

2023 Canada Winter Games Selection Process



1. Canada Games Team Composition

The program of the Canada Games includes Men's Artistic (MAG), Women's Artistic (WAG) and Trampoline (TRA).

MAG and WAG

Team: 6 athletes (2004-2011), 1 coach, 1 manager (these positions must be held by one male and one female)

- Team Finals (6 athletes per team, 6 athletes to compete, 4 scores to count);
- Individual All-Around Finals: top 36 athletes (maximum of 3 athletes per province, then up to 36 athletes);
- Apparatus Finals: top 8 on each apparatus (maximum of 2 athletes per province, from the Team Finals)
- WAG: CPP10 rules, MAG: TBD

TRA

Team: 2 female athletes, 2 male athletes (2001-2009), 1 coach, 1 manager (one male and one female)

- Individual Competition:
Preliminaries: 1 optional routine with requirements, 1 free optional routine
Finals: top 10 (max 1 per P/T - the top athlete per P/T from the preliminary round will compete in finals), Fresh Start
- Synchro:
Preliminaries: 1 optional routine with requirements, 1 free optional routine
Finals: top 8 pairs (based on preliminary ranking), Fresh Start
- Team Finals
Max 2 per gender, 1 free routine
The best score per gender will be added together

JUDGING FOR SELECTION ACTIVITIES

Gymnastics Newfoundland and Labrador will commit to hiring and funding out of province judges to fill panels to a **minimum** of:

2 WAG Judges
1 MAG Judge
1 TTG Judge

2. NL Athlete Eligibility (all disciplines)

All age eligible athletes whether they are part of the identified training squad or not will be invited to compete at the CWG trials. However, WAG athletes must have competed in the JO 8, JO 9, JO 10 or in any HP category in the 2021-22 season to be eligible to register for the trial.

MAG and TRA athletes who do not meet the minimum qualifying score will not be selected to the team. In this case, GNL may not send full teams.

3. Team NL Activities (all disciplines)

All activities identified in the Team preparation process are mandatory for Team members (including team athletes, named alternates and team coaches). The personal coaches of the athletes selected to the team and alternates must participate in the Team preparation, test event and training activities until departure for the Games.

All coaches – team and personal coaches – must work together in a collaborative manner.

(WAG) Team members and alternates are expected to train together as much as possible after the naming of the team. Failure by team members (athletes and coaches) to attend mandatory training and/or test event will lead to removal from the team. If an athlete or coach cannot attend a team preparation activity, he/she must inform the GNL Technical Director and provide an acceptable reason (death in family, personal crisis, family travel that was planned before knowing dates of team activities).

Alternates are considered as members of the team and will continue to train with the team up to Games.

4. Alternates athletes (all disciplines)

The alternates athletes in MAG, WAG and TRA are named according to the criteria identified in their specific section. The first alternate (MAG, WAG, TRA) will compete at the test event. The second and subsequent named alternates may attend the test event on a self-funded basis.

The first alternate (WAG, MAG, TRA) will receive the GNL CWG attire.

Only athletes traveling to the Games will receive the Government issued Provincial Team attire.

5. Substitution (all disciplines)

It is GNL's directive to present the best possible teams therefore GNL expects member clubs to make decisions in the best interest of the Team. Clubs/coaches must disclose to the GNL Technical Director any injury or illness that prevents a team member to train his/her usual content for more than 5 days in a row. If at the time of departure for the Games, an athlete is unable to perform the routines that warranted his/her selection to the team, he/she may be replaced by the alternate. Medical documentation must be received within 48 hours of the illness/injury and must include the amount of time required to resume full training.

6. Appeals (all disciplines)

Any questions regarding the selection process or selection of athletes will be dealt with by the GNL Technical Director. Any appeals following the naming of the teams will be dealt by the GNL Board of Directors, in accordance with their policies.

7. Women's Artistic

After the selection process, six (6) athletes and three (3) alternates will be selected to Team NL. The athletes will be selected in the following way.

Athletes will compete at a two-day trial competition:

- December 9, 2022
- December 11, 2022

Each day of competition will count for 50% of the selection. The athletes will be ranked according to the Combined Results from Day 1 and Day 2. The Combined results are calculated using the following formula: All Around score Day 1 + All Around score Day 2 divided by 2.

The team members and alternate will be named following the trials and a 24-hour petition period.

Results Calculation

After each day of competition at the trial, coaches will have 15 minutes to review the results for accuracy. Once this time has elapsed, the Master Scorer and the competition Head Judge will sign off on the results and they will be considered final.

The tabulation of the Combined results (50%/50%) will be done by the GNL Technical Director in conjunction with the Competition head judge. Calculations will be provided to the coaches who will be given 15 minutes to review the calculation for accuracy. The results will not be considered final until the calculations are deemed correct. (Calculation using 3 decimals, truncated). Since competition results are final, the tabulation of the Combined Results will consist only in the application of the mathematical formula (Day 1 All Around Score + Day 2 All Around Score, divided by 2). At this point of the process, coaches can only bring up problems with the mathematical calculations themselves, not with actual scores.

The top 6 athletes according to Combined Results (formula above) will be named to the Team. In the event of a tie for the 6th place on the Combined results, the gymnast with the highest combined individual apparatus score (score on a given apparatus, Day 1 + Day 2) will be selected on the team. Should a tie still remain then the athlete with the 2nd highest combined apparatus score will be chosen. Should a tie remain, the athlete with the 3rd highest combined apparatus score will be named to the team. The next ranked three (3) athletes (in 7th, 8th and 9th position) will be named as alternates.

Athletes who are ill or injured at the time of the trial may submit a medical petition. If there is a medical petition that requires a video review, the final confirmation of the athlete in 6th place and alternates will be done after the test event.

Medical Petition

In case of injury or illness preventing the athlete to compete at the trial (one or two days), a medical petition may be submitted. The petition must be accompanied by a physician report (see requirements below). The petition and physician report must be submitted to the GNL Technical Director. Only those petitions which are fully completed will be accepted. If the petition is accepted, a video review of the injured/ill athlete will be used.

An injury or illness must be supported by a physician report and an official physician certificate (NOT FROM A THERAPIST) stating the nature of the injury or illness and why the athlete could not compete or continue to compete. It must also include the rehabilitation protocol, the training program (load that the athlete can do in January and February 2023) and the expected date of full recovery. The athlete and his/her coach have the responsibility to ensure that complete and accurate information is provided to the GNL. (To eliminate potential conflicts, the medical note may not come from a doctor's office where a family member works).

Selection of the Team in case of a Medical Petition

If there is a medical petition, the selection of the last team member (6th place) will take place at the test event. The athlete in 6th place on the combined results and the petitioned athlete(s) will compete at the test event and the athlete with the highest All Around score will be named to the team.

8. Men's Artistic

Athletes will compete at a two-day trial competition (best score counts):

- December 10 & 11, 2022

The top six (6) athletes and three (3) alternates will be named to Team NL.

Athletes must hit at least one of the minimum qualifying scores outlined below to be eligible to be selected to the team. If less than 6 athletes hit any minimum qualifying score, GNL will not send a full team.

Minimum Qualifying Score:

To be selected to the team, athletes must hit the applicable minimum qualifying score at the one-day trial competition. Only athletes who meet at least one of the minimum qualifying score indicated below are eligible to be selected to the team.

- Priority 1: Athletes meeting the minimum qualifying All Around score is 63.00. Athletes will compete on 6 apparatus at the CWG.
- Priority 2: Apparatus specialist – Athletes meeting the Apparatus Specialist qualifying score on one apparatus. (Scores required to make finals at the 2019 Canada Games minus 0.5 point). Athletes will compete at CWG only on apparatus where they met the minimum score.
- Priority 3: Athletes who meet the minimum score. Athletes will compete at CWG only on apparatus where they met the minimum score. Minimum score is top 2/3 of 2019 pool minus 0.5

Summary of Minimum Qualifying Scores

Minimum qualifying score required to be selected to the team	FX	PH	R	V	PB	HB
All Around	60.0 points					
Apparatus Specialist	13.50	12.20	12.8	13.00	12.3	12.40
Minimum Score	10.7	9.65	10.35	10.7	10.7	9.8

Athlete Selection:

Athletes are selected following the two-day trial competition.

Following the trial, the top 4 All Around athletes will be selected to the team, provided they have reached a minimum of 63.00 points. The next available positions are awarded to the apparatus specialists (minimum score above met). Any remaining positions are awarded to athletes based on their individual apparatus score (minimum score met), which best combine to maximize the overall team result.

If only 3 athletes hit the minimum AA score (63.00 pts), they will be selected to the team. The next available positions are awarded to the apparatus specialists (minimum score above met). Any remaining positions are awarded to athletes based on their individual apparatus score (minimum score met), which best combine to maximize the overall team result.

If only 2 athletes hit the minimum AA score (63.00 pts), they will be selected to the team. The next available positions are awarded to the apparatus specialists (minimum score above met). Any remaining positions are awarded to athletes based on their individual apparatus score (minimum score met), which best combine to maximize the overall team result.

If only 1 athlete hit the minimum AA score (63.00 pts), he will be selected to the team. The next available positions are awarded to the apparatus specialists (minimum score above met). Any remaining positions are awarded to athletes based on their individual apparatus score (minimum score met), which best combine to maximize the overall team result.

If no athlete hits the minimum All Around score (63.00 pts), then apparatus specialist(s) will be considered first. Any remaining positions are awarded to athletes based on their individual apparatus score (minimum score met), which best combine to maximize the overall team result.

In the event of a tie for the final spot, the gymnast with the greater numbers of higher apparatus scores will be named to the team.

In all cases, the next three athletes with the highest AA score not already named to the team will be selected as alternates. The first alternate will travel with the team to the test event. The 2nd and 3rd place alternates can travel to the test event on a self-funded basis.

Athletes who are ill or injured at the time of the trial may submit a medical petition. If there is a medical petition that requires a video review, the nomination of the athlete in 6th place and alternates will only be confirmed after the test event.

Medical Petition

In case of injury or illness preventing the athlete to compete at the trial (one or two days, depending on discipline), a medical petition may be submitted. The petition must be accompanied by a physician report (see requirements below). The petition and physician report must be submitted to the GNL Technical Director. Only those petitions which are fully completed will be accepted. If the petition is accepted a video review of the injured/ill athlete will be used.

An injury or illness must be supported by a physician report and an official physician certificate (NOT FROM A THERAPIST) stating the nature of the injury or illness and why the athlete could not compete or continue to compete. It must also include the rehabilitation protocol, the training program (load that the athlete can do in January and February 2023) and the expected date of full recovery. The athlete and his/her coach have the responsibility to ensure that complete and accurate information is provided to the GNL. (To eliminate potential conflicts, the medical note may not come from a doctor's office where a family member works).

9. MAG / WAG SELECTION OF COACHES AND MANAGER

Eligibility

In order to be selected as a team coach or manager, a coach must meet the following criteria:

- Minimum 19 years of age
- Minimum NCCP Level III (or Competition Development 2) certified.
- Must have completed all GCG and GNL requirements regarding Safe Sport
- Must have experience travelling, supervising and managing young athletes
- Must be willing and ready to take on the role and responsibilities outlined below.
- Must be the regular coach of at least one athlete on the team.

For all disciplines, there must be at least one coach of the same gender as the athletes.

If MAG or WAG does not send a full team, the number of coaches selected will be at the discretion of GNL. In any case, the selection of coaches must ensure that the needs of all athletes are met.

WAG:

One coach who meets the above criteria will be named by each club

The combination of coaches selected by each club must ensure that the needs of athletes on the team are met (spotting, coaching on 4 apparatus, athlete supervision, etc.). In the event that the team is comprised solely of one club, that club will nominate both team coaches.

MAG:

The following table shows the relationship between athlete placement on the Team and the number of points a club earns. The club with the highest number of points will chose the 1st coach. The club with the 2nd highest number of points will name the 2nd coach. The combination of coaches selected by each club must ensure that the needs of athletes on the team are met (spotting, coaching on 4 apparatus, athlete supervision, etc.)

Athlete's ranking on the team	Points earned
6	1
5	3
4	5
3	7
2	10
1	13

Substitution or Removal of a coach

Before departure, GNL in consultation with the Technical Committees may remove a coach or substitute a coach with another coach from the same club who has met the pre-requisites, if the coach:

- Is not in attendance at every activity of the preparation plan, unless exempted by GNL;
- Is not meeting the expectations associated with his/her roles, responsibilities and tasks during the training camp and test event;
- No longer has an athlete on the team.

Team Manager

The GNL Technical Director, in consultation with the named coaches, will determine who will take on the team manager position. The Manager will be the second coach for the team at the Games; he/she must be able to actively coach the level of the athletes on Team NL. In addition to all responsibilities assigned to a floor coach (see below), he/she must assume the Manager's responsibilities. Preference for selection of a manager will be given to coaches and officials.

Coach Responsibilities

The coach **MUST** be familiar with the content, training habits of all athletes on the team and be able and willing to attend to the needs of **all** team members since personal coaches will not be present at the Games.

The coach and manager will work as a team.

Job description

- Abide by the GNL and GCG Code of conduct;
- Contributes to good team cohesion and enthusiastic team spirit;
- Attends the trial and test event, or submit a petition that has been accepted by GNL;
- Attends all training camps and identified team building activities, or submit a petition that has been accepted by the GNL;
- Attend identified sport science initiatives;
- Be available for competition clothing and track suit sizing;
- Be available for any media events related to the CWG preparation and competition;

- Reviews the content of the routines of all athletes and have written information (content, start values, board placement, bars settings, etc) for all athletes on the Team;
- Be familiar with training habits of all athletes on the Team and be able to address those needs;
- Represents himself / herself and Team NL with exemplary behavior at all time;
- Abides by the Canada Games Handbook;
- Abides by the rules regarding the Team behavior at all times during travel, training and competition. Any other applicable rules and regulations stated in the FIG/JO Code of Points and FIG Technical Regulations or Canada Games Technical Handbook;
- Establishes/maintains good relationships with coaches and judges from other provinces;
- Assists with non-gymnastic team activities (leisure and/or culture);
- Attends Team functions as requested or required;
- Organize and participate in non-gymnastics activity with athletes once the competition is completed;
- Determines (jointly) and submits the competition order within the set timelines;
- Submits a report no later than 10 days upon return home.

Floor Coach Responsibilities

A floor coach has the following roles and responsibilities, and is accountable for the statements, actions and behaviors of the athletes on field of play (warm-up and competition floors):

- Ensuring that the athletes:
 - are aware of their roles, responsibilities and of the rules applicable to them;
 - wears the proper attire including competition number;
 - do not warm up on the podium outside allowable periods;
 - abide by the competition order.
- Ensuring:
 - that the allowed number of coaches on the floor is abided by;
 - proper conduct and observance of warm up procedures;
 - he/she remains on the podium only when authorized;
 - that all members of Team NL (athletes, manager, coach) are present wearing the proper uniform for all award ceremonies.

Responsible for:

- proper line-up before the competition and before a rotation;
- proper equipment adjustments including mats; ensuring no unauthorized use of mats, etc.;
- timing the routine and intermediate falls on apparatus where those rules are applicable;
- in consultation with the Team manager, requesting information from the Jury concerning the evaluation of the athletes.

GENERIC DESCRIPTION OF THE ROLES, RESPONSIBILITIES AND TASKS OF THE MANAGER

Advanced work:

- Attends Team NL meetings (government);
- Attends all Canada Games functions, as required;
- Carries out the requirements outlined by Team NL in cooperation with the coaches and technical staff;
- Communicates the information from the meetings;

- Liaises with Mission staff;
- Assists in coordinating and organizing identified Canada Games activities (training camps, sport medicine, other as required by Team NL);
- Ensures training plans are submitted and followed;
- Coordinates the collection of information, forms or other required documents by Team NL;
- Assists with competition clothing and track suit sizing and distributes Team NL clothing;
- Attends media events on behalf of Team NL.

In preparation for, during the Trials and at the test event:

- Attends trials and collects or provides information to athletes, coaches and families as required;
- Ensures team is properly registered with Team NL (in cooperation with GNL staff and mission staff);
- Acts as team manager for the test event and for the Games – insures information about travel, accommodation and other is booked and information is communicated to clubs and coaches.

During the Games:

- Abides by the GNL Code of conduct;
- Manages the Team throughout the week of the Games;
- Ensures all on-site scheduling, including lunch boxes, medical appointments, discipline problems, adherence to curfews and any other tasks required by Team NL;
- Organizes and participates in non-gymnastics activity with athletes once the competition is completed.

After the Games:

- Submits a report to GNL within ten (10) days of returning from the Games;
- Ensures that the team coach submits his / her report to GNL.

10. TRAMPOLINE GYMNASTICS

Trampoline athletes will compete at a one-day trial competition:

- December 9, 2022

The two male and two female athletes with the highest scores will be selected to Team NL. Two male and two female alternates will also be named. Athletes must meet the qualifying score to be named to the team. If less than 2 male / 2 female athletes meet the minimum qualifying score, GNL will not send a full team.

The 1st alternate will compete with the team at the test event. The 2nd alternate can compete at the test event on a self-funded basis.

As TRA is still a developmental program, GNL will combine a training camp/ selection event. Athletes and coaches will work with a guest coach over a two-day period. The trial event will take place on the last day of the camp. Only identified athletes will be eligible to compete.

In order to be selected, the athletes must meet the following minimum standards:

Women

Total Score: 78.0

Difficulty (in 2nd Voluntary): 5.9

Based off of:

1st Voluntary

Execution: 7.8 (x2) 15.6

Horizontal Displacement (HD): 9.0

Time of Flight (TOF): 11.5

Degree of Difficulty (DD): 1.0

Total: 37.1

2nd Voluntary

Execution: 7.5 (x2) 15.0

HD: 9.0

TOF: 11.0

DD: 5.9

Total: 40.9

Men

Total Score: 79.0

Difficulty (in 2nd Voluntary): 5.9

Based off of:

1st Voluntary

Execution: 7.8 (x2) 15.6

Horizontal Displacement (HD): 9.0

Time of Flight (TOF): 12.0

Degree of Difficulty (DD): 1.0

Total: 37.6

2nd Voluntary

Execution: 7.5 (x2) 15.0

HD: 9.0

TOF: 11.5

DD: 5.9

Total: 41.4

The athletes who have met the minimum total score and difficulty will be ranked based on their best preliminary round total score. In the event of a tie, the referenced Gymnastics Canada Competition Regulations "tie breaking rules" will be applied.

Athletes who are ill or injured at the time of the trial may submit a medical petition (see MAG or WAG section for detail regarding medical reporting requirement). If there is a medical petition that requires a video review, the nomination of the athlete in 2nd place and alternates will only be confirmed after the test event.

Coach selection

There are currently three clubs represented within the pool of athletes. As a male and female coaches are required for this event, coaches will be selected via points to their club. If athletes from two clubs compile the team then each club will get to select a coach. If three compile the team then the club with the higher points get to send a coach.

Coach Ranking Points:

Athlete Ranking	Number of points for the club
Athlete ranking in 2 nd place	3
Athlete ranking in 1 st place	5

Following the trial, the club with the highest number of points will have the 1st choice of coach. The club in 2nd place will name their coach in second place, taking into consideration the gender of the coach already named. The clubs should make the decision collaboratively so that the two named coaches are able to meet the needs of all athletes on the team.

Team Manager

The GNL Technical Director, in consultation with the named coaches, will determine who will take on the team manager position. The Manager will be the second coach for the team at the Games; he/she must be able to actively coach the level of the athletes on Team NL. In addition to all responsibilities assigned to a floor coach (see below), he/she must assume the Manager's responsibilities. Preference for the manager position will be given to coaches/officials.

TENTATIVE Calendar of Events

2021

November

Event : Training Camp

Where : St. John's, NL

Who : WAG/MAG/TTG pool of athletes

Funding : None

2022

March

Event : Provincial Championships

Where : St. John's, NL

Who : WAG/MAG/TTG pool of athletes

Funding : None

May 12-16 2022

Event : Eastern Canadian Championships

Where : Sherbrooke, QC

Who : WAG/MAG pool of athletes (qualified ONLY)

Funding : TBD

May

Event : Canadian Championships

Where : TBD

Who : WAG/MAG pool of athletes (qualified ONLY)

Funding : TBD

July

Event : Canadian Championships

Where : TBD

Who : TTG pool of athletes (qualified ONLY)

Funding : TBD

August

Event : Training Camp

Where : St. John's, NL

Who : MAG/WAG pool of athletes

Funding : None

November

Event : Training Camp

Where : St. John's, NL

Who : WAG/MAG/TTG pool of athletes

Funding : None

December 9 - 11

Event : CWG Trials

Where : St. John's, NL

Who : Registered competitors all disciplines

Funding : None

2023

January

Event : TBD (Test event for WAG/MAG/TTG)

Where : TBD

Who : CWG Team + alternate 1 (all disciplines)

Funding : 50%

February

Event : Canada Winter Games

Where : Charlottetown, PEI

Who : CWG Team

Funding : 100%