

Gymnastics Canada MAG Skills Program 2017-18

DRAFT #6

1. The skills identification program is designed to keep Canada moving in the direction of the top countries in the World, its purpose is to encourage and reward athletes and coaches to master skills necessary to build world-class routines. Each quadrennial, athletes are encouraged to build a large repertoire of skills.
2. It is only for Junior and Senior category athletes and will be calculated into their AAP points
3. Junior athletes will have this program as part of their AAP carding criteria each year.
4. Senior athletes will have this program included in their AAP carding criteria only for the first two years of the carding cycle.
5. The list of skills will remain the same for the cycle, unless FIG re-evaluates their value. Athletes' performed skills will carry over each year, but they will only attain points for new skills each year. At the beginning of each quadrennial, the skills list will be updated and athletes will start over.
6. No points will be awarded on an apparatus that an athlete does not formally compete on between July 1, 2017 and June 1, 2018. For example, if an athlete does not compete on High Bar they cannot earn points for skills on that event. Start values on events must be minimum values required to compete at Elite Canada/Canadian Championships (Seniors only).
7. Trampoline points are included for every athlete
8. All non-dismount elements must be performed without a major deduction or combination of deductions that exceed 0.4
9. You may only count one dismount per event. Dismounts cannot have more than a medium (.3) deduction in the air and more than a 0.1 landing deduction (steps).
10. Vault: May have up to 1.0 total deduction. Vault must be landed. No credit for a fall.
11. You count only the highest difficulty skill completed on each line, unless indicated otherwise.
12. Skills used in lines 9 & 10 of each apparatus (additional elements) can be taken from the skills list as long as they are not repetitive elements
13. This program will be executed via video submissions (details on submission process explained below)
14. The deadline for all video submissions will be May 1, 2018, but assessment will continue through 2018 Canadian Championships
15. Points are doubled when performed successfully in a routine at either Elite Canada, Canadian Championships, UCIC, or an FIG sanctioned International competition. Doubled points can only be awarded once per skill.

2020 Quadrennial plan - Floor Strategy

1. Maximize use of diagonals, don't squeeze a line into a side pass
2. Maximize your 2 in connections
3. Use a D dismount that can be stuck
4. Start values for 2017 are between 5.3 and 5.8, while Start values needed for the Team at the 2018 World Championships will be 5.5 to 6.0.

Seniors must perform elements on a 40x40 and may use a 20cm-landing mat.

Seniors may perform on a Tumbling strip to a landing that is level with the Tumbling strip only on skills highlighted in yellow

Juniors may perform all elements on a Tumbling strip or 40x40 and adhere to the same landing instructions as the senior athletes.

FLOOR SKILLS	1 pt.	2 pts.	3 pts.	4pts.
1. Backwards	Double back salto with Full twist	Back Double, Double tucked	Double back with 2 ½ twist	Triple twisting double tuck
2.	Double Back Layout	Double back Layout with full twist	Double back Layout with double twist	Double back Layout with triple twist
3.	Triple Twist backwards	3 ½ twist backwards	Quadruple twist backwards	Back layout with 4 ½ twist
4. Forwards	Forward Double twisting Layout	Forward 2 ½ twisting layout	Forward Triple twisting Layout	Forward 3 ½ twisting Layout
5.	Double Front tucked with ½ twist	Double front full twist	Double front with 1 ½ twist	Double front with double twist
6. 1 st Connection	0.1 bonus line		0.2 Bonus line	
7. 2 nd Connection	0.1 bonus line		0.2 Bonus line	
8. Non Acro	C value	D value		
9.	Additional D element	Additional E element	Additional F element	Additional G element
10.	Additional D element	Additional E element	Additional F element	Additional G element or H element 5pts.
TOTAL SCORE:				

POMMEL HORSE SKILLS	1 pt.	2 pts.	3 pts.	4pts.
1.	D Flop with circles and Stockli's	E Flop with circles and Stockli's		
2.	D Flop with use of Russian's	E Flop with use of Russian's		
3.	D - Full spindle	E – Full Spindle	Full Spindle in flare with pommels between the hands	
4.		Magyar or Sivado in Flare		Magyar to Sivado in Flare
5.	C scissor with no deduction	D scissor with no deduction		
6.		Roth	Wu Guonian	
7.	D Russian		E Russian	
8.	D dismount (0.1 max ded.)	E Dismount (0.1 max ded.)		
9.	Additional D element	Additional E or higher element	Additional F element	Additional G element
10.	Additional D element	Additional E or higher element	Additional F element	Additional G element
TOTAL SCORE:				

2020 Quadrennial Plan - Rings Strategy

1. Master your Dismount, it's the last thing the judges see and needs to be stuck at least 60% of the time. (In Training and Competition)
2. 40-50% of your skills on Rings should be Strength elements in 2017, and 60% of your skills on Rings should be Strength elements by 2018.
3. Giants to handstand need to be flawless
4. If you are not physically prepared for the strength elements you need to utilize both D swing elements, Johansson and Pike Guczoghy, and/or the O'Neil for an E part.
5. Start values for 2017 are between 5.2 to 5.7, while Start values needed for the Team at the 2018 World Championships will be 5.4 to 5.9

RINGS SKILLS	1 pt.	2 pts.	3 pts.	4pts.
1.	C cross	D Cross	E Cross	
2.	C Planche	D Planche	E Planche	
3.	C Invert cross	D Invert cross	E Invert	
4.		D Maltese	E Maltese	F Maltese
5.		C or D strength, pull upwards to C part	D or E strength, pull upwards to D or E part	
6.	Swinging D element		Swinging E element	
7.	D dismount	E dismount	F Dismount	G Dismount
8.	Additional D element	Additional E or higher element	Additional F element	Additional G element
9.	Additional D element	Additional E or higher element	Additional F element	Additional G element
10.	Additional D element	Additional E or higher element	Additional F element	Additional G element
TOTAL SCORE:				

2020 Quadrennial Plan - Vault Strategy

1. Create more rotation off the springboard so more high difficulty Vaults become achievable.
2. Vault training needs to be done a minimum of four times per week, two days on basics and two days on the Technical training of your Vaults.
3. Vault onto a table at least once per week so you may develop both rotation and height.
4. Expected Start value for 2017 is 5.2, while Start values needed for the Team at the 2018 World Championships will be 5.2 to 5.6.

VAULT SKILLS	2 pts.	7 pts.	13 pts.	18 pts.
1.	4.8 Juniors Only	5.2	5.6	5.8 +
2.	4.8 Juniors Only	5.2	5.6	5.8 +
Additional 5 pts.	Double Tsukahara or Yurchenko Piked, or tucked with full twist timer that rotates to your back on mats 1.75m High.			
TOTAL SCORE:				

All Vaults may be performed onto a landing mat in the pit that is floor level.

2020 Quadrennial Plan - Parallel Bars Strategy

1. This apparatus has more options for the variety of elements in which a high level of difficulty can be achieved.
2. Take the time to learn a double front dismount and learn to stick it.
3. Senior Routines should include only C parts and higher
4. Learn an upper arm D element
5. Start value for 2017 are between 5.2 and 5.7, while Start values needed for the Team at the 2018 World Championships will be 5.5 to 6.1.

PARALLEL BAR SKILLS	1 pt.	2 pts.	3 pts.	4pts.
1.	Upper arm C element	Upper arm D element	Upper arm E element	Upper arm F element
2.	D Peach (no bent arm deduction)	E Peach	F Peach	G Peach
3.	D Healy to support	E Healy to support from one rail		
4.	C or D element to one rail (For Healy connection)	C or D element to Healy from One rail		
5.		Double salto from support to upper arm (Examples – Morisue)	Double salto from Support to long hang (Examples – Suarez, Morisue, Sasaki)	Double salto pike to long hang or support
6.		Double salto from Long hang to upper arm (Example - Belle)	Double salto from long hang to long hang (Example -Belle to long hang)	Double salto pike from long hang to support or long hang
7.	Tippelt	Bhavsar		
8.	D dismount	E dismount	F Dismount	G Dismount
9.	Additional D element	Makuts (E)	Giant to Makuts	Yamamura (Peach to Makuts) G
10.	Additional D element	Additional E element	Additional F element	Additional G element
TOTAL SCORE:				

2020 Quadrennial Plan - High Bar Strategy

1. Use fewer turning elements to eliminate angle deductions, if you can't do it to handstand, don't use it!
2. Master 5 release elements, use a minimum of 3 in 2017 and have 5 ready for 2018
3. Utilize the Alder ½ turn and Full turn to mix grip (2 D elements that can finish in handstand)
4. The only Group I element of 'D' value that carries no angle deduction is the Czech Giant, if this is not possible to learn, then master the Quast or Zu Li Min, everything to elgrip will result in a 0.3 deduction.
5. Start value for 2017 are between 5.2 and 5.7, while Start values needed for the Team at the 2018 World Championships will be 5.5 to 6.1.

HIGH BAR SKILLS	1 pt.	2 pts.	3 pts.	4pts.
1.	Straddle Tkatchev	Straddle Tkatchev with ½ turn		
2.		Layout Tkatchev	Layout Tkatchev with ½ turn	Liukin
3.	Flying Giant with significant flight phase	Kovacs	Pike or Layout Kovacs	Cassina
4.	Gienger	Tucked Gaylord	Kolman (3) and/or Pike Gaylord (3)	Bretschneider (5 pts.)
5.	Additional C flight element	Piatti (straddle or pike) OR Yamawaki	Piatti layout, and /or Straddle with ½ turn OR Munoz-Pozzo (Yamawaki ½ turn)	Suarez (Piatti Layout with full twist) OR Walstrom (Yamawaki 1 ½ turn)
6.	Alder to handstand (C)	Alder ½ turn (D)		
7.	Additional C in bar element	Alder with full turn to handstand in mix grip (D)	Alder with full turn to handstand in under grip (E)	
8.		C Long hang element (no ded.)	D Long hang element (0.1 ded)	
9.	D dismount	E dismount	F Dismount	G Dismount
10.	Additional D element	Additional E element	Additional F element	Additional G element
TOTAL SCORE:				

All elements may be done over a pit with mats under the bar. Dismount must be performed onto a firm surface.

TRAMPOLINE	1 pt.	2 pts.	3 pts.	4pts.
1.		Triple back tuck	Triple back Pike	Quadruple back Tuck
2.		Triple back tuck ½ out	Triple back with full twist	Triple back with double twist
3.	Back layout with Triple twist	Back layout with 3 ½ twists	Back layout with 4 twists	Back layout with 4 ½ twists
4.	Double layout backwards	Double layout with full twist	Double layout with double twist	Double Layout with triple twist
5.	Double back tuck with full twist	Double back tuck with double twist	Double back tuck with triple twist	Double back tuck with quadruple twist
6. These elements need to be performed with very low amplitude	Cody open tuck (for Kovacs)	Cody tuck with full twist (for Kolman)	Cody tucked with double twist (for Bretschneider)	Cody Layout with double twist (for Bretschneider 2)
For Line #6, all Cody elements must be shown, not only your highest difficulty skill				
7.	Double Front tuck with full twist	Double front tuck with double twist	Double front tuck with 2 ½ twist	Double front tuck with triple twist
8.	Double front Layout with late ½ twist	Double front Layout with Full twist on second layout	Double front Layout with Double twist	Double front Layout with Triple twist
9.	Triple front tuck	Triple front pike	Triple front with full twist	Triple front with double twist
10.	Front layout with Triple twist	Front layout with 3 ½ twists	Front layout with 4 twists	Front layout with 4 ½ twists
TOTAL SCORE:				

Elements may be performed either on the trampoline (a mat may be slid in for landing), off the trampoline onto a mat in the pit the same height as the bed of the trampoline, or on to the floor with a landing mat.

FINAL SCORE:	
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Video Submission Guidelines

Since we do not have a central training center for our team and we are not able to get together very frequently, we must be able to track skill development through video submission. The guidelines for video submission are as follows:

1. Coaches are instructed to create their own Dropbox or Youtube account and provide access to the NTD and PM-MAG. Coaches will upload skill videos for their athletes.
2. Each video must be clearly labeled with the athlete's name and skill being performed.
 - a. Please only provide successful attempts
3. Videos must show the entire body of the gymnast from head to toe preferably from a position where a judging panel would be located.
4. When attempting a new skill from the skills program in competition, coaches will be required to submit in writing the skills that will be attempted by their athlete. These must be received by the NTD 24 hours prior to Elite Canada, Canadian Championships, UCIC, and any other FIG sanctioned events. This will notify the NTD of the new skills being attempted. Video evidence and/or judge verification will be used for skill points attained in competitions.
 - a. Once an athlete has received competition points for a skill, they do not need to submit that skill again