

## OFSAA GIRLS' GYMNASTICS CHAMPIONSHIP

*The sole basis for the very existence of high school sport is the contribution it makes to the general educational experience of those students who participate.*

### MEET REGULATIONS

#### 1. **Date:**

The OFSAA Girls' Gymnastics Championship shall be held no earlier than three (3) weeks after the March break and no later than the last weekend of April unless extraordinary circumstances dictate a change.

#### 2. **Location:**

The location of the Championship shall be decided not later than the OFSAA Annual Meeting held in June of the school year prior to the Championship.

#### 3. **Meet Structure and Procedure:**

- (a) The OFSAA Girls' Gymnastics Championship shall be a two day competition.
- (b) The Competition Schedule for the Championship must be submitted to the Sport Advisory Chairperson for approval.
- (c) Formal march-in ceremonies shall be held at the beginning and the end of the meet. Gymnasts must wear competitive attire (leotard only) for the awards ceremony. Gymnasts/coaches not adhering to this rule are subject to sanction.
- (d) A coaches' meeting shall be held at a time designated by the convenor.

#### 4. **Entry:**

- (a) Entries shall be accepted from Association convenors or designates only.
- (b) (i) For Artistic Gymnastics competition, each Association may submit four (4) entries per event per division in Levels 1, 2, 3, and 4. Additional entries will be accepted on a pro-rated basis\* as determined by the Chairperson of the Sport Advisory Committee in consultation with the members of the Sport Advisory Committee and the OFSAA Office. All Level 5 competitors are eligible for OFSAA. All Level 6 competitors are eligible for OFSAA and must compete in at least two (2) events.
- (ii) For Aerobic Gymnastics (Sports Aerobics) competition, Associations with one

(1) school competing may enter one (1) team per division. Associations with two (2) schools competing may enter two (2) teams per division. Associations with three (3) or more schools competing may enter three (3) teams per division. Any one school may qualify one (1) team per division only. The only exception will be if a school has qualified both a novice and an open team, they may qualify a third team, **only** if that would not mean displacing a team from another school. No girl may compete on more than one Aerobic Gymnastics team.

\*Note: Specific guidelines for pro-rating entries will be sent to convenors.

- (c) Entries must be received by the OFSAA Convenor. Late entries will only be accepted if they can be accommodated and shall be subject to a penalty of an additional entry fee. The deadline date for entries shall be set in consultation with the Chairperson of the Sport Advisory Committee.
- (d) Substitution:
  - (i) Prior to the meet substitutions may be made during the warm-up period by the Association convenor or designate;
  - (i) For Levels 1, 2, 3, 4 and 5, in the event of an injury or illness during the meet, substitutions must be made in writing by the Association convenor or designate to the meet Convenor. A substitute must be a previously registered competitor within the same division and she will compete under her original number;
  - (iii) On the day of the meet no substitution may occur in Level 6 once the competition has started. If injury occurs prior to the meet follow (i) above.
- (e) Any suspensions or disciplinary actions in Association play shall be carried forward into OFSAA competition. The Association convenor shall be responsible for reporting such competitors and the nature of the disciplinary action on the OFSAA entry form.
- (f) For associations withdrawing a team(s) after the commitment deadline the minimum sanction imposed will be a fine equal to the entry fee. Further, if the withdrawal takes place at a time that impacts on the convenor, financially or logistically, a further fine may be issued. This fine may encompass costs incurred by the convenor for entry fee, banquet meals, banners, etc. as reviewed and approved by OFSAA. The association and/or school may also be brought forward to the Board of Reference sanctions.

## 5. Expenses

- (a) An Entry Fee shall be charged which shall be sufficient to cover operating costs of the meet. Any Association that does not meet its entry commitment after it has

declared an entry into the Championship will be required to submit the entry fee and a report will be made to the Board of Reference - Sanctions.

- (b) Participant Administration Fee.
- (c) Those schools having entries are responsible for arranging and financing their own travel, meals and accommodation for the event.
- (d) Billets for competitors may be arranged at the discretion of the convenor; when such billeting is requested competitors must accept billets as assigned as a condition of participation.

## 6. Eligibility:

To represent a school in any activity coordinated by the Federation a student **must**:

- (i) be eligible for competition under the Constitution, By-Laws and Standing Rules (Playing Regulations) of the Association to which her school belongs;
- (ii) be certified as eligible by the Principal of the school;
- (iii) meet the following age requirement: the individual's birth certificate indicates that she has not reached her 19th birthday by January 1st prior to the start of the school year in which the competition is held;
- (iv) be in Grades 9-12;
- (v) be eligible under the OFSAA Transfer Policy (By-Law 5, Section 4(f));
- (vi) be eligible for no more than five (5) consecutive years from date of entry into Grade 9 (By-Law 5, Section 4(g));
- (vii) have signed the Rules of Behaviour signature form for the competition.
- (viii) Any athlete participating in an OFSAA Championship or an OFSAA qualifying event must have participated as a member of a bona fide high school program during the current season under the supervision of a teacher-coach as certified by the school principal.

## 7. Events:

- (a) The order of events in which competition will take place for individual events is:

Vault, Uneven Bars, Balance Beam, Floor Exercise.

**Note:** Effective September 2003, the regular vault horse is no longer used for OFSAA competition. A splat progression was introduced to replace the regular vault competition which is outlined fully in the appendices.

- (b) Aerobic Gymnastics (Sports Aerobics) - Novice and Open team competition.

## 8. Rules of Competition:

- (a) All gymnasts competing at OFSAA must participate in a high school gymnastics program. A high school program is defined as:
  - (i) more than one athlete is participating;
  - (ii) a team must include non-current club competitors (i.e. may not be composed exclusively of current club competitors);
  - (iii) a teacher-coach or teacher-supervisor from that school must be present at all locations where school team members are practicing as a team in a facility outside the school;
  - (iv) at least one practice a week must occur in the school after January 1st with a teacher-coach or teacher-supervisor from that school present.
- (b) The FIG Code of Points with special modifications, as outlined in the Appendix, shall govern competition at the OFSAA meet.
- (c) For Aerobic Gymnastics (Sports Aerobics):
  - (i) a team may be comprised of 4, 5 or 6 girls;
  - (ii) There shall be two (2) competitive division - Novice and Open.

**Novice Division - All team members** must have competed as a member of the school's artistic gymnastics team in **Levels 1, 2 or 3 only** during the current competitive season. Members of the school's aerobic gymnastics team do not have to qualify for an OFSAA artistic gymnastics event to qualify for the OFSAA aerobic gymnastics team.

**Open Division** - Teams may be from schools entering the artistic gymnastics competition, or from schools without artistic programs. For those schools with entries in both artistic gymnastics and aerobic gymnastics, if **any gymnast** on the aerobic gymnastics team is from Level 4 or above in the artistic competition, or if there is a gymnast who does not participate in the artistic program the team **must** compete in the Open division.
  - (iii) all aerobic gymnastics teams must compete at their Association qualifying competition and must submit a signed evaluation sheet with their entry form.
- (d) Each school coach having competitors in the meet may have access to the floor providing the coach is in the uniform stipulated by Article 12 and is accredited (i.e., listed on the OFSAA entry form).
- (e) Student-athletes only are allowed on the equipment at any time.

## 9. Competitive Divisions:

*Gymnasts are registered in gymnastics programs as recreational or competitive gymnasts (current classifications OCP levels 1-10, old classifications Interclub,*

***Provincial, National).* The coach should obtain this information before the gymnasts can be placed in the correct division. This information can be obtained from gymnastic programs, clubs, and/or Gymnastics Ontario.**

- (a) The competitive divisions shall be named Levels 1, 2, 3, 4, 5, 6. For clarification purposes: Levels 1-5 may enter one or more events; Level 6 gymnasts must compete in at least two events.
- (b) A girl training two (2) or more times a week outside of her regular school program must compete in Level 4 or higher.

### **Artistic Gymnastics Experience**

Any gymnast who has competed or is currently competing at OCP Level 2 must compete in high school Level 2 or higher.

Any gymnast who has competed or is currently competing at OCP Level 3 must compete in high school Level 3 or higher.

Any gymnast who has competed or is currently competing at OCP Level 4 must compete in high school Level 4 or higher.

Any gymnast who has competed or is currently competing at OCP Level 5 must compete in high school Level 5 or higher.

Any gymnast who has competed or is currently competing at OCP Level 6 or higher must compete in high school Level 6.

### **Power Tumbling Experience**

Any gymnast who has competed or is currently competing at Interclub Power Tumbling (Levels C, B or A) or Provincial Level D Tumbling must compete in high school Level 2 or higher.

Any gymnast who has competed or is currently competing at Provincial Level C or B Tumbling must compete in high school Level 3 or higher.

Any gymnast who has competed or is currently competing at Provincial Level A or National Tumbling must compete in high school Level 5 or higher.

### **High School Gymnastics Experience**

A girl may compete in each of Level 1 and Level 2 for one year only.

## **OFSAA Experience**

A girl who has placed in the top six (6) in any event in Level 3 of OFSAA competition must compete Level 4 or higher in succeeding years.

A girl who places in the top six (6) in any two (2) events in Level 4 of OFSAA competition, must compete in Level 5 or higher the next year.

A girl who has placed in the top six (6) in three (3) events in Level 5 at OFSAA, must compete in Level 6 in succeeding years.

## **Category Petition Procedure:**

Petitions should be received in writing by the Sport Advisory Committee Chairperson by February 1st. Petitions must be forwarded by the school coach on school letterhead accompanied by a cheque for \$25 made payable to OFSAA. A copy must be sent by the coach to the Association convenor. Athletes from out-of-province or out-of-country must petition to determine their level of competition. Petitions will not be dealt with unless submitted in writing and accompanied by the petition fee. The Petition Committee shall be composed of three (3) members, one (1) of whom shall be the Chairperson of the Sport Advisory Committee. Any decision shall be given in writing.

Successful petitions must be re-submitted in the following competitive season with all competitor results for review by the Petition Committee. This information must be forwarded by the school coach on school letterhead. There is no fee for this procedure. A copy must be sent by the coach to the Association convenor. After reviewing the results, the Petition Committee will respond in writing to verify the gymnasts' category for that competitive season.

**Note:** If a gymnast competes in the wrong category at the OFSAA competition, her results will be invalid and she will not be eligible to compete in further OFSAA competition during that competitive year.

## **10. Uniform:**

All gymnasts and coaches are expected to dress in body suits or warm-up attire that is neat, clean and which maintains the integrity of the school's/Association's name, colours and logos. No sport club insignia on body suits or warm-ups shall be permitted. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition in single or multi-sport programs. Sponsorship recognition is permitted to be visible but must conform with the placement guidelines outlined in By-Law 6, Section 2(g).

Student-athletes must remain fully clothed in the appropriate attire in the competition area, AND use the designated locker room or change area to change to and from

competition attire. Incidents of non-compliance shall be forwarded to the Competition Committee for resolution.

## **11. Scoring:**

An Event Champion will be declared on each event for each level. That person will be the individual receiving the highest raw score in each event in each level. School team champions shall be declared for Levels 1-5, using the totals of the best two (2) scores in each event.

## **12. Awards:**

### (a) Artistic Events

- (i) **In Levels 1, 2, 3, 4 and 5** OFSAA medallions shall be presented to the first, second and third place finishers in each event in each division. Ribbons shall be presented to the fourth through eighth place finishers in each event in each division.
- (ii) **In Level 6**, OFSAA medallions shall be presented to the first, second and third place finishers in each event. To be eligible for any awards the gymnast must compete in at least two events unless injured during the meet. Injury must be verified by a medical authority. The first, second and third place schools will have the option to purchase medals for their athletes at the expense of the school.

(b) Aerobic Gymnastics Event – OFSAA medallions shall be presented to the first, second and third place teams, ribbons to the fourth through eighth place teams (to a maximum of 6 each).

(c) OFSAA-ineligible athletes, who were permitted to compete at the local league or Association level, shall not receive OFSAA medals, either at the Championship or after the event.

(d) Gymnasts must wear competitive attire (leotard only) for the awards ceremony.

## **13. Supervision:** (Reference By-Law 6, Section 1)

*A teacher is defined as a member of the Ontario College of Teachers or a holder of an Ontario Teacher's Certificate or equivalent.*

- (a) For team sports ("A team consists of all athletes from the same school who qualify for Federation competition as a unit..." {reference By-Law 5, Section 3}), a teacher from the same school, or a retired teacher, as approved by the principal of the school, must accompany and be responsible for the team.

- (b) For individual sports (those sports in which athletes from a school qualify for federation competition as individuals), the principal of the school may designate an adult who is not a teacher to accompany the athletes. In addition, a teacher, or a retired teacher, must be present and on site and designated by the principal to be responsible for the athlete(s).
- (c) For all sports, where the teacher, as indicated in (a) and (b) above, is not of the same sex as the athlete(s), and where the athlete(s) are required or might be required to stay overnight, a supervisory adult, as approved by the principal of the school, of the same sex as the athlete(s), must be present and available at the accommodation site for the duration of their stay in the accommodation.

#### **14. Registration:**

Registration materials will only be given to the teacher accompanying the athlete(s), upon receipt of a completed Rules of Behaviour signature form.

#### **15. Deportment:** (Reference By-Law 6, Section 2)

- (a) A team is defined as, "All participants representing the same school at an OFSAA Championship event".
- (b) A participant is defined as, "Anyone who has been granted proper authorization to enter a restricted area." "Restricted area" includes "those areas occupied by athletes and to which access by the general public is restricted or prohibited."
- (c) All participants are expected to abide by the, "Rules of Behaviour for Participants to OFSAA Championships". (see Appendix to By-Laws)
- (d) Supervising adults are responsible for the behaviour of participants for the duration of the Championships.
- (e) Teams are open to censure for failure of its participants to abide by the "Rules of Behaviour".
- (f)
  - (i) All coaches are expected to adhere to the Code of Ethics for Coaches to OFSAA Championships. (See Appendix II)
  - (ii) School personnel and coaches are expected to adhere to the Statement of Principle on Recruiting. (See Appendix IV)
  - (iii) Spectators are expected to adhere to the Code of Behaviour for Spectators. (See Appendix III)
  - (iv) All coaches are expected to adhere to the "Return to Play Guidelines". (See Appendix VI)
  - (v) School personnel and coaches are expected to adhere to the Policy on dispensing drugs, medication and food supplements. (See Appendix IX)
- (g) All schools entering a Federation Championship shall, by signature of the school principal on the Championship Entry Form, acknowledge responsibility for making restitution for damage resulting from misconduct by their participants.

(h) No artificial noisemakers are permitted at OFSAA Championship events.

**16. Social:**

If a special event is arranged, all competitors and coaches must attend. A social fee may be charged in addition to the entry fee in order to cover the costs of special events.

**Dress Code for Banquets:**

- no person shall wear jeans, shorts or a hat;
- girls shall wear dress pants or skirt with a dress top;
- if a themed event is planned by the convenor, then the convenor must apply to the OFSAA office for permission to vacate these rules;
- should there be an instance of improper attire, the Competition Committee shall deal with the matter and forward a report to the OFSAA Board of Reference - Sanctions.

**17. Medical:**

Provision shall be made by the Convenor to have a medical doctor in attendance or readily available and to follow appropriate hygienic precautions with regard to bodily fluids and communicable diseases. (See Appendix IV to the By-Laws.) Qualified first-aid personnel and equipment shall be available at the Championship site. Coaches shall provide all consumable medical supplies (e.g. tape, band aids) for their athletes.

**18. Gymnastics Judges Competition Jury of Appeal**

Gymnastics Judges Competition Jury of Appeal shall consist of three (3) individuals: the Chairperson of the OFSAA Sport Advisory Committee for Girls' Gymnastics or designate, a Meet Committee member and the Superior Judge of the Meet. The Gymnastics Judges Competition Jury of Appeal shall handle disputes which do not fall into the jurisdiction of Meet officials. A coach may request a Gymnastics Judges Competition Jury of Appeal to clarify a technical violation. The Gymnastics Judges Competition Jury of Appeal may accept the submission of a video to clarify a technical violation. A protest must be submitted in writing together with a \$50.00 fee (refundable if protest is upheld) within 15 minutes of the flashed score.

**19. Jury of Appeal:**

The Jury of Appeal shall consist of three (3) individuals: the chairperson of the OFSAA Girls' Gymnastics Sport Advisory Committee or designate, a member of the organizing committee and one (1) other member appointed by the Championship Convenor. The Jury of Appeal shall handle disputes which fall within the realm of:

- (a) Meet Structure and Procedure;
- (b) Rules and Officials;
- (c) Uniforms and Equipment.

but outside the realm of the Gymnastics Judges Competition Jury of Appeal as noted above.

Meet structure and procedure concerns shall be addressed no later than the end of the coaches' meeting.

A dispute must be submitted in writing to the Convenor or Designate together with a \$50.00 fee (refundable if dispute is upheld) within thirty (30) minutes, except as provided within specific sport governing regulations, of the conclusion of the event in which the incident under dispute occurred. Decisions of the Jury of Appeal shall be final.

A report of the Jury of Appeal decisions shall be forwarded to the Board of Reference - Sanctions.

## **20. Competition Committee:**

- (a) The Competition Committee shall consist of three (3) individuals: the Championship Convenor, or designate; an OFSAA staff or Executive Committee Member, or designate; and the Chairperson of the OFSAA Girls' Gymnastics Sport Advisory Committee, or designate. The Competition Committee shall handle disputes regarding:
  - (i) Eligibility;
  - (ii) Department;
  - (iii) Supervision and registration;
  - (iv) Social;
  - (v) Medical personnel;
  - (vi) Awards.

If a dispute cannot be resolved by the Competition Committee within a reasonable period of time, the event will continue and the dispute may be referred to a Board of Reference - General. (Please note that eligibility under the OFSAA Transfer Policy cannot be addressed at OFSAA events (By-Law 5, Section 4(f)).

Disputes which fall within the jurisdiction of the Competition Committee must be received in writing to the Convenor or designate, together with a \$50.00 fee (refundable if dispute is upheld) within a reasonable time frame.

Appeals to the decisions of the Competition Committee shall be addressed to the Board of Reference - General.

A report of the decisions of the Competition Committee shall be forwarded to the Board of Reference - Sanctions.

- (b) The Competition Committee shall be the body empowered to delay/cancel an event(s) due to unforeseen circumstances at the site(s).

***All Federation Championships are non-smoking events.  
This includes the use of all tobacco related products.***

***Participants must obey the Ministry of Education's Code of Conduct.***

***The following Appendices form an integral part of these Playing Regulations.***

**OFSAA GIRLS' GYMNASTICS**  
**APPENDIX 1 TO PLAYING REGULATIONS**  
**ARTISTIC GYMNASTICS**

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***OCP** is the Ontario Competitive Program of Gymnastics Ontario. The OCP Rules & Regulations will apply to all OFSAA categories unless otherwise stated in the OFSAA Rules & Regulations. Please note that in the absence of an OFSAA or OCP rule, the FIG Code of Points will be applied.*

*The OCP Rules & Regulations are posted on the Gymnastics Ontario website – [www.ogf.com](http://www.ogf.com) High school coaches should review on a regular basis the Technical Bulletins which are posted on the GO website. These bulletins provide updates, clarifications and interpretations on the rules. The OCP bulletins are issued throughout the season and apply as soon as they are posted to all OFSAA competitive categories unless otherwise stated in the OFSAA Rules & Regulations.*

## **EQUIPMENT**

### **Landing Mats**

Landing mats with a minimum of 12 cm thickness will be provided for each apparatus. At OFSAA 20 cm landing mats will be used. These mats may not be removed from underneath the apparatus. On Vault, Bars and Beam an additional mat(s) of up to 20 cm thickness will be allowed for safety reasons, if required. Additional landing mats that exceed 20 cm if used, will result in a .5 deduction from the gymnast's score. On floor, up to 10 cm of additional mats may be used for tumbling lines. Only this mat(s) may be removed during the routine. **Use of a 10 cm supplementary mat is mandatory for landings on vault, bars and beam.**

### **Additional Equipment**

Anyone bringing extra equipment must, prior to the warm-ups, declare the event at which the equipment will be used. The equipment must remain at the event throughout the duration of that competition.

### **Equipment Concerns**

If a contract with an equipment supplier has been secured, the term of the contract may include exclusivity. This exclusivity will apply to all equipment, including beat boards. Any information pertaining to exclusivity in the equipment supplier's contract must be included in the convenor's package.

## **EVENT SPECIFICATIONS**

### **VAULT TABLE**

- Height 125 cm and mat 20 cm (FIG). Up to 20 cm of additional landing mats are permitted.
- Runway is at least 24 m.
- Three running approaches are permitted if the gymnast has not touched the board and/or vault table. A fourth approach is not permitted.
- A gymnast is considered to have begun an approach as soon as the run has commenced.
- **Use of a 10 cm supplementary landing mat is mandatory.**
- For all Flat Back vaulting, the piled (stacked) mats must be equal to a height of
  - For level 1 – i) 105cm-110cm or ii) 120-125cm**
  - For level 2 – i) 120cm-125cm**
- A sting mat must be put in place to overlap the vault table and the piled mats.

## UNEVEN BARS

- LB 170 cm HB 250 cm, mat is 20 cm.
- Bars may be moved in or out.  
Diagonal distance between the 2 bars must be adjustable from 130 to 180 cm.
- Athletes qualifying for OFSAA who wish to raise both bars by one notch, may petition to do so on the OFSAA Entry Form.
- Non-removal of the beat board after the mount will result in a 1.0 deduction from the final score. This rule is in place to ensure the safety of the gymnast.
- **Use of a 10 cm supplementary landing mat is mandatory.**

### Falls – Uneven Bars

An interruption of 30 seconds is possible due to a fall from the bars. This will be timed separately. Exceeding the time limit on the fall will mean the routine is finished.

Timing of intermediate period (fall time) begins with:

- Fall OFF the apparatus, feet or hands leave the bars (**timing of 30 sec. begins when athlete is on her feet**)
- Fall ON the apparatus, when the body hits the bar

Time stops when the gymnast resumes her exercise: i.e. with the first element or movement, including the pumping or beat swing necessary to gain some swing on the bars.

There is no deduction for a coach speaking to the athlete during a fall.

If a gymnast falls from the uneven bars the coach may assist the gymnast in remounting to the high bar or low bar. A spotting penalty will not be applied. The gymnast does have 30 seconds to remount the bars and may use that time to climb back on the bars to a position from which she wishes to continue her routine. She is not deducted for climbing onto the bars to get into position to continue the routine. After a fall, the gymnast will be allowed one extra swing without penalty to restart the routine; however, two or more extra swings will be deducted 0.50 each time. After a fall, the gymnast may repeat the missed element and if successful, will be given credit for the Element and any CR.

- **There is no deduction for a double bounce on the beat board when mounting the apparatus.**

## BALANCE BEAM

- 125 cm padded beam and 20cm mat are required.
- Length of routine is 30 seconds to 1 minute 30 seconds for all levels.
- A warning bell will be rung at 1 minute 20 seconds and the final bell will be rung at 1 minute 30 seconds.
- A coach or another athlete must remove the beat board after the mount; failure to do so will result in a 1.0 deduction from the gymnast' final score.
- **Use of a 10 cm supplementary landing mat is mandatory.**

### Falls – Balance Beam

An interruption of 10 seconds is possible due to a fall from the beam. This will be timed separately. Exceeding the time limit on the fall will mean the routine is finished.

Timing of intermediate period (fall time) begins with:

- Fall OFF the apparatus; feet or hands leave beam (**10sec. begins once athlete is on her feet**)
- Fall ON the apparatus; when body hits the beam

Time stops when the gymnast resumes her exercise: i.e. with the first element or movement.

If a gymnast falls while remounting the beam after the fall, there will be a **1.00** deduction even if the timing of the exercise has not resumed.

There is no deduction for a coach speaking to the athlete during a fall.

***There is no deduction for a double bounce on the beam board when mounting the apparatus.***

### ***FLOOR EXERCISE***

- *Floor area 12 m x 12 m*
- *Additional mats of up to 10 cm are allowed for tumbling*
- *Length of routine is 30 seconds to 1 minute 30 seconds for all levels.*

*The floor music of the competing gymnast is the only piece recorded on that tape and must be recorded at the beginning of the tape. Floor music of a competing gymnast may be submitted on a CD. If floor music is on a CD, the competing gymnast's floor music must be on its own individual CD. A 0.50 penalty will be imposed on the gymnast's final score if a gymnast appears without a cassette or CD or if the gymnast's music is not recorded at the beginning of the tape/CD or if any other music is recorded on that tape/CD.*

*If the routine is stopped by a technical failure of the audio equipment, the gymnast has the following options:*

*Repeat her routine without penalty at the end of the rotation and count the second score.*

***OR***

*Not repeat the exercise, count the first routine (no 1.0 penalty for absence of music).*

*The coach may request the score of the first routine before choosing options.*

*If the wrong music is played, the gymnast may leave the floor until the appropriate music is ready. The chief judge will give a new starting signal to start routine. There is no penalty if the wrong music is played.*

### **GENERALITIES**

***1. Maximum Final Score (D-Score + E-Score) will be the same for each event at each Level.***

*2. D-Score on Bars, Beam and Floor is composed of: DV (Difficulty Value) and CR (Composition Requirements).*

*The E-Score includes Specific Apparatus Deductions, Execution errors, Composition and*

*Artistry. These are to be deducted from 10.0.*

- 3. Span for Judges' Scores: Span between the two counting E scores is 0.30 when the two counting E scores are between 0 and 1.50.*

*Span between the two counting E scores is 0.50 when the two counting E scores are between 1.50 or greater.*

*Span between Average E score and the D1 Judge's E score is 0.30 when the two counting E scores are between 0.0 and 1.50 and 0.50 when the two counting E scores are between 1.50 or greater. **Final Score is never rounded and will be truncated at 3 decimals if required (as in the case of 3 judges on a panel).***

- 4. No jewelry, bracelets, necklaces, headbands or watches may be worn by competitors. Only small stud type pierced earrings are allowed. The penalty for not complying with this rule is a 0.30 deduction from the gymnast's final score.*

### **Recognition of Elements**

- 5. On Bars, Balance Beam and Floor Exercise, the same elements will count only once for DV (Difficulty Value)*
- 6. If an element does not appear in the Code of Points, it does not have a value unless it is listed in the GCG or OCP list of elements.*
- 7. To be considered different, an element must have a different number in the Code of Points as per OCP rules.*
- 8. The performance of restricted moves will result in a 1.0 deduction from the final score for each restricted move. The restricted move receives no value and will not fulfill any CR's. The skill however will receive all applicable execution and amplitude deductions. Performance of a restricted vault will result in a 0.00 score.*
- 9. Only student athletes will be permitted on the competitive equipment during training, warm-up or competition sessions at OFSAA.*
- 10. On Bars and Beam, a coach standing in a position to spot (not blocking the view of the judges) is permitted without penalty. However, if the coach touches or spots the gymnast, a **1.00** deduction from the gymnast's final score will be applied each time spotting occurs during the routine.*
- 11. On Vault, spotting is only permitted on the landing with a **1.00** deduction. If spotting occurs during any other phase of the vault (ie. preflight, on*

*flight/repulsion) or during any phase of a flat back vault, the vault is considered void and will receive a score of 0.00.*

*One coach may stand beside the vault table with no deduction for all levels. A coach may not stand between the beat board and the apparatus.*

**Competition Attire:**

***FIG, GCG, GO & OFSAA will allow the following competition attire:***

***A full length one piece leotard (must be skin tight) may be worn with leg length optional – this is one layer only and does not include wearing tights or shorts over leotards.***

## A) EVENT REGULATIONS – VAULT

1. All vault competitors MAY perform two vaults. The vaults may be the same or different. **The final score will be the BEST score.** An athlete may choose to perform only ONE vault. If a second vault is not performed then the athlete will receive the score of the first vault.
2. A Vault Table only is allowed for Levels 3, 4, 5 and 6 vaults. Level 1 and 2 will be vaulting (Handspring to Flat Back Landing) from a beat board to stacked landing mats piled to a height of:

**Level 1: 105cm-110cm OR 120cm-125 cm.**

**Level 2: 120cm-125 cm.**

3. No use of a vault horse will be permitted at high school meets. Judges have been instructed not to judge vault at high school meets if a vault horse is being used.
4. Levels 1 and 2 will be permitted to do Handspring to Flat Back vaults on stacked mats only.

*Level 3 and 4 will be permitted to do a Handspring vault only, using only the Vault Table.*

*Level 3 is also permitted to do Handspring to Flat Back vault from a vault table to stacked mats piled to a height of 125 cm.*

Level 5 and 6 are permitted to do Table Vaults only.

5. The Height of the Vault Table is 125 cm (FIG) if the landing mat is 20 cm. At OFSAA there will be a 20cm landing mat and a 125cm vault table. **Use of a 10 cm supplementary landing mat is mandatory.**
6. For Flat Back vaulting from a vault table (only Level 3), the mats must be piled up to equal the height of the top of the vault table. **An additional sting mat must be put in place to overlap the vault table and the piled mats.**
7. **START VALUE is 12.0 for both Level 3 Flat Back and Handspring to feet.**
8. The following specific execution deductions will apply to the judging of **Level 3 Handspring Vault to the feet ONLY:**  
**Height** .1 .3 **Length** .1 .3 **Deep Squat** .3 **Insufficient Dynamics** .3  
**Max. Steps on Landing** .1 per step to a maximum of .3  

These modifications recognize that there are more areas for deductions for vaulting to the feet while still recognizing the importance of executing the vault properly and safely but still allowing the athlete performing a good Flat Back to be competitive.
9. Three running approaches are permitted if the gymnast has not touched the board and/or vault table. A fourth approach is not permitted. A gymnast is considered to have started an approach as soon as the run has commenced.

*If the gymnast touches the beat board or the vault table, the vault is void and is scored as 0.00.*

## OFSAA VAULT VALUES 2011-12

LEVEL	VAULT NUMBER	NAME OF VAULT	MAX FINAL SCORE
ONE	NO NUMBER ASSIGNED	FLATBACK (Stacked Mats Only)	11.9
TWO	NO NUMBER ASSIGNED	FLATBACK (Stacked Mats Only)	11.9
THREE	NO # ASSIGNED 1.00	FLATBACK (From Table to Stacked Mats) HANDSPRING -From Table to Feet	12.0 12.0
FOUR	1.00	HANDSPRING	12.0
FIVE	1.00	HANDSPRING	12.4
	1.01	HANDSPRING HALF	12.6
	1.02	HANDSPRING FULL	12.6
	1.10	YAMASHITA	12.6
	1.11	YAMASHITA HALF	12.6
	1.12	YAMASHITA FULL	12.6
	1.20	HALF ON HALF OFF	12.6
SIX	1.00	HANDSPRING	<b>12.9</b>
	1.01	HANDSPRING HALF	<b>13.1</b>
	1.02	HANDSPRING FULL	<b>13.5</b>
	1.03	HANDSPRING ONE +HALF	<b>13.7</b>
	1.04	HANDSPRING DOUBLE	<b>13.8</b>
	1.10	YAMASHITA	<b>13.1</b>
	1.11	YAMASHITA HALF	<b>13.3</b>
	1.12	YAMASHITA FULL	<b>13.7</b>
	1.20	HALF ON HALF OFF	<b>13.1</b>
	1.21	HALF ON FULL OFF	<b>13.4</b>
	1.22	HALF ON ONE+HALF OFF	<b>13.6</b>
	1.23	HALF ON DOUBLE OFF	<b>13.8</b>
	1.30	FULL ON HANDSPRING OFF	<b>13.5</b>
	1.31	FULL ON FULL OFF	<b>13.8</b>
	3.10	TSUKHARA TUCK	<b>13.8</b>
	3.101	TSUKHARA OPEN TUCK	<b>13.8</b>
	3.200	TSUKHARA PIKED	<b>13.8</b>

**2011 -2012 OFSAA Girls Gymnastics  
UNEVEN BARS**

<b>Maximum Final Score</b>	<b>11.90 Level 1</b>	<b>11.90 Level 2</b>	<b>12.00 Level 3</b>
<b>Difficulty Value (DV)</b>	Counting DV = 4 elements Dismount + 3 A's A @ 0.10 Maximum: 0.40	Counting DV = 4 elements Dismount + 3 A's A @ 0.10 Maximum: 0.40	Counting DV = 5 elements Dismount + 4 A's A @ 0.10 Maximum: 0.50
<b>CR's Composition Requirements @ 0.50</b>	1. Mount of Value 2. Circle element (excludes dismount) 3. Dismount <ul style="list-style-type: none"> <li>No dismount = 0.00</li> <li>A dismount on LB = 0.50</li> </ul>	1. 1 Bar Change (need not be an element of value) 2. Circle element (excludes dismount) 3. Dismount <ul style="list-style-type: none"> <li>No dismount = 0.00</li> <li>A dismount on LB = 0.30</li> <li>A dismount on HB = 0.50</li> </ul>	1. 1 Bar Change (need not be an element of value) 2. Circle element (excludes dismount) 3. Dismount <ul style="list-style-type: none"> <li>No dismount = 0.00</li> <li>A dismount on LB = 0.00</li> <li>A dismount on HB = 0.50</li> </ul>
<b>Non FIG A Elements</b> For a list of Non FIG A Elements refer to the Uneven Bars Element Chart			
<b>Restrictions</b>	No FIG B, C, D, E, F, G No HB elements No Kips No Flyaways No LB Giants No Uprises No Sole Circles	No FIG B, C, D, E, F, G No Kips No Flyaways No LB Giants No Uprise No Sole Circles	No FIG B, C, D, E, F, G *Kips Allowed No Flyaways No LB Giants No Uprise No Sole Circles
<b>Specific Execution Deductions</b>		<b>Composition Deductions</b>	
0.30 Poor Rhythm of entire exercise	0.00 Double Bounce on Mount	0.30 No Mount or No Mount of Value (L2 – 6)	
0.10ea Adjusted Grip position	0.30 Amplitude of Casts	0.50 No attempt to dismount	
0.30ea Brush/Touch on Apparatus	0.50ea Brush Mat with feet	0.30ea Uncharacteristic Bar Elements (climbing, rolling over, posing, stopping)	
0.50ea Hit on Apparatus with feet	1.00ea Hit on Mat with feet	<b>Please Note:</b> 0.30 No cast to horizontal (L1 – 5)	
0.50ea Intermediate Swing	0.10ea (Extra Swing of the Legs)	Elements can receive value only once. (eg. A Back Hip Circle performed on LB has no value if repeated on HB.)	
0.10 ea Insuff Extension on Kips	0.10 Insuff swingful execution	A total of 2 Kips may receive value in the routine: one as a mount and one in the routine (in Levels where Kips are not restricted.)	

**2011 -2012 OFSAA Girls Gymnastics  
UNEVEN BARS**

Maximum Final Score	12.00 Level 4	12.60 Level 5	13.80 Level 6
<b>Difficulty Value (DV)</b>	Counting DV = 5 elements Dismount + 4 A's A @ 0.10 Maximum: 0.50	Counting DV = 6 elements Dismount + 5 A's A @ 0.10 Maximum: 0.60	Counting DV = 7 elements Dismount + 6 elements A @ 0.10 B@ 0.30 C@ 0.50 <b>Maximum: 1.30</b>
<b>CR's Composition Requirements @ 0.50</b>	1. 1 Bar Change (element must have value) Definition of Bar Change: grip begins on 1 bar & ends on other bar. 2. Circle element (excludes dismount) 3. Dismount <ul style="list-style-type: none"> <li>• No dismount = 0.00</li> <li>• A dismount on LB = 0.00</li> <li>• A dismount on HB = 0.50</li> </ul>	1. Kip 2. 1 Bar Change (element of value) Definition of Bar Change: grip begins on 1 bar & ends on other bar. 3. Circle element (excludes pullover) 4. Dismount <ul style="list-style-type: none"> <li>• No dismount = 0.00</li> <li>• A dismount on LB = 0.00</li> <li>• A dismount on HB = 0.50</li> </ul>	1. 1 Bar Change (element of value) Bar Change: grip begins on 1 bar & ends on other bar. 2. 1 B* element from the following: uprise, clear hip circle, giant, pike sole circle, staldler circle fwd/bwd cast to handstand ½, swing fwd ½ to 45° above HB 3. Circle/close bar element (Group 2, 4, 5 & giants (fwd/bwd) 4. <b>Cast to 45°</b> 5. Dismount <ul style="list-style-type: none"> <li>• No dismount or non-salto A dismount = 0.00</li> <li>• Tuck Flyaway (fwd/bwd) = 0.30</li> <li>• B dismt, Layout Flyaway (fwd/bwd). Toe - on Salto = 0.50</li> </ul>
<b>Level 6 Elements</b> <b>Non FIG A Elements</b> * Cast to minimum 45° (Gr.2)		<b>L6 Non FIG B Elements</b> * Uprise (also turning uprise) (Gr 2) * Layout Flyaway bkwd & fwd * Swing fwd with ½ turn to min 45° above HB (Gr 2)	
<b>Restrictions</b>	No FIG B, C, D, E, F, G No Flyaways No Counterswing No LB Giants No saltos between bars	No FIG B, C, D, E, F, G No LB Giants	No FIG D, E, F, G <b>FIG Cs Allowed but not Required</b>
<b>Specific Execution Deductions</b>  0.30 Poor Rhythm of entire exercise <u>0.10ea</u> Adjusted Grip position <u>0.30ea</u> Brush/Touch on Apparatus <u>0.50ea</u> Hit on Apparatus with feet <u>0.50ea</u> Intermediate Swing 0.10 ea Insuff Extension on Kips		<b>Composition Deductions</b> <u>0.30</u> No Mt or Mt of NV (L2-6) <u>0.30</u> No Cast to Horizontal (L1-5) <u>0.50</u> No attempt to dismount <u>0.30ea</u> Uncharacteristic Bar Elements (climbing, rolling over, posing, stopping) <b>Please Note:</b> Elements can receive value only once. (ie. A Back Hip Circle performed on LB has no value if repeated on HB.) A total of 2 Kips may receive value in the routine: one as a mount and one in the routine	
		<b>Level 6 Only</b> <u>0.50ea</u> Pullover as mount or in routine <u>0.10</u> 3 of the same element directly connected to dismt.	
0.00 Double Bounce on Mount 0.30 Amplitude of Casts 0.50ea Brush Mat with feet <b>1.00ea Hit on Mat with feet</b> 0.10ea Extra Swing of the Legs 0.10 Insuff swinging execution			

**2011 -2012 OFSAA Girls Gymnastics  
BALANCE BEAM**

Maximum Final Score	11.90 Level 1	11.90 Level 2	12.00 Level 3
<b>Difficulty Value (DV)</b>	Counting DV = <b>4 elements</b> Dismount + <b>3 A's</b> A @ 0.10 Maximum: <b>0.40</b>	Counting DV = 4 elements Dismount + 3 A's A @ 0.10 Maximum: 0.40	Counting DV = 5 elements Dismount + 4 A's A @ 0.10 Maximum: 0.50
<b>CR's Composition Requirements @ 0.50</b>	1 1 Acro element (excluding dismount) 2 2 <u>consecutive</u> & different leaps/jumps/hops 3. Dismount <ul style="list-style-type: none"> <li>No dismount = 0.00</li> <li>A dismount = 0.50</li> </ul> Consecutive means 2 or more leaps/jumps/hops performed one after the other on the beam. A stop, pause, or small foot adjustment are okay unless the deductions that occur between the leaps/jumps/hops are 0.30 or greater.	1 1 Acro element (excluding dismount) 2 Dance <u>connection</u> of min. 2 different leaps/jumps/hops 3. Dismount: <ul style="list-style-type: none"> <li>No dismount = 0.00</li> <li>A dismount = 0.50</li> </ul> Connection means 2 or more different jumps/leaps/hops are performed without any stops, hesitations, extra steps or loss of balance between elements. An arm swing is acceptable on landing of first element in preparation for take-off of 2 <sup>nd</sup> element.	1 <b>Two</b> different Acro elements (excluding dismount) 2 Dance <u>connection</u> of min. 2 different leaps/jumps/hops 3. Dismount: <ul style="list-style-type: none"> <li>No dismount = 0.00</li> <li>A dismount = 0.50</li> </ul>
<b>Non FIG A Elements For additional Non FIG A Elements refer to Beam Element Chart</b>			
* Handstand without hold (within 10°) <b>Level 1- 5 only</b> * Back shoulder roll ( <b>Level 1 – 5 only</b> )		* 180° turn on one foot <u>relevé</u> <b>Level 1 – 4 only</b> * Forward Roll to Sitting position <b>Level 1 &amp; 2 only</b> (torso must be vertical with shoulders off the beam)	
<b>Restrictions</b>	<b>No B, C, D, E, F, G</b> No walkover, tic-toc, tinsica or valdez No flight or aerial tumbling <u>on beam</u> No salto, or series or B dismounts	<b>No B, C, D, E, F, G</b> No walkover, tic-toc, tinsica or valdez No flight or aerial tumbling <u>on beam</u> No salto, or series or B dismounts	<b>No B, C, D, E, F, G</b> No flight or aerial tumbling <u>on beam</u> No series or B dismounts
<b>Special Execution Deductions</b> <u>0.30ea</u> Add'l support of 1 leg against side of beam <u>0.50ea</u> Grasp on beam to avoid fall <u>0.10ea</u> Concentration pauses (> 2 sec) 0.50 Add'l movements to maintain balance <b>1.00</b> 3 <sup>rd</sup> Run Approach/Touch board w/o Mounting <b>0.00</b> Double Bounce on Board for Mount		<b>Artistry Deductions</b> <u>0.10</u> Insufficient variation in rhythm <b>0.30</b> Lack of Sureness of performance <u>0.10</u> Lack of Creative Choreography <u>0.10</u> Lack of Personal Style	
		<b>Composition Deductions</b> <u>0.10</u> Mount not from Table of Elements <u>0.10</u> Missing move close to beam w/ torso or <u>head touching</u> <u>0.30</u> Missing 2 sec. hold on 1 foot in relevé – full turn prep (Level 1 & 2 Only) (can be replaced by full turn or releve ½ turn) <b>0.30</b> Missing Releve turn on one foot (1/2 or greater) Level 3 <u>0.50</u> No attempt to dismount <u>0.30</u> Attempt w/o performance of an element	

**2011 -2012 OFSAA Girls Gymnastics  
BALANCE BEAM**

Maximum Final Score	12.00 Level 4	12.60 Level 5	13.80 Level 6
<b>Difficulty Value (DV)</b>	Counting DV = 5 elements Dismount + 4 A's A @ 0.10 Maximum: 0.50	Counting DV = 6 elements Dismount + 5 A's A @ 0.10 Maximum: 0.60	Counting DV = 7 elements Dismount + 6 elements A @ 0.10 B@ 0.30 C@ 0.50 <b>Maximum: 1.30</b>
<b>CR's Composition Requirements @ 0.50</b>	1. Two different Acro elements * (excluding dismount) 2. Dance connection of min. 2 different leaps/jumps/hops 3. Dismount: <ul style="list-style-type: none"> <li>No dismount = 0.00</li> <li>A dismount = 0.50</li> </ul> <p>*One of the two acro elements must go to or through handstand*</p>	1. Two acro elements* in different directions (bkwd & fwd or sideward) (excludes dismt) 2. Dance connection of min. 2 different leaps/jumps/hops 3. Two consecutive acro elements (may be same or different) 4. Dismount: <ul style="list-style-type: none"> <li>No dismount = 0.00</li> <li>A dismount = 0.50</li> </ul> <p>*One of the two acro elements EGR #1 must go to or through handstand*</p>	1. 3 diff acro elements in 2 different directions ( <b>bkwd</b> & fwd or sideward) (excludes dismt) 2. Dance connection of <b>min.</b> 2 different leaps/jumps/hops one with 180° split (cross position only) - 180° split l/j/h can be an isolated element or in dance connection 3. Acro series (no flight required; 1 elemt must pass thru hstd) 4. Turn on 1 foot 5. No dismount or A non-salto dsmt = 0.00 <ul style="list-style-type: none"> <li>A+ salto/Aerial Dsmt = 0.50</li> </ul>
<b><u>Non FIG A Elements</u></b>		<b><u>Non FIG B Elements (Level 4 – 6)</u></b>	
* Handstand without hold (within 10°) <b>Level 1- 5 only</b>		* Tuck Jump ½ Turn * Straddle Jump * Pike Jump * Schuschnova	
* 180° turn on one foot <u>relevé</u> (Level 1 - 4 only)		* Cat Leap ½ Turn (back 2 <sup>nd</sup> leg must finish behind)	
* Back shoulder roll (Level 1 – 5 only)		* Free Forward Roll *Mt. or in Routine	
<b><i>For additional Non FIG A Elements refer to Beam Element Chart</i></b>			
<b>Restrictions</b>	No FIG B, C, D, E, F, G <b>Exception: Jump, press or swing to handstand</b>	No FIG B, C, D, E, F, G Exception: Jump, press or swing to handstand (mt or in routine)	No FIG D, E, F, G <b>FIG C's Allowed but not Required</b>
<b>Special Execution Deductions</b>		<b>Artistry Deductions</b>	<b>Composition Deductions</b>
0.30ea Add'l support of 1 leg against side of beam		0.10 Insufficient variation in rhythm	0.10 Mount not from Table of Elements
0.50ea Grasp on beam to avoid fall		<b>0.30 Lack of Sureness of performance</b>	0.10 Missing move close to beam w/ torso or <u>head touching</u>
0.10ea Concentration pauses (> 2 sec)		0.10 Lack of Creative Choreography	0.50 No attempt to dismount
0.10ea Poor rhythm in connections (L 5 & 6 only)		0.10 Lack of Personal Style	0.10ea More than one leap/jump/hop to prone or front support
0.50 Add'l movements to maintain balance			0.10ea <u>More than one ½ turn pivot done on 2 feet</u> (Level 5 & 6 Only)
<b>1.00 3<sup>rd</sup> Run Approach/Touch board w/o Mounting</b>			0.30 No Releve turn on one foot (1/2 or greater) Level 4 only
0.00 Double Bounce on Board for Mount			0.30 No Min. 180° turn on one foot releve immediate pivot turn on 2 feet L 5 Only
			0.30 Attempt w/o performance of an element

**2011 -2012 OFSAA Girls Gymnastics  
FLOOR EXERCISE**

Maximum Final Score	11.90 Level 1	11.90 Level 2	12.00 Level 3
<b>Difficulty Value (DV)</b>	Counting DV = <b>4 elements</b> 4 A elements A @ 0.10 Maximum: <b>0.40</b>	Counting DV = <b>4 elements</b> 4 A elements A @ 0.10 Maximum: <b>0.40</b>	Counting DV = <b>5 elements</b> 5 A elements A @ 0.10 Maximum: 0.50
<b>CR's Composition Requirements @ 0.50</b>	<ol style="list-style-type: none"> <li>Two different acro series of min 3 acro elements (no flight required) (different means 2<sup>nd</sup> series contains an element not yet in the routine)</li> <li>Two acro elements in different directions (<b>backward</b> &amp; fwd or sideward)</li> <li>Dance passage of min 2 <u>different</u> elements 1 being a leap or hop with a 1 foot take-off (the other can be leap/jump/hop)</li> </ol>		
	<i>For additional Non FIG A Elements refer to Floor Element Chart</i>		
	<b>Non FIG A Element: Back Roll to Finish on Feet, Legs Together(Level 1-3 only)</b>		
<b>Restrictions</b>	No FIG B, C, D, E, F, G No Saltos/NoAerial Cartwheel/Walkover No more than <u>one back handspring in the routine</u>	No FIG B, C, D, E, F, G No Saltos/NoAerial Cartwheel or Aerial Walkovers No more than <u>one back handspring in each series</u>	Dance B's allowed No FIG B (acro), C, D, E, F, G No Saltos/ No Twists No Aerial Cartwheel or Aerial Walkovers
<b>Specific Execution Deductions</b> 0.10ea Concentration pauses (> 2 sec) 0.10 Missing synchronization with the music or last movement does not end with the music <b>1.00 Music with voice or no music</b>	<b>Artistry Deductions</b> <b>0.30 Poor relationship of music &amp; movement</b> 0.10 Insufficient variation in rhythm <b>0.30 Lack of Creative Choreography</b> 0.10 Lack of Personal Style <b>0.10 Inability to Express the theme of music</b>		<b>Composition Deductions</b> 0.10 Insufficient Use of Space 0.10ea Excessive running before a simple element or series 0.10 Missing movement close to floor (leotard, thigh or head touching floor) 0.10ea More than 1 leap/jump/hop to prone or front support 0.30 Missing Full Turn on 1 foot (must have value) L1-6 0.30 No Acro Series in the routine L1-6 0.30 Attempt w/o performance of an element

**2011 -2012 OFSAA Girls Gymnastics  
FLOOR EXERCISE**

Maximum Final Score	<b>12.00</b> <b>Level 4</b>	<b>12.60</b> <b>Level 5</b>	<b>13.80</b> <b>Level 6</b>
<b>Difficulty Value (DV)</b>	Counting DV = <b>5 elements</b> 5 A elements A @ 0.10 Maximum: <b>0.50</b>	Counting DV = 6 elements Dismount + 5 elements A @ 0.10 Maximum: 0.60	Counting DV = 7 elements Dismount + 6 elements A @ 0.10 B@ 0.30 C@ .50 <b>Maximum: 1.30</b>
<b>CR's Composition Requirements @ 0.50</b>	1 Two different acro series of min 2 acro elements (1 series must have 2 flight elements) (different means 2 <sup>nd</sup> series contains an element not yet in the routine) 2 Two acro elements in different directions (bkwd & fwd or side) *(flight not required) 3 Dance passage of min 2 different elements 1 being a leap or hop (other can be leap/jump/hop)	1 2 different acro series (2 acro flight, no salto required) 2 Two acro elements in different directions ( <b>bkwd</b> & fwd or side) *(flight not required) 3 Dance passage of min 2 different leaps or hops 4 No dismount = 0.00 Dismount* = 0.50  *Dismount is the last acro flight element or salto performed singly or in a connection	1. 1 salto acro series (*min of 2 directly connected acro flt els. 1 of which is a salto) 2. 2 <sup>nd</sup> different salto acro series* 3. 2 saltos in diff directions in exercise ( <b>Bkwd</b> & fwd or swd) 4. Dance passage of min. 2 different leaps/hops one being a leap/hop with 180°split (cross position only) 5. No Dismount = 0.00 A+ Salto dismount= 0.50 Dismount is the last salto element performed singly or in a connection
<b>Restrictions</b>	Dance B's Allowed No FIG B (acro), C, D, E, F, G No more than 1 salto in routine No Layouts	No FIG C, D, E, F, G No acro series with 2 saltos Max. 2 saltos in the routine	No FIG D, E, F, G No Double Saltos <b>FIG C's Allowed but not Required</b>
<b>Specific Execution Deductions</b> <u>0.10ea</u> Concentration pauses (> 2 sec) 0.10 Missing synchronization with the music or last movement does not end with the music <b>1.00 Music with voice or no music</b>	<b>Artistry Deductions</b> <b>0.30 Poor relationship of music &amp; movement</b> <u>0.10</u> Insufficient variation in rhythm <b>0.30 Lack of Creative Choreography</b> <u>0.10</u> Lack of Personal Style <b>0.10 Inability to Express the theme of music</b>	<b>Composition Deductions</b> <u>0.10</u> Insufficient Use of Space <u>0.10ea</u> Excessive running before a simple element or series <u>0.10</u> Missing movement close to floor (leotard, thigh or head touching floor) <u>0.30</u> Attempt w/o performance of an element <u>0.10ea</u> More than 1 leap/jump/hop to prone or front support <u>0.30</u> Missing Full Turn on 1 foot (must have value) L1-6 <u>0.30</u> No Acro Series in the routine L1-6	

**List of Non FIG/OCP “A” Elements UNEVEN BARS      NV=No Value**

Element	Non FIG	FIG	Element	Non FIG	NV FIG
Pullover Mount on LB	A	NV	Underswing with ½ turn on LB to hang on LB	A	NV
Glide with ½ turn, glide kip to support on LB (switch kip)	A	NV			
Long Swing Pullover on LB or HB (in routine)	A	NV	Underswing Dismount off HB	A	NV
Cast to Squat/Stoop/Straddle on to LB to catch HB	A	NV	Underswing Dismount off LB	A	NV
Hip Circle Forward, also Hip Circle Backward	A	NV			
<b>Cast to Horizontal Legs Together Level 1-5</b>	A1-5	NV			
<b>Cast to 45° (Level 6 Only)</b>	A-6	NV			

**List of Non FIG/OCP “A” Elements BALANCE BEAM      NV=No Value**

Element	Non FIG	FIG	Element	Non FIG	FIG
Jump to Side Straddle or Split/Cross Split Sit Mount	A	NV	Arabesque Scale/ Y Scale-Free Leg Held above 140°fwd or Sideward/Scale Forward-Free Leg Held above 140° (2 sec)	A	NV
Jump with Hand Support to Squat Stand Mount	A	NV	Forward Roll to Feet (squat/stand, also as mount) Forward Roll to Sit (end with torso vertical) <u>Level 1 &amp; 2 only</u>	A A	NV NV
Jump with Hand Support to Clear Straddle Support (2 secs)	A	NV	Handstand not Held <b>(OFSAA Level 1 – 5 only)</b>	A L1-5	NV
Split Leap with front or back leg bent	A	NV	Kick to side or cross Handstand (2 sec)	A	NV
Split Leap ¼ with front or back leg bent	A	NV	Back Shoulder Roll <b>(OFSAA Level 1 – 5 only)</b>	A L1-5	NV
Scissor Leap Forward or Backward	A	NV	Back Roll to knees/straddle sit or squat/stand	A	NV
Stretched Jump(also with ½ turn or changement beat of leg	A	NV	Cartwheel	A	NV
Tuck Jump/Hop	A	NV	Front Handspring (also with ½ twist) Dismount	A	NV
Cat Leap	A	NV	Cartwheel with ¼ twist (or Round-Off ) Dismount	A	NV
Straddle Jump – hips extended (min 150° leg separation)	A	NV	Aerial Cartwheel or Aerial Walkover Dismount	A	NV
½ Turn on 1 foot on Relevé (OFSAA Level 1 – 4 Only)	A L1-4	NV	Clear Pike Support (2 secs) with legs in Straddle Pike position (Hold element) <b>Clear Pike Support Legs together is a B</b>	A	NV

**List of Non FIG/OCP “A” Elements FLOOR EXERCISE NV=No Value**

<b>Element</b>	<b>Non FIG</b>	<b>FIG</b>	<b>Element</b>	<b>Non FIG</b>	<b>FIG</b>
Split Leap with front leg bent (also back leg bent)	<b>A</b>	<b>NV</b>	Handstand Forward Roll	<b>A</b>	<b>NV</b>
Pike Jump	<b>A</b>	<b>NV</b>	<b>Forward Roll to Squat or Stand</b>	<b>A</b>	<b>NV</b>
Scissor Leap Forward or Backward	<b>A</b>	<b>NV</b>	Back Extension ( Back Roll to Handstand)	<b>A</b>	<b>NV</b>
Jump Hop or Chassé with 1/1 turn	<b>A</b>	<b>NV</b>	Walkover (Forward/Backward/Tic-Toc)	<b>A</b>	<b>NV</b>
Tuck Jump Hop (also with ½ turn)	<b>A</b>	<b>NV</b>	Cartwheel with or without Flight	<b>A</b>	<b>NV</b>
Cat Leap (also with ½ turn)	<b>A</b>	<b>NV</b>	<b>Back Roll to Finish on Feet, legs together (OFSAA Level 1 – 3 only)</b>	<b>A</b> <b>L1-3</b>	<b>NV</b>

**OFSAA GIRLS' GYMNASTICS**  
**APPENDIX II TO MEET REGULATIONS**  
**AEROBIC GYMNASTICS**

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**GUIDELINES**

**DRESS CODE**

1. **A neat and proper athletic appearance** must be the overall impression.
2. Group members must wear a **one piece leotard** or unitard (long sleeved, short sleeved or sleeveless). Either **bike pants or full length tights** must be worn over or under the leotard. The leotard/unitard may not have cutouts and must not be backless. A top (sport bra style, t-shirt, etc.) and separate bottoms (boxer shorts or other undergarment styles) are not permitted.
3. Although all members of the team do not need to wear identical uniforms, the team should **appear as a coordinated group**.
4. **No jewellery**, bracelets, necklaces or watches may be worn by competitors. Only small stud type pierced earrings are permitted.
5. Long hair must be tied back.
6. **Running shoes** must be **predominately white, clean** and laces properly tied.
7. Loose items such as belts, suspenders, scarves are not permitted. **Props** (canes, hats, rubber bands, weights, hoops, ribbons) are also **not allowed**.

**MUSIC**

The routine must be performed in its entirety to music. The group routine must be a **minimum of 1:15** to a **maximum of 1:45 minutes in length**. *A 1.00 time fault deduction will be taken for music that is under or over time.* The music should be upbeat and fast paced. Music can be selected from the pop, rock, disco or hip hop category. Rap music is not permitted. Lyrics may not contain vulgar, suggestive or foul language.

**FLOOR**

The routine will be performed on the regular 12 x 12 m floor exercise mat. (Note: At OFSAA, a carpeted spring floor will be used.)

**COMPOSITION OF ROUTINES**

A routine is made up of aerobic choreography and elements (these elements are grouped into four families of moves). The composition of the routine must show balance between aerobic dance movement patterns/sequences and difficulty elements. A balance must also be shown in the use of all space, floor surfaces and airborne movements. (Refer to the list of Difficulty Elements, Basic Aerobic Steps, Aerobic and Dance Movements.)

**Sequences of complex combinations must be contained within the content of the routine.** A complex combination is defined as a series of basic aerobic steps and movement patterns using simultaneous arm and leg movements that show variety in some of the following ways: speed, travel directions, range of motion, symmetrical, asymmetrical movements, height, angle, planes, levels and High or Low impact.

**OFSAA AEROBIC GYMNASTICS**  
**Difficulty Value Information**

**Maximum Difficulty Value = 10.0**

**Max. DV = Total of Compulsory Elements (.50) + DV Bonus (2.00) + CRs (2.50) = 5.00x 2**

**Note:** A DV List of Elements for a Team's routine (a DV form will be provided) must be submitted to the Aerobic Gymnastics Chief Judge prior to the competition. All elements (maximum 12 ) should be listed in the order in which they occur in the routine and indicate any elements that are not performed by all members with an "S". (See *attached DV Form*)

**Compulsory Elements: DV (0.50)**

- **Four** compulsory elements are required, at a total value of **0.50** (one compulsory element is from each of the four element groups A, B, C, & D)
- the four compulsory elements must be **performed by all members of the group at the same time or in consecutive sequence**
- *Difficulty elements not meeting the minimum technical requirements and difficulty elements with a fall will receive a value of 0.0.*

**The Compulsory Elements are:**

**Novice Category (0.50)**

A. Pushup (2 hands-2 feet)	0.10
B. Seated V-sit Hold (2 sec)	0.10
C. Scissor Leap	0.20
D. Scale (No arch)	0.10

**Open Category (0.50)**

A. Tricep Pushup with knees on the floor	0.10
B. 1 Hand Side Support (2 sec)	0.10
C. 1/2 Air Turn (Jump 1/2 Turn)	0.20
D. 4 Consecutive Leg Kicks (waist high)	0.10

**DV Bonus Value (2.00)**

- An additional 4 elements (Novice), and an additional 5 elements (Open) may be used to achieve Bonus Value
- *Difficulty elements not meeting the minimum technical requirements and difficulty elements with a fall will receive a value of 0.0.*
- **In the Novice Category:** An additional 4 Bonus elements may be performed from any of the Four Element Groups and are valued at 0.50 each to a maximum 2.00 DV Bonus.
- **In the Novice Category:** The additional 4 Bonus elements must be performed by all members of the group at the same time or in consecutive sequence.
- **In the Open Category:** An additional 5 Bonus elements may be performed from any of the Four Element Groups and can range in difficulty value from 0.10 up to 0.40 (*refer to the CanGym/FIG Aerobic Code of Points*) to a maximum of 2.00 DV Bonus
- Any elements performed that are valued at 0.50 or greater in the FIG Aerobic Code of Points can only receive a maximum value of 0.40
- **In the Open Category:**
- **Four of the five** Bonus elements must be performed by all members of the group at the same time or in consecutive sequence
- **One of the five** Bonus elements can be performed by at least one member of the group while the rest of the group is doing something else.
- **The 5 highest difficulty values (only 1 element of the 5 can count if performed by one or a few members) performed are used to calculate the DV Bonus**

**COMPOSITION REQUIREMENTS (CRs) 2.50**

**Each CR is valued at a 0.50 value to a maximum value of 2.50 as indicated below.**

1. The routine must contain a minimum of 8 elements **not exceeding a maximum of 12 elements. Exceeding 12 elements is a penalty of 1.00.**
2. A Balanced Distribution of elements from the four Element Groups. The routine must contain **two elements from each of the four family groups** of elements. **(0.50)**

- Group A - Pushups, Freefalls, Leg Circle/Cuts
- Group B - Supports and Levers
- Group C - Jumps and Leaps
- Group D - Flexibility, Turns, Kicks, Balances

3. A balanced distribution of Aerobic movements, Dance movements & Difficulty Elements is required. **(0.50)**
4. Minimum one **Aerobic Basic Step Sequence** of 16 counts. The sequence must contain a minimum of **four** of the following **seven** basic aerobic steps - knee lift, kick, lunge and jumping jacks. The other steps – marching, jogging and skipping may be used as transition moves (see suggested list of Aerobic moves.) The sequence must not include the difficulty elements or dance movements. **(0.50)**
5. Minimum one **Aerobic Dance Sequence** of 16 counts or 2 x 8. The sequence is an assembly of aerobic choreography performed on the feet which can include dance steps such as - chassee, step ball change, etc., and aerobic movements such as - step touches, hamstring curls, etc. (See suggested list of dance steps and aerobic movements.) Difficulty elements (Jumps, Leaps, Turns) are permitted (however, difficulty elements performed down on the floor are not permitted in the Aerobic Dance Sequence). **(0.50)**
6. A group routine requires a minimum of 2 Lifts. **1 Lift must occur in the routine.** (see definition of Lifts) **(0.50)**

## RESTRICTED MOVES

Gymnastics moves that require the participant to be supported by their hands while their feet are above the head are prohibited.

Restricted elements include: bridge/back bends, walkovers, cartwheel, roundoff, kips, handsprings, flicflacs, saltos, walking handstands.

**\*\*NOTE:** Rolls (forward, back, side or dive) are now **allowed** & are considered to be transition movements to change level only.

**Lifts with propulsion are not permitted.** A lift is defined as: When one or more competitors are lifted, held, supported or carried off the ground.

***In a lift an individual may be inverted, swung, or perform saltos as long as they are supported, carried or held throughout.***

***No propulsion or releases are permitted during the lifts. Propelling is defined as when a person is thrown by a partner/members of a group or a partner/group members are used to spring off into an airborne position. Airborne is defined as when a person has no contact with the surface or a partner/group members.***

*In the case of a standing lift (pyramid), the build cannot be higher than two standing persons high.*

*If the last movement of the routine is a lift, when the final lift has commenced, i.e., when the person lifted is without contact with the floor, she is not allowed to touch the floor with any body part until the routine is over. If this occurs, a .5 deduction will be taken.*

**A 1.00 deduction will be taken for the following Restricted Moves:**

- Inverted Moves    Inappropriate Attire
- Illegal Pyramids    Inappropriate Music
- Propelled Lifts    **Exceeding Maximum 12 Elements**

## EVALUATION OF ROUTINES

Evaluation of the routine will be based on the following areas: (Refer to the OFSAA Evaluation Sheets)

### A. COMPOSITION/DIFFICULTY

- Adherence to Time Requirements
- Adherence to Difficulty & Element Group Requirements– 2 elements from each of the 4 family groups/maximum of 12 elements/4 Compulsory Elements/4 (Novice) or 5 (Open) Optional Bonus Elements/Basic Step Sequence/Aerobic Dance Sequence/2 Lifts- 1 within the routine
- Use of Restricted Moves
- Balance distribution of Difficulty, Dance and Aerobic movement.

### B. EXECUTION

- group synchronization
- precision/amplitude of movements
- body alignment/proper technique of basic aerobic steps/elements
- no arching of back or neck

### C. ARTISTIC

#### **Choreography-**

- a. Creativity, Originality, Variety in Interactions, Lifts, Opening and Ending, Formations, Transitions, Sequences
- b. Intensity – competitors moving at all times with good speed and amplitude of movement, demonstrating high energy and cardiovascular endurance.

#### **Use of Music - Music Suitability**

– Moves suit the music and the music suits the moves

#### **Content –**

- a. Use of Complex Combinations/Sequences
- b. Transitions and Linking (overall continuity)- different movements/levels must lead to another in an easy, natural and dynamic way

#### **Use of Space – must travel into the 5 areas (excludes start position)**

- use a variety of directions (fwd, bwd, side, diagonal, circular)
- use a variety of formations

#### **Presentation –**

- a. Showmanship, Enthusiasm, Confidence, Quality of Movement

## OFSAA AEROBIC GYMNASTICS GENERAL INFORMATION

A team may be comprised of 4, 5 or 6 competitors.

There are two competitive OFSAA Aerobic Gymnastics (Sports Aerobics) categories.

**Novice:** All team members must be competing in Artistic Gymnastics Levels 1 – 3. Each member of a school's Novice Aerobic Gymnastics team must have competed as a member of the school's artistic gymnastics team in at least one artistic gymnastics competition during the current competitive season. Members of the school's aerobic gymnastics team do not have to qualify for an OFSAA artistic gymnastics event to qualify for the OFSAA aerobic gymnastics team.

**Open:** This category may consist of teams from schools competing in artistic gymnastics or may be teams from schools that do not have or compete in the artistic gymnastics program.

All Aerobic Gymnastic (Sports Aerobics) teams must compete at an **Association or a sanctioned qualifying competition** and must submit a signed evaluation sheet with their entry form. All aerobic gymnastics teams/competitors are subject to adherence to the OFSAA Gymnastics meet regulations.

*For OFSAA Aerobic Gymnastics competition, Associations with one (1) school competing may enter (1) team per division. Associations with two (2) schools competing may enter two (2) teams per division. Associations with three (3) or more schools competing may enter three (3) teams per division. Any one school may qualify one (1) team per division only. The only exception will be if a school has qualified both a Novice and an Open team, they may qualify a third team, only if that would not mean displacing a team from another school. No girl may compete on more than one Aerobic Gymnastics (Sports Aerobics) team.*

### **Difficulty Elements:**

The routine must include a minimum of two elements from each of the four family groups of elements and cannot exceed a maximum of 12 elements. In the Novice & Open categories four compulsory elements (**DV value = 0.50**) must be performed by all members of the group at the same time or in consecutive sequence.

- **In the Novice Category:** An additional 4 Bonus elements may be performed from any of the Four Element Groups and are valued at 0.50 each to a maximum **2.00 DV Bonus**.
- **In the Novice Category:** The additional 4 Bonus elements must be performed by all members of the group at the same time or in consecutive sequence.
- **In the Open Category:** An additional 5 Bonus elements may be performed from any of the Four Element Groups and can range in difficulty value from 0.10 up to 0.40 (*refer to the OFSAA/FIG Aerobic Code of Points*) to a maximum of **2.00 DV Bonus**
- **FIG website:** [www.fig-gymnastics.com](http://www.fig-gymnastics.com) **Click on Aerobics icon, Click on Rules, Login: guest, Password: figguest, Click on Code of Points**
- **One of the five** Bonus elements can be performed by at least one member of the group while the rest of the group is doing something else.
- The 5 highest difficulty values (only 1 element of the 5 can count if performed by one or a few members) performed are used to calculate the DV Bonus

### **ELEMENT GROUPS**

#### **Group A - Pushups/Freefalls/Leg Circles & Cuts**

- Pushup from knees, Straddle Pushup, Tricep Pushup
- Hinge Pushup, Wenson, Plio Pushup, A-Frame
- Swedish Fall, Single Leg Circle, Straddle Cut

### **Group B - Supports and Levers (Held for 2 seconds)**

- Front/Back/Side Support
- Straddle Support/L Support/V Support/Levers
- Levers /Supports with turns/one or both hands

### **Group C - Jumps and Leaps**

- Select from gymnastics' jumps and leaps
- **no hyperextension of back allowed**

### **Group D - Flexibility/Turns/Balances/Kicks**

- Needle (Vertical Split), illusion, splits, pancake, supine/frontal/prone split, split roll  
**“no arching permitted”**
- Turns (minimum 360 )
- Sagittal/Frontal Balance with or without hand support – **“balances must be held for 2 seconds”**
- Fan Kick, Double Fan Kick, Scissor Kick, Hitch Kick

## **BASIC AEROBIC STEPS/AEROBIC MOVEMENTS/DANCE MOVEMENTS**

These are some suggested aerobic and dance movements that can be used in any combination. Be creative and invent your own combination and sequences. Arm movements add style, interest, variety and artistry. They can range from the basic to the very intricate. **Note: A Basic Step Sequence and an Aerobic Dance Sequence are special Composition Requirements (CRs).**

### **SEVEN BASIC STEPS**

- Jumping Jacks – cross/air/heel
- Knee Lifts – front/side
- Kicks – front/side/back/diagonal
- Lunges – front/side/back
- March-High or Low Impact
- Jog - High or Low Impact
- Skip - High or Low Impact

### **AEROBIC MOVEMENTS**

- Hamstring curls
- Heel flex/digs
- Step touch, taps – side/front/back
- V Step, step together step

### **DANCE MOVEMENTS**

- mambo/samba
- chassee
- pas de bourree
- ball change
  - step ball change
  - grapevine
  - jazz box/square
- pivot turn
  - lindy
  - Charleston
- Chainee turns
- Hip Hop steps

**OFSAA AEROBIC GYMNASTICS  
Difficulty Elements List**

School Name: \_\_\_\_\_ Association: \_\_\_\_\_ Category: \_\_\_\_\_  
Coach: \_\_\_\_\_

- List Difficulty Elements in the order they occur in the routine
- Indicate the Skill number from the Aerobics Code of Points (refer to OFSAA Code)
- Indicate the Element Group (A, B, C, D) for each
- Indicate the Compulsory Elements with a C & Elements not performed by all with an S
- Indicate the Value – 4 Compulsory Elements = DV .5
- Novice Bonus = 4 add'l at 0.50 ea = 2.00    Open Bonus = 5 add'l at 0.10-0.40 max = 2.00

Start Order	Skill # in Code	Element Group	ELEMENT NAME	C or S	Value	In Competition
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
			<b>TOTAL</b>			
			<b>(2.50)</b>			

**\*\*Filled in by the Judge**

**Judge's Signature:** \_\_\_\_\_

## OFSAA AEROBIC GYMNASTICS

### DIFFICULTY EVALUATION

### OFSAA ENTRY FORM

SCHOOL \_\_\_\_\_ ASSOCIATION \_\_\_\_\_  
 CATEGORY \_\_\_\_\_ COACH: \_\_\_\_\_

TEAM MEMBERS    1. \_\_\_\_\_ 4. \_\_\_\_\_  
                          2. \_\_\_\_\_ 5. \_\_\_\_\_  
                          3. \_\_\_\_\_ 6. \_\_\_\_\_

**4 COMPULSORY ELEMENTS: = Difficulty Value**

<u>Novice Category</u>	<u>Open Category</u>
A. Pushup (2 hands-2 feet) <u>.1</u>	A. Tricep Pushup - knees on the floor <u>.1</u>
B. Seated V-sit Hold (2 sec) <u>.1</u>	B. 1 Hand Side Support (2 sec) <u>.1</u>
C. Scissor Leap <u>.2</u>	C. 1/2 Air Turn (Jump 1/2 Turn) <u>.2</u>
D. Scale (No arch) <u>.1</u>	D. 4 Consecutive Leg Kicks <u>.1</u> <b>0.50 DV</b>

**DIFFICULTY BONUS:**

**Novice** – 4 Additional Elements at 0.50 each \_\_\_\_\_ x 0.50 = **Novice DV 2.00 Bonus**

**Open** - 5 Additional Elements at 0.10 – 0.40 max \_\_\_\_\_ = **Open DV 2.00+Bonus** \_\_\_\_\_

**(2.50) TOTAL DV**

**COMPOSITION REQUIREMENTS (CRs) = (2.50)**

* 1 Basic Step Sequence (16 cts)    0.50 _____	* Min 2 Lifts 1 Lift in Routine    0.50 _____
* 1 Aerobic Dance Sequence 16 cts or 2x8    0.50 _____	* Balance – 2 elements from each Group    0.50 _____
* Balance Distribution of Aerobic/Dance/ Movements & Elements    0.50 _____	

**(2.50) TOTAL CR**

**(5 x 2) DIFFICULTY SCORE: \_\_\_\_\_ / 10**

**RESTRICTED MOVES: (Circle)    1.00 deduction** for each restricted move

Inverted Moves	Illegal Pyramids	Propelled Lifts	_____
Inappropriate Attire		Inappropriate Music	_____

**Exceeding Maximum 12 elements**

**TIME: (1:15 - 1:45) 1.00 deduction for over or under time**

DIFFICULTY SCORE \_\_\_\_\_ /10

<b>COMMENTS:</b>	<b>DIFFICULTY SCORE</b>	
	<b>(10 m)</b>	
	<b>EXECUTION SCORE</b>	
	<b>(10 m)</b>	
	<b>ARTISTIC SCORE</b>	
	<b>(10 m)</b>	
	<b>FINAL SCORE</b>	
	<b>(30 m)</b>	

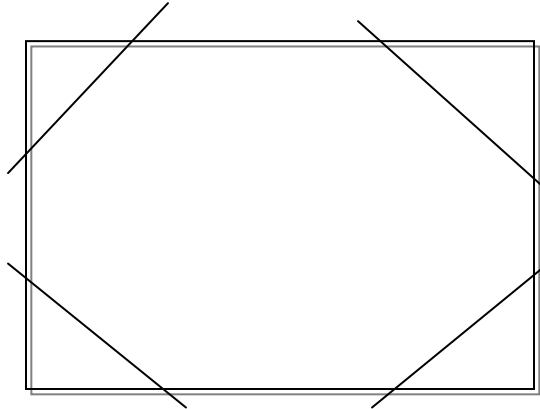
**JUDGES SIGNATURE: DVJ** \_\_\_\_\_

**OFSAA AEROBIC GYMNASTICS ARTISTIC JUDGES' SHEET 2009 -12**

**SCHOOL:** \_\_\_\_\_ **ASSOCIATION:** \_\_\_\_\_ **Group: 4**

5 6

Well Done + Poorly Done x  
 Creative \* C –Complex  
 L –Links T- Transition  
 A -8 ct AMP  
 F-Formation Lt -Lift  
  
 I –Interaction  
 E –Element =↑ \_  
 R -Repetition  
 S – Stops/Slow  
 M- Music Use/Timing  
 Mt-Music Technical Quality  
 P+-Presentation



<b>COMPOSITION 4.00</b>		<b>SCORE</b>	<b>EXCELLENT</b>	<b>VERYGOOD</b>	<b>GOOD</b>	<b>OKAY</b>	<b>POOR</b>					
<b>Dynamism &amp; Fluency of whole Routine</b>	<b>1</b>	<b>4.00</b>	1.0	.9	.8	.7	.6	.5	.4	3	2	1
Fluid & Smooth Transitions /Linking of Mvts & Elements/Levels/Lifts wo pauses/stop/fatigue												
<b>Complexity &amp; Creativity of Mvts/L/T/F/Lifts</b>	<b>1</b>		1.0	.9	.8	.7	.6	.5	.4	3	2	1
Partnership MP TR GP work as unit, good connection/interaction-creative/dynamic/fluid												
<b>Variety of MP/DE/L/T/F/Lifts/Partnership</b>	<b>1</b>		1.0	.9	.8	.7	.6	.5	.4	3	2	1
<b>USE OF SPACE</b>	<b>1</b>		1.0	.9	.8	.7	.6	.5	.4	3	2	1
Balance /Frequency /Placement in Use of Space												
Travels to Corners/Centre (5 Areas 2x)			5	4	3	2	1					
Direction ↓↑↔↷↻ (5 directions)			5	4	3	2	1					
Level 3 (Floor/Standing/Airborne) = ↑ _												
<b>AEROBIC CONTENT 3.00</b>			<b>EXCELLENT</b>	<b>VERYGOOD</b>	<b>GOOD</b>	<b>OKAY</b>	<b>POOR</b>					
<b>Variety of AMP Sequences Basic Steps &amp; Arms</b>	<b>1</b>	<b>3.00</b>	1.0	.9	.8	.7	.6	.5	.4	3	2	1
<b>Complex &amp; Creative AMP Combinations</b>	<b>1</b>		1.0	.9	.8	.7	.6	.5	.4	3	2	1
<b>Balanced Placemt&amp;Amt of continuous AMP Seq</b>	<b>1</b>		1.0	.9	.8	.7	.6	.5	.4	3	2	1
<b>PRESENTATION &amp; MUSICALITY 3.00</b>			<b>EXCELLENT</b>	<b>VERYGOOD</b>	<b>GOOD</b>	<b>OKAY</b>	<b>POOR</b>					
<b>Presentation</b>	<b>1</b>	<b>3.00</b>	1.0	.9	.8	.7	.6	.5	.4	3	2	1
Clean Appearance/Mvts Clear & Sharp												
High Energy /Connection/Passion/ Throughout												
Self Confident/Natural Expression Throughout												
<b>How Music is Used</b>	<b>1</b>		1.0	.9	.8	.7	.6	.5	.4	3	2	1
Music suits Athlete character & style												
Style/Mvts suits/fits the music/idea/timing												
<b>Construction of the Music- Technical</b>	<b>1</b>	<b>3.00</b>	1.0	.9	.8	.7	.6	.5	.4	3	2	1
Arrangement/Sound Effects Technically flows/appropriate & excellent quality												
<b>TOTAL ARTISTIC/10</b>												

## OFSAA AEROBIC GYMNASTICS

### EXECUTION

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**SCHOOL:** \_\_\_\_\_ **GROUP SIZE: (Circle) 4 5 6**

**CATEGORY:** \_\_\_\_\_

**TECHNICAL SKILL:** The evaluation of technical skill is based on how the moves (elements, dance/aerobic movements, basic steps) are executed by the members of the group in terms of:

Body Alignment    Control/Balance    Precision    Amplitude

**GROUP SYNCHRONIZATION:** The evaluation of group synchronization is based on the execution of identical timing, movement (arms/footwork) when identical movements are being performed and group spacing. Synchronization is the ability to execute all movements as a unit. It is matched performance that is in harmony with the music, as well as matched in skill, amplitude and intensity of its performers.

**SCORING:** Execution is scored according to deductive judging starting from 10.0 and subtracting points for errors in Technical Skill and Synchronization. Deductions are made for every error as follows:

Small error:	.1	Medium error:	.2	Large Error:	.3	Fall:	.5
Sync error:	.1 ea	Loss of Balance	.2				
Static Elements not held for 2 seconds	.2						

---

Record in the space below an **X** each time errors/mistakes in Technical Execution are made by any member of the group.

Record in the space below an **S** each time errors are made in Group Synchronization.

---

**Total Execution Deductions =** \_\_\_\_\_

---

**FINAL EXECUTION SCORE: 10 -** \_\_\_\_\_ **=** \_\_\_\_\_

**10**

**JUDGES SIGNATURE:** \_\_\_\_\_

**AEROBIC GYMNASTICS**  
**CAN-GYM /FIG LIST OF ELEMENT VALUES 2009-2012**  
**Group A – Dynamic Strength**

<b>Group A</b>	<b>Dynamic</b>		<b>Strength</b>	<b>Group A</b>
<b>CAN-GYM 0.10</b>	<b>FIG 0.10</b>	<b>FIG 0.20</b>	<b>FIG 0.30</b>	<b>FIG 0.40</b>
<b>001</b> Tricep PushUp with Knees onFloor	<b>A101</b> Straddle Push Up	<b>A102</b> 1 Leg PushUp	<b>A103</b> 1 Arm PushUp <i>A005*1 Arm or 1 Leg Straddle PushUp</i>	<b>A104</b> 1 Arm 1 Leg PushUp <i>A101* Tricep PushUp</i>
<b>002</b> Lateral Knee PushUp		<b>A112</b> Straddle Lateral PushUp		<b>A114</b> 1 Arm Straddle Lateral PushUp
<b>003</b> 1 Arm Push Up from the knees		<b>A122</b> Lateral PushUp	<b>A123</b> 1 Leg Lateral PushUp	
<b>004</b> 1 Leg PushUp on Knee		<b>A132</b> Hinge PushUp	<b>A133</b> 1 Leg Hinge PushUp	<b>A134</b> 1 Arm Hinge PushUp
			<b>A143</b> Wenson PushUp	<b>A144</b> Lifted Wenson PushUp
<b>006</b> Free Fall or Free Fall from Knees			<b>A153</b> Free Support Wenson PushUp	<b>A154</b> Wenson or Free Support Wenson Hinge or Lateral PU
<b>007</b> PushUp Hops (Feet remain on Floor)			<b>A173</b> Plio PushUp Airborne	<b>A164</b> PushUp 1/1 Twist PushUp
<b>008</b> Squat to Front Support		<b>A212</b> High V Support to Back (Rear) Support		<b>A194</b> Straddle Cut
<b>009</b> Single Leg Circle	<b>A231</b> From PushUp Single Leg Circle		<b>A223</b> Double Leg ½ Circle	
<b>010</b> Double Leg ½ Circle to seated L position			<b>A233</b> Double Leg ½ Circle	<b>A264</b> Helicopter
		<b>A272</b> Capoeira	<b>A273</b> Capoeira to Split	<b>A274</b> Capoeira ½ Twist to Split
				<b>A284</b> Capoeira Switch to Split

**AEROBIC GYMNASTICS**  
**CAN-GYM /FIG LIST OF ELEMENT VALUES 2009-2012**  
**Group B - Static Strength Supports**

<b>GROUP B</b>	<b>STATIC</b>		<b>STRENGTH</b>	<b>GROUP B</b>
<b>CAN-GYM 0.10</b>	<b>FIG 0.10</b>	<b>FIG 0.20</b>	<b>FIG 0.30</b>	<b>FIG 0.40</b>
<b>001</b> Front Support	<i>B101* (0.30)</i> Straddle Support 1 Hand in Front & 1 Hand Behind	<b>B102</b> Straddle Support	<b>B103</b> Straddle Support ½ Turn	<b>B104</b> Straddle Support 1/1 Turn
<b>002</b> Rear Support		<b>B122</b> Straddle V Support 1 Leg Raised	<i>B101* Straddle Support 1 Hand in Front &amp; 1 Hand Behind</i>	
<b>003</b> L-Support, feet on floor		<i>B142 * (0.40)</i> <i>L-Support</i>	<b>B143</b> L-Support ½ Turn	<b>B144</b> L-Support 1/1 Turn  <i>B142* L Support</i>
<b>004</b> Seated Straddle Support 1 Leg Raised			<b>B173</b>  Straddle V Support	<b>B174</b> Straddle V Support ½ Turn
<b>005</b> Seated straddle Support				<b>B184</b> V Support Legs on 1 Side
<b>006</b>  Tucked V Sit				<b>B194</b>  V Support
<b>007</b> Static Wenson Support		<b>B212</b> Lifted Statis Wenson Support		
<b>008</b> Full Support Straddle Lever with 1 or both feet on ground		<b>B222</b> Full Support Straddle Lever	<b>B223</b> Full Support Straddle Lever ½ Turn	
<b>009</b> 1 Arm Side Support				<b>B234</b> 1 Arm Full Support Straddle Lever
<b>010</b> 1 Arm/leg variation Side Support			<b>B243</b> Full Support Lever	<b>B244</b> Full Support Lever ½ Turn
<b>011</b> Tuck Support				
<b>012</b> Sagital Scale				

**AEROBIC GYMNASTICS**  
**CAN-GYM /FIG LIST OF ELEMENT VALUES 2009-2012**  
**Group C Jumps & Leaps**

GROUP C	JUMPS	&	LEAPS	GROUP C
CAN-GYM 0.10	FIG 0.10	FIG 0.20	FIG 0.30	FIG 0.40
001 Straight Jump 002 Air Jack		C102 ½ Air Turn	C103 1/1 Air Turn	C104 1 ½ Air Turn
003 Straight Jump to Lunge, slide to Incomplete Split 004 ½ Air Turn to Lunge, slide into Split			C113 ½ Air Turn to Splits	C114 1/1 Air Turn to Splits
005 Straight Jump to Straddle slide to prone split 006 ½ Air Turn to Straddle, slide into Prone Split			C123 ½ Air Turn to Frontal or Prone Split	C124 1/1 Air Turn to Frontal or Prone Split
			C143 Free Fall Airborn	C144 Airborne FreeFall ½ Twist C154 Airborne FreeFall to 1 Arm PU
				C184 Gainer ½ Twist C194 Gainer ½ Twist to Frontal Split
007 Sagittal Scale Fall to PushUp		C222 Sagittal Scale Airborne to PushUp	C223 Sagittal Scale Airborne to 1 Arm PushUp	C224 Sagittal Scale Airborne 1/1 Twist to PushUp C234 Sagittal Scale Airborne 1/1 Twist to Frontal or Prone Split
008 Tuck Jump to Lunge, slide into Sagittal Split 009 Tuck Jump to Straddle slide into Prone Split		C262 Tuck Jump	C263 ½ Turn Tuck Jump C273 Tuck Jump to Splits	C264 1/1 Turn Tuck Jump C274 0 ½ Turn Tuck Jump to Splits C304 Tuck Jump to PushUp
010 Straight Jump to Straddle, slide to split landing			C383 Straddle Jump	C384 ½ Turn Straddle Jump C394 Straddle Jump to Splits
			C463 Cossack (Wolf) Jump	C464 ½ Turn Cossack (Wolf) Jump C484Cossack (Wolf) Jump to Splits
			C543 Pike Jump	C544 ½ Turn Pike Jump C554 Pike Jump to Splits
011 Stride Leap			C623 Split Leap C663 Split Jump C703 Frontal Split Leap C713 Frontal Split Jump	C624Split Leap ½ C664 Split Jump ½ C674 Split Jump to Split C704 Frontal Split Leap to Straddle C714 1.2 Turn Frontal Split Jump C724 Frontal Split Jump to Frontal or Prone Splits C754 Switch Split Leap
012 Single Leg Fan Kick Cat Leap* (OFSA)	C781 Hitch Kick	C782 Scissors Kick		C824 Scissor Leap ½ Turn (Tour Jete)
			C813 Double Fan Kick	
GROUP C CAN-GYM 0.10	JUMPS FIG 0.10	& FIG 0.20	LEAPS FIG 0.30	GROUP C FIG 0.40

**AEROBIC GYMNASTICS**  
**CAN-GYM/FIG LIST OF ELEMENT VALUES 2009-2012**  
**Group D – Balance/Turns/Flexibility**

<b>GROUP D</b>	<b>BALANCE</b>	<b>TURNS</b>	<b>FLEXIBILITY</b>	<b>GROUP D</b>
<b>CAN-GYM 0.10</b>	<b>FIG 0.10</b>	<b>FIG 0.20</b>	<b>FIG 0.30</b>	<b>FIG 0.40</b>
<b>001</b> ½ Turn		<b>D102</b> 1/1 Turn	<b>D103</b> 1 ½ Turn	<b>D104</b> 2/1 Turn
				<b>D114</b> 1/1 Turn To Vertical Split
	<b>D141</b> Sagital Balance	<b>D142</b> Sagital Balance Free Support	<b>D143</b> Sagital Balance 1/1 Turn	<b>D144</b> Sagital Balance 1 ½ Turn
	<b>D151</b> Frontal Balance	<b>D152</b> Frontal Balance Free Support		<b>D154</b> Free Support Balance 1/1 Turn Frontal or Sagital
<b>002</b> Step Kick Forward  <b>003</b> 4 Consecutive Sagital Waist High Leg Kicks 1/1 Turn	<b>D171</b> 4 Consecutive Sagital High Leg Kicks (Shoulder Ht.)	<b>D172</b> 4 Consecutive Sagital Leg Kicks Vertical	<b>D173</b> 4 Consecutive Sagital Leg Kicks Vertical 1/1 Turn	<b>D174</b> 4 Consecutive Sagital Leg Kicks Vertical 1 ½ Turn
<b>004</b> Incomplete Split  <b>005</b> Seated Fan Kick	<b>D181</b> Splits	<b>D182</b> Vertical Splits (Needle)	<b>D183</b> Free Support Vertical Splits	<b>D184</b> Illusion
<b>007</b> Supine Straddle  <b>008</b> Supine Pike  <b>009</b> Start in Supine Split roll to Split		<b>D192</b> Supine Split	<b>D193</b> Split Roll	
<b>010</b> Stride Hold	<b>D201</b> Frontal Splits	<b>D202</b> Frontal Vertical Split	<b>D203</b> Free Support Frontal Vertical Splits	
<b>011</b> Straddle Passive  <b>012</b> Straddle Sit - Chest resting on Floor	<b>D211</b> Frontal Prone Splits		<b>D213</b> Split Through (Pancake)	
<b>013</b> X-Scale, at 90°				

