NATIONAL AND HIGH PERFORMANCE STREAM 2026-2027

Code of Points	GymCan	WGYM and GymCan	WGYM and GymCan	WGYM and GymCan	GymCan	WGYM	WGYM
Category	**ASPIRE 2026-27**	**YOUTH 1**	**YOUTH 2**	**NOVICE (YOUTH 3)**	**OPEN**	**JUNIOR**	**SENIOR**
Age WG	n/a	12	13	14	n/a	15	16+
Age in Canada	9-11	10-14	11-14	11-14	14+	14-15	16+
Potential Status	Provincial Team Member	Provincial Team Member	Provincial Team Member National Youth	Provincial Team Member Novice	Provincial Team Member	HP Junior Espoir Athlete National Team member Carded Athlete	HP Senior Espoir Athlete National Team member Carded Athlete
Competitions Attendance at Easterns and Westerns is under PT Jurisdiction.	Provincial Championships Easterns / Westerns	Provincial Championships Easterns / Westerns	Provincial Championships Easterns / Westerns Canadian Championships Elite Canada	Provincial Championships Easterns / Westerns Canadian Championships Elite Canada Canada Winter Games	Provincial Championships n/a Canadian Championships Elite Canada Canada Winter Games	Provincial Championships n/a Canadian Championships Elite Canada Canada Winter Games	Provincial Championships n/a Canadian Championships Elite Canada Canada Winter Games
Competition outside of Canada	n/a	n/a	Group 4 Competitions - Similar to Gymnix	Group 4 Competitions - Similar to Gymnix	n/a	Group 4 Competitions - Similar to Gymnix World Championships Youth Olympic Games Continental Championships	Group 4 Competitions World Championships Olympic Games Continental Champs, Games World/Challenge Cups

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VAULT

	ASPIRE Pre-Youth 9-11 yrs old		YOUTH 1 Novice 1st Year 10-14 yrs old	YOUTH 2 Novice 2nd Year 11-14 yrs old	NOVICE (YOUTH 3) Novice 3rd year / Pre-Junior 11-14 yrs old
Equipment	Vault table at 120 cm, stacked mats min 80 cm or CAN matting (if salto vault)		Vault table at 120 cm with CAN matting		
Vaults	Best score of 2 vaults		Best score of 2 vaults Q and VT Final: 2 different vaults (same or different groups)		
DV	Vault listed below		Any vault listed in the WG CoP		
Bonus	n/a		**Bonus + 0.2 for Salto vaults**	**Bonus + 0.2 for Salto vaults**	**Bonus + 0.2 for Salto vaults**
DV	**Timer Tsukahara**				
	To feet	3.0			
	To Candle	3.5			
	Timer Yurchenko				
	To feet	3.0			
	To Candle	3.5			
	Timer Handspring				
	Handspring to back	3.0			
	Handspring to feet	3.5			
	Salto Vault				
	Tsukahara tuck	4.5			
	Yurchenko Tuck	4.5			

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UNEVEN BARS

	ASPIRE Pre-Youth 9-11 yrs old	YOUTH 1 Novice 1st Year 10-14 yrs old	YOUTH 2 Novice 2nd Year 11-14 yrs old	NOVICE (YOUTH 3) Novice 3rd year / Pre-Junior 11-14 yrs old
Equipment	FIG Bars Regulations with CAN matting regulations and extra matting options	FIG Bars Regulations with CAN matting regulations		
DV	*7 highest elements, including the dismount or 2A, 3B, 2C* *A= 0.1, B = 0.2, C = 0.3, D+ = 0.4*	7 highest elements, including the dismount A= 0.1, B = 0.2, C = 0.3, D = 0.4, E+ = 0.4		
Bonus	The bonus is specifically related to the CR's. The bonus can only be awarded once for each CR.			
Notes	If the close bar circle element is completed lower than 30º from handstand, the CR will not be awarded and DV will be awarded according to the CoP. The angle of completion deductions will be applied as per the CoP.			
CR and Bonus	**5 CR @ 0.5**	**4 CR @ 0.5**	**Must perform 4 of 6 Requirements @ 0.5**	**Must perform 4 of 6 Requirements @ 0.5**
	1. One close bar circle element to 30° **+ 0.3 bonus if in handstand** (withing 10°)	1. One close bar circle element to 30° **+ 0.2 bonus if in handstand**	1. 1 x Flight element (HB-LB, LB-HB, Same)	1. Flight element HB-LB
	2. Another close bar circle element to 30° **+ 0.3 bonus if in handstand**	2. Another close bar circle element to 30° with different root from CR#1 **+ 0.2 bonus if in handstand**	2. Non flight with 360	2. Flight element LB-HB
	3. Glide kip or long kip - Cast to handstand to 30° **+ 0.2 bonus if in handstand given once**	3. One Cast to handstand to 30° **+ 0.1 bonus if in handstand given only once**	3. One close bar circle to handstand	3. Flight element same bar
	4. Back giant **+ 0.5 if both back and front giants are performed**	4. 1x Giant (fwd or bwd) **+ 0.5 bonus if both back and front giant are performed**	4. Another close bar circle to 30° with different root from CR#1 **+ 0.1 bonus if in handstand**	4. Different grip
	5. Dismount **Bonus + 0.1 if salto dismount**	**Bonus + 0.1 each time for close bar circles directly connected within 30°**	5. One cast to handstand	5. Non flight with 360
	Bonus + 0.1 each time for close bar circles directly connected within 30°	**Bonus + 0.1 if salto dismount** **Bonus + 0.3 for double salto** The dismount can be with/without spot and no penalty applied	6. 1x Giant (fwd or bwd) **+ 0.50 bonus if both back and front giant are performed**	6. One close bar circle to handstand
			Bonus + 0.1 if salto dismount **Bonus + 0.3 for double salto**	**Bonus + 0.1 if salto dismount** **Bonus + 0.2 for double salto**
				Bonus + 0.5 if all 6 CRs are performed

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BEAM

	ASPIRE Pre-Youth 9-11 yrs old	YOUTH 1 Novice 1st Year 10-14 yrs old	YOUTH 2 Novice 2nd Year 11-14 yrs old	NOVICE (YOUTH 3) Novice 3rd year / Pre-Junior 11-14 yrs old
Equipment	Beam height 110 cm, with CAN matting regulations	FIG Beam regulations, with CAN matting regulations		
DV	*7 highest elements, including the dismount or 2A, 3B, 2C* *A= 0.1, B = 0.2, C = 0.3, D+ = 0.4*	7 highest elements, including the dismount A= 0.1, B = 0.2, C = 0.3, D = 0.4, E+ = 0.4		
		BEAM / FLOOR: 3 acro (min) + 3 dance (min) + 1 optional element		
Bonus		The bonus is specifically related to the CR's. The bonus can only be awarded once for each CR. Acro Series: the elements may be repeated within the series (FF-FF, for example)		
	5 CR @ 0.5	**4 CR @ 0.5**	**4 CR @ 0.5**	**4 CR @ 0.5**
CR and Bonus	1. Mount Press to HS or B mount (WG CoP)	1. One connection of 2 different dance elements, one being with 180 split	1. One connection of 2 different dance elements, one being with 180 split	1. One connection of 2 different dance elements, one being with 180 split
	2. Min 1/1 Pirouette - no roll or flair	2. Min 1/1 Pirouette - no roll or flair	2. Min 1/1 Pirouette - no roll or flair	2. Min 1/1 Pirouette - no roll or flair
	3. Acro series with 2nd element being a flight **+0.3 bonus if 2 flight elmts**	3. Acro series with min 1 flight elements on the beam **+0.1 bonus if 2 flight elmts**	3. Acro series with min 2 flight elements on the beam **+0.1 bonus if a salto**	3. Acro series with min 2 flight elements on the beam **+0.2 bonus if a salto**
	4. 1x Acro showing flexibility	4. Acro in different direction (bwd + fwd/sdw)	4. Acro in different direction (bwd + fwd/sdw)	4. Acro in different direction (bwd + fwd/sdw)
	5. One connection of 2 different dance elements, including Split leap and Split jump or Straddle jump AND Dynamic straight jump			
	Bonus + 0.2 if dismount: Acro (flight) + Bwd salto or Front layout			
	Bonus + 0.2 for Switch split (in isolation)			
	Bonus + 0.2 for One of - Aerial Cartwheel, Front Aerial, Standing Back tuck			

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FLOOR EXERCISE

	ASPIRE Pre-Youth 9-11 yrs old	YOUTH 1 Novice 1st Year 10-14 yrs old	YOUTH 2 Novice 2nd Year 11-14 yrs old	NOVICE (YOUTH 3) Novice 3rd year / Pre-Junior 11-14 yrs old
Equipment	FIG Floor regulations, with CAN matting			
DV	*7 highest elements, including the dismount or 2A, 3B, 2C A= 0.1, B = 0.2, C = 0.3, D+ = 0.4*	7 highest elements, including the dismount A= 0.1, B = 0.2, C = 0.3, D = 0.4, E+ = 0.4		
		BEAM / FLOOR: 3 acro (min) + 3 dance (min) + 1 optional element		
Bonus	The bonus is specifically related to the CR's. The bonus can only be awarded once for each CR.			
	5 CR @ 0.5	**4 CR @ 0.5**	**4 CR @ 0.5**	**4 CR @ 0.5**
CR (0.5 ea) and Bonus	1. Dance passage of min 2 different leaps or hops with 180 split **+ 0.1 bonus for C leap**	1. Dance passage of min 2 different leaps or hops with 180 split	1. Dance passage of min 2 different leaps or hops with 180 split	1. Dance passage of min 2 different leaps or hops with 180 split
	2. Stretched salto fwd or bwd in acro line **+ 0.1 bonus for 180 bwd LA** **+ 0.3 bonus for 360 bwd LA**	2. Stretched salto fwd or bwd in acro line **+ 0.1 bonus for 360 LA**	2. Stretched salto fwd or bwd with 360 in acro line **+ 0.1 bonus for 720 LA**	2. Stretched salto with LA min 360 in acro line **+ 0.1 bonus for 720 LA**
	3. Salto fwd and bwd **+ 0.3 bonus if in combo line**	3. Salto fwd and bwd	3. Salto fwd and bwd	3. Salto fwd and bwd
	4. B Pirouette	4. B Pirouette	4. B Pirouette	4. B Pirouette
	5. Min 3 acro lines (min 2 flight elements, including one salto)			**Bonus + 0.4 bonus for double BA Salto**