

LEVEL 1 AND 2 PATHWAYS

MEN'S ARTISTIC GYMNASTICS

VERSION 26.10.0 – OCTOBER 24, 2026

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1 ACKNOWLEDGEMENTS

The Quebec program at the provincial level was developed to provide throughout Quebec a unique program allowing athletes at the provincial level to participate in more competitions. It was developed in consultation with the staff of Gymnastique Québec, their coaches, their MAG judges committee and the work and consultation of Kader Mecellem.

The program includes most of the rules that must govern the conduct of the competitions. In cases where a rule is not specified or if no clarification has been made, the current WGYM Code of Points applies.

With much thanks to the ad hoc "PTO" committee that worked with QC to bring these rules into the program in time for the 2022-2023 season.

English translation: Keeley MacLean and Thorstein Fischer Drawings: Bato Rafajlović

2 GENERAL INFORMATION

Provincial and Territorial Organizations (PTOs) are free to adjust the Provincial Pathways as required for their own needs.

This document describes the program for the GymCan Provincial 1 and 2.

Provincial Pathways 3, 4, Open, and National Open are available in a separate document available on the GymCan MAG Mini site:: Link

3 PROGRAM DESCRIPTION

The program includes routines with elements of progression which are oriented towards the development of the basics with the intention of guiding the learning of the gymnastic elements.

3.1 LONG TERM DEVELOPMENT IN THE PATHWAYS

Category & Ages	Competition Stream	LTD Stage	Characteristics
Provincial 1 & 2	Provincial	FUNdamentals	Develop fundamental movement skills, with emphasis on participation and having FUN on a daily basis.

4 COMPETITIVE AGE

4.1 AGE DETERMINATION

The competitor's age group for the September 1st to August 31st season will be determined by their year of birth outlined in the table below.

Note: Age groups are determined at the PTSO's discretion.

Suggested competition age groups (Year of Birth)	
Category	**Season: Sept 1, 2026 to Aug 31, 2027**
Provincial 1	A: 8 (2019) B: 9 (2018) C: 10 (2017) D: 11–12 (2015-2016) E: 13–15 (2012-2014)
Provincial 2	A: 8–10 (2016-2017) B: 11–12 (2014-2015) C: 13–15 (2012-2013)

4.2 LONG TERM DEVELOPMENT COMPLIANCE RESTRICTIONS

Under no circumstances will Provincial Level 1 or Level 2 athletes be permitted to compete at Eastern or Western Canadian Championships.

5 MODIFICATIONS AND RESPONSIBILITIES

5.1 COMPETITIONS

Competitions for the Provincial Pathways Program will be organized and run provincially and / or regionally. These regulations should be used for all events.

5.2 CLARIFICATIONS

GymCan reserves the right to make on-going clarifications to the regulations as needed. Clarifications for the Program may take place throughout the year. Clarifications will be circulated to all PTSOs, committee members and will be posted on the GymCan website.

6 COMPETITION REGULATIONS

6.1 RULES IN EFFECT

The current Men's Program Technical Regulations

Unless otherwise stated, the current WGYM Code of Points will be applied along with all related WGYM MAG Newsletters.

6.2 COMPETITIONS AND WARM-UPS

1. Competition warm-ups may not begin prior to 8:00 am and competitions may not go later than 10:00 pm.
2. A general warm up of 20 minutes will be provided and the athletes will be permitted an apparatus warm-up of up to 10 minutes.
3. If the number of athletes in the session is above 48, the warm-up time may be increased at the discretion of the Competition Head Judge in consultation with the Organizing Committee.
4. A minimum of two warm-up vaults are required for each gymnast.

6.3 COMPETITION DUTIES OF GYMNAST

1. Gymnasts must be attired according to the stipulations of the current WGYM Code of Points, competition singlet, competition shorts and competition long gymnastics pants with socks.
2. For provincial level competitions, dark colored longs (including Black) are permitted.
3. Gymnasts in Provincial 1-2 may compete in shorts on all apparatus with a competition singlet.
4. Gymnasts are required to wear a shirt at all times during competition warm-ups in training and competition gym.
5. Athletes from the same team or club must wear the same competition attire.
6. Violation of the uniform requirements will result in a WGYM Code penalty.

6.4 SPOTTING AND ASSISTANCE

For all categories, it is recommended that a coach be present on Rings and Horizontal Bar to act as a spotter.

Whenever possible, the coach should stand such that the view of the judges is not obstructed.

7 EQUIPMENT SPECIFICATIONS

The chart below describes the specific equipment requirements for each category within the Provincial Pathways.

Unless noted in the chart of apparatus requirements, the use of additional 20cm safety mats will result in a 0.50 deduction from the Final Score on that apparatus. A similar deduction will be applied for use of any non-permitted supplementary equipment (See the table in Article 7.1 concerning the use of the mats, apparatus regulations for each category).

7.1 MEASUREMENT OF EQUIPMENT AND SPECIFICATIONS

It is the responsibility of the local organizing committee (LOC) to make available and set up the equipment in accordance to the specifications in the Pathways program. Any change to these guidelines must be communicated to the participating clubs in the work plan.

It is the responsibility of the Apparatus Head Judge, in conjunction with the LOC to check the equipment before the beginning of the warm-up for each competition session.

All landing mats used on Pommel Horse, Vault, Rings, Parallel Bars and Horizontal Bar must conform to WGYM specifications.

7.1.1 MEASUREMENTS OF THE EQUIPMENT

WGYM Standard in Brackets.

Floor	WGYM
Mushroom Horse w/o handles	Mushroom with 10cm mats to cover the base. Horse height up to WGYM. Use of springboard, spotting box or folded mat(s) to mount if the horse cannot be lowered.
Rings	WGYM height (290 cm from the floor.) Additional mats up to 60 cm are permitted)
Vault	Height of the vault table of choice up to WGYM (135 cm) with use of mini tramp, tramp board of springboard. Level 1 (additional landing mats at the height of the vaulting table) Level 2 (additional 20cm mat is permitted)
Parallel Bars	Any height up to WGYM (200 cm from the floor). Additional mats up to 20 cm are permitted
High Bar	WGYM height (280 cm from the floor). Additional mats up to 60 cm permitted.

8 JUDGING RESPONSIBILITIES

8.1 EVALUATION OF ROUTINES

Execution errors for poor technique, poor body position, etc. are evaluated according to the current WGYM Code of Points.

The Chair of the Apparatus Jury will be responsible for determining and applying bonus for stuck dismounts to the Final Score. Virtuosity and stick bonus will be included in the bonus column.

The Chair of the Apparatus Jury takes deductions for line, behavior and apparatus violations from the Final Score. See Article 4 and the current WGYM Code of Points.

8.2 JUDGING PANELS

For competition, a minimum of two (2) judges is recommended.

Chair of the Competition Jury should be at least a current National judge

For all categories, the members of the judging panel will be responsible for both D-jury and E-jury.

Unless assigned separately or provided by the LOC, the judges on the jury for Floor and Vault will have the additional responsibility of Line judge.

8.3 SCORING REGULATIONS

With two or three judges per event, all scores will count. The average of all scores will be calculated, and the score will be truncated at three decimal places.

8.4 E-SCORE

Subtracting points for deficiencies in technical or aesthetic execution determine the E-score. The definitions of those deductions are as per the current WGYM Code of Points:

Error	Small	Medium	Large	Fall
Deduction:	0.1	0.3	0.5	1.0

9 EVALUATION OF ROUTINES

9.1 COMPULSORY ROUTINE ORDER

If the gymnast modifies the order of the elements of a compulsory exercise, they will be penalized 1.0.

9.2 NOT FOLLOWING THE DESCRIPTION OF THE ROUTINES

A penalty of 0.5 will be applied for non-compliance with the text in the execution of routines.

Example: On Floor: If a gymnast, after doing the step up to handstand 2 sec, comes back to stand instead of doing the forward roll, they will be penalized 0.5 for not respecting the text.

9.3 COMPOSITION OF THE ROUTINE

Level 1: The final routine has a start value of **15.0** = 5.0 (difficulty) + 10.0 (execution).

Level 2: The final routine has a start value of **15.5** = 5.5 (difficulty) + 10.0 (execution).

On each apparatus, the routines have a lot of flexibility. Although the sequence should always be adhered to, each element usually presents a progressive element choice. These possibilities are indicated in the columns "Progress 1, 2, 3,". A gymnast may therefore perform certain progression elements rather than presenting the base routine. The value given to each of these progression elements is indicated in the corresponding box.

9.4 SHORT ROUTINE OR MISSING ELEMENT

In a routine, if the gymnast does not present any element in the table, they will see their starting score penalized by 1.0. Exception for mushroom and pommel horse: the penalty will be 2.0

Example: On floor; if a level 1 gymnast performs the complete routine except for element no. 5, no backward roll, the maximum score will be the value of elements 1 to 4 + value of elements 6 and 7 + 10.0 for execution) and subtract the 1.0 penalty.

9.5 REPETITION

On Floor, Pommel Horse, Rings, Parallel Bars, and Horizontal Bar:

The gymnast can repeat an element in which they have fallen or stopped, in order to be recognized for value.

Example: A gymnast on pommel horse performs a ½ spindle and falls before completing the element. A gymnast may repeat the ½ spindle and receive only the 1.0 deduction for the fall. The gymnast can repeat one (1) circle for preparation.

9.6 LANDINGS

For all age categories, the total deduction for landing deductions may not exceed 1.0 for all levels.

The maximum deduction for landing errors on floor and vault does not include deductions for landing deviations. A deduction of 1.0 applies for a fall.

9.7 BONUS POINTS

For all age categories, a 0.1 "stick" bonus can be added on the E-score, up to a maximum of 10.0, except for the pommel horse. Only Wende, Russian or handstand dismounts can receive bonus on Pommel Horse.

There is no "stick" bonus for mushroom dismounts.

On floor: the gymnast must perform an element with a salto, with or without a twist, to be eligible for the landing bonus.

A "stuck" dismount is defined as a landing performed in a stable position without moving the feet.

9.8 DEDUCTIONS

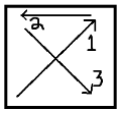
The deduction ranges must be a WGYM i.e. never a 0.2 or 0.4.

- 0.1-0.3 means 0.1 or 0.3
- 0.1-0.5 means 0.1 or 0.3 or 0.5
- NR is non-recognition of the element

10 LEVEL 1

10.1 FLOOR

Note: After element 1, progression 2, the gymnast needs to show a controlled landing before proceeding to forward roll - no need to stick the landing.

Elements	Base Routine	Progression 1	Progression 2	Deductions
1	Run a few steps, jump to pike roll (body must be piked) **0.0**	Run, dive roll (the body must be slightly arched during the flight phase) **0.3**	Run, front tucked salto **0.5**	WGYM Deductions: 0.1-0.5 Tuck in dive roll: 0.5 Incorrect rhythm: 0.1-0.3
2	Stand **0.0**	Front roll **0.3**	Front roll to headspring **0.5**	WGYM Deductions: 0.1-0.5
3	Prone fall to seal stretch position, back arched with hips on floor, jump, with legs tucked to squat position, return to stand with legs together jump turn to face sideline **0.0**	Prone fall to seal stretch, hips on floor with back arched, jump with legs tucked to squat position, jump with tucked legs to momentary straight handstand and roll forwards with arms and legs bent, jump turn to face sideline **0.5**	Prone fall to seal stretch, hips on floor with back arched, jump with legs tucked to squat position, then push to straight legged handstand and roll forwards, arms and legs bent, and jump turn to face sideline **1.0**	WGYM Deductions: 0.1-0.5 No roll after the handstand: 0.3 Routine pattern direction (side pass can be down either side) 
4	One step, scissor kick forward to cartwheel, finish in lunge and then bring legs together (must bring the back leg forwards) **0.0**	One step, scissor kick forward to two cartwheels connected, finish in lunge and then bring legs together (must bring the back leg forwards) **0.5**	N/A	Insufficient flexibility in the scissor kick before the cartwheel: 0.1-0.3 Insufficient flexibility in the cartwheel: 0.1-0.3 Bringing the leg backwards after the cartwheel: 0.1 2 cartwheels NOT connected: 0.3

5	Backwards roll in tuck position, arms and legs bent **0.0**	Backwards roll in pike position with arms and legs straight **0.3**	Backwards roll to momentary handstand, straight arms (legs can be bent at the beginning of the back roll) and lower to tuck stand **0.5**	WGYM Deductions: 0.1-0.5 Stepping down with one leg after the roll: 0.3
6	Jump ¼ (45°) turn to face the diagonal **0.0**	Jump ¼ (45°) turn to face the diagonal, arabesque 2 secs. **0.5**	Jump ¼ (45°) turn to face the diagonal, Y scale 2 secs. **1.0**	Insufficient flexibility: 0.1-0.3 <2 sec: 0.3 No hold: 0.5 but recognized
7	Run, round-off, straight jump **0.0**	Run, round-off, back handspring, straight jump OR Run, round-off, back tuck **0.5**	Run, round-off, back handspring, back tuck OR Round-off, back layout **1.0**	WGYM Deductions: 0.1-0.5 Insufficient height during straight jump: 0.1-0.5 Body position during the straight jump: 0.1-0.5 Incorrect rhythm: 0.1-0.5
Start value	**10.0**			

10.2 POMMEL HORSE

The athlete has the right to choose one of the two routines (mushroom or horse without handles).

Note:

- The gymnast can perform the ½ or 1/1 spindle in as many circles as he wants provided that the spindle is uninterrupted.
- No deduction for additional circles, only execution will be evaluated.
- In the event of missing element (not attempted), a penalty of 2.0 per missing element will be applied.
    - On mushroom, circles are recognized as long as they complete at least 180° and show back support with both hands before a fall.
    - If the gymnast sits on the mushroom or the horse, the element will be considered missing entirely.
    - Deduction for not completing 360° rotation in circle: 0-45°: 0.1 45°-90°: 0.3 90°-180°: 0.5 +180°: NR

10.3 MUSHROOM ROUTINE: MAXIMUM START VALUE = 13.0

Elements	Base routine	Progression 1	Progression 2	Deductions
1	Circle with legs together **0.0**	N/A	N/A	WGYM Deductions: 0.1-0.5 Lack of rotation in circle: 0.1-05
2	Circle with legs together **0.0**	½ spindle uninterrupted (unlimited number of circles) **1.0**	1/1 spindle uninterrupted (unlimited number of circles) **2.0**	WGYM Deductions: 0.1-0.5 Lack of rotation in spindle: 0.1-05
3	Circle with legs together **0.0**	N/A	N/A	WGYM Deductions: 0.1-0.5 Lack of rotation in circle: 0.1-05
4	Circle with legs together **0.0**	½ turn (technique other than spindle) **1.0**	N/A	WGYM Deductions: 0.1-0.5 Lack of rotation in turn: 0.1-0.5
5	Circle with legs together and flank dismount to the side **0.0**	N/A	N/A	WGYM Deductions: 0.1-0.5 Lack of rotation in circle: 0.1-05
SV	**10.0**			

10.4 HORSE ROUTINE WITHOUT HANDLES:

Maximum start value = 15.0

Note:

- The gymnast can perform the ½ or 1/1 spindle in as many circles as he wants provided that the spindle is uninterrupted.
- No deduction for additional circles, only execution will be evaluated.
- The gymnast can perform the FIVE circles on the horse WITHOUT handles in any position: facial, lateral or dorsal.
- In the event of missing element (not attempted), a penalty of 2.0 per missing element will be applied.
- The use of a springboard for the entry is allowed for the horse.
- If a Russian starts with ½ Czechkehre, this ¼ turn will not count as rotation for the Russian. Russian missing ¼ turn will be penalized 0.3.

Elements	Base routine	Progression 1	Progression 2	Deductions
1	Circle (in any position) with legs together **0.3**	N/A	N/A	WGYM Deductions: 0.1-0.5
2	Circle (in any position) with legs together **0.3**	Any ¼ turn **0.5**	Russian 360° **1.0**	WGYM Deductions: 0.1-0.5
3	Circle (in any position) with legs together **0.3**	1/3 Magyar **1.0**	3/3 Magyar **2.0**	WGYM Deductions: 0.1-0.5 For D-jury awarded 3/3 Travel, the maximum E-jury deduction is 0.5
4	Circle (in any position) with legs together **0.3**	¼ spindle in cross or side support **0.5**	1/3 Sivado OR ½ spindle in front support **1.0**	WGYM Deductions: 0.1-0.5
5	Circle (in any position) with legs together and flank dismount to the side **0.3**	Circle and Wende dismount **0.7**	N/A	WGYM Deductions: 0.1-0.5 Wende dismount with only 90° turn = 0.3 Wende dismount under horizontal: non-deduction
SV	**11.5**			

10.5 RINGS

Notes:

- In the muscle-up with assistance, the coach may only help the gymnast through the turnover phase from bent-arm hang to bent-arm support. Both the pull-up to bent-arm and dip to straight-arm support must be done without the coach touching the gymnast.
- Bending of arms on front swings is permitted.
- No deduction for additional swings, only performance will be evaluated.

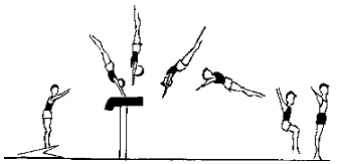
Elements	Base routine	Progression 1	Progression 2	Progression 3	Deductions
1	Coach lifts the athlete to support position. **0.0**	Muscle up with coach assistance* **0.5**	Muscle up **1.0**	From hang, lift pike to straight inverted hang (candle) and pump swing into back uprise **1.5**	WGYM Deductions: 0.1-0.5
2	Hold support position with straight body for 2 seconds. Piked roll forward to straight body inverted hang. **0.0**	Tucked L-sit hold 2 seconds, then drop slowly forward with tucked body to straight inverted hang (candle) **0.5**	L-sit hold for 2 seconds, then drop slowly forward with tucked body to straight inverted hang (candle) **1.0**	N/A	WGYM Deductions: 0.1-0.5 <2 secs: 0.3 No hold: 0.5 but recognized Lack of control during forward roll: 0.1-0.5
3	Quickly open and close body (pump swing), swing backwards, swing forwards **0.0**	Quickly open and close body (pump swing), swing backwards, swing forwards to inlocate **0.7**	N/A	N/A	Shoulders under the rings in front swings: 0.1-0.5 Hips under the shoulders in back swings: 0.1-0.5 Shoulders under the rings in inlocate or dislocate: 0.1-0.5
4	Swing backwards, swing forwards, swing backwards **0.0**	Swing backwards, swing forwards, swing backward, dislocate **0.8**	N/A	N/A	
5	Swing forwards, swing backwards to dismount,	Swing forwards, swing backwards to back tuck	Swing forwards, swing backwards to	N/A	Dismount release after vertical: 0°-15° = 0.1

	landing on feet. **0.0**	dismount. **0.5**	back layout dismount **1.0**		16°-45° = 0.3 >45° = 0.5 Back layout: piked <=45° = 0.3 Back layout: piked >45° = 0.5
Start value	**10.0**				

10.6 VAULT

Notes:

- Mats to 70 cm high OR table 1 m to 1.35 m.
- Level 1 (A, B, and C): The gymnast can decide to use a trampoline springboard or mini trampoline (0.5 deduction) to perform his vault rather than a springboard.
- Level 1 (D and E): The gymnast can decide to use a trampoline springboard or mini trampoline (1.0 deduction) to perform his vault rather than a springboard.
- In the case of a poorly executed vault, the gymnast may decide to repeat his vault. He will then receive a deduction of 1.0 on his second vault.
- In the case of a failed run without touching the vaulting table, the gymnast can repeat his run WITHOUT deduction.

Base Routine	Progression 1	Progression 2	Deductions
• Handspring flat back onto 70cm high mats without vault table • 	• Handstand flat back with mats stacked to vault height using the vault table • 	• Handspring with springboard • 	• WGYM deductions: 0.1-0.5 • Bent arms: 0.1-0.5 • Slight pike: 0.1-0.3 • Medium pike: 0.5 • Large pike: 1.0
12.0	**13.5**	**15.0**	

10.7 PARALLEL BARS

Note:

- No deduction for additional skills, only execution will be evaluated.
- Depending on element 2, the gymnast can do a half swing or full swing in upper arm support before doing element 3.
- The gymnast can perform the long swing OR Moy with the legs bent or straight (choice of technique).

Elements	Base routine	Progression 1	Progression 2	Deductions
1	Run, jump to upper arm **0.0**	Run, jump to long hang, swing forwards to back uprise in upper arm **0.5**	Run, kip swing back towards horizontal, swing down to upper arm to perform skill 2 of base routine **1.0**	Insufficient stretch of body: 0.1-0.3 Hips below bar height: 0.1-0.3 Progression 1: • Body 30° below horizontal in back swing: 0.3 • Body 45° below horizontal in back swing: 0.5
2	Swing forwards, swing backwards in upper arm (hips above bars) **0.0**	Moy to upper arm **0.5**	N/A	WGYM Deductions: 0.1-0.5 Hips below bars during underarm swings: 0.1-0.5
3	Front uprise with legs straddled onto bars, immediate rebound to swing backwards to horizontal **0.0**	Back uprise to support **0.5**	N/A	Front uprise without immediate rebound: 0.1-0.5 Hips below bar height in backswing: 0.1-0.5 Hips below bar height in front swing: 0.1-0.5 Swing below horizontal: 0.1-0.5 Excessive force: 0.1-0.5
4	Tucked L-sit hold 2 secs. **0.0**	L-sit hold 2 secs. **0.5**	N/A	< 2 sec: 0.3 No hold: 0.5 but recognized.

5	Straddle the legs and immediately rebound off the bars and swing back to horizontal **0.0**	From tucked or straight L-sit, swing backwards to horizontal **0.5**	Half press to feet on bars, then jump feet back to swing **OR** Press to handstand (no hold) **1.0**	Rebound not immediate: 0.1-0.5 Bend legs during rebound: 0.1-0.5 Swing below horizontal: 0.1-0.5 Half press done with swing: 0.1-0.5
6	Swing forwards, swing backwards **0.0**	Swing forwards, swing backwards to handstand (no hold). **0.3**	Swing forwards, swing backwards to handstand hold 2 secs. **0.5**	WGYM Deductions: 0.1-0.5 Hips below horizontal on swings: 0.1-0.5
7	Swing forwards, swing backwards to side off dismount to 45° (showing support of hands on one bar) **0.0**	Swing forwards, swing backwards to momentary handstand, Wende dismount **0.5**	Back or front tuck dismount **1.0**	WGYM Deductions: 0.1-0.5 Side dismount below 45°: 0.3 Hips below horizontal on swings: 0.1-0.5
Start value	**10.0**			

10.8 HIGH BAR

Note:

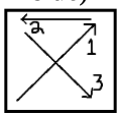
- No deduction for additional swings, only performance will be evaluated
- The height of the feet in the back swing is allowed to be up to 15° lower than horizontal WITHOUT deduction, but deduction is still applied for the hips

Elements	Base routine	Progression 1	Progression 2	Deductions
1	Front straight body hang, the coach lifts the athlete to front support **0.0**	From straight body hang, chin-up pullover to cast **0.5**	From straight body hang, kip, cast to horizontal **1.0**	WGYM Deductions: 0.1-0.5 Pausing after kip: 0.3 Cast below horizontal: 0.1 Cast below the bar: 0.3 Additional swing into the cast: 0.1 each
2	Roll forwards with control (arms may be bent), shoot to long hang swing backwards **0.0**	Back hip circle, undershoot and long hang swing backwards **0.5**	Free hip to horizontal **1.0**	WGYM Deductions: 0.1-0.5 No back hip circle before undershoot: 0.5 Undershoot tucked or piked: 0.1-0.5 Hips below the bar in undershoot: 0.1-0.5 Hips below the bar in swing: 0.1-0.5 Free-hip below horizontal: 0.3
3	Swing forwards, swing backwards **0.0**	Swing forward with ½ turn change 1st hand forward swing in mixed grip, back swing and change the 2nd hand (min. to horizontal). **0.5**	Swing forward with ½ turn in swing (change both hands with body at horizontal) **1.0**	WGYM Deductions: 0.1-0.5 Hips below bar height in swing: 0.1-0.5 Hips below bar height in ½ turn: 0.1-0.5
4	Swing forwards, swing backwards **0.0**	Swing forward with ½ turn change 1st hand forward swing in mixed grip, back swing and change the 2nd hand (min. to horizontal). **0.5**	Swing forward with ½ turn in swing (change both hands with body at horizontal) **1.0**	WGYM Deductions: 0.1-0.5 Hips below bar height in swing: 0.1-0.5 Hips below bar height in ½ turn: 0.1-0.5

5	Swing forwards, swing backwards **0.0**	N/A	N/A	WGYM Deductions: 0.1-0.5 Hips below bar height in swing: 0.1-0.5
6	Swing forwards, swing backwards, push off in back swing to land on feet (body at horizontal). **0.0**	Back tuck dismount. **0.5**	Back layout dismount. **1.0**	Hips below bar on swings: 0.1-0.5 Insufficient extension when releasing the bar: 0.1-0.3 Body below horizontal in dismount: 01-0.5 Insufficient height in salto: 0.1-0.3 Back layout: piked <=45° = 0.3 Back layout: piked >45° = 0.5
Start Value	**10.0**			

11 LEVEL 2

11.1 FLOOR

Element	Base Routine	Progression 1	Progression 2	Progression 3	Progression 4	Deductions
1	Run, dive roll (body must be slightly arched during flight phase **0.0**	Run, front handspring to immediate straight jump and then run to dive roll **0.3**	Run, front handspring directly connected to dive roll **OR** Run to front tuck **0.5**	Run, front handspring direct to front tuck **OR** Run to front layout **1.0**	Run, front handspring to front layout **1.5**	WGYM Deductions: 0.1-0.5 Pike in Dive roll: 0.1-0.3 Tucked in dive roll: 0.5 Elements not directly connected: 0.1-0.3
2	Return to stand **0.0**	Front roll to front headspring **0.5**	N/A	N/A	N/A	WGYM Deductions: 0.1-0.5 No front headspring after roll: 0.3
3	Prone fall, seal stretch, bring legs forwards to any split for 2 sec. with arms at horizontal. Press to straddled pike stand and then straddle press up to momentary handstand, roll forwards with arms and legs tucked and jump turn to face sideline **0.0**	Prone fall, seal stretch, bring legs forwards to any split for 2 sec. with arms at horizontal. Continuous straddle press from the floor to momentary handstand, roll forwards with arms and legs tucked and jump turn to face sideline **0.3**	Prone fall, seal stretch, bring legs forwards to any split for 2 sec. with arms at horizontal. Straddled press to handstand hold 2 sec, roll forwards with arms and legs tucked and jump turn to face sideline **0.5**	N/A	N/A Routine pattern direction (side pass can be down either side)  	WGYM Deductions: 0.1-0.5 <2 sec hold in split: 0.1 No hold in split: 0.3 Insufficient flexibility in split: 0.1-0.5 Using hands for support in split: 0.3 No front roll from handstand: 0.3 Using momentum to press to handstand: 0.5

4	Step, scissor kick, 2 cartwheels connected to land in lunge, immediately bringing legs together (back leg to meet the front leg) **0.0**	Step, scissor kick, 2 cartwheels connected to land in lunge, immediate back-walkover to lunge, immediately bring the legs together (back leg to meet the front leg) **0.5**	N/A	N/A	N/A	WGYM Deductions: 0.1-0.5 Insufficient flexibility during the scissor kick, cartwheel or back walkover: 0.1-0.3 Only 1 cartwheel: 0.3 Bringing the front leg backwards after the cartwheel or walkover: 0.1 Cartwheels not connected: 0.3
5	Back pike roll with straight arms and legs **0.0**	Back roll to handstand (tucked or straight legs) with straight arms and then lower legs together to stand **0.5**	N/A	N/A	N/A	WGYM Deductions: 0.1-0.5 Stepping down one leg after the other after back roll to handstand: 0.3
6	Jump ¼ (45°) turn to face the diagonal **0.0**	Jump ¼ (45°) turn to face the diagonal, arabesque 2 sec. **0.3**	Jump ¼ (45°) turn to face the diagonal, Y-scale 2 sec. **0.5**	N/A	N/A	WGYM Deductions: 0.1-0.5 Insufficient flexibility: 0.1-0.3 <2 sec hold: 0.3 No hold: 0.5 but recognized
7	Run, round-off, straight jump **0.0**	Run, round-off, back handspring, straight jump OR Run, round-off, back tuck **0.3**	Run, round-off, back handspring, back tuck OR round-off, back layout **0.5**	Run, round-off, back handspring, back layout OR round-off back layout 1/1 **1.0**	Round-off, back handspring back layout 1/1 **1.5**	WGYM Deductions: 0.1-0.5 Insufficient height in straight jump: 0.1-0.3 Body position during straight jump: 0.1-0.3 Incorrect rhythm: 0.1-0.5
Start Value	**10.0**					

11.2 POMMEL HORSE

The athlete has the right to choose one of the three routines (mushroom, horse without handles or horse with handles).

Notes:

- The gymnast can perform the ½ or 1/1 spindle in as many circles as he wants, provided that the spindle is uninterrupted.
- **No deduction for additional circles**, only execution will be evaluated.
- The gymnast can perform the FIVE circles on the horse WITHOUT handles in uphill, downhill or side support.
- In the event of missing element (not attempted), **a penalty of 2.0 per missing element will be applied**.
  - On mushroom, circles are recognized as long as they complete at least 180° and show back support with both hands before a fall.
  - If the gymnast sits on the mushroom or the horse, the element will be considered missing entirely.
  - Deduction for not completing 360° rotation in circle: 0-45°: 0.1 45°-90°: 0.3 90°-180°: 0.5 +180°: NR
- The use of a springboard for the mount on the horse is allowed with or without handles.
- If a Russian starts with ½ Czechkehre, this ¼ turn will not count as rotation for the Russian. Russian missing ¼ turn will be penalized 0.3.

11.3 MUSHROOM ROUTINE. MAXIMUM START VALUE = 11.5

Elements	Base routine	Progression 1	Progression 2	Deductions
1	Circle with legs together **0.0**	N/A	N/A	WGYM Deductions: 0.1-0.5 Lack of rotation in circles: 0.1-0.5
2	Circle with legs together **0.0**	½ spindle uninterrupted (unlimited circles) **0.5**	1/1 spindle uninterrupted (unlimited circles) **1.0**	WGYM Deductions: 0.1-0.5 Lack of rotation in circles: 0.1-0.5
3	Circle with legs together **0.0**	N/A	N/A	WGYM Deductions: 0.1-0.5 Lack of rotation in circles: 0.1-0.5
4	Circle with legs together **0.0**	½ turn (any technique other than spindle) **0.5**	N/A	WGYM Deductions: 0.1-0.5 Lack of rotation in circles: 0.1-0.5
5	Circle with legs	N/A	N/A	WGYM

	together and flank dismount to the side **0.0**			Deductions: 0.1-0.5 Lack of rotation in circles: 0.1-0.5
Start value	**10.0**			

11.4 HORSE ROUTINE WITH HANDLES. MAXIMUM START VALUE = 15.5

Elements	Base routine	Progression 1	Progression 2	Deductions
1	From stand, jump and circle on the handles **0.5**	From support, swing one leg fwd and pick-up to circle **1.0**	From support, Complete single leg swing (forwards and backwards) and then cut into forward scissor **1.5**	WGYM Deductions: 0.1-0.5
2	Circle on the handles **0.5**	Two circles on the handles **1.0**	N/A	WGYM Deductions: 0.1-0.5
3	Circle on the handles **0.5**	Any 1/3 travel **1.5**	N/A	WGYM Deductions: 0.1-0.5
4	Circle on the handles **0.5**	¼ turn OR loop **0.5**	N/A	WGYM Deductions: 0.1-0.5
5	Circle on the handles and dismount on the back **0.5**	Two loops and Wende dismount **1.0**	N/A	WGYM Deductions: 0.1-0.5 Wende dismount below horizontal: No deduction
Start value	**12.5**			

11.5 HORSE ROUTINE WITHOUT HANDLES: MAXIMUM START VALUE = 14.0

Elements	Base routine	Progression 1	Progression 2	Progression 3	Deductions
1	Circle with legs together **0.3**	N/A	N/A	N/A	WGYM Deductions: 0.1-0.5
2	Circle with legs together **0.3**	Flair OR any ¼ turn **0.5**	Russian 360° **1.0**	N/A	WGYM Deductions: 0.1-0.5
3	Circle with legs together **0.3**	Flair OR 1/3 Magyar **0.5**	3/3 Magyar **1.0**	N/A	WGYM Deductions: 0.1-0.5 For D-jury awarded 3/3 Travel, the maximum E-jury deduction is 0.5
4	Circle with legs together **0.3**	Flair OR any ¼ spindle **0.5**	1/3 Sivado OR ½ spindle **0.7**	N/A	WGYM Deductions: 0.1-0.5
5	Circle with legs together and flank dismount on the side **0.3**	Circle with legs together and Wende dismount **0.5**	Flair, circle and Wende dismount **1.0**	Flair and dismount through handstand **1.0**	WGYM Deductions: 0.1-0.5 Wende dismount with only 90° turn= 0.3 Wende dismount below horizontal: no deduction For D-jury awarded handstand dismount, the maximum E-jury deduction is 0.5
Start value	**11.5**				

11.6 RINGS

NOTE:

- Flexed arms are permitted in front swing
- The gymnast can press to handstand with straight arms WITHOUT deductions
- No deductions for extra swings, only the performance will be evaluated

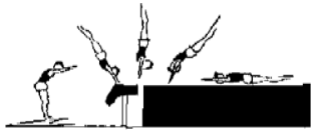
Elements	Base routine	Progression 1	Progression 2	Progression 3	Progression 4	Deductions
1	Hanging L-sit 2 sec. **0.0**	Lift up to inverted pike hold, extended to straddle back lever 2 sec, lower with control **0.3**	Lift up to inverted pike hold, extended to back lever 2 sec, lower with control **0.5**	N/A	N/A	Rings turned in: 0.1-0.3 Less than 2 sec: 0.3 No hold: 0.5 but recognized
2	Return to straight body hang OR return to rear hang OR coach lifts athlete to support on rings **0.0**	Muscle up **0.5**	Return to straight inverted hang, close and open body (pump swing forwards) and back uprise **1.0**	Return to straight inverted hang, close and open body (pump swing forwards), inlocate, back uprise **1.5**	N/A	WGYM Deductions: 0.1-0.5 Shoulders below the rings (inlocate): 0.1-0.5

3	Pull to inverted hang (candle) with rings turned outwards (body slightly arched - secs.) **0.0**	L-sit 2 sec. Then drop slowly (forward or backward) with piked body to straight inverted hang (candle) **0.3**	L-sit 2 sec, press to shoulder stand 2 sec. Then, drop down slowly with straight body and bent arms and straight inverted hang (candle) **0.5**	L-sit 2 secs, straddle press to handstand with bend arms. Then, drop down slowly with straight body and bent arms, to straight inverted hang (candle) **1.0**	L-sit 2 secs straddle press to handstand with bent arms and hold 2 sec. Then, drop down slowly with straight body and bend arms to straight inverted hang (candle) **1.5**	WGYM Deductions: 0.1-0.5 <2 secs: 0.3 No hold: 0.5 but recognized Rings turned in: 0.1-0.3 Body piked in the shoulder stand: 0.1-0.3 Support on ring/cables with arms in shoulder stand: 0.3 Legs wrapped around cables: 0.5 Lower without control: 0.1-0.5 Bent arms: 0.1-0.5
4	Pump swing, swing bwd, swing fwd, swing bwd **0.0**	Pump swing, dislocate **0.5**	N/A	N/A	N/A	Shoulders below the rings in front swing or dislocate: 0.1-0.5 Hips below shoulders in back swing: 0.1-0.5 Shoulders below the rings in front swing or dislocate: 0.1-0.5
5	Swing forwards, swing backwards **0.0**	dislocate **0.5**	N/A	N/A	N/A	
6	Back tuck dismount **0.0**	Back layout dismount **0.5**	Double back tuck dismount **1.0**	N/A	N/A	Dismount release after vertical: 0°-15° = 0.1/16°-45° = 0.3 / >45° = 0.5 Back layout: piked <=45° = 0.3 Back layout: piked >45° = 0.5
Start value	**10.0**					

11.7 VAULT

Notes:

- Vault table between 1m and 1.35m
- Level 2 (A and B): The gymnast can use a tramp board or mini tramp instead of a springboard. He will receive a deduction of 0.5
- Level 2 (C and D): The gymnast can use a tramp board or mini tramp instead of a springboard. He will receive a deduction of 1.0
- In the case of a poorly executed vault, the gymnast may decide to repeat his vault. He will then receive a deduction of 1.0 on his 2nd vault
- In the case of a failed run without touching the vaulting table, the gymnast can repeat his run WITHOUT deduction

Routine de base	**Progression 1**	**Progression 2**	**Progression 3**	**Progression 3**	**Deductions**
Handstand flat back with mats stacked to vault height using the vault table 	Front handspring vault. 	Handspring full with turn 	Tucked Tsukahara 	Front handspring front tuck 	WGYM deductions: 0.1-0.5 Bent arms: 0.1-0.5 Small pike: 0.1-0.3 Medium pike: 0.5 Large pike: 1.0 Lack of twist in full turn: Up to 30º: 0.1 31 º -60º: 0.3 61º -90º: 0.5 >90º: N-R
11.5	**13.5**	**14.0**	**15.0**	**15.5**	

11.8 PARALLEL BARS

Notes:

- No deduction for extra swings, only the performance will be evaluated.
- After element 2, the gymnast can perform a half-swing or a full swing in support before element 3.
- The gymnast can perform the long hang swing or the Moy with bent or straight.

Elements	Base routine	Progression 1	Progression 2	Progression 3	Deductions
1	Run, jump to straight body long hang swing forward and back uprise to upper arm **0.0**	Run, kip to support, swing back to horiz. and layaway down to upper arm swing **IF** performing skill 2 of base routine **0.3**	Run, kip to support, swing back to 45°, swing down to upper arm **IF** performing skill 2 of base routine **0.5**	N/A	Insufficient distance or stretch of body: 0.1-0.3 Knees below the bars in front or back swing: 0.1-0.3 Hips below horizontal in back uprise: 0.1-0.5 Body 30° below horizontal in back swing: 0.3 Body 45° below horizontal in back swing: 0.5
2	Swing forward in upper arm with hips above bars in the front swing **0.0**	Moy to upper arm **0.5**	Moy to support and swing back to horizontal **1.0**	N/A	WGYM Deductions: 0.1-0.5 Hips below bars during upper arm swings: 0.1-0.5
3	Swing backwards and uprise to support **0.0**	Front uprise with legs straddled onto bars, immediate rebound to swing backwards to horizontal **0.3**	Front uprise with legs together, swing back to horizontal **0.5**	N/A	Hips below horizontal in back uprise: 0.1-0.5 Hips below bar height in front uprise: 0.1-0.5 Swing with strength: 0.1-0.5 Straddled uprise w/o immediate rebound: 0.1-0.5 Legs bend in rebound: 0.1-0.5 In Progression 1 & 2: Back swing after front uprise: Body below horizontal in back swing: 0.1 Feet below bars in back swing: 0.3

					Knees below bars in back swing: 0.5
4	L-sit hold 2 secs. **0.0**	Cast to upper arm, back uprise to L-sit hold 2 sec. **0.5**	N/A	N/A	< 2 sec: 0.3 No hold: 0.5 (but recognized) Lowering after vertical in cast: 0.3 Hips below the bar at the end of the basket: 0.1-0.5 Hips below horizontal in the back uprise: 0.1-0.5
5	Straddle the legs and immediately rebound off the bars and swing back to horizontal **0.0**	Press to momentary handstand **0.5**	Press to handstand, 2 sec. **1.0**	Press to hdstd 2 sec, ½ turn forward **1.5**	Rebound not immediate: 0.1-0.5 Bend legs during rebound: 0.1-0.5 Hips below horizontal on back swing: 0.1-0.5 In progression 1: Angular deviations in press to HS Up to 15° from HS: 0.1 from HS: 16° à 30°: 0.3 from HS: 31° à 45°: 0.5
6	Swing forwards, swing backwards **0.0**	Swing fwd, swing bwd to handstand (no hold). **0.3**	Swing fwd, swing bwd to hdstd hold 2 secs. **0.5**	N/A	Hips below horizontal on swings: 0.1-0.5
7	Swing fwd, swing bwd to side off dismount to 45° (showing support of hands on one bar) **0.0**	Swing fwd, swing bwd to momentary handstand, Wende dismount **0.3**	Back or front tuck dismount **0.5**	Front or back layout dismount **1.0**	Hips below horizontal on swings: 0.1-0.5 Side dismount below 45°: 0.3 No support of hand on rail: 0.3 Stopping in handstand before Wende: 0.3
Start value	**10.0**				

11.9 HIGH BAR

Notes:

- No deduction for additional swings, only execution will be evaluated.
- The height of the feet in the rear swings is allowed up to 15 degrees lower than the horizontal WITHOUT deduction, but the deduction will be applied for the hips.
- *For the dismount after the back giant: the gymnast can do the following WITHOUT deduction
    - From the handstand, return to the bar (with / without hip circle) and do an undershoot, backswing
    - From giant, forward swing, back swing

Elements	Base routine	Progression 1	Progression 2	Progression 3	Deductions
1	From straight body hang, chin-up pullover (any grip) to cast	From straight body hang, kip cast between horizontal and 45°	From straight body hang, kip, cast to higher than 45°	N/A	WGYM Deductions: 0.1-0.5 Spot from coach: 0.5 Pausing after kip: 0.3 Cast below horizontal: 0.1 Cast below the bar: 0.3 Additional swing into the cast: 0.1 each
	0.0	**0.3**	**0.5**		
2	Back hip circle, undershoot and swing backwards OR back giant	Free hip circle between horizontal and 45°	Free hip circle greater than 45°OR Front giant	Free hip circle to within 15° of handstand	WGYM Deductions: 0.1-0.5 No freehip before undershoot: 0.5 Undershoot tucked piked: 0.1-0.5 Hips below the bar in undershoot: 0.1-0.5 Hips below the bar in swing: 0.1-0.5 Freehip below horizontal: 0.3
	0.0	**0.3**	**0.5**	**1.0**	
3	Swing forwards, swing backwards	Back giant	Front giant with ½ turn	N/A	WGYM Deductions: 0.1-0.5 Hips below bar height in swing: 0.1-0.5
	0.0	**0.5**	**1.0**		
4	Swing forwards, swing backwards	Swing forward with ½ turn change 1st hand, fwd swing in mixed grip, swing bwd and change the 2nd hand (min. to horizontal). OR back giant	Swing forward with ½ turn (change both hands with body at horizontal)	Blind change and ONE front giant	WGYM Deductions: 0.1-0.5 Hips below bar height in swing: 0.1-0.5 Hips below bar height in 1/2 turn: 0.1-0.5
	0.0	**0.3**	**0.5**	**1.0**	

5	Swing forwards, swing backwards	Swing forward with ½ turn change 1st hand fwd swing in mixed grip, swing bwd and change the 2nd hand (min. horizontal) OR back giant	Swing forward with ½ turn (change both hands with body at horizontal	½ turn on the end of the 2nd front giant and TWO back giants	WGYM Deductions: 0.1-0.5 Hips below bar height in swing: 0.1-0.5 Hips below bar height in 1/2 turn: 0.1-0.5
	0.0	**0.3**	**0.5**	**1.0**	
6	Swing fwd, swing bwd, at horizontal push away from bar OR dismount in back giant to land on feet (body at horizontal).	Back tuck dismount.	Back layout dismount.	Double back tuck dismount.	Hips below bar on swings: 0.1-0.5 Insufficient extension when releasing bar: 0.1-0.3 Insufficient height in salto: 0.1-0.3 Body below bar during release from bar: 0.1-0.3 Back layout: piked <=45° = 0.3 Back layout: piked >45° = 0.5
	0.0	**0.3**	**1.0**	**1.5**	
Start value	**10.0**				

12 DOCUMENT TIMELINES

Version	Date	Change(s)
26.10.0	October 24, 2026	- Updated document style - Updated "FIG" to "WGYM" - Adjusted Level 2 age categories