

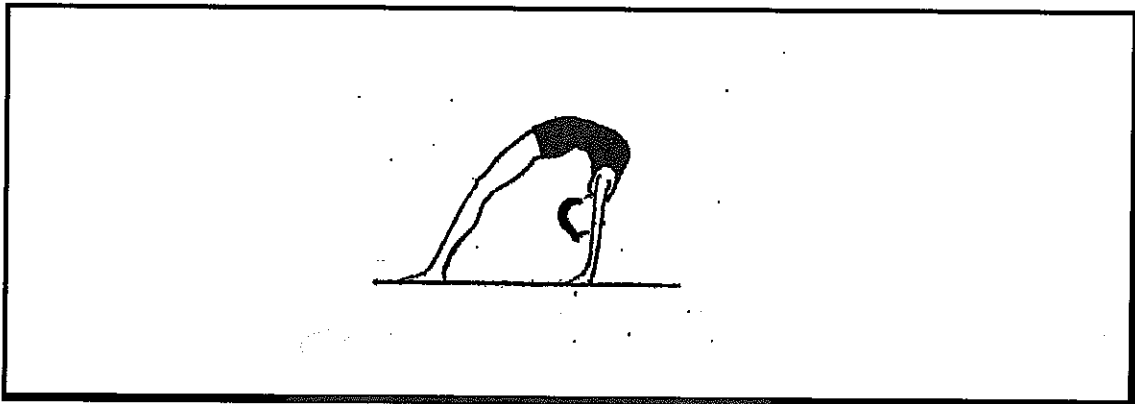


Provincial BRIDGE

Norms

Bridge

- Hands may not be wider than 10 cm. of shoulder width
- Feet must be placed together
- Bridge position must be held for 5 sec.



Evaluation

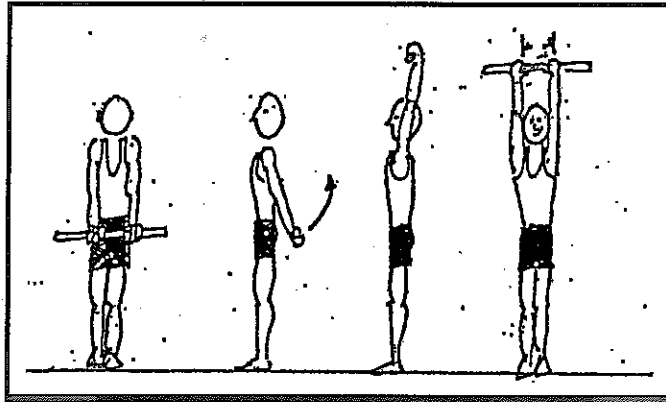
- | | |
|----|---|
| 10 | Shoulders past 90°. Arms and legs straight. |
| 9 | Shoulders at 90°. Arms and legs straight. |
| 8 | Shoulders past 70°. Arms and legs straight. |
| 7 | Shoulders at 70°. Arms and legs straight. |
| 6 | Shoulders at 60°. Arms and legs straight. |
| 5 | Shoulders at 70°. Arms and legs slight bend. |
| 4 | Shoulders at 60°. Arms and legs slight bend. |
| 3 | Shoulders at 60°. Arms light bend. Legs slight bend and slightly straddled. |
| 2 | Shoulders at 45°. |
| 1 | Shoulders at 40°. |



Provincial Dislocate / Inlocate

Norms

- The gymnast starts holding onto the dowel in reverse grip with his arms behind his back
- Shoulder width is measured from the outside of both hands while both arms are vertical
- One arm moves outward in 5 cm. increments until the gymnast can perform the exercise
- The gymnast's trunk must remain vertical at all times
- Both shoulders must Dislocate and Inlocate simultaneously
- A smooth and continuous movement must be shown throughout the exercise



Evaluation

10	Shoulders width
9	5 cm. past shoulder width
8	10 cm. past shoulder width
7	15 cm. past shoulder width
6	20 cm. past shoulder width
5	25 cm. past shoulder width
4	30 cm. past shoulder width
3	35 cm. past shoulder width
2	40 cm. past shoulder width
1	45 cm. past shoulder width

Technical Deductions

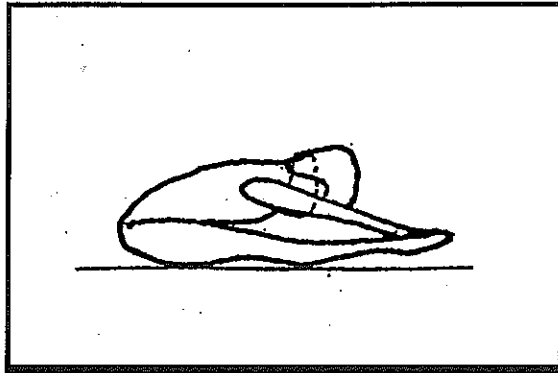
- Significant pike or arch in the body terminates the performance
- Bend in the elbows terminates the performance
- A jerky or uneven motion in the shoulders terminates the performance



Provincial Forward Pike

Norms

- Test performed on floor.
- Knees must remain straight throughout the exercise
- Straight legs and pointed toes.
- Position must be held for 10 sec.



Evaluation

- 10 Stomach and chest on thighs, chin on legs past the knees, hands over head.
- 8 As above, with arms pulling trunk to stretch position.
- 7 As above, with arms pulling trunk to stretch position and using arms to hold the position.
- 6 Using arms to pull the forehead to the knees with stomach on thighs.
- 5 Using arms to pull the forehead to the knees and using arms to hold the position with stomach on thighs.
- 4 Arms pulling chest to the thighs.
- 3 Arms pulling chest to thighs, and using arms to hold the position.
- 2 Arms pulling forehead to knees.
- 1 Arms pulling forehead to knees, and using arms to hold the position.

Technical Deductions

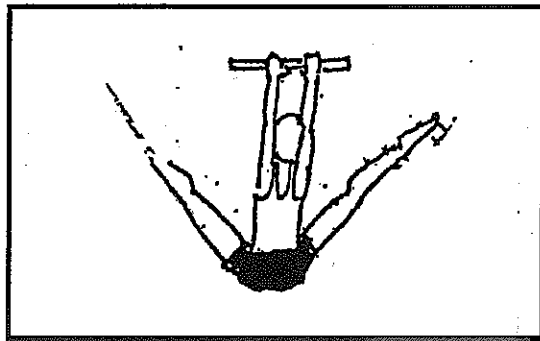
- Slight bend in the knees terminates the performance
- Feet apart terminates the performance



Provincial Forward Straddle Pike

Norms

- The gymnast starts sitting with his legs straddled 90° apart
- A dowel is held forward off the floor with hands at shoulder width
- Knees must remain vertical throughout the exercise
- Toes must be pointed
- Heels must not be raised throughout the position
- Maximum position must be held for 10 sec.

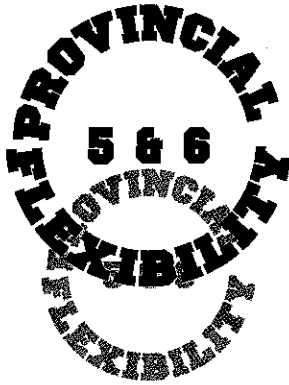


Evaluation

- | | |
|----|--|
| 10 | Chin, chest and stomach flat on the floor |
| 9 | Chin and chest flat on the floor |
| 8 | Chin on floor |
| 7 | Chin, chest and stomach on the floor - using arms to <u>pull into</u> position |
| 6 | Chin, chest and stomach on the floor - using arms to hold position |
| 5 | Chin and chest on the floor - using arms to hold position |
| 4 | Chin on floor - using arms to hold position |
| 3 | Forehead on floor - using arms to hold position |
| 2 | Head within 5 cm of floor |
| 1 | Head within 10 cm of floor |

Technical Deductions

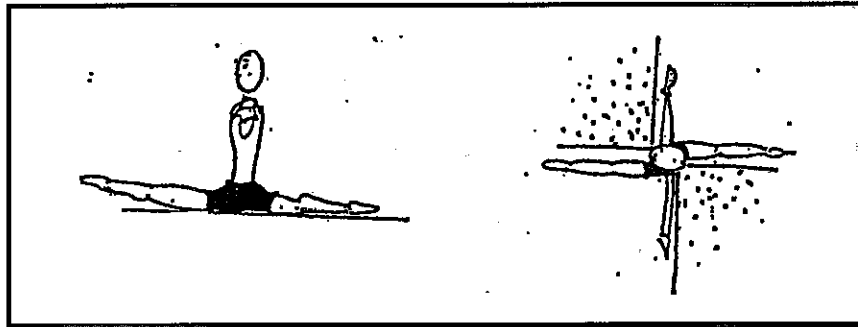
- Slight bend in the knees terminates the performance
- Legs turned in terminates the performance



Provincial Right & Left Split

Norms

- Shoulders must remain square and over top of the gymnast's hips throughout the exercise
- Top of back thigh must be flat on the ground
- Legs must remain straight throughout the exercise
- Heels must not be raised throughout the position.
- Hands may only be placed on the floor behind the gymnast's hips and a minimum of 15 cm. out from the body
- Maximum position must be held for 10 sec.
- Evaluation position must be held without assistance



Evaluation

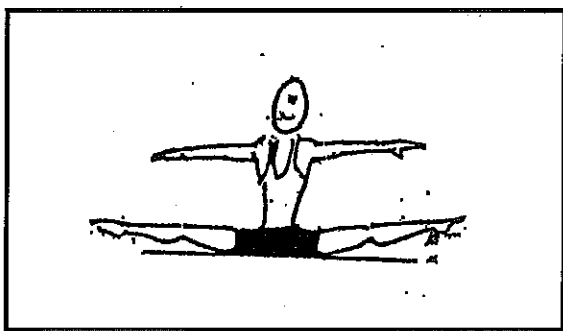
- | | |
|----|---|
| 10 | As per diagram |
| 9 | As per diagram - hips within 60# of square |
| 8 | As per diagram - hips within 45# of square |
| 7 | As per diagram - hips within 45# of square / 0.1 deduction in knees |
| 6 | As per diagram - hips within 45# of square / 0.2 deduction in knees |
| 5 | As per diagram - with groin 15 cm off ground |
| 4 | As per diagram - with groin 10 cm off ground / 0.2 deduction in knees |
| 3 | As per diagram - with groin 10 cm off ground / 0.3 deduction in knees |
| 2 | As per diagram - with groin 15 cm off ground / 0.3 deduction in knees |
| 1 | As per diagram - with groin 20 cm off ground / 0.3 deduction in knees |



Provincial Middle Splits

Norms

- Shoulders must remain square and in a vertical line over top of the gymnast's hips throughout the exercise
- Legs must remain straight with both knees vertical throughout the exercise
- Toes must be pointed
- Heels must not be raised throughout the position
- Maximum position must be held for 10 sec.
- Evaluation position must be held without assistance



Evaluation

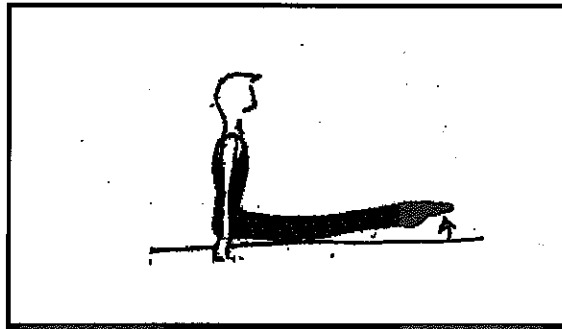
- | | |
|----|--|
| 10 | As per diagram |
| 9 | As per diagram - with slight pike in hips |
| 8 | As per diagram - with slight pike in hips, knees rolled forward |
| 7 | With hands on floor - with slight pike in hips, knees rolled forward |
| 6 | With hands on floor - with pronounced pike in hips, knees rolled forward |
| 5 | With hands on floor - groin 5 cm off the ground |
| 4 | With hands on floor - groin 10 cm off the ground |
| 3 | With hands on floor - groin 15 cm off the ground |
| 2 | With hands on floor - groin 20 cm off the ground |
| 1 | With hands on floor - groin 25 cm off the ground |



Provincial Foot Extension

Norms

- Seated on floor, legs together, straight back (L-sit)
- Arms may rest and support by the body on the floor



Evaluation

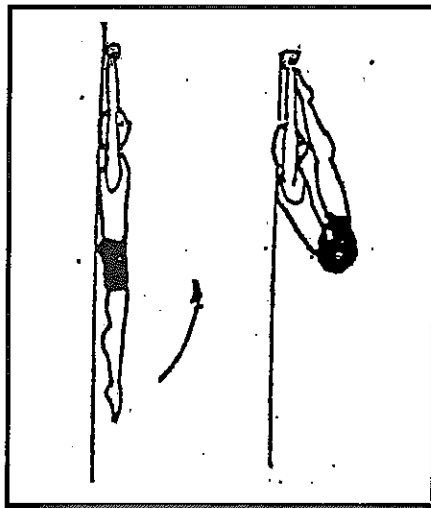
- | | |
|----|--|
| 10 | Toes touching the floor. |
| 9 | Toes 2cm from the floor. |
| 8 | Toes 3cm from the floor. |
| 7 | Toes 4cm from the floor. |
| 6 | Toes 5cm from the floor. |
| 5 | Toes 6cm from the floor. |
| 4 | Top of toes even with the highest point of feet. |
| 3 | Top of toes 1cm higher than highest point of feet. |
| 2 | Top of toes 2cm higher than highest point of feet. |
| 1 | Top of toes 3cm higher than highest point of feet. |



Provincial Leg Raises on Wall Bars

Norms

- The gymnast starts from a vertical hang, toes cannot touch the floor and hands must be in over grip
- The gymnast must touch his toes to the top bar or pass below the top bar
- The gymnast must perform the exercise with straight legs and toes pointed
- The gymnast must perform continuous repetitions (i.e. no stopping)



Evaluation

<u>Points</u>	<u>Repetitions</u>
10	15
9	13
8	11
7	9
6	7
5	5
4	4
3	3
2	2
1	1

Technical Deductions.

1. Global Deductions:

1 rep. with a small error = 1pt.

1 rep. with a medium error or
2 reps. with small errors. = 2pts.

3 reps or more with small or
medium errors. = 3pts.

2. Any pause greater than 5 seconds terminates performance

Repetitions with Large errors will not be counted.

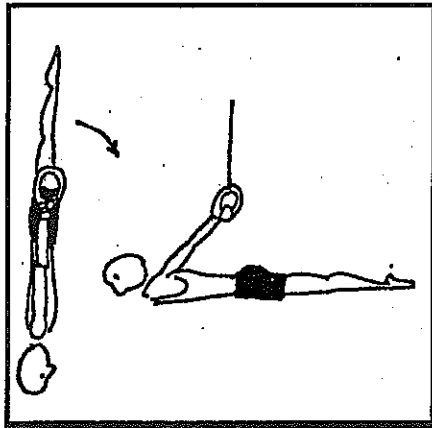


Provincial Back Lever on Rings

Norms

Tuck / Straddle

- The gymnast begins the exercise in inverted hang
- The evaluation begins when the gymnast stops his decent to horizontal
- The maximum time in a static position will be evaluated
- Evaluation position must be reached and held without assistance
- The tester will notify the gymnast when the horizontal position is achieved



Evaluation

<u>Tucked</u>	
(back horizontal)	
Points	
5	8 sec.
4	7 sec.
3	6 sec.
2	5 sec.
1	4 sec.

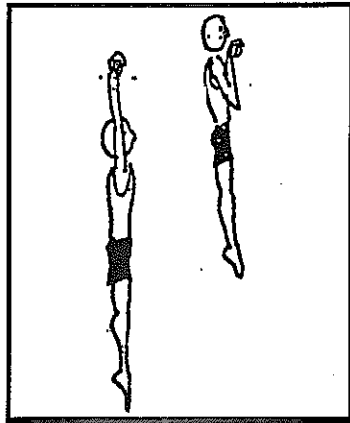
<u>Straddled</u>	
(subtract 1 point for excessive pike or arch)	
Points	
10	8 sec.
9	7 sec.
8	6 sec.
7	5 sec.
6	4 sec.
5	3 sec.
4	2 sec.



Provincial Chin-ups on High Bar

Norms

- The gymnast begins in a vertical hang on the horizontal bar
- The gymnast must perform the entire exercise in over grip
- The gymnast's chin must be above the bar at the top and his arms must be completely straight at the bottom of each repetition
- The gymnast must perform continuous repetitions
- The gymnast's body and legs must remain straight with his feet together and toes pointed



Evaluation

<u>Points</u>	<u>Repetitions</u>
10	15
9	13
8	11
7	9
6	7
5	5
4	4
3	3
2	2
1	1

Technical Deductions.

1. Global Deductions:

1rep. with a small error = 1pt.

1 rep. with a medium error or
2 reps. with small errors. = 2pts.

3 or more reps. with small or
medium errors. = 3pts.

2. Any pause greater than 5 seconds terminates performance

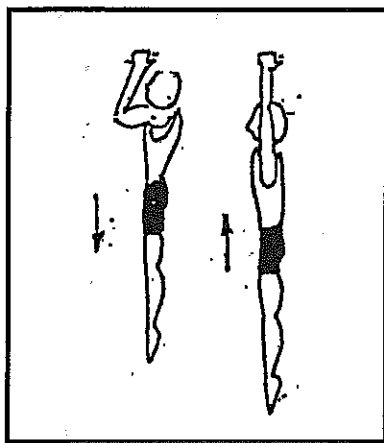
Repetitions with Large errors will not be counted.



Provincial Handstand Push-ups

Norms

- The exercise is performed on floor against the wall
- The gymnast begins in a handstand position with his stomach facing the wall
- The gymnast's body cannot exceed 15° off vertical
- The gymnast's leg must remain straight and together with no arch in the back
- The gymnast must perform continuous repetitions



Evaluation

<u>Points</u>	<u>Repetitions</u>
10	15
9	13
8	11
7	9
6	7
5	5
4	4
3	3
2	2
1	1

Technical Deductions.

1. Global Deductions:

1 rep. with a small error. =1pt.

1 rep. with a medium error or
2 reps. with small errors. =2pts.

3 reps. with small or
medium errors. =3pts.

2. Any pause greater than 5 seconds terminates performance

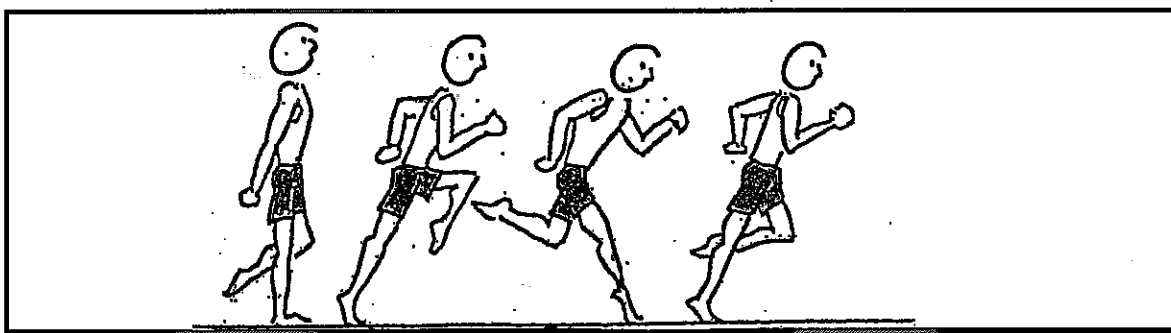
Repetitions with Large errors will not be counted.



Provincial 30M Sprint

Norms

- The gymnast begins, with his toes behind the start line
- The exercise is evaluated by the total time of both legs
- Timing stops when the foot crosses the finish line
- The categories listed below reflect the athletes age not his competitive age group



Evaluation

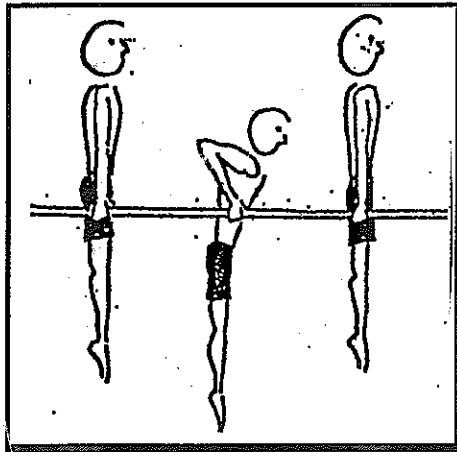
<u>Points</u>	<u>6 - 7</u>	<u>8 - 9</u>	<u>10 +</u>
10	5.8 sec.	5.3 sec.	4.8 sec.
9	5.9 sec.	5.4 sec.	4.9 sec.
8	6.0 sec.	5.5 sec.	5.0 sec.
7	6.1 sec.	5.6 sec.	5.1 sec.
6	6.2 sec.	5.7 sec.	5.2 sec.
5	6.3 sec.	5.8 sec.	5.3 sec.
4	6.4 sec.	5.9 sec.	5.4 sec.
3	6.5 sec.	6.0 sec.	5.5 sec.
2	6.6 sec.	6.1 sec.	5.6 sec.
1	6.7 sec.	6.2 sec.	5.7 sec.



Provincial Dips on P-Bars

Norms

- The gymnast starts in a cross support position on the parallel bars
- The gymnast must lower his shoulders within 10cm of the bars and completely straighten his elbows at the top of each repetition
- The gymnast's body and legs must remain straight with his feet together and toes pointed
- The gymnast must perform continuous repetitions



Evaluation

<u>Points</u>	<u>Repetitions</u>
10	15
9	13
8	11
7	9
6	7
5	5
4	4
3	3
2	2
1	1

Technical Deductions.

- Global Deductions for execution:
 - 1 rep. with a small error = 1pt.
 - 1 rep. with a medium error or 2 reps. with small errors = 2 pts.
 - 3 reps or more with small or medium errors. = 3 pts.

As per the FIG Code of Points

- Any pause greater than 5 seconds terminates performance

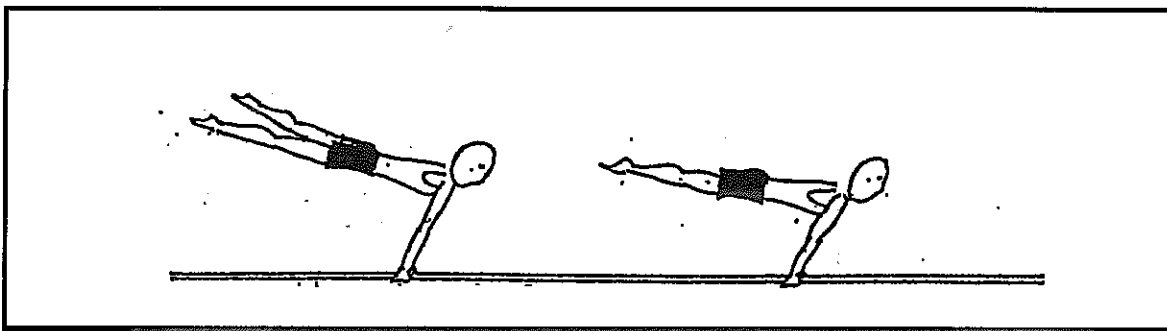


Provincial Planche on P-Bars

Norms

Tuck / Straddle / Straight

- The exercise may be performed on parallel bars or parallettes
- The evaluation begins when the gymnast reaches a static position
- The maximum time in a static position will be evaluated
- Evaluation position must be reached and held without assistance



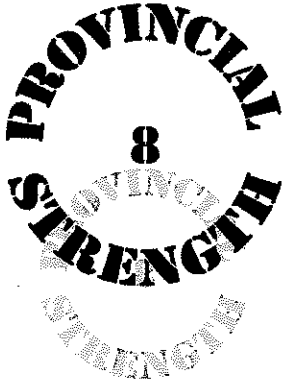
Evaluation

Points

10	3 sec. straddle planche, less than 30° above horizontal
9	Tucked, knees above bars and 10cm behind hands, 7 sec.
8	Tucked, knees above bars and 10cm behind hands, 5 sec.
7	Tucked, knees above bars and 10cm behind hands, 3 sec.
6	Tucked, hips head height, 7 sec.
5	Tucked, hips head height, 5 sec.
4	Tucked, hips head height, 3 sec.
3	Tucked, hips any height, 7 sec.
2	Tucked, hips any height 5 sec.
1	Tucked, hips any height 3 sec.

Technical Deductions

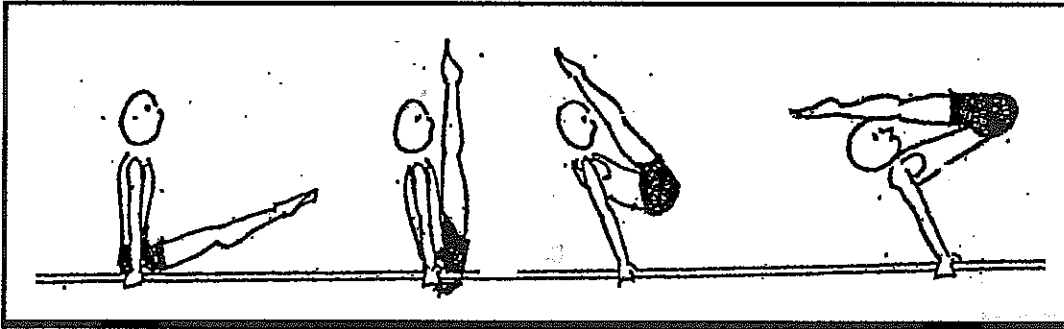
- One point will be subtracted for a pike in the hips for the straddle planche.



Provincial Straddled V-sit (Manna) P-Bars

Norms

- The exercise may be performed on parallel bars or parallettes
- The evaluation begins when the gymnast reaches a static position
- The exercise will be evaluated from the lowest point in a 5sec hold
- Evaluation position must be reached and held without assistance



Evaluation

<u>Straddle L-sit</u>		<u>Straddle V-sit</u>		<u>Straddle Manna</u>	
4	Legs 30° > horiz., 5 sec.	8	Legs vertical, 5 sec.	15	Legs above 60° vert., 3 sec.
3	Legs 30° > horiz., 3 sec.	7	Legs vertical, 3 sec.	14	Legs 60° > vert., 5 sec.
2	Legs horizontal, 5 sec.	6	Legs 45° > horiz., 5 sec.	13	Legs 60° > vert., 3 sec.
1	Legs horizontal, 3 sec.	5	Legs 45° > horiz., 3 sec.	12	Legs 45° > vert., 5 sec.
				11	Legs 45° > vert., 3 sec.
				10	Legs > vert., 5 sec.
				9	Legs > vert., 3 sec.

Technical Deductions.

1. Global Deductions for execution:

Slight/Small = 1

Medium = 2

Large = 3

As per the FIG Code of Points

2. Any pause greater than 5 seconds terminates performance

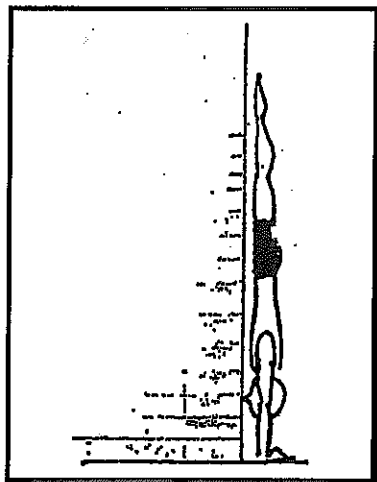
- A loss of 1 (one) point will occur every second the skill is not held



Provincial Handstand Hold

Norms

- The exercise is performed on the floor against a wall
- The gymnast begins in a handstand position with his stomach facing the wall
- The gymnast's body must remain straight
- The gymnast must keep his chin against the wall, hands shoulder width apart, fingers facing forward with straight elbows for the entire exercise
- Evaluation position must be reached and held without assistance



Evaluation

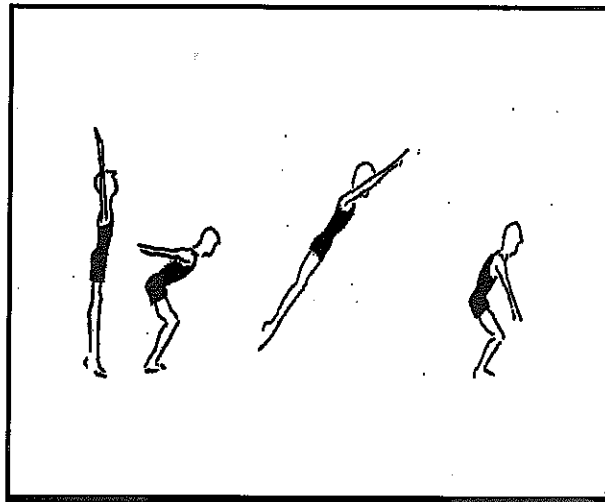
<u>Points</u>	<u>Time</u>	<u>Technical Deductions.</u>
10	175 sec.	<ul style="list-style-type: none"> • Deviations from a straight body line will be deducted as follows: <ol style="list-style-type: none"> 1. Slight pike or arch in body up to 15° 1 point 2. Strong pike or arch in body 16° to 30° 2 points
9	150 sec. - 2 ½ min.	
8	135 sec.	<ul style="list-style-type: none"> • Bending the arms or legs will be deducted as follows: <ol style="list-style-type: none"> 1. Slight bending up to 15° 1 point 2. Strong bending 16° to 30° 2 points
7	120 sec. - 2 min.	
6	105 sec.	
5	90 sec. - 1 ½ min.	
4	75 sec.	
3	60 sec. - 1 min.	
2	45 sec.	
1	30 sec. - ½ min.	



Provincial Standing Jump

Norms

- Jump is performed from a standing position
- Toes must be behind the starting line
- Distance marked where the closest heel to the starting line lands (be sure to chalk heels prior to jump)
- Two trials per gymnast will be executed. The best of the two trials will be recorded



Evaluation

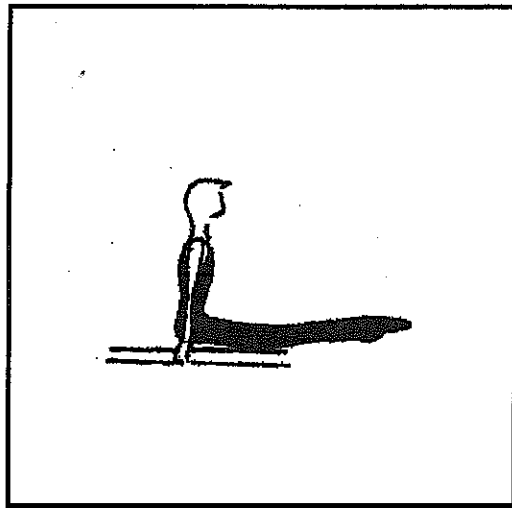
<u>Points</u>	<u>6 - 7</u>	<u>8 - 9</u>	<u>10 +</u>
10	160cm	180cm	200cm
9	150cm	170cm	190cm
8	140cm	160cm	180cm
7	130cm	150cm	170cm
6	120cm	140cm	160cm
5	110cm	130cm	150cm
4	100cm	120cm	140cm
3	90cm	110cm	130cm
2	80cm	100cm	120cm
1	70cm	90cm	110cm



Provincial L-Sit on Parallettes

Norms

- The gymnast's legs must be straight and together with toes pointed
- The evaluation begins when the gymnast reaches a static position



Evaluation Points

10	15 sec.
9	13 sec.
8	11 sec.
7	9 sec.
6	7 sec.
5	5 sec.
4	4 sec.
3	3 sec.
2	2 sec.
1	1 sec.

Time (seconds)

Technical Deductions

- Execution errors will be deducted as follows:
 1. Slight bending of arms/legs – 1 pt.
 2. Large bending of arms/legs – terminates test
- 0 pts. will be awarded if gymnast's feet are apart.
- L-sit below bars – 0 points
- L-sit above 60° - 0 points