



WOMEN'S ARTISTIC GYMNASTICS

2024-2025 Technical Regulations

DECEMBER 20, 2024

Contents

SECTION 1: GENERALITIES.....	3
1.2 Our Mission.....	3
1.2 Purpose of this document.....	3
1.3 Document Abbreviations and Acronyms	3
1.4 GNL Women's Artistic Gymnastics Technical Committee (WTC).....	4
SECTION 2: GNL's COMPETITIVE WAG PROGRAMS.....	4
2.1 GNL's Competitive Program Levels.....	4
The Canadian Competitive Program (CCP).....	4
The Canadian Aspire Program.....	5
The Canadian High Performance (HP) Program	6
GNL's Xcel Program	6
GNL's Developmental Program.....	7
SECTION 3: GENERAL COMPETITIVE REQUIREMENTS	7
3.1 Athlete Registration	7
3.2 Age Eligibilities	7
3.4 Athlete Confirmation of Competitive Level.....	7
3.5 Coach Registration	8
3.6 Coach NCCP Certification	9
3.7 Competitive Attire	9
Athlete Competitive Attire	9
Coach Attire.....	10
SECTION 4: PROVINCIAL COMPETITION STRUCTURE.....	11
SECTION 5: GENERAL COMPETITION GUIDELINES & REGULATIONS.....	12
5.1 Competition Equipment Requirements	12
5.2 Music Regulations	12
5.3 Competition Warm-Up.....	13
5.4 Coach Inquiries, Protests and Appeals Process.....	13
SECTION 6: PROVINCIAL CHAMPIONSHIPS	14
6.1 Qualification	14
6.2 Provincial Championships Registration	15
6.3 Provincial Championships Awards	15
Special Provincial Championship Awards.....	15

SECTION 7: PROVINCIAL TEAM (TEAM NL)	16
7.1 Team NL Selection Process & Eligibility.....	16
7.2 Provincial Team Selection – Conditions	18
SECTION 8: SELECTION TO ATLANTIC CHAMPIONSHIPS	19
8.1 Team NL Contingent.....	19
8.2 Team NL Selection for Atlantic Championships.....	19
SECTION 9: SELECTION TO EASTERN CANADIAN CHAMPIONSHIPS.....	20
9.1 Team NL Contingent.....	20
9.2 Team NL Selection for Eastern Canadian Championships.....	20
SECTION 10: SELECTION TO CANADIAN CHAMPIONSHIPS	21
10.1 Team NL Contingent.....	21
10.2 Team NL Selection for Canadian Championships.....	21
APPENDIX A – COMPETITION EQUIPMENT REQUIREMENTS.....	22
APPENDIX B – COMPETITION WARM-UP.....	26
APPENDIX C – FORMS	29
APPENDIX D – SUPPLEMENTARY	32
APPENDIX E – DEVELOPMENTAL PROGRAM SPECIAL COMPETITION CONSIDERATIONS	40

SECTION 1: GENERALITIES

1.2 Our Mission

Gymnastics NL is a provincial leader in the delivery of diverse foundational and high-performance gymnastics programs and services that foster a lifelong love of the sport.

1.2 Purpose of this document

All technical rules and regulations for women's artistic gymnastics in Newfoundland and Labrador are under the jurisdiction of GNL's Technical Director in consultation with the Women's artistic gymnastics Technical Committee (WTC).

All women's artistic gymnastics programs and competitions sponsored or sanctioned by GNL shall be governed by the rules and regulations established in this manual, by Gymnastics Canada (GymCan) and/or the International Gymnastics Federation (FIG).

1.3 Document Abbreviations and Acronyms

AA- All-Around, refers to an athlete's score
ACJ – Apparatus Chief Judge
AUGA – Atlantic Union Gymnastics Association
CAC – Coaching Association of Canada
CCJ – Chief Competition Judge
CoP – Code of Points
CWG – Canada Winter Games
FIG – International Gymnastics Federation
GNL – Gymnastics Newfoundland and Labrador
GymCan – Gymnastics Canada
HP – High Performance
NCCP – National Coaching Certification Program
PSO – Provincial Sport Organization
TD – Technical Director
TOR – Terms of Reference
WAG – Women's Artistic Gymnastics
WTC – Women's Technical Committee

1.4 GNL Women's Artistic Gymnastics Technical Committee (WTC)

- The MTC is composed of one member from each registered club with competitive members.
- Clubs appoint member.
- Each club entitled to one vote.
- Chair will be the GNL Technical Director who is a non-voting member unless needed to break a tie.

Committee Decision Making Process – Strive for consensual decision making but vote if consensus is not reached in a timely manner. A 2/3 vote in favour is required to pass.

SECTION 2: GNL's COMPETITIVE WAG PROGRAMS

Only gymnasts, coaches and judges who are registered members in good standing of GNL are eligible to take part in GNL programs and competitions in and/or out of province.

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

GNL's WAG program includes Canadian Competitive Program (CCP) Levels 1-10, the Aspire Program (GEM's, Youth, and Novice), the High Performance (HP) Novice, Junior and Senior, and the Xcel Program (Bronze, Silver, Gold, Platinum, Diamond).

2.1 GNL's Competitive Program Levels

The Canadian Competitive Program (CCP)

The CCP is similar to the USAG Development Program (formerly JO) with a few differences/adjustments. The program allows for upward mobility through 10 levels based on the 10.0 scoring system. Levels 1-8 are considered as GNL's Provincial Stream, while levels 9 -10 are considered the National Stream. The first 5 levels of the CCP are called 'Compulsory' levels as they consist of compulsory routines which emphasize the clean performance of basic elements with specific technical criteria. Levels 6 -10 of the CCP are called 'Optional' levels as athletes compete optional routines.

Canadian Competitive Program Levels

Provincial Stream

CCP Level 1–2: These introductory CCP levels focus on basic skills and excellent execution through short compulsory exercises. They do not compete at Provincial Championships.

CCP Level 3-4: Designed for beginner competitive and developing gymnasts who have limited training and experience. Routines consist of compulsory skills and choreography.

CCP 3 is the first level to compete at Provincial Championships.

CCP 4 is the first level where gymnasts are eligible for Atlantic Championships.

CCP Level 5: Designed for beginner competitive and developing gymnasts who have more access to training and experience. Routines are compulsory and focus on mastery of basic skills needed to perform at high difficulty levels in the future.

CCP Level 6: Designed for gymnasts who have mastered levels 1-5 and are now ready to learn fully choreographed routines with individualized content.

CCP Level 7-8: Designed for gymnasts who are prepared to incorporate more difficult skills into their routines. Optional content routines are performed.

CCP 7 is the first provincial level that is included in Eastern Canadian Championships.

National Stream

CCP Level 9-10: Designed for gymnasts who aspire to compete at national levels.

CCP 9 is the first provincial level that is eligible to compete at Canadian Championships.

The Canadian Aspire Program

The [Canadian Aspire Stream](#) has been established to assist in the development of young athletes as they prepare for higher level competition. The term ‘Aspire Stream Program’ encompasses all programs outside of the CCP that lead up to Junior/Senior HP. The Aspire Stream will be the initial starting point for the HP Pathway and consists of three programs;

GEM’s Program – Birth years 2015, 2016, 2017, and 2018

The GEM’s program is open to all age eligible athletes and is the first level of the Canadian Aspire Program. The program focuses on coach education through athlete identification. It is not a competitive program.

YOUTH Program – Birth years 2013, 2014, 2015, and 2016

The YOUTH program is the second tier of the Canadian Aspire Stream. It is the initial competitive level geared to the development of young athletes. The youth program is further divided into youth entry and youth advanced.

NOVICE Program (HP Stream) – Birth years 2011, 2012, 2013, and 2014. Refer to GymCan’s [HP Novice](#) for program regulations.

The Canadian High Performance (HP) Program

The [Canadian High Performance Stream](#) (HP) is the preferred pathway for athletes aspiring towards National Team. It is the pathway that will lead a gymnast towards the pursuit of excellence and achievement of medals at the highest international level. High Performance gymnasts compete with National and International rules, based on the [FIG Code of Points](#).

The HP Stream has three levels:

Novice

For Novices, the HP model is designed to specifically develop and prepare young gymnasts for future excellence by incorporating various predicted international trends and directions into their program.

Junior

Juniors will be evaluated according to the FIG Code of Points. The HP rules provide technical performance expectations and identify preferred techniques and body positions. These expectations are used for the evaluation of routines. In Canada, some equipment modifications have been introduced for competitions.

Senior

Seniors will be evaluated according to the FIG Code of Points, with slight modifications for equipment and vault standards.

GNL's Xcel Program

In NL, only the first 5 divisions of the program are used: Bronze, Silver, Gold, Platinum and Diamond. GNL will not be adopting Xcel Sapphire for the 2024-2025 competition season. The Xcel program allows for athletes who are looking for a structured and ranked program without the level of difficulty or level of training commitment found in the CCP program. Xcel athletes compete optional routines based on the [Xcel Code of Points](#).

Xcel Bronze does not compete at Provincial Championships.

Xcel Silver is the first of the Xcel levels eligible to compete at Provincial Championships.

Effective the 2024-2025 competitive season, Xcel Gold, Platinum and Diamond are eligible to compete at Atlantic Championships.

GNL's Developmental Program

GNL further classifies athletes of birth years 2020-2017 of any level into what is called the Development Program. Athletes of these ages do not compete at Provincial Championships. It is recommended, that athletes in the developmental program train 1 to 3 times a week, 1 to 3 hours per class and NOT more than 6 hours per week.

Refer to Gymnastic Canada's Long Term Athlete Development Model for more detailed recommendations.

Refer to Appendix E for special competition considerations including coaching, scoring/judging, awards, and Certificate of Achievement that apply to GNL's Developmental Program.

SECTION 3: GENERAL COMPETITIVE REQUIREMENTS

3.1 Athlete Registration

Only athletes who are registered members in good standing of GNL are eligible to take part in GNL programs and competitions in and/or out of province.

All gymnasts must be registered in a WAG competitive program with a member club in-province and with GNL by October 15th of the competitive season however, coaches/clubs have up until March 1st to declare their athletes' level of competition for the remainder of the season. Provincial level athletes can be registered in any level subject to their coach's discretion and providing they are within the recommended minimum and maximum age.

3.2 Age Eligibilities

Please see GNL's Provincial Competition Structure (below)

3.4 Athlete Confirmation of Competitive Level

A recreational athlete may be deemed a competitive athlete by registering for a GNL sanctioned competition by the deadline indicated on the meet entry form and provided the athletes membership with GNL is upgraded to the competitive category. Any additional registration or upgrading fees as well as upgrading fee for the club if it is not already registered as a competitive club will apply.

Gymnasts registered or upgraded to national stream will remain registered national for the entire competitive season.

Gymnasts who compete in a national stream category at an in-province GNL sanctioned competition will be automatically upgraded and will be required to pay the according fees if not already registered as such in Uplifter.

Moving up levels

Athletes should follow the normal progression going from a lower level toward a higher level. An athlete may move up a level at any time providing they meet minimum program requirements and that they have notified GNL and made the necessary upgrade in Uplifter.

Athletes who take part in any pre-provincial events or competitions must be registered as competitive athletes with GNL.

An athlete may only register for and compete in one level at a time within the same discipline. For example, an athlete can not be registered in both a CCP and Xcel program in the same year, nor can they compete as a CCP athlete and Xcel athlete in the same competition.

Moving from Xcel to CCP: Xcel athletes may move to the CCP stream with no restrictions.

Moving down levels

Movement to a lower competitive level is only permitted if it is prior to or within 48 hours from the time results are published of the last GNL sanctioned competition that is prior to Provincial Championships. GNL must be notified and their membership level updated in Uplifter and, if applicable, in the Provincial Championship's registration. After such time, the athlete may not move down a competitive level.

Moving from CCP to Xcel: Athletes may move from the CCP to the Xcel stream under the same rule as above and the move is level restricted as follows: CCP 1-2 moves to Bronze+, CCP 3 moves to Silver, CCP 4-5 moves to Gold+, CCP 6-7 moves to Platinum+, CCP 8+ moves to Diamond.

3.5 Coach Registration

Only coaches who are registered members in good standing of GNL are eligible to take part in GNL programs and competitions in and/or out of province.

All competitive coaches must be registered with a member club and with GNL by the 15th of the month from when they start coaching.

To maintain the privilege of membership in GNL all coaches shall act in accordance with the established GNL, GymCan, and CAC's Codes of Conduct.

3.6 Coach NCCP Certification

All GNL registered coaches and those participating in a GNL sanctioned event must be trained or certified through the NCCP and comply with all coaching requirements outlined in the [GNL's Coach Education Handbook](#).

For all GNL sanctioned events, the hosting club is responsible to submit a list of all coaches that have registered and/or are planning to attend the competition, prior to the event start date to verify they comply with minimum coach training requirements.

Any coach who does not meet all coaching requirements but who wishes to coach at a GNL sanctioned event must apply to GNL for a [coach exemption](#).

In addition to the above, all GNL registered coaches participating at Atlantics, Easterns, Elite Canada, Canadian Championships, and/or representing Team NL at any out-of-province event must also comply with any coaching requirements outlined in the current event directives or manuals and be minimum 19 years of age.

3.7 Competitive Attire

Coaches should be familiar with all regulations for athletes and coaches in the applicable Code of Points for the complete set of rules:

- The [FIG Code of Points](#) is in effect for HP categories.
- The [USAG Development Program](#) Code of Points is in effect for the CCP Program.
- [USAG's Xcel Program Regulations and Code of Points](#)

Athlete Competitive Attire

GNL Sanctioned Club Competitions, including Provincial Championships

- All athletes must dress in their club's current team competitive attire, unless prior approval from the WTC has been given.

Team NL Athlete Competitive Attire

Athletes selected to Team NL are required to wear the current competitive year's Provincial Team uniform/dress. If they do not have Provincial Team attire their spot on the team may be revoked.

Athlete Attire at GymCan Events

In a team competition, all athletes from the same club/province/territory must wear the same leotard.

During all GymCan competitions, gymnasts may wear shorts, capris, or leggings as part of their uniform.

- Must be skin-tight
- They can be either the same colour as the leotard or black (should coordinate with the leotard)
- As per FIG guidelines, a logo of 30cm² may appear on the shorts/capris/leggings.
- Gymnasts may make an individual choice to wear shorts/capris/leggings in either an individual or team competition.

The following is a modification related to these regulations:

- Ankle guards (as shown) are acceptable if not too large.
- Compression socks, sleeves or garments are not allowed.

Coach Attire

As per [GymCan's Combined Manual](#), at all GNL sanctioned events, to maintain a professional image, coaches are required to abide by the following regulations for attire while on the competition floor during warm-up and competition: T-shirt, polo or long-sleeved sportswear tops (i.e. club or provincial shirt, no logos other than gymnastics/club logos) and/or training jacket, track pants or leggings and appropriate indoor footwear.

Hats, shorts, midriff tops, ripped & torn clothing or similar are **not** permitted.

Hats or caps are not allowed.

Team NL Coach Competitive Attire

All coaches representing Team NL at any event must wear the current competitive year's Provincial Team Coach attire which will consist of either a T-shirt, Polo, ¾ zip, or long sleeve sportswear tops, and/or Team NL sports jacket with track pants or leggings and appropriate indoor sport footwear. Every effort should be made for all team NL coaches to coordinate attire.

SECTION 4: PROVINCIAL COMPETITION STRUCTURE

The competition structure for Provincial Championships will follow the following chart. Levels and age categories will mimic the competition structure of Atlantics, Easterns and Canadian Championships.

Provincial Competition Structure

PROVINCIAL LEVELS						PROVINCIAL LEVELS									
Level	Age Categories	Eligibility Notes				Level	Age Categories	Eligibility Notes							
CCP 3	2016 & 2015	CCP 3, 2016's are the first level and birth year eligible to compete at Provincial Championships	PROVINCIALS	ATLANTICS		XCEL SILVER	2016 & 2015		PROVINCIALS	ATLANTICS					
	2014 & 2013						2014 & 2013								
	2012 & 2011						2012 & 2011								
	2010 +						2010 +								
CCP 4	2016 & 2015	CCP 4, 2016's are the first level and birth year eligible to compete at Atlantic Championships				XCEL GOLD	2016 & 2015	XCEL GOLD, 2016's are the first XCEL level and birth year eligible to compete at Atlantic Championships							
	2014 & 2013						2014 & 2013								
	2012 & 2011						2012 & 2011								
	2010 +						2010 +								
CCP 5	2016 & 2015					XCEL PLATINUM	2016 & 2015								
	2014 & 2013						2014 & 2013								
	2012 & 2011						2012 & 2011								
	2010 +						2010 +								
CCP 6	2016 & 2015					XCEL DIAMOND	2016 & 2015								
	2014 & 2013						2014 & 2013								
	2012 & 2011						2012 & 2011								
	2010 +						2010 +								
CCP 7	2016 & 2015	CCP 7, 2014's are the first level and birth year eligible to compete at Eastern Championships		EASTERNS			Developmental Gymnastics Athletes of any level of birth years 2020-2017 Minimum age – birth year 2020 Do not compete at Provincials For competition and awards: athletes are unranked and receive ribbons only . See Appendix E for Development program regulations.								
	2014 & 2013														
	2012 & 2011														
	2010 +														
CCP 8	2016 & 2015						High Performance (HP)					ELITE	CANADIANS		
	2014 & 2013						NOVICE	2012-2014							
	2012 & 2011						JUNIOR	2010-2011							
	2010 +						SENIOR	2009							
NATIONAL LEVELS							CANADIANS								
CCP 9	2014-2011	CCP 9, 2014's are the first level and birth year eligible to compete at Canadian Championships													
	2010+														
CCP 10	2013-2010														
	2009+														

- Age eligibility is determined by the athlete's age as of December 31st of the competition year.
- Athletes born in 2017 will be ineligible for Provincial Championships.
- Athletes born in 2016 and older are eligible for Provincial Championships and Atlantic Championships.
- Athletes born in 2014 and older are eligible for Eastern Championships.

With the exception of Provincial Championships, host clubs of GNL sanctioned competitions may choose to incorporate more or less age splits based on the event's registration numbers.

SECTION 5: GENERAL COMPETITION GUIDELINES & REGULATIONS

The following documents should all be read in conjunction with this document:

- [GymCan's 2023-2024 Combined Manual: High Performance & Canadian Competitive Program Manual.](#)
- [2025-2028 FIG Women's Artistic Gymnastics Code of Points](#)
- [GymCan's 2024-2025 Aspire Program Manual](#)
- [USAG Xcel Program](#)

Within GNL

- No session (warm-up to completion of all four events) should exceed 4.5 hours.
- A session (warm-up to completion of four events) should be 1.5-4 hours long.
- There may be more than one flight or 4 rotations in a session (a maximum of 6 rotations).
- Competition warm-ups may not begin prior to 8:00am and competitions may not go later than 10:00pm.

5.1 Competition Equipment Requirements

Refer to the required equipment list in the Appendix A for general equipment guidelines for programming, competitions, and events in the province. For apparatus specifications, height adjustment and regulations refer to the equipment manufacturers specifications and the provincial, national and FIG program documents.

5.2 Music Regulations

For Provincial Championships gymnasts shall provide their own musical accompaniment at competition through uploading to Sportzsoft. Files must be of good quality and must be edited to the length of the routine in accordance with GymCan's National Program and CCP regulations.

5.3 Competition Warm-Up

For general and event warm-up regulations, refer to the specific program documents and Appendix B.

5.4 Coach Inquiries, Protests and Appeals Process

Stage 1: Inquiries

If the coach has a question regarding an exercise, they may ask the apparatus chief judge. They may also ask the CCJ, who will discuss with the ACJ. A coach may only inquire about a D and/or E score of their own/club athlete.

A coach may also inquire about a change to the technical organization (e.g. order of passage, warm-up procedures, etc.) with the event difficulty (D1) or CCJ. A coach must IMMEDIATELY voice any concerns and have the concerns addressed BEFORE the changes are carried through otherwise, the coach will not have the option to protest or appeal the change later during the competition.

Response to an inquiry must not in any way delay the competition.

If the coach is not satisfied with the explanation given, they may file a protest (stage 2).

The final decision to adjust a score must occur before the beginning of the next rotation. The ACJ will notify the coach of any adjustments. The coach will have the option to protest the new score within the usual time frame.

Stage 2: Protests

A protest is the second stage when the coach is not satisfied with the information provided at the Inquire stage and seeks a formal review. A coach may make a judging protest or a technical protest for their own athlete/club during any Provincial, National or HP competition in province.

A **technical protest** is allowed on:

1. Equipment failure (gymnastics or audio)
2. Special occurrences related to the organization that alter the competition conditions (like the order of passage, warm-up procedures, etc.)
3. Deductions/penalties for athlete conduct as listed by the FIG Code of Points, the HP/CCP Manuals or other WAG program documents: non-identical leotards, incorrect leotard, incorrect advertising, jewelry, padding, missing start number, non-observance of warm-up time and order, non-observance of competition order, signals, verbal commands and similar, unexcused delay or interruption of the competition, unauthorized leaving of the competition area, unsportsmanlike behavior.
4. Any other deductions/penalties for coach conduct as listed by the FIG/CCP Code of Points or WAG documents: attire, unexcused delay or interruption of the competition, number of coaches on the floor, number of coaches near the apparatus, signals, verbal commands, and similar, unsportsmanlike behavior.

The appropriate protest form (see Appendix C) per athlete, per apparatus, must be completed by the coach and submitted to the CCJ or designate. The form must be submitted to the CCJ, no later than 15 minutes after the completion of the rotation. In the case of the last rotation, the coach has 5 minutes after the completion of the last rotation to file a protest.

In the case of an unsuccessful protest, GNL will invoice the club in question the fee (CCP \$20, HP \$40) after the event. This fee is waived if the protest is granted.

The respective panel may at its discretion and depending on the nature of the protest:

- use video(s) provided by the designated host club or GNL video system, where video recording was required (videos from the crowd/parents or coaches, will not be accepted for a protest. In the case that no video is formally collected, judges will be led in discussions by their ACJ.
- hear from the coach who submitted the protest
- involve the timer and/or line judge, when available, in the discussion
- attempt to reach a decision on the protest by consensus.
- in the case of a tie, the D1 judge will ask the CCJ to break the tie, and
- provide the rationale for their decision in writing on the protest form

Following a protest, when a change is made to the D Score/E Score/Final Score the following will occur:

1. The CCJ will make a copy of the form, return the protest form and fee to the coach, and inform the Chief Scorer of the change.
2. The new score will be posted with all other scores but will not be re-flashed in the competition area.

Stage 3: Appeals

Within GNL sanctioned events, there are NO appeals for judging or technical protests.

SECTION 6: PROVINCIAL CHAMPIONSHIPS

GNL will annually offer a Provincial Championships competition during which Provincial Champions will be declared, where applicable, for the levels and age categories outlined in the Provincial Competition Structure.

6.1 Qualification

Provincial Championships is open to all competitors who;

- are registered members in good standing in one of the levels and categories outlined in the Provincial Competition Structure,
- are age eligible (athletes born in 2017 are ineligible to compete at Provincial Championships), and
- who have attained the minimum qualifying AA score of 31.00* at any one GNL sanctioned event in the 2024-2025 competition season.

*The WTC will review the minimum AA qualifying score each year to consider adjustments where/when needed and this score will be published in the technical regulations prior to the upcoming competition season.

6.2 Provincial Championships Registration

Clubs are responsible to submit their athlete registrations for Provincial Championships into Sportzsoft. Registration will be sent out no less than 60 days prior to the event.

6.3 Provincial Championships Awards

For every discipline, each level and age split, as outlined in the Provincial Structure (above), will receive medals for 1st-3rd place and ribbons for 4th-6th.

Provincial Championship awards breakdown (where applicable)

CCP 3 – CCP 8: (4 age categories) 2016-2015, 2014-2013, 2012-2011, 2010+

CCP 9: (2 age categories) 2014-2011 & 2010+

CCP 10: (2 age categories) 2013-2010 & 2009+

Xcel Silver – Xcel Diamond: (4 age categories) 2016-2015, 2014-2013, 2012-2011, 2010+

HP Novice: 2012-2014

HP Junior: 2010-2011

HP Senior: 2009+

Special Provincial Championship Awards

The following WAG special Provincial Awards, revised in 2023-2024, are awarded annually at Provincial Championships. (Currently under review for the 2026-2027.)

Art Squarey Award (Donated by Saltos Gymnastics Club): This is a CCP 3 Team Award, awarded to the club with the highest cumulative score of the three (3) best all-around scores across this level, regardless of age category.

Campia Award (Donated by Campia Gymnastics Club): This is a CCP 4-5 Team Award, awarded to the club with the highest cumulative score of the three (3) best all-around scores across these two levels, regardless of age categories.

Cygnus Award (Donated by Cygnus Gymnastics Club): This is an XCEL Team Award, awarded to the club with the highest cumulative score of the three (3) best all-around scores across levels Silver-Diamond, regardless of age categories.

Doreen King Award (Donated by the Conception Bay South Gymnastics Club; Doreen King was a former coach and founder of the club): This is a CCP 7 Team Award, awarded to the club with the highest cumulative score of the three (3) best all-around scores across this level, regardless of age categories.

Hart Award (Donated by the CBS Gymnastics Club): This is a CCP 6 Team Award. Awarded to the club with the highest cumulative score of the three (3) best all-around scores across this level, regardless of age categories.

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 (taking into consideration, execution, difficulty and artistry) on Balance Beam CPP Level 7 or 8, regardless of age categories.

Megan Piercey Award (Donated by Airials Gymnastics Club): Awarded annually to the best performance on floor in CPP Level 7, regardless of age categories. Our rationale for choosing floor was that Megan was a truly natural performer whose spirit radiated to the judges and audience.

Murphy Memorial Plaque (Donated by the Murphy Family in Memory of Grandparents of Erin and Gillian Clarke – Former Gymnasts): This is a CCP 8-CCP 10 Team Award. Awarded to the club with the highest cumulative score of the three (3) best all-around scores across these levels, regardless of age categories.

Redfern Award (Donated by the Redfern Family): Awarded annually for the highest aggregate score in Women's HP National Stream, CCP 9 National and/or CCP 10 regardless of age categories. Results will be scaled to 40.00 to account for program scoring difference.

Quick Flip Award (Donated by Renee Quick): Awarded to the highest salto vault score in CCP level 9/10. If a tiebreaker is needed, it will be given to the vault with the better execution score, if further tie-breaking is needed the athlete with the highest average will receive the award.

The Woolgar-Tarrant Award (Donated by the Woolgar-Tarrant Family in honour of the GNL Technical Director position and GNL initiative to have more athletes compete at higher levels of competition): Awarded to the athlete in CCP 9, 11-14 age category, with the highest DV on UB. If there is a tie it will go to the athlete with the most D/C elements in their routine. If a further tiebreaker is needed then the athlete with the better execution score will be given the award.

SECTION 7: PROVINCIAL TEAM (TEAM NL)

Team NL events will include any competition where GNL identifies a team that will represent NL. This includes competitions such as:

- Atlantic Championships
- Eastern Canadian Championships
- Canadian Championships
- NL Winter Games
- Canada Winter Games

7.1 Team NL Selection Process & Eligibility

Any gymnast selected to a provincial team for any event must be a resident of NL* and a registered member in good standing with GNL in either a Provincial Stream program (CCP 4-8) or a National Stream program (CCP 9-10, HP).

*Exception: athletes who reside in Fermont, Quebec – who live nearby and are registered with and train at Snowbirds Gymnastics.

Immediately following the conclusion of the Provincial Championships competition, the WTC will meet and select teams for Atlantics Championships, Eastern Canadian Championships and Canadian Championships according to the ranking process outlined below.

At each step of the ranking process, to be considered for Team NL, the athlete must also meet the minimum qualifying score (either AA or apparatus) for that level, category, or event.

Athletes will be ranked and named to the team in the following order of steps;

Step #1. Athletes are ranked based 100% on their all-around scores from Provincial Championships.

Step #2. If after step#1 the team is not filled, athletes' highest all-around score from a previous GNL sanctioned meet will be automatically applied.

Step #3. If after step #2 the team is not filled, athletes' highest all-around score from one of the following out-of-province meets will be automatically applied. Applicable competitions are Altamate, Titans Invitational, Gymnix, and PEI Classic. Scores from each of these competitions have equal weighting.

Step #4. If after step #3 the team is not filled, athletes' individual apparatus combined scores from Provincial Championships will be applied in the following manner:

Athletes who have attained the individual apparatus qualifying combination score for 3 events will prevail, followed by those who have attained the apparatus qualifying combination score for 2 events and continuing to attained an apparatus qualifying score in 1 event.

Athletes who make team as a result of fulfilling step #4 criteria, are only permitted to compete the 3, 2, or 1 apparatus' in which they were named to team for. For example, if an athlete makes team NL for Atlantics because of their combined score on beam and vault in step #4, the athlete can only compete on beam and vault at the Atlantic Championships.

Step #4's Apparatus minimum Qualifying Scores

Vault	Uneven Bars	Beam	Floor
8.5	8.5	8.5	8.5

The WTC will review the apparatus's minimum qualifying standards each year to consider adjustments where/when needed and the scores will be published in the technical regulations prior to the upcoming competition season.

In the event of a tie for Team NL selection, the following tie-breaking rules will apply at each step of the selection process:

1. The athletes with the highest sum of D scores will prevail.
2. If a tie still remains, the athlete with the highest sum of E scores will prevail.
3. If a tie still remains, the athlete with the highest sum of 3 apparatus scores from their all-around score will prevail.
4. If a tie still remains, the athlete with the highest sum of 2 apparatus scores from their all-around score will prevail.
5. If a tie still remains, the athlete with the highest individual apparatus score from their all-around score will prevail.

Final team selection is the responsibility of the WTC and approved by the TD.

Once the final team is approved by the WTC, GNL will release the names of the team to the public. Alternates are ranked but only named to team if someone on the team does not accept their position.

7.2 Provincial Team Selection – Conditions

All athletes who make team will need to confirm their acceptance by the deadline set by GNL. The registration deadline for Eastern Championships and/or Canadian Championships dictates how much time athletes are given to confirm their acceptance.

All members of Team NL must complete and return all requested waivers and medical forms by the set deadline.

The clubs in which team members are affiliated with must pay the required fees by the set deadline.

Athletes attending a Team NL event, such as Atlantics, Easterns, and Canadian Championships, must wear the official Team NL uniform. Uniform orders will take place online early in the competitive season. All orders must be completed by the set date. There will be NO refunds for uniform pieces once the order has been placed with the supplier.

Once a gymnast or alternate has been selected to a Provincial team, they must continue to train at the suitable training level, execute full routines with appropriate content, follow any reasonable requests of the WTC, and notify the TD of any injuries.

If an athlete relinquishes their position on a provincial team, GNL's TD must be notified immediately. There will be no refunds issued if registration for either Eastern or Canadian Championships has already been processed. In case of injury, the decision as to whether or not a refund can be issued will depend on the event's hosting club or PSO's refund policy.

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 their position on the provincial team to the next highest scoring athlete determined from the ranking process.

SECTION 8: SELECTION TO ATLANTIC CHAMPIONSHIPS

8.1 Team NL Contingent

The number of athletes selected for each level and category is determined by AUGA and outlined in the current revision of the [Atlantic Championships Policy Manual](#).

Currently, the NL contingent to the 2025 Atlantic Canadian Championships shall consist of the following:

CCP 4-8: 4 Teams of 6, 4 age categories (2016-2015, 2014-2013, 2012-2011, 2010+)

CCP 9-10: maximum of up to 8 athletes combined. CCP 9's must be born in 2014 or older and CCP 10's must be born in 2013 or older.

Aspire Youth: age category 2015-2013

Xcel Gold: 4 Teams of 6, 4 age categories (2016-2015, 2014-2013, 2012-2011, 2010+)

Xcel Platinum: 2 Teams of 6, 2 age categories (2016-2013, 2012 and before)

Xcel Diamond: 2 Teams of 6, 2 age categories (2016-2013, 2012 and before)

8.2 Team NL Selection for Atlantic Championships

Immediately following the conclusion of the Provincial Championships competition, the WTC will meet and select the team for Atlantic Championships. The selection process will follow the same steps outlined in the Team NL Selection & Eligibility (above).

At each step of the ranking process, to be considered for NL's Atlantic's Team, the athlete must also meet the minimum qualifying score (either AA or apparatus) for that level, category, or event.

2025 Minimum Qualifying AA Scores for Team NL selection to Atlantic Championships

CCP 10 (16+)	CCP 10 (12-15)	CCP 9 (11-14)	CCP 9 (15+)	CCP 8	CCP 7	CCP 6	CCP 5	CCP 4	YOUTH
32	32	32	32	33.5	33.5	33.5	33.5	33.5	TBD
Xcel Gold	Xcel Platinum	Xcel Diamond							
33.5	33.5	33.5							

The WTC will review the minimum AA qualifying score each year to consider adjustments where/when needed and this score will be published in the technical regulations prior to the upcoming competition season.

2025 Minimum Qualifying Individual Apparatus Scores for Team NL selection to Atlantic Championships

If step #4 of the selection process is required for Team NL selection to Atlantic, the minimum qualifying individual apparatus scores are:

Vault	Uneven Bars	Beam	Floor
8.5	8.5	8.5	8.5

The WTC will review the apparatus's minimum qualifying standards each year to consider adjustments where/when needed and the scores will be published in the technical regulations prior to the upcoming competition season.

SECTION 9: SELECTION TO EASTERN CANADIAN CHAMPIONSHIPS

9.1 Team NL Contingent

The number of athletes selected for each level and category is determined by the current revision of the Eastern Canadian Championships Policy Manual.

Currently, the NL contingent to the 2025 Eastern Canadian Championships shall consist of the following:

CCP 7-8: 3 Teams of 6, 3 age categories (2014-2013, 2012-2011, 2010+)

CCP 9-10: 2 Teams of 6, as per categories in GCG manual.

9.2 Team NL Selection for Eastern Canadian Championships

Immediately following the conclusion of the Provincial Championships competition, the WTC will meet and select the team for Eastern Championships. The selection process will follow the same steps outlined in the Team NL Selection & Eligibility (above).

At each step of the ranking process, to be considered for NL's Eastern Team, the athlete must also meet the minimum qualifying score (either AA or apparatus) for that level, category, or event.

2025 Minimum Qualifying AA Scores for Team NL selection to Eastern Canadian Championships

CCP 10 (16+)	CCP 10 (12-15)	CCP 9 (11-14)	CCP 9 (15+)	CCP 8	CCP 7
32	32	32	32	33.5	33.5

The WTC will review the minimum AA qualifying score each year to consider adjustments where/when needed and this score will be published in the technical regulations prior to the upcoming competition season.

2025 Minimum Qualifying Individual Apparatus Scores for Team NL selection to Eastern Canadian Championships

If step #4 of the selection process is required for Team NL selection to Atlantic, the minimum qualifying individual apparatus scores are:

Vault	Uneven Bars	Beam	Floor
8.5	8.5	8.5	8.5

The WTC will review the apparatus's minimum qualifying standards each year to consider adjustments where/when needed and the scores will be published in the technical regulations prior to the upcoming competition season.

SECTION 10: SELECTION TO CANADIAN CHAMPIONSHIPS

Selection competition rules will be as per GCG regulations for the respective categories at Canadian Championships.

Athletes must be registered members in good standing with GNL in National Stream to qualify for Canadian Championships.

10.1 Team NL Contingent

The NL contingent to the 2025 Canadian Championships shall consist of the following:

CCP 9: 2 Teams of 6, two age categories (11-14/2014-2011, 15+/2010+)

CCP 10: 2 Teams of 6, two age categories (12-15/2013-2010, 16+/2009+)

HP Junior, Senior and Novice: Unlimited amount.

10.2 Team NL Selection for Canadian Championships

Immediately following the conclusion of the Provincial Championships competition, the WTC will meet and select the team for Canadian Championships.

For CCP 9 and CCP 10, the selection process will follow the same steps outlined in the Team NL Selection & Eligibility (above).

At each step of the ranking process, to be considered for NL's Canadian Team, the athlete must also meet the minimum qualifying score (either AA or apparatus) for that level, category, or event.

2025 Minimum Qualifying AA Scores for Team NL selection to Canadian Championships

CCP 10 (16+)	CCP 10 (12-15)	CCP 9 (all ages)
32.5	32.5	32.5

The WTC will review the minimum AA qualifying score each year to consider adjustments where/when needed and this score will be published in the technical regulations prior to the upcoming competition season.

2025 Minimum Qualifying Individual Apparatus Scores for Team NL selection to Canadian Championships (is this going to be a thing for Canadian)

If step #4 of the selection process is required for Team NL selection to Canadian Championships, the minimum qualifying individual apparatus scores are:

Vault	Uneven Bars	Beam	Floor
8.5	8.5	8.5	8.5

APPENDIX A – COMPETITION EQUIPMENT REQUIREMENTS

The following are the recommended equipment specs for use in competitions in Canada. It is recommended that these standards be used for all competitions in which participants from multiple provinces are involved. The specs in the first columns (L10, L9) will be in effect at Canadian Championships and Canada Winter Games.

	Equipment	L10 (CC, CWG)	L9 (CC)	L6-10	L4-5	L1-3
Vault	Height	125 cm		Any height: min 100cm to max 125cm	Any height allowed by manufacturer	As set out in Development Program manual
	Springboards	Up to 4 boards. No spring changes allowed at Canadian Championship. Spring changes may be allowed with some SA Sport boards				
	Supplementary mat (sting)	Mandatory 10cm, up to 20cm allowed. A 20cm safety mat is allowed in place of the 10cm mandatory supplementary landing mat. L6-7: Stacked mats, 80cm to 152cm including the base mat				
	Yurchenko Collar & Hand mat	An approved Yurchenko collar must be used for all round off entry vaults. An approved hand placement mat may be used for all round off entry vaults only.				
Uneven Bars	Uneven Bars	HB: 255cm LB: 175cm Diagonal: no maximum width (within equipment manufacturer's safety limitations) Taller gymnasts may raise both bars by 5cm (and more, if the gymnast is too tall) upon submission of request to raise bar form in appendix. However, a gymnast cannot ask to raise the UB in order to use supplementary matting under the rails.				
		Springboards	1 – FIG Soft. The springboard must be removed after the mount. An approved mounting block (simulating a springboard) may be used.	The springboard or 30cm block/panel mat must be removed from underneath or the end of the apparatus after the mount.		
	The springboard may be placed on the landing mat or on the 10cm supplementary mat if the mount and dismount are performed on the same side. The springboard MAY be placed on the 20cm safety mat. IF the board is placed on the landing mat, the safety mat (up to 20cm) must be slid in as soon as the springboard is removed. A wooden plank may be placed under the springboard.					
	Supplementary mat (sting)	Mandatory 10cm, up to 20cm allowed. A 20cm safety mat is allowed in place of the 10cm mandatory supplementary landing mat. The supplementary or safety mats MAY extend beyond the LB.				
	Safety Mat (20cm)	For C+ release element, a 10cm or 20cm may be slid in and out according to the rules (2 moves preceding and following the element). A spotting block or folded mat used for spotting between the bars may remain in place as long as the coach continues to utilize it during the routine.			A spotting block or folded mat that is used for spotting between the bars may remain in place as long as the coach continues to utilize it during the routine.	
	Beam	Beam	All Ages: 125cm		13 and older: 125cm 9-12 years old: 110 or 125cm	All ages: 100, 110 or 125cm
Springboards		1 – Soft – The springboard or 30cm block/panel mat must be removed from underneath or the end of the apparatus after the mount. The springboard may be placed on the landing mat or on the 10cm supplementary mat if the mount and dismount are performed on the same end. A wooden plank may be placed under the springboard. IF the board is placed on the landing mat, the safety mat (up to 20cm) must be slid in as soon as the springboard is removed.				
		Supplementary mat (sting)	10cm supplementary mat mandatory for landing, up to 20cm allowed. A 20cm safety mat is allowed in place of the 10cm mandatory supplementary landing mat. There will be one supplementary landing mat minimum for beam.			The supplementary mat is not mandatory for CCP 1-4 dismount, but it is for CCP 5. Coach may use a large 10 or 20cm mat under the beam provided the entire area under the beam is covered and even (no chance of rolling an ankle on an uneven surface if falling).
Floor		Floor Area	12m x 12m			
	Supplementary mat (sting)	5 or 10cm allowed: supplementary mats should be placed at beginning of routine, and can be removed, moved or left in place (intent is to have the least amount of movement of mats/coach around the floor during the routine). There is no deduction for not marking the corner mats.				No additional mats permitted.
	Safety Mat (20cm)	Not allowed				

Special Considerations – Developmental Program (CCP 1-2, Xcel Bronze and Silver birth years 2020-2017)

- Low Bar: 170 cm to the floor (height is measured from the upper edge of the rail)
- Floor: CCP 1 use one strip of floor, CCP 2 one strip of floor or diagonal on the floor

Modifications from FIG Apparatus Specifications

	Equipment	FIG	HP JR/SR	Novice
Vault	Vault table	125cm (+/- 1cm)	125cm (+/- 1cm)	125cm or 120cm (+/- 1cm)
	Runway	Max 25m	Max 25m	Max 25m
	Springboards	2 – Hard, Soft No spring changes allowed	2 – Hard, Soft No spring changes allowed	3 – FIG Hard, FIG Soft, & Softer No spring changes allowed
	Suppl. Mat (sting)	Mandatory 10 cm	Mandatory 10cm Additional 5cm allowed on top Must have corridor lines marked on it	Minimum 10cm required, up to 20cm allowed
	Safety Mat (20cm)	Not allowed	Not allowed	A 20cm safety mat is allowed in place of the 10cm mandatory supplementary landing mat.
	Yurchenko Collar and Hand mat	An approved Yurchenko collar and hand mat must be used for all round off entry vaults. The hand mat may not be used for other vaults.		
	Pit Module (18 inches, or 45cm+)		In Canada, the use of a pit module is allowed during the apparatus warm-up (2 min). However, the pit module is not allowed during the touch warm-up (50 sec).	
Uneven Bars	Uneven Bars	HB: 255cm (=/- cm) LB: 175cm (+/- 1 cm) Diagonal: 130 to 182		
		Taller gymnasts may raise both bars by 5cm upon submission of request to raise bar form in appendix. Both bars must be raised. Athletes cannot ask to raise the UB to use supplementary matting under the rails.		
	Springboards	1 - Soft		Novice: The springboard may be placed on the safety mat.
		The springboard must be placed on the landing mat or on the 10cm supplementary mat if mount and dismount are performed on the same side. The board cannot be placed on a safety mat.		
	Supplementary mat (sting)	Mandatory 10cm (min 4m x 2m)	Mandatory 10cm	Minimum 10cm required, up to 20cm allowed
		The 10cm supplementary mat may be placed under the rails. An additional 2m x 2m x 10cm mat may be used to extend the mandatory supplementary mat if available.		
Safety mat (20 cm)	Not allowed	A 10cm or 20 cm mat is allowed to slide in and out for D+ release	Allowed for landing in place of mandatory 10cm supplementary	
Beam	Beam	125cm (+/- 1cm)		
	Springboards	1 - Soft		
		The springboard must be placed on the landing mat or on the 10cm supplementary mat if mount and dismount are performed on the same side. The springboard cannot be placed on a safety mat. Novice: if mount and dismount on the same side and gymnast uses a 20cm safety mat for the dismount, the safety mat must be placed after the athlete has mounted.		
	Supplementary mat (sting)	Mandatory 10cm	Mandatory 10cm	Minimum 10cm required, up to 20cm allowed
		Supplementary mats are available on one side of the beam only. All gymnasts are expected to dismount on the same end of the beam (short landing mat (traditionally to the left of judging panel))		
Safety mat (20 cm)	Not allowed	Not allowed	Allowed for landing in place of mandatory 10 cm supplementary	
Floor	Floor Area	12m x 12m	12m x 12m	12m x 12m
	Supplementary mat (sting)	Not allowed	5 or 10cm allowed: supplementary mat must be placed at beginning of routine, and can be removed, moved, or left in place (intent is to have the least amount of movement of mats/coach around the floor during the routine).	
	Safety mat (20cm)	Not allowed		

CCP & XCEL Equipment Summary for 2024-2025 (compliments of Campia Gymnastics, updated September 4, 2024)

CCP (2024-2025)				
Event	Level 1-3	Level 4-5	Level 6-8	Level 9-10
Vault	L1 - minimum 40 cm L2 - minimum 40 cm L3 - minimum 80 cm	Table at any height allowed by manufacturer (maximum height 125 cm)	Table at any height allowed by manufacturer (maximum height 125 cm)	All ages: 125 cm
Bars	HB: 255 cm LB: 175 cm Diagonal: no maximum width (within equipment manufacturer's safety limitations)			
Beam	All ages: 100, 110 or 125 cm	2013 and younger: 110 or 125 cm 2012 and older: 125 cm		All ages: 125cm
Floor				

XCEL (2024-2025)								
Event	Bronze	Silver	Gold	Platinum	Diamond			
Vault	Mat stack: minimum 40 cm, maximum 120 cm	Sideway mat stack: minimum 60 cm, maximum 120 cm	Table at any height allowed by manufacturer (maximum height 125 cm)					
Bars	HB: 255 cm LB: 175 cm Diagonal: no maximum width (within equipment manufacturer’s safety limitations)							
Beam	All ages: 100, 110 or 125 cm							
Floor								

Aspire Program – Equipment Requirements

Youth Vault Entry and Advanced Levels

Equipment	<ul style="list-style-type: none"> • Vault 115-125 cm • 2nd flight/landing: Mat stack, 20 cm above the vault table height, or, • Landing: FIG landing mats with up to 20 cm supplementary mat (same as Level 8)
Warm up	<ul style="list-style-type: none"> • 2 min / athlete

Youth Entry Bars

Equipment	<ul style="list-style-type: none"> • UB at FIG height, diagonal: no maximum width • Supplementary 10 cm or 20 cm allowed under the rails. • Mandatory 20 cm mat for the dismount. • Coach allowed under the rails for the entire routine.
Warm up	<ul style="list-style-type: none"> • 2 min / athlete

Youth Entry Beam

Equipment	<ul style="list-style-type: none"> • Beam 115 cm • Optional 20 cm supplementary mat under the beam allowed • Mandatory 40 cm supplementary mats for landing of dismount • Time: Level 8 rules (max length of routine, fall time, overtime deductions)
Warm up	<ul style="list-style-type: none"> • 2 min / athlete (may do 2 min or 90 sec + 30 sec, at the athlete's choice)

Youth Entry Floor

Equipment	<ul style="list-style-type: none"> • supplementary mats allowed
Warm up	<ul style="list-style-type: none"> • 2 min / athlete (Min 8 min, Max 12 min)
Music	<ul style="list-style-type: none"> • As per FIG (length of routine, overtime)

APPENDIX B – COMPETITION WARM-UP

The following is the warm-up regulations for all CCP and XCEL levels and is to be followed for Provincial Championships and Invitationals.

Note: modification to Group Size WarmUp – for CCP 1-3 and Xcel Bronze and Silver Group size may go up to 12 before having to split. For CCP 4+ and Xcel Gold +, groups of 8 or more must be split.

Canadian Warm-up Format	General Warm-up	20 minutes: CCP 9-10 / 15 minutes: CCP 1-8 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.			
	Time per athlete	V	UB	B	FX
	Level 1-2	30 sec	30 sec	30 sec	30 sec
	Level 3	45 sec	45 sec	45 sec	45 sec
	Level 4-5	60 sec	60 sec	60 sec	60 sec
	Level 6-7	90 sec	90 sec	90 sec	90 sec
	Level 8	120 sec	120 sec	120 sec*	L1-L7: Max 5 min 120 sec
	Level 9-10		150 sec	*may split 90 + 30 sec	Min 8 min; max 10 min
	Team Competition	Team and Individual and Individual Athletes: If a group is composed of Team and individual athletes, the warm-up groups are split as follows: Team + 1 individual: all warm-up together. Team + 2 or more individuals: the team warms 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 5 sec *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. 90 seconds 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 warmup and competition order may be changed for efficiency. If the coaches do not agree, the Apparatus Chief judge will decide.			
	Group size	<ul style="list-style-type: none"> 7 or fewer athletes-warm up in one group. 8+ athletes- warm up in 2 groups: ex. 4+4. 5+4 			
	FIG Format	Various competition formats may be used for CCP competitions in Canada. The host should inform invited participants of the format that will be used. For Canadian Championships, the Capital Cup competition format will be used. After the general warm-up, athletes proceed to their first apparatus, warm up and compete immediately before rotating to the next apparatus.			

For all HP categories, FIG warm-up format will be used at Elite Canada and Canadian Championships

General Warm-up	<p>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. Athletes may perform on the floor a) basic floor across tumbling b) beam acro on a line. The use of diagonals is prohibited.</p> <p>NB. This rule does not apply during Apparatus Finals if an open warm-up format is used.</p>
Apparatus Warm-up	<p>Each athlete is guaranteed a minimum of 2 minutes to warm up. Actual time may vary according to the number of athletes in each rotation.</p> <p>On V – the training pit may be used during the apparatus warm-up.</p> <p>On UB – The use of grips is strongly recommended for all HP athletes.</p>
Touch Warm-up	<p>30/50 second per athlete as per FIG</p> <p>Vault Warm-up</p> <ul style="list-style-type: none"> ○ Novice <ul style="list-style-type: none"> • 2 vault attempts if doing the same vault, • 3 vault attempts if they are doing different vaults. ○ Junior and Senior Day 1: The FIG qualification rules are in effect. <ul style="list-style-type: none"> • The athlete has 2 vault attempts if doing only 1 vault, and • 3 vault attempts if performing 2 different vaults. ○ Junior and Senior Day 2: The FIG Finals rules are in effect <ul style="list-style-type: none"> • The athlete has 2 vault attempts only. <p>UB – the-order of the athletes in the touch warm-up (50 sec) may be modified to accommodate athletes requiring raising the bars or the wearing or not wearing of grips/chalk. As a general guideline, the coaches should agree on the most efficient way to warm up. If the coaches do not agree, the D1 judge will decide. However, the competition order will not be modified. This should be considered when deciding on a warm-up order.</p> <p>FX – if there are less than 3 gymnasts warming up, the warm-up is 1:30</p>
Group size	<ul style="list-style-type: none"> • 5 or less warm-up in one group • 6+ athletes' warm-up in 2 groups: 3+3; 4+3; 4+4; 5+5 • On floor, the group will be split for warm up only if 8 or more athletes

NB. Each Province/Competition Host can determine the warm-up and competition format for their **own meets**, to best fit their schedule. If using a “Capital Cup” format, allowing 2 minutes/athlete for warm-up is strongly recommended. The ‘*Capital Cup format in Canada*’ is defined as a warm-up period followed immediately by competition before rotating to the next apparatus.

For other competition, the Province/Competition Host will determine the WarmUp and Competition format which best fits their schedule. The use of the FIG warm-up is recommended, however the Canadian warm-up format below may be used for Novice.

General Warm up	20 minutes: Athletes may not start the general warm up on the competition floor before the set time. Athletes may not use the equipment at will during the general warm up.			
	V	UB	BB	FX
Canadian Warm up	2 min / athlete	2 min / athlete	2 min / athlete (may split 1:30 and 30 sec if requested)	2 min / athlete
	UB: If there are athletes with and without grips/chalk, athletes are divided into 2 sub-groups: grips/chalk and no grips/chalk. Each sub-group will warm up 2 min / athletes. 90 seconds is granted for each different bar preparation.			
Individual Competition	Group warm-up	Group warm-up	Individual warm-up: time stopped between athletes for max 5 sec * 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 2 min to warm up. 90 seconds 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 warmup and competition order may be changed for efficiency. If the coaches do not agree, the D1 judge will decide.			
Group size	5 or less warm up in one group; 6 + athletes warm up in 2 groups: 3+3, 4+3, 4+4, 5+4			

Unauthorized warm-up will be considered as unsportsmanlike behavior with direct impact on the result/performance of the gymnast/team. The CCJ will warn the offending coach first then, if necessary, shall give a Yellow Card and the corresponding deduction of 0.50 will be taken from the gymnast's final score on that apparatus. During competition, gymnasts may warm up on the event apparatus as permitted by the rules as outlined in the CoP or in the Code Supplement. Gymnasts may not warm up on other event apparatus. i.e., when warming up for beam, using the floor exercise mat unless authorized, for a given session, by the CCJ (or designate).

APPENDIX C – FORMS

WAG HP & CCP Optional Protest Form (CCP \$20, HP \$40)

____ Technical

____ Judging

Competition:**Date:****Athlete Name:****Club:****Level/Category:****Apparatus:** ____ Floor ____ Beam ____ Vault ____ Uneven Bars

D Score (FIG): _____

E Score (FIG): _____

Start Value: _____

Final Score (CCP): _____

Coach's Rationale:**Coach Signature:****Time:****Received by:****Time:**

Decision: ____ Accepted ____ Denied

Rationale/Comments for decision:**Signature of Competition Head Judge:**

The Competition Head Judge and GNL Technical Director must receive a copy of the completed form before it is returned to the person who signed the protest form.

WAG CCP Compulsory Protest Form (CCP \$20, HP \$40)

☐ Technical

☐ Judging

Competition:
Date:
Athlete Name:
Club:
Coach's Name:
Level/Category:
Apparatus: ☐ Floor ☐ Beam ☐ Vault ☐ Uneven Bars **Score:** _____

This inquiry is based on the following (check one):

☐ Major Elements (Comp)

☐ Neutral Deductions

☐ Score Range

☐ Falls/Unusual Occurrences

List all elements that receive difficulty and connection value (Judges' use only).

Element/Bonus Value	Description of Element(s)	Y	N

	J1	J2	J3	J4	Average
Start Value					
Score					
Adjusted SV					
Adjusted Score:					

☐ Score not adjusted **Signature of Competition Head Judge:** _____

Please make a copy of this completed form for the GNL TD before returning it to the person who submitted the protest.

APPENDIX D – SUPPLEMENTARY

VAULT		
Level	Apparatus	Springboards and Mats
CPP 1	Two stacked 20cm mats (16") CPP 2: Tape line at 32"	<ul style="list-style-type: none">Additional 10cm allowed for landing on back.
CPP 2		
CPP 3	Stacked 20cm mats (Min 32" Max 48") Tape line at 32"	
CPP 4	Any height allowed by manufacturer	<ul style="list-style-type: none">Mandatory 10 cm for landing, up to 20 cm allowed.CPP 6-7 deck mats. 80cm to 152 cm. The top layer must be a 10cm mat.CPP8-10: An approved Yurchenko collar must be used for all round off entry vaults.An approved hand placement mat may be used for round off entry vaults ONLY.Landing mats must be 18' long & 20 cm thick
CPP 5		
CPP 6	115cm – 125 cm	
CPP 7		
CPP 8	Any height all ages min 100cm -max 125cm	
CPP 9	125 cm for all ages	
CPP 10		
Aspire	115 or 125 cm	<ul style="list-style-type: none">Aspire 1: Stacked mats at vault up to table height, 5 or 10 cm can be added on top of stack.Aspire 2: Mandatory 10 cm or 15cm. 20 cm safety mat allowed.An approved Yurchenko collar must be used for all round off entry vaults (allowed for other vaults).An approved hand placement mat may be used for round off entry vaults ONLY.Landing mats must be 18' long & 20 cm thick
XCEL	As per XCEL manual	
Novice	125 cm Max 25m run	<ul style="list-style-type: none">3 springboards: FIG hard, FIG soft & SofterMinimum 10 cm up to 20 cm allowed.An approved Yurchenko collar and hand mat must be used for all round off entry vaults. These may not be used for other vaults.Landing mats must be 18' long & 20 cm thick
HP Jr/Sr		<ul style="list-style-type: none">2 springboards: FIG hard, FIG softMandatory 10 cm, additional 5 cm allowed on top.Safety mat (20 cm) not allowed.An approved Yurchenko collar and hand mat must be used for all round off entry vaults. These may not be used for other vaults.Landing mats must be 18' long & 20 cm thick

BARS		
Level	Apparatus	Springboard & Mats
CPP 1	Low bar only. 170cm to the floor (height is measured from the upper edge of the rail).	<ul style="list-style-type: none"> Mandatory 20cm safety mat under the bar unless the gymnast is too tall, then 10cm allowed. Ensure the mat is secure so it does not slide on the dismount. Mat or beat board allowed for mount. Must be removed immediately after mount.
CPP 2		
CPP 3		<ul style="list-style-type: none"> 10cm or 20cm allowed under the bar (secure for dismount). Mat or beat board allowed for mount. Must be removed immediately after mount.
CPP 4	LB: 170cm HB: 250cm No min or max width provided within safety specs of the manufacturer. No substances other than water and chalk may be placed on the rails.	<ul style="list-style-type: none"> Mandatory 10cm for landing. Max of 20cm. Mats may be placed under the rails. Boards can be placed on any mat for mounting. Up to CPP8 a block or mat may be used in place of a beat board. Must be removed immediately after mount. 3 Landing mats must be 20 cm thick: total length 30', 12' in front of LB to run, 12' behind HB to run CPP 6-10 ability to raise both low & high bar 10 cm with bars stable
CPP 5		
CPP 6		
CPP 7		
CPP 8		
CPP 9	LB: 170 cm HB: 250 cm <i>Diagonal: 130 to 180 cm</i> <i>For age groups attending CC</i>	<ul style="list-style-type: none"> 1 – Soft. The springboard must be removed from underneath or the end of the apparatus after the mount. An approved mounting block (simulating a springboard) may be used. The springboard may be placed on the landing mat or on the 10 supplementary mat if the mount and dismount are performed on the same side. The springboard may be placed on the safety mat. A wooden plank may be placed under the springboard. If the board is placed on the landing mat, the safety mat (up to 20 cm) must be slid in as soon as the springboard is removed. Mandatory 10 cm, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. The supplementary or safety mat MAY extend beyond the LB. For C+ release element, a 20 cm may be slid in and out according to the rules (2 moves preceding and following the element). 3 Landing mats must be 20 cm thick: total length 30', 12' in front of LB to run, 12' behind HB to run CPP 6-10 ability to raise both low & high bar 10 cm with bars stable
CPP 10	LB: 170 cm HB: 250 cm Diagonal: no maximum width (within equipment manufacturer's safety limitations).	
Aspire	LB: 170cm HB: 250cm Diagonal: 130 to 180cm	<ul style="list-style-type: none"> Mandatory 10cm (under both rails and for dismount), up to 30cm allowed. A springboard, mounting block or 30 cm box/panel is permitted but must be placed on the 10cm supplementary mat. Must be removed immediately after the mount. 20cm safety mat allowed under LB & HB for entire routine. 3 Landing mats must be 20 cm thick: total length 30'
Xcel	As per XCEL manual	
Novice	LB: 170cm HB: 250cm Diagonal: 130 to	<ul style="list-style-type: none"> The springboard may be placed on the safety mat. Coaches are permitted to place a small board under the springboard and on top of any mat. Minimum 10cm, up to 20cm allowed. Safety mat (20cm) allowed under LB and HB of entire routine or slide in/out. 3 Landing mats must be 20 cm thick: total length 30', 12' in front of LB to run, 12' behind HB to run

HP Jr/Sr	180cm * ability to raise both low & high bar 10 cm with bars stable	<ul style="list-style-type: none">• The springboard must be placed on the landing mat or on the 10cm suppl mat, if the mount and dismount are performed on the same side. The board can NOT be place on a safety mat.• Mandatory 10cm for dismount.• A 10cm or 20cm mat is allowed to slide in and out for D+ release.• 3 Landing mats must be 20 cm thick: total length 30', 12' in front of LB to run, 12' behind HB to run
-----------------	--	--

BEAM		
Level	Apparatus (cm)	Springboards and Mats
CPP 1	All ages: 100, 110, or 125	<ul style="list-style-type: none">Supplementary marts are not mandatory for CPP 1-5 dismount. Coach may use a large 10 or 20 cm mat under the beam provided the entire area under the beam is covered and even (no chance of rolling an ankle on an uneven surface if falling).1 soft – the springboard/black/panel mat must be removed from underneath or near the end of the apparatus after the mount.Springboard may be placed on the landing mat or the 10cm supplementary mat if the mount and dismount are performed on the same end. A wooden plank may be placed under the springboard. If the board is placed on the landing mat, the safety mat (up to 0cm) must be slid in as soon as the springboard is removed.4 landing mats; 20cm thick
CPP 2		
CPP 3		
CPP 4	2007 and older: 125 2008 and younger: 110 or 125	
CPP 5		
CPP 6		
CPP 7		
CPP 8	125	<ul style="list-style-type: none">Mandatory 5 or 10cm. 20cm safety mat not allowed.Supplementary mats are available on one end of the beam only. All gymnasts are expected to dismount on the same end of the beam.4 landing mats; 20cm thick
CPP 9		
CPP 10		
Aspire	110 or 125	
Xcel	As per XCEL manual	
Novice		<ul style="list-style-type: none">The springboard must be placed on the landing mat or on the 10 cm supplementary. mat, if mount and dismount are performed on the same side. The springboard cannot be placed on a safety mat. Novice: if mt and dmt on the same side and gymnast uses a 20 cm safety mat for the dismount, the safety mat must be placed after the athlete has mounted. Coaches are permitted to place a small board under the springboard and on top of any supplementary mat.Minimum 10 cm. Up to 20 cm allowed (NOVICE only).

HP Jr/Sr	125	<ul style="list-style-type: none">• 20cm safety mat allowed for NOVICE in place of mandatory 0cm supplementary• Supplementary mats are available on one side of the beam only. All gymnasts are expected to dismount on the same end of the beam (short landing mat (traditionally to the left of judging panel)• 5 landing mats; 20cm thick, 20 feet at one end for mounting
----------	-----	--

FLOOR		
Level	Equipment	Mats
CPP 1	One strip of floor	<ul style="list-style-type: none"> 10 cm supplementary mat allowed.
CPP 2	One strip of floor or diagonal	
CPP 3	12m x 12m 40' x 40' Minimum 2' border around floor	<ul style="list-style-type: none"> 5 or 10 cm allowed in corners for landings.
XCEL		<ul style="list-style-type: none"> 5 or 10 cm allowed. Supplementary mat must be placed at the beginning of the routine, and can be removed, moved or let in place (intent to have the least amount of movement of mats/coaches around the floor during the routine). Safety mat (20cm) not allowed.
CPP 4		
CPP 5		
CPP 6		
CPP 7		
CPP 8		
CPP 9		
CPP 10		
Aspire		
Novice		
HP Jr/Sr		

Minimum requirements for CPP Competition	
Equipment	Number required
10cm mats	6
20cm mats	4
5cm mats	4
Vault DECK mats	24" to 54" total
Yurchenko Collar	1
Approved Hand mat	1
Springboard	5
25 m vault runway	1

Minimum requirements for Aspire Competition	
Equipment	Number required
10cm mats	6
20cm mats	4
5cm mats	4
Yurchenko Collar	1
Approved Hand mat	1
Springboard	5 (various hardness)
25 m vault runway	1

Minimum requirements for High Performance Competition	
Equipment	Number required
5cm mat	1
10cm mats	6
20cm mats	4
Yurchenko Collar	1
Approved Hand mat	1
Springboard	3-5 FIG hard, FIG Soft, FIG Softer (Novice only)
25 m vault runway	1

Additional information from GCG

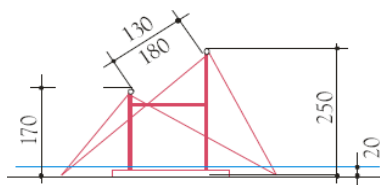
For HP meets Vault

Vault Table: The vaulting table must be positioned on a rigid board which has the same height as the runway. The apparatus height must correspond to the top level of the run up area.

Judges' Tables: There must be a minimum distance of 3 meters between the edge of the judges' table and the edge of the mat. Judges may be seated on the same side of the vault table.

UNEVEN BARS

- High bar: 250cm to the floor (+/- 3 cm in Canada, +/- 1 cm FIG)
- Low bar: 170 cm to the floor (+/- 3 cm in Canada, +/- 1 cm FIG)
- Height is measured from the upper edge of the rail while diagonal is at 180 cm. Measure the rails from 'wood to floor' for height.
- Raising the bars – tall gymnasts who touch the mat with their feet are allowed to raise both rails by 10 cm, (with maximum width of 182 cm +/- 1 cm as of January 1, 2017).
- Reference marks to identify the chain links will be used once the UB are set at FIG. The reference marks may not be removed. If links must be added to raise the UB, coaches will be required to set the chains back to the original setting (links identified by the reference marks) once their gymnast has completed her warm up or competition).
- Diagonal: 130 cm to 180 cm (+/- 1 cm FIG). Measure the rails from the inside of both rails, in diagonal, from "wood to "wood". For more accuracy, measurements should be taken where the wooden part of the rail inserts into the metal tube. This will ensure that the tape is straight and perpendicular to both rails.



Judges' Tables: There must be a minimum distance of 3 meters between the edge of the judges' tables and the metal frame of the bars. Judges must be seated on both sides of the bars. The judges seated opposite to the D1 judge should be seated at separate desks or tables.

BALANCE BEAM

- Height: 125 cm to the floor (+/- 1 cm). For more accuracy, measure each side of the beam.
- If there is a need to measure the height of the beam to the top of the mats (125 cm – 20 cm = height of 105 cm to the mat), the weight of the person measuring will affect the height of the mats, thus the measurement for height of the beam may not be accurate.

Judges' Tables: There must be a minimum distance of 2 meters between the edge of the judges' tables and the edge of the mat. **Judges must be seated on both sides of the beam.** The judges seated opposite to

the D1 judge should be seated at separate desks or tables.

FLOOR EXERCISE

- The white line must be inbound.
- Measure 4 sides for more accuracy
- 12 m x 12 m including inbound lines on all sides.
- The entire floor (including borders) measures 14m x 14m.

Judges' Tables: There must be a minimum distance of 2 meters between the edge of the judges' tables and the edge of the floor exercise mat. Judges must be seated along two perpendicular sides of the mat. The judges not seated with the D1 judge should be seated at separate desks or tables.

APPENDIX E – DEVELOPMENTAL PROGRAM SPECIAL COMPETITION CONSIDERATIONS

Coaching/Spotting – For CCP levels, a coach can stand beside the apparatus at all times, but if they spot or touch the athlete during the element, up to the value of the element plus 0.50 will be deducted from the score. If a coach touches the athlete to assist on the landing only a 0.50 deduction will be taken.

For Xcel, please refer to the program manual. There is no deduction for a coach reminding a gymnast what skill is next.

Scores/Results - There is NO flashing of scores. Results are handed out to the coaches at the end of the meet. Results should not be posted at the event or on the club website. Each coach can decide to share the results with parents and athletes as/if they see fit.

Judging Considerations – CCP Levels 1-2 will be judged as described in the USA Gymnastics Developmental Compulsory Program with the following omissions:

Page 160 – omit the 00.20 deduction for a coach/teammate giving assistance with verbal cues. GNL will allow the coach to remind the gymnast what comes next in the routine.

Apparatus Judging/Scoring – all routines are scored out of 10.0 with maximum score of 10 and minimum score of 1.0.

Awards - All-Around medals are awarded to each participant (Gold, Silver and Bronze) based on their personal score. Athlete placings are determined using the following system:

All Around		
Gold	Silver	Bronze
36.000 or higher	33.2000-35.999	33.199 or below

Awards – Apparatus Ribbons are awarded to each participant (red, blue, and white) for each apparatus and are distributed according to the following scores:

Apparatus Ribbons for VT, UB, BB, FX		
Red	Blue	White
9.000 or higher	8.300-8.999	8.299 or below

Clubs provide their own medals and ribbons.

Tabulators at each event will have an envelope with a certificate for each athlete in the rotation. When the athlete's score is done being calculated the tabulator will place a ribbon in the envelope with the athlete's certificate based on the range of scores above. The athlete's envelope will travel from event to event with the rotation so when the competition is done the ribbons are already sorted and just need to be attached to athlete's certificate. The ribbons should be labeled with a sticker on the back (Vault, Bars, Beam or Floor) so the athlete knows which event they received each ribbon from.

The order that athletes are called up to receive their all-around awards should be mixed up so less emphasis is placed on ranking. No podium should be used when presenting athletes with all-around medals. The announcer should announce the age group and then call up the athletes by club, in random order, and have the athletes stand side by side. Envelopes with certificates and ribbons attached should be given to coaches to distribute to their athletes before they leave the building.