



HIGH PERFORMANCE PATHWAYS

MEN'S ARTISTIC GYMNASTICS

VERSION 26.10.0 — OCTOBER 14, 2026

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1 ACKNOWLEDGEMENTS

The High Performance Pathways Program reflects the collective efforts of the Program Committee, the Judges Developmental Working Group, GymCan staff, and the broader Canadian gymnastics community. Its development was made possible through collaboration, shared expertise, and a collective commitment to advancing Canadian gymnastics on the world stage.

2 GENERAL INFORMATION

The GymCan High Performance Pathways are designed to foster excellence among Canada's high-performance athletes. Guided by international standards, the program provides a structured pathway to prepare athletes for success in both individual and team competition.

Through a progressive bonus system, the program guides athletes and coaches in routine composition and encourages the development of skills and routines aligned with the demands of international competition.

3 PROGRAM DESCRIPTION

1. The High Performance Pathway consists of three competition categories: Novice, Junior, and Senior.
2. The Junior and Senior categories are further divided into age groups.
3. All Novice, Junior, and Senior categories compete at both Elite Canada and the Canadian Championships.

3.1 HIGH PERFORMANCE PATHWAYS RULES

1. The World Gymnastics Code of Points and applicable Newsletters form the technical foundation of the GymCan High Performance Pathways.
2. GymCan-specific modifications and additional rules are outlined throughout these regulations, including Sections **Error! Reference source not found.**, **Error! Reference source not found.**, and **Error! Reference source not found.**.



3.2 LONG TERM DEVELOPMENT IN THE PATHWAYS

Level	Competition Stream	LTD Stage	Characteristics
Novice 13-14	Provincial National	Training to Train	Major fitness development stage; greater attention to mental preparation.
Junior 15-16	National (International)	Training to Train Train to Compete	Specialized coaching and training environment.
Junior 17-18	National International	Train to Compete	Focusing on a foundation of competition experience
Senior 19-20	National International	Train to Compete Train to Win	Advanced mental preparations and practice under highly competitive conditions.
Senior 21+	International	Train to Win	Focus is on podium performances at the highest level.

4 COMPETITIVE AGE

A competitor's age category is determined by the age they will reach by December 31 of the competition year.

Example: An athlete who turns 17 at any time during the competition year must compete in the Junior 17–18 category.

Category	2027
Senior 21+	2006 or earlier
Senior 19-20	2007 – 2008
Junior 17 – 18	2009 – 2010
Junior 15 – 16	2011 – 2012
Novice 13 – 14	2013 – 2014



4.1 LONG TERM ATHLETE DEVELOPMENT (LTAD) COMPLIANCE RESTRICTIONS

1. Under no circumstances may an athlete compete in a High Performance Pathway category before reaching the minimum age requirement.
2. Under no circumstances may an athlete advance prematurely from Novice to Junior or from Junior to Senior.

The following are suggested weekly training hours depending on coaching and training environment:

1. Novice athletes, between 12 and 18 hours.
2. Junior athletes, between 16 and 20 hours.
3. Senior athletes, between 20 and 25 hours.

5 MODIFICATIONS AND CLARIFICATIONS

5.1 CLARIFICATIONS

1. Program clarifications may be issued several times throughout the competition year.
2. All clarifications will be circulated to PTOs and National Team distribution lists and posted on the GymCan website.

6 COMPETITION REGULATIONS

6.1 RULES IN EFFECT

1. The current GymCan Men's Artistic Gymnastics Technical Regulations will apply.
2. Unless otherwise stated in these regulations, the current World Gymnastics Code of Points and all related World Gymnastics MTC Newsletters will also apply.

6.2 COMPETITIONS AND WARM-UPS

1. Competition warm-up may not begin before 8:00 am, and the competition must conclude no later than 10:00 pm.
2. Novice competitions should be scheduled in the first daytime session whenever possible.
3. All athletes will receive a general warm-up and apparatus warm-up before the start of the competition, in accordance with World Gymnastics regulations:
 - a. approximately 30 minutes for general warm-up;
 - b. approximately 10 minutes per apparatus.
4. Each athlete is entitled to a one-touch warm-up before the start of each rotation.
 - a. 50 seconds on all apparatus, except Vault.



- b. up to a maximum of two warm-up vaults on Vault.
 - i. Climbing onto and jumping off the vault counts as one warm-up vault.

6.3 ATTIRE REGULATIONS

1. Athletes must be attired in accordance with the current World Gymnastics Code of Points.
2. Athletes must wear a top at all times while in the competition or training areas.
3. At Elite Canada, athletes and coaches must wear club attire.
4. At Canadian Championships, athletes and coaches must wear provincial attire.
5. Athletes representing the same province or club must wear matching competition attire.
6. National Team-branded outfitting must not be worn by athletes while competing at Elite Canada or the Canadian Championships.
7. Notwithstanding #3 and #4, all National Team athletes must wear GK-branded, non-National Team outfitting on the final day of competition at Elite Canada and the Canadian Championships.
8. Failure to comply with any of the outfitting requirements set out above will constitute an outfitting violation and will result in the applicable attire deduction, in accordance with the current World Gymnastics Code of Points.

6.4 SPOTTING AND ASSISTANCE

For all categories, a coach may be present on Rings and Horizontal Bar to act as a spotter. Whenever possible, the coach should position themselves so as not to obstruct the judges' view.

7 EQUIPMENT AND SPECIFICATIONS

7.1 EQUIPMENT

1. The chart below outlines the specific equipment requirements for each category.
2. The use of any additional mats not specified in Section **Error! Reference source not found.** will result in a 0.5 Neutral Deduction.
3. The equipment supplier, in conjunction with the LOC, is responsible for inspecting all equipment before the start of the competition.
4. Before each session, the Apparatus Head Judge should verify that the equipment conforms to the specifications for the levels and age groups competing in that session, including apparatus height and mat configuration.
5. All landing mats must, at a minimum, conform to World Gymnastics specifications.
6. World Gymnastics mat restrictions may apply at selection events.



7.2 MEASUREMENTS OF THE EQUIPMENT

World Gymnastics standards are indicated within the brackets.

	Novice	Junior and Senior
Floor	12 m x 12 m	
Pommel Horse	World Gymnastics Standard (105 cm from top of mat, 115 cm from the floor).	
Rings	World Gymnastics Standard (260 cm from top of mat or 290 cm from the floor) to the inside bottom of the ring.	
Vault	120, 125, or 135 cm measured from the floor.	World Gymnastics Standard (135 cm measured from the floor).
Parallel Bars	World Gymnastics Standard (180 cm from the top of mat to the top of the rail or 200 cm from floor).	
Horizontal Bar	World Gymnastics Standard (260 cm from top of mat or 280 cm from the floor to the top of the rail).	

8 JUDGING RESPONSIBILITIES

8.1 EVALUATION OF ROUTINES

1. The D-jury will determine the Difficulty score of the routine.
2. The E-jury will determine the execution deductions in technique, body position, and other execution faults in accordance with the current World Gymnastics Code of Points, unless otherwise stipulated in these rules.
3. The D1 judge will be responsible for determining and applying bonus to the Final Score.
 - a. Virtuosity and stuck-landing bonuses should be recorded in the Bonus box/column, when available.
 - b. If a dedicated box/column is not available, then bonus will be added to the Neutral Deduction (ND) box/ column
4. The D1 judge will apply neutral deductions for line, behaviour, and apparatus violations to the Final Score.

8.1.1 D-SCORE

The D score is calculated as per the current [World Gymnastics Code of Points](#).

8.1.2 E-SCORE

The E score is calculated by subtracting points for deficiencies in technical or aesthetic execution. The definitions of those deductions are as per the current World Gymnastics Code of Points:

Small error	Medium error	Large error	Fall
0.1	0.3	0.5	1.0



8.1.3 NOVICE VAULT

A second Vault may be repeated with a 1.0 penalty if the first Vault competed received a zero.

8.1.4 STUCK LANDINGS

For intermediate Floor exercise tumbling lines, a stuck landing is defined as a stable landing position with no unsteadiness or only a minor adjustment of the feet. See Section **Error! Reference source not found.** for the landing bonus applicable to each category.

8.2 JUDGING PANELS

1. The Chair of the Competition Jury (CCJ) must hold a current World Gymnastics Brevet.
2. For all categories, judges will perform both D-jury and E-jury responsibilities, unless three or more judges are assigned to the event.
 - a. Three judges: D1/E1 – D2/E2 – E3.
 - b. Four, or more, judges: D1 – D2 – E1 – E2 ...
3. Unless assigned separately, a designated Floor or Vault judge may also serve as the Line Judge.

8.3 SCORING REGULATIONS

1. With two or three E-jury judges on a panel, all E-scores scores will count. The average of all E-scores will be calculated to three decimal places and truncated, not rounded, at the third decimal place.
2. With four or more E-jury judges on a panel, the highest and lowest E-scores will be eliminated, and the two middle E-scores will be averaged.

9 HIGH PERFORMANCE STANDARD

The High Performance (HP) Standard establishes the minimum performance benchmarks required for athlete eligibility and progression within the high-performance program. These standards help ensure that participation at Elite Canada and the Canadian Championships reflects the performance expectations of high-performance gymnastics.

The following regulations apply:

1. Current National Team members, as well as **Junior and** Senior Hopefuls, are exempt from the High Performance Standard.
2. To be eligible to compete in the Novice, Junior or Senior categories at Elite Canada and the Canadian Championships, athletes must achieve the HP Standard outlined in the table below for their respective category and age group.
 - a. The required score must be achieved at a sanctioned competition (PTO, USAG, GymCan, or World Gymnastics) prior to the late registration deadline for the applicable Elite Canada or Canadian Championships.



- Novice and Junior athletes who achieve the HP Standard at Elite Canada or the Canadian Championships will be recognized as High Performance and will be eligible for GymCan developmental opportunities, such as training camps.
- Athletes who achieve the All-Around HP Standard at Elite Canada ~~will qualify for Day 1 of the~~ qualify to Canadian Championships.
- Senior athletes who achieve the HP Standard on a specific apparatus at Elite Canada will qualify to compete on that apparatus on Day 1 of the Canadian Championships.

9.1 HIGH PERFORMANCE STANDARD

	FX	PH	SR	VT	PB	HB	AA
Novice							63.0
Junior 15-16							65.0
Junior 17-18							67.0
Senior 19-20	12.1	11.7	11.7	12.5	11.7	11.6	69.0
Senior 21+	12.3	12.0	12.0	13.0	12.0	11.8	71.0

10 COMPETITION FORMAT

10.1 ELITE CANADA

10.1.1 NOVICE & JUNIOR:

- Day 1: All-Around Final.
- Day 2: Apparatus awards based on combined Day 1 and Day 2 results.

10.1.2 SENIOR:

- Day 1: All-Around Final and qualification to Apparatus Finals.
- Day 2: Apparatus Finals.
 - The top 8 athletes per apparatus, per age group, qualify to Apparatus Finals.
 - The World Gymnastics regulations for Vault Finals will apply.
 - Gymnasts must perform two vaults from different Vault Groups, **with an average Start Value of at least 4.4**, to qualify for the Vault Final and be eligible for awards.

10.2 CANADIAN CHAMPIONSHIPS

10.2.1 NOVICE

- Day 1: All-Around Final.
- Day 2: Apparatus awards based on combined Day 1 and Day 2 results.



10.2.2 JUNIOR:

1. Day 1: Team Final and All-Around Final.
2. Day 2: Apparatus awards based on combined Day 1 and Day 2 results.

10.2.3 JUNIOR TEAM COMPETITION

1. Teams represent their respective Province or Territory.
2. Competition format is 6-6-3.
3. Athletes may be selected from either Junior 15-16 or 17-18 age groups.

10.2.4 SENIOR:

1. Day 1: All-Around Final and qualification to Apparatus Finals.
2. Day 2: Apparatus Finals.
 - a. The top 8 athletes per apparatus, per age group, qualify to Apparatus Finals.
 - b. The World Gymnastics regulations for Vault Finals will apply.
 - i. Gymnasts must perform two vaults from different Vault Groups, with an average Start Value of at least 4.4, to qualify for the Vault Final and be eligible for awards.



11 SPECIFIC RULES AND REGULATIONS

11.1 SENIOR

Based on World Gymnastics Senior Rules.

APPARATUS BONUSES FLOOR A 0.1 landing bonus may be awarded for each recognized tumbling line that ends without a step or hop and meets one of the following requirements: • All elements eligible for World Gymnastics Connection bonus. • Individual salto elements of C-value or higher. Note: Only the dismount landing is subject to the strict World Gymnastics stick landing requirements and eligible for an inquiry. HORIZONTAL BAR • Recognized Connections (CV), as defined in the Code of Points, Article 15.2.2, Bullet 2, will receive an additional 0.1 bonus. • 0.3 bonus for the third and each subsequent recognized flight element of C-value or higher.	DISMOUNT STICK BONUS WGYM (C and D) = 0.1 E and higher = 0.2 Vault 4.8 and higher = 0.2 No stick bonus on Pommel Horse SHORT ROUTINES 8 elements = 0.0 7 elements = 0.0 6 elements = 0.0 5 elements = 3.0 4 elements = 4.0 3 elements = 5.0 2 elements = 6.0 1 element = 7.0 0 elements = 10.0
APPARATUS & EQUIPMENT MODIFICATIONS Floor: One, up to, 10 cm mat (may be removed). Not for rebound. Rings, Vault, & Parallel Bars: Up to 10 cm additional. Horizontal Bar: Up to 10 cm additional on both sides of the bar.	



11.2 JUNIOR

1. Based on World Gymnastics Junior Rules.
2. See Section **Error! Reference source not found.** for Junior bonus elements.

APPARATUS BONUSES FLOOR A 0.1 landing bonus may be awarded for each recognized tumbling line that ends without a step or hop and meets one of the following requirements: • All elements eligible for World Gymnastics Connection bonus. • Individual salto elements of C-value or higher. Note: Only the dismount landing is subject to the strict World Gymnastics stick landing requirements and is eligible for an inquiry. HORIZONTAL BAR • Recognized Connections (CV), as defined in the Code of Points, Article 15.2.2, Bullet 2, will receive an additional 0.1 bonus. • 0.3 bonus for the second and each subsequent recognized flight element of C-value or higher.	DISMOUNT STICK BONUS WGYM (C and D) = 0.1 E and higher = 0.2 Vault 4.8 and higher = 0.2 No stick bonus on Pommel Horse SHORT ROUTINES 8 elements = 0.0 7 elements = 0.0 6 elements = 0.0 5 elements = 3.0 4 elements = 4.0 3 elements = 5.0 2 elements = 6.0 1 element = 7.0 0 elements = 10.0
APPARATUS & EQUIPMENT MODIFICATIONS Floor: One, up to, 10 cm mat (may be removed). Not for rebound. Pommel Horse (Junior 15-16 only): A springboard, spotting box, and/or folded mats supplied by the official equipment supplier may be used for the mount. Rings, Vault, & Parallel Bars: Up to 10 cm additional. Horizontal Bar: Up to 10 cm additional on both sides of the bar.	



11.3 NOVICE

1. Based on World Gymnastics Junior Rules.
2. Seven skills with Supplemental Regulations.
3. On Floor, a double salto is not required.
4. See Section **Error! Reference source not found.** for Novice bonus elements.
5. See Section **Error! Reference source not found.** for Supplemental Regulations.

APPARATUS BONUSES FLOOR A 0.1 landing bonus may be awarded for each recognized tumbling line that ends without a step or hop and meets one of the following requirements: • Elements that receive a connection bonus under the Floor regulations in Section Error! Reference source not found. • Individual salto elements in a stretched position with at least a 360° twist. Note: Only the dismount landing is subject to the strict World Gymnastics stick landing requirements and is eligible for an inquiry. HORIZONTAL BAR • Recognized Connections (CV), as defined in the Code of Points, Article 15.2.2, Bullet 2, will receive an additional 0.1 bonus. VIRTUOSITY • One or two elements = 0.1 • Three or more elements = 0.2	DISMOUNT STICK BONUS B = 0.1 C and higher = 0.2 Vault with salto = 0.1 No stick bonus on Pommel Horse SHORT ROUTINES 7 elements = 0.0 6 elements = 0.0 5 elements = 3.0 4 elements = 4.0 3 elements = 5.0 2 elements = 6.0 1 element = 7.0 0 elements = 10.0
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APPARATUS & EQUIPMENT MODIFICATIONS

Floor:

One, up to, 10 cm mat (may be removed). Not for rebound.

Pommel Horse:

A springboard, spotting box, and/or folded mats supplied by the official equipment supplier may be used for the mount.

Rings & Vault:

Up to 10 cm additional.

Parallel Bars:

Up to 20 cm additional.

Horizontal Bar:

Up to 20 cm additional on both sides of the bar.



12 BONUS ELEMENTS FOR NOVICE AND JUNIOR

12.1 BONUS ELEMENTS

1. Recognized elements earn 0.3 points each - bonus is awarded only once for the core skill.
2. The skill numbers from the World Gymnastics Code of Points are in brackets.
3. When two skills have the same Code of Points skill number, the written description in the table below takes precedence.
 - a. For example, only the **back** layout w. 2/1 twist earns the bonus for **Novice 13**, not the **back** layout w. 1 ½ twist.

Age Group	Floor	Pommel Horse
Novice 13	Back layout w. 2/1 twist (IV.9) or more Manna (I.3)	C-value or higher 3/3 forward cross support travel (III.33, 34, 35) 360° Russian or more on the horse (II.103)
Novice 14	Double back salto (III.3) w. or w/o turn. Front layout w. 1 ½ turn (IV.3) or more	D-value or higher 3/3 backward cross support travel (III.40, 41) One flop, or more, on one pommel - counts as flop sequence.
Junior 15	Front layout w. 2/1 twist (IV.4) or more Back layout w. 2 ½ twist (IV.10) or more	720° Russian or more on the horse (II.104) Two flops (C-part) or more - counts as flop sequence.
Junior 16	Double front (II.16) Back layout w. 3/1 twist (IV.22) or more	C-value or higher scissor D-flop or higher
Junior 17-18	Double back salto with full twist or more (III.4 or III.5)	Bertoncelj (II.57), Davtyan (II.69), Sohn (II.58) or Bezugo (II.71). Bonus is also awarded if II.57 or II.69 are part of a flop or flop Russian sequence.
Age Group	Rings	Vault
Novice 13	Honma to L-sit (III.14) Double back salto (IV.32) w. or w/o turn	Backward piked salto or more (III.308 or V.509)
Novice 14	Yamawaki or Jonasson (I.44, or 45) Swing fwd. through handstand (I.20)	Tucked salto w/ full turn or more (I.119 or VI.401)
Junior 15	Forward Giant (I.81) Backward giant (I.75)	Backward straight salto with 1/1 turn (I.125 or IV.405) or more
Junior 16	Uprise to planche (legs straddled or together) (III.68 or 70) C-value or higher static strength element	Backward straight salto with 1 ½ turn (I.126 or IV.406) or more
Junior 17-18	Any recognized Group III element of C-value or higher - each time.	Backward straight salto with 2/1 turn or more (I.127 or IV.407)



Age Group	Parallel Bars	Horizontal Bar
Novice 13	Moy to support (III.14 or III.15) Peach to support (III.116)	Stalder (III.38) Endo (III.32)
Novice 14	Giant to handstand (III.21) Double back dismount or more (IV.32, 33, 34, 36, 40, 45, or 46)	Adler (III.63) Double back dismount tuck or straight w. 1/1 turn (IV.33, 34, 40 or 41)
Junior 15	Stützkehre (II.3) or Diamidov (II.27) Tippelt (III.4) or Bhavsar (III.14)	Tkatchev (II.15) in all positions w. or w/o turn Yamawaki (II.9) or Gienger (II.58)
Junior 16	Peach to handstand (III.106) Healy (II.75)	Quast (I.45) Kovacs (II.88) w. or w/o turn
Junior 17-18	Peach with ½ turn to handstand (III.107) or Chiarlo (III.119). A subsequent Healy after the Chiarlo is not required to receive the bonus or E-value.	Kolman (II.89), provided the routine includes at least one other recognized flight element of C-value or higher.



13 SUPPLEMENTAL REGULATIONS FOR NOVICE

1. All the bonuses listed in the table below are in addition to the skill bonuses listed in Section **Error! Reference source not found.**
 - a. For example:
 - i. If a Novice 13 performs a recognized Honma to L-sit, they will receive:
 - b. 0.3 bonus for the skill listed in Section **Error! Reference source not found.**
 - c. 0.2 bonus for the “B” swing-to-strength element
 - d. 0.3 bonus for the Group III Element Group - Swing to Strength

Floor	Salto connection bonus; including combined twisting elements: (A+B or C) (B+B or C) = 0.1.
Pommel Horse	- For D-jury awarded 3/3 cross support travel, the maximum total E-jury deductions are capped at 0.5. - All dismounts to handstand receive credit, the maximum total E-jury deductions are capped at 0.5 (pushing or stepping off the horse is non-recognition).
Rings	“B” Press to handstand (Group II) = 0.2 bonus. “B” swing to strength elements (Group III) = 0.2 bonus. - Straddle planche (Group II) = 0.2 bonus. - For D-jury awarded Group II, Group III elements, and long swing to handstand (2 sec), the maximum E-jury deductions are capped at 0.5.
	- The FIG deduction for “No swing to handstand 2 sec” will NOT apply. - The FIG rule of maximum 3 strengths elements in succession will not apply.
	Non-recognized handstand element from swing or press = 0.3 Neutral Deduction.
Vault	A second Vault may be repeated with a 1.0 penalty if the first vault performed received a zero score.
Parallel Bars	- Giant + Giant (both skills recognized for value) = 0.2 bonus. - For D-jury awarded Peach to handstand elements, the maximum E-jury deductions are capped at 0.5.
	- The FIG deduction for reversal of direction in a swing to handstand will not be applied. - One layaway OR $\frac{1}{2}$ empty swing is permitted.
Horizontal Bar	One layaway OR $\frac{1}{2}$ empty swing is permitted.



14 DOCUMENT TIMELINES

Version	Date	Change(s)
Draft 26.7	July 7, 2026	- Update document to new GymCan template. - Correct mismatched Section reference in Section 12's table.
Draft 26.8	August 19, 2026	- Added bonus elements for the Junior 17-18 age group - Added landing bonus for all Floor tumbling lines. - Added additional connection bonus on Horizontal Bar - Added additional bonus for additional flight elements on Horizontal Bar. - Senior Vault, added a Start Value minimum, again, for Vault Final qualification.
Draft 26.9.0	September 21, 2026	- Grammar, formatting, legibility, and regulatory clarifications.
Draft 26.9.1	September 24, 2026	- Clarifications to NT attire, judging panels, floor stuck landing bonus, equipment, Novice short routine deduction, etc.
Draft 26.9.2	September 25, 2026	- Expanded language regarding NT attire.
Draft 26.9.3	September 29, 2026	- Updates to competition attire.
26.10.0	October 14, 2026	- Grammar and alignment with French translation

