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# MEN'S ARTISTIC GYMNASTICS

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## 2025-2026 Technical Regulations

**DECEMBER 1, 2025**

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## SECTION 1: GENERALITIES

### 1.1 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 the sport.

### 1.2 Purpose of this document

All technical rules and regulations for men's artistic gymnastics in Newfoundland and Labrador are under the jurisdiction of GNL's Technical Director in consultation with the Men's Artistic Gymnastics Technical Committee (MTC).

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

### 1.3 Document Abbreviations and Acronyms

AA – All Around, refers to an athlete's score  
ACJ – Apparatus Chief Judge  
CAC – Coaching Association of Canada  
CCJ – Competition Chief Judge  
CoP – Code of Points  
CPP – Canadian Provincial Program  
CWG – Canada Winter Games  
FIG – International Gymnastics Federation  
GNL – Gymnastics Newfoundland and Labrador  
GymCan – Gymnastics Canada  
HP – High Performance, refers to athlete program level  
LTD – Long Term (Athlete) Development  
NCCP – National Coaching Certification Program  
PSO – Provincial/Territorial Sport Organization  
TD – Technical Director  
TOR – Terms of Reference  
MAG – Men's Artistic Gymnastics  
MTC – Men's Technical Committee  
P – Provincial, refers to a competition level  
Nat. Open – National Open, refer to a competition level

## 1.4 GNL Men's Artistic Gymnastics Technical Committee (MTC)

- The MTC is composed of one member from each registered club with competitive members.
- Clubs appoint member.
- Each club is entitled to one vote.
- Chair will be the GNL Technical Director who is a non-voting member unless needed to break a tie.

Committee Decision Making Process – Strive for consensual decision making but vote if consensus is not reached in a timely manner. A 2/3 vote in favour is required to pass.

## SECTION 2: GNL's COMPETITIVE MAG PROGRAMS

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

\*Specific exception: athletes who reside in Fermont, Quebec – who live nearby and are registered with and train at Snowbirds Gymnastics.

### 2.1 GNL's Competitive Program Levels

GNL's MAG programming includes GymCan's Canadian Provincial Pathways and Elite Program.

#### The Canadian Provincial Pathway Program

Gymnastics Canada has created the Canadian Provincial Pathways Program to provide direction and foster competition for different age groups of boys and young men of various levels of ability and commitment. GNL uses this tool as a guide to provide programming for male gymnasts in the province.

The Canadian Provincial Pathway consists of 6 levels; P1- **P5** and National Open (Nat. Open).

**P1 & P2:** athletes compete compulsory routines (refer to [GymCan's 2025 Provincial Pathways P1 & P2 Program Manual](#)). Providing the athletes are age eligible and they make team, P2 athletes are the first MAG level that can compete at Eastern Championships.

**P3-P4 & Prov. Open and National Open:** refer to [GymCan's 2025 Provincial Pathways 3-5 and National Open Program Manual](#).

### GymCan's Long Term Development in the Pathways

Category & Ages	Competition Stream	LTD Stage	Characteristics
<b>Provincial 1 &amp; 2</b>	Provincial	FUNDamentals	Develop fundamental movement skill, with emphasis on participation and having FUN on a daily basis.
<b>Provincial 3</b>	Provincial/Regional	Learn to Train Train to Train	Build up physical capacities including strength, speed and flexibility.
<b>Provincial 4 &amp; 5</b>	Provincial/Regional	Train to Train Train to Compete	Major fitness development stage; Greater attention to mental preparation
<b>National Open</b>	Provincial/Regional	Train to Compete Active for Life	Competitive athletes are striving to improve and win, and they train accordingly

### Gym Can Provincial Pathway Rules (P3, P4, P5 and Nat. Open)

Level	Rules and Regulations
<b>National Open</b>	Junior FIG rules
<b>Provincial 5</b>	Modified Junior FIG rules- 7 skills GymCan supplementary rules
<b>Provincial 4</b>	Modified Junior FIG rules FIG - 6 skills with GymCan supplementary rules
<b>Provincial 3</b>	Modified Junior FIG rules FIG - 5 skills with GymCan supplementary rules

### The Canadian High Performance Pathway Program

This program has been prepared with the goal of developing a higher level of elite performance for Canada. It has been reworked and is the product of a great deal of consultation from Canadian coaches involved with our National Team. Our goal is to set out a pathway that will properly prepare our athletes who are able to follow the High Performance Pathway towards international success in individual and team competitions. It is expected that within the provinces there will be a coordinated effort to align our initiatives towards a common set of goals. The revised High Performance Pathways progressively develop the young talented gymnasts' technique and routine structure to define a Canadian style and prepare these athletes for international excellence. These routines will be challenging for all of our athletes and coaches, but are achievable for the talent pool in the country. The Provincial Pathways program will also provide a challenge and will be similar to the Elite program, though with reduced expectations to be developmentally appropriate.

GymCan's High Performance Pathway program consists of three categories of competition, with the Junior and Senior levels are broken into two age categories; Novice (13-14), Junior (15-16), Junior (17-18), Senior (19-20) and Senior (21+), which all compete at Elite Canada and the Canadian Championships. Refer to [GymCan's 2025 High Performance Pathways Manual](#).

### GymCan's Long Term Development in the High Performance Pathway

Category & Ages	Competition Stream	LTD Stage	Characteristics
<b>Novice (13-14)</b>	Provincial-National	Train to Train Train to Compete	Major fitness development stage; Greater attention to mental preparation
<b>Junior (15-16)</b>	National (International)	Train to Train Train to Compete	Specialized coaching and training environment
<b>Junior (17-18)</b>	National-International	Train to Compete	Focusing on a foundation of competition experience
<b>Senior (19-20)</b>	National-International	Train to Compete Train to Win	Advanced mental preparation and practice under highly competitive conditions
<b>Senior (21+)</b>	International	Train to Win	Focus is on podium performances at the highest level.

### Elite Pathway Rules (updated from GymCan's 2025 High Performance Pathways)

Level	Rules and Regulations
<b>Senior &amp; Next Gen</b>	Senior FIG rules
<b>Junior</b>	Junior FIG rules
<b>Novice</b>	Modified FIG rules; 7 skills and supplementary rules

## SECTION 3: GENERAL COMPETITIVE REQUIREMENTS

### 3.1 Athlete Registration

Only athletes who are residents of Newfoundland and Labrador\* and registered members in good standing of GNL are eligible to take part in GNL programs and competitions in and/or out of province.

\*Specific exception: athletes who reside in Fermont, Quebec – who live nearby and are registered with and train at Snowbirds Gymnastics.

All gymnasts must be registered with a member club in-province and with GNL by October 15 of the competition year. New athletes must be registered with a member club in-province and with GNL by the 15<sup>th</sup> of each month. Athletes can be registered in any level subject to their coach's discretion and providing they are within the recommended minimum and maximum age. However, **all gymnasts wishing to make Provincial team must declare their level of competition within 48 hours from the last competition**

before Provincial Championships. GNL must also be notified if the athlete's declared level has changed from the original level they registered in back in October.

Demonstration for gymnasts age ineligible or not registered in a category is not permitted. These gymnasts must be redirected towards different programs.

### 3.2 Age Eligibilities

With the exception of Provincial Levels 1 & 2, GNL follows GymCan's competitive age categories (below). For Provincial Levels 1 & 2, GNL uses three age categories : Under 11, Under 13, and 13+

#### Provincial Pathways Program – Age Determination

The competitor's age will be determined by their age at the end of the **competition year**. Example, competition year is 2026, age of athlete is determined by their age on December 31, 2026.

Category	2025-2026	2026-2027
	Competition season starts from Sep 1, 2025 until Aug 31, 2026	Competition season starts from Sep 1, 2026 until Aug 31, 2027
National Open	15+ (2011 and earlier)	2012 and earlier
Provincial 5	14+ (2012 and earlier)	2013 and earlier
Provincial 4	14+ (2012 and earlier)	2013 and earlier
	U14 (2013-2016)	2014-2017
Provincial 3	14+ (2012 and earlier)	2013 and earlier
	U14 (2013-2016)	2014-2017
Provincial 2	13+ (2013 and earlier)	13+ (2014 and earlier)
	11-12/U13 (2014-2015)	11-12/U13 (2015-2016)
	9-10/U11 (2016-2017)	9-10/U11 (2017-2018)
	8/U9 (2018)	8/U9 (2019)
Provincial 1	13+ (2013 and earlier)	13+ (2014 and earlier)
	11-12/U13 (2014-2015)	11-12/U13 (2015-2016)
	9-10/U11 (2016-2017)	9-10/U11 (2017-2018)
	8/U9 (2016-2018)	8-10/U9(2017-2019)



### Canadian High Performance Pathway – Age Determination

The competitor's age will be determined by their age at the end of the **calendar year**. Example: If an athlete turns 17 years old at any time during the calendar year, they must compete Junior 17-18

Category	2025-2026	2026-2027
	Competition season starts from Sep 1, 2025 until Aug 31, 2026	Competition season starts from Sep 1, 2026 until Aug 31, 2027
Senior (21+)	2005 and earlier	2006 or earlier
Senior (19-20)	2006-2007	2007-2008
Junior (17-18)	2008-2009	2009-2010
Junior (15-16)	2010-2011	2011-2012
Novice (13-14)	2012-2013	2013-2014

- Under no circumstances may an underage athlete participate in a High Performance Pathway Competition.
- Under no circumstances may an athlete move from Novice to Junior prematurely.

### 3.3 Athlete Confirmation of Competitive Level

A recreational athlete may be deemed a competitive athlete by registering for a GNL sanctioned competition by the deadline indicated on the meet entry form and provided the athletes membership with GNL is upgraded to the competitive category. Any additional registration or upgrading fees as well as upgrading fee for the club if it is not already registered as a competitive club will apply.

Gymnasts registered or upgraded to national stream will remain registered national for the entire competitive season.

The following events require a National/High Performance affiliation with GNL: Canadian Championships, and all trial and selection meets for the event.

Athletes who take part in any pre-provincial events or competitions must be registered as competitive athletes with GNL.

An athlete may only register for and compete in one level at a time within the same discipline and competition.

### Moving Up Levels

As of October 15, of the competitive season, athletes can be registered in any level subject to the coach's discretion. Athletes should follow the normal progression going from a lower level toward a higher level. An athlete may move up a level at any time providing they meet minimum program requirements and eligibilities and have notified GNL.

### Moving Down Levels

Movement to a lower competitive level is only permitted if it is prior to or within 48 hours from the time results are verified of the last GNL sanctioned competition that is prior to Provincial Championships. GNL must be notified and their membership level updated in Uplifter and, if applicable, in the Provincial Championship's registration. After such time, the athlete may not move down a competitive level.

## 3.4 Coach Registration

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

All competitive coaches must be registered with a member club and with GNL by the 15<sup>th</sup> of the month from when they start coaching.

To maintain the privilege of membership in GNL, all coaches shall act in accordance with the established GNL, GymCan, and CAC Codes of Conduct.

## 3.5 Coach NCCP Certification

All GNL registered coaches and those participating in a GNL sanctioned event must be trained or certified through the NCCP and comply with all coaching requirements outlined in the [GNL's Coach Education Handbook](#).

Coach registration for any GNL sanctioned event is mandatory.

For all GNL sanctioned events, the host club is responsible to submit the list of registered coaches and a minimum of one week prior to the event start date. GNL will verify that all registered coaches have met the minimum training requirements.

Any coach who wishes to coach at a GNL sanctioned event but who does not meet all coaching requirements must apply to GNL for a [coach exemption](#).

In addition to the above, all GNL registered coaches participating at the Atlantic, Eastern, Elite Canada, Canadian Championships, and/or representing Team NL at any out-of-province event must also comply with any further coaching requirements as outlined in the current event directives or manuals and be minimum 19 years of age.

### 3.6 Competitive Attire

Coaches should be familiar with all regulations regarding attire for athletes and coaches in the applicable GymCan Program Manual and/or FIG Code of Points.

#### Athlete Competitive Attire

Gymnasts must be attired according to the stipulations of the current [FIG Code of Points](#) - competition singlet, competition shorts and competition long gymnastics pants with socks. Gymnasts in Provincial 1-3 may compete in shorts on all apparatus with a competition singlet. Gymnasts are required to always wear a shirt during competition warm-ups (in training gym and competition gym). Athletes from the same team or club must wear the same competition attire.

#### **GNL Sanctioned Club Competitions, including Provincial Championships**

All athletes must dress in their club's current team competitive attire, unless prior approval from the MTC has been given.

#### **Team NL Athlete Competitive Attire**

Athletes selected to Team NL are required to wear GNL's current competitive year's provincial team uniform/dress. If they do not have provincial team attire their spot on the team may be revoked.

#### **Athlete Attire at GymCan Events**

Same rules regarding attire above apply. *Note:* For Canadian Competitions, dark colored longs (including black) are not allowed.

#### Coach Attire

The following attire is required for each coach during training, warm-up and competition at any sanctioned event: T-shirt, polo or long-sleeved sportswear tops (i.e. club or provincial shirt, no logos other than gymnastics/club logos) and/or training jacket, track pants or leggings and appropriate indoor footwear.

Hats or caps, shorts, midriff tops, ripped & torn clothing or similar are **not** permitted.

### Team NL Coach Competitive Attire

All coaches representing Team NL at any event must wear the current competitive year's Provincial Team Coach attire which will consist of either a T-shirt, Polo,  $\frac{3}{4}$  zip, or long sleeve sportswear tops, and/or Team NL sports jacket with track pants or leggings and appropriate indoor sport footwear. Every effort should be made for all team NL coaches to coordinate attire.

## SECTION 4: PROVINCIAL COMPETITION STRUCTURE

The competition structure for Provincial Championships will follow the following chart.

PROVINCIAL LEVELS			PROVINCIALS	ATLANTICS	EASTERNS
Level	Age Categories	Eligibility Notes			
P1	8-10 (2016-2018)/U11	Eligible to compete at Provincials. 2017's are the first birth year eligible to compete at Atlantics. P1's Do NOT compete at Easterns.			
	11-12 (2014-2015)/U13				
	13+ (2013 and earlier)/13+				
P2	8-10 (2016-2018)/U11	2017's are the first birth year eligible to compete at Atlantics. 2015+ is eligible to compete at Easterns.			
	11-12 (2014-2015)/U13				
	13+ (2013 and earlier)/13+				
P3	10-13 (2013-2016)/U14	Eligible to compete at Provincials. 2017's are the first birth year eligible to compete at Atlantics. 2015+ is eligible to compete at Easterns.			
	14+ (2012 and earlier)/14+				
P4	10-13 (2013-2016)/U14	Eligible to compete at Provincials. 2017's are the first birth year eligible to compete at Atlantics. 2015+ is eligible to compete at Easterns.			
	14+ (2012 and earlier)/14+				
P5	14+ (2012 and earlier)	Eligible to compete at Provincials, Atlantics, and Easterns.			
NATIONAL LEVELS					
Nat. Open	15+ (2011 and earlier)	Eligible to compete at Provincials, Atlantics, Easterns, and Canadians			

- Athletes born in 2019 or later are ineligible to compete at Provincial Championships.
- Athletes born in 2018 or older are eligible to compete at Provincial Championships.
- Athletes born in 2017 or older are eligible to compete at Atlantic Championships.
- Athletes born in 2015 or older are eligible to compete at Eastern Championships.
- Athletes born in 2011 or older are eligible to compete at Canadian Championships.

With the exception of Provincial Championships, host clubs of GNL sanctioned competitions may choose to incorporate more or less age splits based on the event's registration numbers.

## SECTION 5: GENERAL COMPETITION GUIDELINES & REGULATIONS

The following documents should all be read in conjunction with this document:

- [GymCan's 2025-2026 Provincial Pathways Level 1 and 2 Program Manual](#)
- [GymCan's 2025-2026 Provincial Pathways Level 3-5 and National Open Program Manual](#)
- [GymCan's 2025-2026 High Performance Pathway Program Manual](#)
- [2025-2028 MAG FIG Code of Points](#)

### Within GNL

- No session (warm-up to completion of all six events) should exceed 3.0 hours.
- A session (warm-up to completion of six events) should be 2.0-3.0 hours long.
- There may be more than one flight or 6 rotations in a session (a maximum of 6 rotations).
- Competition warm-ups may not begin prior to 8:00 a.m. Competitions should ideally conclude by 9:00 p.m. Compulsory levels must finish no later than 9:00 p.m. Optional levels may extend until 10:00 p.m. if necessary, though the goal is to complete all sessions by 9:00 pm whenever possible.
- For GNL sanctioned competitions, compulsory levels are to be held in separate sessions from optional levels.

### 5.1 Competition Equipment Requirements

Refer to the required equipment list in the Appendix A for general equipment guidelines for programming, competitions, and events in the province. For apparatus specifications, height adjustment and regulations refer to the equipment manufacturers specifications and the provincial, national and [FIG](#) program documents.

### 5.2 Competition Warm-Up

Competition WarmUp – athletes will receive a 20-30 minutes general warm-up followed by competition rotations with times warm-up for each apparatus (Capitol Cup: warm-up – Compete style).

The apparatus warm-ups will be different for provincial and national levels:

Provincial Level: 1 minute per gymnast, total time (min-max) of 8-12 minutes.

National Level: 1.5 minute per gymnast, total time (min-max) of 8-15 minutes.

## 5.3 Coach Inquiries, Protests and Appeals Process

### Stage 1: Inquiries

If the coach has a question regarding an exercise, they may ask the Apparatus Chief Judge (ACJ). They may also ask the CCJ, who will discuss with the apparatus judge. A coach may only inquire about a D and/or E score of their own athlete/club.

A coach may also inquire about a change to the technical organization (e.g. order of passage, warm-up procedures, etc.) with the event difficulty (D1) or CCJ. A coach must IMMEDIATELY voice any concerns and have the concerns addressed BEFORE the changes are carried through otherwise, the coach will not have the option to protest or appeal the change later during the competition.

Response to an inquiry must not in any way delay the competition.

If the coach is not satisfied with the explanation given, they may file a protest (stage 2).

The final decision to adjust a score must occur before the beginning of the next rotation. The ACJ will notify the coach of any adjustments. The coach will have the option to protest the new score within the usual time frame.

### Stage 2: Protests

A protest is the second stage when the coach is not satisfied with the information provided at the Inquire stage and seeks a formal review. A coach may make a judging protest or a technical protest for their own athlete/club during any Provincial, National or HP competition in province.

A **technical protest** is allowed on:

1. Equipment failure (gymnastics or audio)
2. Special occurrences related to the organization that alter the competition conditions (like the order of passage, warm-up procedures, etc.)
3. Deductions/penalties for athlete conduct as listed by the FIG Code of Points, the GymCan Program Manuals or other MAG program documents: non-identical attire, incorrect uniform, 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 the competition area, unsportsmanlike behavior.
4. Any other deductions/penalties for coach conduct as listed by the FIG/CPP Code of Points or MAG documents: 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.

### Protest Process

The appropriate protest form ([Appendix C](#)) per athlete, per apparatus, must be completed by the coach and submitted to the CCJ or designate. The form must be submitted to the CCJ, 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 last rotation to file a protest.

In the case of an unsuccessful protest, GNL will invoice the club in question the fee (CPP \$20, HP \$40) after the event. This 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, where video recording was required (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 the CCJ.
- hear from the coach who submitted the protest,
- involve the timer and/or line judge, when available, in the discussion,
- attempt to reach a decision on the protest by consensus,
- in the case of a tie, the D1 judge will ask the CCJ to break the tie, and
- 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 CCJ 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.

### **Stage 3: Appeals**

Within GNL sanctioned events, there are NO appeals for judging or technical protests.

## **SECTION 6: PROVINCIAL CHAMPIONSHIPS**

GNL will annually offer a Provincial Championships competition during which Provincial Champions will be declared, where applicable, for the levels and age categories outlined in the Provincial Competition Structure (**Section 4**).

### **6.1 Qualification**

Provincial Championships is open to all competitors who;

- are registered members in good standing in one of the levels and categories outlined in the Provincial Competition Structure (chart above), and
- are age eligible (athletes born in **2018** or earlier).

There is NO minimum qualifying score required for Provincial Championships.

### **6.2 Provincial Championships Registration**

Clubs are responsible to submit their athlete registrations for the Provincial Championships into Sportzsoft. Registration will be sent out no less than 60 days prior to the event.

## 6.3 Provincial Championships Awards

For every discipline, each level and age split, as outlined in the Provincial Structure (above), will receive medals for 1<sup>st</sup>-3<sup>rd</sup> place and ribbons for 4<sup>th</sup>-6<sup>th</sup>.

### Provincial Championship awards breakdown

**P1 & P2** (3 age categories): 8-10/U11 (2016-2018), 11-12/U13 (2014-2015), 13+ (2013 and earlier)

**P3 & P4** (2 age categories): 10-13/U14 (2013-2016), 14+ (2012 and earlier)

**P5** (1 age category): 14+/2012 and earlier

**Nat. Open** (1 age category): 15+/2011 and earlier

### Special Provincial Championship Awards

The following MAG special Provincial Awards, revised in 2023-2024, are awarded annually at Provincial Championships. *(currently under review for the 2025-2026)*

**The GNL Plaque** (Donated by Gymnastics Newfoundland and Labrador): This is a P3-P5 Team Award, awarded to the club with the highest cumulative score of the three (3) best all-around scores across these levels, regardless of age category.

**The Godden Award** (Donated by Tom Godden Sr.): This is a National Team Award, awarded to the club with the highest cumulative score of the three (3) best all-around scores across these levels, regardless of age category.

**The Lomond Award** (Donated by Airials Gymnastics Club): This is a level 1-2 Team Award, awarded to the club with the highest cumulative score of the three (3) best all-around scores across these levels, regardless of age category.

**The Woolgar-Tarrant Award** (Donated by the Woolgar-Tarrant Family in honour 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 3 or 4 with highest D score on High Bar. If there is a tie it will go to the athlete with the most B/C elements in their routine. If a further tiebreaker is needed then the athlete with the better execution score will be given the award.

## SECTION 7: PROVINCIAL TEAM (TEAM NL)

Team NL events will include any competition where GNL identifies a team that will represent NL. This includes competitions such as:

- Atlantic Championships
- Eastern Canadian Championships
- Canadian Championships
- NL Winter Games
- Canada Winter Games (CWG)



## 7.1 Team NL Selection Process & Eligibility

Gymnasts selected to provincial teams for any events must be registered members in good standing with GNL in either the Provincial Pathway Program (P1-National Open) or the High-Performance Pathway (Novice-Senior).

Immediately following the conclusion of the Provincial Championships competition, the MTC will meet and select teams for Atlantic Championships, Eastern Canadian Championships, and Canadian Championships according to the ranking process outlined below.

**At each step of the ranking process, to be considered for Team NL, the athlete must also meet the minimum qualifying score (either AA or apparatus) for that level, category, or event (section 7.3)**

**Note:** The Team NL selection process for P1 – P3 athletes is different from the Team NL selection process for PP 4 and higher-level athletes.

## 7.2 Team NL Ranking Process

### **P1-P3:**

Minimum AA qualifying score

Level	AA Score
P1	56
P2	60
P3 (U14)	60
P3 (14+)	60

**Step #1.** Athletes are ranked based on a weighted average of their scores, with 70% derived from their Provincial Championships All-Around score and 30% from their All-Around score at any other GNL-sanctioned event. Qualifying GNL sanctioned events include the Blizzard, Dream Big, Snowbowl, and Shine Bright.

**Step #2.** If after step #1 the team is not filled, athletes' highest all-around score from a previous GNL sanctioned meet will be automatically applied.

### **P4 and higher only:**

Minimum AA and apparatus qualifying scores

Level	AA Score	Floor	Pommel Horse	Rings	Vault	Pbars	HighBar
P4	62	11	10	10	10	10.5	10
P5	62	11.5	10	10.5	11	11	10
National	64	11.5	10	10.5	12	11.5	10

**Step #3.** If after step #2 the team is not filled, an athletes' individual apparatus combined scores from **Provincial Championships** will be considered in the following manner:

Athletes who have attained the individual apparatus qualifying combination score for 5 events will prevail, followed by those who have attained the apparatus qualifying combination score for 4 events and continuing to attained an apparatus qualifying score in 1 event.

**Special Condition:** An athlete's individual apparatus qualifying combined scores will only be applied if said athlete has attained the minimum qualifying AA score from at least one other previous GNL sanctioned event.

**Step #4.** If after step #3 the team is not filled, step #3 will be applied in the same manner but without the special condition. The athlete in this case may not have attained minimum qualifying AA score at any previous GNL sanctioned event.

**Step #5.** If after step #4 the team is not filled, the MTC will consider any petitioned athlete's who either did not compete at Provincials and/or have not attained minimum qualifying scores; either AA or Individual apparatus.

P4 and higher level athletes who make team as a result of fulfilling step #3 or Step #4's criteria, are only permitted to compete the 5, 4, 3, 2, or 1 apparatus' in which they were named to team for. For example, if an athlete makes team NL for Atlantics because of their combined score on floor and rings, the athlete can only compete on floor and rings at the Atlantic Championships.

### 7.3 All-Around and Apparatus Minimum Qualifying Scores

Level	AA Score	Floor	Pommel Horse	Rings	Vault	Pbars	HighBar
P1	56						
P2	60						
P3 (U14)	60	11	10	10	10.5	10	10
P3 (14+)	60	11.25	10.25	10.25	10.75	10.25	10.25
P4	62	11	10	10	10	10.5	10
P5	62	11.5	10	10.5	11	11	10
National	64	11.5	10	10.5	12	11.5	10

Note: Novice, Junior and Senior HP gymnasts must qualify as per Gymnastics Canada Rules.

The MTC will review the apparatus's minimum qualifying standards each year to consider adjustments where/when needed and the scores will be published in the technical regulations prior to the upcoming competition season.

In the event of a tie for Team NL selection, the athlete's lower individual apparatus score will be dropped and the athlete with the highest total of the remaining apparatus scores will prevail. Upon failure of that a draw will determine selection.

Final team selection is the responsibility of the MTC and approved by the TD.

Once the final team is approved, GNL will release the names of the **team to the clubs**. Alternates are ranked but only named to team if someone on the team does not accept their position.

## 7.4 Provincial Team Selection – Conditions

All athletes who make team will need to confirm their acceptance by the deadline set by GNL. The registration deadline for Atlantic Championships, Eastern Championships and/or Canadian Championships dictates how much time athletes are given to confirm their acceptance.

All members of Team NL must complete and return all requested waivers and medical forms by the set deadline.

The clubs in which team members are affiliated with must pay the required fees by the set deadline.

Athletes attending a Team NL event, such as Atlantic, Eastern, and Canadian Championships, must wear the official Team NL uniform. Uniform orders will take place online early in the competitive season. All orders must be completed by the set date. There will be NO refunds for uniform pieces once the order has been placed with the supplier.

Once a gymnast or alternate has been selected to a Provincial team, they must continue to train at the suitable training level, execute full routines with appropriate content, follow any reasonable requests of the MTC, and notify the TD of any injuries.

If an athlete relinquishes their position on a provincial team, GNL's TD must be notified immediately. There will be no refunds issued if registration for either Eastern or Canadian Championships has already been processed. In case of injury, the decision as to whether or not a refund can be issued will depend on the event's hosting club or PSO's refund policy.

Should an athlete be injured and is unable to compete prior to travel and if the host competition allows entry, then said athlete must relinquish their position on the provincial team to the next highest scoring athlete determined from the ranking process.

## SECTION 8: SELECTION TO ATLANTIC CHAMPIONSHIPS

### 8.1 Team NL Contingent

The number of athletes selected for each level and category is determined by the current revision of the Atlantic Championships Policy Manual.

Currently, the NL contingent to the 2026 Atlantic Canadian Championships shall consist of the following: *(subject to change)*

**P1 & P2** (3 Teams of 6, 3 age categories): 9-10/U11 (2016-2017)\*, 11-12/U13 (2014-2015), 13+ (2013 and earlier)

**P3 & P4** (2 Teams of 6, 2 age categories): 10-13/U14 (2013-2016), 14+ (2012 and earlier)

**P5** (1 Team of 6, 1 age category): 14+/2012 and earlier

**Nat. Open** (1 Team of 6, 1 age category): 15+/2011 and earlier

\*To be eligible to compete at Atlantic Championships, all athletes must be a minimum of 9 years old as of December 31 of the year of the event.

## 8.2 Team NL Selection for Atlantic Championships

Immediately following the conclusion of the Provincial Championships competition, the MTC will meet and select the team for Atlantic Championships. The selection process will follow the steps outlined above in the Team NL Ranking Process (Section 7.2).

At each step of the ranking process, to be considered for NL's Eastern Canadian Championships Team, the athlete must also meet the minimum qualifying score (either AA or apparatus) for that level, category, or event.

## SECTION 9: SELECTION TO EASTERN CANADIAN CHAMPIONSHIPS

### 9.1 Team NL Contingent

The number of athletes selected for each level and category is determined by the current revision of the Eastern Canadian Championships Policy Manual.

Currently, the NL contingent to the 2025 Eastern Canadian Championships shall consist of the following: *(subject to change)*

**P2** (1 Team of 6, 1 age category): 11+ (2015 and earlier)\*

**P3 & P4** (2 Teams of 6, 2 age categories): 10-13/U14 (2013-2016), 14+ (2012 and earlier)

**P5** (1 Team of 6, 1 age category): 14+/2012 and earlier

**Nat. Open** (1 Team of 6, 1 age category): 15+/2011 and earlier

\*All athletes must be a minimum of 11 years old as of December 31 of the year of the event.

### 9.2 Team NL Selection for Eastern Canadian Championships

Immediately following the conclusion of the Provincial Championships competition, the MTC will meet and select the team for Eastern Championships. The selection process will follow the same steps outlined in the Team NL Selection & Eligibility (Section 7.2).

At each step of the ranking process, to be considered for NL's Eastern Canadian Championships Team, the athlete must also meet the minimum qualifying score (either AA or apparatus) for that level, category, or event.

### 9.3 Team Competition – Applicable for Eastern Championships

Team competition format at Eastern Championships is based on top 3 scores out of 4. The 4 athletes whose scores will count towards team competition will be the top 4 highest scoring athletes per level, which was determined by the Team NL Ranking Process.

CATEGORIES	NUMBER OF ATHLETES/PROVINCE	TEAM COMPETITION FORMAT
<b>Provincial 2 (11+)</b>	Team of 4 athletes + 2 individuals	Top 3 scores out of 4
<b>Provincial 3 U14</b>	Team of 4 athletes + 2 individuals	Top 3 scores out of 4
<b>Provincial 3 14+</b>	Team of 4 athletes + 2 individuals	Top 3 scores out of 4
<b>Provincial 4 U14</b>	Team of 4 athletes + 2 individuals	Top 3 scores out of 4
<b>Provincial 4 14+</b>	Team of 4 athletes + 2 individuals	Top 3 scores out of 4
<b>Provincial 5</b>	Team of 4 athletes + 2 individuals	Top 3 scores out of 4

The +2 individuals will be the 5<sup>th</sup> and 6<sup>th</sup> ranked Team NL athlete per level.

## SECTION 10: SELECTION TO CANADIAN CHAMPIONSHIPS

Athletes must be registered members in good standing with GNL in the National Stream to qualify for Canadian Championships.

### 10.1 Team NL Contingent

The NL contingent to the 2026 Canadian Championships shall consist of up to a maximum of 8 athletes in each of the following levels:

National Open (15+)  
 Junior (15-16)  
 Junior (17-18)  
 Senior (19-20)  
 Senior (21+)

### 10.2 Team NL Selection for Canadian Championships.

Immediately following the conclusion of the Provincial Championships competition, the MTC will meet and select the team for Canadian Championships.

For each of the above levels, the selection process will follow the same steps outlined above in the Team NL Ranking Process (Section 7.2).

At each step of the ranking process, to be considered for NL's Canadian Team, the athlete must also meet the minimum qualifying score (either AA or apparatus) for that level, category, or event.



## APPENDIX A – COMPETITION EQUIPMENT REQUIREMENTS

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.

### Equipment – [GymCan Provincial Pathways P1 & P2](#)

The chart below describes the specific equipment requirements for P1 & P2 within the Provincial Pathways. Unless noted in the chart of apparatus requirements, the use of additional 20cm safety mats will result in a 0.50 deduction from the Final Score on that apparatus.

Floor	FIG
Mushroom Horse w/o handles	<ul style="list-style-type: none"> <li>Mushroom with 10cm mats to cover the base.</li> <li>Horse height up to FIG. Use of springboard, <b>spotting box or folded mat(s)</b> to mount if the horse cannot be lowered.</li> </ul>
Rings	FIG height (Additional mats up to 60cm are permitted)
Vault	Height of the vault table of choice up to FIG with use of mini tramp, tramp board of springboard. <ul style="list-style-type: none"> <li>Level 1 (additional landing mats at the height of the vaulting table)</li> <li>Level 2 (additional 20cm mat is permitted)</li> </ul>
Parallel Bars	Any height up to FIG (additional mats up to 20cm permitted)
High Bar	FIG height (additional mats up to 60cm permitted)

### Equipment – [GymCan Provincial Pathways P3-P5 and National Open](#)

The chart below describes the specific equipment requirements for the P3-P5 and Nat. Open categories within the Provincial Pathways. Unless noted in the chart of apparatus requirements, the use of additional mats will result in a 0.50 deduction from the Final Score on that apparatus. A similar deduction will be applied for use of any non-permitted supplementary equipment (See the table in Article 7.1 of [GymCan's Provincial Pathways P3-P5 and National Open Program](#) document, concerning the use of the mats, apparatus regulations for each category).

#### MEASUREMENTS OF THE EQUIPMENT (FIG STANDARD IN BRACKETS).

Apparatus/Level	Provincial 3	Provincial 4	Provincial 5	National Open
Floor	FIG (12m x 12m measured from the outside of the Border Line)			
Pommel Horse	Mushroom OR Ultra Dome (40-45 cm) OR Horse without Pommels	Horse without pommels (Horse may be lowered) OR use a springboard, spotting box, or folded mats to mount.	Horse with pommels (Horse may be lowered) OR use a springboard spotting box, or folded mats to mount.	FIG (105 cm)
Rings	FIG (290 cm from the floor to the inside bottom of the ring.)			
Vault	110 to 135 cm	120 to 135 cm		FIG (135 cm)
Parallel Bars	Adjustable to max FIG Height	FIG (180 cm from the top of mat, 200 cm from the floor to the top of the rail.)		
High Bar	FIG (260 cm from top of mat, 280 cm from the floor to the top of the rail.)			

## Equipment – [GymCan HP Pathways](#)

The chart below describes the specific equipment requirements for each category. Unless noted in the chart of apparatus requirements, the use of any additional mats will result in a 0.5 deduction Neutral deduction.

### MEASUREMENTS OF THE EQUIPMENT (FIG STANDARD IN BRACKETS)

	Novice	Junior	Senior	
Floor	FIG 12 m x 12 m			
Pommel Horse	FIG (105 cm from top of mat, 115 cm from the floor.) A springboard, a spotting box, or folded mats may be used for the mount.	FIG (105 cm from top of mat, 115 cm from the floor.)		
Rings	FIG (260 cm from top of mat or 290 cm from the floor) to the inside bottom of the ring.			
Vault	120 to 135 cm with FIG landing mats	FIG (135 cm measured from the floor)		
Parallel Bars	FIG (180 cm from the top of mat to the top of the rail or 200 cm from floor)			
Horizontal Bar	FIG (260 cm from top of mat or 280 cm from the floor to the top of the rail.)			



## APPENDIX B – COMPETITION WARM-UP

Unauthorized warm-up will be considered as unsportsmanlike behavior with direct impact on the result/performance of the gymnast/team. The CCJ 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 CoP 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 CCJ (or designate).

## APPENDIX C – FORMS

**MAG Protest Form (CCP \$20, HP \$40)**

\_\_\_\_ Technical

\_\_\_\_ Judging

**Competition:****Date:****Athlete Name:****Club:****Coach's Name:****Level/Category:**

**Apparatus:** \_\_\_\_ Floor \_\_\_\_ Rings \_\_\_\_ Vault \_\_\_\_ High Bar \_\_\_\_ Pommels \_\_\_\_  
**Score:** \_\_\_\_

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

\_\_\_\_ Major Elements (Comp)

\_\_\_\_ Neutral Deductions

\_\_\_\_ Score Range

\_\_\_\_ Falls/Unusual Occurrences

**List all elements that receive difficulty and connection value (Judges' use only).**

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

	J1	J2	J3	J4	Average
<b>Start Value</b>					
<b>Score</b>					
<b>Adjusted SV</b>					
<b>Adjusted Score:</b>					

\_\_\_\_ Score not adjusted      Signature of Competition Head Judge: \_\_\_\_\_

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

**MAG Protest Form (CCP \$20, HP \$40)**

\_\_\_\_ Technical      \_\_\_\_ Judging

**Competition:****Date:****Athlete Name:****Club:****Level/Category:****Apparatus:** \_\_\_\_ Floor \_\_\_\_ Pommels \_\_\_\_ Vault \_\_\_\_ High bar \_\_\_\_ Pbars \_\_\_\_ Rings

D Score (FIG): \_\_\_\_\_

E Score (FIG): \_\_\_\_\_

Start Value: \_\_\_\_\_

Final Score (CCP): \_\_\_\_\_

**Coach's Rationale:****Coach Signature:****Time:****Received by:****Time:**

Decision: \_\_\_\_ Accepted \_\_\_\_ Denied

**Rationale/Comments for decision:****Signature of Competition Head Judge:**

The Competition Head Judge and GNL Technical Director must receive a copy of the completed form before it is returned to the person who signed the protest form.