Sask First

Gymnastics Saskatchewan







MENS GYMNASTICS

2025-26 SASK FIRST PROGRAM

SASK FIRST
Program Description

The Sask First Program was designed to give Saskatchewan's gymnasts and their coaches more training experience and to improve the level of gymnastics in the province. This will allow gymnasts from Saskatchewan to produce better results at all future Western, National, and International competitions.

- This Program has three objectives:
  - To provide our current and potential High Performance and National stream podium (top 8) gymnasts with expert coaching lead by professional Gymnastics Saskatchewan HP Coaching staff and supported by other Canadian HP Coaches.
  - To increase training and competition experience for selected aspiring high-performance gymnasts and their personal coaches.
  - To use extensive sport science programs to better educate gymnasts, coaches, and parents in all aspects of the sport of gymnastics.

Saskatchewan gymnasts will be selected annually to the Sask First Training Teams. Each year, these gymnasts will have the opportunity to access tools from the High Performance (HP) Coach in line with Gymnastics Saskatchewan's and Gymnastics Canada's Long Term Gymnast Development (LTAD) model. For 2025-2026, the team will generally be comprised of gymnasts in the Elite Pathways categories (Novice, Junior, and Senior), National Open and Western Level categories.

All gymnasts who are selected for the 2025-2026 program will have the opportunity to be assessed by and work with Gymnastics Saskatchewan's High Performance (HP) Coach and possibly attend training camps and competitions at a reduced cost. For 2025-2026 the tiers will be composed of gymnasts in the following categories.

Tier 1 – High Performance

Senior, NexGen, Junior, and Novice

Tier 2 – National Level and Aspiring Athletes

National Open and Provincial 5

Tier 3 – Western Level Athletes

Provincial 2, Provincial 3, and Provincial 4

SASK FIRST
Program Activities

PROGRAM DEVELOPMENT, REVIEW & EVALUATION

The HP Coach, in consultation with the MAG Program Coordinator will create, monitor, and evaluate the MAG Sask First Program Plan. The Men's Technical Committee may provide advice regarding the program plan and delivery.

SELECTION

Annually, the HP Coach, will invite gymnasts to participate in a Talent Identification (ID) camp, conduct an assessment, determine if further evaluation is required and finally, select gymnasts to the 3 tiers.

- Sask First athletes for the 2025-2026 season:
  - Tier 1 athletes
  - Tier 2 athletes
  - Tier 3 athletes

Tier 1 & 2 athletes from the previous season who competed at the 2025 Western &/or Canadian Championships and are not changing levels are automatically selected and confirmed upon:

1) Completing the Sask First physical testing
2) Competing on all apparatus at the following verification: December 20, 2025 Mock Meet

Gymnasts will be selected annually to tiers based on physiological development, physical ability, gymnastics skills, and performance results.

Each Sask First gymnast's personal coach will receive performance feedback from the HP Coach outlining recommendations to improvements in physical and skill development to help each gymnast achieve his potential.

All selected Sask First Team members will receive a letter of congratulations along with a list of the activities they are eligible to participate in, anticipated costs, and agreement documents.

Under extraordinary circumstances, the HP Coach can conduct an assessment of a gymnast and place him on one of the teams, after consultation with the HP Committee, at any time.

Selection of an athlete is pending receipt of the athlete and coach commitment forms to Gym Sask by the required deadline.

TRAINING

The Sask First Program will focus on reinforcing the fundamentals of gymnastics to achieve long-term success and strong competition results in the future.

Sask First gymnasts & their coaches will receive training in the following areas during training camps and competitions: body basics, core stability, flexibility training, training program design & implementation, sport specific warm-ups and cool-downs, training diets, refueling, competition & pre-competition eating, injury prevention, injury management, drug & supplement education, over-use/abuse, short term/long term goal setting and gymnast travel tips.

The Sask First gymnasts will attend training opportunities throughout the year. These training opportunities will occasionally include a physical testing component so that the HP Coach and the coaches of the individual gymnasts can more easily track gymnasts' progress.

Sport Medicine and Science will be an important part of the camps and will include sessions on nutrition, exercise physiology, sports psychology and injury prevention for parents, coaches, and gymnasts. In addition, team gymnasts will have access to on-site physiotherapy and sport psychology sessions as available and needed.

COACH MENTORSHIP

The SASK FIRST Program will aim to mentor all coaches with tier 1, 2 and 3 gymnasts at or aiming to be at the High-Performance levels. The HP Coach and other guest coaches will offer training and technical ideas at various camps and competitions as mentioned. The coaches will evaluate this aspect of the program yearly to help provide direction.

Coaches will need to provide long and short-term planning documents, training details and other documentation to the HP coach if requested. Coaches may also be required to fill out other documentation for their athletes to optimize and assess each athlete's needs.

COMPETITION EXPERIENCES

There is an expectation that Sask First gymnasts attend the Sask First competitions they are selected for as well as other Team Sask events they trial for. If there are extenuating circumstances why a gymnast is not attending an event, there will be a discussion between the HP coach, MAG Program Coordinator, and the gymnast's personal coach in order to make a decision with the gymnast's best interests in mind.

The gymnasts will travel as a team as per the GymSask team travel handbook. The determination of each gymnast's competition level at SASK FIRST events is at the discretion of the HP Coach and will be determined by their skill performance and the requirements of each level. Gymnasts will be expected to compete with full requirements.

SASK FIRST
Selection Criteria
2025-2026

Athletes who are automatically selected to the Sask First Tier 1:

- National team members
- Athletes who competed at senior level the previous year with an AA score of 78.0 points *or* 67.0 on 5 events *or* placed top 3 on 3 apparatuses at Canadian Championships

Sask First **Tier 1**	Sask First **Tier 2**	Sask First **Tier 3**
Athletes who can compete nationally and internationally and who can demonstrate good quality elite level skills (based on Sask First ID camp). Senior, NexGen, Junior, Novice Activities may include: • Sask First Provincial camp • National team activities • Domestic invitational • Camps within Canada or internationally	Athletes who can demonstrate good quality national level skills at the Sask First ID camp. National Open and Provincial 5 Activities may include: • Sask First Provincial camp • Out of province training camp • Domestic invitational	Athletes who can demonstrate good quality developmental level skills at the Sask First ID camp. Provincial 2, 3, and 4 Activities may include: • Sask First Provincial camp • Out of province training camp • Registration covered for Domestic invitational
Note: 6-8 gymnasts may be selected from Tier 1 and/or 2 (based on skill level) for a training camp and/or competition out of province within Canada or Internationally. Gymnasts must be 10 years old and up. Camps within the province will include a sport medicine component and attendance is expected.		

SASK FIRST
Annual Identification Camp
2025-2026

*There is no cost to the ID camp. Registration is required, deadline October 3rd, 2025.

Date: Saturday, October 4, 2025
1:00 – 5:00 – Taiso Gymnastics Club

Invitation Criteria

All gymnasts who competed in the following categories in the 2024-2025 season: Aspire, Provincial 4, Provincial Open, National Open, Junior, Senior. Athletes who attended Westerns in Provincial 2 and 3 may be invited at the discretion of the High Performance (HP) Coach.

Athletes will be selected to the Sask First Tier 1, Tier 2, or Tier 3 based on the skill level they demonstrate during the Sask First ID camp.

Other gymnasts not on the invitation list who are perceived by their coaches to have High Performance, National, or Western stream potential may be petitioned by their coaches outlining skill level, physical abilities and past results at competitions or evaluations in the 2024-2025 season. Discretion is up to the HP Committee for inclusion into the selection process. Please submit petitions to the MAG Program Coordinator Kelsey Berscheid at kberscheid@gymsask.com.

2024-2025 Athletes Invited

Jordan Carroll	Dane Hobbins
Noah Royer	Ellis Nichol
Ashton Kotlar	Ryder Hammond
Hudson Miller	Harold Orr
Tristan Marquis	Atlas Rylee
Lucas Boutin	Mason Andre
Sedric Becker	Rick Gumeniuk
Kai Tillmans	Dempsey Hoeft
Evan Schuler	Peter Trokhymchuk
Moey Miakhil	Hudson Pochynuk
Bohdan Romanov	Finn Matheson
Jed Allan	Matthew Banda
Ethan Knibbs	

SASK FIRST
Tentative Calendar of Events

*Gymnasts are responsible for all provincial, inter-provincial and international meal purchases.
*30%-70% travel funding for athletes. Required team kit/uniform to be purchased at full cost. Final percentage will be determined by Nov 1st of each season, pending confirmation of location of each competition.

October 4, 2025: **Sask 1st Trials**

Location: Taiso Gymnastics Club 1:00pm-5:00pm
Gymnasts: All eligible gymnasts
Cost: Free

December 20, 2025: **Mock Meet**
Location: Taiso Gymnastics Club
Gymnasts: All eligible gymnasts
Cost: Free

TBD 2026: **Out-of-Province Invitational**
Location: TBD
Gymnasts: Select Tier 1 and Tier 2
Cost: TBD, as per travel funding document

February 2026: **Elite Canada**
Location: Calgary, AB
Gymnasts: Tier 1
Cost: Performance based funding

TBD 2026: **Grizzly Invitational**
Location: TBD
Gymnasts: Select Tier 1, Tier 2, and Tier 3
Cost: Registration Fees for the Competition

April 23-25, 2026: **Western Canadian Championships**
Location: Whitehorse, YK
Gymnasts: Selected by Gym Sask Technical Selection Criteria
Cost: TBD, as per travel funding document

May TBC, 2026: **Canadian Championships**
Location: TBC, ON
Gymnasts: Selected by Gym Sask Technical Selection Criteria.
Cost: TBD, as per travel funding document

Summer 2026:	**Sask First Training Camp (if possible)** Location: Canada/International TBD Gymnasts: Selected by HP Coach Cost: TBD, as per travel funding document

Gymnast Commitment Form - Sask First 2025-2026 TEAM

I, _____ declare that:

1. I will demonstrate on an ongoing basis the determination and commitment expected of a TEAM SASK gymnast.
2. I am expected to submit my training hours and training schedule to the HP Coach and/or designate on an annual basis.
3. I will follow the annual training/competition plan developed by my personal coaches and the HP Coach and/or designate.
4. Unless I am injured, I will attend all the activities I am selected for and follow the specific training plan or team preparation plan at camps.
5. I will compete at provincial competitions and attempt to qualify for Western Canadian Championships and Canadian Championships (tier 1 and age eligible tier 2) unless ill or injured.
6. I will strive to have excellent physical ability and maintain a physical condition in line with the status of a gymnast of my level.
7. I will strive to have excellent quality of my technique and execution.
8. I will increase my skill level on each apparatus on a continuous basis.
9. I will do my very best to perform successfully at inter-provincial and national competitions when representing Saskatchewan.
10. I will always behave according to the Gymnastics Saskatchewan Code of Conduct, policies, regulations and directives.
11. I will always behave in a friendly and respectful manner with other team members (gymnasts and team personnel).
12. I will be an excellent ambassador of Saskatchewan gymnastics.
13. I understand that my status as a Sask First gymnast may be reviewed and possibly withdrawn by Gymnastics Saskatchewan, or I may be placed on probation, at any time if:
    1. I am no longer performing at the level or in the environment which warranted inclusion in my tier team.
    2. I fail to meet the expectations stated above to an extent deemed unacceptable by Gymnastics Saskatchewan.
    3. I do not abide by the Gymnastics Saskatchewan Code of Conduct, policies, regulations and directives.

My coaches are:

_____ _____

Print Name Print Name

Parent/Guardian:

_____ _____ _____

Name Relationship Signature

_____

Signature of Gymnast

Coach Commitment Form
Sask First 2025-2026 TEAM

I, _____ declare that:

1. I am interested in my gymnasts participating in the Sask First 2025-2026 Program.
   Expectations:
2. I will demonstrate on an ongoing basis the commitment, determination and excellence expected of a Gym Sask Coach.
3. I will ensure that my gymnast trains an appropriate number of hours for their level when involved in the Sask First program and submit their hours and training times to the HP coach or designate when requested.
4. I will work with the HP Coach to provide training, routine and goal setting information for my athletes.
5. I will allow the HP Coach to observe trainings, mock meets, testing and any other events at my club and work collaboratively with the HP Coach during these visits.
6. I will follow and provide input for the annual training/competition plan developed by the HP Coach or designate.
7. To the best of my ability, I will attend all the activities my athletes and/or I am selected for and follow the specific training plan or team preparation plan at camps. If I am unable to attend an event, I will make arrangements for my athletes to be able to attend in my absence, with a coach of the appropriate level.
8. I will ensure my gymnast attends provincial competitions and attempt to qualify for Western Canadian Championships and Canadian Championships.
9. I will always behave according to Gymnastics Saskatchewan Code of Ethics, policies, regulations and directives.
10. I will always behave in a friendly and respectful manner with other team members (gymnasts and team personnel).
11. I will be an excellent ambassador of Saskatchewan gymnastics.

_____ _____

Print Name Signature Date

SASK FIRST
Technical Evaluation

The following Skill and Strength Evaluations are used for the Tier 1 and National Open athletes. Provincial 5 and Tier 3 athletes will complete FAB testing and skill demonstration of their top 8 skills performed on each apparatus. The testing for all Provincial stream athletes is subject to change and selection to Sask First tiers 2 and 3 is up to the discretion of the HP coach.

Floor (can be performed on rod floor into the pit with mats)

Skills Box 1 **(Front handsprings)**	Points
Front handspring flyspring	2
Front handspring 2 flysprings	4
Front handspring flyspring front pike	6
Front handspring flyspring front layout	8

Skills box 2 **(Front tuck/layouts)**	Points
3 front tuck in a row	2
Front layout front tuck	4
2 front layouts in a row	6
3 front layouts in a row	8
Front layout – front layout full twist – front layout	10

Skills box 3 **(Front twisting)**	Points
Front layout full twist	2
Front layout 1 ½ twist	4
Front layout double twist	6
Front layout 2 ½ twist	8
Front layout triple twist	10

Skills box 4 **(Double fronts)**	Points
Double front tuck	2
Double front pike	4
Double front tuck half out	6
Double front pike half out	9

Skills box 5 **(Back handsprings)**	Points
1 step round off 5 back handsprings in a row	2
1 step round off back handspring – whip – back handspring	4
2-3 steps round off 2 whips in a row	6
2-3 steps round off 4 whips in a row	8

Skills box 6 (From round off or Back handspring to **back saltos)**	Points

Back layout full twist	2
Back Layout 1 ½ twist	4
Back layout double twist	6
Back layout 2 ½ twist	8
Back layout triple twist	10
Back Layout 3 ½ twist	14
Back layout quadruple twist	17

Skills box 7 (From Round off Back handspring **double back saltos)**	Points
Double back tuck	2
Double back Pike	4
Double back layout	8

Skills box 8 (From Round off or Back handspring **arabians)**	Points
Arabian Tuck or Pike or Layout	1 or 2 or 3
Arabian double tuck	6
Arabian double pike	8
Arabian double layout	12

Skills box 9 (From Round off Back handspring **double saltos with twists)**	Points
Double back tuck with full twist (Half – half)	2
Double back tuck with double twist (Double-double)	4
Double back layout with full twist (Half-half)	8
Double back layout with double twist	12

Minimum points 17

Maximum points 94

Level	2 points	4 points	6 points	8 points	10 points
Provincial 2	D score: < = 1.9	2.0-2.9	3.0 – 3.9	4.0 – 4.9	5.0-5.5
Provincial 3	D score: <1.9	2.0-2.4	2.5-2.9	3.0 – 3.4	>=3.5
Provincial 4	D score: <1.9	2.0-2.4	2.5-2.9	3.0 – 3.4	>=3.5
Provincial 5	D score: <1.9	2.0-2.4	2.5-2.9	3.0 – 3.4	>=3.5

Pommel Horse

Skills box 1 **(Circles/Loops)**	Points
50 circles in a row on mushroom	2
20 uphill loops in a row on floor horse	4
20 downhill loops in a row on floor horse	5
12 loops in a row in the middle of the floor horse	6

Skills box 2 **(Flairs)**	Points
30 Flairs in a row on mushroom	2
20 Flairs in a row on low mushroom	4
5 Flair 1/1 spindles in a row on mushroom	8

Skills box 3 **(Travels)**	Points
Magyar or Sivado on floor horse	2
Magyar and Sivado or reverse on floor horse	4
2 Magyars and 2 Sivados in a row on floor horse	6
Magyar or Sivado with pommels on FIG horse	8
Magyar, Sivado with pommels on FIG horse	10
Magyar, Sivado, Magyar or reverse with pommels on FIG horse	12

Skills box 4 **(Scissors)**	Points
5 False scissors each leg	2
10 Scissors in a row	4

Skills box 5 **(Circles/Kehrs on handles)** (Performed on FIG horse)	Points
20 Double leg circles on pommels	2
4 Kehrs in a row on pommels (any number of circles between kehrs)	4

Skills box 6 **(Single pommel)**	Points
5 Single pommel circles in a row	2
10 Single pommel circles in a row	4
2 Stocklis in a row on single pommel	6
4 Stocklis in a row on single pommel	8
6 Stocklis in a row on single pommel	10
360^{o} Russian on single pommel followed by a circle	6
720^{o} Russian on single pommel followed by a circle	8
1080^{o} Russian on single pommel followed by a circle	10

Skills box 7 **(Dismounts)**	Points
Triple Russian on Mushroom	2

Flair to HS on Mushroom	4
Single Russian on horse without pommels	2
Double Russian on horse without pommels	4
Triple Russian on horse without pommels	6
Single Russian with pommels	6
Double Russian with pommels	8
Triple Russian with pommels	10
Flair to HS on horse without pommels	6
Flair to HS from single pommel	12

Minimum Score 14.0

Maximum score 66.0

Level	2 points	4 points	6 points	8 points	10 points
Provincial 2	D score: < = 1.4	1.5-2.4	2.5 – 3.4	3.5 – 4.4	4.5-5.5
Provincial 3	D score: <0.9	1.0-1.4	1.5-1.9	2.0 – 2.4	>=2.5
Provincial 4	D score: < = 1.4	1.5-1.9	2.0-2.4	2.5-2.9	>= 3.0
Provincial 5	D score: < = 1.4	1.5-1.9	2.0-2.4	2.5-2.9	>= 3.0

Rings

Skills box 1 **(Routine)**	Points
Muscle up – L-sit 3 sec – Press HS – Lower down through support to inverted hang – back lever with legs together (3 sec) – pull back to inverted hang from lever or skin the cat – inlocate – 2 dislocate in a row on the 2nd one, double back tuck dismount or layout with full twist	2
From HS BW giant to HS slightly bent arms or Straight arms hold 3sec	2 or 4
From HS FW giant to HS slightly bent arms or Straight arms hold 3sec	2 or 4
From HS FW and BW giant to HS with straight arms hold 3sec each	6
From HS 2 FW and 2 BW giants to HS with straight arms hold 3 sec each	10

Skills box 2 **(Strength)**	Points
Straddle Planche 3 sec or Legs together 3sec	2 or 6
Cross 3 sec or Inverted Cross 3 sec	2 or 6

Skills box 3 **(Dismounts)**	Points
Back layout with double twist or Front Layout 1 ½	2
Double back tuck with full twist or 1 ½ or Double-double	2 or 4 or 6
Double layout or with full twist or with double twist	4 or 6 or 8

Minimum points 8

Maximum points 24

Level	2 points	4 points	6 points	8 points	10 points
Provincial 2	D score: < = 2.0	2.1-3.0	3.1 – 4.0	4.1 – 4.9	5.0-5.5
Provincial 3	D score: <0.9	1.0-1.4	1.5-1.9	2.0 – 2.4	>=2.5
Provincial 4	D score: < = 1.4	1.5-1.9	2.0-2.4	2.5-2.9	>= 3.0
Provincial 5	D score: < = 1.4	1.5-1.9	2.0-2.4	2.5-2.9	>= 3.0

Vault (Only one vault is required)

From Tsuk or Kaz or Yurchenko	Points
Tuck or Pike or Layout (box 1)	2 or 4 or 6
Layout full twist or (1 ½) or (double) or (2 ½) or Triple (box 2)	8 or 10 or 12 or 14 or 16
Double back tuck or Pike (box 3)	16 or 18
From Handspring	
Front tuck or Pike or Layout (box 4)	2 or 4 or 8
Layout Full twist or (1 ½) or (double) or (2 ½) or Triple (box 5)	10 or 12 or 14 or 16 or 18
Double front tuck or Pike (box 6)	16 or 18
Double front tuck half turn or double pike half turn (box 7)	18 or 20

Minimum points 2

Maximum points 20

Level	2 points	4 points	6 points	8 points	10 points
Provincial 2	1.5	3.5	4.0	5.0	5.5
Provincial 3	D score: <1.2	1.3-1.6	1.7-2.2	2.3-2.6	>=2.7
Provincial 4	D score: <1.4	1.5-1.9	2.0-2.7	2.8-3.5	>=3.6
Provincial 5	D score: <1.9	2.0 – 2.5	2.6 – 3.1	3.2 – 3.9	>=4.0
National Open	D score: <1.9	2.0 – 2.5	2.6 – 3.1	3.2 – 3.9	>=4.0

Parallel Bars

Skills Box 1 **(Swing HS)**	Points
5 Swings with hop to HS	2
5 Swing to HS forward pirouette	4
5 Swing to HS reverse pirouette	6

Skills box 2 **(Front uprise)**	Points
3 Front Uprise swing to HS	2
3 Front Uprise swing hop to HS	4
5 Front Uprise Swing hop to HS	6

Skills box 3 **(Back uprise)**	Points
Back Uprise to HS	2
3 Back Uprise to HS	4
5 Back Uprise to HS	6

Skills box 4 **(Moy/Tippelt)**	Points
Moy or Tippelt to Support	2
Tippelt to HS	4
Bhavsar to kip	6

Skills box 5 **(Giants)**	Points
Giant to HS	2
2 Giants to HS	4
Giant diamidov	6

Skills box 6 **(Peach)**	Points
Peach to Horizontal or 45^{o} or HS	1 or 2 or 3
2 Peach to HS	5

Skills box 7 **(Stutz/Diamidov)**	Points
Stutz to HS	2
2 Stutzes to HS	4
Diamidov to HS	2
2 Diamidovs to HS	4

Skills box 8 **(Dismounts)**	Points
Front tuck or Pike/Layout	1 or 2
Front tuck or Pike with half turn	4
Front Layout with full turn	6

Double front tuck	9
Back Tuck or Layout or Layout half turn	1 or 2 or 3
Back Layout with full turn	4
Double back Tuck or Pike	6 or 9

Minimum points 14.0

Maximum points 44.0

Level	2 points	4 points	6 points	8 points	10 points
Provincial 2	D score: < = 1.0	1.1-2.4	2.5 – 3.4	3.5– 4.4	4.5-5.5
Provincial 3	D score: <1.4	1.5-1.9	2.0-2.4	2.5 – 2.9	>=3.0
Provincial 4	D score: <1.9	2.0-2.4	2.5-2.9	3.0 – 3.4	>=3.5
Provincial 5	D score: < = 1.4	1.5-1.9	2.0-2.4	2.5-2.9	>= 3.0

Horizontal Bar

Skills box 1 **(Back giants)**	Points
3 Back giants in a row	2

Skills box 2 **(Front giants)**	Points
3 Front giants in a row	2

Skills box 3 **(Turns through HS routine)**	Points
Kip Cast to HS or 45^{o} - swing forwards half turn to 45^{o} or HS 4 times	2
Kip cast to HS or 45^{o} - free hip to HS or 45^{o} - 1-2 backwards giants – Blind change – 1-2 forwards giants – pirouette – 1-2 backwards giants – Back layout dismount	6

Skills box 4 **(In-bar/In-bar Routine)**	Points
With straps 3 Stalder to HS in a row	2
With straps 3 Endos (or equivalent B-value in-bar element) to HS in a row	2
Kip cast or jam cast to 45^{o} - Stalder to HS	4
From kip cast or jam cast to HS or 45^{o} - 2 Stalders to HS in a row	6
From cast HS or giant - Endo (or equivalent B-value in-bar element) to HS	4
From cast HS or giant-2 Endo (or equivalent B-value in-bar element) in a row	6
Kip Cast HS or jam cast HS Stalder – BW giant – Blind change – FW giant – Endo HS – FW giant – Pirouette – Backward giant – Back layout dismount	10

Skills box 5 **(Stoop dislocate)**	Points
Stoop dislocate to Horizontal or 45^{o} or HS	1 or 3 or 5

Skills box 6 **(Flight elements)**	Points
Gienger	2
Tkatchev straddle or Layout	4 or 6
Veronin or Yamawaki	2 or 6
Kovacs or Kolman	6 or 8

Skills Box 7 **(Dismounts)**	Points
Back Layout or with full twist or with double twist	1 or 2 or 4
Double back tuck or Pike or Layout	4 or 6 or 8
Double layout with full twist or double twist	10 or 12

Minimum points 13.0

Maximum points 43.0

Level	2 points	4 points	6 points	8 points	10 points
Provincial 2	D score: < = 0.9	1.0-1.8	1.9 – 2.8	2.9– 3.8	3.9-5.5
Provincial 3	D score: <0.9	1.0-1.4	1.5-1.9	2.0 – 2.4	>=2.5
Provincial 4	D score: <0.9	1.0-1.4	1.5-1.9	2.0 – 2.4	>=2.5
Provincial 5	D score: <0.9	1.0-1.4	1.5-1.9	2.0 – 2.4	>=2.5

Flexibility

All positions are to be held for 3 secs and at maximum end position (180° splits, arms vertical in bridge etc.)

1 Point will be deducted for each 10° from ideal end position (i.e. middle splits 22° from horizontal would be deducted 2 points and receive 1 point)

Flexibilty Routine	Points
Front roll to middle splits	0 - 3
Turn to right leg splits	0 - 3
Turn to left leg splits	0 - 3
Turn back to middle, sit back and bring legs to 90°, arms FWD to pancake	0 - 3
Bring legs together, stretch arms forward to pike stretch	0 - 3
Put arms behind body to shoulder stretch backwards	0 - 3
Bring arms forward and place them behind head and push up to bridge	0 - 3

Minimum points 7

Maximum points 21

Strength

Press to Handstand (2 sec) from L-sit back to L-sit (2 sec) on parallettes	Points
1 repetition	1
2 repetitions	2
3 repetitions	3
4 repetitions	4
5 repetitions	5

Leg lifts to hang (on wall bars)	Points
10 repetitions	1
15 repetitions	2
20 repetitions	3
25 repetitions	4
30 repetitions	5

L-sit Press to Handstand (3 sec) on rings (arms should be straight to slightly bent)	Points
Hold 3 seconds with bent arm press	1
No hold (1 sec) straight arms	2
1 repetition	3
2 repetitions	4

3 repetitions	5

Straddle planche on parallettes	Points
1 - 3 seconds	1
3 - 5 seconds	2
5 - 7 seconds	3
7 - 10 seconds	4
Over 10 seconds	5

L-sit, V-sit, Manna on parallettes	Points
L-sit (10 sec)	1
V-sit (5 sec) (Legs within 15° of vertical)	2
Manna (3 sec) (Legs within 30° of horizontal)	3
Manna (5 sec) (Legs within 30° of horizontal)	4
Manna (10 sec) (Legs within 30° of horizontal)	5

Minimum points 5

Maximum 25

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* Minimum points for each apparatus per age for selection to Sask First **Tier 1**

	12-13 years old	14-15 years old	16-17 years old	18-19 years old	20+ years old
FX	27.0	32.0	47.0	56.0	62.0
PH	20.0	28.0	36.0	44.0	46.0
SR	4.0	6.0	10.0	12.0	16.0
VT	2.0	4.0	6.0	8.0	10.0
PB	11.0	21.0	28.0	31.0	40.0
HB	9.0	18.0	29.0	35.0	37.0
Flexibility	14.0	14.0	14.0	14.0	14.0
Strength	10.0	12.0	15.0	18.0	20.0

*** Tier 2** and **Tier 3** will be named based on the evaluation of skill level. Age will also be taken into consideration. Evaluation subject to change at the discretion of the HP Coach.

National Open

Points will follow the same system as Tier 1 athletes

	12-13 years old	14-15 years old	16-17 years old	18-19 years old	20+ years old
FX	27.0	32.0	47.0	56.0	62.0
PH	20.0	28.0	36.0	44.0	46.0
SR	4.0	6.0	10.0	12.0	16.0
VT	2.0	4.0	6.0	8.0	10.0
PB	11.0	21.0	28.0	31.0	40.0
HB	9.0	18.0	29.0	35.0	37.0
Flexibility	14.0	14.0	14.0	14.0	14.0
Strength	10.0	12.0	15.0	18.0	20.0

Provincial 5

	10-11 years old	12-13 years old	14-15 years old	16-17 years old	18-19 years old
FX	4	6	6	8	8
PH	2	2	4	6	6
SR	4	4	6	8	8
VT	2	4	4	6	6
PB	4	4	6	8	8
HB	2	2	4	6	6
FAB	75	85	95	105	115

Provincial 4

	10-11 years old	12-13 years old	14-15 years old	16-17 years old	18-19 years old
FX	4	6	6	8	8
PH	2	2	4	6	6
SR	4	4	6	8	8
VT	2	2	2	4	4
PB	4	4	6	8	8
HB	2	2	4	6	6
FAB	70	80	90	100	110

Provincial 3

	8-9 years old	10-11 years old	12-13 years old	14-15 years old	16-17 years old
FX	4	6	6	8	8
PH	2	2	4	6	6
SR	4	4	6	8	8
VT	2	2	2	4	6
PB	4	4	6	8	8
HB	2	2	4	6	6
FAB	54	64	74	84	94

Provincial 2

	8-9 years old	10-11 years old	12-13 years old	14-15 years old
FX	4	6	6	8
PH	2	2	4	6
SR	4	4	6	8
VT	2	2	2	4
PB	4	4	6	8
HB	2	2	4	6
FAB	50	60	70	80