



Trampoline and Tumbling Technical Regulations

2021-2022

Last update August, 2021

TRAMPOLINE AND TUMBLING TECHNICAL RULES AND REGULATIONS 2021-2022

All technical rules and regulations for trampoline and tumbling gymnastics in Newfoundland & Labrador are under the jurisdiction of GNL's Technical Director in consultation with the Trampoline Technical Committee (TG Technical Committee). Trampoline Gymnastics refers to the four disciplines of individual trampoline, synchronized trampoline, double mini trampoline and power tumbling.

All trampoline and tumbling gymnastics programs and competitions sponsored or sanctioned by GNL shall be governed by the rules and regulations established 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. ATHLETE DEVELOPMENT AND COMPETITIVE PROGRAMS

GNL offers programs for trampoline and tumbling gymnastics in recreational and competitive categories. The following policies have been developed and will apply to pre-competitive and competitive trampoline and tumbling programs in Newfoundland & Labrador

1.1 Competitive Programs Provincial and National Stream

GNL and Gymnastics Canada have instituted several different levels of competition to provide safe and enjoyable competition opportunities for gymnasts of various levels of ability and commitment.

Level 1 & Pre Level 1

This level is designed for beginner competitive and developing gymnasts who have limited training experience. Coaches teaching inverted or somersaulting skills must be Level II NCCP certified on Trampoline. Gymnasts compete with compulsory and/or optional routines/skills in preliminaries and finals competitions. **For the 2021-2022 season GNL will run the level 1 competition level from the 2019-2020 edition as a pre-level 1 category – this level is eligible for provincials provided the athlete is age eligible. (IS THIS STILL NECESSARY?)**

Level 2

This level is designed for gymnasts who are ready to progress to more difficult skills. Basic somersaulting skills are often linked together throughout the routine. Gymnasts compete with compulsory and/or optional routines/skills in preliminaries and finals competitions.

Levels 3 and 4

These levels are designed for gymnasts who are prepared for higher level competition with a greater degree of difficulty. Advanced single somersault skills are performed. Gymnasts compete with compulsory and/or optional routines/skills in preliminaries and finals competitions.

Levels 5, 6, 7 Junior and Senior

These levels of competition are designed for gymnasts selected to compete at national levels with optional and/or compulsory routines with increased difficulties. Junior and Senior gymnasts perform with international level FIG skills.

2. GYMNAST REGISTRATION & ELIGIBILITY

All gymnasts must be registered with a member club in province unless approved by the GNL Executive Director. All gymnasts must declare their level of competition upon registration with GNL each fall by the membership deadline of **November 15th**.

2.1 Competition Eligibility, Mobility and Upgrades

Gymnasts wishing to move down a level after competing in a competition must obtain approval from the TG Technical Committee 1 week prior to the event registration deadline for the next competition.

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

Pre-competitive gymnasts may only participate in pre-competitive level & fun events without having to upgrade to a higher membership fee.

Gymnasts registered as athletes in another discipline may participate in TG programs at a lower or the same membership category (Recreational, Pre-Competitive, Provincial Stream, National Stream) with no additional affiliation fees however they must register their TG level with GNL prior to their first TG event. These gymnasts must pay any additional membership upgrades if they are going to compete in a TG event at a level or category higher than their current membership category.

2.2 Levels & Age Groups

Competitions, training, testing and/or talent identification programs will be offered for the following levels and age groups:

Provincial – Levels 1-4

National – Levels 5-7, Junior, Senior

In Newfoundland, males and females of the same age and category in L1-L4 will compete in the same event and be ranked against each other for awards at all competitions. Male and Female L4 athletes will have separate results for mobilization purposes but will be ranked together for awards. National level athletes will be separated into male and female for competitions and awards.

In Newfoundland, all age groups within a level will be split for competition based on registration by the host club.

Mixed synchronized trampoline is approved for all competitions in Newfoundland.

Age eligibility is determined by athlete's age as of December 31st of the **competition year**.

Level	Minimum Age	Maximum Age
1-4	9	None
5	11	None
6	11	16
7	17	None
Junior	13	16
Senior	17	None

3. OFFICIALS PROGRAM REGULATIONS

The following regulations govern trampoline and tumbling judges in Newfoundland.

3.1 General

Provincial judging rules, regulations and procedures are under the jurisdiction of GNL's Judging Coordinator in consultation with the Trampoline & Tumbling Technical Committee.

National judging certification programs and policies are the responsibility of Gymnastics Canada.

All judges attending a judging course and/or acting as active judges for GNL and/or their club must be registered members in good standing of the association.

3.2 Certification Levels

The following are the judging certification levels in Newfoundland and Canada:

Provincial 5, 4, 3, 2, & 1

National 3, 2 & 1

FIG Brevet 4, 3, 2, & 1

3.3 Judging Certification Clinics

All clinics for Provincial judging certification are under the jurisdiction of GNL and the TG Technical Committee. All clinic registration fees for Provincial 1-5 and all refresher courses are the responsibility of the individual judge.

3.4 Judging Program Eligibility and Requirements

CANADIAN JUDGING LEVELS

JUDGING LEVELS WITH CORRESPONDING APPLICABLE CATEGORIES

- **Provincial Level** – At this level, there are five categories of judges for all events (TRI, TRS, DMT, TUM):
 - Provincial 5 – Judge in training (Pre-National Level athletes)
 - Provincial 4 – Execution and DD (Pre-National Level athletes)
 - Provincial 3 - Chair, Execution and DD (Pre-National Level athletes)
 - Provincial 2 – Chair, Execution and DD (Levels 5 and 6 in Trampoline, DMT and Tumbling in province)
 - Provincial 1 – Chair, Execution and DD (all National Levels including Junior and Senior in province)

- **National Level** – At this level, categories differ for different events:
 - Individual Trampoline:
 - Trampoline National 3 – Chair, Execution and DD (Level 5 athletes)
 - Trampoline National 2 – Chair, Execution and DD (Level 6 athletes)
 - Trampoline National 1 – Chair, Execution and DD (Junior/Senior Level athletes)

- Synchronized Trampoline:
 - Trampoline National 2 – Chair, Execution and DD (Levels 5 and 6 athletes)
 - Trampoline National 1 – Chair, Execution and DD (Junior/Senior Level athletes)

- Double-Mini Trampoline –
 - DMT National 3 – Chair, Execution and DD (Level 5 athletes)
 - DMT National 2 – Chair, Execution and DD (Level 6 athletes)
 - DMT National 1 – Chair, Execution and DD (Junior/Senior Level athletes)

- Tumbling:
 - Tumbling National 2 – Chair, Execution and DD (Level 5 and 6 athletes)
 - Tumbling National 1 - Chair, Execution and DD (Junior/Senior Level athletes)

3.5 Judging Assignments

All judging assignments for every event/competition in province will be administered by the Judging Program Coordinator, TG Technical Coordinator and/or the TG Technical Committee in direct consult with the host club's organizing committee to ensure competitions run properly, efficiently and at the minimal necessary costs to the host club.

Every effort will be made to minimize the costs to the host club while also ensuring judges are getting the necessary experience to learn and progress. The priority for assignments will be based on expenses to the host club followed by needed experience, based on the availability of individual judges.

Judging assignments for all out of province designated meets will be assigned and monitored by the Provincial Judging Coordinator.

4. COACHES PROGRAM REGULATIONS

GENERAL

In order to maintain the privilege of membership in 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 (RIS) and Making Ethical Decisions (MED) programs. Information on coaching certification (NCCP, RIS and MED) can be found on the GNL website. All coaches involved in GNL programs and competitions must meet the minimum certification requirements as stated in the 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 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, unfounded 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 possible 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.
- 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.
- All coaches named to a Provincial Team must be members in good standing of GNL and must be endorsed by their respective technical committees.

COMPETITIONS

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

- Pre-Competitive / Recreational – Certified Gymnastics Foundations (or Level 1 Certified)
- Invitational – Level 2 Technical or Competition 1 Trained
- Provincial Championships & NL Winter Games – Certified Level 2 or Competition 1 Certified
- Eastern Championships – Certified Level 2 or Competition 1 Certified
- Canadian Championships – Certified Level 3
- Canada Games – Certified Level 3
(assistants may be Level 2 Certified or Competition 1 Certified)

COACHING CERTIFICATION TEMPORARY EXEMPTIONS

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 HP Committee endorsement and a letter from GNL

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

5. EQUIPMENT

The following information is to provide general equipment guidelines for programming, competitions and events in Newfoundland. For apparatus specifications, height adjustment and regulations refer to the equipment manufacturer's specifications and the provincial, national and FIG program documents.

Note: Non-regulated equipment may be used for some Regional and Provincial programs with the approval of the TG Technical Committee.

TUMBLING STRIP

MINIMUM REQUIREMENTS – PROVINCIAL LEVEL

Length of Sprung Floor	Minimum 2500 cm + 100 cm long x 200 cm wide x 30 cm max height
Type of Sprung Surface	Sprung surface which must be padded If construction is of several units these must be fixed firmly together so as not to separate in use and showing no space between them.
Approach Run-up	Minimum 1000 cm + 100 cm (Width a Minimum of 100 cm)
Location	Minimum 300 cm from walls or obstructions
Lines on Tumbling Strip	5 cm wide in contrasting colour. Outer edges 150 cm apart with a centre line
Landing Area	Width minimum 300 cm +/-1 cm Length minimum 600 cm +/-1 cm Thickness minimum 30 cm +/-1 cm The landing area must be the same height as tumbling strip, must be held together so there are no cracks.

Landing Zones	Lines 5 cm wide in contrasting colour, outer edges 200 cm x 400 cm
Ceiling Height	500cm metres above entire strip and approach run
Spring Board	At least one Budapest or coil board
Camera Location	Clear view of the tumbling strip at least 250 cm from side in middle
Judges Table	Seating for 8 people at least 2.5 m from the strip Situated ideally 16 M from the start of the strip The table is ideally situated 5 meters away from the landing strip The table needs to be elevated 50 cm from the floor.

TRAMPOLINE MINIMUM REQUIREMENTS

For in province competition, in-ground or above ground trampolines are acceptable.

Number of Trampolines	One trampoline, two identical tramps and beds if Synchro Tramp
Interior Frame size	Length 505 cm +/- 6 cm, width 291 cm +/- 5 cm. All frames must have round edges with a min 15 cm radius for each edge.
Height of Bed from Floor	115.5 cm +/- 5 mm - In ground or above ground bed
Trampoline Bed	Length 428 cm +/- 6 cm, width 214 cm +/- 5 cm
Type of Bed	Web .55 cm +/- 1.5 cm wide not more than 1.6 cm apart or String .3 cm +/- .1 cm wide not more than 1.0 cm apart
Jumping Zones	Please refer to diagram in appendix I
Safety Padding	The frame and springs must be entirely covered by shock absorbing padding not more than 5 cm thick and at least 3 cm thick. It must not protrude on the trampoline.
Safety Platforms	At both ends of the trampoline and firmly attached 300 cm x 120 cm
Mat on End Deck	Must cover entire deck and up to the springs, minimum 7.5 cm thick at bedside and 21 cm at end
Spotter Mats	Ideal: 200 cm x 150 cm x 15 cm with handles on side
Other Mats	There must be mats at least 200 cm x 20 cm surrounding the trampoline and end deck.
Ceiling Height	800 cm high

Judges Tables	Seating for 8 (9 If using Time of Flight) people elevated at least 1 m off the floor and no higher than 2 meters of the floor. The table is ideally situated 5 meters away from the trampoline
Walls and Protrusions	No protruding equipment within 200 cm of the sides of the trampoline and end decks
Camera Location	Clear view of the entire trampoline bed at least 250 cm from the side
Spotting	At least one spotter on each side of the trampoline during warm-up and two on each side during competition

**DOUBLE MINI-TRAMPOLINE (DMT)
MINIMUM REQUIREMENTS**

Type	A double mini-trampoline with adequate tension to allow heavier gymnasts to use it; there must be frame pads to cover the springs and frame
Frame	No metal bars or other firm fixing are allowed across the ends of the DMT other than at floor level. Frame must have rounded edges with each being a minimum radius of 15 cm.
Bed and Height	Light coloured webs or strings Length 285 cm +/- 5 cm, width 92 cm +/- 1 cm Mounting end 45 cm +/- 10 cm Dismount end 70 cm +/- 10 cm
Webs Under Tension	Width of Web .4-1.3 cm wide, no more than 1.3 cm apart Width of strings under tension 3mm - +/- .1 cm
Penalty Zones in Red	End markers 13 cm +/- 2 cm Centre zone 39 cm +/- 1 cm Distance of the centre zone from the Mounting end 90 cm +/- 2 cm
Landing Area	600 cm x 300 cm, 30 cm thick, shock absorbing mat
Landing Zone	Outside of lines width 200 cm x 400 cm – lines 5 cm
Landing Zone (C) in Canada	100 cm wide at the front and 100 cm wide at the far end, length 250 cm starting 50 cm from the front edge of the zone.
Run-up	Minimum 2000 cm long +/- 250 cm; width 100cm; Thickness 2.5 cm +/- .5 cm;
Spotting Mats	Length 200 cm – 50 cm; Width 150 – 50 cm; Thick 15cm – 5 cm.

Ceiling Height	600 cm; ideal 800 cm
Beat Board	One, to be used as a ramp for smaller gymnasts
Judges Table	Seating for 8 people Table to be elevated 50 cm from the floor. The table is ideally situated 5 meters away from the mini and the landing zone.
Spotting	At least one certified coach at the end of the DMT at all times
Extra Mats	20 cm X 200 cm thick mats around mini-tramp and landing area
Walls	There must be no protruding equipment within 200 cm of the sides of the mini-tramp and landing mat
Camera Location	Clear view and must be 250 cm away perpendicular to the DMT

GENERAL EQUIPMENT REQUIREMENTS

Video Camera	1 Video Camera or IPad per event. They must have the capability to tape the entire competition for each event.
Sound System	There must be a sound system with a microphone to give announcements and for awards.
Seating	Spectator seating must be far enough away that it does not interfere with the competition. There must be adequate supervision to ensure that spectators stay off the equipment area. An area must be available for non-competing gymnasts to go.

GENERAL PROTOCOL REQUIREMENTS

Start Lists	Start Lists must be sent out a minimum of one week before the start of the competition to the head coaches and competition head judge. Coaches are responsible to verify the levels of each gymnast in each event and make any necessary corrections before the first day of competition.
Results	Calculators should be available for all scorers. Pens, pencils, score sheets and judges slips/chits must be available. Computer results programs must be able to calculate if there are 3, 4 or 5 execution judges. Results must be posted within 30 minutes of the completion of each group. Copies of results must be sent to the Gymnastics Saskatchewan office.

COMPETITION INFORMATION

6.1 Warm-up

All competitors shall have the right to a minimum general warm-up period of 20 minutes. Gymnasts may not start the general warm-up on the warm-up or competition floor before the set time. Once the general warm-up starts, gymnasts may warm-up on the artistic gymnastics floor, the tumbling strip and runway only. They may **not** use the trampolines for any reason during the general warm-up. Gymnasts may perform on the artistic floor and tumbling strip any acro tumbling skills without flight and single saltos.

The following touch warm-ups are permitted:

Level 1	2 touch
Level 2	2 touch
Levels 3 & 4	1 minute per gymnast – minimum 3 touch
Level 5	1.5 minutes per gymnast – minimum 4 touch
Level 6	2 minutes per gymnast – minimum 5 touch
Junior	2.5 minutes per gymnast – minimum 5 touch
Senior	3 minutes per gymnast – minimum 8 touch

Hosts shall take into consideration the number of gymnasts competing when establishing warm-up times. Competition warm-ups may not begin prior to 8:00 am and competitions may not go later than 10:00 pm.

6.2 Time of Flight (TOF) and Horizontal Displacement (HD)

Shall be included in event scores for all levels.

6.3 Dress Code

GENERAL

The following dress codes apply to all Provincial and National level gymnasts and spotters.

- Length of shorts must not be longer than half thighs.
- Long tights or full-length one piece leotard will not be accepted.
- No jewelry may be worn by competitors, spotters and coaches acting as spotters. Taping of jewelry is not adequate. Medic alert bracelets can be worn, but must be taped. Support pieces must not create big contrast with skin colour. No underwear may be visible.
- When warm up is conducted in the competition gym all competitors and coaches must dress in competition attire or equivalent.
- In Individual and Synchronized Trampoline at club events athletes must wear their club competition attire in Preliminaries. Athletes have the right to choose their competition attire in Finals.
- Silicone socks/shoes are not permitted.

TEAMS

- Members of a team must wear uniform dress.
- Members of a team or a synchronized pair must wear uniform dress.
- Members of a mixed synchronized team must wear similar dress.

SPOTTERS

- Track suit and gym shoes. No jewelry or baseball caps.

FEMALE GYMNASTS (AS PER FIG)

- Leotard with long sleeves or tank style sleeves
- Shorts

MALE GYMNASTS (AS PER FIG)

- Male gymnasts can wear gym trousers or shorts in a single color except black or any other deep dark color.
- Sleeveless singlet

Any violation of the above may result in disqualification from the round in which the offence occurs. This decision is made by the Chair of Judges Panel.

6.4 Finals Regulations

Males and Females will be combined for finals for levels 1-4 but separated for L5+ (including Provincial Championships). L4 will be split for results ONLY so as to capture mobility requirements. The scores will be combined for awards.

Finals are required for all events at all levels at Provincial Championships.

Finals Scores will be cumulative not fresh start for levels 1-5.

6.5 Provincial Championships

GNL will offer annually a Provincial Championship competition during which Provincial Champions will be declared for Levels 1-6, Junior and Senior on each apparatus. Males and females will be combined for levels 1-4 but separated for levels 5+.

QUALIFICATION

Qualification is open to all competitors who are registered members in good standing at Levels 1-7, Junior or Senior with GNL.

AWARDS

Each event and category will receive medals for 1st-3rd and ribbons for 4th - 8th. Ribbons are not required to be presented on site if the host does not have a dedicated award ceremony area.

GNL, or its designated host, will hold qualifying and trial meets for the selection of Provincial Teams for competitions such as: Elite Canada, Canadian Championships, Canada Winter Games, and others as required. Bids to host these trials shall be circulated to member clubs as required. Awards for all selection and trial meets shall be the responsibility of the host club. The host club must cancel all recreational classes and birthday parties when hosting selection trials and training camps.

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

7.1 Gymnasts

7.1.1 General

- Gymnasts wishing to participate in a selection meet must be registered with GNL in the appropriate category. All petitions for gymnasts must be submitted by the gymnast's coach to the Technical Director prior to the entry deadline for the event.
- Once a gymnast or alternate has been selected to a Provincial Team, they must continue to train at suitable training level, execute full routines with appropriate content, follow any reasonable requests of the TG Technical Committee, and notify the Technical Director of any injuries.
- Final team selection is the responsibility of the TG Technical Committee and approved by the Technical Director.

7.1.2 Selection to Canadian & Eastern Championships

Selection to Canadian Championships will be based on the following criteria:

Level	Qualifying Score
L1	51.20
L2	53.00
L3	54.40
L4	56.00
L5	Note: Athletes must attain GCG Mobility Requirements to compete in this level + athletes must attend a minimum of 2 provincial cups or championships in the current competitive season to be eligible to attend Canadian Championships

Select athletes who have attained the AA qualifying score (100%) in their respective categories at the Provincial Championships.

National Level Athletes must meet mobility standards as per Gymnastics Canada rules and regulations.

For a tie in the final spot, the highest execution score at Provincials will be selected. Upon failure of this, a draw will determine selection

PROVINCIAL TEAMS FOR EASTERN AND CANADIAN CHAMPIONSHIPS

1. Registered athletes must have the Provincial Team uniform by date set by TPC/GNL to be considered for a Provincial Team.
2. Athletes must receive the necessary qualifying score(s) in their categories to be eligible for the respective provincial team.
3. If an athlete relinquishes his/her position on a provincial team, the TPC Chairperson/TD must be notified immediately. A \$25.00 administrative fee will be charged unless due to injury, in which a doctor's certificate must be received.

4. Should an athlete be injured and is unable to compete prior to travel and if the host competition allows entry, then said athlete must relinquish his/her position on the provincial team to the next highest scoring athlete. TPC/TD must be notified immediately.

5. TPC has the final decision.

6. No team travel, therefore, the team coach is named for possible GNL funding and as a contact for team members. The team coach can set team training, time and place for athlete and club coaches to meet at the competition site, discuss warm-up and competitive order with athletes' individual coaches.

For full Provincial Team Member regulations and responsibilities, refer to the GNL Team Travel Policy [under separate cover](#).

Eastern Canadian Championships

TR - P1 Up to 4 athletes per gender, per category	TR - P2 Up to 8 athletes per gender	TR - P3 Up to 8 athletes per gender	TR - P4 Up to 8 athletes per gender
12 & under			
13 & Over			

Each team will be composed of a minimum of 3 athletes and a maximum of 4 athletes (i.e., those 4 athletes contributing scores to the team title must be indicated on the official registration form). Prior to the start of competition an independent may replace a team athlete only in the event of an injury. Only categories with a minimum of 2 teams competing will be considered a team competition. Only one (1) Provincial team will be designated to represent each province in each category.

7.1.3 Selection to Canada Games, and other Team NL competitions

The TG Technical Committee shall establish selection and qualifying criteria for Canada Games and other major competitions as required and as they arise. Such criteria shall be circulated to all clubs with National Stream and High Performance gymnasts a minimum of 2 months prior to the first selection meet for the specific event.

For requirements for the NL Winter Games refer to that technical package.

7.1.4 Injuries and Medical Petitions

GENERAL

- If a gymnast is injured prior to the start of the first day of a trials competition, petitions for gymnasts must be submitted by the gymnast's coach, in writing to the TG Technical Committee, 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

- Petitioned gymnasts are ranked by the TG Technical Committee according to previous results, routine content, quality of execution, and potential to place at the event in question. 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, verification of full routines shall be evaluated by a National judge or a designate a minimum of 1-2 weeks prior to the travel departure day.
- Selection appeals for all competitions will be reviewed by the TG Technical Committee in consultation with the coach involved, and a final decision will be made by the Technical Director.
- 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.

7.2 Coaches

All coaches travelling with registered GNL members to competitions or named to the Provincial Team must have the required certification:

Provincial Championships and Sanctioned Invitationals

- Tramp/DMT Coaches NCCP 2 Trampoline Certification
- Tumbling Coaches NCCP 2 Trampoline and/or Artistic full

Easterns

- Tramp/DMT Coaches NCCP 2 Trampoline full certification
- Tumbling Coaches NCCP 2 Trampoline and/or Artistic full certification

Canadian Championships

- Tramp/DMT Coaches NCCP 3 Trampoline full certification
- Tumbling Coaches NCCP 3 Trampoline and/or Artistic full certification

Elite Canada

- Tramp/DMT Coaches NCCP 3 Trampoline full certification
- Tumbling Coaches NCCP 3 Trampoline and/or Artistic full certification

Canada Winter Games

- Trampoline Coach NCCP 3 (assistants can be Level 2)

All coaches named to a Provincial Team must be members in good standing of GNL and must be selected by the Technical Director in consultation with the TG Technical Committee.

All coaches named to a Provincial Team must provide a current police record check to GNL as per the current screening policies.

The number of coaches selected will be determined according to the team's needs, annual budget allocations, program, gymnast and coaching development requirements.

Each gymnast's club will be given points for their ranking in each event after all trial events are completed: 1st= 10, 2nd = 9, 3rd = 8, 4th = 7, 5th = 6, 6th = 5, 7th = 4, 8th = 3, 9th = 2, 10th = 1

Clubs with the most points shall then name a coach(es) for consideration by the TG Technical Director in consultation with the TG technical committee. The only coaches eligible to be named are the coaches of record of the gymnast who scored points. If a 2nd or more funded coaching spot is available to a club and

they do not have another coach of record, the open spot will be allocated to the next highest points scoring club with a coach of record eligible to attend.

GNL may assist in accrediting additional coaches to the floor if the individual or club accepts financial responsibility. All such requests must come to the TG Technical Committee and is subject to approval by the Technical Director. All coaches accredited to the floor, whether funded by GNL or by their club, or personally, shall be considered Team Coaches and part of the team delegation and they shall assume duties and responsibilities required for the team operations.

7.3 Team Managers

Team managers will be selected by GNL's ED or designate when team travel is necessary. A team manager's first responsibility is to supervise and support gymnasts and team members and not act as a coach on the floor.

All Team managers must provide a current police Record Check as per GNL Screening Policies.

PETITION FORM

Purpose

This 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.

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.

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
 - 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
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Reasons for Application:

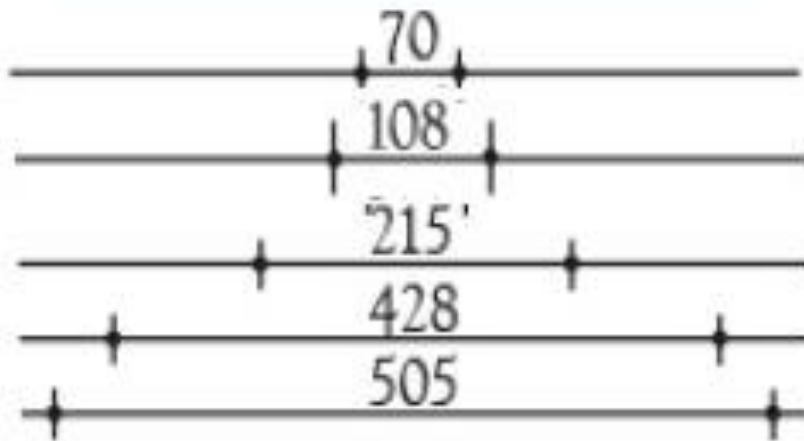
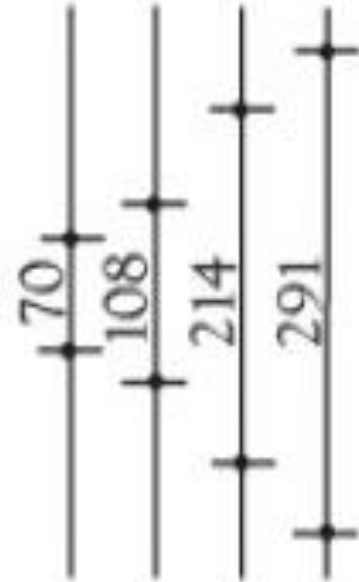
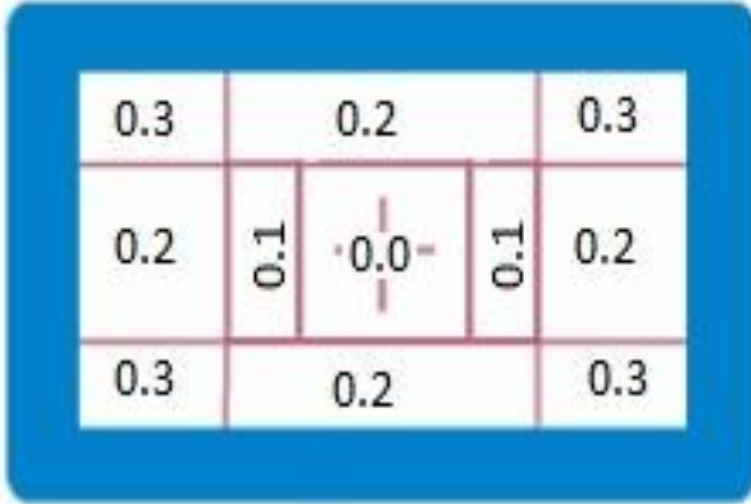
Additional Documents & Information:

You may attach any additional documents that you see fit and that you feel could help the Technical Committee make a recommendation.

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

Appendix I

Line Placement for Horizontal Displacement on Trampoline



APPENDIX 2

GNL Provincial Camp Structure

Camps will be scheduled between the months of June - December so as not to interrupt the competitive season. If possible, host 2 camps per level. Clubs need to be available to host such camps with the understanding that camps will be held within reason to give host club an opportunity to continue with regular programming as much as possible.

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

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

Coaches from clubs (not actively coaching at the camp) CAN be invited to attend on an observation basis for a minimal fee or at no cost.

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

Selection Process:

All competitive athletes and aspiring pre-competitive athletes should be involved at some level to continue with the positive upward mobility of NL gymnastics and trampoline. The number of coaches can reflect the number of athletes. See #2 below. Results of that year's Provincials, Atlantics, Easterns and Canadians will be taken into consideration for selection to the respective camp, keeping to the maximum number of athletes per grouping per event. Depending on numbers, can select top end results and lower end results applicable to the type of camp.

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

1-2 Coach education focus

Experts: NL Coaches and Guest coach(es)

Include Physical Literacy education / presentation to help GFA

clubs WAG 6 rotations (including Dance / trampoline/physical

abilities) MAG - 6 or 7 rotations (incl Trampoline)

WAG/MAG - Maximum 7 athletes per group. Trampoline - 10 athletes per

trampoline Clubs must send at least 1 coach if they have athletes (ratio 1: 5

recommended)

Up to 6 expert coaches / and all other coaches rotate with their athletes and

learn Physical ability component

Preferably hosted in central NL and in clubs that are not able to host higher-level athletes due to equipment/facility restrictions

2-day camp, 3.5 hour training each day with the possibility of hosting 2 camps per day with different athletes.

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

Level 3+ Coach education focus

Experts: NL Coaches and Guest coach(es)

Add a theory component (athlete development, long term planning, the competitive structure...) Include Physical Literacy education / presentation to help GFA clubs

WAG 6 rotations (including Dance / trampoline/physical abilities) MAG - 6 or 7 rotations (incl Trampoline)

WAG/MAG - Maximum 7 athletes per group. Trampoline - 10 athletes per trampoline Clubs must send at least 1 coach if they have athletes (ratio 1: 5 recommended)

Up to 6 expert coaches / and all other coaches rotate with their athletes and learn Physical ability component

2-day camp, 4 hour training each day with the possibility of hosting 2 camps per day with different athletes.