

MAG Technical Regulations 2020-2021



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**MEN'S ARTISTIC GYMNASTICS TECHNICAL RULES AND REGULATIONS
2020-2021**

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 men's gymnastics in Newfoundland & Labrador are under the jurisdiction of GNL's Technical Director in consultation with the Men's Technical Committee (MTC). All Men'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 province.

1. GYMNAST DEVELOPMENT AND COMPETITIVE PROGRAMS

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

1.1 Competitive Programs

CANADIAN PATHWAYS PROGRAM

Gymnastics Canada has created the 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 Provincial Pathway consists of 6 levels. Provincial 1, 2 and 3 compete within their Province. Provincial 4 and 5 compete in Regional competition (Westerns and Eastern Championships) National Open competes at the Canadian Championships.

Long Term Development in The Pathways

		LTD Stage	Characteristics
Provincial 1 & 2 / Elite 1 & 2	Provincial	Learn to Train	Develop fundamental movement skills with emphasis on participation
Provincial 3 / Elite 3	Regional / National	Learn to Train	Build up physical capacities including strength, speed and flexibility
Provincial 4 & 5 / Elite 4	Regional / National	Learn to Train	Major fitness development stage; Greater attention to mental preparation
Junior	National / International	Train to Compete	Specialized coaching and training environment
Senior Next Gen	National / International	Train to Compete	Advanced mental preparations and practice under highly competitive conditions
Senior	International	Train to Win	Focus is on podium performances at the highest level
National Open	National	Competition for Life	Competitive athletes are striving to improve and win, and they train accordingly

PROVINCIAL	Rules And Regulations
National Open	Junior FIG rules + Stick bonus
Provincial 5	Optional Routine Modified JR FIG rules – 8 skills (with GymCan supplementary rules)
Provincial 4	Optional Routine Modified JR FIG rules FIG – 7 skills (with GymCan supplementary rules)
Provincial 3	Optional Routine – 6 skills (with GymCan supplementary rules)
Provincial 2	Compulsory routines & physical preparation routine
Provincial 1	Compulsory routines & physical preparation routine

Provincial Pathways Rules & Methodology

	Provincial Championships	Eastern & Western Championships	National Championships
National Open	Optional Routines	Optional Routines (Optional Participation)	Optional Routines
Provincial 5	Optional Routines	Optional Routines	
Provincial 4	Optional Routines	Optional Routines	
Provincial 3	Optional Routines	Optional Routines (Optional Participation)	
Provincial 2	Compulsory Routines / Physical Test		
Provincial 1	Compulsory Routines / Physical Test		

AGE DETERMINATION The competitor's age will be determined by their age in the year of the competition. The competition year will start on January 1st.

	Competition Category (by years of birth)	
Category	2020-2021 Season (Competition season starts from September 1, 2020 until August 31, 2021)	2021-2022 Season Competition season starts from September 1, 2021 until August 31, 2022
National Open	2006 or earlier	2007 or earlier
Provincial 5	2004 - 2005 - 2006 - 2007	2005 - 2006 - 2007 - 2008
Provincial 4	2008 or earlier	2009 or earlier
	2009 – 2010 - 2011	2010 – 2011 - 2012
Provincial 3	2008 or earlier	2009 or earlier
	2009 – 2010 - 2011	2010 – 2011 - 2012
Provincial 2	2009 or earlier	2010 or earlier
	2010 - 2011	2011 - 2012
	2012 - 2013	2013 - 2014
Provincial 1	2009 or earlier	2010 or earlier
	2010 - 2011	2011 - 2012
	2012 - 2013	2013 - 2014

Canadian Elite Pathways Program

Regulations are determined by: GCG. Please refer to the GCG Provincial Pathways Document for complete rules, regulations and requirements.

Category & Ages	Competition Stream	LTD Stage	Characteristics
Provincial 1 & 2 / Elite 1 & 2	Provincial	Learn to Train	Develop fundamental movement skills with emphasis on participation.
Provincial 3 / Elite 3	Regional / National	Learn to Train	Build up physical capacities including strength, speed and flexibility.
Provincial 4 & 5 / Elite 4	Regional / National	Learn to Train	Major fitness development stage; Greater attention to mental preparation.
Junior	National / International	Train to Compete	Specialized coaching and training environment.
Senior Next Gen	National / International	Train to Compete	Advanced mental preparations and practice under highly competitive conditions.
Senior	International	Train to Win	Focus is on podium performances at the highest level.
National Open	National	Competition for Life	Competitive athletes are striving to improve and win, and they train accordingly.

PROGRAM DESCRIPTION

This program has been prepared with the goal of developing a higher level of elite performance for Canada. The Elite Pathway program consists of 7 Categories: Elite 1, Elite 2, Elite 3, Elite 4, Junior and Senior Next Gen and Senior. The goal of the compulsory routine program is to prepare Age Group gymnasts to successfully compete at the Senior International Level. Junior, Senior Next Gen and Senior categories, within the Elite Pathway, must participate at Elite Canada and the Canadian Championships.

Elite 4 athletes must participate in a Compulsories Screening Event as well as Western or Eastern- Canadian Championships, and/or Elite Canada. They do not compete at Canadian Championships. Elite 3 athletes must participate at the Western and Eastern Canadian Championships, and do not compete at Canadian Championships or Elite Canada. Elite 1 and Elite 2 athletes participate in Provincial level competitions. For all categories except Junior and Senior, the physical evaluation scores will be added to the Optional and compulsory exercise scores to determine the final score.

Long Term Development in the Pathways

Elite Path	Rules And Regulations
Senior	Senior FIG rules + Stick bonus
Senior Next Gen	Senior FIG rules + Stick bonus
Junior	Junior FIG rules + Stick bonus
Elite 4	Physical preparation routine & Compulsory routines & Optional Routine – 7 skills (with GymCan supplementary rules)
Elite 3	Physical preparation routine & Compulsory routines
Elite 2	Physical preparation routine & Compulsory routines
Elite 1	Physical preparation routine & Compulsory routines

AGE DETERMINATION

The competitor's age will be determined by their age in the year of the competition. The competition year will start on January 1st.

	Competition Category (Years of Birth)	
Category	2020-2021 Season (Competition season start from September 1, 2020 until August 31, 2021)	2021 Competition Season (Competition season start from September 1, 2020 until August 31, 2021)
Senior	2000 or earlier	2001 or earlier
Senior Next Gen	2001 – 2002 - 2003	2002 – 2003 - 2004
Junior	2006 - 2007	2007 - 2008
	2003 – 2004 - 2005	2002 – 2005 - 2006
Elite 4	2007 – 2008 - 2009	2008 – 2009 - 2010

Elite 3	2009 – 2010 - 2011	2010 – 2011 - 2012
Elite 2	2011 - 2012	2012 - 2013
Elite 1	2012 - 2013	2013 - 2014

COMPETITIVE STRUCTURE SCHEMATIC

Provincial Pathway	Elite Pathway	Highest Meet
SENIOR		ELITE CANADA CANADIANS
OPEN	JR 16-17	
P5	JR 14-15	
P4	E4	EASTERNS
P3	E3	
P2	E2	ATLANTICS
P1	E1	

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 2020-2021 season, the deadline for competitive and inter-club gymnasts is November 30th. 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 age ineligible or not registered in a given category is not permitted. These gymnasts must be redirected towards different programs.

COMPETITIVE

- March 1st 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.
- Level 1-4 gymnasts may compete a maximum of one provincial level above their declared registration at a maximum of 2 in province invitational competitions. If a gymnast competes in 3 or more, he will automatically be upgraded.
- 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 Easterns 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 meets for the event. This includes athletes in Elite 4 trialing for Canadian Championships.
- Athletes can only be registered to compete in one category per competition.

2.2 Levels & Age Groups

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

In order 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). Information on coaching certification (NCCP and RIS) 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 coaching policies.

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 as decided by the head coach.

The following certifications are required if a coach is actively coaching gymnasts on the competition floor at competitions in and out of Newfoundland & Labrador:

Event	Coach Certification	Level of Athlete
Invitationals, Fun Meets & Mock Meets	Gymnastics Foundations Certified or Level 1 Certified	Recreational or Inter-Club
	Competition 1 Trained or Level 2 Technical	Provincial 1-4, Elite 1-3
	Competition 2 Trained or Level 3 Trained	Provincial 5, Elite 4
	Competition 2 Certified or Level 3 Certified	High Performance
Provincial Championships	Competition 1 Certified or Level 2 Certified	Provincial 1-4, Elite 1-3
Provincial Championships, Easterns, Canadians, Elite Canada, CWG & other National Level Competitions	Competition 2 Certified or Level 3 Certified	Provincial 5, Elite 4, HP, National

COACHING CERTIFICATION TEMPORARY EXEMPTIONS

MAG coaches may apply for temporary exemptions for certification requirements. The following rules will be applied or the coach will not be sanctioned to be coaching in the requested capacity or allowed on the competition floor:

- No exemptions will be given for Gymnastics Foundations Introduction.
- A maximum of 18 months will be given once to any individual for Gymnastics Foundations Certification.
- No exemptions will be given for Competition 1 training (Level 2 Technical).
- A maximum of 1 time per Provincial Championships will be given to any individual for Competition 1 (Level 2) Certification.
- Some Level 2 and Level 3 Certification exemptions are considered for GCG events by GCG but require a letter from GNL.

For more regulations related to coaches, please consult the GNL Operational Policies and Procedures or a staff member.

4. JUDGING PROGRAM REGULATIONS

The Judging Program in Newfoundland & Labrador is managed and led by the Judges' Committee (JC), which reports to the GNL Program Manager. Any questions or concerns regarding the judging program in Newfoundland & Labrador should be directed to the MJC Chairperson, and/or the GNL Program Manager. 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 MAG 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 Program Manager will verify that panels meet specifications for all GNL Sanctioned competitions.

5. COMPETITION PROGRAM REQUIREMENTS

5.1 EQUIPMENT

Please refer to the required equipment list in the pathways document. For apparatus specifications, height adjustment and regulations refer to the equipment manufacturer's specifications and the provincial, national and FIG program documents.

5.2 Competition Inquiries and Protests

5.2.1 Inquiries

If the coach has a question regarding an exercise, he/she may ask the apparatus chief judge. He/she 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 in the following section.

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 Protests

GENERAL

A coach may make a judging protest or a technical protest for his/her 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. GNL or Host Club will provide video equipment for selection meets and Provincials. In the case that no video is formally collected, judges will be led in discussions by their Event Chief Judge.

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, Canadian Program Manual, FIG Code or the Code Supplement: non-identical singlets, incorrect singlets, 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 form and fee (HP \$40, Provincial \$20) per athlete, per apparatus, must be submitted to the Competition Head 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. The fee is returned to the coach if the protest is granted. The fee is remitted to GNL if the protest is denied.

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, no video will be accepted from the stands (parents or coaches)
- 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 six event) should exceed 4.5 hours.
- A session (warm up to completion of all six event) should be 1.5-4 hours long.
- There may be more than one flight or 6 rotations in a session.
- 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 MAG 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 MTC 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 in the appropriate competitive level with GNL. Provincials will service all Provincial & Elite levels, National and HP.

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 CHAMPIONSHIP 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.

Trophies, Plaques & Special Awards

Perpetual plaques awarded at Provincial Championships remain the property of GNL and are the responsibility of the club once awarded to the winner. They are intended to be displayed at the club and not to remain with the winner until returned to GNL, upon request, the following year. Any damages recorded upon receipt of the plaques will be invoiced to the club.

After the appropriate competition session, the following Trophies/Plaques Will Be Awarded:

- The Godden Award** (Donated by Tom Godden Sr.). Awarded annually for the highest aggregate score in Men's National Stream regardless of Age Category.

- b. **The GNL Plaque** (Donated by Gymnastics Newfoundland & Labrador). Awarded annually for the highest aggregate score in Men's Provincial Stream Level 3, 4 & 5 regardless of Age Category.
- c. **The Lomond Award** (Donated by Airials Gymnastics Club). Awarded annually for the highest aggregate score Men's Level 1 & 2 Provincial Stream, regardless of age category.
- d. **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. This award is a cross discipline award. Awarded annually for the highest aggregate score in Women's Aspire and/or Men's Elite Programming regardless of Category.

Program Awards:

Compulsory Program Award: Awarded to the club with the highest score percentage of the competition considering athletes in MAG CPP 1-2 and Elite 1-3. To be eligible, clubs must register a minimum of 3 athletes in a minimum of 2 levels/disciplines.

Optional Program Award: Awarded to the club with the highest score percentage of the competition considering athletes in MAG CPP 3-6, HP and Elite 4. To be eligible, clubs must register a minimum of 3 athletes in a minimum of 2 levels/disciplines.

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: Atlantic/Eastern Canadian Gymnastics Championships, Canadian Championships, Canada Winter Games, and others as required. All routines must be recorded by volunteers of the host club.

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

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

Please refer to the Men's Judging Manual for panel construction, judge requirements, etc. All final panels must be approved by the GNL Program Manager

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 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.
- 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 MTC, and notify the MTC 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 GNL events and any Games event is the responsibility of the Technical Director in consultation with the MTC. The selection rules will be applied.
- Gymnasts and alternates must be prepared to verify the requirements at *potential* training camps or team competitions held before competitive events or as required by the MTC; verification will allow for judges, gymnasts and coaches to work together, provide a competition environment, and ensure that GNL is sending gymnasts who are ready to compete. Verification dates will be set by the Technical Director. These will occur a minimum of one week prior to departure. Verification is defined as: a competition setting where the gymnast has timed warm-up and competes all events in front

of a level appropriate judge. Verification may be accepted via video (must be full routines submitted to the Technical Director. Verification requirements may be a designated competition. In some cases, a verification may be a training camp.

- 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.

7.2 QUALIFICATIONS

7.2.1 QUALIFICATIONS FOR CHAMPIONSHIPS - ATLANTICS, EASTERNS, CANADIANS

Select athletes who have attained the qualifying score from the combination of 30% from overall result at a sanctioned competition and 70% Provincial Championships. For a tie in the final spot, the lower individual apparatus score will be dropped and the highest total of the remaining individual apparatus scores (5 for optional, 6 for compulsory levels) will decide, and that athlete will be selected. Upon failure of this, a draw will determine selection.

	AA score	Fx	Ph	Rings	Vault	Pbars	Hbar	Physical Prep
level 1 U10	50	8	8	8	8	8	8	8
Level 1	52	8	8	8	8	8	8	8
level 2	52	8	8	8	8	8	8	8
level 3	61	11	10	10	10.5	10	10	
level 4	62.5	11	10	10	10.5	10	10	
level 5	62.5	11.5	10	10.5	11	11	10	
National	64	11.5	10	10.5	12	11.5	10	

NOTE: Junior and Senior gymnasts must qualify as per Gymnastics Canada Rules

*The following categories are eligible to compete at the Canadian Gymnastics Championships: National Open: May register a maximum of eight (8) athletes. Team competition: 8-6-4 Junior/Senior: May register all athletes that have achieved qualification standards (64 points AA ONCE at any meet for Open and Junior ONLY)
Potential Teams (3 in total): National Open, Junior, Senior

In the event that teams are not complete with athletes attaining the AA score, the following criteria (in order of process) will be followed to fill the respective teams:

1. If an athlete is unable to compete at Provincial Championships, 100% from the overall result at a sanctioned competition will be taken.
2. Select athletes who have attained the individual apparatus qualifying combination score for 5 events at a sanctioned competition and Provincial Championships, followed by those who have attained the qualifying score for 4 events and continuing to attaining a qualifying score in 2 events.

GENERAL

- Gymnasts must be registered members in good standing with GNL in order to qualify for Atlantic & Eastern Championships.
- High Performance Senior, Junior & Novice gymnasts may only attend if there are extenuating circumstances and/or if there are not enough gymnasts to fill the team. A letter must be submitted to the Technical Director and will be reviewed by the MTC.

- Gymnasts wishing to be selected for Atlantic & Eastern Championships shall take part in a trial competition at Provincials.
- Verification for Eastern Championships will occur only if there is a significant time between trials and Easterns (3 weeks or greater). There will be no verification for Atlantics.

Atlantic Gymnastics Championships

The following categories are eligible to compete at the Atlantic Gymnastics Championships: A full team consists of minimum three (3) and maximum six (6) athletes. 6-6-3 format.

Potential Teams (13 in total):

Provincial 1: U10, U12, 12+

Provincial 2: U10, U12

Provincial 3: U13, 13+

Provincial 4: U13, 13+

Provincial 5, National Open, Elite 3, Elite 4

Provincial Pathway Age Categories					
Level 1	Level 2	Level 3	Level 4	Level 5	National Open
Under 10 2012-2013					
Under 12 2010-2011		Under 13 2009-2011			
12+ 2009 and before		13+ 2008 and before		2004-2007	2006 and before
Elite Pathway Age Categories					
Elite 1	Elite 2	Elite 3	Elite 4		
2012-2013	2011-2012	2009-2011	2007-2009		

Provincial teams including coaches will be named at a MTC Meeting at the conclusion of the respective sessions of the Provincial Championships as follows: The gymnast placing top 6 overall in each category listed above at Provincial Championships will qualify for spots on the team, granted they have received the respective qualifying scores. If not a full team, then individual apparatus scores of gymnasts will be taken into account to fill the team as stated above.

Eastern Canadian Gymnastics Championships

SCORES & TEAMS

See Atlantics for scores

Teams:

CATEGORIES	NUMBER OF ATHLETES / PROVINCE	TEAM COMPETITION FORMAT
Elite 4	2 Teams of 5 athletes	Top 4 scores out of 5 on every apparatus. Training Day – Physical abilities Day 1 – Optional routines AA: Physical abilities + Optional routines Team: Results from day 1 only
Elite 3	2 Teams of 5 athletes	Top 4 scores out of 5 on every apparatus. Training Day – Physical abilities Day 1 – Compulsory routines AA: Physical abilities + Compulsory routines Team: Results from day 1 only
Provincial 3 U13	Team of 4 athletes + 2 individuals	Top 3 scores out of 4
Provincial 3 13+	Team of 4 athletes + 2 individuals	Top 3 scores out of 4
Provincial 4 U13	Team of 4 athletes + 2 individuals	Top 3 scores out of 4
Provincial 4 13+	Team of 4 athletes + 2 individuals	Top 3 scores out of 4
Provincial 5	Team of 4 athletes + 2 individuals	Top 3 scores out of 4

Provincial teams including coaches will be named at a MPC Meeting at the conclusion of the respective sessions of the Provincial Championships as follows: The gymnast placing top 6 overall in each category listed above at Provincial Championships will qualify for spots on the team, granted they have received the respective qualifying scores. If not a full team, then individual apparatus scores of gymnasts will be taken into account to fill the team.

Coach Selection (All Events)

Named coaches (minimum 19 years of age) are selected based on the results of their athletes in each respective category. The Team Coach for Eastern Championships will be selected based on the placing of gymnasts by the following point system:

4 pts. for 1 place	AA
3 pts. for 2 place	AA
2 pts for 3 place	AA
1 pt. for 4 place	AA

7.3 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 MTC for consideration to be selected. The gymnast is to provide a list of competitions (and dates) he will be participating in.
- The gymnast must then provide quality video footage of 2 competitions as approved by the MTC, 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.

- In the event that the gymnast does not compete All Around at the two selected competitions, he must provide written notice of his competition results from March to May to be reviewed by the MTC OR VIDEO in a simulated competition with competition equipment. The MTC 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 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/Out of Province gymnasts may be selected, unless there are more positions open.
- Gymnasts who are selected are part of Team GNL and funded/serviced accordingly.

7.5 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 responsible adults 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 as per GNL Screening Policies.

PROTEST FORM

Competition: _____ Date: _____

Judging Technical

Athlete #: _____ Name: _____ Club: _____

Category:
 Novice Junior Senior P3-5 Elite Other _____

Apparatus: _____

D Score(FIG) _____ E Score(FIG) _____

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 MAG TD must receive a copy of the completed form before it is returned to the person who signed the protest form.

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: _____

2020-2021 Equipment and Matting Regulations

Please see 'Equipment' section of the Elite and Provincial pathways programs

Gymnastics Newfoundland & Labrador 2020-2021 MAG Warm-up Regulations

General Warm Up	L1 & 2 : 20-30 minutes Open format	L3+ : 40 minutes maximum Open Format
Event Warm Up	All levels will follow the warm-up compete format L1&2: 45sec/athlete (group format) L3&4: 60sec/athlete (group format) L5+: 90sec/athlete (group format) Following the apparatus group warmup, National Open athletes will receive an additional 45sec one touch before they compete	
Group Size	7 or less warm-up in one group 8+ athletes warm up in 2 groups	

GNL Provincial Camp Structure

Camps will be scheduled between the months of June - December so as not to interrupt the competitive season. If possible host 2 camps per level. 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. In other words, not lose money by hosting a camp. Within reason, host clubs should coincide with the needs of the level of athletes.

To be fiscally responsible, camps can be combined: MAG and TRA - hold Provincial 1 and 2 camps over the same weekend and schedule 'separate' camps accordingly. For WAG, hold Provincial 2 and 3 camps over the same weekend and schedule 'separate' camps accordingly.

Request to clubs must be sent allowing for the club to suggest at most 3 possible dates to host. Host clubs will be paid a rental fee of \$100.00 for half 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) should be invited to attend on an observation basis for a minimal fee or at no cost. Camps should include technical portions as well as other sessions to be offered where applicable i.e.. Nutrition, Athletic Trainers, Artistic Impression, Pilates, Theory Component, long term planning, club structure, competitive structure..etc.

Selection Process:

All competitive athletes and aspiring pre-competitive athletes should be involved at some level to continue with the positive upward mobility of GNL. The number of coaches can reflect the number of athletes. See #2 below.

In general camps will be filled based on results and then additional athletes will be invited to make the camp fuller and more inclusive.

The Program Committee and/or Coaches should decide prior to each camp:

1. The philosophy and needs of the athletes for the camp. The camp should be structured as such. If an out of province clinician is desired, the clinician should be gleaned from such structure. ie. If vault preparation is key, then the clinician should be experienced and proven for this event.
2. Depending on the camp, given the number of qualified and proven coaches in the GNL community, they should be utilized as much as possible. GNL coaches paid to coach
3. An effort should be made to keep registration fees at a reasonable cost without deterring from the positive outcome of the camp.
4. Coaches and judges from all disciplines should be involved promoting a variety of learning.
5. A physical abilities testing (basic skills, conditioning and flexibility) should be scheduled as an 'event' Day 1 of each camp.

Provincial 1 Camp WAG JO 2-4 / MAG CPP 1 & 2 Minimum age 8 years /TRA Level 1-2

- Coach education focus
- Experts: NL Coaches and Guest coach(es)
- Include Physical Literacy education / presentation to help GFA clubs
- WAG 6 rotations (including Dance / trampoline/physical abilities)
- MAG - 6 or 7 rotations (incl Trampoline)
- WAG/MAG - Maximum 7 athletes per group. Trampoline - 10 athletes per trampoline
- Clubs must send at least 1 coach if they have athletes (ratio 1: 5 recommended)
- Up to 6 expert coaches / and all other coaches rotate with their athletes and learn
- Physical ability component
- Preferably hosted in central NL and in clubs that are not able to host higher-level athletes due to equipment/facility restrictions
- 2-day camp, 3.5 hour training each day with the possibility of hosting 2 camps per day with different athletes.

Provincial 2 Camp WAG JO 5-7 incl GNL O/ MAG Level 3 + / Trampoline Level 3+

- Coach education focus
- Experts: NL Coaches and Guest coach(es)
- Add a theory component (athlete development, long term planning, the competitive structure...)
- Include Physical Literacy education / presentation to help GFA clubs
- WAG 6 rotations (including Dance / trampoline/physical abilities)
- MAG - 6 or 7 rotations (incl Trampoline)
- WAG/MAG - Maximum 7 athletes per group. Trampoline - 10 athletes per trampoline
- Clubs must send at least 1 coach if they have athletes (ratio 1: 5 recommended)
- Up to 6 expert coaches / and all other coaches rotate with their athletes and learn
- Physical ability component
- 2-day camp, 4 hour training each day with the possibility of hosting 2 camps per day with different athletes.

Provincial 3 Camp WAG JO 8-10 , Aspire, High Performance

- Coach education focus
- Experts: NL Coaches and Guest coach(es)
- High level skill education
- WAG 6 rotations (including Dance / trampoline)
- WAG 6 athletes per group to a maximum of 36 athletes *dependant on number of guest coaches and venue*
- Up to 1-2 expert coaches / and all other coaches rotate with their athletes and learn
- Physical ability component
- 2-4 day camp, 4-5 hour training each day.