



PROVINCIAL PATHWAYS

MEN'S ARTISTIC GYMNASTICS

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TABLE OF CONTENTS

1	Acknowledgements	1
2	General Information.....	1
3	Program Description	1
3.1	Provincial Pathways Rules.....	1
3.2	Long Term Development in the Pathways	2
4	Competitive Age	2
4.1	Age Determination.....	2
5	Modifications and Clarifications.....	2
5.1	Competitions	2
5.2	Clarifications.....	2
6	Competition Regulations	3
6.1	Rules in Effect.....	3
6.2	Competitions and Warm-ups	3
6.3	Attire Regulations	3
6.4	Spotting and Assistance	3
7	Equipment and Specifications	4
7.1	Equipment	4
7.2	Measurements of the Equipment	4
8	Judging Responsibilities.....	5
8.1	Evaluation of Routines	5
8.2	Judging Panels	6
8.3	Scoring Regulations.....	6



9	Competition Format.....	6
9.1	Team Competitions.....	6
9.2	National Open Team Competition	7
10	Specific Rules and Regulations.....	8
10.1	National Open	8
10.2	Provincial 3 to 5	9
11	Supplemental Regulations and Developmental Parts	10
11.1	Balance Requirement.....	14
12	Document Timelines	14



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2 GENERAL INFORMATION

This document describes the program for the GymCan Provincial 3, 4, and 5, and National Open categories. The Provincial Pathway is a modification of the World Gymnastics Junior rules from the current World Gymnastics Code of Points (CoP). Therefore, many World Gymnastics Junior rules apply including restricted elements (red dots in the CoP), repetition rules, maximum four counting skills per Element Group, etc. Exceptions to these rules are listed throughout the document.

Modifications to the WGYM Junior rules include a reduction of the difficulty requirement of the dismount, access to Supplemental and Developmental skills, and Bonus Skills. World Gymnastics execution deductions are applied unless stated otherwise.

3 PROGRAM DESCRIPTION

The Provincial Pathway consists of six levels:

1. Provincial 1 and 2: Compulsory exercises. These rules are contained in a separate document.
2. Provincial 3, 4, 5, and National Open: Optional exercises.

3.1 PROVINCIAL PATHWAYS RULES

Level	Rules And Regulations
National Open	Junior World Gymnastics rules
Provincial 5	Modified Junior rules – 7 skills GymCan supplementary rules
Provincial 4	Modified Junior rules – 6 skills with GymCan supplementary rules
Provincial 3	Modified Junior rules– 5 skills with GymCan supplementary rules



3.2 LONG TERM DEVELOPMENT IN THE PATHWAYS

Category & Ages	Competition Stream	LTD Stage	Characteristics
Provincial 3	Provincial / Regional	Learn to Train Train to Train	Build up physical capacities including strength, speed and flexibility.
Provincial 4 & 5	Provincial / Regional	Train to Train Train to Compete	Major fitness development stage; Greater attention to mental preparation.
National Open	Provincial / National	Train to Compete Active for Life	Competitive athletes are striving to improve and win, and they train accordingly.

4 COMPETITIVE AGE

4.1 AGE DETERMINATION

Under no circumstances will an athlete be permitted to compete in an age group older than their designated age category.

Category	Age Group	Birth Years
National Open	15+	2012 and earlier
Provincial 5	14+	2013 and earlier
Provincial 4	14+	2013 and earlier
	U14	2014 – 2017
Provincial 3	14+	2013 and earlier
	U14	2014 – 2017

5 MODIFICATIONS AND CLARIFICATIONS

5.1 COMPETITIONS

Competitions for the Provincial Pathways Program will be organized and run provincially and / or regionally. It is recommended that these regulations be used for these events.

5.2 CLARIFICATIONS

Clarifications for the Program may take place several times over the competition year. Any clarifications will be circulated to all PTSO's and will be posted on the GymCan website.



6 COMPETITION REGULATIONS

6.1 RULES IN EFFECT

1. The current Men's Program Technical Regulations
2. Unless otherwise stated, the current World Gymnastics Code of Points will be applied along with all related World Gymnastics MTC 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. Athletes will receive a general warm up and apparatus warm-up prior to the start of the competition. The time limit for competition warm-ups is recommended to be a minimum 1.0 hour for Provincial 3 and 4 and 1.5 hours for the Provincial 5 and National Open categories. If the number of athletes in the session is above 48, the warm-up time may need to be increased at the discretion of the organizing committee.
3. Depending on the competition format, each gymnast may be entitled to a one-touch warm-up prior to the start of their rotation:
 - a. 50 seconds on all apparatus, except Vault.
 - b. Gymnasts are entitled up to a maximum of two warm-up vaults. Note: Climbing onto and jumping off the vault counts as a warm-up vault.

6.3 ATTIRE REGULATIONS

1. All gymnasts must be attired according to the stipulations of the current World Gymnastics Code of Points - competition Singlet, Competition shorts and competition long gymnastics pants with socks.
2. Gymnasts in Provincial 1-3 may compete in shorts on all apparatus with a competition singlet.
3. Gymnasts are required to always wear a shirt during competition warm-ups (in training gym and competition gym).
4. Athletes on the same team must wear matching competition attire.
5. Violation of the uniform requirements:
 - a. First infraction, a verbal warning.
 - b. Second infraction in same session as the first infraction, a verbal notice that the World Gymnastics penalty will be applied.

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 AND SPECIFICATIONS

7.1 EQUIPMENT

1. The chart below describes the specific equipment requirements for each category within the Provincial Pathways.
2. Unless noted in the chart of apparatus requirements, the use of additional mats will result in a 0.50 deduction from the Final Score on that apparatus
3. A similar deduction will be applied for use of any non-permitted supplementary equipment (See the table in Section 10 concerning the use of the mats, apparatus regulations for each category).
4. It is the responsibility of the local organizing committee (LOC) to make available and set up the equipment in accordance with the specifications in the Pathways program.
5. Any change to these guidelines must be communicated to the participating clubs in the work plan.
6. 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.
7. All landing mats used on Pommel Horse, Vault, Rings, Parallel Bars and Horizontal Bar must conform to World Gymnastics specifications.

7.2 MEASUREMENTS OF THE EQUIPMENT

World Gymnastics standards are indicated within the brackets.

	Provincial 3	Provincial 4	Provincial 5	National Open
Floor	World Gymnastics (12m x 12m measured from the outside of the Border Line)			
Pommel Horse	Mushroom OR Ultra Dome (40-45 cm) OR Horse without Pommels	Horse without pommels (Horse may be lowered) OR use a springboard, spotting box, and/or folded mats to mount.	Horse with pommels (Horse may be lowered) OR use a springboard spotting box, and/or folded mats to mount.	World Gymnastics (105 cm)
Rings	World Gymnastics (290 cm from the floor to the inside bottom of the ring.)			
Vault	110 to 135 cm	120 to 135 cm		WGYM (135 cm)
Parallel Bars	Adjustable up to World Gymnastics Height	World Gymnastics (180 cm from the top of mat, 200 cm from the floor to the top of the rail.)		
High Bar	World Gymnastics (260 cm from top of mat, 280 cm from the floor to the top of the rail.)			



8 JUDGING RESPONSIBILITIES

8.1 EVALUATION OF ROUTINES

1. Execution errors for poor technique, poor body position, etc. are evaluated according to the current World Gymnastics Code of Points.
2. The D1 judge 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.
3. The D1 judge takes deductions for line, behaviour, and apparatus violations from the Final Score.

8.1.1 D-SCORE

The D-score for Optional routines is calculated as per the current World Gymnastics Code of Points.

8.1.2 E-SCORE

The E-score is calculated by deducting points for deficiencies in technical execution and aesthetic presentation, in accordance with the current World Gymnastics Code of Points. The applicable deductions are defined as follows:

Small error	Medium error	Large error	Fall
0.1	0.3	0.5	1.0

8.1.3 SHORT ROUTINES

1. It is the duty of the D-jury to determine how many skills were credited.
2. The D1 judge must communicate any non-technical deductions to the scorer before the Final Score is calculated.
3. See the table in Section 10 for specified rules about short routines for each category.

8.1.4 REPETITION

1. During the performance of any routine except Vault a gymnast may repeat an element for value following a fall or stop except for the dismount.
 - a. Note: The dismount may be repeated on Pommel Horse.
2. Provincial 3, 4, and 5: If an athlete receives a score of zero on their first Vault, they may repeat the Vault, subject to a 1.0-point deduction.
3. Special Repetition for Provincial 3, 4, and 5: A gymnast may not receive credit for more than one element from the same element variation.
 - a. Example: On High bar, A gymnast cannot perform a Kip to Handstand and a Kip cast to 45° to get a credit for two different elements, in this case only one element will be credited. (See the table in Section 11 for Special Repetition Exception).



8.1.5 STUCK LANDINGS AND DISMOUNTS

1. For all categories of the Provincial Pathway Program a bonus will be applied to the Final Score for a stuck landing. A stuck landing is defined as a stable landing position with no movement of the feet (see the table below concerning bonus for each category).
2. Exception:
 - a. Floor: Stick bonus is awarded only to the last element in the routine and must be an acrobatic Salto with or without turn. Therefore, bonus does not apply to a round-off or back handspring to a straight jump.
 - b. Pommel Horse: Stick bonus does not apply.
3. The cumulative landing deduction will be maximized at 1.0 for all apparatus.

8.2 JUDGING PANELS

1. For national and regional (Eastern or Western Championships) competitions a minimum of two (2), preferably 4 Judges per panel is required.
2. One World Gymnastics or National level judge should be assigned per panel.
3. Chair of the Competition Jury should hold a current World Gymnastics Brevet.
4. For all categories, the members of the judging panel will be responsible for both D-jury and E-jury unless 4 or more judges are assigned to the event.
5. 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

1. With two or three judges per event, all scores will count. The average of all scores will be calculated, and the score will be calculated to 3 decimal places. The average will be truncated to the third decimal and not rounded.
2. When there are four judges the highest and lowest scores are eliminated, and the two middle scores are averaged.

9 COMPETITION FORMAT

Category	Routines	Canadian Championships
National Open	Optional	Team & All-Around on Day 1 and Apparatus awards on Day 2
Provincial 3-5	Optional	Not applicable

9.1 TEAM COMPETITIONS

EVENT	CATEGORY	FORMAT
Championships	National Open	8 – 8 - 4
Regional Championships	Provincial 5	As indicated per the Regional Championships rules
	Provincial 4	
	Provincial 3	



9.2 NATIONAL OPEN TEAM COMPETITION

The team competition format has a maximum of 8 athletes per Team, 8 will compete on each apparatus, and the 4 highest scores will count toward the Team total.

Provinces have complete discretion as to the process of acquiring their best Team result. The purpose of the Team event is to teach the values of a competition on a team:

1. Commitment towards a common goal;
2. To become an enthusiastic, supportive, and co-operative Team member; and
3. To be flexible, open minded and respectful of their teammates and the Team objectives.



10 SPECIFIC RULES AND REGULATIONS

10.1 NATIONAL OPEN

Category	Rules	Skills Req'd	Bonus Skills +0.5	Stick bonus / Virtuosity	Short routines	Additional landing mats
National Open	Junior WGYM Rules	8	N/A Pommel Horse: All dismounts to handstand receive full credit, but all World Gymnastics deductions will apply.	Dismount: C = 0.1 D & higher = 0.2 Vault: 3.6 & lower = 0.1 3.8 & higher = 0.2	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 element = 10.0	Floor: One, up to, 10 cm mat (may be removed). Not permitted for rebounding. Rings / Vault / P-bars: Up to 10 cm additional. High Bar: Up to 10 cm on both sides of the bar.



10.2 PROVINCIAL 3 TO 5

Provincial 5	Modified Junior WGYM Rules Double salto on Floor not required Developmental 1 parts = 0.1	7	Floor: Double back or Back layout w. 2/1 twists or more Pommel: ½ or higher, cross sup. travel Rings: B or higher press to hdst 2 sec. P-bars: B-part from EG III High Bar: B-part from EG III	Dismount: B = 0.1 C & higher = 0.2 Vault: 1.6 & lower = 0.1 1.8 & higher = 0.2	7 elements = 0.0 6 elements = 0.5 5 elements = 1.0 4 elements = 1.5 3 or less = 5.0	Floor: ONE 10 cm mat (can be removed). Not for rebound Rings: Up to 20 cm additional Vault: Up to 10 cm additional P-bars: Up to 20 cm additional High Bar: Up to 20 cm additional on both sides of the bar
Provincial 4		6	Floor: Back layout full twist or more Pommel: Any 3/3 travel Rings: Any press to hdst 2 sec. P-bars: Press to hdst 2 sec. High Bar: Giant forward or backward with ½ t. through handstand	Amplitude: 1 element = 0.1 3 & more = 0.2 No stick bonus on PH	6 elements = 0.0 5 elements = 0.5 4 elements = 1.0 3 or less = 5.0	
Provincial 3		5	Floor: Forward handspring (landing on one or 2 legs) or flyspring Pommel: 360°, or more, Russian (Grp II). Rings: Achieve support position without assistance P-bars: Handstand 2 sec. High Bar: Forward or backward Giant	Dismount: WGYM A = 0.1 B & higher = 0.2 Vault: 1.6 & lower = 0.1 1.8 & higher = 0.2 Amplitude: 1 element = 0.1 3 & more = 0.2 No stick bonus on Mushroom or Pommel Horse	5 elements = 0.0 4 elements = 0.5 3 elements = 1.5 2 or less = 5.0	

Note: Failure to perform any dismount whatsoever, will result in a Neutral Deduction of 0.5. Athletes who *perform* a dismount that is not recognized will not be subject to the above rule.



11 SUPPLEMENTAL REGULATIONS AND DEVELOPMENTAL PARTS

		Provincial 3	Provincial 4 & 5
FX	No one leg balance, jump, butterfly, or dive roll with turn = – 0.3 (see Section 11.1)		
	Salto connection bonus; including combined twisting elements: (A+B or C) (B+B or C) =0.1 / (C+C) or (D+A or higher) = 0.2 The following listed elements shall be considered as separate elements: • Salto forward tucked / piked (A) and Salto forward tucked ½ twist / piked ½ twist (A) • Salto forward stretched (B) and Salto forward stretched w. ½ twist (B) • Salto forward stretched with 1/1 twist (C) and Salto forward stretched with 1 ½ twist (C) • Salto backward stretched with ½ twist (B) and Salto backward stretched with 1/1 twist (B) • Salto backward stretched with 1 ½ twist (C) and Salto backward stretched with 2/1 twist (C)		
	EG	The Developmental ‘A’ parts listed below will only receive an Element Group value of 0.1	
	Non acrobatic	Back roll to handstand	
	Elements forward	–	
	Elements backward	Round off	
		Cartwheel	–
	Single salto f. or b. w. 1 or more twist	–	
PH	For D-jury awarded 3/3 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 of the horse is non-recognition) 180° to 360° Russian on the horse (Grp II) = (B) for level 3 only. Full Spindle (Max 4 circles) = (C) for level 3 only Two (2) Loops on one single pommel = (C) for level 5 only. The following listed elements shall be considered as separate elements: • ¼ spindle from cross support (A) and ¼ spindle from side support (A) • Uninterrupted ½ spindle from cross support (B) and Uninterrupted ½ spindle from side support (B) • A flair and a circle		
	EG	The Developmental ‘A’ parts listed below will only receive an Element Group value of 0.1	
	Single Leg swings and scissors	–	
	Circle & flairs, w. or w/o spindles & handstands, Kehrsings, Russians, flops & combined elements.	¼ turn (Kehre OR Czech action)	
	Travel type elements	1/3 Travel forward	1/3 Travel forward for Level 4 only
	Dismounts	Wende dismount from side support. (A)	



		Provincial 3	Provincial 4 & 5
SR	All strength elements (Group II) or swing to strength elements (Group III) “B” and higher = 0.2 Bonus* *=For D-jury awarded Group II or Group III elements, the maximum total E-jury deductions are capped at 0.5. Kip to support = B value. Felge to support = B value. Straddle planche (B) – No bonus, the maximum E-jury deduction is 0.5, but the planche must be recognized by the D-jury. Bent arm, pike press to handstand (B) – No bonus Bent arm swing to handstand 2 sec (C).		
	The WGYM deduction for “No swing to handstand 2 sec” will NOT apply. The WGYM rule of maximum 3 strengths elements in succession will not apply. Gymnasts may perform a straddle lever and a lever with legs together for two “A” parts. However, these skills can’t be performed in succession.		
	EG	The Developmental ‘A’ parts listed below will only receive an Element Group value of 0.1	
	Kips, swing elements & swings through or to handstand (2 sec.)	–	
	Strength & hold elements (2 sec.).	- Straddle back lever or front lever.	
		- Muscle up to support.	
		Press to shoulder stand.	–
	Swings to Strength hold elements (2 sec).	–	
	Dismounts	Any salto tucked or piked (A)	
		Provincial 3	Provincial 4 & 5
VT	- World Gymnastics Rules - For Provincial 3, 4 and 5: A second Vault attempt may be repeated with a 1.0 penalty if the first Vault competed received a zero.		



PB	- Giant + Giant or Giant element of C value or higher = C, C = 0.2 BONUS - Peach basket to 45° = (C) - Stutz to 45° = (B) - Salto forward piked with ½ twist (B) - Back layout with ½ twist (B) - Giant swing to support = (B) <u>Level 3 only:</u> - V-sit = (B) - Mana = (C)		
	- One layaway OR ½ empty swing is permitted on Parallel Bars - For D-jury awarded Peach to handstand elements, the maximum total E-jury deductions are capped at 0.5. - The World Gymnastics deduction for reversal of direction in a swing to handstand will not be applied.		
	EG	The Developmental 'A' parts listed below will only receive an Element Group value of 0.1	
	Elements starting in upper arm position	Back Uprise to support (Heels at horizontal).	
	Elements in support or through support on two bars	—	V-sit (2sec)
	Long swings in hang on 1 or 2 bars & Underswings.	Moy to upper arm	
		Long hang swing and back uprise to support	—
	Dismounts	Salto tucked or piked off the side or end.	
		- Stutz dismount (hips horizontal for NO deduction). - Wende dismount through or from handstand.	—



HB	- Flight elements: B value = 0.2 bonus. C or higher = 0.3 bonus - C-value or higher Flight elements may be repeated if successful on the first attempt = 0.2 BONUS - Stalder with or without ½ turn (C) Can perform both Stalders in a routine for value. - Endo with or without ½ turn (C). Can perform both Endos in a routine for value - Blind Change immediate pirouette (done as a full turn) = (B) <u>Level 3 only:</u> - Stoop or straddle on & off backwards or forwards = (B) - Swing ½ turn to under grip (blind change) = (B)		
	- Special Repetition: Gymnasts may perform a swing ½ turn above horizontal and Blind change element to receive two different values. - One layaway OR ½ empty swing is permitted on Horizontal Bar		
	EG	The Developmental 'A' parts listed below will only receive an Element Group value of 0.1	
	Long hang swings with & without turns.	- Back Uprise with heels above bar. - Swing ½ turn above horizontal.	
		Swinging forward and pull over to support (Baby giant).	–
	Flight elements	Straddle cut from long hang swing.	
	In bar & Adler elements.	- Back hip circle with straight body. - Kip to support. - Front hip circle with piked body. - Straight Under bar shoot (hips & shoulders above the bar). - Piked or straddle under shoot (with or without ½ turn) hips and shoulders above the bar.	Kip and immediate cast to 45°
	Dismounts	Any salto tucked or piked.	

11.1 BALANCE REQUIREMENT

1. The gymnast must show either a one leg balance, a jump, butterfly, or dive roll with turn, from the list of specific elements below.
2. The balance or jump may be outside the counting 8 elements.
3. A 0.3 neutral deduction will be taken by the D Jury if this requirement is not fulfilled.
4. The list of allowable jumps or leaps, which all have a minimum of A value are as follows:
 - a. I.67 Jump bwd. to front support
 - b. I.68 Jump bwd. with pike-stretch or with 1/1 turn to front support
 - c. I.74 Butterfly with 1/1 twist fwd. or bwd.
 - d. I.75 Butterfly with 2/1 twist
 - e. I.15 Jump fwd. with 1/1 turn to front support
 - f. I.16 Jump bwd. with 3/2 twist to front support
 - g. I.17 Jump fwd. with 2/1 twist to front support
 - h. I.43 Jump fwd. with ½ turn to momentary handstand
 - i. II.8 Dive roll with 1/1 twist



12 DOCUMENT TIMELINES

Version	Date	Change(s)
26.10.0	October 9, 2026	- Clarified in Section 11, that only a ½ empty swing was permitted on Parallel Bars and Horizontal Bar. - Updated the document style. - Updated “FIG” to “WGYM”
26.10.1	October 10, 2026	- Table of contents updated.