

Pathway Clarifications

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Levels 1 & 2 refer to the F.I.G. Age Group levels used in B.C. Levels 3, 4, & 5 refer to the provincial pathway levels. Elite 3 & 4 refer to the elite pathway levels.

General

Open and Junior rules are different. Open is Jr. FIG and Junior is Sr. FIG with some restricted elements.

Stick Bonus

- Prov. 3, 4, & 5
 - +0.1 for A or B dismounts and Vaults below 3.2
 - +0.2 for C+ dismounts and Vaults 3.2+
- National Open
 - +0.1 for C dismounts and Vaults below 4.0
 - +0.2 for D+ dismounts and Vaults 4.0+

Warm-Up

Warm-up procedures for each level. If they get the 1+ hour open general warm-up, competition will be 30 sec. (50 sec. PB) touch warmups on each event (equivalent to one touch).

If they do not get the 1+ hour open general warm-up, competition will be 2 (possibly 3) touch warm-up on each event.

Level 1 & 2

All/any supplementary matting will be allowed (except for FX, where no supplementary matting will be allowed; 0.3 neutral deduction if supplementary matting is used).

PB may be lowered to any height.

Deductions are 0.1, 0.2, 0.3, and 0.5.

Level 3

Required elements will be deducted 0.5 (neutral deduction) if not in routine.

GBC has introduced modified dismount requirements. Level 3 athletes will be allowed to perform an F.I.G. 'A' element to fulfill their dismount requirement (0.5). Only a GCG supplemental 'A' element will receive partial dismount requirement (0.3).

Level 4 & 5

Supplementary skills receive partial element group requirement of 0.3.

Floor Exercise

Uncontrolled momentary landings. Often overlooked. Do not forget to take the deduction.

Lack of extension in preparation for landing. Also often overlooked.

Lack of flexibility in static elements. V-sit, Manna, etc. Do not forget to also take angle deductions.

Feet apart on landings.

+0.3 bonus for double salto element for National Open. One time only.

-0.3 neutral deduction for Juniors (also Seniors) if they do not have a double salto element.

Pommel Horse

Must land sideways to the horse/mushroom (-0.3 deduction landing oblique to the horse/mushroom).

Wende must be $\frac{1}{2}$ turn over the body of the horse and initiated from a cross support circle frontways. A wende from side circle does not exist (except for Provincial Level 3, see below).

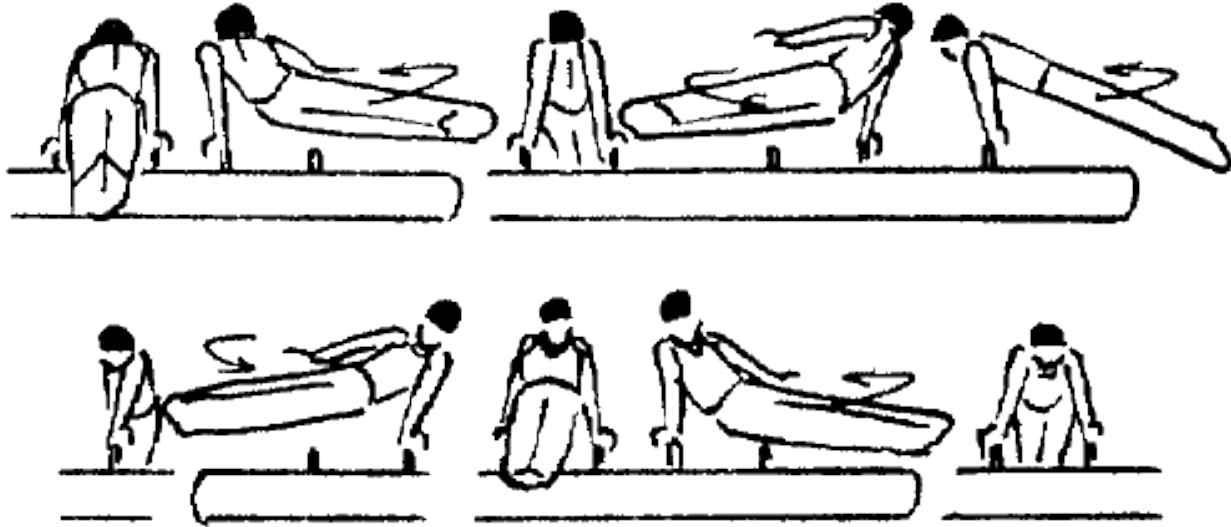
Russian wendeswings start with the first forward movement of the hand.

Level 1

A circle is defined as beginning in front support and ending in front support with both hands achieving support before the feet touch the ground.

Level 2

$\frac{1}{2}$ turn must be czechkehr technique (front support to front support; hands come together in the front in initiating the turn; a.k.a. "Moore").



Level 3

Wende from side support is now a supplementary A part.

Level 3, 4, & 5

½ stöckli must be stöckli technique (hands come together in the back in initiating the turn)

Still Rings

Level 1

From cast dismount on the fourth back swing.

Level 5, National Open, Jr., Sr.

Requires a swing to handstand (-0.3 neutral deduction otherwise).

Vault

From [ARTICLE 13.2.2 #6](#) in the Code of Points:

6. The placement mat may be used for roundoff entry vaults only, and is optional

As such, the use of a Yurchenko hand mat for any vault other than a roundoff entry vault will result in a -0.5 neutral deduction. This will apply to all levels.

From [PART IV – APPENDIX A #3](#) in the Code of Points:

3. (See Section 9.1.1) Being performed with perfection implies also that elements be performed with the specified body position. The following definitions will apply.

a) A perfect stretched body position is one in which a line from the shoulders through the hips to the ankles is straight for static elements and straight or slightly bent forwards or backwards during dynamic elements. If the hip assumes a flexion of greater than 45° at any time during the element, it will be considered piked.

b) A perfect piked body position is one in which the knees are straight and the hips are bent at least 90°. Errors include a pike of less than 90° from the extended position and/or an additional bending of the knees. If the knees assume a flexion of greater than 45° at any time during the element, it will be considered tucked.

As such, a layout vault must have a hip flexion of $\leq 45^\circ$ (from perfect stretched position) to receive credit as a layout.

Level 3, 4, 5

Stick bonus:

- +0.1 for vaults below 3.2
- +0.2 for vaults 3.2 and higher

Parallel Bars

Level 2

V-sit must show a momentary stop. Must be held long enough to show control of the element.

Level 3

A less than 2 sec. handstand results in **no** neutral deduction for required element (still receives a 0.3 or 0.5 E-Jury deduction for lack of hold).

Elite 3

Giant must show proper giant technique and rise above the bar to get full credit. Shoulders must rise above the bar with straight arms while still grasping the bars. Expectation is contact with the bars is maintained while shoulders rise above bars height. El grip support is ideal. If gymnast lets go before horizontal, and does a flyaway, -1.0 deduction.

Elite 4 & Level 4

Peach/felge to support is a FIG 'B' value element.

Horizontal Bar

Kip that goes to support, cast, cast to 45°, back hip circle, free hip circle, etc. requires/necessitates a layaway.

Back uprise to handstand, followed immediately by a stalder is now also a layaway.