



**MAG**  
**Program Manual**

MARCH 2020

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## **Mission and Vision Statement**

The MAG Program Committee is dedicated to promote men's artistic gymnastics providing the opportunity of participation and promoting fitness, wellbeing and social values at all levels of interest and ability, regardless of age, from the beginner levels of the competitive program to the high performance level.

The MAG PC as a committee of GNL will adhere to the ideals of promoting a Safe Sport environment for all its members and inclusion for all participants.

The MAG Program Committee will promote the highest standards of excellence from our coaches, judges and athletes.

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## **SECTION ONE – MPC ORGANIZATION**

### **Article 1.1 - PURPOSE**

The goals and objectives of the Mens Program Committee are as follows:

1. Co-ordinating and supervising the Mens Program (MP) technical aspects of all Gymnastics Newfoundland and Labrador (GNL) Mens Programs.
2. Establishing MP technical regulations in accordance with technical rules and Gymnastics Canada (GymCan -GC) and the Provincial Pathways Program (CPP)
3. Planning and conducting of competitions, clinics, camps, and courses relating to the programs of GNL MP.
4. Conducting and determining the scope of education for instructors, coaches, judges and other officials at the provincial and regional level.
5. Determining provincial requirements within GC and Provincial Pathways guidelines and their distribution and interpretation.

### **Article 1.2 - ORGANIZATION AND STRUCTURE**

The MPC of GNL consists of:

1. Technical Director (GNL Staff)
2. Judging Chairperson
3. One club member representative from each registered member club of GNL who offer a Men's Artistic Gymnastics Program.

Additional Committees shall be formed when necessary upon the recommendation of the Men's Program Committee. The Men's Program Committee shall name the Chairperson of each additional committee.

### **Article 1.3 - ELECTION OF OFFICERS**

With the exception of the Technical Director, each term will be one year (September - September).

The Judging Chairperson will be a named position. Each club representative will be stated at the Annual General Meeting (AGM) held in September.

### **Article 1.4 - DUTIES OF MEMBERS**

#### **1.4.1 Technical Director (TD) - STAFF - Non Voting**

1. The Technical Director will chair the Men's Program Committee Meetings whenever possible.
2. Liaises between MPC and GNL Executive Director and the Board of Directors
3. Coordinates/set the MPC budget proposal to be submitted to GNL at the first meeting in the fall of that competitive season
4. Monitors MPC allotment from GNL
5. Ensures all Technical Information is circulated to members clubs
6. Coordinates long and short term planning for provincial gymnastics programs.
7. Shall be the voting delegate representing GNL at the GC AGM and respective GCG WAG Meetings. If the TD is not available, the TD, MPC and GNL Executive Director will designate a suitable representative.

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8. The TD shall be the voting delegate representing Newfoundland and Labrador at Atlantic and Eastern Meetings organized to discuss the respective policies. If the TD is unavailable, the MPC will designate a suitable representative.

#### **1.4.2 Judging Chairperson**

1. Chairs a working sub-committee (JDC) of at least (3) member judges, preferably from each of the 3 disciplines.
2. Reports to MPC all activities and recommendations of the judging sub-committee
3. Maintains record of all active judges in the province; is responsible for ensuring adequate judges are present at competitions
4. Administers the rating system for judges and maintains an annual judging directory
5. Ensures judges “Code of Ethics” is updated as necessary
6. Ensures all pertinent technical information is sent out immediately to all judges
7. Establishes budget and expenses for all judging clinics, competitions and judging committee to be approved by the MPC AGM
8. Ensures clubs are sent judges contact list and particulars for hosting by December of that competitive season
9. Sets judges honorarium for competitions and clinics to be approved by the MPC
10. Sets judging calendar for MPC activities
11. Ensures enough judges adequate to sanction club competitions and provincial championships.
12. With the Judging Committee, decides who attend Atlantics, Eastern’s and Nationals depending on provincial rank and level of judging certification.
13. Organizes judging clinics ensuring dates of such clinics are given to ED/TD to be included in the GNL Calendar of Events

#### **1.4.3 Secretary**

1. Takes minutes of MPC meetings and sends them to TD no later than one (1) week after date of respective meeting. The TD will send the minutes to clubs within a 2 week time frame.
2. Ensures an updated calendar of MPC Meetings is given to ED/TD to be included in the GNL Calendar of Events
3. Prepares a Motion Index from minutes of meeting of the full year to be copied and circulated at the MPC Annual General Meeting
4. Prepares and circulates agendas for all MPC meetings in consultation with the TD at least fourteen (14) days prior to meeting

#### **1.4.4 Club Representative**

1. Acts as a liaison between their club and the MPC of GNL
2. Presents competition sanction to the Executive Director or Technical Director by October 31st for that competitive season
3. Communicates clubs needs and suggestions/concerns to MPC / TD
4. Sends proposed agenda items to the Secretary and/or TD, one (1) week after the notice of MPC meeting is received
5. Is the voting representative for their club at MPC Meetings

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## Article 1.5 - MEETINGS

Whenever possible meetings will be scheduled to coincide with GNL Sanctioned Events.

### 1.5.1 Annual General Meetings

1. To be held the same date as the GNL AGM, whenever possible
2. Representation from **two (2)** member clubs shall constitute as a quorum
3. Each member club is entitled to one (1) vote
4. There will be no proxy votes
5. AGM Agenda
  1. Call to Order
  2. Approval of Agenda
  3. Reading and Approval of Minutes of Previous AGM
  4. Reading and Approval of Motions Index
  5. Reading of Annual Reports
  6. Business Arising from Reports
  7. New Business
  8. Nominations of MPC
  9. Election of MPC
  10. Adjournment

### 1.5.2 Agenda

Member clubs will receive the agenda for any MPC Meeting at least fourteen (14) days prior to the meeting date. Whenever possible, notices of motions from club representatives should be submitted to the TD in time for inclusion on agenda.

Order of Business of the agenda shall be as followed:

1. Call to Order
2. Approval of Agenda
3. Reading and Approval of Previous Meeting Minutes
4. Reading of Reports
5. Unfinished Business
6. New Business
7. Adjournment

### 1.5.3 Minutes

Minutes of all MPC Meetings will be emailed within the two week period following the meeting date to all member clubs, judges and GNL ED.

## Article 1.6 - VOTING

### 1.6.1 Men's Program Committee

Voting members representing at least two (2) registered Men's Artistic Gymnastics clubs shall constitute a quorum, for regular meetings. The Men's Program Committee shall decide, by a simple majority vote, all motions that are placed before the Committee. There shall be no voting by proxy.

When urgent matters require immediate decision, an email or telephone vote may be conducted. Such a vote shall be conducted jointly by the TD and Secretary. The results of an email or telephone vote shall be communicated in writing to all members of the MPC within seven (7) days of such a vote and shall give details of votes cast and against for the motion(s) in question.

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### **Article 1.7 - MEN'S PROGRAM MANUAL**

A copy of the Men's Program Manual will be sent to all registered clubs upon receipt of registration fees. Extra copies may be requested by registered coaches and judges from the GNL office. The Manual will be reviewed annually and changes voted upon at the MPC Annual General Meeting.

### **Article 1.8 - PROCEDURE FOR CHANGING PROGRAM RULES**

Program rules may be changed at the MPC AGM by a two-thirds (2/3) majority vote of registered clubs attending.

No changes to Technical Rules may be made following the AGM unless the changes have been received in writing by all registered GNL Men's Artistic Gymnastics Competitive Clubs thirty (30) days prior to the vote and are approved by a two-thirds (2/3) majority of those clubs.

### **Article 1.9 - FINAL AUTHORITY**

The final authority for all acts, activities and undertakings of Men's Program Committee shall rest with the GNL AGM and consequently the GNL Board of Directors. The Constitution and By-Laws of GNL shall take precedence and shall be binding and final.

## SECTION 2: MAG PROGRAM RULES AND REGULATIONS

### 2.1. Canadian Provincial Pathways Program

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

The Provincial Pathway is a modification of the FIG Junior rules. Therefore, all FIG Junior rules apply including the restricted elements, repetition, maximum five counting skills per Element Group, time on floor, three parts of the Pommel Horse, etc. Modifications to the FIG Junior rules include a reduction in the number of EGRs required, and the difficulty requirement of the dismount has been reduced. FIG execution deductions are applied unless stated otherwise.

#### 2.1.A PROGRAM DESCRIPTION

The Provincial Pathway consists of 6 levels.

Provincial 1, 2 and 3 compete within their Province

Provincial 4 and 5 compete in Regional competition (Westerns and Eastern Championships)

National Open competes at the Canadian Championships.

Long Term Development in The Pathways

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



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

#### Provincial Pathways Rules & Methodology

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

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

	Competition Category (by years of birth)	
Category	2019-2020 Season (Competition season start from September 1, 2019 until August 31, 2020)	2020-2021 Season Competition season start from September 1, 2020 until August 31, 2021
National Open	2005 or earlier	2006 or earlier
Provincial 5	2003 - 2004 - 2005 - 2006	2004 - 2005 - 2006 - 2007
Provincial 4	2007 or earlier	2008 or earlier
	2008 - 2009 - 2010	2009 - 2010 - 2011
Provincial 3	2007 or earlier	2008 or earlier
	2008 - 2009 - 2010	2009 - 2010 - 2011
Provincial 2	2008 or earlier	2009 or earlier
	2009 - 2010	2010 - 2011
	2011 - 2012	2012 - 2013
Provincial 1	2008 or earlier	2009 or earlier
	2009 - 2010	2010 - 2011
	2011 - 2012	2012 - 2013

## 2.2 Canadian Elite Pathways Program

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

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

**2.2.A PROGRAM DESCRIPTION** - This program has been prepared with the goal of developing a higher level of elite performance for Canada.

The Elite Pathway program consists of 7 Categories of competition; Elite 1, Elite 2, Elite 3, Elite 4, Junior and Senior Next Gen and Senior.

The goal of the compulsory routine program is to prepare Age Group gymnasts to successfully compete at the Senior International Level.

Junior, Senior Next Gen and Senior categories, within the Elite Pathway, must participate at Elite Canada and the Canadian Championships.

Elite 4 athletes must participate in a Compulsories Screening Event as well as Western or Eastern-Canadian Championships, and/or Elite Canada. They do not compete at Canadian Championships. Elite 3 athletes must participate at the Western and Eastern Canadian Championships, and do not compete at Canadian Championships or EliteCanada.

Elite 1 and Elite 2 athletes participate in Provincial level competitions.

For all categories except Junior and Senior, the physical evaluation scores will be added to the Optional and compulsory exercise scores to determine the final score.

## Long Term Development in the Pathways

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

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

	Competition Category (Years of Birth)	
Category	2019-2020 Saison (Competition season start from September 1, 2019 until August 31, 2020)	2021 Competition Saison (Competition season start from September 1, 2019 until August 31, 2020)
Senior	1999 or earlier	2000 or earlier
Senior Next Gen	2000 – 2001 - 2002	2001 – 2002 - 2003
Junior	2005 - 2006	2006 - 2007
	2002 – 2003 - 2004	2003 – 2004 - 2005
Elite 4	2006 – 2007 - 2008	2007 – 2008 - 2009

Elite 3	2008 – 2009 - 2010	2009 – 2010 - 2011
Elite 2	2010 - 2011	2011 - 2012
Elite 1	2011 - 2012	2012 - 2013

### 2.3. COMPETITIVE STRUCTURE SCHEMATIC

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

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## Article 2.4 - GENERAL ELIGIBILITY

### Athletes:

1. Athletes, coaches and officials must be registered with GNL by October 1<sup>st</sup> of that competitive season. After this date, name must be submitted to GNL if wishing to switch to competitive. Clubs must ensure that gymnast(s) are re-registered as competitive gymnasts.
2. Athletes wishing to compete in sanctioned qualifying competitions must be registered as a competitive gymnast with GNL. Host club must check list received from GNL Executive Director and notify Competitions Chairperson of any non-competitive gymnasts. Competitions Chairperson will then notify gymnast(s)'s club. Failure to register as competitive gymnast, at least one (1) week prior to date of sanctioned event, will forfeit entry to that respective competition.
3. No changes to a gymnast(s) category/level are allowed, one week prior to said date of sanctioned qualifying competition.

### Coaches:

Coaches must also have completed Respect in Sport and the on-line Making Ethical Decisions (MED) component, Vulnerable Sector and Criminal Record Check.

Coaches must have a minimum of certification, as listed below, to be eligible to coach on the floor at ALL GNL Sanctioned Qualifying competitions including Provincial Championships:

In Province Sanctioned Meets - Comp Intro In Training or Old NCCP Level 1 Certified

A Gymnastics Foundations Artistic Gymnastics certified coach can coach Level 1 (P1) at Provincial Championships. A Gymnastics Foundations Artistic Gymnastics

Trained coach can coach Level 1 (P1) at Provincial Championships if supervised by a Gymnastics Foundations Artistic Gymnastics certified coach.

Provincial/Atlantic/Eastern Championships - Comp Intro or Old NCCP Level 2 Certification

National Level Competitions (Elite Canada, Canadians) Comp Dev NCCP Level 3

It is highly recommended that coaches working with competitive athletes continue to upgrade their knowledge and skill levels through professional development and coach education courses for the safety of their athletes.

Coaches can only apply for exemption once

Coaches will only be granted NCCP exemption for in-province competitions

Coaches requesting exemption **can not** be on the floor alone, they must be on the floor with a trained/certified coach

Coaches must submit the exemption form a week before the competition registration deadline

### Appendix 1 Application form for Exemption

#### 2.4.1 Provincial Championships

Registered gymnasts must compete in the proper age category and in at least one GNL sanctioned or approved qualifying competition during the respective competition season to be eligible to compete in the Provincial Championships. A gymnast may change from one category or level to another in an upward or downward mobility and compete in Provincial Championships in any category/level.

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## 2.5 Qualification for Championships

### 2.5.1 There is no qualification score for Provincial Championships.

### 2.5.2 – QUALIFICATIONS FOR CHAMPIONSHIPS - ATLANTICS, EASTERNS, CANADIANS

Select athletes who have attained the qualifying score from the combination of 30% from overall result at a sanctioned competition and 70% Provincial Championships.

For a tie in the final spot, the lower individual apparatus score will be dropped and the highest total of the remaining individual apparatus scores (5 for optionals, 6 for compulsory levels) will decide, and that athlete will be selected. Upon failure of this, a draw will determine selection.

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

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

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

**Petition Process:** For selecting individuals to the Provincial Team, who do not fit the above criteria, petitions must be received no later than the registration deadline for Provincials.

The only requests that will be accepted during the team meeting at Provincial Championships are those based on circumstances that happen between the registration deadline and Provincial Championships with no prior existing condition.

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## **Article 2.6 – PROVINCIAL TEAMS For Atlantics, Easterns and Canadians**

1. Registered gymnasts must have the Provincial Team uniform by date set by MPC/GNL to be considered for a Provincial Team.
2. Gymnasts must receive the necessary qualifying score(s) in their categories to be eligible for the respective provincial team.
3. If a gymnast relinquishes his position on a provincial team, the MPC 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 a gymnast be injured and is unable to compete prior to travel and if the host competition allows entry, then said gymnast must relinquish his position on the provincial team to the next highest scoring gymnast. MPC/TD must be notified immediately.
5. MPC 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.

### **2.6.1 Atlantic Canadian Gymnastics Championships**

#### **Athletes**

The following categories are eligible to compete at the Atlantic Gymnastics Championships:

A full team consists of minimum three (3) and maximum six (6) athletes. 6-6-3 format.

Potential Teams (13 in total)

Provincial 1: U10, U12, 12+

Provincial 2: U10, U12

Provincial 3: U13, 13+

Provincial 4: U13, 13+

Provincial 5, National Open, Elite 3, Elite 4

#### **Coaches**

Minimum COMP 1/ Old NCCP Level II Certified. Coaches must also have completed Respect in Sport and the on-line Making Ethical Decisions (MED) component, Vulnerable Record and Criminal Record Check. The MED component completed, will depend on the coaches training – Competition Introduction or Competition Development.

Named coaches (minimum 19 years of age) are selected based on the results of their athletes in each respective category.

The Team Coach for **Atlantic Championships** will be selected based on the placing of the gymnasts by the following point system :

6 pts. for 1st place	AA
5 pts. for 2nd place	AA



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

4 pts. for 3rd place      AA  
3 pts. for 4<sup>th</sup> place      AA  
2 pts. for 5<sup>th</sup> place      AA  
1 pt. for 6<sup>th</sup> place      AA

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

### 2.6.2 Eastern Canadian Gymnastics Championships

**Athletes - A minimum of 3 athletes are needed to form a team.**

#### Coaches

Minimum COMP 1/ Old NCCP Level II Certified. Coaches must also have completed Respect in Sport and the on-line Making Ethical Decisions (MED) component, Vulnerable Record and Criminal Record Check. The MED component completed, will depend on the coaches training – Competition Introduction or Competition Development.

Named coaches (minimum 19 years of age) are selected based on the results of their athletes in each respective category.

The Team Coach for Eastern Championships will be selected based on the placing of gymnasts by the following point system:

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

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

### **2.6.3 Canadian Gymnastics Championships**

#### **Athletes**

The following categories are eligible to compete at the Canadian Gymnastics Championships:

National Open: May register a maximum of eight (8) athletes. Team competition: 8-6-4

Junior/Senior: May register all athletes that have achieved qualification standards

Potential Teams (3 in total): National Open, Junior, Senior

#### **Coaches**

Minimum COMP 2/Old NCCP Level III Certified Coaches must also have completed Respect in Sport and the on-line Making Ethical Decisions (MED) component, Vulnerable Sector and Criminal Record Check. Named coaches (minimum 19 years of age) are selected based on the results of their athletes in each respective category.

The Team Coach for Canadian Championships will be selected based on the placing of gymnasts by the following point system:

6 pts. for 1st place AA

5 pts. for 2nd place AA

4 pts. for 3rd place AA

3 pts. for 4<sup>th</sup> place AA

2 pts. for 5<sup>th</sup> place AA

1 pt. for 6<sup>th</sup> place AA

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

**COACHES** - Coaches will be named to teams according to the overall results of qualified athletes. Team coaches must be minimum 19 years of age.

**Note:** Since no team travel, 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.

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## **2.6.4 Officials**

Officials representing GNL at Atlantic and Eastern and Canadian Championships must be 19 years of age.

\*\*\* See Judging Handbook for specific selection guidelines\*\*\*

### **Other Out-of Province Competitions**

Selection criteria for members of a GNL team will be determined by the Men's Program Committee. Any out-of-province competition sanctioned as qualifying meets for Provincials, Atlantics, Easterns or Nationals must be approved at the AGM of the MPC. Any member of GNL who plan to participate in out-of-province/country competitions, must complete and submit (through the club) a GNL Notification Form prior to departure

### **Appendix 2**

For athletes/coaches participating in out-of country competitions GCG sanction procedures and time-lines must also be followed. Please refer to GCG Authorization to Travel – Form A

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## SECTION 3 - GNL Events

### Hosting Criteria & Expectations

Events must be sanctioned by GNL.

GNL Hosting Manual outlines hosting expectations and criteria including Judging Guide lines.

**Article 3.1 COMPETITIONS** Competition hosting must follow from the guidelines stated in the GNL Hosting Manual and additional sections in this manual.

Late registration - A club is entitled to charge a \$25.00 late registration fee for clubs miss ing the deadline.

Medical Refunds: Notice must be received within reason, to the start date of the sanctioned competi- tion and must be accompanied with a doctor's note, a medical refund of registration fees will be giv- en. There is a \$10.00 administration fee for all medical refunds. No notice = no refund.

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

### 3.1 (a) GNL Competition Format for events sanctioned by GNL

Competition procedures listed in this section are in effect for events sanctioned by GNL including Provincial Championships. Competition Qualifier formats should be as close to what NL athletes will encounter at Team Travel events.

#### A. Warm Up Procedures

For GNL hosted events, the warm up format will be a guideline following from GCG recommendation.

**B. Grouping of Athletes** Athletes will be grouped in a way to ensure the best quality of judging possible and to ensure efficiency during competitions.

- Groups with more than one club represented should have a random draw for club order in the first rotation and then alternate for other rotations
- During team event competitions, a club team cannot be split (dependent on the number of team members. Provincially, there is no max on team size)
- Clubs need to understand that it will not always be possible to have all their athletes in the same group during a session
- For sessions with mixed level/age groupings, there will be a random draw for group 1 placement for start on the 1<sup>st</sup> event of the Olympic order as all athletes should have equal opportunity to begin in this placement.

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**C. All Around Competition**

In the event that only one (1) individual competes in an age category and cannot be combined with another they will be eligible for the all-around

**D. Individual Event/Apparatus Competition**

If a gymnast does not compete on all apparatus or scratches from one or more events, they are still eligible for the individual event/apparatus awards. Individual event athletes are still eligible for the computation of the team score and the club award where applicable.

**E. Results**

In NL, placements are not skipped in the results (ie: 1, 2T, 2T, 3, 4T, 4T, 5).

**1. Flashing Scores**

When electronic scoring is not used, only the Start Value / D score will be flashed at qualifying meets

**2. Posting of Results**

When not using online scoring, results are to be posted after each rotation for coaches to view. The meet director/competition announcer must announce when results are posted and the 15minutes will begin from that time.

There is to be an up to 15 minute coaches meeting at the end of the competition for coaches to review and sign off on results before results are posted for public and considered final.

No awards are to be given out until coaches' and judges review the results first.

**3. Errors & Revisions**

It is recognized by GNL that human errors do happen from time to time when imputing results data. GNL has put many checks in place to minimize these types of errors. It is the responsibility of tabulators, coaches and judges to check results before they are considered final.

In the rare case that something does get missed after final results are posted it will be adjusted any time prior to the start of the next qualifier meet (or prior to team naming in the case of provincials) as athletes deserve the scores the judges intend them to have and could affect qualification to Provincial Teams at no fault of the athlete.

**3.1(b) GNL Competition Technical Rules**

**Inquiry & Protest Procedure**

Inquiry = Verbal request for information from the HJ at the judges table; requests must use respectful communication

Protest = Written request for consideration

- While protests must be made by the same coach who makes the original inquiry, a senior coach can co-sign forms in an effort to increase development opportunities of junior coaches
- Protests must be made in writing, and directed to the Chief Judge within 15 minutes of the posting of results.
- The Chief Judge must pass the protest on to the Head Judge of the respective apparatus.
- There is a \$5.00 protest fee. If the protest is sustained, the fee will be returned. If the protest is over-ruled, the Host Club will retain the fee. The Protest Form is located in the appendix.
- Protests can only be made on the basis of Routine Content (SV /D Score)

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Appeal = When there is disagreement over the reason given for the decision made by the Head Judge on the protest, the coach can appeal to the Chief Judge. The appeal goes directly to the Chief Judge of the competition for a final ruling.  
The decision of the Chief Judge is final and must be abided by.

### **APPENDIX 3** Protest Form

## **3.1.2 Provincial Championships**

### **a. Registration of Athletes**

Gymnasts must be registered with GNL.

Medical Refunds: Notice must be received within reason, to the start date of Provincial Championships and must be accompanied with a doctor's note, a medical refund of registration fees will be given. There is a \$25.00 administration fee for all medical refunds. No notice = no refund.

### **b. Appointment of Officials**

Judges must be registered with GNL as an official.

The appointment of judging panels will be the responsibility of the GNL JDC and ultimately the GNL Board of Directors.

Panels will be set and distributed to the JDC a minimum 10 days prior to a competition. Panels must note judges' name, event assignment and judging level. Panels must be sent to judges 1 week prior to the said competition.

All available judges in the hosting centre will be utilized and panels will be filled, as needed, outwards from the Host Club, minimizing travel and other costs, if applicable, whenever possible.

Judges assigned to Provincial Championships are expected to be available to judge at all levels and events for which they are qualified.

The following guidelines will be used when constructing panels if at all possible, however in extenuating circumstances, judges of lower levels than specified may have to be used to fill panels.

Whenever possible, the Competition Chief Judge should have no specific judging responsibilities – they are to oversee the panel judges at the competition. Competition Chief Judge – Certified at the level of the highest competing athlete in the session.

Event Head Judge – Certified at the level of the highest competing athlete in the session

Panel Judges – Trained to judge at the appropriate level(s)

**\*\*\*GNL Judging Handbook states additional information \*\*\***

### **c. Meetings**

At Provincial Championships, there will be a coaches meeting prior to each session. This meeting will be to give any program updates and clarifications as well as any additional competition procedures. The chief judge of the session chairs the coaches meeting in conjunction with the host club

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floor marshal.

Following categories eligible for OOP competitions, a meeting will take place to name teams. The schedule must allow a minimum of 20 minutes between flights for such a meeting.

The Program Committee meeting is chaired by the appropriate Program Committee Person or the Technical Director.

#### **d. Awards**

There will be no combined categories at Provincial Championships.

Medals will be awarded in all age categories.

Medals will be awarded to athletes in 1st, 2nd and 3rd place standings

Ribbons - will be awarded in all age categories.

Ribbons will be presented from 4th to 6th place

#### **Trophies, Plaques & Special Awards**

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

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

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

b. **The GNL Plaque** (Donated by Gymnastics Newfoundland & Labrador). Awarded annually for the highest aggregate score in Men's Provincial Stream Level 3, 4 & 5 regardless of Age Category.

c. **The Lomond Award** (Donated by Airials Gymnastics Club). Awarded annually for the highest aggregate score Men's Level 1 & 2 Provincial Stream, regardless of age category.

d. **The Woolgar-Tarrant Award** (Donated by the Woolgar-Tarrant Family) in honor of the GNL Technical Director position and GNL initiative to have more athletes compete at higher levels of competition. This award is a cross discipline award. Awarded annually for the highest aggregate score in Women's Aspire and/or Men's Elite Programming regardless of Category.

f. **Program Awards:**

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

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

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## 3.2 GNL Provincial Camp Structure and Accountability

Camps will be scheduled between the months of June - December so as not to interrupt the competitive season. If possible, host 2 camps per level.

Clubs need to be available to host such camps with the understanding that camps will be held within reason to give host club an opportunity to continue with regular programming as much as possible. In other words, not lose money by hosting a camp. Within reason, host clubs should coincide with the needs of the level of athletes.

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

Request to clubs must be sent allowing for the club to suggest at most 3 possible dates to host. Request should be sent no later than April of that competitive season.

Host clubs will be paid a rental fee of \$100.00 for half day and \$200.00 for full day.

Camps are held to benefit all competitive athletes within the GNL community.

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

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

A proposed budget must be done prior to the camp to include coaches honoraria and expenses(OOP and In Province), gym rental, and fee. Clubs must agree to the fee. Following the camp, a final budget should be sent to applicable parties. Should a camp realize profit, funds from such camp need to be set aside for future camps and/or athletes funding.

A schedule must be done prior to the camp and sent to coaches.

A coach education session be planned for exchange of ideas and a clinician Q & A.

Other sessions should be offered where applicable i.e.. Nutrition, Athletic Trainers, Artistic Impression, Pilates, Theory Component - long term planning, club structure, competitive structure..etc.

### **Selection Process:**

All competitive athletes and aspiring pre-competitive athletes should be involved at some level to continue with the positive upward mobility of 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.

All club coaches and/or representatives must be involved in discussion with respect to selection.

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

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



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**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.

**3.3 Canada Winter Games. - to be revised - target date June 2020**

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### 3.4. Other Competitions

For athletes/coaches participating in out-of country competitions GCG sanction procedures and time-lines must also be followed. Please refer to GCG Authorization to Travel – Form A

**3.4.1 Elite Canada** - Video Submissions to GCG by Individual Clubs. Refer to Gymnastics Canada MAG Technical Regulations.

#### 3.4.2 Atlantic, Eastern, National Championships

Regulations as outlined by the AUGA and/or GCG and the host provinces.

Atlantics: Hosting is based on Atlantic Provinces rotation. Newfoundland & Labrador will host the Atlantic Gymnastics Championships every four years.

Easterns: Hosting is based on a rotation schedule. Every second year this event will be in an Atlantic Province.

Nationals: Hosting based on bids accepted by GCG

#### 3.4.3 Newfoundland & Labrador Winter Games

The Newfoundland and Labrador Games is a program of the Government of Newfoundland and Labrador. Held every second year, alternating winter and summer, the Games is the largest multi-sport event staged for the youth of the province, bringing together young athletes from 11 to 18 years of age from all regions of the province to share in the spirit of athletic competition.

The Newfoundland and Labrador Games is considered by some participants to be the highlight of their sporting experiences.

The Newfoundland and Labrador Games are to provide a multi-sport competition that would identify athletes with the potential to compete at the CWG and/or proceed to national level competition

##### 1. Regions

There are 8 regions represented at the NLWG; 9 regions when St. Pierre et Miquelon compete.

They are as follows:

Labrador, Western, Central, Eastern, Avalon, St. John's North, Mt. Pearl South & Host Potential that some regions could send two teams

##### 2. Eligibility

As per Provincial Government/Host Technical and Policy Manuals.

WAG: based on equipment availability (2018 – JO6)

MAG: based on equipment availability (2018 – CPP1)

3-6 per team (regions with less than 3 can send individuals but they will not count in the points for team awards and Special NLWG awards)

##### 3. Regional Team Selection

###### i. Staff

- Coaches & chaperones shall be minimum 19 years of age.
- Coaches shall be minimum Comp Into In Training Status
- For chaperones to have access to the competition floor they must be a minimum NCCP Foundations Trained

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Officials representing GNL are required to sign a “Letter of Compliance” in support of GNL. Provincial Team Policies and Code of Conduct prior to departure. Refusal to sign will result in replacement of the official by GNL.

**ii. Athletes**

- Regional Qualifiers shall take place by a date to be determined by Provincial Government/Host before the Games.
- Regional representatives shall be appointed for each region and responsibilities assigned by GNL prior to the Play downs.

**4. Funding**

- The Provincial Government funds participation at the Games. Regional qualifiers may be eligible for government funding.

**3.4.4 Canada Games**

The Canada Games is a high level multi sport event held every two years in Canada, alternating between Summer and Winter. Athletes are strictly amateur only and represent their province/territory. This is a key event in the development of Canada’s young athletes. The best in their age group, these young competitors come to the Games having trained long and hard to be among those chosen to represent their respective province or territory and compete for the Canada games flag and centennial cup. With the Canada games poised as a key step in the development of Canada’s future stars, Canada games athletes are Canada’s next generation of national, international and Olympic champions.

**3.5 Camps / Clinics / Courses**

Any members of GNL who participate in club run in-province camps, clinics or courses must complete and submit (through the club) a GNL Notification Form. Events submitted on the GNL Notification form will be used in the accumulation of PD Points for Annual Awards. Events must be received at least 4 weeks in advance to be eligible for application of NCCP PD points.

Any members of GNL who participate in out-of-province/country camps, training sessions, clinics or courses, must complete and submit (through the club) a GNL Notification Form

**Appendix 4.** Events submitted on the GNL notification form will be used in the accumulation of PD Points for Annual Awards. Events must be received at least 4 weeks in advance to be eligible for application of NCCP PD points.

For athletes/coaches participating in out-of country training sessions, clinics or courses, GCG sanction procedures and timelines must also be followed. Please refer to GCG Authorization to Travel – Form A

Athletes traveling to training sessions without a coach must attach a letter of approval from the hosting club

Any clubs bringing in out-of country clinicians/coaches for camps, clinics or courses, GCG sanction procedures and timelines must also be followed. Please refer to GCG Authorization to Host – Form H



**APPENDIX 1      NCCP Exemption – Access to Competition Floor**

Coach Name: \_\_\_\_\_ NCCP/CC#: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Club: \_\_\_\_\_

Level of Coach Training:

\_\_\_\_\_  
\_\_\_\_\_

Reason for Exemption Request:

\_\_\_\_\_  
\_\_\_\_\_

Name of Supervisor Coach on the Floor: \_\_\_\_\_

Level of Training of the Supervisor Coach: \_\_\_\_\_

Will the Supervisor Coach have Additional Duties While on the Floor: \_\_\_\_\_

If Yes, Please Specify:

\_\_\_\_\_  
\_\_\_\_\_

Coach Signature: \_\_\_\_\_

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

Supervisor Signature: \_\_\_\_\_

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

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**GNL Office Use Only**

Date Received: \_\_\_\_\_

GNL Signature: \_\_\_\_\_

Accepted: \_\_\_\_\_

Denied: \_\_\_\_\_



**APPENDIX 2 PROTEST FORM**

**EVENT:** \_\_\_\_\_

**NAME OF ATHLETE:** \_\_\_\_\_ **NUMBER:** \_\_\_\_\_

**ATHLETE LEVEL:** \_\_\_\_\_

**COACH'S RATIONALE:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**COACH SIGNATURE:** \_\_\_\_\_ **TIME:** \_\_\_\_\_

**ADDITIONAL CLUB COACH SIGNATURE:** \_\_\_\_\_  
(If Applicable)

\_\_\_\_\_

**Accepted:**

**Denied:**

\_\_\_\_\_

**COMMENTS INCLUDING RATIONALE FOR DECISION:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_

**TIME:** \_\_\_\_\_

1. Protest fee is \$5.00
2. Protest is accepted on content only, as per GCG
3. No protests for vault
4. Protest must be made within 15 minutes of the posting of results
5. Protest to be given to the Chief Judge
6. Fee refunded if the protest is accepted



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### Appendix 3

### Notification for Out of Province Activity

This form must be completed by clubs who have arranged out-of-province training, camps, clinics or competitions for athletes and/or coaches

- a) Activities submitted on this form will be used towards:
  - The accumulation of Professional Development Points for GNL Annual Awards
  - Application to GCG for the approval of CAC coach certification PD Points (only activities submitted to GNL at least 4 weeks prior to the event will be forwarded)
- c) For all activities outside of Canada there is an additional GCG form that must be completed and submitted at least 30 days prior to the event registration deadline (call the office for details)

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Club:	Club Contact Information:
Activity:	Location:
Activity Dates:	Travel Dates:
Participants (Athletes/Coaches/Staff/Managers/Chaperones):	

**SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_



**APPENDIX 4                      NOTIFICATION of IN-PROVINCE/HOST CLUB ACTIVITIES**

- a) This form must be completed by clubs who have arranged in-province training, camps, clinics or in-house competitions for athletes and/or coaches
- b) Activities submitted on this form will be used towards:
  - The accumulation of Professional Development Points for GNL Annual Awards
  - Application to GCG for the approval of CAC coach certification PD Points (only activities submitted to GNL at least 4 weeks prior to the event will be forwarded)
- c) For all activities that have out of Country guests, there is an additional GCG form that must be completed (call the office for details)

Club:	Club Contact Information:
Participants (Athletes/Coaches):	

Activity	Focus	Presenter(s) / Activity Lead	Date	Times
Example: clinic	MAG – dismounts (p-bars/high bar)	John Smith	Nov 12	2:00-4:00
Example: training	MAG routine development	John Smith / Sam Dawe	Nov 12-15	9:00-1:00

**SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

\*if the list of participants is not submitted with form prior to activity, it must be received within one week of the event being held.

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**GNL Judging Regulations  
Judging Handbook  
December 2020**

**GNL Hosting Regulations  
Hosting Manual  
March 2020**

**GNL Travel Policies  
Travel Policy Manual  
March 2020**