



# **BC CCP CHARTS**

**Compulsory Level 1-5**

**Optional Level 6-10**

# **BC XCEL PROGRAM**

**Bronze**

**Silver**

**Gold**

**Platinum**

**Diamond**

## **2023-2024**

**To be used in conjunction with:**

**USAG Development Program**

**USAG Xcel Program**

**GymCan High Performance (HP) & Canadian Competitive (CCP) Manual**

**FIG Code of Points**

**Last update: **October 16, 2023****

## 1. Introduction

Gymnastics BC adopted the USAG Development Program (formerly known as the JO program) in 2014, Gymnastics Canada adopted the USAG Development Program created in the USA for use in the Provinces and Territories in July 2015. The USAG Development Program was created 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 gymnasts to advance at their own pace, competing in more than one level in a year, if they so choose. The USAG Development Program is called Canadian Competitive Program (CCP) in Canada. In 2020, BC partially adopted the USAG Xcel program to bridge the gap between the BC Interclub and BC CCP Programs.

The chart below shows how each program fits into the GymBC WAG Competitive Structure:

BC Program	Canadian Program		High Performance
Xcel Program	Canadian Competitive Program (CCP)		FIG & Canadian Models
	Level 10 2015 ↓ CC 2012 ↓	Optional	HP Senior 2009 ↓
	Level 9 2016 ↓ CC 2013 ↓		HP Junior 2009-2011
			HP Novice 2011-2012
Diamond 2012 ↓	Level 8 2016 ↓	Optional	Youth 2012-2014
	Level 7 2017 ↓		GEMs 2014-2016
Platinum 2012 ↓	Level 6 2018 ↓	Compulsory	Identified by GymCan based on skills testing. Recommended competition levels: 3, 5 or 7.
	Level 5 2018 ↓		
Gold 2017 ↓	Level 4 2018 ↓		
Silver 2017 ↓	Level 3 2018 ↓		
Bronze 2017 ↓	Level 2 2019 ↓		
	Level 1 2019 ↓	All Compulsory levels: 2018 ↑ must use Gold, Silver, Bronze awards system.	

### Questions about the Programs?

Questions about the Xcel, CCP, Aspire and High Performance programs can be sent to: [wag@gymbc.org](mailto:wag@gymbc.org)

\*The Aspire Stream should be in place by GymCan this season. BC competitions will start offering the Youth category after BC Championships provided that there is a final Aspire Manual available then.

## USAG Updates

It is the intent of GymCan to follow the USAG Development Program rules, as closely as possible. USAG posts updates on its website from time to time. At the Canadian and BC levels, USAG Development Program updates will come into effect on October 1, 2023 and on March 1, 2024. USAG Development Program updates for levels 1-10 can be found on their website at: <https://usagym.org/women/development/>

USAG will also update the Xcel program periodically. At the Canadian and BC levels, USAG Xcel Program updates will come into effect on October 1, 2023 and on March 1, 2024. All Xcel updates can be found on the USAG website at: <https://usagym.org/women/xcel/>

## 2. Documents

Please see below the documents in effect in BC.

	Canada Games	Canadian Champs	Western Champs	CWG, CC, WC Trials	All other GBC sanctioned
<a href="#">GymCan Canadian Competitive Program</a>	√	√	√	√	
BC CCP					√
Navy Binder/Digital Version	√	√	√	√	√
Green Binder/Digital Version					√
Black Binder/Digital Version					√

Please note that:

- For warm up procedures and equipment specifications, the Canadian or BC document will supersede all USAG Program Rules as per the chart above. Until GymCan updates its manual, only the BC version is correct.
- The Canadian modification to Level 9 will supersede all USAG Binders.

All trial type competitions will be conducted using the rules of the competition that athletes are trying to qualify to.

## 3. USAG Program Binders

Program	Year	Version	Price	Link
CCP 1-5 Compulsory	2021	Green Binder	\$75.00 USD	<a href="https://usagym.sportgraphics.biz/c-39-womens-development-program-wdp-compulsory-levels-1-through-5.aspx">https://usagym.sportgraphics.biz/c-39-womens-development-program-wdp-compulsory-levels-1-through-5.aspx</a>
		Digital (Google Play)	\$75.00 USD	<a href="#">USA Gymnastics Development Program Compulsory Exercises: Women's Artistic - 2021-2029 by USA Gymnastics - Books on Google Play</a>
CCP 6-10 Optional	2022	Navy Binder	\$75.00 USD	<a href="https://usagym.sportgraphics.biz/c-38-womens-development-program-wdp-optional-levels-6-through-10.aspx">https://usagym.sportgraphics.biz/c-38-womens-development-program-wdp-optional-levels-6-through-10.aspx</a>
		Digital (Google Play)	\$75.00 USD	<a href="#">2022-2026 Development Program Code of Points by USA Gymnastics - Books on Google Play</a>
Xcel	2022	Black Binder	\$60.00 USD	<a href="https://usagym.sportgraphics.biz/c-40-womens-xcel-program.aspx">https://usagym.sportgraphics.biz/c-40-womens-xcel-program.aspx</a>
		Digital (Google Play)	\$75.00 USD	<a href="#">2022-2026 Xcel Program Code of Points by USA Gymnastics - Books on Google Play</a>

#### 4. WARM UP PROCEDURES – Canadian Competitive Program

<b>General Warmup</b>	20 minutes for Levels 9-10 / 15 minutes for Levels 1-8 Athletes may not start the general warm up on the warm up or competition floor before the set time. Once the general warm up starts, athletes may warm up on the WAG floor, mats and runway only. They may not use the boards and/or get on the table, bars or beam for any reason during the general warm up. Athletes may perform on the floor a) basic floor acro tumbling b) beam acro on a line. The use of diagonals is prohibited.				
<b>Event</b>	<b>VT</b>	<b>UB</b>	<b>BB</b>	<b>FX</b>	
<b>Type</b>	Group Warm up Continuous time	Group Warm up Continuous time	Group Warm up Block time per athlete	Group Warm up Continuous time	
<b>Canadian Competitive Program</b>	Lvl 1-2: 30 sec Lvl 3: 45 sec Lvl 4-5: 1 min Lvl 6-7: 90 sec Lvl 8-10: 2 min	Lvl 1-2: 30 sec Lvl 3: 45 sec Lvl 4-5: 1 min Lvl 6-7: 90 sec Lvl 8: 2 min Lvl 9-10: 2.5 min	Lvl 1-2: 30 sec Lvl 3: 45 sec Lvl 4-5: 1 min Lvl 6-7: 90 sec Lvl 8-10: 2 min (may do 1 min 30 + 30 sec)  <i>Max 5 sec between athlete</i>	Lvl 1-2: 30 sec Lvl 3: 45 sec Lvl 4-5: 1 min Lvl 6-7: 90 sec	Max 5 min
	Lvl 8-10: Min 8 min, Max 10 min				
	<i>Lvl 1-3 must warm up on a line, not in diagonal.</i>				
<b>Competition format:</b>					
<ul style="list-style-type: none"> <li>- <u>Athletes</u> must be ready to rotate as soon as their club or rotation is done competing on a given apparatus.</li> <li>- <u>On all apparatus</u>, athletes warm up in a group.</li> <li>- <u>Coaches</u> must determine the most efficient way to warm up prior to the rotation (in relation to equipment settings). They must work together to ensure that the warm up runs smoothly. The warm up order does not need to follow competition order.</li> </ul>					
<b>Split Warm up</b>	Split warm up: Lvl 1-5: more than 12 athletes/rotation, Lvl 6-8: more than 8 athletes/rotation, Lvl 9-10: more than 7 athletes/rotation. When possible, groups will be split to keep all athletes from one club together. At trials for Westerns, CC and CWG, the split will be done 4/4, 5/4 without consideration of clubs.				
<b>UB</b>	On UB, 90 seconds is granted for each different bar preparation (raising, lowering, chalking). This does not include widening or narrowing the bars.				

#### Warm up times

Number of Gymnasts	L1-2 30 sec	L3 45 sec	L4-5 1 min	L6-7 1 min 30 sec	L8-10 2 min	L9-10 UB only 2 min 30 sec
1	30 sec	45 sec	1:00	1:30	2:00	2:30
2	1:00	1:30	2:00	3:00	4:00	5:00
3	1:30	2:15	3:00	4:30	6:00	7:30
4	2:00	3:00	4:00	6:00	8:00	10:00
5	2:30	3:45	5:00	7:30	10:00	12:30
6	3:00	4:30	6:00	9:00	12:00	15:00
7	3:30	5:15	7:00	10:30	14:00	17:30
8	4:00	6:00	8:00	12:00	L8 16:00 L9-10 Split	Split
9	4:30	6:45	9:00	Split	Split	Split
10	5:00	7:30	10:00	Split	Split	Split
11	5:30	8:15	11:00	Split	Split	Split
12	6:00	9:00	12:00	Split	Split	Split
13	Split	Split	Split	Split	Split	Split

## 5. Warm up procedures – BC Xcel Program

<b>General Warm up</b>	15 minutes for all Xcel categories Athletes may not start the general warm up on the warm up or competition floor before the set time. Once the general warm up starts, athletes may warm up on the WAG floor, mats and runway only. They may not use the boards and/or get on the table, bars or beam for any reason during the general warm up. Athletes may perform on the floor a) basic floor acro tumbling b) beam acro on a line. The use of diagonals is prohibited.			
	<b>V</b>	<b>UB</b>	<b>BB</b>	<b>FX</b>
<b>Type</b>	Group Warm up Continuous time	Group Warm up Max 1 gymnast on UB Continuous time	Group Warm up Max 1 gymnast on BB Continuous time	Group Warm up Continuous time
<b>Xcel Program</b>	Bronze: 30 sec Silver: 45 sec Gold: 1 min Platinum & Diamond: 1 min 30 sec	Bronze: 30 sec Silver: 45 sec Gold: 1 min Platinum & Diamond: 1 min 30 sec	Bronze: 30 sec Silver: 45 sec Gold: 1 min Platinum & Diamond: 1 min 30 sec	Bronze: 30 sec Silver: 45 sec Gold: 1 min Platinum & Diamond: 1 min 30 sec  All: Max 5 min
	<b>Competition format:</b> <ul style="list-style-type: none"> <li>- <u>Athletes</u> must be ready to rotate as soon as their club or rotation is done competing on a given apparatus.</li> <li>- <u>On all apparatus</u>, athletes warm up in a group.</li> <li>- <u>Coaches</u> must determine the most efficient way to warm up prior to the rotation (in relation to equipment settings). They must work together to ensure that the warm up runs smoothly. The warm up order does not need to follow competition order.</li> </ul>			
<b>Split Warm up</b>	Split warm up: <ul style="list-style-type: none"> <li>• More than 12 athletes/rotation (Bronze, Silver, Gold)</li> <li>• More than 8 athletes/rotation (Platinum, Diamond)</li> </ul> When possible, groups will be split to keep all athletes from one club together.			
<b>UB</b>	On UB, 90 seconds is granted for each different bar preparation (raising, lowering, chalking). This does not include widening or narrowing the bars.			

### Warm up times

Number of Gymnasts	Bronze 30 sec	Silver 45 sec	Gold 1 min	Platinum & Diamond 1 min 30 sec
1	30 sec	45 sec	1:00	1:30
2	1:00	1:30	2:00	3:00
3	1:30	2:15	3:00	4:30
4	2:00	3:00	4:00	6:00
5	2:30	3:45	5:00	7:30
6	3:00	4:30	6:00	9:00
7	3:30	5:15	7:00	10:30
8	4:00	6:00	8:00	12:00
9	4:30	6:45	9:00	Split
10	5:00	7:30	10:00	Split
11	5:30	8:15	11:00	Split
12	6:00	9:00	12:00	Split
13	Split	Split	Split	Split

## 6. Equipment – Canadian Competitive Program

The following are the recommended equipment specs for use in competitions in Canada. The specs in the first columns (Lvl 10 and Lvl 9) will be in effect at Canadian Championships (CC) and Canada Winter Games (CWG) and trials. When a double set of apparatus is used (8 rotations on 8 apparatus), the host must ensure that sufficient equipment is available on all apparatus (re: both vaults cannot share one board or one safety mat).

	Equipment	Lvl 10 (CC, CWG)	Lvl 9 (CC)	Lvl 6-10	Lvl 4-5	Lvl 1-3
Vault	Height	125 cm		Levels 6-10: All ages: table at any height up to max 125 cm	Table at any height allowed by manufacturer	Levels 1-3: mat stack Level 3 – min 80 cm Level 2 – min 40 cm Level 1 – min 40 cm
	Springboards	Up to 4 boards. No spring changes allowed at Canadian Championships. Spring changes may be allowed with some SA Sport boards.				
	Runway	Lvl 1-5: Max 25 m. The host must ensure that a minimum of 18 m is available. Lvl 6-7: Max 25 m. The host must ensure that a minimum of 21 m is available. Lvl 8-10: Max 25 m. The host must ensure that a minimum of 23 m is available.				
	Supplementary mat (sting)	Lvl 1-2: N/A Lvl 3-10: Mandatory 10 cm, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. Lvl 6-7: Stacked mats, total height (including base mat) 80 cm to 152 cm.				
	Yurchenko Collar & Handmat	An approved Yurchenko collar must be used for all round off entry vaults. An approved hand placement mat may be used for all round off entry vaults only.				
Uneven Bars	Uneven Bars	HB: 255 cm LB: 175 cm Diagonal: no maximum width (within equipment manufacturer's safety limitations) Taller gymnasts may raise both bars by 5 cm (and more, if the gymnast is too tall) upon submission of request to raise bar form in the GymCan CCP Manual appendix. However, a gymnast cannot ask to raise the UB in order to use supplementary matting under the rails. Within BC, the request can be made verbally to the Competition Head Judge before the session starts.				
	Springboards	1 – Soft. The springboard must be removed after the mount. An approved mounting block (simulating a springboard) may be used.	The springboard or block/panel mat must be removed from underneath the end of the apparatus after the mount.			
		The springboard may be placed on the landing mat or on the 10 cm supplementary mat if the mount and dismount are performed on the same side. The springboard MAY be placed on the supplementary or safety mat(s). If the board is placed on the landing mat, the safety mat(s) (up to 20 cm/40 cm) must be slid in as soon as the springboard is removed. A wooden plank may be placed under the springboard.				
	Supplementary mat (sting)	Lvl 8-10: Mandatory 10 cm, up to 20 cm allowed. The supplementary or safety mat(s) MAY extend beyond the LB.		Lvl 1-7: Mandatory 10 cm, up to 40 cm allowed. The supplementary or safety mat(s) MAY extend beyond the LB.		
	Safety Mat (20 cm)	For C+ release element, a 20 cm may be slid in and out according to the rules (2 moves preceding and following the element). If Gymnova equipment is used, a 10 cm mat can be slid in, instead of the 20 cm.		For all levels: A spotting block or folded mat that is used for spotting purposes may remain in place as long as the coach continues to utilize it during the routine.		

	Equipment	Lvl 10 (CC, CWG)	Lvl 9 (CC)	Lvl 6-10	Lvl 4-5	Lvl 1-3
<b>Beam</b>	<b>Beam</b>	All Ages: 125 cm		2011 and older: 125 cm 2012 and younger: 110 or 125 cm		All ages: 100, 110 or 125 cm
	<b>Springboards</b>	1 - Soft - The springboard or 30 cm block/panel mat must be removed from underneath or the end of the apparatus after themount.				
	<b>Supplementary mat (sting)</b>	The springboard may be placed on the landing mat or on the 10 cm supplementary mat if the mount and dismount are performed on the same end. A wooden plank may be placed under the springboard. If the board is placed on the landing mat, the safety mat (up to 20 cm) must be slid in as soon as the springboard is removed.				
<b>Floor</b>	<b>Floor Area</b>	12 m x 12 m				
	<b>Supplementary mat (sting)</b>	Lvl 1-4: No additional mats permitted. Lvl 5-10: 5 or 10 cm allowed supplementary mat must be placed at beginning of routine, and can be removed, moved or left in place (intent is to have the least amount of movement of mats/coach around the floor during the routine).				
	<b>Safety Mat (20 cm)</b>	Not allowed.				

## 7. Equipment – BC Xcel Program

The following are the recommended equipment specs for use in competitions in BC. When a double set of apparatus is used (8 rotations on 8 apparatus), the host must ensure that sufficient equipment is available on all apparatus (re: both vaults cannot share one board or one safety mat).

	Equipment	Xcel Diamond	Xcel Platinum	Xcel Gold	Xcel Silver	Xcel Bronze
Vault	Height	Any height up to max 125 cm			Sideways mat stack: min 60 cm, max 120 cm	Mat stack: min 40 cm, max 120 cm
	Supplementary mat (sting)	Mandatory 10 cm, up to 20 cm allowed.				
	Vault Runway	No chalk allowed on the vault runway.				
Uneven Bars	Uneven Bars	HB: 255 cm LB: 175 cm Diagonal: no maximum width (within the equipment manufacturer's safety limitations)				
	Springboard	The springboard or 30 cm block/panel mat must be removed from underneath or the end of the apparatus after the mount.				
		The springboard may be placed on the landing mat or on the 10 cm supplementary mat if the mount and dismount are performed on the same side. The springboard MAY be placed on the supplementary or safety mat(s).				
	Supplementary mat (sting)	Mandatory 10 cm, up to 40 cm allowed. The supplementary or safety mat(s) MAY extend beyond the LB. <u>Please review the apparatus specifications for any out of province competitions.</u>				
A spotting block or folded mat that is used for spotting purposes between the bars may remain in place as long as the coach continues to utilize it during the routine.						
Beam	Beam height	All ages: 100, 110 or 125 cm				
	Springboards	The springboard or 30cm block/panel mat must be removed from underneath or the end of the apparatus after the mount.				
		The springboard may be placed on the landing mat or on the 10 cm supplementary mat if the mount and dismount are performed on the same end. A wooden plank may be placed under the springboard. If the board is placed on the landing mat, the safety mat (up to 20 cm) must be slid in as soon as the springboard is removed.				
Supplementary mat (sting)	10 cm supplementary mat mandatory for landing, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. 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). <u>Please review the apparatus specifications for any out of province competitions.</u>					
Floor	Floor Area	12 m x 12 m				
	Supplementary mat (sting)	5 cm, 10 cm or 20 cm supplementary mat allowed (max 2 mats on the floor allowed). <u>Please review the apparatus specifications for any out of province competitions.</u>				



## 8. Performance Scores – Gold/Silver/Bronze awards (for gymnasts under 7 years old)

In Levels 1-5, the Gold/Silver/Bronze award system must be used for athletes 5 and 6 years old (born in 2018 or later in the 2023-24 season). Athletes 7 years and older can be ranked with the usual CCP scoring system.

### Gold/Silver/Bronze Award System

Scores are flashed to the public as Gold/Silver/Bronze, and each athlete receives a ribbon of the appropriate colour on each apparatus. The secretary will usually have the responsibility to staple to each athlete's certificate the appropriate ribbon but this can also be done in the scoring room.

	Age 5 / 6 years old (born 2018 and after in the 2023-2024 season)	7 years old and older (born 2017 and before in the 2023-2024 season)
Levels 1-2	Must use G-S-B	G-S-B or Ranked
Levels 3-5	Must use G-S-B	Ranked

### RANGE OF SCORES FOR THE GOLD/SILVER/BRONZE AWARD SYSTEM

	Apparatus	All Around
<b>Gold</b>	9.00 +	36.00 +
<b>Silver</b>	8.00 – 8.99	32.00 – 35.99
<b>Bronze</b>	Less than 8.00	Less than 32.00
Attempts vault but incomplete = Bronze No attempt at vault = no award		

## 9. Canadian Competitive Program – Modifications

- a. Compression garments are not permitted at the following Canadian competitions or at their trial events: Elite Canada, Canada Winter Games, Western Canadian Championships, Canadian Championships.
- b. Photography or videotaping on the Field of Play is not permitted at the following Canadian competitions: Elite Canada, Canada Winter Games, Western Canadian Championships, Canadian Championships
- c. The following deductions from the USAG Optional Code of Points are not applied in Canada:
  - i. Failure to mark the FX boundary line on additional mats
  - ii. Coach standing between or next to equipment throughout exercise: not applied on UB, applied on BB only
  - iii. Technical verbal cues by coach or teammate to own gymnast (after warning): not applied in BC at the Compulsory and Xcel levels only
- d. There is a Canadian modification for Level 9:

### **UNEVEN BARS**

Modification of the Special Requirement #1 as follows:

#### Special Requirements

SR #1: Two bar changes OR One bar change plus one 360° clear circling element min C from Gr. 3-6-7

SR #2: One flight element min B

SR #3: 2nd different flight min C OR Element with LA turn 180° (or more) min B

SR #4: Salto dismount, min B

## 10. BC Athlete Uniform – Modification & Clarification

BC has adapted the athlete uniform rules as per below:

Optional leg coverings are allowed at all BC competitions at all levels. They must be form-fitting. They may be plain black (minimal manufacturer's logo is permitted) or match the competition bodysuit. They must cover the bodysuit and can be of any length that does not go past the ankles. The leg coverings are optional and not part of the club uniform.

In BC only, facial piercings do not have to be removed. Studs may remain as is and hoops or dangly type earrings must be covered with bandage or tape for the athlete's safety.

Medical and/or religious bracelets/jewelry are acceptable as long as they do not pose a safety hazard. They do not have to be removed, but may need to be held in place with tape or bandage if they are not tight/close to the skin.

Backless bodysuits or bodysuits with cut-outs are not permitted in competition at any level unless there is fabric covering the area (like mesh or flesh tone fabric), clubs will receive a warning prior to any deduction.

Any underwear should not be intentionally visible except for clear bra straps, clubs will receive a warning prior to any deduction. However, underwear peeking out due to movement is not a deduction.