

# WAG Technical Regulations 2020-2021



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**WOMEN'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 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 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**

**JUNIOR OLYMPIC PROGRAM**

Gymnastics Canada has adopted the JO Program 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.

**INTERCLUB PROVINCIAL STREAM**

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

**COMPETITIVE PROVINCIAL STREAM (JO)**

JO Level 3 - 4: Designed for beginner competitive and developing gymnasts who have limited training and experience. Routines consist of compulsory skills and choreography. Level 4 is the first level included in Atlantic Championships

JO 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.

GNL Optional: This level is specific to Newfoundland & Labrador. It was 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.

JO Level 6: Designed for gymnasts who have mastered levels 1-4 and are now ready to learn fully choreographed routines with individualized content.

JO 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.

JO Level 9(13+): Designed for gymnasts who have mastered previous optional levels and are ready for increased difficulty and the development of more national level skills. Gymnasts may try out to be selected to Team GNL to attend Eastern Canadian Championships.

### **NATIONAL STREAM (JO)**

JO Level 9(11-13) & 10(12+): Designed for gymnasts who aspire to compete at inter-provincial and national levels.

### **ASPIRE 1 & 2**

The Aspire Program has 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 divided in two levels and dedicated to mastering strong basic skills on all four events upon which to build contemporary advanced elements in the years to come. 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 the Aspire Program.

### **HIGH PERFORMANCE**

High Performance gymnasts compete 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 2020-2021 season, the deadline for competitive and inter-club gymnasts is November 30<sup>th</sup>. 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 Aspire 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.

#### **ASPIRE**

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

#### **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 3-8 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, she 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 Aspire 2 trialing for Canadian Championships.
- 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

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.

#### COMPETITIONS

Due to the transfer of qualifications coming into effect this summer, these coaching certification requirements will be reevaluated prior to next season.

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 (JO 1 & 2)
	Competition 1 Trained or Level 2 Technical	JO 3-8
	Competition 2 Trained or Level 3 Trained	JO 9, 10, Aspire 1 & 2
	Competition 2 Certified or Level 3 Certified	High Performance
Provincial Championships	Competition 1 Certified or Level 2 Certified	JO 3-8 and Aspire 1
Provincial Championships, Easterns, Canadians, Elite Canada, CWG & other National Level Competitions	Competition 2 Certified or Level 3 Certified	JO 9, 10, High Performance, Aspire 2

#### COACHING CERTIFICATION TEMPORARY EXEMPTIONS

WAG 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 WJC 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 WAG Judge with GNL either before attending their first course OR by November 30<sup>th</sup>. 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 EQUIPMENT**

Please refer to the required equipment list in the appendix for general equipment guidelines for programming, competitions and events in 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 JO 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 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.

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 JO and Provincial JO Optional (6-9): As per JO Manual, Coaches may protest: Start Value, Final Score and Flat deductions (refer to protest form)
3. Provincial JO 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, JO 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 form and fee (HP \$40, JO \$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 or accept alternate video taken by the coach from the judge's perspective, 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 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.
- 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 in the appropriate competitive level with GNL. Provincials will service JO levels 3-10, GNL Optional, Aspire 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 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 <sup>st</sup> AA	Provincial medal
2 <sup>nd</sup> , 3 <sup>rd</sup> AA	Provincial medals
4 <sup>th</sup> – 6 <sup>th</sup> AA	Provincial ribbons*
1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> each event	Provincial medals
4 <sup>th</sup> – 6 <sup>th</sup> each event	Provincial ribbons*

#### Notes:

- \*4<sup>th</sup>-6<sup>th</sup> 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.

#### OTHER 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)  
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.
- c. **The Murphy Memorial Plaque** (Donated by the Murphy Family in Memory of Grandparents of Erin and Gillian Clarke – Former Gymnasts)  
Awarded annually for the highest aggregate score in Women's JO Level 8 and/or JO9 Provincial, regardless of Age Category.
- d. **The Doreen King Award** (Donated by the Conception Bay South Gymnastics Club; Doreen King was a former coach and founder of the club)  
Awarded annually for the highest aggregate score in Women's JO Level 7 regardless of Age Category.
- e. **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 on Balance Beam JO Level 7 or 8, regardless of Age Category.
- f. The Hart Award** (Donated by the CBS Gymnastics Club)  
Awarded annually for the highest aggregate score Women's JO Level 5 or 6, regardless of age category.
  - j. The Cygnus Award** (Donated by the Cygnus Gymnastics Training Centre)  
A cash award of \$25.00 for the highest aggregate score Women's JO Level 5 Cadet Age Category.
  - k. The Campia Award** (Donated by Campia Gymnastics Club)  
Awarded annually for the highest aggregate score Women's JO Level 3 or 4, regardless of age category.
  - l. The Art Squarey Award (Donated by Saltos Gymnastics Club)** Awarded annually for the WAG JO Level 3 or 4 highest individual score of the competition.
  - m. Program Awards:**
    - Compulsory Program Award: A Banner will be awarded to the club with the highest score percentage of the competition considering athletes in WAG JO 3-5. To be eligible, clubs must register a minimum of 3 athletes a minimum of 2 levels.
    - Optional Program Award: Awarded to the club with the highest score percentage of the competition considering athletes in WAG JO 6-9P. To be eligible, clubs must register a minimum of 3 athletes
    - National Program Award: Awarded to the club with the highest score percentage of the competition with athletes in WAG JO9N-10, Aspire, HP. To be eligible, clubs must register a minimum of 3 athletes in a minimum of 2 levels.

### 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. 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 Women'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 Level 5-9 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 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 GNL 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.
- 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 WTC; 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.

#### 7.1.2 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 (11-13): 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 (with exception of the HP athletes)
- Gymnasts must trial on all 4 apparatus to be considered for Team Newfoundland unless approved by the WTC. Following Team Newfoundland verification, the WTC & Technical Director will determine the top gymnasts to compete All Around or compete 3 or fewer events for team score.
- If at the time of verification, a gymnast who has qualified on less than four events shows improvement up to the national qualifying standards in the additional events, the WTC may notify her and her coach of additional events they will perform at Canadian Championships.

*Gymnasts who wish to trial on less than 4 apparatus for Canadian Championships will be considered for selection for 5<sup>th</sup>-6<sup>th</sup> team positions if a team is not full but must have successfully achieved the following minimum DVs on a minimum of one apparatus a minimum of **twice** in the 2020-2021 season; results from any competition in the 2020-2021 season is acceptable. Scores below indicate podium performance for reference.*

	JO 9			JO 10 (12-15)			JO 10 16+			
Vault	DV 9.6	9.192		Vault	DV 9.5	9.286		Vault	DV 9.5	9.545
Bars	DV 9.7	9.209		Bars	DV 9.5	9.224		Bars	DV 9.5	9.354
Beam	DV 9.7	9.397		Beam	DV 9.7	9.223		Beam	DV 9.8	9.357
Floor	DV 9.7	9.197		Floor	DV 9.7	9.184		Floor	DV 9.8	9.375

**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.

**SELECTION GUIDELINES (2020-2021 SEASON):****Canadians 2020 Qualification****TRIAL EVENT FORMATS & SELECTION NOTES:**

- One day trial at Provincial Championships

If an athlete born in 2010 is trying to qualify for Easterns in Aspire 2 and Canadian Championships in JO 9:

- The athlete must compete as JO 9 at Provincial Championships and this will account for 100% of their score and use their best invitational score to petition to Easterns as an Aspire 2.

**Canadian Trials: JO 9/10 Athletes:**

A level 8 athlete born in 2008-2010 trying to qualify for Canadian Championships will have to compete in Level 9 at trials (Provincials).

A level 9 athlete born in 2007 and earlier trying to qualify for Canadian Championships will have to compete in Level 10 at trials (Provincials).

**2020 Canadian Championships Qualification Scores**

	JO 10 (2005 & earlier)	JO 10 (2006-2009)	JO 9 2008-2010
<b>Canadians</b>	32	32	32

**Minimum DV's**

JO 10 (2004 & earlier)	JO 10 (2005-2008)	JO 9
Vault 9.5	Vault 9.5	Vault 9.6
Bars 9.5	Bars 9.5	Bars 9.7
Beam 9.8	Beam 9.7	Beam 9.7
Floor 9.7	Floor 9.6	Floor 9.7
<b>Total 38.5</b>	<b>Total 38.2</b>	<b>Total 38.6</b>

### 7.1.3 Selection to Atlantic & Eastern Canadian Championships

#### GENERAL

- Gymnasts must be registered members in good standing with GNL in order to qualify for Atlantic & Eastern Championships.
- High Performance athletes may NOT attend Easterns unless approved by the WTC
- 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 Atlantic.
- For Atlantic GNL can enter:
  - JO 5: 4 Teams of 6 - Argo, Tyro, Novice, Open
  - JO 6: 4 Teams of 6 - Argo, Tyro, Novice, Open
  - JO 7: 4 Teams of 6 - Argo, Tyro, Novice, Open
  - JO 8: 4 Teams of 6 - Argo, Tyro, Novice, Open
  - JO 9: 2 Teams of 6 – Ages 2008-2010, 2007+
  - JO 10: 2 Teams of 6 – Ages 2006-2009, 2005+
  - Aspire 1 & 2: 2 Teams of 6, Ages as per GCG Aspire Manual
- For Easterns GNL can enter:
  - JO 7: 3 Teams of 4 – Tyro, Novice, Open
  - JO 8: 3 Teams of 4 – Tyro, Novice, Open
  - JO 9: 3 Teams of 4 – 2008-2010, 2006-2007, 2005+
  - JO 10: 2 Teams of 4 – As per GCG JO Manual ages
  - Aspire 1 & 2: 2 Teams of 5 – As per GCG Aspire Manual ages

#### TRIAL EVENT FORMATS & SELECTION NOTES:

- Trial Day: gymnasts who have met the criteria are named to team
- Team members shall be selected based on All Around scores **ONLY** in each age group
- Gymnasts who were not among selected spots in a JO Level, may be placed on a team ONE level below. Scores will be adjusted to reflect different base D score, and gymnasts will be ranked based on adjusted scores.
- A maximum of ONE position in each provincial stream category can be filled by national stream gymnasts. In order to be named to the team it must not be full. There will be no bumping out of the lower level athletes.
- Level 6 gymnasts may try out for Easterns. They must be registered for trials and compete in the trials. These gymnasts will compete with Level 7 rules. These gymnasts will be ranked by All Around score with all the other Level 7 gymnasts. Level 4 gymnasts may try out for Atlantic as JO5. All aforementioned rules will apply.
- JO Level 8 (2008-2010) gymnasts trying out for Easterns as a JO level 9, will be upgraded to National level for the remainder of the season if they qualify for the team. The membership will be upgraded and the difference in fees will be owed to GNL. If the gymnast does not qualify, she may remain in Level 8 for the remainder of the competitive season.

## SELECTION GUIDELINES (2020-2021 SEASON):

**2021 Eastern Canadian Championships Qualification Scores**

	JO 10 (2004 +)	JO 10 (2005-2008)	JO 9 (2007-2009)	JO 9 (2006 +)	JO 8	JO 7	Aspire 1	Aspire 2
<b>Easterns</b>	32	32	32	32	34	34	32	32

**2021 Atlantic Championships Qualification Scores**

	JO 10 (2004 +)	JO 10 (2005-2008)	JO 9 (2007-2009)	JO 9 (2006 +)	JO 8	JO 7	JO 6	JO 5	Aspire 1	Aspire 2
<b>Easterns</b>	32	32	32	32	34	34	34	34	32	32

ATHLETES WISHING TO BE CONSIDERED FOR 3 EVENTS OR LESS MUST PETITION TO THE WTC. EVENT SCORES WILL BE AGREED UPON PRIOR TO TRIALS BY WTC. GYMNASTICS NEWFOUNDLAND'S TECHNICAL DIRECTOR IN CONSULTATION WITH THE WTC WILL HAVE FINAL TEAM APPROVAL.

## TRIAL EVENT FORMAT &amp; SELECTION NOTES:

- 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 (1<sup>st</sup> = 6 points, 2<sup>nd</sup> = 5 points, etc...)

**7.1.4 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
- Any selection petitions received after the qualification competition will not be accepted. If a gymnast is petitioned for reasons other than injury or medical, the rules as follows also apply:
  - Petitioned gymnasts are ranked by the WTC according to previous results, routine content, quality of execution, and potential to medal at the competition. Petitioned gymnasts are not automatically ranked below gymnasts who participated in the designated trials.
  - If a gymnast is injured during or after the final trials meet and named to the team, verification of full routines with full content and no spotting shall be required at a verification no less than 1 week prior to departure.
  - Selection appeals will only be accepted on the basis that the selection process was not applied correctly.
- For Canadians selection : if a gymnast is injured for the majority of the season, the gymnast's coach may petition to the WTC to use results from the past 12 months from a GCG sanctioned national level competition (with the same regulations as Canadians).
- For Easterns selection: if a gymnast is injured/absent for trials, the gymnast's coach may petition to the WTC to use results from the past 12 months from competitions with the same regulations as Easterns. Competition results will be reviewed by the Technical Director and in most cases an average of meets will be the considered score.
- Gymnasts injured during the trials may petition but must use the average score and performance indicators

of the portion of the trial(s) she actually participated in as the qualifying score. If they do not complete one full day of trials, their petition 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.

#### **7.1.5 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 1<sup>st</sup> 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.
- In the event that 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**

All coaches named to a Provincial Team must have the required certification:

Eastern/Atlantic Championships: Certified Level 2 or Competition 1 Certified

Canadian Championships: Certified Level 3 or Competition 2 Certified

Canada Games: Certified Level 3 (assistants may be Level 2 Certified or Competition 1 Certified)

Other: As designated by the WTC or GNL/GCG

All coaches named to a Provincial Team must be members in good standing of GNL, endorsed by the WTC and confirmed by GNL's Technical Director as well as provide a current police record check & vulnerable sector check to GNL as per the current screening policies.

### 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 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.

2020-2021 WAG Age Eligibilities Chart

PROVINCIAL							NATIONAL	
LEVEL 3 (46)	LEVEL 4 (12)	LEVEL 5 (2)	LEVEL 6 (48)	LEVEL 7 (9)	LEVEL 8 (10)	LEVEL 9 (4)	NATIONAL (7)	HIGH PERFORMANCE
Born 2012 & older  Clubs will make their own age groups based on registration. *See notes below GNL will set categories for Provincials based on registrations	2011-2012 (6)	2009-2010 (2)	2011-2012 (10)	2007-2009 (9)	2007-2008 (6)	2007+ (4)	Level 9 Born 2008 – 2007 (1)	Senior (2006 and Older)
			2009-2010 (20)				Level 10 Born 2009 – 2006 (2)	Junior (2006-2009) (1)
	2010 (6)		2008+ (18)		2006+ (4)		Level 10 Born 2005 and older (3)	Novice (2008-2010) (1)
			GNL OPTIONAL (6) Born 2009+			Aspire 1: 2010-2012 (2) Aspire 2: 2009-2011		
DEVELOPMENTAL GYMNASTICS								
JO Level 1				JO Level 2				
Born 2014 & older				Born 2014 & older				
RECREATIONAL GYMNASTICS								
Active Start (Pre-School) 0-5 yrs			Recreational (Can Gym) 6 + yrs old			Gymnastics For Life Open Age		

\*JO Level 3 – clubs will make their own age categories for invitationals based on registration numbers.

**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

### HP & JO OPTIONAL PROTEST FORM

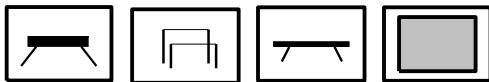
Competition: \_\_\_\_\_ Date: \_\_\_\_\_

Judging     Technical

Athlete #: \_\_\_\_\_ Name: \_\_\_\_\_ Club: \_\_\_\_\_

Category:

Novice     Junior     Senior     JO 10     JO 9     Other \_\_\_\_\_



D Score(FIG) \_\_\_\_\_  
Start Value (JO)

E Score(FIG) \_\_\_\_\_  
Final Score (JO)

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 JO 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: _____

## 2020-2021 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 (JO 10 and JO 9) will be in effect at Canadian Championships (CC) and Canada Winter Games (CWG).

	Equipment	JO 10 (CC, CWG)	JO 9 (CC)	JO 6-10	JO 4-5	JO 1-3
Vault	Height	125 cm		JO 6-7: 100 cm to 125cm JO 8-9: All ages: any height min 100 cm to max 125 cm	Any height allowed by manufacturer	As set out in JO manual
	Springboards	Up to 4 boards. No spring changes allowed at Canadian Championships. Spring changes may be allowed with some SA Sport boards				
	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. JO 6-7: 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: 250 cm LB: 170 cm Diagonal: no maximum width (within equipment manufacturer's safety limitations)	HB: 250 cm LB: 170 cm Diagonal: 130 to 180 cm	HB: 250 cm LB: 170 cm 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.				
	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.			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.	

2020-2021 WAG Technical Regulations

	Equipment	JO 10* (CC, CWG)	JO 9* (CC)	JO 6-10	JO 4-5	JO 1-3
<b>Beam</b>	<b>Beam</b>	All Ages: 125 cm		2006 and older: 125 cm 2007 and younger: 110 or 125 cm		All ages: 100, 110 or 125 cm
	<b>Springboards</b>	1 – Soft – The springboard or 30cm block/panel mat must be removed from underneath or the end of the apparatus after the mount. The springboard may be placed on the landing mat or on the 10 cm supplementary mat if the mount and dismount are performed on the same end. A wooden plank may be placed under the springboard. If the board is placed on the landing mat, the safety mat (up to 20 cm) must be slid in as soon as the springboard is removed.				
	<b>Suppl. mat (sting)</b>	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)			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)	
<b>Floor</b>	<b>Floor Area</b>	12 m x 12 m				
	<b>Supplementary mat (sting)</b>	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
	<b>Safety Mat (20 cm)</b>	Not allowed				



**Gymnastics Newfoundland & Labrador  
2020-2021 WAG Warm-up Regulations**

**INTER-CLUB**

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

**COMPETITIVE**

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

**LEVEL 3 – 10**

As per Canadian Junior Olympic Program Manual

General Warm-Up	15 minutes: Level 3-8 20 minutes: Level 9-10 Athletes may not start the general warm-up on the warm-up or competition floor before the set time. Once the general warm-up starts, athletes may warm-up on the WAG floor, mats and runway only. They may not use the boards and/or get on the table, bars or beam for any reason during the general warm-up. If it is part of the team choreography warm-up, athletes may perform on the floor a) basic floor acro tumbling b) beam acro on a line. The use of diagonals is prohibited.			
	V	UB	BB	FX
Time / per gymnast	Level 3: 45 sec Level 4-5: 1 min Level 6-7: 90 sec Level 8-10: 2 min *Min 8 minutes in NL Only for JO 8-10	Level 3: 45 sec Level 4-5: 1 min Level 6-7: 90 sec Level 8-10: 2 min *Min 8 minutes in NL only	Level 3: 45 sec Level 4-5: 1 min Level 6-7: 90 sec Level 8-10: 2 min (may split 1min30+30sec)	Level 3: 45 sec Level 4-5: 1 min Level 6-7: 90 sec Level 8-10: 2min (Min 8 minutes/Max 10 minutes)
Team Competition	Team and Individual Athlete: If a group is composed of Team & Individual athletes, the warm-up groups are split as follows: Team + individual: all warm up together. Team + 2 or more individuals: the team warms up and competes first; the individual athletes always warm up as a second sub- group.			
Group or Individual	Group warm-up	Group warm-up	Individual warm-up: time stopped between athletes for max 5 sec *includes time to set up mats and board	Group warm-up
Rotation size	<ul style="list-style-type: none"> <li>7 or less warm up in one group;</li> <li>8 + gymnasts warm up in 2 groups: ex. 4 – 4, 5 – 4, 5 – 5</li> </ul>			
Uneven Bars (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 90 sec 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 warm up and competition order may be changed for efficiency. If the coaches do not agree, the Apparatus Chief judge will decide.			

**2020-2021 WAG Warm-up Regulations**

**ASPIRE**

As per Gymnastics Canada WAG 2020-2021 Aspire Program Manual

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

<b>General Warm up</b>	20 minutes: Athletes may not start the general warm-up on the warm-up or competition floor before the set time. They may <b>not</b> 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.			
	<b>V</b>	<b>UB</b>	<b>BB</b>	<b>FX</b>
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 judges 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

**2020-2021 WAG Warm-up Regulations**

**HIGH PERFORMANCE**

As per Gymnastics Canada WAG 2020-2021 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 <b>not</b> 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 &amp; 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"> <li>• Use of honey on the rails is <b>prohibited</b></li> <li>• the <b>competition order will not</b> be modified. This should be taken into account when deciding on a warm up area.</li> </ul>

**2020-2021 WAG Warm-up Regulations**

For other competitions, the Province / Competition Host will determine the Warm Up 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.

<b>General Warm up</b>	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.			
	<b>V</b>	<b>UB</b>	<b>BB</b>	<b>FX</b>
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 warm up 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 behaviour 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	
JO 1	Two stacked 20cm mats (16") JO 2: Tape line at 32"	<ul style="list-style-type: none"> <li>Additional 10cm allowed for landing on back.</li> </ul>	
JO 2			
JO 3	Stacked 20cm mats (Min 32" Max 48") Tape line at 32"		
JO 4	Any height allowed by manufacturer	<ul style="list-style-type: none"> <li>Mandatory 10 cm for landing, up to 20 cm allowed.</li> <li>JO 6-7 deck mats. 80cm to 152 cm. The top layer must be a 10cm mat.</li> <li>JO8-10: An approved Yurchenko collar must be used for all round off entry vaults.</li> <li>An approved hand placement mat may be used for round off entry vaults ONLY.</li> <li>Landing mats must be 18' long &amp; 20 cm thick</li> </ul>	
JO 5			
JO 6	115cm – 125 cm		
JO 7			
JO 8	Any height all ages min 100cm -max 125cm		
JO 9	125 cm for all ages		
JO 10			
Aspire	115 or 125 cm		<ul style="list-style-type: none"> <li><b>Aspire 1:</b> Stacked mats at vault up to table height, 5 or 10 cm can be added on top of stack.</li> <li><b>Aspire 2:</b> Mandatory 10 cm or 15cm. 20 cm safety mat allowed.</li> <li>An approved Yurchenko collar must be used for all round off entry vaults (allowed for other vaults).</li> <li>An approved hand placement mat may be used for round off entry vaults ONLY.</li> <li>Landing mats must be 18' long &amp; 20 cm thick</li> </ul>
Novice	125 cm Max 25m run		<ul style="list-style-type: none"> <li>3 springboards: FIG hard, FIG soft &amp; Softer</li> <li>Minimum 10 cm up to 20 cm allowed.</li> <li>An approved Yurchenko collar and hand mat must be used for all round off entry vaults. These may not be used for other vaults.</li> <li>Landing mats must be 18' long &amp; 20 cm thick</li> </ul>
HP Jr/Sr			<ul style="list-style-type: none"> <li>2 springboards: FIG hard, FIG soft</li> <li>Mandatory 10 cm, additional 5 cm allowed on top.</li> <li>Safety mat (20 cm) not allowed.</li> <li>An approved Yurchenko collar and hand mat must be used for all round off entry vaults. These may not be used for other vaults.</li> <li>Landing mats must be 18' long &amp; 20 cm thick</li> </ul>

BARS		
Level	Apparatus	Springboard & Mats
JO 1	Low bar only. 170cm to the floor (height is measured from the upper edge of the rail).	<ul style="list-style-type: none"> <li>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.</li> <li>Mat or beat board allowed for mount. Must be removed immediately after mount.</li> </ul>
JO 2		
JO 3		<ul style="list-style-type: none"> <li>10cm or 20cm allowed under the bar (secure for dismount).</li> <li>Mat or beat board allowed for mount. Must be removed immediately after mount.</li> </ul>
JO 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"> <li>Mandatory 10cm for landing.</li> <li>Max of 20cm.</li> <li>Mats may be placed under the rails.</li> <li>Boards can be placed on any mat for mounting. Up to JO8 a block or mat may be used in place of a beat board. Must be removed immediately after mount.</li> <li>3 Landing mats must be 20 cm thick: total length 30', 12' in front of LB to run, 12' behind HB to run</li> <li>JO 6-10 ability to raise both low &amp; high bar 10 cm with bars stable</li> </ul>
JO 5		
JO 6		
JO 7		
JO 8		
JO 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"> <li>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.</li> <li>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.</li> <li>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.</li> <li>For C+ release element, a 20 cm may be slid in and out according to the rules (2 moves preceding and following the element).</li> <li>3 Landing mats must be 20 cm thick: total length 30', 12' in front of LB to run, 12' behind HB to run</li> <li>JO 6-10 ability to raise both low &amp; high bar 10 cm with bars stable</li> </ul>
JO 10	LB: 170 cm HB: 250 cm Diagonal: no maximum width (within equipment manufacturer's safety limitations).	<ul style="list-style-type: none"> <li>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.</li> <li>For C+ release element, a 20 cm may be slid in and out according to the rules (2 moves preceding and following the element).</li> <li>3 Landing mats must be 20 cm thick: total length 30', 12' in front of LB to run, 12' behind HB to run</li> <li>JO 6-10 ability to raise both low &amp; high bar 10 cm with bars stable</li> </ul>
Aspire	LB: 170cm HB: 250cm Diagonal: 130 to 180cm	<ul style="list-style-type: none"> <li>Mandatory 10cm (under both rails and for dismount), up to 30cm allowed.</li> <li>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.</li> <li>20cm safety mat allowed under LB &amp; HB for entire routine.</li> <li>3 Landing mats must be 20 cm thick: total length 30'</li> </ul>
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"> <li>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.</li> <li>Minimum 10cm, up to 20cm allowed.</li> <li>Safety mat (20cm) allowed under LB and HB of entire routine or slide in/out.</li> <li>3 Landing mats must be 20 cm thick: total length 30', 12' in front of LB to run, 12' behind HB to run</li> </ul>
HP Jr/Sr		<ul style="list-style-type: none"> <li>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.</li> <li>Mandatory 10cm for dismount.</li> <li>A 10cm or 20cm mat is allowed to slide in and out for D+ release.</li> <li>3 Landing mats must be 20 cm thick: total length 30', 12' in front of LB to run, 12' behind HB to run</li> </ul>

BEAM		
Level	Apparatus (cm)	Springboards and Mats
JO 1	All ages: 100, 110, or 125	<ul style="list-style-type: none"> <li>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).</li> <li>1 soft – the springboard/black/panel mat must be removed from underneath or near the end of the apparatus after the mount.</li> <li>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.</li> <li><b>4 landing mats; 20cm thick</b></li> </ul>
JO 2		
JO 3		
JO 4		
JO 5	2007 and older: 125 2008 and younger: 110 or 125	<ul style="list-style-type: none"> <li>10cm supplementary mat mandatory for landing, up to 20cm allowed.</li> <li>A 20 cm safety mat is allowed in place of the 10 cm mandatory mat.</li> <li>AT CWG &amp; 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.</li> <li>1 soft – the springboard/black/panel mat must be removed from underneath or near the end of the apparatus after the mount.</li> <li>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.</li> <li><b>5 landing mats; 20cm thick, 20 feet at one end for mounting</b></li> </ul>
JO 6		
JO 7		
JO 8		
JO 9		
JO 10	125	<ul style="list-style-type: none"> <li>Mandatory 5 or 10cm. 20cm safety mat not allowed.</li> <li>Supplementary mats are available on one end of the beam only. All gymnasts are expected to dismount on the same end of the beam.</li> <li><b>4 landing mats; 20cm thick</b></li> </ul>
Aspire	110 or 125	<ul style="list-style-type: none"> <li>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.</li> <li>Minimum 10 cm. Up to 20 cm allowed (NOVICE only).</li> <li>20cm safety mat allowed for <b>NOVICE</b> in place of mandatory 0cm supplementary</li> <li>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)</li> <li><b>5 landing mats; 20cm thick, 20 feet at one end for mounting</b></li> </ul>
Novice	125	
HP Jr/Sr		

FLOOR		
Level	Equipment	Mats
JO 1	One strip of floor	<ul style="list-style-type: none"> <li>10 cm supplementary mat allowed.</li> </ul>
JO 2	One strip of floor or diagonal	
JO 3	12m x 12m 40' x 40' Minimum 2' border around floor	<ul style="list-style-type: none"> <li>5 or 10 cm allowed in corners for landings.</li> </ul>
JO 4		<ul style="list-style-type: none"> <li>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).</li> <li>Safety mat (20cm) not allowed.</li> </ul>
JO 5		
JO 6		
JO 7		
JO 8		
JO 9		
JO 10		
Aspire		
Novice		
HP Jr/Sr		

Minimum requirements for JO 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 ( $\pm 1$  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 ( $\pm 3$  cm in Canada;  $\pm 1$  cm FIG)

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

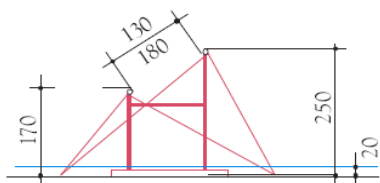
Height is measured from the upper edge of the rail while diagonal is at 180 cm. Measure the rails from "wood to floor" for height.

**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  $\pm 1$  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 ( $\pm 1$  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 ( $\pm 1$  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.

## **CAMPS GENERAL INFORMATION**

### **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.

## WAG GNL Optional Chart

AGES: 12,13yrs (2008/2009)

14 yrs+ (2007+)

	Warm Up and Timing	Equipment	Requirements	Judging
<b>VA UL T</b>	60 seconds per gymnast	Vault height: 100cm-125cm Board: Tramp board allowed but not mandatory Mandatory 10 cm supplementary mat, up to 20 cm allowed.	Front handspring over table to feet	Deductions as per JO Level 4
<b>BA RS</b>	60 seconds per gymnast	HB: 250 cm LB: 170 cm Diagonal: no maximum width (within equipment manufacturer's safety limitations) 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.	A's and B's allowed only. C+ is restricted. 0.5 deduction for missing requirements Requirements: 1) Pullover or kip mount 2) Must use both bars 3) Long swing element (excl dismount) ie swing pullover, kip, uprise, cast down swing pullover 4) Circling element (front, back hip circle, free hip circle, sole circle) 5) Dismount (underswing any variation or flyaway)	Deductions as per JO Level 4
<b>BE A M</b>	60 seconds per gymnast Timing of routine: Min 30 sec, max 60 sec	Height: 100cm-125cm Board: springboard or 30cm block/ panel mat must be removed from underneath or the end of the apparatus after the mount. Mat: 10 cm supplementary mat mandatory for landing, up to 20 cm allowed.	A's and B's allowed only. C+ is restricted. 0.5 deduction for missing requirements 1. Acro skill any direction 2. Turn min 180° on one foot 3. 2 different leaps or jumps (one must show 180 split) 4. Handstand (any variation fwd or side, must be within 20 degrees of vertical to count, no need to hold) <i>may not fill requirement #1</i> 5. Dismount (any A element)	Deductions as per JO Level 4

## WAG GNL Optional Chart

AGES: 12,13yrs (2008/2009)

14 yrs+ (2007+)

<b>FL OO R</b>	60 seconds per gymnast, max 5 minutes. 7 athletes 1 group, 8+ athletes split group Timing of routine: Min 45 sec; max 1:15	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).	A's and B's allowed only. C+ is restricted. 0.5 deduction for missing requirements  1. 3 element tumbling line with min. 1 flight element 2. Turn min 360 on one foot 3. Salto or aerial (may be part of requirement #1) 4. Series of leaps or jumps (one must show 180 split) 5. Acro skills in two directions (forwards, sideways or backwards)	Deductions as per JO Level 4
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