



WAG Technical Regulations 2023-2024

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**WOMEN'S ARTISTIC GYMNASTICS TECHNICAL RULES AND REGULATIONS
2023-2024**

Our Mission

Gymnastics NL is a provincial leader in the delivery of diverse foundational and high-performance gymnastics programs and services that foster a lifelong love of sport.

All technical rules and regulations for women's gymnastics in Newfoundland & Labrador are under the jurisdiction of GNL's Technical Director in consultation with the Women's Technical Committee (WTC).

All women's gymnastics programs and competitions sponsored or sanctioned by GNL shall be governed by the rules and regulations established in this manual, by Gymnastics Canada Gymnastique (GCG) and/or the International Gymnastics Federation (FIG).

Only gymnasts, coaches and judges who are registered members in good standing of GNL are eligible to take part in GNL programs and competitions in and/or out of the province.

1. GYMNAST DEVELOPMENT AND COMPETITIVE PROGRAMS

GNL offers programs for women's gymnastics in recreational, inter-club and competitive categories. The following policies have been developed and will apply to all women's inter-club and competitive programs in Newfoundland & Labrador.

1.1 Inter-club & Competitive Programs

CANADIAN PROVINCIAL & XCEL PROGRAMS

Gymnastics Canada has adopted the Developmental Program (CCP in Canada) to provide direction and foster competition for different age groups of girls and young women of various levels of ability and commitment. GNL uses this tool as a guide to provide programming for female gymnasts in the province. Similarly, GNL has adopted the XCEL program as an alternative stream for gymnasts looking for a competitive experience with less commitment.

INTERCLUB STREAM

CPP Level 1 – 2: The introductory CPP levels focus on basic skills and excellent execution through short compulsory exercises.

XCEL BRONZE: These introductory XCEL levels focus on basic skills and exploratory learning via gymnasts' individual strengths that are put together to form optional exercises.

COMPETITIVE PROVINCIAL STREAM (CPP & XCEL)

CPP Level 3 - 4: Designed for beginner competitive and developing gymnasts who have limited training and experience. Routines consist of compulsory skills and choreography.

CPP Level 5: Designed for beginner competitive and developing gymnasts who have more access to training and experience. Routines are compulsory and focus on mastery of basic skills needed to perform at high difficulty levels in the future. Level 5 is the first level where gymnasts are eligible for Atlantic Championships.

XCEL SILVER+: These levels are designed with the intent to give gymnasts more freedom to move into an optional content program that plays to their strengths and allows them to develop and stay involved in the sport with less hours in the gym.

CPP Level 6: Designed for gymnasts who have mastered levels 1-5 and are now ready to learn fully choreographed routines with individualized content.

CPP Level 7 - 8: Designed for gymnasts who are prepared to incorporate more difficult skills into their routines. Optional content routines are performed. Level 7 is the first provincial level that is included in Eastern Canadian Championships.

NATIONAL STREAM (CPP)

CCP Level 9 & 10: Designed for gymnasts who aspire to compete at inter-provincial and national levels.

GEMS (GYMCAN'S EDUCATIONAL MODEL) & YOUTH

The GEMS and Youth Programs have been created by Gymnastics Canada to assist in the development of young gymnasts across Canada as they set their sights on participating in future high-level competition. The program is dedicated to mastering strong basic skills on all four events upon which to build contemporary advanced elements in the years to come as well as creating a physical ability standard. Although the gymnasts will not compete "compulsory" routines, their optional routines will be created from a set of indicated skills, connections and requirements listed for each event. The emphasis is on the quality, not on the quantity of the elements performed. Gymnastics Canada is responsible for the content of this program.

HIGH PERFORMANCE

High Performance gymnasts compete with national and international rules, based on the FIG Code of Points. Provincial, inter-provincial, and national competitions are provided in three age groups for high performance. Detailed program information is available from Gymnastics Canada.

2. GYMNAST REGISTRATION & ELIGIBILITY

All gymnasts must declare their level of competition upon registration with GNL each fall by the membership deadlines established annually. For the 2023-2024 season, the deadline for competitive and inter-club gymnasts is October 15, 2023. All gymnasts must be registered with a GNL member club unless approved by the Executive Director.

2.1 Competition Eligibility, Mobility and Upgrades

GENERAL

Demonstration for gymnasts who aren't age eligible or not registered in a given category is not permitted. These gymnasts must be redirected towards different programs.

INTER-CLUB

- Interclub gymnasts may move to Provincial or GEMS/Youth at any time, provided they are age eligible.
- Gymnasts registered as Interclub with GNL will not have to be upgraded if they participate in 'fun meets' at a provincial stream level after Provincial Championships.

GEMS/YOUTH

- Gymnasts registered as GEMS/YOUTH may move to levels 5-8 at any time in the province. If they trial and succeed at this level for a team, they must compete GEMS/YOUTH.
- These gymnasts may NOT move to levels 1-4 if they have competed in the Youth category, without an approved petition to the WTC.
- Level 5 - 8 gymnasts may move to this program at any time provided they are age eligible.

COMPETITIVE

- After the final qualifier before provincial championships is the final date for movement DOWN a level. There is no deadline to move up a level. The GNL office must be notified of any change.
- At Provincial Championships, gymnasts must compete in the level which they are registered at with GNL.
- Gymnasts registered or upgraded to national stream will remain registered national for the entire competitive season.
- Gymnasts who compete in a national stream category at an in province sanctioned competition will be automatically upgraded and will be required to pay the according fees if not already registered as such. *Gymnasts who wish to trial for Eastern Canadians or Canadians at a National level and are selected to the team will automatically be upgraded. Gymnasts who trial and do not make the team may move back down to provincial.
- The following events require a National/High Performance affiliation with GNL: Canadian Championships, and all trial and selection meet for the event.
- Athletes can only be registered to compete in one category per competition.

2.2 Levels & Age Groups

Please see the Eligibilities Chart in the Appendix.

GNL reserves the right to combine age groups subject to provincial registration; categories may be combined prior to the competition season. All efforts will be made to ensure that groupings of ages do not span more than 3 years.

3. COACHES PROGRAM REGULATIONS

GENERAL

To maintain the privilege of membership with GNL, all coaches shall act in accordance with the established GNL, Gymnastics Canada and Coaches Association of Canada Code of Conduct.

All coaches must be certified through the National Coaching Certification Program (NCCP) and must also have completed the Respect In Sport program (RIS), Making Ethical Decisions (MED), Rule of Two, and Making Headway modules. Information on coaching certification can be found on the GNL website. All coaches involved in GNL programs and competitions must meet the minimum certification requirements as stated in GNL COACH EDUCATION HANDBOOK.

Coaches on the competition floor shall adhere to the following dress codes and rules of conduct:

- The following attire is required for each coach (artistic and T&T) during training, warm-up and competition at any sanctioned event: appropriate training suit (long pants and jacket); top: appropriate T-shirt, polo shirt (i.e. club or provincial shirt, no logos other than gymnastics logos) and/or training jacket; appropriate indoor sport footwear. Excluded items: hats, shorts, midriff tops, tank tops, ripped or torn clothing.
- In case of inappropriate clothing, a GNL representative will issue a verbal warning; if the situation is not corrected in the following 30 minutes, a \$40.00 penalty will be levied; upon a second occurrence at the same meet, the coach may be asked to leave the floor.
- Improper or unsportsmanlike behavior at a competition (athlete, coach, judge and official) which is considered unacceptable according to the FIG Code of Points, or the Code of Conduct as outlined in the Policy Manual or the rules generally accepted in the Canadian society will be immediately sanctioned by the Chief Judge; and/or the CEO, Technical Director, or a member of the GNL Board of Directors or their representative. They will also determine if the offence is to be brought forward as a formal complaint under the Discipline Policies.
- Improper or unsportsmanlike behavior, including standing behind a judge(s) while an athlete is being evaluated by judges, showing disrespect for judges, other coaches or any athletes or derogatory comments about the judges or the judging, etc. are subject to a sanction. Such an offense may be sanctioned by a verbal or written warning and/or a written reprimand. A series (three or more) of these minor offenses in the same competition will be treated as a serious offence.
- The sanctions in case of a serious offence are:
 - first offence during the entire competition: yellow card.
 - second offence during the same competition \$200.00 fine.
 - third offence during the same competition: \$300.00 fine, red card and removal from gym floor.
- A very serious infraction to the Code of Conduct may be sanctioned by immediate removal of access to training, warm-up, and competition floor. Additional sanctions may be imposed as per the Dispute Resolution Policy.
- If a coach is given a Yellow Card for one offense and then commits another offense, he/she will then be given a Red Card. It is not necessary to have repeated the same offense. If a coach has deliberately caused a disruption, he/she may be Red Carded immediately and removed from the field of play.
- All coaches named to a Provincial Team must be members in good standing of GNL and must be endorsed by their respective technical committees.
- Team GNL coaches must wear the same team shirt on the floor.

COMPETITION CERTIFICATION REQUIREMENTS & EXEMPTIONS

For information on certification requirements and exemptions for competition and training please refer to the **GNL Coach Education Handbook**.

4. JUDGING PROGRAM REGULATIONS

The Judging Program in Newfoundland & Labrador is managed and led by the Judging Development Committee (JDC), which reports to the GNL Technical Director. Any questions or concerns regarding the judging program in Newfoundland & Labrador should be directed to the Technical Director, and/or a member of the WJC. For more detailed information regarding the judging program, please refer to the GNL Judging Manual available on the website.

All judges must register as a WAG Judge with GNL either before attending their first course OR by November 30th. A list of all registered and active Judges will be available to all Club Chairs (or designates) in January (or after most courses have been completed) to assist clubs with the development of judging panels for invitational competitions.

The Technical Director will construct/verify that panels meet specifications for all GNL Sanctioned competitions.

All other judging information is available in the GNL Judging Manual 2023-2024 available on the GNL website.

5. COMPETITION PROGRAM REQUIREMENTS

EQUIPMENT

Please refer to the required equipment list in the appendix for general equipment guidelines for programming, competitions, and events in the province. For apparatus specifications, height adjustment and regulations refer to the equipment manufacturer's specifications and the provincial, national and FIG program documents.

5.1 Music Regulations

Gymnasts shall provide their own musical accompaniment at competitions by **DIGITAL ONLY**. Files must be of good quality and must be edited to the length of the routine in accordance with GCG National program and CPP regulations. Files must be labeled with the following:

- 1) Gymnast name & club name
- 2) Gymnast competitive level

5.2 Competition Inquiries and Protests

5.2.1 Inquiries

If the coach has a question regarding an exercise, he/she/they may ask the apparatus chief judge. He/she/they may also ask the Competition or Canadian Head Judge, who will discuss with the apparatus chief judge.

If the coach is not satisfied with the explanation given, they may file a protest using the appropriate form and follow the process as outlined.

The final decision to adjust a score should occur before the beginning of the next rotation and before the score sheets are sent to the scoring room as much as possible. The apparatus chief judge will notify the coach of any such adjustment. The coach will have the option to protest the new score within the usual time frame.

5.2.2 Uniform Regulations

Competing gymnasts may opt to wear a traditional competitive suit, unitard, or shorts/leggings. The rules governing these uniform regulations can be found in:

Developmental Program Section 1, Chapter 1 (General Info, Judging Panels) (shorts/leggings)

FIG Code Section 2.3.2 – Competition Attire (unitard)

Please be aware that when traveling out of province athletes must be prepared to adjust to whatever rules are in play at the host destination.

5.2.3 Protests

GENERAL

A coach may make a judging protest or a technical protest for his/her/their own athlete/club during any Provincial, National Stream or High-Performance competition in province. Videos from the crowd (parents or coaches) will not be accepted for a protest. In the case that no video is formally collected, judges will be led in discussions by their Event Chief Judge.

Judging protests are allowed on:

1. High Performance (FIG): As per GCG High Performance Manual. Coaches may protest: D-Score & E-Score (refer to protest form)
2. National CPP and Provincial CPP Optional (6-9): As per CPP Manual, Coaches may protest: Start Value, Final Score and Flat deductions (refer to protest form)
3. Provincial CPP Compulsory (3-5): Evaluation of Major Elements, Neutral Deductions, Falls, Unusual Occurrences (refer to protest form)

Technical Protests are allowed on:

1. Equipment failure (gymnastics or audio);
2. Special occurrences related to the organization that alter the competition conditions (like order of passage / warm-up procedures);
3. Deductions/penalties for athlete conduct as listed by the GNL Technical Regulations, CPP Program Manual, FIG Code or the WP Code Supplement: non-identical leotards, incorrect leotard, incorrect advertising, jewelry, padding, missing start number, non-observance of warm-up time and order, non-observance of competition order, signals, verbal commands and similar, unexcused delay or interruption of the competition, unauthorized leaving of competition area, unsportsmanlike behavior.
4. Any other deductions/penalties for coach conduct: attire, unexcused delay or interruption of the competition, number of coaches on the floor, number of coaches near the apparatus, signals, verbal commands and similar, unsportsmanlike behavior.

PROCESS

A protest must be submitted in writing on the form in the Appendix.

The forms per athlete, per apparatus, must be submitted to the chief judge no later than 15 minutes after the completion of the rotation. In the case of the last rotation, the coach has 5 minutes after the completion of the rotation to file a protest.

In the case of an unsuccessful protest – GNL will bill the club in question the fee (HP \$40, CCP \$20) after the event. The fee is waived if the protest is granted.

The respective panel may at its discretion and depending on the nature of the protest:

- use video(s) provided by the designated host club or GNL video system
- hear from the coach who submitted the protest
- involve the timer and/or line judge in the discussion
- attempt to reach a decision on the protest by consensus. In the case of a tie, the D1 will ask the Competition Head Judge to break the tie
- provide the rationale for their decision in writing on the protest form

Following a protest when a change is made to the D Score/E Score/Final Score the following will occur:

1. The Competition Head Judge will make a copy of the form, return the protest form and fee to the coach, and inform the Chief Scorer of the change.
2. The new score will be posted with all other scores but will not be re-flashed in the competition area.

APPEALS

There are no appeals for judging or technical protests.

6. COMPETITION INFORMATION

6.1 General & Warm-up Regulations

- No session (Warm up to completion of all four event) should exceed 4.5 hours.
- A session (warm up to completion of all four event) should be 1.5-4 hours long.
- There may be more than one flight or 4 rotations in a session (a maximum of 5 rotations).
- Competition warm-ups may not begin prior to 8:00 am and competitions may not go later than 10:00 pm.
- For warm-ups, please refer to the specific program document for general and event warm-up times.
- Please refer to the GNL WAG Warm-up Regulations in the Appendix for information regarding warm up times and rules.

6.2 Provincial Championships

GNL will offer annually a Provincial Championship competition during which Provincial Champions will be declared for each level. The WTC Judging Chairperson shall assign judging panels for Provincial Championships. For hosting guidelines, please refer to the GNL Provincials Hosting Guide.

QUALIFICATION

To be eligible for Championships, all gymnasts must be registered at the appropriate competitive level with GNL. Provincials will service CPP levels 3-10, XCEL Silver+, Youth and HP. For the 2023-2024 Competition season the qualification score for provincials will be 31.00 all around in all categories – this score must be attained at a minimum of 1 sanctioned invitational in the 2023-2024 season.

REGISTRATION

Clubs are responsible to submit entries for Provincial Championships, registration will be sent out no less than **60** days prior to the event.

ENTRY FEES & RESULTS

GNL shall set the entry fees for all Provincial Championships.
All results shall be submitted to the GNL office.

PROVINCIAL CHAMPION AWARDS

At Provincial Championships, athletes will compete to determine Provincial Champions. The following awards shall be presented at Provincial Championships for each category and age group:

1 st AA	Provincial medal
2 nd , 3 rd AA	Provincial medals
4 th – 6 th AA	Provincial ribbons*
1 st , 2 nd , 3 rd each event	Provincial medals
4 th – 6 th each event	Provincial ribbons*

Notes:

- *4th-6th place ribbons are not required to be presented at an awards ceremony if the host does not have a dedicated awards area. They can be presented at the conclusion of the competition to the club.
- If there is only one gymnast in any category, apparatus awards will not be presented at the awards ceremony. Medals will be presented to the winner during the AA announcement.

SPECIAL AWARDS

- a. **The Woolgar-Tarrant Award** (Donated by the Woolgar-Tarrant Family in honor of the GNL Technical Director position and GNL initiative to have more athletes compete at higher levels of competition) Awarded to the athlete in Level 9 (11-14) with the highest DV on UB. If there is a tie it will go to the athlete with the most D/C elements in their routine. If a further tiebreaker is needed then the athlete with the better execution score will be given the award.
- c. **The Murphy Memorial Plaque** (Donated by the Murphy Family in Memory of Grandparents of Erin and Gillian Clarke – Former Gymnasts) Level 8-10 Team Award. Awarded to the club with the highest cumulative score of the 3 best all around scores across these levels, regardless of age category.
- d. **Quick Flip Award** (Donated by Renee Quick)
Awarded to the highest **salto** vault score in CCP level 9/10. If a tiebreaker is needed, it will be given to the vault with the better execution score, if further tie-breaking is needed the athlete with the highest average will receive the award.

- e. The Redfern Award** (Donated by the Redfern Family)
Awarded annually for the highest aggregate score in Women's HP National Stream, JO9National and/or JO10 regardless of Age Category. Results will be scaled to 40.00 to account for program scoring difference.
- f. The Doreen King Award** (Donated by the Conception Bay South Gymnastics Club;
Doreen King was a former coach and founder of the club)
Level 7 Team Award. Awarded to the club with the highest cumulative score of the 3 best all-around scores across this level regardless of age category.
- g. The Jane Titford Memorial Plaque** (Awarded annually in memory of a fellow gymnast and coach, Jane Titford. Jane's favourite apparatus was Balance Beam)
Awarded for the best performance (taking into consideration, execution, difficulty and artistry) on Balance Beam CPP Level 7 or 8, regardless of Age Category.
- h. The Hart Award** (Donated by the CBS Gymnastics Club)
Level 6 Team Award. Awarded to the club with the highest cumulative score of the 3 best all around scores across this level, regardless of age category.
- j. The Cygnus Award** (Donated by the Cygnus Gymnastics Training Centre)
XCEL Team Award. Awarded to the club with the highest cumulative score of the 3 best all-around scores across this level, regardless of age category.
- k. The Campia Award** (Donated by Campia Gymnastics Club)
Level 4/5 Team Award. Awarded to the club with the highest cumulative score of the 3 best all-around scores across this level, regardless of age category.
- l. The Art Squarey Award (Donated by Saltos Gymnastics Club)** Level 3 Team Award.
Awarded to the club with the highest cumulative score of the 3 best all around scores across this level, regardless of age category.
- m. The Megan Piercey Award (Donated by Airials Gymnastics Club)** Awarded annually to the best performance on floor in WAG CPP Level 7, regardless of Age Category.
Our rationale for choosing floor was that Megan was a truly natural performer whose spirit radiated to the judges and audience.

6.3 Selection and Trial Meets

GNL, or its designated host, will hold qualifying and trial meets for the selection of Provincial Teams for competitions such as: Eastern Canadian Gymnastics Championships, Canadian Championships, Canada Winter Games, and others as required.

Bids to host these events shall be circulated to member clubs as required. The host club must cancel all recreational classes and birthday parties when hosting trial or selection events. It is recommended they cancel them for training camps as well.

There are no awards required for selection or trial events unless the session is included as part of an invitational.

6.4 Invitationals

Member clubs can apply for sanctions to host Invitational competitions. Please see the GNL Operational Policies and Procedures for hosting guidelines and sanction information.

Please refer to the Women's Judging Manual for panel construction, judge requirements, etc. **All final panels must be constructed and approved by the GNL Technical Director and JDC.**

7. SELECTION TO PROVINCIAL TEAMS AND CONDITIONS OF PROVINCIAL TEAM PARTICIPATION

7.1 Gymnasts

7.1.1 General

- Gymnasts selected to provincial teams for any events must be registered members in good standing with GNL in the National Stream registration category (or Provincial stream for Level 4-8 attending Atlantic/Eastern Canadian Championships &/or other out of province meets when applicable).
 - Gymnasts are selected to provincial teams based on their scores obtained in the designated trials/selection competitions unless otherwise indicated.
 - Once a gymnast or alternate has been selected to a provincial team, they must continue to train at a suitable training level, execute full routines with appropriate content, follow any reasonable requests of the WTC, and

notify the WTC of any injuries. If the gymnast does not disclose any limitations that would prevent them from training and competing at the level for which they were selected, any GNL funding they received or were eligible to receive may be withdrawn.

- Final team selection for Atlantic/Eastern Championships, Canadian Championships, other Team NL events and any Games event is the responsibility of the Technical Director in consultation with the WTC with the selection rules applied first then consideration of petitions.
- Provincial Team gymnasts and their parents are expected to adhere to the GNL Code of Conduct, and any other travel and team participation information provided to them.

7.1.2 Selection to Canadian Championships

GENERAL

- Selection competition rules will be as per GCG regulations for the respective category at Canadian Championships.
- Gymnasts must be registered members in good standing with GNL in National Stream to qualify for Canadian Championships.
- GNL can send up to the following numbers of gymnasts:
 - Level 9 (11-14): 6-6-3
 - Level 9 (15+): 6-6-3
 - Level 10 (12-15): 6-6-3
 - Level 10 (16+): 6-6-3
 - Unlimited amount of High-Performance Senior, Junior, or Novice
- All gymnasts must compete at the National Trials competition (except for the HP athletes), *unless away for reasons of bereavement, illness/injury, family obligations or school activities required for a grade.*
- Gymnasts must trial all 4 apparatus to be considered for Team Newfoundland unless approved by the WTC. Following Team Newfoundland and Labrador verification, the High-Performance Committee & Technical Director will determine the top gymnasts to compete All Around or compete in 3 or fewer events for team score.
- For national categories if an athlete has made score at previous sanctioned invitationals within the same calendar year, this score may be considered for selection in lieu of trials score.

GCG HIGH PERFORMANCE

Gymnasts on the current Gymnastics Canada High Performance list are eligible to attend Canadian Championships as part of Team Newfoundland. HP Novice, Junior and Senior gymnasts must verify at Provincial Championships in order to receive any possible funding.

Canadians 2024 Qualification

TRIAL EVENT FORMATS & SELECTION NOTES:

- One day trial at Provincial Championships

If an athlete is trying to qualify for Eastern Championships in Youth and Canadian Championships in CPP 9:

The athlete must compete as CPP 9 at Provincial Championships, and this will account for 100% of their score and use their best invitational score to petition to Eastern Championships as a Youth. A level 8 athlete trying to qualify for Canadian Championships will have to compete in Level 9 at trials (Provincials).

2023 Canadian Championships Qualification Scores

	CPP 10 16+	CPP 10 12-15	CPP 9 (ALL)
Canadians	32.5	32.5	32.5

7.1.3 Selection to Eastern Canadian Championships

GENERAL

- Gymnasts must be registered members in good standing with GNL to qualify for Eastern Championships.
- High Performance athletes may NOT attend Eastern Championships unless approved by the WTC.
- Gymnasts wishing to be selected for Eastern Championships shall take part in a trial competition – Provincial Championships will act as a one-day qualifier with 100% weighting.
- For Eastern Canadian Championships GNL can enter:
 - CPP 7: 3 Teams of 6 – Tyro, Novice, Open

- CPP 8: 3 Teams of 6 – Tyro, Novice, Open
- CPP 9: 2 Teams of 6 – As per GCG manual categories
- CPP 10: 2 Teams of 6 – As per GCG manual categories
- Youth: TBD

TRIAL EVENT FORMATS & SELECTION NOTES:

- Trial Day: gymnasts who have met the criteria are named to team.
- All gymnasts must trial at the level they intend to compete at the event in question. No exceptions, no adjustments after results are finalized.
- Team members shall be selected based on All Around scores **ONLY** in each age group.
- All gymnasts must pay the required trial fee to GNL.
- Each gymnast’s All-Around score will be counted to be ranked/selected. Ties will be broken by the higher DV receiving a higher ranking. If both gymnasts have the same DV the tie will be broken by event ranking points (1st = 6 points, 2nd = 5 points, etc...)

2024 Eastern Canadian Championships Qualification Scores

	CPP 10 (16+)	CPP 10 (12-15)	CPP 9 (11-14)	CPP 9 (15+)	CPP 8	CPP 7	YOUTH
Score	32	32	32	32	33.5	33.5	TBD

7.1.4 Selection to Atlantic Canadian Championships

GENERAL

- Gymnasts must be registered members in good standing with GNL to qualify for Atlantic Championships.
- High Performance athletes may NOT attend Atlantic Championships unless approved by the WTC.
- Gymnasts wishing to be selected for Atlantic Championships shall take part in a trial competition – Provincial Championships will act as a one-day qualifier with 100% weighting.
- For Atlantic Championships GNL can enter:
 - CCP 5: 4 Teams of 6 - Argo, Tyro, Novice, Open
 - CCP 6: 4 Teams of 6 - Argo, Tyro, Novice, Open
 - CCP 7: 4 Teams of 6 - Argo, Tyro, Novice, Open
 - CCP 8: 4 Teams of 6 - Argo, Tyro, Novice, Open
 - CCP 9: 2 Teams of 6 – Ages 2009-2011, 2008+
 - CCP 10: 2 Teams of 6 – Ages 2007-2010, 2006+
 - Youth: TBD

2024 Atlantic Canadian Championships Qualification Scores

	CPP 10 (16+)	CPP 10 (12-15)	CPP 9 (11-14)	CPP 9 (15+)	CPP 8	CPP 7	CCP 6	CCP 5	CCP 4	YOUTH
Score	32	32	32	32	33.5	33.5	33.5	33.5	33.5	TBD

*Gymnasts will not be selected to attend Atlantic/Eastern Championships based off event scores.

7.1.5 Selection Petitions

- Petitions for gymnasts must be submitted by the gymnast's coach, in writing to the WTC, prior to the qualifying competition, stating the reason for the petition, an explanation, justification and a doctor's certificate (if applicable). The doctor's certificate should include prognosis/diagnosis and estimated time for recovery.
- Petitions will only be accepted AFTER the qualifying competition IF:
 - The gymnast is injured during the qualifying competition.
 - Petitioned gymnasts are ranked by the WTC according to previous results, routine content, quality of execution, and potential to medal at the competition.
 - Selection appeals will only be accepted on the basis that the selection process was not applied correctly.
- Gymnasts injured during the trials may petition but must use the average score and performance indicators of the portion of the trial(s) she participated in as the qualifying score. The remaining scores must be based on results from the past 12 months.
- Decisions on granting petitions will be made in the best interest of the gymnast concerned, taking into consideration the needs and performance of the provincial team as a whole and the regulations in place.

7.1.6 Considerations for Selection to Provincial Teams: NCAA and Out-of-Province University Gymnasts

A Newfoundland & Labrador gymnast who has represented the province at a previous Canadian Championships and is a product of the Newfoundland & Labrador sports system may apply to the WTC for an alternate process to qualify for Team GNL. This gymnast must be currently training and competing in the NCAA gymnastics program in the United States or attending a university in Canada in another province AND she must be registered with GNL as a National Stream athlete.

The following process will apply:

- The gymnast will apply in writing no later than February 1st to the WTC for consideration to be selected. The gymnast is to provide a list of competitions (and dates) she will be participating in.
- The gymnast must then provide quality video footage of 2 competitions as approved by the WTC, to be evaluated by the same panel of judges at the Trials and submitted no later than 2 days prior to the trials that are held in province.
- If the gymnast does not compete All Around at the two selected competitions, she must provide written results of her competition results from March to May to be reviewed by the WTC. OR VIDEO in a simulated competition with competition equipment. The WTC will decide on which two competitions will be used for the athletes.
- The same judging panel as Trials will view the videotape at national trials and judge the routines based on Level 10 Canadian Championships rules.
- The average All Around score of the two competitions on videotape will be the gymnast's score for trials.
- Minimum DVs and all-around score apply.
- The gymnast will be ranked using the average of the two All Around scores of the competitions on videotape.
- Gymnasts who have not met all minimum scores are not automatically selected but may be petitioned.
- A maximum of 2 NCAA gymnasts may be selected, unless there are more positions open.
- Gymnasts who are selected are part of Team GNL and funded/serviced accordingly.

7.1.7 Considerations for Non-Resident Athletes

Non-resident gymnasts who are not a product of the Newfoundland & Labrador sports system may apply for membership and may trial for Team GNL events.

The following selection rules apply to these athletes:

- No funding will be available to these athletes.
- These athletes may not take the place of any Newfoundland resident athletes who qualify for Team GNL in any category.
- Duplicate awards will be presented at any in-province competition they may attend.
- These athletes' rankings do not count towards Team Coach selection.

7.2 Coaches

TEAM Coach Selection Process

- One (1) coach will be selected for teams of four (4) or less.
- Two (2) coaches will be selected for teams of five (5) or more.
- Selected coaches will be placed on the Team Coach roster – final coaching assignments are the responsibility of the WAG Head of Delegation.

- All HP Novice, Junior and Senior athletes will be allotted one (1) personal coach for each athlete attending Canadian Championships.
- Points allotted to clubs will correspond to the number of athletes that make up the official Newfoundland & Labrador Team and will not include alternates.

Examples:

Team Size 7	Team Size 5	Team Size 4
1st place = 7 pts	1st place = 5 pts	1st place = 4 pts
2nd place = 6 pts	2nd place = 4 pts	2nd place = 3 pts
3rd place = 5 pts	3rd place = 3 pts	3rd place = 2 pts
4th place = 4 pt	4th place = 2 pts	4th place = 1 pts
5th place = 3 pt	5th place = 1 pts	
6th place = 2 pts		
7th place = 1pt		

The club with the most points will qualify to select the team coach.

If a gymnast withdraws from a provincial team due to an injury or unforeseen circumstances before the competition and a replacement is named from another club which then affects coach points and coach selection, the WTC will deal with each scenario on an individual basis.

Team Coach Tie-Breaking Procedure

The club/coach with the most athletes on the team in question will qualify to select the team coach.

In the event of a tie for points and athlete numbers, the club/coach with the athlete who received the highest all-around score will qualify to select the team coach.

Officially a Team Coach is not named, until ratified by the Women’s Technical Director in consultation with the ED. All coaches are responsible for specific teams for the duration of the event, on and off the floor. In the case of a partial team, coaching duties may be shared.

GNL may assist in accrediting additional coaches to the floor. All such requests are subject to approval by the Technical Director. All coaches accredited to the floor, funded or not by GNL shall be considered Team Coaches, part of the team delegation and they shall assume duties and responsibilities as requested by the Chef or WAG Head of Delegation for the team operations.

The number of coaches funded to each event/competition shall be determined prior to the event/competition by the ED in consultation with the Financial Committee & Technical Director based on annual budget allocations, program, gymnast and coaching requirements. Funding is to be determined for this season at a later date and will be disseminated to clubs at least 1 month prior to selection.

7.3 Team Managers

Team managers will be selected whenever team travel is required by GNL’s ED or designate for the following competitions:

- Eastern & Canadian Championships
- Games programs/competitions
- Other Team Competitions

Priority will be given to coaching professionals, judges, former athletes and then responsible adults (respectively) who can provide proper supervision and support to gymnasts, coaches and officials. A team manager’s first responsibility is to supervise and support gymnasts and team members, not to act as a coach on the floor. All Team managers must provide a current police Record Check with Vulnerable Sector Search as per GNL Screening Policies.

2023-2024 WAG Age Eligibilities Chart

PROVINCIAL						NATIONAL		
LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6	LEVEL 7	LEVEL 8	LEVEL 9	LEVEL 10	HIGH PERFORMANCE
2015 (13) 2014 (10) 2013+ (13)	2014-2015 (8) 2013+ (8)	2015+ (8)	2012-2015 (12) 2011+ (12)	2011-2015 (10) 2010+ (6)	2015+ (4)	2010-2013 (2) 2009+ (4)	2009-2012 (2) 2008+ (2)	Novice 2011-2013 (0)
SILVER		GOLD		PLATINUM	DIAMOND			Junior 2009-2011 (0)
								Senior 2009+ (0)
2014-2015 (12) 2013 (17) 2012 (12) 2011+ (7)		2012-2015 (17) 2011 (13) 2009-2010 (12) 2008+ (8)		2015+ (5)	2015+ (3)	GEMS: Youth: 0		
DEVELOPMENTAL GYMNASTICS								
CPP Level 1 /BRONZE					CPP Level 2 /SILVER			
Born 2017 & older					Born 2017 & older			
RECREATIONAL GYMNASTICS								
Active Start (Pre-School) 0-5 yrs			Recreational (Can Gym) 6 + yrs old			Gymnastics For Life Open Age		

Guidelines:

- Age categories will go by birth year.
- Try to have 15+ athletes per age category.
- Max of 50 athletes per session when combining age categories unless otherwise approved by TD
- Age categories may be single birth years if there are enough athletes, if birth years need to be combined, please try to keep it to a maximum of 3 birth years per category.
- 2015 and older are eligible for provincial championships.
- 2014 and older are eligible for Atlantic championships.
- 2013 and older are eligible for Eastern championships.

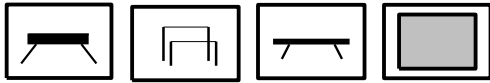
HP & CPP OPTIONAL PROTEST FORM

Competition: _____ Date: _____

Judging Technical

Athlete #: _____ Name: _____ Club: _____

Category:
 Novice Junior Senior CPP 10 CPP 9 Other _____



D Score(FIG) _____

E Score(FIG) _____

Start Value (CPP)

Final Score (CPP)

Coach's Rationale:

Signature: _____ Time: _____

Received by: _____ Time: _____ Money: _____

Accepted: Denied:

Comments including rationale for decision:

Signature Competition Head Judge

Time

Money Returned

The Competition Head Judge & GNL WAG TD must receive a copy of the completed form before it is returned to the person who signed the protest form.

GNL CPP COMPULSORY PROTEST FORM

Check One: Vault _____ Bars _____ Beam _____ Floor _____

Gymnasts Name: _____ Score: _____

This inquiry is based upon the following (check one):

1. Major Elements (Comp): _____
2. Neutral deductions: _____
3. Score Range: _____
4. Falls/Unusual Occurrences: _____

List all elements that receive difficulty and connection value

Judges' use only

Element/Bonus Value	Description of Element(s)	Y	N

Coach's Name: _____ Club: _____

Received by: _____ Time: _____ Money collected: _____ Money Returned: _____

	Judge #1	Judge #2	Judge #3	Judge #4	Average
Start Value:					
Score:					
Adjusted SV:					
Adjusted Score:					

_____ Score not adjusted

Signature of Competition Head Judge

Please make a copy of this completed form for the GNL WAG TD before returning it to the person who submitted the protest

PETITIONS FOR SELECTION TO TEAMS

Purpose

This process and form is to be used for the following:

EXEMPTION REQUESTS

A participant is not able to attend a required camp, trial or competition due to medical or other foreseeable circumstances.

SELECTION APPLICATIONS

A participant wishes to be selected for an event when for some reason he/she does not or is not able to fulfill the requirements/procedures expected as stated in the Technical Regulations.

SELECTION APPEALS

A participant was not selected for an event after participation in a trial or selection event and the coach of the gymnast or the club representative wishes to contest the recommendations made by the technical committee.

Appeals will only be accepted if the coach believes the selection process was not applied correctly.

REFUND REQUESTS

A participant is injured prior to, or other unforeseeable circumstance prevents them from attending a required or optional GNL camp, trial, workshop or competition and requests their entry fee (or other monies) be refunded.

Submission Requirements

- ✓ A different format may be used as long as all the information required is supplied.
- ✓ Multiple requests may be made on one form provided that they relate to the same event.
- ✓ All information must be provided by the participant, their coach of record or club representative and forwarded to GNL's Technical Director.
- ✓ The exemption/ petition will be considered by the Technical Committee only when all relevant documents have been received.
- ✓ The following timelines must be observed for each situation:
 - EXEMPTION REQUESTS: By the scheduled start of the event.
 - SELECTION APPLICATIONS: Any time between the release of the Registration Form and 15 minutes after the completion of any selection event.
 - SELECTION APPEALS: Within 24 hours after a Team Selection announcement.
 - REFUND REQUESTS: At least 24 hours prior to the event's scheduled start

Decisions

- ✓ The Technical Committee is responsible to provide a recommendation to the Technical Director for each application.
- ✓ You will be notified by GNL's Technical Director or their designate of the result of your request in the best time frame possible.

PETITION FORM

Participant's name: _____ Representing (club name): _____

Coach of Record (if applicable): _____ Current Level: _____

Forms Completed By: _____ Event for Consideration: _____

Type of Petition(s):

- EXEMPTION REQUEST**
- SELECTION APPLICATION**
- SELECTION APPEAL(based solely on selection process not applied correctly)**
- REFUND REQUEST**

Injury / Medical Reasons:

For all petitions related to injuries or other medical reasons, a Physician or Professional Health Practitioner's note must be submitted including:

- ✓ a diagnosis
- ✓ a prognosis
- ✓ any limitations or interventions recommended
- ✓ anticipated timelines for full recovery and/or resumption to full training or competing

Reasons for Application:

Additional Documents & Information:

You may attach any additional documents that you see fit and that you feel could help the Technical Committee make a recommendation (i.e. previous results, doctors notes, videos).

Office Use Only		
Petition received date: _____	Petition granted date: _____	Petition denied date: _____
Notes:		
Signature: _____	Position: _____	Date: _____

2023-2024 Equipment and Matting Regulations

The following are the recommended equipment specs for use in competitions in Canada. It is recommended that these standards be used for all competitions in which participants from multiple provinces are involved. The specs in the first columns (CCP 10 and CCP 9) will be in effect at Canadian Championships (CC) and Canada Winter Games (CWG).

	Equipment	L10 (CC, CWG)	L9 (CC)	L6-10	L4-5	L1-3
Vault	Height	125 cm		Any height: min100 cm to max125 cm	As set out in CCP manual	As set out in CCP manual
	Springboards	Up to 4 boards. No spring changes allowed at Canadian Championships. Spring changes may be allowed with some SA Sport boards. In NL – CPP4 may use a tramp board for a 9.5 SV with the exception of provincial championships where this equipment is NOT allowed.				
	Supplementary mat (sting)	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. In NL you may use up to 30cm of supplementary mats for landing (with the exception of a trials competition). L6-7: Stacked mats, 80 cm to 152 cm. The top layer must be a 10 cm mat.				
	Yurchenko Collar & Hand mat	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	HB: 255 cm LB: 175 cm Diagonal: no maximum width	HB: 255 cm LB: 175 cm (levels 8-10) HB: 250 cm LB: 170 cm (levels 1-7) Diagonal: no maximum width (Within the equipment manufacturer’s safety limitations)		
		Taller gymnasts may raise both bars by 10 cm (and more, if the gymnast is too tall) upon submission of request to raise bar form in appendix. However, a gymnast cannot ask to raise the UB in order to use supplementary matting under the rails.				
	Springboards	1 – Soft. The springboard must be removed after the mount. An approved mounting block (simulating a springboard) may be used.		The springboard or 30 cm block/panel mat must be removed from underneath or the end of the apparatus after the mount.		
	Supplementary mat (sting)	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. The supplementary or safety mat MAY extend beyond the LB. 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 20 cm safety mat. 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. A wooden plank may be placed under the springboard.				
	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. 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. In NL you may use up to 30cm of supplementary mats for dismount (with the exception of a trials competition).			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.	

	Equipment	L10* (CC, CWG)	L9* (CC)	L6-10	L4-5	L1-3
Beam	Beam	All Ages: 125 cm		13+: 125cm Under 13: 110cm or 125cm		All ages: 100, 110 or 125 cm
	Springboards	<p>1 – Soft – The springboard or 30cm block/panel mat must be removed from underneath or the end of the apparatus after the mount.</p> <p>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.</p>				
	Suppl. mat (sting)	<p>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. At CC and CWG supplementary mats are available on one end of the beam only. All gymnasts are expected to dismount on the same end of the beam (end with shortest landing mat, traditionally to the left of the apparatus chief judge). In NL you may use up to 30cm of supplementary mats for dismount (with the exception of a trials competition).</p>			<p>Supplementary mats are not mandatory for JO 1-5 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 an uneven surface if falling)</p>	
Floor	Floor Area	12 m x 12 m				
	Supplementary mat (sting)	5 or 10 cm allowed: suppl. 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).				No additional mats permitted
	Safety Mat (20 cm)	Not allowed				

**Gymnastics Newfoundland & Labrador
2023-2024 WAG Warm-up Regulations**

INTER-CLUB

Please refer to the program document for general warm-up and event warm-ups for CPP 1-2.

COMPETITIVE

General Warm-up for all NATIONAL, YOUTH & PROVINCIAL competitions hosted in province will be conducted in the following manner unless otherwise arranged.

LEVEL 3 – 10

As per Canadian Competitive Program Manual

Canadian Warm-up Format	General Warm-up	20 minutes: CCP 9-10 / 15 minutes: CCP 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. 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 athlete	Level 1-3: 2 attempts max Level 4-5: 1 min Level 6-7: 90 sec Level 8-10: 2 min* *In NL 8 minutes minimum	Level 1-2: 30 sec Level 3: 45 sec Level 4-5: 1 min Level 6-7: 90 sec Level 8-10: 2 min	Level 1-2: 30 sec Level 3: 45 sec Level 4-5: 1 min Level 6-7: 90 sec Level 8-10: 2 min (may split 1min30 + 30sec)	CPP 1-2: 30 sec CPP 3: 45 sec CPP 4-5: 1 min CPP 6-7: 90 sec CPP 8-10: 2 min	Max 5 min Min 8 min Max 10 min
	Team Competition	Team and Individual Athletes: If a group is composed of Team and individual athletes, the warm-up groups is split as follows: Team + 1 individual: all warmup together. Team + 2 or more individuals: the team warms up and competes first; the individual athletes always warm up as a second sub-group.				
	Individual Competition	Group warm-up	Group warm-up	Individual warm-up: time stopped between athletes for max 5 sec * Includes time to set-up the mats and board	Group warm-up	
	UB (chalk, raising)	If there are athletes with and without grips/chalk or needing to raise the bars, the athletes are divided into 2 sub-groups: grips/chalk and no grips/chalk. 90 seconds are granted for each different bar preparation/raise. As a general guideline, the coaches will agree on the most efficient way to warm up and compete prior to warm up on UB. The warmup and competition order may be changed for efficiency. If the coaches do not agree, the Apparatus Chief judge will decide.				
	Group size	7 or less warm up in one group. 8+ athletes warm up in 2 groups: ex. 4+4. 5+4				
	FIG Format	The FIG Format can be used for CPP Competitions in Canada. In that case, the general warm-up time and time on events remain the same for the athletes. A 30 second touch will be allowed during the competitions on all events for levels 8-10.				

2023-2024 WAG Warm-up Regulations

YOUTH

As per Gymnastics Canada WAG 2023-2024 Youth Program Manual

Provinces / Competition hosts will determine the competition and warm up which best fit their schedule. The suggested warm up for the Youth Program is as follows:

General Warm-up	20 minutes: Athletes may not start the general warm-up on the warm-up or competition floor before the set time. 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
Canadian Warm-up	2 min / athlete Minimum 10 min	2 min / athlete Group warm-up	2 min / athlete Individual warm-up: (May do 1:30 + 30 sec)	2 min / athlete Group warm-up Min 5 min, max 10 min
	<p>V: If athletes in a given rotation compete on different vault heights, coaches should determine amongst themselves the most efficient way to warm up before they approach the judge's table. Considering that these athletes are inexperienced and must perform 2 different vaults / salto vault, they should be given sufficient time to warm up. If a subgroup consists of less than 5 athletes, they may have up to 10 minutes to warm up.</p> <p>UB: If there are athletes with and without grips/chalk, athletes are divided into 2 sub-groups: grips/chalk and no grips/chalk. Each sub-group will warm up 90 sec / athlete. 90 seconds is granted for each different bar preparation.</p>			
FIG Warm up	Host should plan for 2 min per athlete for the FIG warm up format.			
	Touch warm-up: 4 vaults	Touch warm-up: 30 sec / athlete for routine, 50 sec if doing bonus	Touch warm-up: 30 sec / athlete	Touch warm-up: 3 min

2023-2024 WAG Warm-up Regulations

HIGH PERFORMANCE

As per Gymnastics Canada WAG 2023-2024 High Performance Manual.

For all categories of the High-Performance Program, the FIG format for warm up will be used at Elite Canada and Canadian Championships.

<p>General Warm-up</p>	<p>20 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.</p> <p>This rule does not apply during Apparatus Finals, because an open warm up format is used.</p>
<p>Apparatus Warm-Up</p>	<p>Minimum of 2 min per athlete, depending on schedule and number of athletes in session /group. On UB – every attempt will be made to follow the FIG warm-up including the raising of the bars and the use of grips and chalk. If circumstances dictate (for safety reasons only) and the groups are altered to allow for any of the above situations, then please refer to UB below for warm up specifications.</p> <p>Nb. For Canadian Championships & Elite Canada coaches must indicate if their gymnasts do not use grips on the application form. The use of grips is strongly recommended for HP athletes.</p>
<p>Touch Warm-Up</p>	<p>30/50 sec per athlete as per FIG</p>
<p>Group size</p>	<p>5 or less warm up in one group; 6 + athletes warm up in 2 groups: 3+3, 4+3, 4+4, 5+4 On floor, the group will be split for warm up only if 8 or more athletes</p>
<p>UB: chalk, raising</p>	<p>In the event the groups are modified to make provisions for gymnasts with and without grips/chalk or needing to raise the bars, the athletes will be divided into sub-groups based on their needs. Each sub-group warms up 50 sec/athlete. 90 seconds are granted for each different bar preparation/raise. As a general guideline, the coaches should agree on the most efficient way to warm up. If the coaches do not agree, the D1 judge will decide.</p> <ul style="list-style-type: none"> • Use of honey on the rails is prohibited • the competition order will not be modified. This should be taken into account when deciding on a warmup area.

2023-2024 WAG Warm-up Regulations

For other competitions, the Province / Competition Host will determine the Warmup and Competition format which best fit their schedule. The use of the FIG warm up is recommended, however the Canadian Warm up format below may be used for Novice.

General Warm up	20 minutes: Athletes may not start the general warm up on the competition floor before the set time. Athletes may not use the equipment at will during the general warm up.			
	V	UB	BB	FX
Canadian Warm up	2 min / athlete	2 min / athlete	2 min / athlete (may split 1:30 and 30 sec if requested)	2 min / athlete
	UB: If there are athletes with and without grips/chalk, athletes are divided into 2 sub-groups: grips/chalk and no grips/chalk. Each sub-group will warm up 2 min / athletes. 90 seconds is granted for each different bar preparation.			
Individual Competition	Group warm-up	Group warm-up	Individual warm-up: time stopped between athletes for max 5 sec * includes time to set-up the mats and board	Group warm-up
UB (chalk, raising)	If there are athletes with and without grips/chalk or needing to raise the bars, the athletes are divided into 2 sub-groups: grips/chalk and no grips/chalk. Each athlete is guaranteed 2 min to warm up. 90 seconds are granted for each different bar preparation/raise. As a general guideline, the coaches will agree on the most efficient way to warm up and compete prior to warm up on UB. The warmup and competition order may be changed for efficiency. If the coaches do not agree, the D1 judge will decide.			
Group size	5 or less warm up in one group; 6 + athletes warm up in 2 groups: 3+3, 4+3, 4+4, 5+4			

Unauthorized warm-up will be considered as unsportsmanlike behavior with direct impact on the result/performance of the gymnast/team. The Competition Head Judge will warn the offending coach first then, if necessary, shall give a Yellow Card and the corresponding deduction of 0.50 will be taken from the gymnast's final score on that apparatus.

During competition, gymnasts may warm up on the event apparatus as permitted by the rules as outlined in the Code of Points or in the Code Supplement. Gymnasts may not warm up on other event apparatus.

i.e. when warming up for beam, using the floor exercise mat unless authorized, for a given session, by the Canadian Head Judge (or designate) or the WAG PM.

Suggested Equipment for Meet Hosting

VAULT			
Level	Apparatus	Springboards and Mats	
CPP 1	Two stacked 20cm mats (16")	<ul style="list-style-type: none"> Additional 10cm allowed for landing on back. 	
CPP 2	CPP 2: Tape line at 32"		
CPP 3	Stacked 20cm mats (Min 32" Max 48") Tape line at 32"		
CPP 4	Any height allowed by manufacturer	<ul style="list-style-type: none"> Mandatory 10 cm for landing, up to 20 cm allowed. CPP 6-7 deck mats. 80cm to 152 cm. The top layer must be a 10cm mat. CPP8-10: An approved Yurchenko collar must be used for all round off entry vaults. An approved hand placement mat may be used for round off entry vaults ONLY. Landing mats must be 18' long & 20 cm thick 	
CPP 5			
CPP 6	115cm – 125 cm		
CPP 7			
CPP 8	Any height all ages min 100cm -max 125cm		
CPP 9	125 cm for all ages		
CPP 10			
Aspire	115 or 125 cm		<ul style="list-style-type: none"> Aspire 1: Stacked mats at vault up to table height, 5 or 10 cm can be added on top of stack. Aspire 2: Mandatory 10 cm or 15cm. 20 cm safety mat allowed. An approved Yurchenko collar must be used for all round off entry vaults (allowed for other vaults). An approved hand placement mat may be used for round off entry vaults ONLY. Landing mats must be 18' long & 20 cm thick
XCEL	As per XCEL manual		
Novice	125 cm Max 25m run		<ul style="list-style-type: none"> 3 springboards: FIG hard, FIG soft & Softer Minimum 10 cm up to 20 cm allowed. An approved Yurchenko collar and hand mat must be used for all round off entry vaults. These may not be used for other vaults. Landing mats must be 18' long & 20 cm thick
HP Jr/Sr		<ul style="list-style-type: none"> 2 springboards: FIG hard, FIG soft Mandatory 10 cm, additional 5 cm allowed on top. Safety mat (20 cm) not allowed. An approved Yurchenko collar and hand mat must be used for all round off entry vaults. These may not be used for other vaults. Landing mats must be 18' long & 20 cm thick 	

BARS		
Level	Apparatus	Springboard & Mats
CPP 1	Low bar only. 170cm to the floor (height is measured from the upper edge of the rail).	<ul style="list-style-type: none"> Mandatory 20cm safety mat under the bar unless the gymnast is too tall, then 10cm allowed. Ensure the mat is secure so it does not slide on the dismount. Mat or beat board allowed for mount. Must be removed immediately after mount.
CPP 2		
CPP 3		<ul style="list-style-type: none"> 10cm or 20cm allowed under the bar (secure for dismount). Mat or beat board allowed for mount. Must be removed immediately after mount.
CPP 4	LB: 170cm HB: 250cm No min or max width provided within safety specs of the manufacturer. No substances other than water and chalk may be placed on the rails.	<ul style="list-style-type: none"> Mandatory 10cm for landing. Max of 20cm. Mats may be placed under the rails. Boards can be placed on any mat for mounting. Up to CPP8 a block or mat may be used in place of a beat board. Must be removed immediately after mount. 3 Landing mats must be 20 cm thick: total length 30', 12' in front of LB to run, 12' behind HB to run CPP 6-10 ability to raise both low & high bar 10 cm with bars stable
CPP 5		
CPP 6		
CPP 7		
CPP 8		
CPP 9	LB: 170 cm HB: 250 cm <i>Diagonal: 130 to 180 cm</i> <i>For age groups attending CC</i>	<ul style="list-style-type: none"> 1 – Soft. The springboard must be removed from underneath or the end of the apparatus after the mount. An approved mounting block (simulating a springboard) may be used. The springboard may be placed on the landing mat or on the 10 supplementary mat if the mount and dismount are performed on the same side. The springboard may be placed on the safety mat. 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. 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. The supplementary or safety mat MAY extend beyond the LB. For C+ release element, a 20 cm may be slid in and out according to the rules (2 moves preceding and following the element). 3 Landing mats must be 20 cm thick: total length 30', 12' in front of LB to run, 12' behind HB to run CPP 6-10 ability to raise both low & high bar 10 cm with bars stable
CPP 10	LB: 170 cm HB: 250 cm Diagonal: no maximum width (within equipment manufacturer's safety limitations).	<ul style="list-style-type: none"> Mandatory 10cm (under both rails and for dismount), up to 30cm allowed. A springboard, mounting block or 30 cm box/panel is permitted but must be placed on the 10cm supplementary mat. Must be removed immediately after the mount. 20cm safety mat allowed under LB & HB for entire routine. 3 Landing mats must be 20 cm thick: total length 30'
Aspire	LB: 170cm HB: 250cm Diagonal: 130 to 180cm	<ul style="list-style-type: none"> Mandatory 10cm (under both rails and for dismount), up to 30cm allowed. A springboard, mounting block or 30 cm box/panel is permitted but must be placed on the 10cm supplementary mat. Must be removed immediately after the mount. 20cm safety mat allowed under LB & HB for entire routine. 3 Landing mats must be 20 cm thick: total length 30'
Xcel	As per XCEL manual	
Novice	LB: 170cm HB: 250cm Diagonal: 130 to 180cm * ability to raise both low & high bar 10 cm with bars stable	<ul style="list-style-type: none"> The springboard may be placed on the safety mat. Coaches are permitted to place a small board under the springboard and on top of any mat. Minimum 10cm, up to 20cm allowed. Safety mat (20cm) allowed under LB and HB of entire routine or slide in/out. 3 Landing mats must be 20 cm thick: total length 30', 12' in front of LB to run, 12' behind HB to run
HP Jr/Sr		<ul style="list-style-type: none"> The springboard must be placed on the landing mat or on the 10cm suppl mat, if the mount and dismount are performed on the same side. The board can NOT be placed on a safety mat. Mandatory 10cm for dismount. A 10cm or 20cm mat is allowed to slide in and out for D+ release. 3 Landing mats must be 20 cm thick: total length 30', 12' in front of LB to run, 12' behind HB to run

BEAM		
Level	Apparatus (cm)	Springboards and Mats
CPP 1	All ages: 100, 110, or 125	<ul style="list-style-type: none"> Supplementary mats are not mandatory for CPP 1-5 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 an uneven surface if falling). 1 soft – the springboard/black/panel mat must be removed from underneath or near the end of the apparatus after the mount. Springboard may be placed on the landing mat or the 10cm 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 0cm) must be slid in as soon as the springboard is removed. 4 landing mats; 20cm thick
CPP 2		
CPP 3		
CPP 4	2007 and older: 125 2008 and younger: 110 or 125	<ul style="list-style-type: none"> 10cm supplementary mat mandatory for landing, up to 20cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory mat. AT CWG & CC supplementary mats re available on one end of the beam only. All gymnasts are expected to dismount on the same end of the beam. 1 soft – the springboard/black/panel mat must be removed from underneath or near the end of the apparatus after the mount. Springboard may be placed on the landing mat or the 10cm 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 0cm) must be slid in as soon as the springboard is removed. 5 landing mats; 20cm thick, 20 feet at one end for mounting
CPP 5		
CPP 6		
CPP 7		
CPP 8		
CPP 9	125	<ul style="list-style-type: none"> Mandatory 5 or 10cm. 20cm safety mat not allowed. Supplementary mats are available on one end of the beam only. All gymnasts are expected to dismount on the same end of the beam. 4 landing mats; 20cm thick
CPP 10		
Aspire	110 or 125	<ul style="list-style-type: none"> Mandatory 5 or 10cm. 20cm safety mat not allowed. Supplementary mats are available on one end of the beam only. All gymnasts are expected to dismount on the same end of the beam. 4 landing mats; 20cm thick
Xcel	As per XCEL manual	
Novice	125	<ul style="list-style-type: none"> The springboard must be placed on the landing mat or on the 10 cm supplementary mat, if mount and dismount are performed on the same side. The springboard cannot be placed on a safety mat. Novice: if mt and dmt on the same side and gymnast uses a 20 cm safety mat for the dismount, the safety mat must be placed after the athlete has mounted. Coaches are permitted to place a small board under the springboard and on top of any supplementary mat. Minimum 10 cm. Up to 20 cm allowed (NOVICE only). 20cm safety mat allowed for NOVICE in place of mandatory 0cm supplementary Supplementary mats are available on one side of the beam only. All gymnasts are expected to dismount on the same end of the beam (short landing mat (traditionally to the left of judging panel) 5 landing mats; 20cm thick, 20 feet at one end for mounting
HP Jr/Sr		

FLOOR		
Level	Equipment	Mats
CPP 1	One strip of floor	<ul style="list-style-type: none"> 10 cm supplementary mat allowed.
CPP 2	One strip of floor or diagonal	
CPP 3	12m x 12m 40' x 40' Minimum 2' border around floor	<ul style="list-style-type: none"> 5 or 10 cm allowed in corners for landings.
XCEL		<ul style="list-style-type: none"> 5 or 10 cm allowed. Supplementary mat must be placed at the beginning of the routine, and can be removed, moved or let in place (intent to have the least amount of movement of mats/coaches around the floor during the routine). Safety mat (20cm) not allowed.
CPP 4		
CPP 5		
CPP 6		
CPP 7		
CPP 8		
CPP 9		
CPP 10		
Aspire		
Novice		
HP Jr/Sr		

Minimum requirements for CPP Competition	
Equipment	Number required
10cm mats	6
20cm mats	4
5cm mats	4
Vault DECK mats	24" to 54" total
Yurchenko Collar	1
Approved Hand mat	1
Springboard	5
25 m vault runway	1

Minimum requirements for Aspire Competition	
Equipment	Number required
10cm mats	6
20cm mats	4
5cm mats	4
Yurchenko Collar	1
Approved Hand mat	1
Springboard	5 (various hardness)
25 m vault runway	1

Minimum requirements for High Performance Competition	
Equipment	Number required
5cm mat	1
10cm mats	6
20cm mats	4
Yurchenko Collar	1
Approved Hand mat	1
Springboard	3-5 FIG hard, FIG Soft, FIG Softer (Novice only)
25 m vault runway	1

Additional information from GCG for High Performance meets**VAULT**

Vault Table: The vaulting table must be positioned on a rigid board which has the same height as the runway. The apparatus height must correspond to the top level of the run up area.

Height 125 cm to the rigid board (± 1 cm)

Judges' Tables: There must be a minimum distance of 3 meters between the edge of the judges' tables and the edge of the mat. Judges may be seated on the same side of the vault table.

UNEVEN BARS

High bar: 250 cm to the floor (± 3 cm in Canada; ± 1 cm FIG)

Low bar: 170 cm to the floor (± 3 cm in Canada; ± 1 cm FIG)

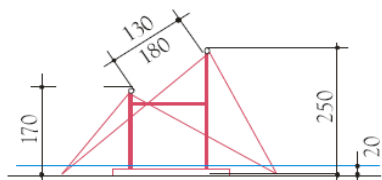
Height is measured from the upper edge of the rail while diagonal is at 180 cm. Measure the rails from "wood to floor" for height.

Raising the bars: Tall gymnasts who touch the mat with their feet are allowed to raise both rails by 10 cm, (with maximum width of 182 cm ± 1 cm as of January 1, 2017)

Reference marks to identify the chain links will be used once the UB are set at FIG. The reference marks may not be removed. If links must be added to raise the UB, coaches will be required to set the chains back to the original setting (links identified by the reference marks) once their gymnast has completed her warm up or competition.

Diagonal: 130 cm to 180 cm (± 1 cm FIG)

Measure the rails from the inside of both rails, in diagonal, from "wood to "wood". For more accuracy, measurements should be taken where the wooden part of the rail inserts into the metal tube. This will ensure that the tape is straight and perpendicular to both rails.



Judges' Tables: There must be a minimum distance of 3 meters between the edge of the judges' tables and the metal frame of the bars. Judges must be seated on both sides of the bars. The judges seated opposite to the D1 judge should be seated at separate desks or tables.

BALANCE BEAM

Height: 125 cm to the floor (± 1 cm)
For more accuracy, measure each side of the beam.

If there is a need to measure the height of the beam to the top of the mats (125 cm – 20 cm = height of 105 cm to the mat), the weight of the person measuring will affect the height of the mats, thus the measurement for height of the beam may not be accurate.

Judges' Tables: There must be a minimum distance of 2 meters between the edge of the judges' tables and the edge of the mat. Judges must be seated on both sides of the beam. The judges seated opposite to the D1 judge should be seated at separate desks or tables.

FLOOR EXERCISE

The white line must be inbound. Measure 4 sides for more accuracy.
12 m x 12m including inbound lines on all sides.
The entire floor (including borders) measures 14m x 14m.

Judges' Tables: There must be a minimum distance of 2 meters between the edge of the judges' tables and the edge of the floor exercise mat. Judges must be seated along two perpendicular sides of the mat. The judges not seated with the D1 judge should be seated at separate desks or tables.

APPENDIX 2

GNL Provincial Camp Structure

Camps will be scheduled as needed and within timelines to not interrupt the competitive season. Clubs need to be available to host such camps with the understanding that camps will be held within reason to give host club an opportunity to continue with regular programming as much as possible.

Host clubs will be paid a rental fee of \$100.00 for half a day and \$200.00 for full day. Camps are held to benefit all competitive athletes within the GNL community.

Camps can be used for CPE (Continuing Professional Development) activities necessary for judges and in turn, assist with athlete development.

Coaches from clubs (not actively coaching at the camp) CAN be invited to attend on an observation basis for a minimal fee or at no cost. Any professional development opportunities conducted at camps will be applied for CPE points for coaches.

A schedule must be made prior to the camp and sent to coaches.
A coach education session may be planned for exchange of ideas and a clinician Q & A.

Master Clinicians will be paid hourly honorariums at rates of:

IN PROVINCE COACH	OUT-OF PROVINCE CLINICIAN OR SPORT SCIENCE
\$30.00	\$40.00

