

WAG INTERCLUB MANUAL 2023-2024



November 24, 2023

PROGRAM INFORMATION

Gymnastics Newfoundland & Labrador (GNL) has adopted the USA Gymnastics Women's Artistic Developmental Program, branded in Canada as Canadian Competitive Program (CCP), Compulsory Levels 1 & 2 to use for our Women's Artistic Inter-Club Program. The levels will be known as CCP Levels 1 and 2 and will be classified as Inter-Club programming in our Province. In addition, GNL has adopted the use of the XCEL program – bronze and will also be under the inter-club umbrella.

The USA Gymnastics Women's Artistic Developmental Compulsory Program and XCEL manuals can be purchased through Gymnastics Newfoundland & Labrador. An 'App' is also available for purchase and download at: <https://usagym.org/pages/home/store/index.html> (Women's D.P. Compulsory App). These resources will have all the information regarding routines on each apparatus for Levels 1-5, pictures with descriptions, deductions for each skill, conditioning and flexibility exercises and the App has video footage of each routine. Compulsory music may also be downloaded from iTunes.

ELIGIBILITY

CLUBS

A participating club must be registered with Gymnastics Newfoundland & Labrador as an Inter-Club or Competitive Club to be eligible to take part in a CPP Level 1 & 2/XCEL Bronze meets.

ATHLETES

Any athlete registered in a program with *Gymnastics Newfoundland & Labrador* is encouraged to participate in other disciplines. Athletes must be registered with Gymnastics Newfoundland & Labrador as Inter-Club Women's Artistic Gymnasts to be eligible to take part in CPP 1 & 2/XCEL bronze meets. Athletes may register in other gymnastics disciplines at a different level. The athlete is not required to pay more than one GNL registration fee. Only the highest fee must be paid to *Gymnastics Newfoundland & Labrador* as the athletes' membership registration. Recreational gymnasts are eligible to transfer to interclub levels at any time, provided the additional fee to Inter-Club gymnast status is submitted.

March 1st is the final date for moving **DOWN** a level. There is no deadline to move up a level. The Gymnastics Newfoundland & Labrador office must be notified of any change.

Level 1/Bronze gymnasts may compete a maximum of one provincial level above their declared registration at a maximum of 2 GNL invitational competitions. If a gymnast competes in 3 or more, she will automatically be upgraded. Level 2/Silver gymnasts must upgrade to a Provincial Women's Artistic Membership before competing in Level 3/Gold.

LEVELS and AGE CATEGORIES

For the 2023-2024 Season: CCP Level 1/Bronze – born 2017 & earlier.

CCP Level 2/Silver – born 2017 & earlier.

* Refer to the Gymnastics Canada Long Term Athlete Development Model for more detailed recommendations.

TECHNICAL INFORMATION

SKILLS

The routines must be performed in the order indicated by the USA Gymnastics Developmental Compulsory Program OR in the case of XCEL follow the rules found in the USA XCEL Program manual.

WARM-UP

General Warm-Up	ALL Interclub: 15 minutes 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. If it is part of the team choreography 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.			
	V	UB	BB	FX
Time / per gymnast	15 seconds each or 2 vaults each: Athletes grouped up to 8 in a group. Maximum 2 minutes	45 seconds each: First 3 athlete warm-up, 1 st athlete compete, 4 th athlete warm-up, 2 nd compete, 5 th warm-up...	45 seconds each: First 3 athletes warm-up, 1 st athlete compete, 4 th athlete warm-up, 2 nd compete, 5 th warm-up...	90 sec for the group : Athletes grouped up to a maximum of 7 in a group
Group or Individual	Group warm-up	Group warm-up	Individual warm-up: time stopped between athletes for max 5 sec *includes time to set up mats and board	Group warm-up
Rotation size	<ul style="list-style-type: none"> • 7 or less warm up in one group; • 8 + gymnasts warm up in 2 groups: ex. 4 – 4, 5 – 4, 5 – 5 			

TIMING

No timing on Vault and Bars. Beam time requirements are as follows: 30 sec for Level 1 and 35 sec for Level 2. Floor routines may not exceed 35 sec for Level 1 and 45 sec for Level 2. For Bronze the time limit is 45 seconds, Silver is 1 minute.

FLOOR MUSIC

Music is mandatory for all Levels.

EQUIPMENT (as per DP Manual and XCEL Manual)

Additional Mats (all Levels):

Vault	Bars	Beam	Floor
N/A	Mandatory 10 cm, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10cm mandatory supplementary landing mat. The supplementary or safety mat MAY extend beyond the low bar. Box or beat board is allowed for mount	Supplementary mats are not mandatory for CPP 1-2 dismount. 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 uneven surface if falling).	No additional mats permitted

Apparatus Heights:

Level	Vault	Low Bar	Beam	Floor
1	Two 20 cm mats (16")	170 cm to the floor (height is measured from the upper edge of the rail)	100 cm, 110 cm or 125 cm	One strip of floor
2	Two 20 cm mats (16")	170 cm to the floor (height is measured from the upper edge of the rail)	100 cm, 110 cm or 125 cm	One strip of floor or diagonal on the floor

COACHING

Coaches must be Gymnastics Foundations Artistic Certified or Level 1 Artistic Certified to coach Interclub levels. The NCCP Competition 1 Women's Artistic coaching course (or previously Level 2 Technical) is strongly recommended for all coaches who wish to coach at this level. In addition, each coach must have completed the *Gymnastics Newfoundland & Labrador's* online *Respect in Sport* course as well as *Making Ethical Decisions, Rule of Two, and Making Headway* training.

For CCP, a coach can stand beside the apparatus at all times, but if they spot or touch the athlete during the element up to the value of the element plus 0.50 will be deducted from the score. If a coach touches the athlete to assist on the landing only a 0.50 deduction will be taken. In XCEL – please refer to the program manual.

There is no deduction for a coach reminding a gymnast what skill is next.

SCORING

No flashing of scores for athletes born 2016/2017

CCP Levels 1 & 2 will be judged as described in the USA Gymnastics Developmental Compulsory Program with the following omissions:

- Page 160 – Omit the 0.20 deduction for a coach/teammate giving assistance with verbal cues. We will allow the coach to remind the gymnast what comes next in the routine.

Scoring: All routines are scored out of 10.0
Maximum score = 10.0 Minimum score = 1.0

JUDGING REQUIREMENTS

- Please refer to the Women's Judging Manual

AWARDS

Athletes born in 2016/2017

All Around medals are awarded to each participant (Gold, Silver and Bronze) based on their personal score. Athlete placings are determined using the following system:

ALL AROUND		
Gold	Silver	Bronze
36.000 or higher	33.200-35.999	33.199 or lower

Clubs can also purchase participation ribbons (red, blue and white). Ribbons for each event are distributed according to the following scores:

VAULT, BARS, BEAM & FLOOR		
Red (1 st)	Blue (2 nd)	White (3 rd)
9.000 or higher	8.300-8.999	8.299 or below

Tabulators at each event will have an envelope with a certificate for each athlete in the rotation. When the athlete's score is done being calculated the tabulator will place a ribbon in the envelope with the athlete's certificate based on the range of scores above. The athlete's envelope will travel from event to event with rotation so when the competition is done the ribbons are already sorted and just need to be attached to the athlete's certificate. The ribbons should be labeled with a sticker on the back (Vault, Bars, Beam or Floor) so the athlete knows which event they received each ribbon from. A participant certificate template is provided at the end of this document.

The order that athletes are called up to receive their all-around awards should be mixed up so less emphasis is placed on ranking. No podium should be used when presenting athletes with all around medals. The announcer should announce the age group and then call up the athletes by club and in random order and have the athletes stand side by side. Envelopes with certificates and ribbons attached should be given to coaches to distribute to their athletes before they leave the building.

Athletes born in 2015+

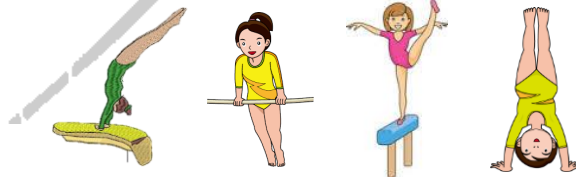
For the 2023-2024 season each invitational may choose how they will award interclub athletes 2015+; either through the score range model or ranked, but this must be indicated in their meet package.

Certificate of Achievement

CONGRATULATIONS

[Empty rounded rectangular box for recipient name]

ON YOUR ACHIEVEMENT AT THE



Date _____