspring 1/1	1.40					3.6
	Yurchenko 1/2 On - Handspring 1 1/2	1.41					4.2
Handspring front	Handspring front salto Tuck	2.10					5.0
Tsukahara	Tsukahara Tuck	3.10				4.4	4.5
	Tsukahara Open Tuck	3.105				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
Yurchenko	Yurchenko Tuck	4.10				4.4	4.5
	Yurchenko Open tuck	4.105					4.7
	Yurchenko Pike	4.20					4.6
	Yurchenko tuck with ½ turn	4.11					5.0
	Yurchenko Layout	4.30					5.0

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UNEVEN BARS

	PROVINCIAL 2	PROVINCIAL 3	PROVINCIAL 4	PROVINCIAL 5
DV	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 and B elements only**	Top 5 skills + Dmt Max DV 1.4 (Max D: 4.5) A, B and C elements only**	Top 7 skills + Dmt Max DV 2.1 (Max D: 4.6 + bonus) A, B, C and D element only**
RESTRICTIONS -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. Shoot over with ½ turn to LB is allowed in P3 even if it is a C element. (Credit maximum value allowed in a given category)			
CR	<u>CR –0.5 each</u> <ul style="list-style-type: none"> • 1 bar change LB-HB (no value necessary) • Close bar circle element • Kip • 1 long hang element (long kip, pullover or uprise, exclude flyaway dmt) • Dismount A Flyaway = 0.5 A Others = 0.3 Note: there is no penalty for performing a mount with no value	<u>CR –0.5 each</u> <ul style="list-style-type: none"> • 1 bar change LB-HB (no value necessary) • Close bar circle element • Kip – cast to min horizontal legs together (see clarification below) • 1 long hang swing element (uprise, giant bwd, straddle back or 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"> • 1 bar change LB-HB (no value necessary)* • Close bar circle element • Cast to min 30° from vertical • Element to or through handstand • Dismount Layout Flyaway fwd or bwd (A value), or B or C = 0.5 Flyaway (A value) fwd or bwd except flyaway layout bwd and fwd = 0.3 *in order to receive bar change CR, the element preceding must have an A value	<u>CR –0.5 each</u> <ul style="list-style-type: none"> • 1 bar change with value • Close bar circle element min B • Kip – Cast to min 30° from vertical • Element to or through handstand (except cast to handstand) • Dismount C or D = 0.5 B = 0.3
Casts	Clarification P1-P5: Any cast performed to 45° 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.			
BONUS	Maximum 0.6 <ul style="list-style-type: none"> • +0.2 Cast to min 45° • +0.2 for 2nd different Kip • +0.2 Sole circle, legs together, bent or straight 	Maximum 0.6 <ul style="list-style-type: none"> • +0.2 Cast to min 45° (given once) • +0.2 any B • +0.2 Bwd Layout Flyaway (no twist) 	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+ 	No maximum <ul style="list-style-type: none"> • +0.2 for 2nd+bar change with value • +0.2 for C or D • +0.2 Giant bwd or fwd with 180° • +0.2 for C+C or C+D (may be same or different no flight or turn required) • +0.2 Double salto bwd tuck dmt
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 • Amplitude of Cast (modified from FIG) – 0.1 • More than 2 of the same elements directly connected to dmt – 0.1 • No attempt to dismount – 0.5 	
EQUIPMENT	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. Matting can be put under the rails but must be in place for the dismount. No maximum width – within the equipment safety limitation			
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			

2011 – 2012 WOMEN'S CANADIAN PROVINCIAL PROGRAM – JUNE 2011 UNEVEN BARS

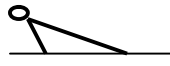
	Provincial 2	Provincial 3-4-5
Limited A	<ul style="list-style-type: none"> • Long hang swing pull over • Squat / Stoop / Straddle on LB to catch HB • Cast to horizontal, legs together (angle measured by line shoulders– feet) • Toe on dismount on HB • Front hip circle • On LB or HB, toe on, ½ turn (not as dismount) 	No value
A	<ul style="list-style-type: none"> • Min 270° sole circle fwd or bwd legs together or straddled (no deduction for bent legs) • Uprise 	

Note: The pull over mount and swing forward to horizontal are no longer Developmental A elements.

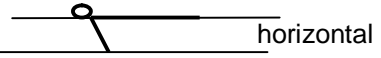
**** A, B, C or D elements only:** Elements performed to maximum amplitude are not restricted, even if their value (FIG or developmental) changes. If the value of the performed skill (when performed to maximum amplitude) is restricted, the highest accepted value for that category will be credited: P2 = A, P3 = A and B, P4 = A, B and C

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

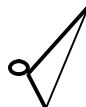
Cast – P1 Requirement: cast with feet at bar height

<p><u>D - Panel</u></p> <p>If feet at bar height – credit DV If below bar height – No DV</p>	<p><u>E- Panel</u></p> <ul style="list-style-type: none"> • Feet at bar height – No Deduction • Feet below bar height – Deduct 0.10 	 <p>feet at bar height</p>
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Cast – P2 and P3 Requirement: cast to horizontal, legs together (unless performed to 45°+, see clarification above). Body must be parallel to the floor. Shoulder angle is not relevant.

<p><u>D - Panel</u></p> <p>If cast to horizontal – credit DV (P2 only) If cast below horizontal – No DV</p>	<p><u>E- Panel</u></p> <ul style="list-style-type: none"> • Cast to horizontal – No Deduction • Cast below horizontal – Deduct 0.10 	 <p>horizontal body parallel to floor</p>
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Cast – P4 and P5 Requirement: cast to 30°

<p><u>D - Panel</u></p> <p>If completed within 10° – credit A or B element If completed between 10° and 45° – No DV If completed below 45° – No DV</p>	<p><u>E- Panel</u></p> <ul style="list-style-type: none"> • > 10° – 30° – No Deduction • > 30° – 45° – No Deduction • > 45° – Deduct 0.10 	 <p>30 degrees</p>
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Circle elements without turn and Flight Elements from HB to LB – Angle Deductions

Includes: clear hip, stalder, etc.

Within 10°	Credit FIG DV (or max for a given category), no deduction
Between 10° and 45°	One DV lower (as per FIG), no deduction
Between 45° and horiz	One DV lower (as per FIG), deduction 0.1
Below horiz	A element (becomes back hip circle or sole circle), no deduction, as it is an A element

All deductions for pirouettes are as per FIG.

2011 – 2012 WOMEN'S CANADIAN PROVINCIAL PROGRAM – JUNE 2011

BALANCE BEAM

	PROVINCIAL 2	PROVINCIAL 3	PROVINCIAL 4	PROVINCIAL 5
DV	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 and B elements only**	Top 5 skills + Dmt Max DV 1.4 (Max D: 4.5) A, B and C elements only**	Top 7 skills + Dmt Max DV 2.1 (Max D: 4.6 + bonus) A, B, C and D elements only**
RESTRICTIONS -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 (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"> • Connection of min 2 diff dance elements • Turn min 360° • 1 acro element* • 2nd acro element in different direction (bwd OR sdw OR fwd) excluding mt or dmt • Dismount Aerial or A salto = 0.5 A others = 0.3 <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>	<p style="text-align: center;"><u>CR – 0.5 each</u></p> <ul style="list-style-type: none"> • Connection of min 2 diff dance elements, one being a jump, leap or hop with 180° (cross split) • Turn min 360° • Acro Series, min 2 elements, no flt required* • Acro elements in different direction (bwd AND sdw/fwd) excluding mt or dmt • Dismount A salto or B = 0.5 Aerials = 0.3 <p>*Handstand held or not can be used as 1st el. of bwd acro series (and would receive bonus).</p>	<p style="text-align: center;"><u>CR – 0.5 each</u></p> <ul style="list-style-type: none"> • Connection of min 2 diff dance elements, one being a jump, leap or hop with 180° (cross split) • Turn min 360° • 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 	<p style="text-align: center;"><u>CR – 0.5 each</u></p> <ul style="list-style-type: none"> • Connection of min 2 diff dance elements, one being a jump, leap or hop with 180° (cross split) • Turn (as per FIG) • Acro Series, min 2 elements with flight • Acro elements in different direction (bwd AND sdw /fwd) excluding mt or dmt • Dismount C or D = 0.5 B = 0.3
BONUS	<p style="text-align: center;">Maximum 0.6</p> <ul style="list-style-type: none"> • +0.2 for first Dance B+ or for Leap or Jump 180° cross split (bonus given if 135° is reached) (max 0.2 for dance) • +0.2 Walkover (any variation) • +0.2 Press to handstand mount (held or not) • +0.2 Acro Series, min 2 elements, no flt required. Handstand held or not can be used as the 1st element of bwd acro series • +0.2 Acro A (non repeated) directly connected to A salto dismount 	<p style="text-align: center;">Maximum 0.6</p> <ul style="list-style-type: none"> • + 0.2 for first Dance B+ (max 0.2 for dance) • +0.2 any Acro B • +0.2 Acro Series with one being B with flight (incl handstand – bck hpring) excl. mt and dmt • +0.2 Acro A (non repeated) or B directly connected to A+ salto dismount 	<p style="text-align: center;">Maximum 0.6</p> <ul style="list-style-type: none"> • +0.2 for first Dance C+ (max 0.2 for dance) • +0.2 any Acro C • +0.2 Acro Series with 2 flt elements (directly connected) excl. mt and dmt • +0.2 Acro B directly connected to A+ salto dismount 	<p style="text-align: center;">No Maximum</p> <ul style="list-style-type: none"> • +0.2 any C • +0.2 any D • +0.2 Mixed Series min B+C • +0.2 Acro Series with 2 flight el. one being a salto (directly connected) excl. mt and dmt
Specific Apparatus Deductions	Specific Apparatus Deductions (E-Panel Deductions)		Artistry Deduction (Max 0.3)	
	<ul style="list-style-type: none"> • Mount not in Table of Elements (P4 and P5) – 0.1 • More than one ½ turn on 2 feet with straight legs (P2- P5) – 0.1 • Missing movement close to beam – 0.1 • No attempt at dismount – 0.5 		<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 • Inappropriate gesture or mimic not corresponding to the mvts – 0.1 	
EQUIPMENT	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 for dismount. The coach can stand on the mat for the dismount only.			
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			

**2011 – 2012 WOMEN’S CANADIAN PROVINCIAL PROGRAM – JUNE 2011
BEAM – LIST OF DEVELOPMENTAL SKILLS**

	Provincial 2	Provincial 3	Provincial 4-5
Limited A	<p>Dance Elements (each line item is different)</p> <ul style="list-style-type: none"> • Straight jump, no arch – all straight jumps and variations are considered as same elements • Tuck jump • Cat leap • Scissor leap • Stag leap / jump (no developpé of front leg) <p>Acro Elements</p> <ul style="list-style-type: none"> • Handstand within 10° from vertical, not held 2 seconds. All handstands, regardless of entry, are considered as the same element and credited only once. • Dismount: Roundoff off the beam (hands at end of the beam) • Dismount: Front handspring off the beam (hands at end of the beam) 	No value	No value
Limited A	<ul style="list-style-type: none"> • Dismount: Front Aerial and Side Aerial (P2 and P3 only) 		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.

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FLOOR EXERCISE

	PROVINCIAL 2	PROVINCIAL 3	PROVINCIAL 4	PROVINCIAL 5
DV	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 and B elements only**	Top 5 skills + Dmt Max DV 1.4 (Max D: 4.5) A, B and C elements only**	Top 7 skills + Dmt Max DV 2.1 (Max D: 4.6 + bonus) A, B, C and D elements only**
RESTRICTIONS -1.00 for each restricted el. from final score	No acro B+ No acro line with 2 saltos	No acro C+	No acro D+	No acro E+
P1 – P5: 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"> • Passage of 2 different leaps or hops, one being a 180° cross split • Turn on 1 foot min 360° • 1 acro line of 3 el., 2 of which must have flt., no salto required • 2nd acro line of 3 el., no flt or salto required, or acro line of 2 ft el., one being a salto* • Dismount Acro A with flt in acro line or A salto = 0.5 Acro A without flt in line, Isolated Acro A with or without flight (except salto) = 0.3 <p>* The 2nd 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"> • Passage of 2 different leaps or hops, one being a 180° cross split • Turn on 1 foot min 360° • 1 acro line of 3 el. with flight, one being a salto • 2nd acro line of min 2 ft el., one being a salto* • Dismount A salto in acro line (min 2 elements) or B salto = 0.5 A Salto isolated = 0.3 <p>* The 2nd 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"> • 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 	<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 diff saltos • 2 saltos in diff. directions (bwd and fwd/sdw) • Salto with double BA or min 360° LA turn • Dismount C or D Salto = 0.5 B Salto = 0.3
Clarification CR - DMT	<p style="text-align: center;">CR – DMT will not be credited if only one acro line is performed.</p> <ul style="list-style-type: none"> • P2: Look for <u>acro element</u> isolated or in last acro line – Must be non repeated (have value) to count. Elements with no value (Fwd roll) do not have an impact on the CR-DMT. • In P3 to P5, look for last <u>salto (take off 2 feet, with rebound)</u> performed or salto with highest value in a combo line (ex: bwd 1½ twist punch front). If the salto only in 1st line, no CR-Dmt credited. Aerials (no 2 feet take off) and standing saltos (no rebound) cannot be used for CR-DMT. 			
BONUS	Maximum 0.6	Maximum 0.6	Maximum 0.6	No Maximum
	<ul style="list-style-type: none"> • +0.2 for first Dance B+ (max 0.2 for dance) • +0.2 for each different Salto or Aerials 	<ul style="list-style-type: none"> • +0.2 for first Dance B+ (max 0.2 for dance) • + 0.2 any Acro B • +0.2 Bwd layout salto (no twist) • +0.2 Acro line (min 3 el.) with 2 saltos (can be repeated, if both salto performed in one line). 	<ul style="list-style-type: none"> • +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+ salto 	<ul style="list-style-type: none"> • +0.2 any C • +0.2 any D • +0.2 Double salto • +0.2 Acro line with 2 saltos, one being a C+
	<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 (P4 and P5 only) – 0.3 • No attempt to dismount – 0.5 		<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.			

**2011 – 2012 WOMEN'S CANADIAN PROVINCIAL PROGRAM – JUNE 2011
FLOOR– LIST OF DEVELOPMENTAL SKILLS**

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

**** 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

Clarification DMT CR – Examples

- P2 1) rd-bhs-bhs
 2) rd-bhs-back tuck
 3) rd-straddle jump
 Meets CR#3 and #4. NO DMT CR as the rd (straddle jump) is the last acro element performed, but since it is repeated, it has no value.
- P2: 1) rd-bhs-back tuck
 2) rd-bhs-bhs
 3) front tuck
 Meets CR #3 and 0.5 for DMT CR (A salto – isolated). Does not have CR #4 as no non repeated skill in second acro line.
- P2 1) rd-bhs-bhs
 2) rd-bhs-back tuck
 3) back walkover (non repeated), followed by fwd roll
 Meets CR #3 and #4, DMT CR receives 0.3 for the walkover (isolated acro A without flight), as we must use the last acro element performed. The forward roll has no impact since it is an element that has no value.
- P3 1) rd-bhs-back tuck
 2) front hs-rd-bhs
 3) side aerial
 Meets CR #3 and #4. No DMT CR as the last salto is in 1st acro line. Aerials are saltos but are not considered for the DMT CR since a salto with 2 feet take off and done in rebound is required to meet the DMT CR.
- P3 1) rd-bhs-back tuck
 2) rd-bhs-layout salto
 2) front handspring-rd-bhs
 Meets CR #3 and #4. For DMT CR, the last salto performed (2 feet take off from rebound) will be used (unless only salto is in 1st acro line). The layout salto is used for DMT-CR (0.5).