



## **JUNIOR OLYMPIC PROGRAM INFORMATION FOR CLUBS AND COACHES**

Here is additional information for clubs as they start their transition to the JO program.

In this document:

1. Information previously circulated by GBC about JO (so you have everything)
2. Information for clubs, parents and athletes
3. JO - Judging Education 2014-15 season
4. JO - Coaching Education 2014-15 season
5. Minimum NCCP Certification for the JO program - Updated
6. 2014 – 2015 BC WAG Provincial Structure – Updated
7. Transition to the JO program
8. JO – Age groups
9. JO – Mobility rules
10. JO – Competition Warm up
11. JO – Equipment Requirements for competitions

### **Coming soon:**

- The JO Optional program – How to build your routines  
Information directed to coaches that highlights the differences between CPP and JO and how to maximize your scores with JO.
- Competition information
  - o 2015 BC Championships invited categories
  - o 2015 Western Canadian Championships – trial process for the CPP P5
  - o 2015 Western Canada Summer Games – trial process for the CPP P5
  - o 2016 BC Games invited categories
- Resources on the “Business of JO”

If you have any questions about the JO program, please do not hesitate to contact Andree Montreuil ( [amontreuil@gymbc.org](mailto:amontreuil@gymbc.org) ) or Nancy Beyer ( [nbeyer@gymbc.org](mailto:nbeyer@gymbc.org) ).

## **2014-15 begins a new era in GBC's women's competitive program with the USA Junior Olympic program coming to BC!**

Dear GBC WAG clubs, coaches and judges:

As of September 1, 2014, Gymnastics BC will use the USA Junior Olympic Program (JO) for its provincial level competitive categories. JO will replace the Canadian Provincial Program (CPP), GYMSTART and KIP.

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### **What is the Junior Olympic (JO) program?**

The USA Junior Olympic program is based on 10 levels with GBC using levels 1 to 9. This level system provides great long term benefits aimed at keeping athletes motivated with smoother transitions from level to level and improved progression within one level.

It was developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely. The program allows the gymnast to advance at her own pace, competing in more than one level in a year, if she so chooses. (USAG)

The JO program is divided in three major segments:

#### **Learn the Basics: Levels 1 to 3**

Equivalent: GYMSTART Levels 1-2-3, CPP P1, recreational programs

JO Levels 1 to 3 are compulsory routines with set choreography and music. They allow gymnasts to develop good and strong basics and can be used as a club non-competitive and achievement-oriented program or as an introduction to competition.

Clubs that prefer to use the JO levels 1-2-3 as an introduction to competition will be able to register their athletes at zone and invitational meets.

#### **Compulsories: Level 4 and 5**

Equivalent: GYMSTART 3 and 4, CPP P1-2-3

JO Levels 4-5 continue to use compulsory routines and choreography. Both of these levels are progressive in nature, building upon the skills required at the previous level.

Level 5 is often recognized as being more difficult than the Level 6, because it focuses on impeccable basics. This is an excellent preparation for athletes who want to go into the Pre-Novice categories.

Competitive opportunities exist at invitational meets.

## **Optional: Levels 6 to 9**

Equivalent: CPP P2, 3, 4, 5

JO Levels 6-9 are competitive programs using optional routines. These levels have difficulty restrictions (like CPP). Composition, including artistry is evaluated in Levels 8 and 9.

The JO Level 10, which is currently used in the USA, is equivalent to the National Novice and National Open categories. The JO Level 10 will not be used in BC.

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## **Why move to JO?**

**Service our clubs:** JO services beyond the current CPP levels and bridges recreational and development programs into one progressive system. This is a full-service program and will unite the B.C. development levels of GYMSTART, KIP and club systems. JO combines the GYMSTART concepts and elements with an easy system of assessment within competition that some clubs prefer.

**Service our judges:** Because it is more technical in its evaluation process, JO will allow new judges to better understand the mechanics of gymnastics. JO is also much quicker to judge. This should encourage new judges to get involved.

**Service our athletes' development:** The JO program is a great platform for athletes wishing to progress to higher levels. It is also a safe environment for those athletes who choose to enjoy the sport at a more recreational level. Each level builds on the skills learned in the previous level.

**Service our athletes' goals:** The requirements for Levels 6 to 9 require athletes to develop more skills. An additional benefit is that American athletes continue their progression and move from Level 9 to 10. In Canada, there are very few athletes who will go from CPP level 5 into the National Novice or Open categories. As B.C. athletes adjust to the new requirements, more athletes will be able to meet the requirements and successfully transition to the national stream program.

**Service our coaches:** JO Levels 1-5 - have a strong educational component which is invaluable to young coaches. It gives coaches technical information and the skills are broken down with clear technique (body position, arm position, height, split requirement, etc.). The deductions in the JO Code also focus on the evaluation on those exact technical requirements. As coaches progress with their athletes, they learn to teach proper basics.

## **And...**

The final score is out of 10.0! Scores will finally make a lot more sense to athletes and parents! The JO Code is also more lenient than the FIG Code of points. As a general rule, the program rewards the effort of the gymnast, rather than focusing on errors.

## **Benefits**

### **The JO program has many benefits for GBC clubs and their members**

- Good basics for athletes in a pre-comp program
  - New competitive opportunities to athletes currently registered in advanced rec who would like to compete but cannot train more than once or twice a week – kids can set new goals and stay motivated.
  - Resource materials that are easy to understand and apply
  - Well thought out program that has been successfully applied within club systems in North America for decades
  - Because of its strong educational component, young coaches can use the program very successfully, learn and teach good basics with less supervision from the head coach.
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### **Why change now?**

The new JO code for levels 1-5 was just released in 2013 and will remain constant until 2021. The JO code for levels 6-10 will remain constant until 2017.

Ontario already used for one year with great success. They have paved a path of us and we will pave a path for the rest of the country.

And perhaps most compelling is that at the Women's Program Annual meeting held in April during the Twisters Invitational, 26 GBC clubs unanimously voted to adopt the JO program, as soon as possible – even at the cost of some confusion at the beginning.

Even when presented with the possibility that we may be the only Western province using the JO program for the 2014-15 season, they still unanimously requested that Gymnastics BC adopt the JO program.

At a follow-up meeting in May, clubs from seven of the eight zones once again agreed unanimously to pursue the move to the JO program for the upcoming season.

*This was a very powerful message from WAG competitive clubs...*

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### **What's in the future with the JO program?**

More and more countries in the Americas are switching to the JO program. The USA has introduced the idea that it would be interested in developing a North American or Pan American JO Championships.

As all Canadian Provinces transition to the JO program, either in 2014-2015 (pending USAG and GCG approval) or 2015-2016, it is conceivable that a JO Canadian Championships could emerge.

## **Recommended resources for your club:**

The JO program is available in hard copy or as electronic information (perfect for iPad or tablets).

Here are the recommended documents your club should purchase.

- **Women's JO Code of Points** | Item Number 3117 | Price: \$60
- **Compulsory Materials Bundle** | Item Number 3112 | Price \$90 | Book, DVD and CDs | Includes items 3111, 3106 and 3110

To purchase the Electronic version (perfect for tablets and iPads):

<https://usagym.org/pages/home/store/index.html>

To view other available resources on the USAG Website:

<http://usagym.sportgraphics.biz/c-17-rules-jo-materials.aspx>

All clubs must order directly from USAG not from Gymnastics BC. To purchase a hard copy please proceed as indicated below

By phone: 1-800-345-4719, option 1.

You must provide item# and quantity ordered. They will need time to determine freight and will send an email back to ask you to confirm your order and provide credit card info. You can give your credit card number via email, or by phone (same number - above).

By email: [sgshipping@sportg.com](mailto:sgshipping@sportg.com)

You must provide item# and quantity ordered. They will need time to determine freight and will reply to your email and ask that you confirm your order and provide credit card info. You can give your credit card number via email, or by phone (same number - above).

Expect delivery time of approximately six to eight business days (packages can be delayed one to two days at customs).

The USAG store also offers lots of additional motivational and education material for coaches and athletes.

## **THE JUNIOR OLYMPIC PROGRAM OVERVIEW**

### **The levels... it's not all about numbers!**

This document was created with reference to the document written by Dr. Alison Arnold as posted on the USA Gymnastics Website.

#### **EMBRACE THE CHANGE**

2014-2015 is an exciting time for Gymnastics BC. The women's artistic program is restructuring its competitive program and adding new levels. The program is designed to unify several programs used in B.C. under one program.

#### ***JO Levels 1 to 3 - Learn the Basics!***

JO Levels 1-3 are compulsory routines that allow gymnasts to develop good and strong basics. It can be used as a pre-competitive program. Clubs can use those levels as a club achievement-oriented program or as an introduction to competition.

#### ***JO Levels 4 and 5 - Compulsories***

JO Levels 4 and 5 continue to use compulsory routines and choreographies. Both these levels are progressive and build upon the skills required at the previous levels.

JO Level 5 requires excellent basics and is meant to deepen the athlete technical proficiency. It will suit athletes going toward the higher provincial or national competitive program particularly well.

#### ***Transition between Compulsory and Optional***

Athletes will usually use one of the 3 options below to transition from the compulsory to optional program.

- Option 1 – Because Level 5 is harder, a lot of athletes will choose to skip it completely; Athletes will jump from Level 4 to Level 6. This transition would be similar to going from CPP P1 to P2.
- Option 2 – With some athletes, some coaches may choose to focus on developing strong basics. From Level 4, they will move to Level 5 then onto Level 6 or 7.
- Option 3 – Athletes whose goal is to eventually enter the National stream program will continue to focus on developing strong basics in Level 5, then move on to the Canadian Pre-Novice Program

#### ***Levels 6 to 9 - Optional***

JO Levels 6-9 encompasses the categories that we are all familiar with. Like CPP, the requirements become progressively more difficult.

## **COMMUNICATING CHANGES GYMNASTICS BC WOMEN'S COMPETITIVE PROGRAM**

As of September 2014, Gymnastics BC is introducing the USA Junior Olympic (JO) Program for its pre-competitive and competitive provincial stream athletes. This 9 level system will replace all other developmental and competitive programs in BC. The new level system provides great long term benefits aimed at keeping athletes motivated with smoother transitions from level to level and improved progression within all the levels.

Here are a few tips to help implement and communicate the transition.

### **1 – Communicate with your coaches**

The first step is to communicate with your staff as they will be dealing with the parents and athletes affected by the change. They need to be informed and get to know the basics of the JO program.

### **2 – Order the JO program binders and look for other resources on the USAG Website**

The JO program comes in 2 binders that must be purchased through the USAG Website.

The Blue Binder – Levels 1 to 5 - Compulsory Exercises

The Red Binder – Levels 6 to 10 - Optional Exercises

These documents are also available electronically for tablets or iPad.

Clubs can also order the Compulsory Bundle that includes a CD (Compulsory floor music) and DVD. All the compulsory routines performed with flawless execution are available on the DVD. It is not only a teaching aid for the compulsory routines, but it is also a great technical resources for young coaches. The routines are shown in slow motion with voice over explaining the required technique for each skill. The manual (Blue binder or app) also provide additional sections on flexibility and conditioning. The program also suggests what are the next steps, progressions and skills athletes should work on in order to move up to the next level.

USA Gymnastics has posted or for sale on its Website a wide variety of resources for clubs and coaches: educational videos, books, wall charts to track athletes' progress, summary of deductions for each competitive levels and great articles that clubs can share with their parents and athletes.

### **3 – Update and simplify your program!**

With the changes to the level system, your club will need to adapt their class and developmental curriculum. This is a crucial step because it will help align your teaching with the progressions and skills the program has established for the levels. It will also help invigorate your athletes, as they begin working on new elements.

One of the best asset of the JO program is that it services beyond the CPP levels and bridges recreational, developmental, and pre-competitive programs into one progressive system.

As clubs review their own programming, they will decide how best to adopt and integrate the JO program. It will be up to each club to choose what will work best for their coaches and for their membership. Some clubs may decide to only switch their CPP P1-P5 athletes to JO and leave the rest of their club programming intact; other clubs may fully adopt JO and register athletes in all 9 levels. Most clubs will be in between.

The lower level of the JO compulsory program (Levels 1-3) can replace your pre-comp program. These levels are designed to prepare gymnasts for competition by providing either a non-competitive, achievement-oriented program of basic skills and progressions or it can be used as an introductory/recreational competitive program.

JO, as a full-service program, will unite the B.C. development levels of GYMSTART and KIP under one umbrella program. The GYMSTART program will remain posted on the GBC Website as a resource document, but there will no longer be GYMSTART events in BC.

What about your recreational programs? The JO program is not meant to replace your club's recreational program. Your club can keep the program as-is. However, some clubs may decide to use the JO program Levels 1-3 to offer an introductory competitive experience to children who would not have had this opportunity in the past. Girls can compete in JO Level 1, for example, get a taste of competitive gymnastics without the level of commitment that was required of competitive athletes in the past.

#### **4 – Communicate with your parents and athletes**

The fourth step is to communicate with your parents and athletes. It is important to focus on the fact that the levels are just numbers and do not equate to the concept of school years.

Whether it is through individual or team meetings, on bulletin boards or in handouts, focus on the positives. Reassure your parents and athletes that while there is a learning curve. The most important element is training and perfecting basics for long-term gymnastics growth.

#### **5 – Be a positive advocate**

We appreciate that change can be difficult; so during this transition and learning curve, a positive, patient and constructive approach will help both your club members and the GBC with the delivery of the program. Remember to watch for updates! Participate in clinics - the GBC Congress is just around the corner! Provide feedback and ask questions as needed.

Get excited about this fresh start! We want to hear from you!

Email: [amontreuil@gymbc.org](mailto:amontreuil@gymbc.org)



## **JO - JUDGING EDUCATION 2014-15 SEASON**

The Women Judges Committee (WJC) has been working on the transition to the JO program since early July. On August 8-10, five BC judges will attend the judging clinic at the USA Region 2 Congress in Washington State. These judges will be responsible to give the judges clinic throughout the Province.

A USA judge has tentatively agreed to give a clinic in Vancouver early September to train additional BC judges. Information will be sent to judges as soon as it is confirmed.

Following the August clinic, the WJC will finalize the curriculum for the BC clinics. Most Zone Judging Chairs have already submitted their preferred dates to host a judging clinic during the Fall.

## **JO - COACHING EDUCATION 2014-15 SEASON**

Following the August 8-10 USA Region 2 Congress, a "technical report" designed to help coaches and judges in the transition to the JO program will be circulated to all clubs. The document will include major differences between CPP and JO, and explain the basics of scoring of the JO program and to maximize their scores. The report will also provide coaches with strategies to determine the best category for their athletes for the upcoming season.

The **GBC Congress** held August 20-24 in Whistler is an amazing opportunity to learn more about the JO program. On Saturday, Nicole Langevin will be doing a general presentation about the JO program. On Sunday, she will be teaching the compulsory routines on Beam and Floor. We hope that many clubs can take advantage of this opportunity.

A 2-3 hour clinic will also be organized to provide more information to the coaches about the program and answer their questions. GBC will also identify individuals that will be in charge of responding to coaches and judges questions regarding the JO program. Until their names are announced, all questions can be sent to Andree Montreuil.

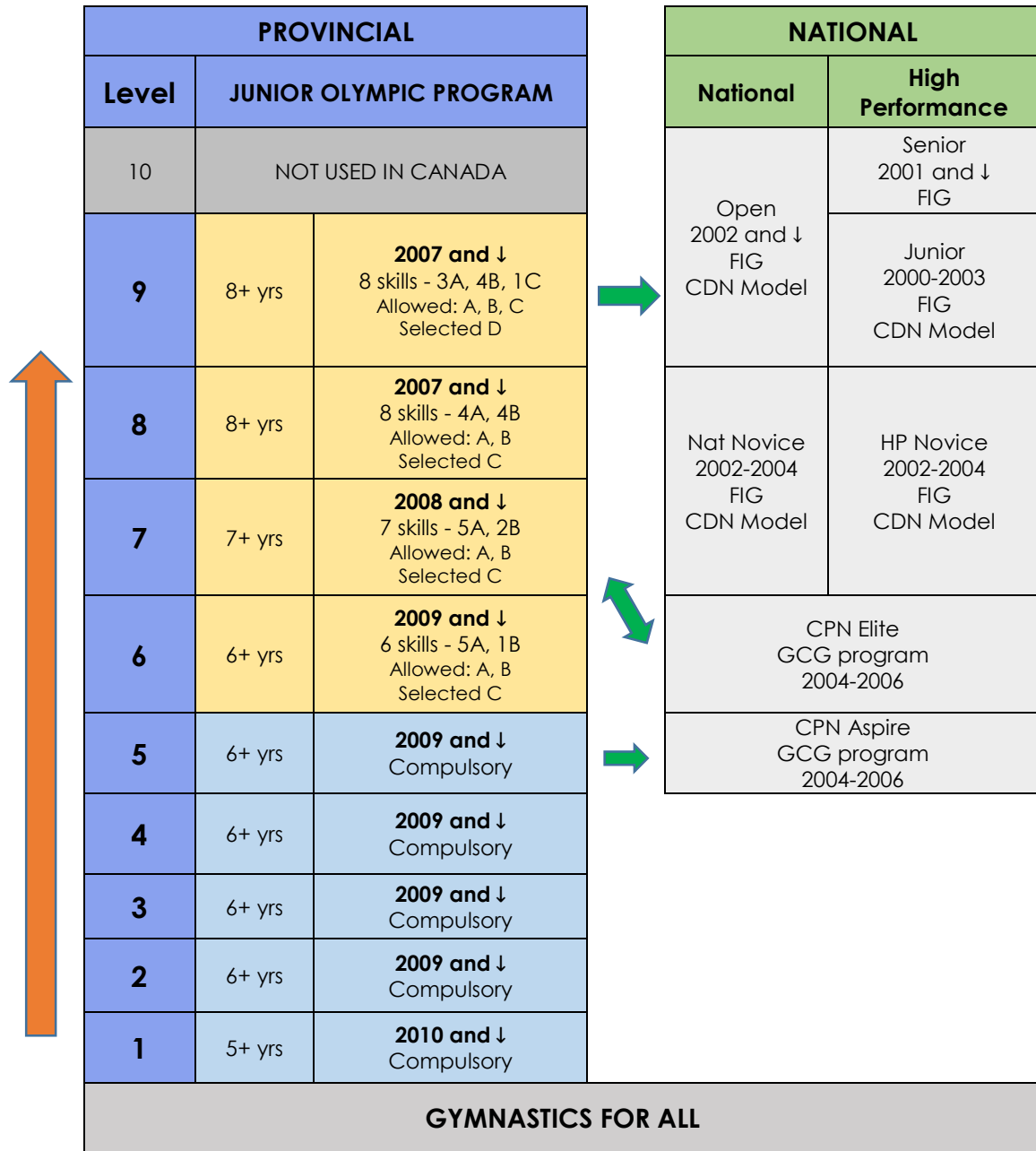
## Minimum NCCP Certification

The minimum certification required (as indicated below) is applicable for regular training (normal every day training) and for competitions. Coaches that do not meet the minimum standard must apply for an exemption (see Coaching Section of the P&P Manual, 3.1.6).

Categories		Minimum NCCP Certification
Provincial	JO Levels 1-2	Gymnastics Foundations - Trained
	JO Levels 3-4	Gymnastics Foundations – trained or NCCP Level 1 (certified) And NCCP Level 2 technical
	JO Levels 5-9 CPN Aspire, Elite	NCCP Level 2 Certified
National	Novice, Open, Junior, Senior	NCCP Level 3 Certified

**2014-15 – BC WAG PROVINCIAL STRUCTURE (UPDATED)**

**Please note the change in minimum birth years! There was a mistake in the registration handbook.**



Registration: Any athlete competing in JO (Levels 1 through 9) must be registered with GBC as a competitive member.

## THE TRANSITION TO THE JO PROGRAM...

This table below suggests equivalency between CPP, GYMSTART and KIP and the JO program.

Athletes can be registered in one of the suggested equivalent JO Levels or higher. For example, a CPP P2 athlete may register in JO Level 4, 5 or 6, according to her current ability level. If an athlete was ready to move from CPP P2 to P3, she may consider registering one level higher, or in JO level 7.

<b>Category in 2013-14 CPP, Gymstart, Kip If you were:</b>	<b>Category 2014-15 JO Program Register in:</b>
CPP - P5	JO Level 8-9
CPP - P4	JO Level 7-8
CPP - P3	JO Level 6-7
CPP - P2	JO Level 4-5-6
CPP - P1	JO Level 3-4-6
Gymstart 4 (Endeavour)	JO Level 4-5
Gymstart 3	JO Level 2-3
Gymstart 2	JO Level 1-2
Gymstart 1	JO Level 1
KIP 2	JO Level 4-5-6
KIP 1	JO Level 2-3-4

### ADDITIONAL COMMENTS:

The transition from CPP to JO on Vault, Beam and Floor should be fairly straight forward and not cause problems to athletes and coaches. Transition on UB will be more difficult especially in the first year of the program's implementation.

The JO program approach to uneven bars is very different than in the CPP program. The optional levels (JO Levels 6-9) require skills that were allowed but not mandatory in CPP. These skills were traditionally introduced later in the athlete's career (close circle elements like free hip, or cast to handstand ½ pirouette in handstand). This will result in a big learning curve for most gymnasts.

Don't hold back your athletes too much because of bars! Everyone will be in the same boat and once they start training those new skills every day, they will see the results!

## **JO - AGE GROUPS WITHIN A ONE LEVEL**

Athletes will be identified by their level and birth year: Level 7 – 2004 (born in 2004).

At competitions, athletes will be grouped by birth year for awards. There should be no more than 36 athletes in a group for award purposes. If there are more than 36 athletes in a specific category/birth year, athletes should be split. This rule has been used successfully at BC Championships for a few years.

If the number of athletes in a specific category/birth year is significantly less than 36 (suggested number = 15), the host club can merge birth years together (for example: Level 7, 2006 and 2007). The total number of athletes however may not exceed 40.

Examples: Registration numbers for a Level 7 competition:

- 2009 = 10 gymnasts
- 2008 = 30 gymnasts
- 2007 = 45 gymnasts
- 2006 = 25 gymnasts

The host has the following options:

Option 1: Less grouping – keeping birth years separate

- Awards done for each birth year, with 2007 being split into 2 groups\*\*
  - o 2009 = 10 gymnasts
  - o 2008 = 30 gymnasts
  - o 2007 = 23 gymnasts
  - o 2007 = 22 gymnasts
  - o 2006 = 25 gymnasts

\*\*Groups can be split by clubs, by Zones, by birth date (months) or in any way that make the numbers/schedule work.

Option 2: More regroupings of birth years.

- o 2009-2008 = 40 gymnasts
- o 2007 = 36 gymnasts
- o 2007-2006 = 9 + 25 = 34 gymnasts (remaining 2007 and 2006)

## JO – MOBILITY RULES

The USA Gymnastics general mobility philosophy will be used:

“In the spirit of good sportsmanship, fairness to all athletes and competitive balance, the mobility system within the JO program should be followed in the manner that it is intended:

1. Before moving up a level, every athlete should show proficiency at her current level,
2. Once a high level of proficiency is achieved at the athlete's current level, she should strive to move up to the next level, as long as it is done safely.
3. For athletes to repeat a level with the intent to gain an advantage over other competitors or teams IS NOT in the spirit of the JO program or youth sports in general.”

### For the 2014-15 Season

JO Level 1 to 4: No mobility restrictions - Athletes can move up at any time during the season registered in.

Mobility restrictions apply to JO Level 5 and up only.

For the 2014-15 season, athletes can register in any category as per the table below. Any derogation to this should go to WTC. Athletes have until March 1 to finalize their category with GBC (as per GBC rules). Just like in previous years, athletes will be locked in their category from March 1 until after BC Championships.

Category in 2013-14	Category 2014-15
CPP - P5	JO Level 8-9
CPP - P4	JO Level 7-8
CPP - P3	JO Level 6-7
CPP - P2	JO Level 4-5-6
CPP - P1	JO Level 3-4-6
Gymstart 4 (Endeavour)	JO Level 4-5
Gymstart 3	JO Level 2-3
Gymstart 2	JO Level 1-2
Gymstart 1	JO Level 1
KIP 2	JO Level 4-5-6
KIP 1	JO Level 2-3-4

### For the 2015-16 season:

JO Level 1 to 4: No mobility restrictions - Athletes can move up at any time during the season registered in.

As of 2015-16, athletes registered in JO Level 5 and above must register in the Level they were in the previous season or higher. Athletes will still have until March 1 to confirm their category with GBC, and will be locked into that category until after BC Championships. For example: athlete registered in 2014-15 as Level 8; she must register L8 or higher in the following season.

## 2014 – 2015 BC WARM UP PROCEDURE

<b>General Warm up</b>	20 minutes: Athletes may not start the general warm-up on the competition floor before the set time. Athletes may not use the equipment during the general warm-up (not go on V, UB, BB – only light tumbling on FX re: beam acro on line). Sanction: first infraction: Verbal warning to athlete and coach, 2 <sup>nd</sup> offence from same coach/athlete: coach red carded – and removal from competition floor for that session			
	<b>V</b>	<b>UB</b>	<b>BB</b>	<b>FX</b>
<b>Type</b>	Group Warm up	Group Warm up	2 athletes warm up. 1 <sup>st</sup> competes, 3 <sup>rd</sup> warms up, etc.	Group Warm up
<b>Junior Olympic Program</b>	Levels 1-2: 30 sec Level 3: 45 sec Level 4-5: 1 min Level 6-9: 90 sec	Levels 1-2: 30 sec Level 3: 45 sec Level 4-5: 1 min Level 6-9: 90 sec	Levels 1-2: 30 sec Level 3: 45 sec Level 4-5: 1 min Level 6-9: 90 sec	Levels 1-2: 30 sec Level 3: 45 sec Level 4-5: 1 min Level 6-9: 90 sec
<b>Number to Split Warm up</b>	Split warm up if group is: - Compulsory 13+ athletes in a rotation - Optional: 9+ athletes in a rotation Those are the numbers suggested by USAG. Judges and coaches should be flexible at the beginning of the season and allow for smaller sub-groups.			
<b>CPN Warm up</b>	2 min / athlete Minimum 10 min	2 min / athlete Group warm up	2 min / athlete Individual warm up	1.5 min / athlete Group warm up Min 5 min, max 8 min
<b>UB Chalk and Grips</b>	UB: If there are athletes with and without grips/chalk, athletes are divided into 2 sub-groups. Each sub-group will get their warm up time. 90 seconds is granted for each different bar preparation. The D1 judge will agree with the majority of coaches on the most efficient way to warm up.			
<b>BC Champs warm up</b>	The Warm up for BC Champs will be communicated to clubs in Bulletin 2 (after the registration).			
<b>Innovative warm up procedures</b>	<p>At competitions, USA clubs use various types of warm up. The WTC/WAG program is opened to the idea of using innovative warm up procedures that may be more efficient. Host clubs are welcomed to use the warm up stated above, or use the ideas below. The host must inform the clubs of the warm up format in their last communication with the club (with the final schedule, for example).</p> <p>Whichever option is used, the safety of the athletes is paramount; a coach must be present with the athletes while they warm up.</p> <ul style="list-style-type: none"> <li>- Continuous warm up: once athletes have completed their competition on an apparatus, they move to the next apparatus, without waiting for the rest of the athletes in their rotation. They present to the D1 judge and can start to warm up immediately, in between competing athletes. For example: A group of athletes is done competing on Beam. They go to Floor immediately, meet with the D1 judge, and warm up in between the athletes that are competing on floor.</li> <li>- 2 sets of apparatus – one set of judges: If the layout of the gym permits it, 2 sets of the same apparatus are placed next to each other, with judges sitting in between. While Group 1 competes on apparatus A, Group 2 warms up on apparatus B. When all athletes in Group 1 have finished competing, judges turn around and judge the athletes on apparatus B. At the same time, Group 3 goes to apparatus A to warm up. In this format, there is always one group warming up and one group competing on a given apparatus.</li> </ul>			

## 2014 – 2015 BC EQUIPMENT GUIDE FOR THE JO PROGRAM IN BC

### HEIGHT OF THE VAULT TABLE, UNEVEN BARS AND BEAM

Category	Age	Vault	UB	BB
Levels 4-9	13+	125 cm	Bars at FIG height (170 – 250 cm) Diagonal: min 130 cm, no max width	125 cm
	10 -12	115 or 125 cm		110 or 125 cm
	Under 10	105, 115 or 125		110 or 125 cm
Level 3	All	Mat 80 cm		100, 110 or 125 cm
Levels 1-2	All	Mat 40 cm		100, 110 or 125 cm

Uneven Bars: the bars can be extended beyond the FIG maximum width of 180 cm (within the equipment safety limitations).

### ADDITIONAL MATTING REQUIRED / ALLOWED

Provincial	Vault	Bars (dismount)	Beam (dismount)	Floor
<b>Levels 6-9</b>	Mandatory 10 cm additional mat for landing. Otherwise, no other restrictions, including 20 cm safety mats. On UB, matting may be put under the rails (as per FIG rule).			5 or 10 cm mats allowed for acro lines with saltos Mat may be removed immediately after the acro lines is completed, moved to another location or left in place.
<b>Levels 4-5</b>	Minimum 10 cm additional mat, otherwise optional, including 20 cm safety mats. On UB, matting may be put under the rails.		Level 1-5 dismounts are performed off the side of the beam. Coach may use a large 10 or 20 cm mat under the beam provided the entire area under the beam is covered and even (no chance of rolling an ankle on an uneven surface if falling)	
<b>Level 1-3</b>	Required Mat	Additional 10 cm mat allowed, but not mandatory		No additional mat
<b>All Levels</b>	The board can be placed on the 20 cm landing mat, on the 10 cm supplementary mat or on a 20 cm safety mat if the gymnast mounts and dismounts on the same side. There are no restrictions. For Levels 1-6, a block may be used instead of a board.			