



TRAMPOLINE PROGRAM MANUAL  
MARCH 2020

2019-2020

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## Trampoline Committee Mission Statement and Goals

The TTC will promote and thereby increase public awareness of our sport, expecting and achieving, the highest standards of excellence from our coaches, judges and athletes (in training and in competition) and continually expand our program in both numbers and expertise.

## General Information

### A. INTRODUCTION

The Trampoline Program is one of the many recreational and competitive programs offered through GNL. Supervising and administering the technical aspects of the competitive program on behalf of GNL is the responsibility of the Trampoline Program Committee (TPC). This Manual provides the technical information relating to the program and is reviewed and updated as needed by the TPC/ TD. Notifications of changes will be sent as required. Coaches and Judges should become familiar with the entire manual to ensure athletes receive the most benefit from their involvement in the program.

Throughout this document, the following abbreviations and acronyms will be used:

**GCG** - Gymnastics Canada Gymnastique  
**FIG** - Federation International de Gymnastique  
**GNL** - Gymnastics Newfoundland and Labrador  
**TPC** - Trampoline Program Committee  
**NCCP** - National Coaching Certification Program  
**TD** - Technical Director

### B. TRAMPOLINE PROGRAM COMMITTEE

#### 1. Organization and Structure

The Trampoline Program Committee consists of the following positions:

##### **Technical Director- (GNL Staff non-voting)**

The TD is responsible for overall delivery of the program and is the liaison between the TPC, the GNL Board of Directors and GCG. Coordinating with the other committee members, the TD oversees the development and distribution of materials related to both the provincial and national programs.

##### **Secretary**

The Secretary of the TPC is responsible for organizing and maintaining all correspondence related to the Trampoline Program. Responsibility for organizing and maintaining the minutes from all meetings and ensuring these are circulated to the members of the GNL community and filed with GNL in a timely manner. The Secretary is also responsible for compiling and circulating the list motions to be presented at the GENERAL MEETING.

##### **Judging Chairperson (one for all 3 disciplines)**

The Judging Chairperson (named position) is responsible for the development of training and mentoring programs for judges and as well as any initiatives from GCG. GNL and the chairperson will maintain a registry of all certified judges with a list of their judging experience to carry with them throughout their careers. The Judging Development Committee is responsible for assignments, except in the case where GCG is responsible.

##### **Club Representative**

One representative per club who offer a competitive trampoline program.

## 2. Responsibilities

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The TPC has the overall responsibility for all actions taken in the Trampoline Program. More specifically:

1. Ensures the development and maintenance of programs that are specific to the Trampoline Program including:
  - a. The provision of competitive opportunities for the athletes of member clubs;
  - b. The development and implementation of processes by which athletes can be selected to represent GNL at major competitive events;
  - c. The development and implementation of rules and regulations governing participation in the competitive program;
  - d. The provision of leadership development opportunities for coaches of competitive athletes and judges;
  - e. To provide input to GCG relating to technical matters ;
  - f. To perform any other functions necessary to the provision of programs specific to the individual disciplines.
2. Formulates an annual plan and a corresponding budget for consideration by the GNL Board of Directors and shall operate its programs in a manner consistent with the budgetary directives of the Board of Directors.

## 3. Meetings

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### **Regular Committee Meetings**

The Technical Program Committee shall meet at regular intervals; at least once every two (2) months between September and June. Quorum for Technical Committee meetings shall be comprised of half the voting members of the Committee.

Motions presented at regular meetings are passed by simple majority.

### **Annual General Meeting**

The Annual General Meeting (AGM) is to be held in September. The General Meeting is the principal meeting for the program where the main order of business is election of the Technical Committee and approve changes to Technical Regulations for the program. The meeting will be conducted in accordance with GNL Policies.

Motions presented at the General Meeting are passed by simple majority.

### **Voting Privileges**

During regular TPC meetings, each member of the committee is entitled to one (1) vote with the exception of the TD, who may only vote in the event that they are casting a deciding vote.

Each club registered with GNL as offering a competitive Trampoline program is entitled to one (1) vote at the General Meeting.

Proxy votes shall not be permitted at meetings of the TPC or at the General Meeting. Participation by telephone or Internet is acceptable for regular Committee meetings but not for the General Meeting.

In order to provide efficiency, parliamentary procedure will be followed at all meetings. Members are responsible for knowing and using this procedure.

### **Elections**

With the exception of the TD, each term will be one year (September-September). The Judging Chairperson will be a named position. Each club representative shall be stated at the AGM.

## C. TRAMPOLINE TECHNICAL INFORMATION

Technical regulations governing all sanctioned events for GNL will be the most current revisions of the Canadian Competition Rules as published by GCG, with or without modification appropriate for development of the sport for GNL. In case of dispute or absence of guidelines in the published documents from GCG, the current FIG Code of Points will be used.

Validity - These rules are valid from the stated revision date, and will be updated and revised on an ongoing basis as rules and requirements are updated and changed. Upon any revisions being made and the updated TRA Programs Manual, notification will be sent to all registered GNL clubs. These rules shall govern all GNL sanctioned events.

The Trampoline Program Manual shall be revised and updated with the rules and regulations from the governing bodies as these changes become effective.

At the conclusion of each season, the TPC shall conduct a review of the rules and regulations and shall prepare recommendations to be presented and voted on at the General Meeting in accordance with GNL by-laws.

All member clubs eligible to vote at the preceding General Meeting must approve by majority vote any major modifications to rules or regulations that are presented or recommended at any time other than the General Meeting.

## D. COMPETITIVE PROGRAM/STRUCTURE

Information on the current competitive structure can be found in the latest revision of the Technical documents available on the GCG website: <http://www.gymcan.org/disciplines/trampoline/technical-information/public-documents>

### A. National Stream

1. Level 5 (Novice)  
Age Eligibility  
U16: Born 2002-2007  
17+: Born 2001 or before
2. Level 6 (Espoir)  
Age Eligibility  
U17: Born 2001-2005  
18+: 2000 or before
3. Junior  
Age Eligibility  
Born 2000-2003
4. Senior  
Age Eligibility  
Born 1999 or before

### B. Provincial Stream

1. Level 1  
Age Eligibility  
12U: Born 2006-2009  
13+: Born 2005 or before

2. Level 2  
Age Eligibility  
13U: Born 2005-2009  
14+: Born 2004 or before
3. Level 3  
Age Eligibility  
14U: Born 2004-2009  
15+: Born 2003 or before
4. Level 4  
Age Eligibility  
15U: Born 2003-2009  
16+: Born 2002 or before

## E. GENERAL ELIGIBILITY

### **Athletes:**

Athletes must be registered with GNL by October 1st 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.

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.

No changes to an athlete(s) category/level are allowed, one week prior to said date of sanctioned qualifying competition.

### **Coaches:**

Coaches must be registered with GNL by October 1st of that competitive season. 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.

Eastern Championships - Comp 1 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

Athletes will be allowed to compete at GNL sanctioned events only if they are represented by a registered, qualified coach as described in the GNL regulations.

### 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.

## F. Qualifications for Championships

**There is no qualification score for Provincial Championships.**

## G. QUALIFICATIONS FOR EASTERN AND CANADIAN CHAMPIONSHIPS

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.

**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.



## H. 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.

### H.1. 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.

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

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

**Provincial teams** including coaches will be named at a TPC Meeting at the conclusion of the respective sessions of the Provincial Championships as follows: The athlete placing top 4 overall in each category listed above at Provincial Championships will qualify for spots on the team, granted they have received the respective qualifying scores.

## H.2 Canadian Championships

Athletes must have met the mobility requirements for their category in order to be eligible to compete at Elite Canada, Canadian Championships, or Canada Cup.

Eligibility requirements are determined by GCG. Please refer to the GCG documentation regarding the competitive system and technical requirements.

National level athletes must support GNL competitions by attending a minimum of two sanctioned events in the current competitive season, one of which must be Provincial Championships.

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

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.

## H.3 OFFICIALS

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

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

## I. GNL Events

Hosting Criteria & Expectations

Events must be sanctioned by GNL.

GNL Hosting Manual outlines hosting expectations and criteria including Judging Guidelines.

### I.2. 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 missing the deadline.

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

#### I.2 (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.

	WARM-UP	COMPETITION
<b>LEVELS 1-4</b>	1.25 Minutes per athlete	2.75 minutes per athlete (includes one-touch before each flight)  1.5 minutes for Finals Round
<b>LEVELS 5 AND HIGHER</b>	1.75 minutes per athlete	3.5 minutes per athlete (includes one-touch before each flight)  2.0 minutes for Finals Round

### (b) General Competition Procedure

GNL Trampoline Competitions will consist of an individual competition and can be comprised of a preliminary round and a finals round. Unless dictated by the Canadian Competition Rules, a finals round for events not covered under the Canadian Rules is the decision of the host of the event and must be declared prior to the start of the event.

### (c) Preliminary Round

The preliminary round consists of a set number of optional and/or compulsory passes. The start order will be randomly drawn and will be in effect for all preliminary routines.

### (d) Finals Round

At sanctioned qualifying events, a Finals round is not mandatory unless specified in the Canadian Technical Regulations.

At Provincial Championships, a Finals round will be required if there are more than 10 registered athletes in any category where it is not mandatory (per Canadian Technical Regulations).

Athletes with the top ten scores from the preliminary round will compete in finals. Starting order will be based on merit, the athlete with the lowest score from the preliminary round will compete first.

### (e) Winners

The winner is the competitor with the highest overall score; events sanctioned by GNL do not have fresh start finals; scores from the Preliminary Round carry over to the Finals Round.

### (f) Competition Cards (DD Sheets)

Competition cards are to be handed in, prior to the start of the competitions, for both preliminaries and finals at the time and place specified by the organizing committee.

The skills for routine must be written using FIG notation or it may not be accepted. Acceptance is at the discretion of the Head Judge for the competition.

### (g) Order of Competition (Start Lists)

Draw for competitive order and starting events for all GNL sanctioned competitions will be completed by random draw using an approved scoring system immediately following the competition registration deadline.

### (h) Equipment Requirements

**Video Equipment:** All routines must be taped with the capability to replay them in slow motion. If three events are competing at the same time you would need three video cameras and three operators.

**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 of the equipment area. An area must be available for non-competing athletes to rest in. There must be seating for at least 150 spectators at Provincials (ideally 300) and 50 spectators at GNL Competitions (ideally 200).

**Hospitality:** Refreshments must be available for the coaches and judges. There must be at least water available for the athletes.

**Safety:** A Paramedic, Certified Emergency Medical Technician must be present at all times when athletes are on equipment. Ice must also be available for the athletes.

**Stretch Time:** The gym must be open at least 20-30 minutes before the equipment warm-up time to allow the athletes the opportunity to run around and stretch. The competition equipment does not have to be open at this time.

**Other Extras:** Pens and pencils must be available for the judges and score keepers. Judging slips are also required for the judges.

**Results:** Only a computer program approved by GCG is permitted. It must be correctly configured to handle the correct number of judges to calculate the results correctly. Please ensure that a copy of the results are given to each club in attendance, one to the Provincial TRA Representative, one to the Head Judge and one to the GNL office. Adequate time must be taken prior to the meet to thoroughly train all scoring personal.

### (i) Dress for Competitors

Dress for athletes will follow the Canadian Competition Rules and the current FIG Code of Points. Athletes must have hair tied back if it is long enough to get in an athlete's eyes or touch the track.

### (j) Safety

The Chair of the Judges Panel shall control the actions of the spotter. The spotter may not interfere with the view of the judges. The spotters must meet the approval of the Chair of the Judges Panel (i.e., be of the recommended height of shoulders above the trampoline and be appropriately dressed as per the FIG Code of Points. ...9

## (j) Awards

Individual champions will be declared for each level. Individual (Men's & Women's Categories)

1st - 3rd place- medals

4th - 8th place - ribbons

## I.3 Provincial Championships

### a. Registration of Athletes

**Athletes 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 floor marshal.

Following categories eligible for OOP competitions, a PC/TRA 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 for Provincial Championships
  - Individual champions will be declared for each level.
  - Individual (Men's & Women's Categories)
  - 1st - 3rd place- GNS medals
  - 4th - 8th place - ribbons

At the Provincial Championships after the appropriate competition session, the following will be awarded: **Trampoline Program Banner Award**: Awarded to the club with the highest score percentage for the competition with athletes in Trampoline. To be eligible, clubs must register a minimum of 3 athletes in a minimum of 2 levels/programs.

## J. 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.

### 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.

## K. Canada Winter Games. - to be revised - target date June 2020

### J. Other Out-of Province Competitions

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

#### APPENDIX 4

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

#### **Eastern Championships**

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

#### **Canadian Championships**

Hosting based on bids accepted by GCG

**Elite Canada** - Refer to Gymnastics Canada T&T Technical Regulations.

#### **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.

Participation in the Canada Winter Games is open to P3 and higher trampoline athletes only.

### K. Camps / Clinics / Courses

Any members of GNL who participate in host club in-province camps, clinics or courses must complete and submit (through the club) a GNL Notification Form. (APPENDIX 5)

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.

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.



**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

### 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 3 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.

**GNL Judging Regulations  
Judging Handbook  
December 2020**

**GNL Hosting Regulations  
Hosting Manual  
March 2020**

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