



WAG
Program Manual

MARCH 2020

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Mission and Vision Statement

The WAG Program Committee is dedicated to promote women'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 WAG 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 WAG Program Committee will promote the highest standards of excellence from our coaches, judges and athletes.

SECTION 1: Women's Program Committee Organization and Structure

Article 1.1 – PURPOSE

The goals and objectives of the Women's Program Committee are as follows:

1. Co-ordinating and supervising the Women's Program (WP) technical aspects of all Gymnastics Newfoundland and Labrador (GNL) Women's Programs.
2. Establishing WP technical regulations for in accordance with technical rules and Gymnastics Canada (GymCan -GC) and the Canadian Junior Olympic Program (CJO)
3. Planning and conducting of competitions, clinics, camps, and courses relating to the programs of GNL WP.
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 CJO guidelines and their distribution and interpretation.

Article 1.2 – ORGANIZATION AND STRUCTURE

The WPC of GNL consists of:

1. Technical Director (GNL Staff)
2. Judging Chairperson (non-voting)
3. One voting club member representative from each registered member club of GNL

Additional Committees shall be formed when necessary upon the recommendation of the Women's Program Committee. The Women'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 by the JDC. 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

1. The Technical Director will chair the Women's Program Committee Meetings whenever possible. The T/D will only vote if there is a tie.
2. Liaises between WPC and GNL Executive Director and the Board of Directors
3. Coordinates/sets WPC budget proposal to be submitted to GNL at the first meeting in the fall of that competitive season
4. Monitors WPC 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. The TD or ED shall be the voting delegate representing GNL at the GC AGM and respective GCG WAG Meetings. If the TD/ED are not available, the TD, WPC and the GNL Executive Director will designate a suitable representative.

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 WPC will designate a suitable representative.

1.4.2 Judging Chairperson

1. Co-chairs a working committee (Judging Development Committee - JDC) of at least (3) member judges, preferably from each of the 3 disciplines.
2. Reports to WPC all activities and recommendations of the JDC
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 all pertinent technical information is sent out immediately to all judges
6. Works with TD, ED establishing budget and expenses for judging clinics.
7. Ensures clubs are sent judges contact list and particulars for hosting by December of that competitive season
8. Sets judges honorarium for competitions and clinics to be approved by the JDC
9. Sets judging calendar for WPC activities
10. Along with the JDC, ensures judging panels for sanctioned competitions and Provincials are properly set.
11. The JDC decides who attend Atlantics, Eastern's and Nationals depending on provincial rank and level of judging certification.
12. 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 (non-voting unless only club rep)

1. Takes minutes of WPC 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 WPC 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 WPC Annual General Meeting
4. Prepares and circulates agendas for all WPC meetings in consultation with the TD at least fourteen (14) days prior to meeting

1.4.5 Club Representative

1. Acts as a liaison between their club and the WPC 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 WPC / TD
4. Sends proposed agenda items to the Secretary and/or TD, one (1) week after the notice of WPC meeting is received
5. Is the voting representative for their club at WPC Meetings

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 **four (4)** 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. Adjournment

1.5.2 Agenda

Member clubs will receive the agenda for any WPC 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 WPC Meetings will be emailed within the two week period following the meeting date to all member clubs, the JDC and the ED.

Article 1.6 – VOTING

Program Committee

The Program Committee shall decide, by a simple majority vote, all motions that are placed before the committee. The 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 by the TD. The results of an email or telephone vote shall be communicated in writing to all members of the WPC within seven (7) days of such a vote and shall give details of votes cast and against for the motion(s) in question.

Article 1.7 – WOMEN’S PROGRAM MANUAL

A copy of the Women’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 Women’s Program Manual will be reviewed annually and changes voted upon at the WPC Annual General Meeting.

Article 1.8 – PROCEDURE FOR CHANGING PROGRAM RULES

Program rules may be changed at the PC 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 Women'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. Exception: Article 1.7

Article 1.9 – FINAL AUTHORITY

The final authority for all acts, activities and undertakings of Women'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: WAG PROGRAM RULES AND REGULATIONS

Article 2.1 – COMPETITIVE STRUCTURE

Provincial Compulsory Stream – JO 3 – 5

Provincial Optional Stream – JO 6 -9, GNL Optional Category

National Stream – Aspire 1, Aspire 2, JO 9 11-13, JO 10

High Performance Stream – Novice, Junior, Senior

A. Provincial Stream

See Chart for Complete Competitive Structure

B. National Stream

See Chart for Complete Competitive Structure

There are modifications for NL gymnasts. Please note modifications below.

Aspire

The Canadian Aspire Program (CAP) has been established to assist in the development of young athletes as they prepare for higher level competition. GCG is responsible for the content of the Aspire Program.

Age Eligibility

Athletes turning 9 up to age 11 are eligible to compete

NL will accept athletes turning 8 in that competitive season, the ability to take part in this program in-Province, allowing for development towards competition such as Easterns in the following year.

NOTE: Age categories at competitions will be combined if there are too few athletes (less than 3) in a specific age group. (If there are 3 athletes in a category and they are all from the same club, the club will have the option to combine the group in an effort to give the athletes competition)

Acceptable Groupings:

Adjacent age levels

Cadet/Argo/Tyro can be combined for an acceptable Grouping

SPECIFIC COMPETITIVE CATEGORIES BY AGE

Of Age during the competitive year - 2019-2020

NOTE: Provincial GNL Optional Category - 12, 13yrs(2007/2008) & 14yrs+ (2006+)

PROVINCIAL LEVEL						NATIONAL		
JO 3	JO 4	JO 5	CJO 6	CJO 7	CJO 8	CJO 9	CJO 10	High Performance
Open 2005 +	Open 2005 +	Open 2005 +	Open 2005 +	Open 2005 +	Open 2005 +	2007 2008 2009	12-15 yr 2005-2008	Senior 2006 +
Novice 2006-2007	Novice 2006-2007	Novice 2006-2007	Novice 2006-2007	Novice 2006-2007	Novice 2006-2007		16+ 2004 ^	Junior 2005-2008
Tyro 2008-2009	Tyro 2008-2009	Tyro 2008-2009	Tyro 2008-2009	Tyro 2008-2009	Tyro 2008-2009	Gymnasts JO9 2006 and ‘-’ compete in provincial stream		Novice 2007-2009
Argo 2010	Argo 2010	Argo 2010	Argo 2010	Argo 2010	Argo 2010	Aspire One 2009-2011	Aspire Two 2008-2010	
Cadet 2011	Cadet 2011	Cadet 2011	Cadet 2011	Cadet 2011	Cadet 2011			

Article 2.2 – SPECIFIC REQUIREMENTS

For specific requirements for each program, refer to the following official documents:

- | | |
|-------------------------------------|-------------|
| 1. JO Compulsory Program | 2013 – 2021 |
| 2. JO Program Manual | 2019 - 2020 |
| 3. GNL Optional Category (Appendix | |
| 4. Aspire Program Manual | 2019 – 2020 |
| 5. Canadian High Performance Manual | 2019 – 2020 |

PLEASE NOTE: Official Documents can be acquired by contacting GNL and are available on the GYMCAN website.

Article 2.3 – GENERAL ELIGIBILITY

Athletes:

1. All gymnasts and coaches 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.
2. All gymnasts 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. Minimum age to compete at Provincial Championships is 9 years of age with the exception of Aspire. The host club of Sanctioned Invitationals may open to younger gymnasts, however they are unable to register for provincial championships.
4. 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

Atlantic/Eastern Championships - Comp I 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 up-grade their knowledge and skill levels through professional development and coach education courses for the safety of their athletes.

If a coach does not meet the minimum standard to be on the floor at in-province qualifying meets, GNL will require the coach to complete and submit an exemption form for approval

- 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 2 Application form for Exemption

2.3.2 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.

2.4. Qualifications for Championships

2.4.1 There is no qualification score for Provincial Championships.

2.4.2 – QUALIFICATIONS FOR CHAMPIONSHIPS - ATLANTICS, EASTERNS, CANADIANS.

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

For a tie in the final spot, the lower individual apparatus score will be dropped and the highest total of the remaining three individual apparatus scores will decide and that athlete will be selected. Upon failure of this, a draw will determine selection.

a. Provincial Stream

Level	All Around	Individual Apparatus Score - 3 events	Individual Apparatus Score (2 or Less Events)
JO5	34.00	8.50	8.75
JO6	34.00	8.50	8.75
JO7	34.00	8.50	8.75
JO8	34.00	8.50	8.75
JO9	32.00	8.00	9.00

b. National Stream

Level	All Around	Individual Apparatus Score (3 events)	Individual Apparatus Score (2 or less events)
JO9	32.00	8.00	9.00
JO10	32.00	8.00	9.00
Aspire	32.00	8.00	9.00
HP	As per GCG screening Requirements		

NOTE: Individual Apparatus Scores will only be in effect if a team is not full as of the results of the Provincial Championships.

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. Select athletes who were unable to compete at the Provincial Championships but attained the AA qualifying score at an identified competition held in that competitive year.
2. Select athletes who have attained the individual apparatus qualifying score for 3 events at the Provincial championships followed by those who have attained the qualifying score in 2 events.
3. Athletes who have been selected for team may only compete all 4 events at Atlantics, Easterns, or Canadians if they have attained the individual apparatus qualifying
4. Select athletes from the Cadet Category, who have attained the qualifying score, to fill the Argo teams to Atlantics ONLY if the Argo teams are not filled by above criteria.

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.

Article 2.5 – PROVINCIAL TEAMS For Atlantics, Easterns and Canadians

1. Registered gymnasts must have the Provincial Team uniform by date set by WPC/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 her position on a provincial team, the WPC 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 her position on the provincial team to the next highest scoring gymnast. WPC/TD must be notified immediately.
5. WPC 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.

2.5.1 Atlantic Canadian Gymnastics Championships

Athletes

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

1. JO 5 Argo, Tyro, Novice, and Open
2. CJO 6 – 8 Argo, Tyro, Novice, and Open
3. CJO 9 11 – 13, 14 – 15, 16+
4. CJO 10 12 – 15, 16+
5. Aspire One and Two

*Argo and Aspire gymnasts attending must be a minimum of nine (9) years of age as of that competitive season.

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
4 pts. for 3rd place	AA
3 pts. for 4 th place	AA
2 pts. for 5 th place	AA
1 pt. for 6 th place	AA

Provincial teams including coaches will be named at a WPC 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.

2.5.2 Eastern Canadian Gymnastics Championships

Athletes

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

1. CJO 7 – 8 Tyro, Novice and Open
2. CJO 9 11 – 13, 14 – 15, 16+
3. CJO 10 12 – 15, 16+
4. Aspire One and Two *Aspire gymnasts must be a minimum of nine (9) years of age as of that competitive season.

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 Sector 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

Provincial teams including coaches will be named at a WPC Meeting at the conclusion of the respective session of the Provincial Championships as follows: The gymnasts placing top 4 overall in each category listed above at Provincial Championships automatically 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.

2.5.3 Canadian Gymnastics Championships

Athletes

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

1. CJO 9 11 – 13
2. CJO 10 12 – 15, 16+
3. High Performance Novice (Qualification at Elite Canada)
4. High Performance Junior (Qualification at Elite Canada)
5. High Performance Senior (Qualification at Elite Canada)

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 4th place AA
- 2 pts. for 5th place AA
- 1 pt. for 6th place AA

Provincial teams including coaches will be named at the WPC 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 as stated above.

2.5.4 Officials

Officials representing GNL at Atlantics and Easterns must be 19 years of age. Officials representing GNL at Canadians must be 21 years of age.

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

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 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.

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

General Warm-Up	CJO 3-8/GNL Optional (GNL O): 15 minutes CJO 9-10: 20 minutes High Performance: 20 minutes Athletes may not start the general warm-up on the warm-up or competition floor before the set time. Once the general warm-up starts, athletes may warm-up on the WAG floor, mats and runway only. They may not use the boards and/or get on the table, bars or beam for any reason during the general warm-up. If it is part of the team choreography warm-up, athletes may perform on the floor a) basic floor acro tumbling b) beam acro on a line. The use of diagonals is prohibited			
	V	UB	BB	FX
Time Per Athlete	JO3: 45sec JO4-5/GNL O: 60sec JO6-7: 90sec JO8-JO10/HP: 2min	JO3: 45sec JO4-5/GNL O: 60sec JO6-7: 90sec JO8-JO10/HP: 2min	JO3: 45sec JO4-5/GNL O: 60sec JO6-10: 90sec JO8-JO10/HP: 2min (may split 1:30 and 30sec)	JO3: 45sec JO4-5/GNL O: 60sec JO6-10: 90sec MAX 5min JO8-JO10/HP: 2 min
Team Competition	Team and individual athletes: if a group is composed of team and individual athletes, the warm-up groups is split as follows: Team + 1 individual: all warm up together Team + 2 or more individuals: the team warm up and competes first; the individual athletes always warm up as a second sub-group			

Individual Competition	Group Warm-Up	Group Warm-Up	Individual warm-up: Time stopped between athletes for max 5sec *includes time to set-up the mats and board	Group warm-up
UB (Chalk, Raising)	If there are athletes with and without grips/chalk or needing to raise the bars, the athletes are divided into 2 sub-groups: grips/chalk and no grips/chalk. Each athlete is guaranteed 45/60/90sec (CJO) / 2min (HP) to warm up. 90sec are granted for each different bar preparation/raise. As a general guideline, the coaches will agree on the most efficient way to warm up and compete prior to warm up on UB. The warm up and competition order may be changed for efficiency. If the coaches do not agree, the Apparatus Head Judge will decide.			
Group Size	7 or less warm up in one group (CJO); 5 or less warm up in one group (HP) 8+ athletes warm up in 2 groups (ex: 4-4, 5-4, 5-5) (CJO) 6+ athletes warm up in 2 groups (ex: 3+3, 4+3, 4+4, 5+4) (HP)			

B. Grouping of Athletes

Athletes will be grouped 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 1st event of the Olympic order as all athletes should have equal opportunity to begin in this placement.

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

WAG: When electronic scoring is not used, for JO 3&4 no SV will be flashed, only Final Score. For all other levels, both Start Value / D Score and Final Scores will be flashed

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 15 minutes will begin from that time.

There is to be a maximum 15 minute at the end of the competition for coaches to review and sign off on results before results are posted publically and considered final.

No awards are to be given out until coaches' and judges have reviewed the results.

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.

3.1b 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. Protests can only be made on the basis of Routine Content (SV /D Score)

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 floor marshal.

Following categories eligible for OOP competitions, a PC 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

- Top three (3) in all-around
- Top three (3) on each apparatus/event

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.

At the Provincial Championships, after the appropriate competition flight, the following Trophies/Plaques Will Be Awarded:

- a. **The Woolgar-Tarrant Award** (Donated by the Woolgar-Tarrant Family in honor of the GNL Technical Director position and GNL initiative to have more athletes compete at higher levels of competition)
This award is a cross discipline award. Awarded annually for the highest aggregate score in Women's Aspire and/or Men's Elite Programming regardless of Category.
- c. **The Murphy Memorial Plaque** (Donated by the Murphy Family in Memory of Grandparents of Erin and Gillian Clarke – Former Gymnasts)
Awarded annually for the highest aggregate score in Women's JO Level 8 and/or JO9 Provincial, regardless of Age Category.
- d. **The Doreen King Award** (Donated by the Conception Bay South Gymnastics Club; Doreen King was a former coach and founder of the club)
Awarded annually for the highest aggregate score in Women's JO Level 7 regardless of Age Category.
- e. **The Jane Titford Memorial Plaque** (Awarded annually in memory of a fellow gymnast and coach, Jane Titford. Jane's favourite apparatus was Balance Beam)
Awarded for the best performance on Balance Beam JO Level 7 or 8, regardless of Age Category.
- f. **The Hart Award** (Donated by the CBS Gymnastics Club)
Awarded annually for the highest aggregate score Women's JO Level 5 or 6, regardless of age category.
- j. **The Cygnus Award** (Donated by the Cygnus Gymnastics Training Centre)
A cash award of \$25.00 for the highest aggregate score Women's JO Level 5 Cadet Age Category.

-
- k. **The Campia Award** (Donated by Campia Gymnastics Club)
Awarded annually for the highest aggregate score Women's JO Level 3 or 4, regardless of age category.
 - l. **The Art Squarey Award (Donated by Saltos Gymnastics Club)**
Awarded annually for the WAG JO Level 3 or 4 highest individual score of the competition.
 - m. **Program Awards:**
 - Compulsory Program Award: A Banner will be awarded to the club with the highest score percentage of the competition considering athletes in WAG JO 3-5. To be eligible, clubs must register a minimum of 3 athletes a minimum of 2 levels.
 - Optional Program Award: Awarded to the club with the highest score percentage of the competition considering athletes in WAG JO 6-9P. To be eligible, clubs must register a minimum of 3 athletes
 - National Program Award: Awarded to the club with the highest score percentage of the competition with athletes in WAG JO9N-10, Aspire, HP. To be eligible, clubs must register a minimum of 3 athletes in a minimum of 2 levels.

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.

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

3.4 Other Out-of Province Competitions

Selection criteria for members of a GNL team will be determined by the Women'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 WPC. 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

3.4.1 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.

Canadians: Hosting based on bids accepted by GCG

3.4.2 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)

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
- 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.

3.4.3 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 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 - GNL Optional Category

Preamble: To create a new competitive category outside the JO framework for gymnasts 12+ who presently compete level 3 or 4, but who lack the skills to compete successfully in level 5/6. This category is intended to help fill the needs of older gymnasts who are trying to work towards JO optionals that are in a stalemate in the current compulsory system. Gymnasts could choose this path on the way to JO 6 or simply remain in this level. It will help address the issue of losing many older gymnasts who simply have nowhere to really move up. This demographic tends to be our future coaches and judges and we need to offer a category they can feel excited about. This is especially true in smaller clubs.

Rationale: There is presently a gap for older gymnasts who would like to continue to compete, but who are unable to move past the JO compulsories skill set. This may be due to limited training hours, gym availability, and other activities outside of gymnastics. For instance, gymnasts may become stuck on attaining higher bar skills, and more difficult vaults required for optionals. The JO framework works great for advanced skill development, but unless a gymnast is training sufficient hours they often struggle to attain the required skills to move past compulsories. The new category will allow for more skill choice, less training hours, individual routines/own music and keep older gymnasts motivated and participating.

Benefits: The most important benefit is the retention of older gymnasts. It is shown that at this age girls begin to drop out of sports for a variety of reasons. This category would allow gymnasts who want to continue to have a place within the competitive gymnastics stream, in a more enjoyable environment for them. The benefits for clubs would be increased revenue; first through registration fees, and through competition fees. The other benefit from not losing these athletes, is that they would stay within the club long enough to be trained as coaches/judges. Most importantly it helps to continue to grow the sport of gymnastics within the province. **Structure:** The intent is to mirror all aspects of JO including scoring system out of 10, warm up procedures, rules regarding skill repetition and spotting, and general JO techniques and philosophies. The goal to make it very easy for coaches and judges and to allow easy transition back into current JO categories if desired. The category would need to be offered at invitational meets in the province as well as Provincial Championships.

GNL Optional TECHNICAL RULES **AGES: 12,13yrs (2007/2008) 14 yrs+ (2006+)**

Suggested training hours: Maximum 9 hours weekly training time.

NOTE: All deductions same as JO Level 4.

VAULT: handspring to land on feet (20 cm mat)
 -no deduction for use of mini trampoline or trampoline board - table height
 100cm-125cm

UNEVEN BARS **FIVE requirements as below (missing requirement .5 deduction from D score)**

- mount pullover or kip
- Bar change (must use both bars)

- Long swing element (excl dismount) ie. swing pullover, kip, uprise, cast down swing pullover
- Circling element (front & back hip circle, free hip circle, sole circle)
- Dismount (underswing any variation or flyaway)

BALANCE BEAM maximum time 60 sec minimum 30 sec -beam height minimum height 100cm

FIVE requirements as below (missing requirement .5 deduction from D score)

- Acrobatic skill any direction
- Turn min 180 on one foot
- 2 different leaps or jumps (one must show 180 split)
- Handstand (any variation fwd or side, must be within 20 degrees of vertical to count, no need to hold) may not fill requirement #1
- Dismount (any A element)

FLOOR EXERCISE: maximum time 1:15 minimum 45 sec **FIVE requirements as below (missing requirement .5 deduction from D score)**

- 3 element tumbling line with min. 1 flight element
- Turn min 360 on one foot
- Salto or aerial (maybe part of requirement#1)
- Series of leaps or jumps (one must show 180 split)
- Acro skills in two directions (forwards, sideways or backwards)



APPENDIX 2 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: _____

GNL Office Use Only

Date Received: _____ GNL Signature: _____

Accepted: _____ Denied: _____



APPENDIX 3 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



Appendix 4

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)

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

SIGNATURE: _____

DATE: _____



APPENDIX 5 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**