



GYMnastics
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CANADA

RHYTHMIC GYMNASTICS TECHNICAL RULES AND REGULATIONS
2011 - 2012

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CHAPTER I

PURPOSE AND VALIDITY OF THE REGULATIONS

REG. 1.1 **PURPOSE**

The purpose of the Regulations (TR&R) is to provide an authoritative medium for the control, organization and operation of the technical requirements of the GCG/ RG PROGRAM and to provide for, and encourage, progressive development in all aspects of rhythmic gymnastics in cooperation with the member Provincial Sport Organizations (PSO) recognized under the GCG/ RG PROGRAM Bylaws.

REG. 1.2 **VALIDITY**

The Regulations are made in accordance with the GCG/ RG PROGRAM Bylaws and Policy and Procedures and may only be altered or amended in conformity therewith.

REG. 1.3 **SCOPE OF APPLICATION**

Except where the text otherwise provides, the Regulations apply to the authorities of the GCG/ RG PROGRAM, as defined in the GCG/ RG PROGRAM Bylaws, to the Provincial Sport Organizations and to any groups of PSO's as recognized by the Bylaws.

The GCG/ RG PROGRAM Technical Rules and Regulations are the responsibility of the Program Assembly. Day to day application and interpretation of the Technical Rules and Regulations is the domain of the Program Committee. In the absence of a rule, the Program Committee is charged with the power of decision-making in the spirit of fair play, in the best interest of athletes, reflecting the values of the federation.

Changes to the Technical Rules and Regulations shall be made annually at the National Program Assembly. Proposed changes, including introduction of new rules must be submitted to the GCG/RG Program Coordinator 2 months prior to the Assembly date and circulated no less than 21 days prior to the Assembly.

CHAPTER II

GCG/ RG PROGRAM COMPETITIONS AND EVENTS

REG. 2.0 COMPETITIVE SEASON¹

In these Technical Rules and Regulations the term Competitive Season refers to the period between **January 1 and December 31**.

REG. 2.1 OFFICIAL EVENTS²

For groups and for all level individual except **National** Junior and Senior

- All registered gymnasts AA
- Top 8 in each apparatus Finals

For **National** Junior and Senior individual only

- Qualification competition (all registered gymnasts) Competition A
- Top 12 from the qualifying competition Competition B
- Top 8 in each apparatus Finals

*Note Competition B and Finals are held in conjunction.

A. NATIONAL STREAM COMPETITIONS

<u>Year</u>	<u>Title</u>	<u>Season</u>	<u>Duration</u>
Annually	Canadian Individual Championships (Comp. A, B and Finals) FIG junior and Senior group national team qualification	June	4-5 days
Annually	Canadian Group Championships <ul style="list-style-type: none"> • All-around Competition • Final Competition 	Held in conjunction with Elite Canada (February/March ³)	
Annually	Western and Eastern Regional Championships (Comp. A and Finals held in conjunction)	Spring (around the first weekend of May)	2-4 Days
Annually	Elite Canada (Comp. A, B and Finals)	February/March ⁴	3 days

NOTE: The GCG/ RG PROGRAM Committee in consultation with the Organizers decides the actual dates. **All information with regards to dates for upcoming National Stream Competitions for each new season has to be sent to the Provinces no later than May of the previous competitive season. GCG will need to receive bids no later than January 15th of the previous competitive season. See Event Rotation in Appendix N.** For details refer to specific competitions.

B. PROVINCIAL STREAM COMPETITIONS

Gymnasts in 3B, 4B and C, 5B and C, 6B and C and novice, junior and senior provincial groups can compete at the Eastern or Western Provincial Stream Regional Championships held in conjunction with the National Stream Regional Championships⁵

C. AGG COMPETITION

To be determined⁶

D. GALA PERFORMANCES

The GCG/ RG PROGRAM in agreement with the Organizing Committee may organize one or several Galas (displays without judging and ranking) during or after the national competitions. All medal winners are encouraged to participate.

¹ Amended November 2000

² Amended June 2010

³ Amended November 2001

⁴ Amended November 2002

⁵ Amended June 2007

⁶ Amended June 2004

E. OFFICIAL EVENTS (Gymnaestrada and other Displays)

The Canadian Gymnaestrada, organized by GCG is a national event. It does not include competitions.

Other national and international displays may be organized by any of the GCG Authorities.

Year	Title	Season	Duration
2014	Canadian Gymnaestrada	Spring/Summer	
2015	World Gymnaestrada	Summer	

F. INTERNATIONAL EVENTS

From time to time, GCG may resolve to undertake hosting of an international event.

REG. 2.2 CHOICE OF VENUES FOR GCG/ RG PROGRAM COMPETITIONS

The official competitions of the GCG/ RG PROGRAM are held at venues approved by GCG.

CHAPTER III

COMPETITIONS AND EVENTS NOT ORGANIZED BY THE GCG/ RG PROGRAM

REG. 3.1 CANADA WINTER GAMES

- The Canada Games Council is the principal authority on all Games matters. Permanent partners include federal, provincial and territorial governments, National Sport Organizations (NSOs) and their Provincial Sport Organizations (PSOs). In addition, the host cities and provinces, host societies and corporate sponsors are partners in the staging of each Canada Games event. The rhythmic gymnastics competition, the program, the manner in which the competition is run, the designation of the winner, the formal ceremonies, together with the organization are identical to the Junior competition at the Canadian Championships, but the format of the competition could vary

REG. 3.2 WESTERN CANADA SUMMER GAMES

Western Canada Summer Games are the responsibility of the Western Canada Games Council. The Technical Regulations of the Games must be approved by the GCG/ RG PROGRAM.

REG. 3.3 COMPETITIONS BETWEEN PSOS

Each PSO has a right to arrange competitions with other PSOs. Competitions, which promote the development of friendly relations, are entirely in the hands of each PSO. With the objective to ensure a uniform organization of competitions, the conditions of the competition must be outlined in writing. Regard should be given to the points made in these Regulations concerning the following:

- Time and place of the competition
- Nature of the competition
- Program
- Designation of the winner
- Protocol ceremony and awards
- Financial conditions
- Competition Director

The arrangements made are to be strictly respected by the PSOs. The instructions regarding the judges and judging are to be observed according to the nature of the competition.

By mutual consent between the PSOs involved, modifications may be allowed to accommodate the particular needs of the competition.

REG. 3.4 INTERNATIONAL TOURNAMENTS AND COMPETITIONS

In addition to the inter-provincial competitions, the PSOs may apply to the GCG/ RG PROGRAM for sanction to organize an international invitational competition. Application should include information outlined in the Sanction Form to host an Event with International Team in Canada (see GCG web site) Organization of the international competitions should also take into consideration FIG Technical Regulations. All communications with the international community must be directed through the GCG/ RG PROGRAM. Initial communication must be directed to GCG/ RG PROGRAM and via the GCG to the invited countries.

REG. 3.5 EXHIBITIONS AND PUBLICITY DISPLAYS

Independently of the competitions and events mentioned in the preceding regulations, PSOs have the right to organize exhibitions and publicity displays for the development of Rhythmic Gymnastics.

The organization is the responsibility of the PSO or, should the occasion arise, of the PSO appointed by the GCG/ RG PROGRAM. It is not obligatory for the program to include all apparatus. It may be adapted to local conditions and it may be mixed (Rhythmic Gymnastics Artistic Gymnastics, Aerobics, Trampoline, Etc).

Big events of this nature should be brought to the attention of the GCG/ RG PROGRAM and the event be put on the GCG/ RG PROGRAM calendar of events.

The notification to the GCG/ RG PROGRAM should include the following information:

- The program and the timetable of the event
- The apparatus used
- The number of participants and PSOs involved
- The financial conditions

Notification to the GCG/ RG PROGRAM is not necessary in cases where PSOs organize exhibitions and publicity displays involving their own gymnasts solely and for the purpose of development, publicity and revenue production of the PSO concerned.

CHAPTER IV

RIGHT OF PARTICIPATION – ENTRY PROCEDURE AND DELEGATION LIMITATIONS

REG. 4.1 GENERAL RIGHTS & OBLIGATIONS FOR PARTICIPATION IN COMPETITIONS

Official GCG/ RG PROGRAM competitions are opened to gymnasts who:

- Belong to PSO affiliated with the GCG/ RG PROGRAM
- Member in good standing with the GCG/ RG PROGRAM
- Meet amateur status
- Meet the nationality requirements outlined in the Technical Rules and Regulations
- Meet the qualification requirements (as applicable)

Reg. 4.1.1 **Belong to PSO affiliated with the GCG/ RG PROGRAM**

In order to participate in any GCG/ RG PROGRAM competition the participant must be a member in good standing with GCG/ RG PROGRAM and her respective Provincial Sport Organization (PSO) affiliated with the GCG/ RG PROGRAM.

Reg. 4.1.2 **Member in good standing with GCG/ RG PROGRAM**

According to the GCG/ RG PROGRAM, a competitor must be a member in good standing with the GCG/ RG PROGRAM.

Reg. 4.1.3 **Amateur Status**

Competitors must be a bonafide amateur. An amateur is one who engages in an athletic activity for recreation, fitness or pleasure, and not as a means of livelihood. An amateur athlete participating internationally must also meet the requirements for an amateur as outlined by FIG. (See FIG Appendix B.)

Reg. 4.1.4 **Athlete Nationality**

The following pertains to both individual and group gymnasts who are registered members of the GCG/ RG PROGRAM:

A. FIG ELIGIBLE

“**FIG Eligible**” means Canadian Citizens or Landed Immigrants in Canada who meet the nationality requirements of the Federation Internationale de Gymnastique (“FIG”) in order to be eligible to represent Canada internationally at Official Competitions of the FIG (*i.e. Canadian Citizens or Landed Immigrants*)

B. IOC ELIGIBLE

“**IOC Eligible**” means Canadian Citizens who meet the citizenship requirements of the International Olympic Committee (“IOC”) and/or other applicable governing body in order to be eligible to represent Canada internationally at the Olympic Games and other competitions (*i.e. Pan American Games*) where citizenship is required, regardless of any minimum age requirements. IOC Eligible does not include “DN” competitors as referred below.

C. GCG/ RG PROGRAM STRATEGIC PLAN

The “**GCG/ RG PROGRAM Strategic Plan**” shall give priority to IOC Eligible Canadian Citizens in training, exposure to international competition, and other opportunities provided by the GCG/ RG PROGRAM with a view to developing Canadian athletes for the Olympics, and with increasing importance in each of the four years leading up to the next Olympics. Accordingly:

Only Canadian Citizens who are IOC Eligible may compete at GCG/ RG PROGRAM events and be eligible for support and opportunities provided by the GCG/ RG PROGRAM without restriction due to any citizenship/nationality requirements.

D. DUAL NATIONALITY “DN”

“**DN**” competitors are Canadian Citizens who possess dual nationality but who are neither FIG Eligible nor IOC Eligible (*i.e. competitors who have chosen to represent their other country*). DN competitors may compete at GCG/ RG PROGRAM events but are not eligible for the title of National Champion and shall share the rank of the next ranked gymnast (distinguished by the designation “DN” next to their name). DN competitors may not be eligible for financial support or other opportunities provided by the GCG/ RG PROGRAM to Canadian Citizens who are IOC Eligible.

E. LANDED IMMIGRANT “LI”

“LI” competitors are landed Immigrants in Canada who are FIG Eligible (i.e. have obtained the requisite FIG consent to represent Canada). LI competitors may compete at GCG/ RG PROGRAM events and be considered for sanction to events, which are not designated as part of the GCG/ RG PROGRAM Strategic Plan. LI competitors may not be eligible for financial support or other opportunities, which may be provided by the GCG/ RG PROGRAM to Canadian Citizens.

An athlete visiting or residing in Canada (including a Landed Immigrant) who is neither IOC Eligible or FIG Eligible may with the consent of the GCG/ RG PROGRAM Committee compete at GCG/ RG PROGRAM events hors concours / out of competition as a guest athlete. Such athletes may compete in the all-around but not in finals, shall be scored but not ranked, and may not be eligible for any support or other opportunities provided by the GCG/ RG PROGRAM.

DN competitors and Landed Immigrants in Canada who are not FIG Eligible may be considered for sanction to represent their club at “International Club competitions” which are not designed as part of the GCG/ RG PROGRAM Strategic Plan, provided that the host club agrees to such representation on behalf of itself, the host federation and all participating clubs as required by the FIG.

Reg. 4.1.5 Athlete Residency

- a) The geographic location of the club or team or coach determines the province in which a gymnast is registered.
- b) In cases where the gymnast resides in one province and her club or team resides in another province; the gymnast may claim residency based upon either the province in which her club is located or the province in which she actually resides.
- c) A gymnast may only register in one province and must compete only for that province.
- d) In the event that a gymnast has a change of permanent residence during the registration year, she may transfer her registration only if the province she is departing from gives her a release and the province she is going to accepts her. If either the release or acceptance is not received the gymnast will compete unattached for the remainder of that year.

Official notification of transfer must be circulated to the GCG/RG Program Office within 30 days from the date of transfer.

Reg. 4.1.6 Unattached Gymnasts

The following are the only cases where a gymnast may be unattached:

- Canadian citizen training outside of Canada.
- Canadian gymnast who has a change of permanent residence (see 4.1.5 d) within Canada during the registration year.
- Unattached gymnasts will be judged, receive scores, and will be ranked.
- Unattached gymnasts are eligible to receive support and opportunities provided by the GCG/ RG PROGRAM.

REG. 4.2 ELIGIBILITY

Reg. 4.2.1 Regional Championships

To be eligible to compete at the Regional Championships, the competitor must first be sanctioned by the respective PSO and meet any PSO qualification regulations.

An unattached gymnast must petition in writing to the GCG/RG Program Committee to compete at Regional Championships. If a gymnast is unattached she will have to qualify at Regional Championships amongst the top 10 gymnasts AA. If she does not qualify in the top 10 she will not be invited to Canadian Individual Championships.

Reg. 4.2.2 Canadian Individual Championships

4.2.2.1 Only individual competitors who compete and qualify at the Regional Championships, and individuals that place in the top 10 Junior and Senior Categories at Elite Canada, are eligible to compete at the Canadian Individual Championships. (Plus petitions per 4.3)

4.2.2.2 Individuals who are members of the National Team Pool junior or Senior groups and have been assigned to represent Canada internationally within 30 days before or after the Regional Championships will be exempted from

this Regional Championships and will receive direct entry to the Canadian Individual Championships in addition to the 10 plus 2 per province qualified athletes.

Reg. 4.2.3 Canadian Group Championships

Participation at Canadian Group Championship's is open to all groups duly registered by the PSOs. See Appendix G for substitution of gymnasts.

Reg. 4.2.4 Elite Canada -

Individual Competition: Gymnasts must be at least 13 years of age in the calendar year of the event. Invitations will be extended to gymnasts who qualified from the preceding Canadian Championships (See also exception 4.3.3(b)).

NOVICE Top 6 AA age eligible (Turning 13 in the year of competition)

The first 6, 13 year olds will be invited. The selection will proceed up until the 16th spot

If 6 spots are not filled, the gymnast with the higher AA score from the junior combined list and age eligible novice list will then be invited.

JUNIOR Top 16 AA Competition A + B

Plus qualified novices turned juniors.

Positions open by retirement or otherwise of qualified Novice or Junior competitors will be filled with the next eligible Novice, or Junior gymnasts according to highest AA score. For Junior the basis will be the combined scores of Competitions A + B. For Novice the basis will be the score of Competition A. The invitation will be extended by name.

SENIOR Top 16 AA Competition A + B

Plus qualified juniors turned seniors.

Positions opened by retirement or otherwise of Senior competitors will be filled in order according to highest combined scores of Competition A + B obtained by either the next ranked Senior or age eligible Junior (Junior advancing to the Senior category).⁷

The invitation will be extended by name.

Qualified Junior competitors who turn senior in the year of Elite Canada will be invited to compete in the Senior category.

Acceptance of the invitation is optional. Invitations are by name only with no replacement.

Reg. 4.2.5 Canada Winter Games: To be reviewed

Reg. 4.2.6 Western Canada Summer Games. To be reviewed as needed

REG. 4.3 PETITIONS

Petitions for exemptions to the eligibility rules for Regional, Canadian Championships and Elite Canada will be considered only when

- presented through the PSO
- a medical certificate signed and sealed by a medical authority is provided.

Reg. 4.3.1 Regional Championships -

Only unattached gymnasts may petition in writing to the GCG/RG Program Committee to compete at Regional Championships.

The petition must include:

- a) A letter explaining circumstances of unattached status.

⁷ Amended November 2001.

Approval of the petition by the GCG/RG Program Committee will be granted according to Regulation 4.1.6

b) The petition must be received at the end of the calendar year, or no later than 30 days after changing status to unattached.

The GCG/RG Program Committee has the final decision on all extenuating circumstances.

Reg. 4.3.2

Canadian Individual Championships

a) If an athlete is injured prior to or during the Regional Championships and cannot compete/finish the Regional Championships, she may petition to compete at Canadian Individual Championships by submitting the following:

- Petition letter from the club, sanctioned by the province
- A bonafide doctor's certificate
- **Competition A + B** general score from Elite Canada for senior and junior athletes,
- **Competition A** general score from the previous year Canadian individual Championships for the novice athletes

Approval of the petition by the GCG/RG Program Committee is dependent upon the following criteria:

- Submission of documentation listed in Reg. 4.3.2 a)
- **Competition A + B** general score from Elite Canada (junior/ senior)/ **Competition A** general score from the previous year Canadian Individual Championships (novice) to be ranked in comparison with the top ranked at the Regional Championships in their category.
- This comparison of scores will be made in the following manner:
 - Select the gymnasts who competed at both Elite Canada (junior/ senior)/ Canadian Individual championships (novice) and the Regional Championships and placed in the first 10 at the Regional
 - Average the marks of these gymnasts at Elite and the regional
 - Establish the difference between those averages
 - Add this difference (positive or negative) to the mark of the petitioner and compare with the mark of the 10th ranked gymnast in the category

If the mark is equal or superior the petition will be granted. If not, the petition will be denied.

b) Gymnasts injured prior to the Regional Championships must submit a petition prior to commencement of the competition and gymnasts injured at or during the Regional Championships must submit a petition no later than 10 days after the competition.

The GCG/RG Program Committee has the final decision on all extenuating circumstances.

c) If a National Team Pool gymnast is unable to compete at Elite Canada due to injury, illness or serious circumstances, in order to be eligible to compete at Canadian Individual Championships by automatic entry, she must petition to compete at Canadian Individual Championships by submitting the following:

- Petition letter from her Club, sanctioned by the her Province
- A bonafide doctor's certificate

The calculation of her score for purposes of ranking on the national team will be done by using the actual scores of the routines performed at the preceding competition, Canadian Individual Championships minus 5%. If by the calculation of the score as indicated above, she does not rank in the top 10, the petition will be denied and the gymnast will have to qualify to Canadian Individual Championships through the Regional Championships.

d) If a **National Team Pool** gymnast competes in only part (one routine or more) at Canadian Individual Championships and has to withdraw from the competition because of an illness or injury, duly documented by onsite medical personnel, hospital or physician, the calculation of her score for the purposes

of ranking in the national team will be done by using the actual scores of the routines completed at the Canadian Individual Championships and adding the scores for the corresponding remaining routines from Elite Canada minus 5%.⁸

Reg. 4.3.3 Elite Canada

- a) If a National Team Pool gymnast is unable to compete at the Canadian Individual Championships due to injury, illness or serious circumstances, in order to be eligible to compete at Elite Canada, she must petition by submitting the following:
- Petition letter from her Club, sanctioned by her Province
 - A bonafide doctor's certificate

The calculation of her score for purposes of ranking on the national team will be done by using the actual scores of the routines performed at the preceding competition, Elite Canada minus 5%. If by the calculation of the score as indicated above, she does not rank in the top 10, the petition will be denied and the gymnast will have to qualify to the Canadian Individual Championships through the Regional Championships.

b) If a gymnast is not a National Team Pool gymnast and does not perform all the routines at Canadian Individual Championships for medical reasons, but qualifies by accumulated points for Elite Canada in the following year, she will be invited to Elite Canada the next year.⁹

c) If a gymnast competes in only part (one routine or more) at Elite Canada and has to withdraw from the competition because of an illness or injury, duly documented by onsite medical personnel, hospital or physician, the calculation of her score for the purposes of ranking in the national team will be done by using the actual scores of the routines completed at the Elite Canada and adding the scores for the corresponding remaining routines from the previous Canadian Individual Championships minus 5%.¹⁰

Reg. 4.3.4 National Team Pool

4.3.4.1 If a National Team Pool gymnast is unable to compete due to injury, illness or serious circumstances, at Elite Canada or Canadian Individual Championships, she must petition to remain in the National Team Pool.

4.3.4.2 Criteria of acceptance

- a) No more than three exemptions at either Elite Canada or CIC will be considered. Preference for exemption will be based on National team ranking points.
- b) For a petition to be considered, the petition must:
- Be submitted in writing to the GCG/RG Office prior to the beginning of the meet or at the latest within 3 working days of the end of the competition to which the petition applies
 - Be submitted by the gymnast's coach and the province
 - Be accompanied by a bonafide doctor's certificate
- c) Gymnasts on the national team pool shall be permitted to apply for a medical exemption ONCE per season and may not apply for exemption for 2 consecutive competitions over two seasons.
- d) Petition will not be considered from an athlete not currently ranked in the National Team Pool.

⁸ Amended June 2010

⁹ Amended June 2010

¹⁰ Amended June 2010

4.3.4.3 Ranking

- a) The ranking will be determined according to the calculation of the National Team Ranking 2011, Appendix I.
- b) In case of petitions, the gymnast who received the exemption will be ranked by using the actual scores of the routines performed at the preceding competition, (either Elite Canada or CIC) minus 5%.¹¹ She will share the place with the gymnast who competed in the competition and who obtained the same amount of points or the next ranked athlete.
- c) Individual Athletes who become members of the National Team Group as either group members or alternates will be re-integrated at the end of their group experience according to the following plan:

Original Ranking Prior to Joining Group	Rank during group experience	Process for Petition to Re-enter individual competition	Competition at which they may re-enter individual competition
Ranked 1-5 as an Individual	National Team Member: Group	Re-enter at the same rank at which they left when they joined group, sharing 1 st , 2 nd , 3 rd 4 th or 5 th place with the equivalently ranked gymnast	Elite or CIC May participate if there is a qualifying or trial meet previously established to determine eligibility for a Major competition
Ranked 6-10 as an Individual	National Team Member: Group	Re-enter at 10 th place, sharing tenth place with 10 th ranked gymnast	Elite or CIC. May participate if there is a qualifying or trial meet previously established to determine eligibility for a Major competition
Ranked 10-16 and on invitation list for Elite Canada prior to joining group	National Team Member: Group	Re-enter without rank	Elite or CIC
Not Ranked	National Team Member: Group	Re-enter without rank	Elite, CIC or Regionals

NOTES:

1. Trial Meet will not be held specifically to determine ability of National Team Group gymnast to join that competition.
2. If a challenge of position is attempted at a trial or qualifying meet, the airfare expenses are at the expense of the petitioner
3. All gymnasts on the National Team group will be allowed re-entry to individual competition in the manner listed above, regardless of the increase in numbers that may be involved at competitions such as Elite.¹²

Reg. 4.3.5 National Team

- a) When a Trial Meet is held in conjunction with Elite Canada, only the top-ranked Canadian gymnast from the preceding World Championships may petition for illness, injury or serious circumstance.
- b) When a Team Selection is held in conjunction with the Canadian Championships, only the top ranked Canadian gymnast from Elite Canada will be considered for petition. In this case the spring

¹¹ Amended June 2010

¹² Amended November 2001

international competitions results will be taken in consideration.

- c) No petitions will be considered from an athlete not currently ranked in the Senior National Team Pool.
- d) No petitions will be considered for Groups for selection meets or Group Championships. This applies to injuries prior or during the competition.

REG. 4.4 **AGE OF PARTICIPANTS**

The age is determined as of December 31 in the year of the competition.

- Pre-novice:** 9-10 years of age¹³
- Novice:** 10-12 years of age
- Junior:** 13-15years of age
- Senior:** 16 and up

NOTE 1:

<i>National Team Pool</i>	minimum 13 years of age
<i>Canada Winter Games:</i>	12 – 15 years of age.TBC
<i>Western Canada Summer Games:</i>	12 – 14 years of age TBC

Reg. 4.4.1 **Changing Age Categories/Levels**

Any departure from the above rules will bring an automatic disqualification of the gymnast.

1. National stream

- a) Once a gymnast has registered for the first national level competition in a calendar year, she cannot change level for that year.
- b) If the gymnast participates in both individual and group, she may not compete in a group in a lower age category or level than her individual category or level.
- c) A group gymnast may compete in her age level or one level up but not both.
- e) A gymnast (novice, junior or senior) may compete in a competition for higher age category at international invitational competitions and compete in Canada in her age category provided, that she has not competed in the higher age category at the official FIG Championships or Continental Union Championships.

2. Provincial stream

- a) Age (Pre-Novice, Novice, Junior, Senior) - At any time during the calendar year, a provincial gymnast may move to a higher age category within a level. She may not subsequently move back to the lower age category in that level.
- b) If the gymnast participates in both individual and group, she may not compete in a group in a lower age category or level than her individual category or level.

¹³ Amended November 2001

REG. 4.5 **COMPETITIONS** **2009 - 2012**

Reg. 4.5.1 **National Stream**

The national stream programs provide competitive opportunities at national level. The NS individual programs are Pre-Novice, Novice, Junior National, Junior High Performance, Senior National and Senior High Performance. The NS group programs are pre-novice, novice, junior, senior and Senior development.

Reg. 4.5.2 **Provincial Stream**

The Provincial stream programs provide competitive opportunities at provincial level. The Provincial stream individual programs are 1B, 2 A AND B, 3 A AND B, 4 A, B AND C, 5 A, B AND C, 6 A, B AND C. THE PROVINCIAL STREAM GROUP PROGRAMS ARE PRE-NOVICE, NOVICE, JUNIOR, SENIOR.

Reg. 4.5.3 **Open Group Category**

The Open Group Category provides a competitive category to the Canadian Group Championships and Regional Championship for a mix of Provincial Stream and National Stream, or Provincial only or National only gymnasts. This category is for Novice and/or Junior and/or Senior level gymnasts. This category does not impact on the existing National and Provincial group categories. This category is on a trial basis for the 2012 competitive season.

Reg. 4.5.4 **AGG Program**

Program available (see Appendix J)

REG. 4.6 **SIZE OF DELEGATION IN NATIONAL COMPETITIONS**

Reg. 4.6.1 **Canadian Eastern & Western Regional Championships**

All PSOs are entitled to participate with an open number of competitors.

Top 10 Juniors and top 10 Seniors from Elite Canada may compete “hors concours” at Regional Championships provided that the organizing committee can accommodate the additional gymnasts in its schedule. The top Senior, Senior development and Junior Group from the Canadian Group Championships may compete “hors concours” at Regional Championships provided that the organizing committee can accommodate the additional groups in its schedule. They will not be required to pay the registration fee.

Reg. 4.6.2 **Canadian Individual Championships**

Participation at the Canadian Individual Championships is by qualification from Elite Canada and Regional Championships. The top 10 Junior and top 10 Senior gymnasts from Elite Canada; top 10 Novice, top 10 Junior and top 10 Senior gymnasts from Regional Championships plus 2 gymnasts per level from each province may participate.

Reg. 4.6.3**Summary Team size - Regional and Canadian Championships:**

Category and Level	Regional Championships	Canadian Individual Championships
Provincial level 3B	Open	
Provincial level 4 B and C	Open	
Provincial level 5 B and C	Open	
Provincial level 6 B and C	Open	
Provincial stream groups: novice, junior and senior	Open	
Open Category Group Program	Open	
National stream pre-novice, novice, junior, senior development and senior group	Open (National team junior and senior groups compete Hors concours)	FIG JUNIOR AND SENIOR, SENIOR DEVELOPMENT GROUPS
National Pre-Novice Level 7	Open	
National Novice Level 8	Open	Top 10 from RC's & 2/Province
National Junior Level 9	Open	Top 10 from RC's & 2/Province
Junior High Performance Level 10	HC	Top 10 from EC,
National Senior Level 9	Open	Top 10 from RC's & 2/Province
Senior High Performance Level 10	HC	Top 10 from EC,

NOTE: If a qualified gymnast declines to participate in the Canadian Individual Championships because of sickness, injury or other cause, the next gymnast from that particular Regional Championships will be invited to participate. She will have to confirm her participation at least 1 week after the registration deadline.¹⁴ Reg. 4.6.3 Canadian Group Championships

Participation in Canadian Group Championships is open to all National stream groups. See Appendix G for substitution of gymnasts.

Reg. 4.6.4 Elite Canada*Individual Competition*

Participation at Elite Canada is by invitation only. The GCG/ RG PROGRAM Committee will extend invitation to the gymnasts finishing at the preceding Canadian Individual Championships in the following positions:

NOVICE Top 6 AA age eligible (Turning 13 in the year of competition)

The first 6, 13 year olds will be invited. The selection will proceed up until the 16th spot.

If 6 spots are not filled, the gymnast with the higher AA score from the junior combined list and age eligible novice list will then be invited.

¹⁴ Amended December 2002.

JUNIOR Top 16 of Competition A plus B at CIC (see example attached Appendix M)
plus qualified novices turned juniors.

Positions open by retirement or otherwise of qualified Novice or Junior competitors will be filled with the next eligible Novice, or Junior gymnasts according to highest All-around scores. The invitation will be extended by name.

SENIOR Top 16 of Competition A plus B at CIC (See example attached M)
Plus qualified juniors turned seniors.

Positions opened by retirement or otherwise of Senior competitors will be filled in order according to highest All-around scores obtained by either the next ranked Senior or age eligible Junior (Junior advancing to the Senior category).¹⁵ The invitation will be extended by name

Qualified Junior competitors who turn senior in the year of Elite Canada will be invited to compete in the Senior category.

Reg. 4.6.5 **Canada Winter Games**
TBD

Reg. 4.6.6 **Western Canada Summer Games**

- Province of British Columbia, Alberta, Saskatchewan and Manitoba are entitled to enter teams

REG. 4.7 **SIZE OF DELEGATION IN MAJOR CHAMPIONSHIPS.GAMES**

Reg. 4.7.1 **Participation in Olympic Games**

Reg. 4.7.2 **Participation in World Championships**

Reg. 4.7.3 **Participation in 4 Continent Championships**

Reg. 4.7.4 **Participation in Senior Pan American Championships**

Reg. 4.7.5 **Participation in Junior Pan American Championships**

Reg. 4.7.6 **Participation in Pan American Games**

Reg. 4.7.7 **Participation in Commonwealth Games**

Reg. 4.7.8 **Participation in World Youth Games**

Reg. 4.7.9 **Participation in Friendship Games**

Reg. 4.7.10 **Participation in World Cup**

Reg. 4.7.11 **Participation in Pan American Cup**

Reg. 4.7.12 **Participation in World Club Championships**

Reg. 4.7.13 **Participation in Pan American Club Championships**

Reg. 4.7.14 **Participation in International Invitational Competitions**

Reg. 4.7.15 **Participation in International Club Invitational Competitions**

¹⁵ Amended November 2001.

CHAPTER V

REG. 5.1 PROVINCIAL STREAM TECHNICAL PROGRAM

2012 GCG Rhythmic Provincial Individual Program							
AGE as of Dec 31/2012	“A” (new or returning Provincial Athletes)		“B” (new or returning Provincial Athletes)		“C” (returning National Stream* or Provincial Athletes)		ARTISTRY & D2
Level 1 7-8 Born 2005-2004			<i>Free Rope</i>	4 A, B (0.80) Free & Rope require 1body diff. from each group			<p>(A) Maximum 10.00 TO FOLLOW FIG CODE OF POINTS</p> <p>(D2) Levels 5 & 6 Maximum 10.00</p> <p>(D2) Levels 3 & 4 Maximum 8:00</p> <p>(D2) Levels 1 & 2 Maximum 6:00</p> <p>TO FOLLOW FIG CODE OF POINTS: Apparatus Difficulties (Mastery with and without throws and risk) MAXIMUM ONE RISK</p> <p>(D2) FREE Refer to National Level Notes</p> <p>1.2 Series of Rhythmic Steps</p> <p>1.5 Body Waves</p> <p>1.3 Pre Acrobatic Risk Preparation “PR”</p> <p>1.0 Elements with Rotation</p>
Level 2 8, 9 Born 2004-2003	<i>Free Rope</i>	6 A, B (1.20) Free: minimum of one Rope: 2 Jumps/Leaps 2 Pivots 2 Choice	<i>Free Ball</i>	6 A, B (max 1.20) Free – Minimum of one Max. 2 from any group Ball: 2 Flexibility/Waves 2 Jumps/Leaps 2 Choice			
Level 3 9, 10 Born 2003-2002	<i>Free Hoop</i>	6 A, B (1.20) Free & Hoop: Minimum of one Max. 2 from any one group	<i>Free Hoop Ball</i>	8 A, B (1.60) Free & Hoop: Minimum of one Max. 2 from any one group Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice			
Level 4 10, 11, 12 Born 2002-01-00	<i>Free Ball</i>	8 A B C (2.4) Free: 2 from each group Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice	<i>Free Ball Rope</i>	8 A B C D (3.2) Free: 2 from each group Rope: 3 Jumps/Leaps 3 Pivots 2 Choice Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice	<i>Free Hoop Ribbon</i>	8 A B C D E (4.0) Free: 2 from each group Rope & Ribbon: 3 Jumps/Leaps 3 Pivots 2 Choice	
Level 5 13, 14, 15 Born 99-98-97	<i>Free Rope Ribbon</i>	8 A B C D (3.2) Free: 2 from each group Rope & Ribbon: 3 Jumps/Leaps 3 Pivots 2 Choice	<i>Ball Ribbon Choice</i>	8 A B C D E (4.0) Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice Ribbon: 3 Pivots 3 Jumps/Leaps 2 Choice Choice: according to apparatus	<i>Rope Clubs Choice</i>	8 A B C D E F (4.8) Rope: 3 Jumps/Leaps 3 Pivots 2 Choice Clubs: 3 Balances 3 Pivots 2 Choice Choice: according to apparatus	
Level 6 16 & up Born 96-95-94 etc.	<i>Ball Hoop Choice</i>	8 A B C D E (4.0) Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice Hoop: 2 from each group Choice: according to apparatus	<i>Ball Clubs Choice</i>	8 A B C D E F (4.8) Ball: 3 Flexibility/Waves 3 Jumps/Leaps 2 Choice Clubs: 3 Balances 3 Pivots 2 Choice Choice: according to apparatus	<i>Ribbon Clubs Choice</i>	8 A B C D E F G (5.6) Ribbon: 3 Pivots 3 Jumps/Leaps 2 Choice Clubs: 3 Balances 3 Pivots 2 Choice Choice: according to apparatus	
Music - Length of Routines Levels 3, 4, 5 & 6 (1:15 – 1:30) Level 1B (50-75 seconds) & 2 (60-90 seconds)							
Scripts are required for 3B - 4A – 4B – 4C – 5A – 5B – 5C – 6A – 6B – 6C							

Body Difficulties: A higher level body difficulty, if executed correctly, will be evaluated as maximum value for that level. (If Level 3A performs a “D”, Difficulty the value awarded would be 0.2)

Choice: Apparatus of choice (does not include "Free") One set of awards will be given for choice apparatus. All Around is the total of three routines.

National Stream Athletes: National Stream Individuals from the previous year, must enter Category "C" (age appropriate level; Level 4C, 5C or 6 C)


Returning athletes younger than Level 4C must enter the age appropriate "B" category.

FREE D2 5.0 as per National Pre Novice & Novice - Refer to the following document for more detailed information

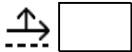
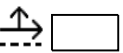
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|----|-------------------------------------|----------|
| 1. | Series of Rhythmic Steps | Max. 1.2 |
| 2. | Body Waves | Max. 1.5 |
| 3. | Pre-Acrobatic/Risk Preparation "PR" | Max. 1.3 |
| 4. | Elements with Rotation | Max. 1.0 |

Pre-Novice and Novice Free Routine D2 Requirement

Free Routine D2 – MAX 5.00 points

1. **SERIES OF RHYTHMIC STEPS**  (minimum of four steps) 0.3 EACH
TOTAL MAXIMUM SCORE: 1.20 points

Category Examples:

- Series of rhythmic steps with change of direction or level  0.3 EACH
- Series of rhythmic steps with movement forward, backwards, sideways, with or without traveling  0.3 EACH

2. **BODY WAVES**  0.1 OR 0.3 EACH
TOTAL MAXIMUM SCORE: 1.50 points

a). **0.30 EACH** (see choices below)

Choice of:

- Total body wave forward or backward
- Total body wave sideways
- Total body wave on a position on the floor (worm)
- Circular body wave (Examples: combining of total body wave backwards followed by total body wave forward, executed without any interruption; sideways body wave to the one side followed by a sideways body wave to the opposite side)
- "moving body wave" body wave executed during traveling or body wave added to a difficulty (can be used once with difficulty and once without)



b). **0.10 for each partial body wave or use of body** (contraction and relaxation) for the maximum score of 0.30

3. **RISK PREPARATION "R"**
TOTAL MAXIMUM SCORE: 1.30 points

a). Series of two or three dynamic elements: 0.3 for each basic (without change of levels or axis of rotation). 0.10 p. added for each additional characteristic, i.e., change of level, axis of rotation.

NOTE: Follow the definition of dynamic element under risk category in the FIG Code of points, p. 58, reg. 2.3.

Examples:

- Series of 2 dynamic elements with rotation R (0.30 p.)
- Series of 2 dynamic elements with change of the axis of rotation R  (0.4)
- Series of 3 pre – acrobatic/dynamic elements with change of level R  (0.5)

4. ELEMENTS WITH ROTATION  **0.2 each**
TOTAL MAXIMUM SCORE: 1.00 points.

There are 2 options for achieving elements with rotations (see option A (as an additional “A” Level Difficulty NOT listed as D1) or option B (as “B” Level or higher difficulties which ARE also listed on the athlete’s script for D1)

- a.) athlete can use all choices from option A
- b.) athlete can use all choices from option B
- c.) athlete can use a combination of choices from options A & B

Option A: The following difficulties listed below which are of “A” difficulty value are the only additional difficulties which can be used to meet the criteria “elements with rotation” for D2. Therefore if one of the “A” difficulties listed below have been used in the routine for D1 value, it cannot then be used for D2 value.

- All “A” Level Pivot Difficulties (applicable “A” level difficulties from 2009-2012 COP are: 8.3.1, 8.3.2, 8.3.47).
- All shapes of jumps/leaps, the base of which exist in rotation only (applicable “A” level difficulties from 2009-2012 COP are: 3.3.28, 3.3.42, 3.3.47). Please note this is the opposite of the 2009-2012 definition of Jump/Leap in Rotation and is applicable only to the Free Routines for D2.
- All body elements regardless of the position of the trunk or the free leg, performed around the vertical/horizontal axis on 1 foot (min 360) (applicable “A” level difficulties from 2009-2012 COP are: 6.3.22, 6.3.23, 6.3.26)

Option B: Only the following difficulties listed below which are of “B” level or higher difficulties can be used to meet the criteria of “elements with rotation” and can be scripted in the boxes next to each other for both D1 and D2.

- All “B” Level or Higher Pivot Difficulties used also for D1 (isolated or in combination)
- All shapes of jumps/leaps, “B” Level or higher also used for D1, the base of which exist without rotation only (3.3.10 E, G and H, 3.3.11 E, G and H, 3.3.19 F, 3.3.22 F, 3.3.24 H)
- All body elements “B” level or higher and also used for D1, regardless of the position of the trunk or the free leg, performed around the vertical/horizontal axis on 1 foot (min 360) (6.3.17 F, 6.3.18 D, E, F and G, 6.3.19 F and G) or around the horizontal axis (walkover) on 1 or 2 hands (see 2009-2012 COP: see 2.3.2 plus errata). Please note this refers only to the flexibilities in the COP which are shown with walkover (6.3.11 B and C, 6.3.12 C and D, 6.3.13 C and D, 6.3.14 D and E, 6.3.15 D and E, 6.3.16 E and F, 6.3.19 F and G, 6.3.29 C, E, F, 6.3.31 F)

NOTE for the Free Routine D2 Program: There can be no “double dipping” for example, if an illusion is used for a pre-acrobatic/risk preparation element, it cannot also be used for an element of rotation – so on and so forth.

2012 GCG Rhythmic Provincial Group Program

Age as of Dec 31/2012	# of Gymnasts Apparatus	Routine Length	Difficulty (D1)	Difficulty (D2)	Artistry (A)
Pre-Novice 7, 8, 9 Born 2005 – 2004- 2003	2 or 3, 4 or 5 Free	1:00 - 1:30	Difficulties – A B 4 Isolated difficulties (0.8)	Refer to Individual Free Routine notes Max. 5.0 PLUS Collaboration 0.1 simple collaboration 0.2 with any of the actions listed in the FIG COP Page 111, REG. 3.2.5; 3.2.6 0.3 with body rotation	Maximum 10.00 4 Formations
Novice 9, 10, 11, 12 Born 2003 - 2002 – 2001 - 2000	2 or 3 4 or 5 Ball	1:30 – 2:00	Difficulties - A B C D 3 Exchanges 4 Isolated difficulties Maximum 1.0 Value for exchange (4.6)	(D2) = 8.00 Apparatus Diff. (Mastery with and without throws and risk) (Maximum 1 risk)	Maximum 10.00 4 Formations
Junior 13, 14, 15 Born '99 – '98 – '97	Choice of: Single Apparatus: Rope or Ball or Choice of: 1 rope/ 1ball 2 ropes/ 1ball 2 ropes/ 2 balls	Group of 2 or 3 - 1:30 – 2:00 Group of 4 or 5 – 2:15 – 2:30	Difficulties - A B C D E 3 Exchanges 4 Isolated difficulties Maximum 1.0 Value for exchange (5.0)	(D2) = 10.00 Apparatus Diff. (Mastery with and without throws and risk) (Maximum 1 risk)	Maximum 10.00 4 Formations
Senior 16 & up Born '96 – '95 – '94 etc.	Choice of: Single Apparatus: Hoop or Ribbon or Choice of: 1 ribbon / 1 hoop 2 ribbons/ 1 hoop 2 ribbons /2hoops 3 ribbons/2 hoops	FIG 2:15 to 2:30	Difficulties – A B C D E F 4 Exchanges 4 Isolated difficulties Maximum 1.0 Value for exchange (6.4)	(D2) = 10.00 Apparatus Diff. (Mastery with and without throws and risk) (Maximum 1 risk)	Maximum 10.00 6 Formations

Scripts are required for ALL GROUPS

* NEW OPEN GROUP CATEGORY

Open Group	Group of 4 or 5	1 type of apparatus	GCG – RG Program	FIG (2'15" – 2'30")
Novice & /or Junior &/or Senior		2012 Hoop	FIG Junior Rules	
National and Provincial				

GCG PROVINCIAL PROGRAM GROUP RULES:

Group Composition & Eligibility:

Athletes may compete in a group one age level up from the level they compete as individuals (excludes Pre Novice)

An athlete cannot compete in both a Provincial Duo & a Provincial 4/5 Group

- An athlete cannot compete in any type of Provincial Group & also a National Group of any type
- Exception: an athlete may compete in one Provincial or National Group, AND one AGG Group.

Body Difficulties:

- A higher level body difficulty, if executed correctly, will be evaluated as maximum for that level. (e.g: If a Junior group performs a 'F' difficulty, the value awarded would be **0.5**)
- Balanced use of body groups

Junior & Senior Groups:

- Junior & Senior group routines may either be single-apparatus routines or mixed- apparatus routines. Groups will continue to compete, & awards given, as groups of 2 or 3 as one competition & set of awards, & groups of 4 or 5 as another competition and set of awards, regardless of the apparatus chosen.

GCG OPEN CATEGORY GROUP RULES: (Program to be reassessed at the 2012 AGM)

1. Age: Novice and/or Junior and/or Senior
2. Gymnasts could be a mix of Provincial Stream and National Stream gymnasts, or Provincial only or National only
3. Group size: 4 or 5 gymnasts
4. Technical Requirements: National Junior Program
5. Apparatus
 - 2012: 4 or 5 hoops
 - 2013: 4 or 5 hoops
6. One routine presented twice in competition
7. Award for group of 4 and 5 together, based on the total score of the two presentations
8. A gymnast can compete only in 1 group category (National group or a Provincial group or Open group category but not in two or three categories).

NATIONAL STREAM TECHNICAL PROGRAM

Category	Competition	Apparatus	Authority	Time
Pre-Novice 9-10	Individual	Free + 2 apparatus	GCG/RG PROGRAM	1'15" – 1'30"
	Group 2 or 3 4 or 5	1 type of apparatus		1:00- 1:30 FIG (2'15" – 2'30")*
Novice 10-12	Individual	Free + 3 apparatus	GCG/RG PROGRAM	1'15" – 1'30"
	Group 2 or 3 4 or 5	1 type of apparatus		1:30 – 2:00 FIG (2'15" – 2'30")*
Junior 13- 15	Individual	4 apparatus	FIG Junior Program	1'15" – 1'30"
	Group 2 or 3	1 type of apparatus	FIG Junior Group Program of 5	1:30-2:00
	5	1 type of apparatus		FIG (2'15" – 2'30")
	4	2 different exercises		FIG (2'15" – 2'30")
1 type of apparatus 2 different exercises				
Senior 16 and up	Individual	4 apparatus	FIG Senior Program	1'15" – 1'30"
	Group 2	1 type of apparatus- 1 routine	FIG Senior Group Program	FIG (2'15" – 2'30")
	3 and 4	2 types of apparatus -1 routine		FIG (2'15" – 2'30")
	5	2 routines		FIG (2'15" – 2'30")
		1) 2 types of apparatus		
2) 1 type of apparatus				
Open Group Novice &/or Junior & or Senior National and Provincial	Group Of 4 or 5	1 type of apparatus 2012 Hoop	GCG-RG Program FIG Junior Rules	FIG (2'15" – 2'30")

REG. 5.3 TECHNICAL PROGRAM ROTATION 2012

Reg. 5.3.1 Pre-Novice Category

INDIVIDUAL				Calendar Year	GROUP
Free		Rope	Ball		
X		X	X	2010	2,3, 4 or 5 ball
X		X	X	2011	2,3,4,or 5 ropes
X		X	X	2012	2,3,4, or 5 ropes

Technical Requirements: See next page

2012
NATIONAL PRE-NOVICE - INDIVIDUAL PROGRAM

Age: 9-10 Born 2003, 2002

APPARATUS

FREE - ROPE - BALL

REGULATIONS

ROUTINE LENGTH - 1:15 to 1:30
 ROPE - Length proportionate to height; one knot on each end
 BALL - 16 - 20 cm in diameter; weight min. 300 grams




DIFFICULTY (D1) - MAXIMUM 4.00

Body movement difficulties 8 maximum. Allowed maximum value of each difficulty F: 0.6
THE TOTAL SCORE MUST NOT EXCEED 4.00
 Perform 3 GCO from 2 groups & 2 choice
 Rope (GCO 3 jumps/leaps & 3 pivots) Ball (GCO 3 jumps/leaps & 3 flexibility/waves)
 Free: Perform 2 GCO from each of the 4 groups

DIFFICULTY (D2) - MAXIMUM 6.00

Apparatus difficulties (Mastery with & without throws and risk)
 Maximum two risks

DIFFICULTY D(2) FREE - MAXIMUM 5.00

Maximum 1.2	<u>Series of Rhythmic Steps</u> 
Maximum 1.5	<u>Body Waves</u> 
Maximum 1.3	<u>Pre-Acrobatic/Risk Preparation "PR"</u>
Maximum 1.0	<u>Elements with Rotation</u> 

*Refer to table below for more detailed information

ARTISTRY (A) Music & Choreography - MAXIMUM 10.00

Requirement: Balance between left hand / right hand work.
 Penalty: 0.50 if this norm is not respected.
FIG Rule Applies

EXECUTION - MAXIMUM 10.00

2012

NATIONAL PRE NOVICE - GROUP PROGRAM

Age: 9 - 10 Born 2003 - 2002

APPARATUS

ROPE

REGULATIONS

ROUTINE LENGTH - 2:15 to 2:30 for groups of 4 or 5

1:00 - 1:30 for groups of 2 or 3

ROPE: Length proportionate to height; one knot on each end

DIFFICULTY (D1) - MAXIMUM 4.00

4 isolated difficulties - maximum value of each difficulty F: 0.6

4 exchanges - maximum value for each exchange 1.0

THE TOTAL SCORE MUST NOT EXCEED 4.00

DIFFICULTY (D2) - MAXIMUM 6.00

Apparatus difficulties (Mastery with & without throws and risk)

Maximum two risks

ARTISTRY (A) Music & Choreography - MAXIMUM 10.00

Requirement: Balance between left hand / right hand work.

Penalty: 0.5 if this norm is not respected

FIG Rule Applies

EXECUTION - MAXIMUM 10.00

Reg. 5.3.2 Novice Category

INDIVIDUAL				Calendar	GROUP
F r e e	Rope	Hoop	Ball	Year	
X	X	X	X	2010	Rope
X	X	X	X	2011	Hoop
X	X	X	X	2012	Hoop

Technical Requirements: see next page

2012

NATIONAL NOVICE - INDIVIDUAL PROGRAM

Age: 10 - 12 Born 2002, 2001, 2000

APPARATUS

FREE - ROPE - HOOP - BALL

REGULATIONS

ROUTINE LENGTH - 1:15 to 1:30
ROPE - Length proportionate to height; one knot on each end
HOOP Minimum 75 cm. in diameter, weight minimum 200 grams
BALL - 16 - 20 cm in diameter; weight min. 300 grams

DIFFICULTY (D1) - MAXIMUM 6.00

Body movement difficulties 8 maximum. Allowed maximum value of each difficulty J: 1:00
THE TOTAL SCORE MUST NOT EXCEED 6.00
Perform 3 GCO from 2 groups & 2 choice
Rope (GCO 3 jumps/leaps & 3 pivots) Ball (GCO 3 jumps/leaps & 3 flexibility/waves)
Free & Hoop: 2 GCO from each of the 4 groups

DIFFICULTY (D2) - MAXIMUM 8.00

Apparatus difficulties (Mastery with & without throws and risk)
Maximum two risks
Additional A difficulties allowed for mastery (D2)

DIFFICULTY D(2) FREE - MAXIMUM 5.00

Maximum
1.2

Series of Rhythmic Steps 

Maximum
1.5

Body 
Waves

Maximum
1.3

Pre-Acrobatic/Risk Preparation "PR"

Maximum
1.0

Elements with Rotation 

*Refer to table below for more detailed information

ARTISTRY (A) Music & Choreography - MAXIMUM 10.00

Requirement: Balance between left hand / right hand work.
Penalty: 0.50 if this norm is not respected.
FIG Rule Applies

EXECUTION - MAXIMUM 10.00

2012

NATIONAL NOVICE - GROUP PROGRAM

Age: 10 - 12 Born 2002, 2001, 2000

APPARATUS

HOOP

REGULATIONS

ROUTINE LENGTH - 2:15 to 2:30 for groups of 4 or 5

1:30 - 2:00 for groups of 2 or 3

HOOP Minimum 75 cm. in diameter, weight minimum 200 grams

DIFFICULTY (D1) - MAXIMUM 6.00

4 isolated difficulties - maximum value of each difficulty J: 1.0

4 exchanges - maximum value for each exchange 1.0

THE TOTAL SCORE MUST NOT EXCEED 6.00

DIFFICULTY (D2) - MAXIMUM 8.00

Apparatus Difficulties (Mastery with & without throws and risk)

Maximum two risks

ARTISTRY (A) Music & Choreography - MAXIMUM 10.00

Requirement: Balance between left hand / right hand work.

Penalty: 0.50 if this norm is not respected.

FIG Rule Applies

EXECUTION - MAXIMUM 10.00

Reg. 5.3.3 Junior Category NOTE: FIG PROGRAM IS 5 ROPES & 5 BALLS

Calendar						GROUP
Rope	Hoop	Ball	Clubs	Ribbon	Year	
-	X	X	X	X	2011	2 or 3 ROPES 4 or 5 ROPES & 4 or 5 BALLS
-	X	X	X	X	2012	2 or 3 ROPES 4 or 5 ROPES & 4 or 5 BALLS
-	X	X	X	X	2013	2 or 3 HOOPS 4 or 5 HOOPS AND 4 or 5 CLUBS
-	X	X	X	X	2014	2 or 3 HOOPS 4 or 5 HOOPS AND 4 or 5 CLUBS

Open Group Novice &/or Junior & or Senior National and Provincial	Group Of 4 or 5	1 type of apparatus 2012 Hoop	GCG-RG Program FIG Junior Rules	FIG (2'15" – 2'30")
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Technical Requirements: See next page

2012
NATIONAL JUNIOR - INDIVIDUAL PROGRAM
Age 13 - 15 Born 1999 - 1998 - 1997
APPARATUS
HOOP - BALL – CLUBS - RIBBON
REGULATIONS
ROUTINE LENGTH - 1:15 to 1:30 HOOP - Between 80 - 90 cm. in diameter, weight minimum 300 grams BALL - 18 - 20 cm in diameter; weight minimum 400 grams CLUBS - 40 TO 50 cm, minimum 150 gm each RIBBON – minimum 5 m. in length; GCG no weight requirement
DIFFICULTY (D1) - MAXIMUM 7.00
Maximum 10 Body Movement Difficulties. Value of each difficulty: 1.00 maximum 3 GCO from each of the 2 groups & maximum 4 GCNO free of choice Ball (3 jumps/leaps & 3 flexibility/waves) Clubs (3 balances & 3 pivots) Ribbon (3 pivots & 3 jumps/leaps) The Hoop exercise must be represented by all the body movement groups as follows: Minimum 2 GCO from each group & 2 additional free of choice
DIFFICULTY (D2) - MAXIMUM 10.00
Apparatus Difficulties (Mastery with & without throws and risk)
ARTISTRY (A) Music & Composition - MAXIMUM 10.00
Requirement: Balance between left hand / right hand work Penalty: 0.50 if this norm is not respected
EXECUTION - MAXIMUM 10.00

2012
NATIONAL JUNIOR - GROUP PROGRAM
Age 13 - 15 Born 1999 - 1998 - 1997
APPARATUS
1 Exercise Ropes & 1 Exercise Balls for groups of 4 or 5 1 Exercise Balls for groups of 2 or 3
REGULATIONS
ROUTINE LENGTH - 2:15 - 2:30 for groups of 4 or 5 1:30 - 2:00 for groups of 2 or 3
DIFFICULTY (D1) - MAXIMUM 7.00
Body movement difficulties 10. 7.00 points maximum (minimum 4 exchanges) Value for each difficulty 1.00 maximum <i>Balanced use of the compulsory body groups</i>
DIFFICULTY (D2) - MAXIMUM 10.00
Apparatus Difficulties (Mastery with & without throws & risk)
ARTISTRY (A) Music & Choreography - MAXIMUM 10.00
Requirement: Balance between left hand / right hand work. Penalty: 0.50 if this norm is not respected.
EXECUTION - MAXIMUM 10.00

Reg. 5.3.4 Senior Category

INDIVIDUAL					Year	GROUP	
Rope	Hoop	Ball	Clubs	Ribbon		1 type of Apparatus	2 types of Apparatus
	X	X	X	X	2011	5 BALLS (FIG)	3 RIBBONS / 2 HOOPS (FIG)
					& 2012	2 BALLS (group of 2)	2 RIBBONS / 1 HOOPS (group of 3) 2 RIBBONS / 2 HOOPS (group of 4)
	X	X	X	X	2013	10 CLUBS (FIG)	3 BALLS / 2 RIBBONS (FIG)
					& 2014	4 CLUBS (group of 2)	2 BALLS / 1 RIBBON (group of 3) 2 BALLS / 2 RIBBONS (group of 4)
						5 RIBBONS (FIG)	6 CLUBS / 2 HOOPS (FIG)
						2 RIBBONS (group of 2)	4 CLUBS / 1 HOOP (group of 3) 4 CLUBS / 2 HOOPS (group of 4)

SENIOR DEVELOPMENT GROUP **2012: 3 ribbons and 2 hoops**

Technical Requirements: According to the FIG Code of Points in force.

2012
NATIONAL SENIOR - INDIVIDUAL PROGRAM
APPARATUS
HOOP - BALL – CLUBS - RIBBON
REGULATIONS
ROUTINE LENGTH - 1:15 to 1:30 HOOP - Between 80 - 90 cm. in diameter, weight minimum 300 grams BALL - 18 - 20 cm in diameter; weight minimum 400 grams CLUBS - 40 TO 50 cm, minimum 150 gm each RIBBON - Minimum 6 m long
DIFFICULTY (D1) - MAXIMUM 10.00
Maximum 12 Difficulties (Level A and higher) The total value of body movement difficulties is obtained by adding the 1) value of the difficulties belonging to the compulsory body movement groups (GCO) specific to the apparatus, as follows: Minimum 8 GCO in exercise of 12 - 10 difficulties Minimum 6 GCO in exercise of 9 or less difficulties 2) Plus the value of a maximum 4 difficulties, if any, from the non compulsory body movement groups (GCNO), which can be used by choice (one, two or three different groups) Refer to page 13 in the code. HOOP must have minimum 2 & maximum 4 difficulties from each group.
DIFFICULTY (D2) - MAXIMUM 10.00
Apparatus Difficulties (Mastery with & without throws and risk) Apparatus Originality
ARTISTRY (A) Music & Choreography - MAXIMUM 10.00
EXECUTION - MAXIMUM 10.0

2012

NATIONAL SENIOR - GROUP PROGRAM

APPARATUS

5 BALLS / 3 RIBBONS, 2 HOOPS
Duo - 2 Balls; Trio 2 Ribbons/1 Hoop; Group of Four 2 Ribbons/2 Hoops

REGULATIONS

ROUTINE LENGTH - 2:15 - 2:30

DIFFICULTY (D1) - MAXIMUM 10.00

Maximum 14 difficulties (level A or higher)
The exercise must have minimum 6 difficulties with exchange of level D or higher.
See Summary Table of Exchange Difficulties in code.
The value of difficulties WITHOUT exchange are as follows:
A=0.1,B=0.2,C=0.3,D=0.4,E=0.5,F=0.6,G=0.7,H=0.8,I=0.8,J=0.9,J=0.10 or more

DIFFICULTY (D2) - MAXIMUM 10.0

Unlimited number of apparatus Mastery elements with or without throw,
with or without collaboration between the gymnasts, with risk or originality.

ARTISTRY (A) Music & Choreography - MAXIMUM 10.00

EXECUTION - MAXIMUM 10.00

Senior Development: Same requirements as senior group

CHAPTER VI

COMPETITION PROGRAM

Part I: GENERAL CONSIDERATIONS:

Reg. 6.1 COMPETITION SCHEDULE

If possible the competition schedules will not begin earlier than 9:00 AM and terminate not later than 10:00 PM

Reg. 6.2 SEQUENCE ON APPARATUS

Free

Rope

Hoop

Ball

Clubs

Ribbon

Reg. 6.3 ORDER OF COMPETITION

Reg. 6.3.1 At all National level competitions, the order of competition (the rotation) will be made from the complete pool of gymnasts within a given level. This pool of gymnasts is not to be predetermined by ranking from any previous National Level competitions.

Reg. 6.3.2 If the numbers warrant it, the gymnasts may be divided into 2 groups (A and B), but the A and B groups will be determined by the original draw. See Appendix K for draw of the Order of Competition for Single Panel.

Reg. 6.3.3 When the competition is divided into 2 groups, the Meet Organizers must ensure that both A and B groups compete next to each other within the schedule of the competition.¹⁶

Reg. 6.4 BASIC PRINCIPLES OF COMPETITION PROGRAM

Reg. 6.4.1 **Competition A**

Individual Competition:

- Competition involving all entered gymnasts.
- One exercise in each of the apparatus prescribed on the program of the year.
- FIG Order of Events: Free, Rope, Hoop, Ball, Clubs, Ribbon. (Where applicable free precedes rope.)
- This competition serves as the all-around for:
 - All gymnasts at Easterns and Westerns
 - Novice category at the Canadian Individual Championships
- This competition serves as the qualifier for:
 - Junior and Seniors at Elite Canada and the Canadian Individual Championships.
- The ranking will be determined by the addition of the marks obtained in all apparatus.

Reg. 6.4.2 **Competition B**

- This competition exists only at Elite Canada and at the Canadian Individual Championships for Junior and Senior categories.
- This competition involves those gymnasts who during the qualification (Competition A) placed in the top 12 (total of all scores obtained for the 4 apparatus exercises) plus all gymnasts not ranked in the top 12 (total of all scores obtained for the 4 apparatus exercises) but who ranked in the top 8 for

¹⁶ Amended November 2001.

a specific apparatus (See attached Appendix M for example).

- The gymnast who placed in the top 12 (total of all scores obtained for the 4 apparatus exercises) will present 1 exercise in each of the apparatus prescribed on the program of the year.
- The gymnast who are not in the top 12 (total of all scores obtained for the 4 apparatus exercises) but who ranked in the top 8 for a specific apparatus will present the routine for which they ranked in the top 8.

Group Competition:

2 exercises performed by the gymnasts working as a group.

Reg. 6.4.3 **Finals**¹⁷

Individual Competition:

1. At Easterns and Westerns, there is not a competition for Finals as such. Medals are awarded for each apparatus based on the score obtained for each apparatus in Competition A.
2. At Elite Canada and the Canadian Individual Championships for Junior and Senior categories:
 - a. The Finals are held in conjunction with Competition B
 - b. Awards are given to the top 8 in each apparatus
3. At the Canadian Individual Championships for the Novice category:
 - a. There are no finals as such for Novice category at Canadian Individual Championships. The awards will be given based on the results obtained for the top 8 in each apparatus in Competition A.

4. Group Competition:

1 exercise on each apparatus on which the group has qualified.

- There must be a minimum of 2 entries per event in order to hold Finals.
- There is a separate classification for each exercise.
- The final competition score will determine the classification on each apparatus.

Reg. 6.4.4 **Tie Breaking Rules for Qualification to Finals**

1. For Junior and Senior categories at Elite Canada and Canadian Individual Championships:
 - If in Competition A there is a tie for 12th position, both gymnasts will compete in Competition B.
 - If in Competition A there is a tie for 8th position in an apparatus, both gymnasts will go to Competition B in that apparatus.

REG. 6.5 **REGIONAL CHAMPIONSHIPS COMPETITION PROGRAM**

Note: starting in 2008, there will be 2 distinct Eastern Championships and 2 distinct Western Championships. One of them will be for the National stream and one of them will be for the Provincial stream. They will occur on the same date and in the same location.

Reg. 6.5.1 **Purpose**

The purpose of each Regional Championships is:

1. To provide competitive opportunity of a highest caliber to the athletes in
 - the National Stream Individual Pre-Novice, Novice, Junior and Senior categories
 - the National Stream Group Pre-Novice, Novice, Junior and Senior categories
 - in the Provincial Stream individual level 3B, 4B and C, Level 5 B and C and level 6 B and C categories
 - in the Provincial Stream Group Novice, Junior and Senior categories

¹⁷ Amended June 2010

- in the Open Category Group

2. To declare Regional Champions in

- the National Stream Individual Pre-Novice, Novice, Junior and Senior categories

- the National Stream Group Pre-Novice, Novice, Junior and Senior categories

- in the Provincial Stream individual level 3B 4B and C, Level 5 B and C and level 6 B and C categories

- in the Provincial Stream Group Novice, Junior and Senior categories¹⁸

- in the Open Category Group

3. To serve as a qualification event to the Canadian Individual Championships for National Stream Novice, Junior and Senior category competitors.

Reg. 6.5.2 Date

Eastern and Western Regional Championships shall take place once a year. They should, in general, be held four or five weeks before the Canadian Individual championship.

Reg. 6.5.3 Proposal to Host

The designated or selected provinces must present a proposal, which includes dates, facility information and other pertinent information regarding the competition they are hosting at the Technical Assembly one-year prior to the event.

Reg. 6.5.4 Selection of Host:

The final date to approve the host takes place at the GCG/ RG PROGRAM Assembly one year prior to date of the Championships.

Reg. 6.5.5 Competition Categories

The National stream Regional Championships includes individual and group competitions (Duo, trio, group of 4, FIG and PAGU) All-around competition (17b)

- Pre- Novice Category
- Novice Category
- Junior Category
- Senior Category

The Provincial stream Regional Championships

Individual	Group
• Level 3B	
• Level 4 B and C	Novice
• Level 5 B and C	Junior
• Level 6 B and C	Senior
• Open Group Category	

Reg. 6.5.6 Competition Program

Competition A and Finals (held in conjunction)

1 exercise with the apparatus prescribed on the program of the year.

1 exercise performed twice for all groups except for the Junior 4 and 5 groups, Senior 5 or Senior Development groups when they are presenting 2 routines.

¹⁸ Amended June 2006

Reg. 6.5.7 Competition Schedule (4 days)

This schedule could be modified according to the number of competitors or for any other reason provided that the authorization to do so has been given by the GCG-RG Program office. Potential schedules could be as follows:

#1

Day	Time	Program
Day 1		<ul style="list-style-type: none"> • Arrivals • Practice • Technical Meeting • Judges meeting
Day 2	AM PM	<ul style="list-style-type: none"> • PROVINCIAL STREAM CHAMPIONSHIPS • Competition • NATIONAL STREAM CHAMPIONSHIPS • Pre-novice Individual Competition 2 Apparatus (1) • Novice Individual Competition: 2 Apparatus • Groups - Non-FIG Pre Novice. Novice, Junior, Senior: first performance - FIG Senior/ Junior 4 or 5 - Open Category Group: first performance
Day 3	AM PM	<ul style="list-style-type: none"> • PROVINCIAL STREAM CHAMPIONSHIPS • Competition • Awards • NATIONAL STREAM CHAMPIONSHIPS • Junior Individual Competition 2 Apparatus • Pre-novice Individual Competition 1 Apparatus • Novice Individual Competition: 2 Apparatus • Groups - NON-FIG Pre Novice. Novice, Junior, Senior: second performance - FIG Senior, junior 4 or 5 - Open Category Group: Second performance • Pre-novice AA Awards, Novice AA Awards.¹⁹ Group Awards

¹⁹ Amended December 2002.

Day 4	AM	<ul style="list-style-type: none"> • PROVINCIAL STREAM CHAMPIONSHIPS • Competition
	PM	<ul style="list-style-type: none"> • NATIONAL STREAM CHAMPIONSHIPS • Senior Individual Competition 2 Apparatus • Junior Individual Competition 2 Apparatus • Junior AA Award
Day 5	AM	<ul style="list-style-type: none"> • PROVINCIAL STREAM CHAMPIONSHIPS • Competition • Awards
	PM	<ul style="list-style-type: none"> • NATIONAL STREAM CHAMPIONSHIPS • Senior 2 apparatus • Awards

OR #2

Day	Time	Program
Day 1	PM	Arrivals of the provincial stream gymnasts Practice Technical Meeting Judges Meeting
Day 2	AM PM	PROVINCIAL STREAM COMPETITION
Day 3	AM PM	PROVINCIAL STREAM COMPETITION Awards NATIONAL STREAM CHAMPIONSHIPS <ul style="list-style-type: none"> • Pre-novice Individual Competition 2 Apparatus (1) • Novice Individual Competition: 2 Apparatus
Day 4	AM PM	<ul style="list-style-type: none"> • NATIONAL STREAM COMPETITION • Junior Individual Competition 2 Apparatus • Senior Individual Competition 2 Apparatus • Groups - NON-FIG Pre novice. Novice, Junior Senior – 1st performance - FIG Senior, junior 4 or 5 – 1st performance

		<ul style="list-style-type: none"> - Open Category Group – 1st performance - Pre-novice Individual Competition <ul style="list-style-type: none"> 1 Apparatus • Novice Individual Competition: <ul style="list-style-type: none"> 2 Apparatus • Awards novice and pre-novice
Day 5		<ul style="list-style-type: none"> • Junior Individual Competition <ul style="list-style-type: none"> 2 Apparatus • Senior Individual Competition <ul style="list-style-type: none"> 2 Apparatus • Groups <ul style="list-style-type: none"> - NON-FIG Pre novice. Novice, Junior Senior - 2nd performance - FIG Senior, junior 4 or 5 – 2nd performance - Open Category Group – 2nd performance • Junior AA Awards <ul style="list-style-type: none"> • Senior AA Awards • Group Awards

REG. 6.6 **CANADIAN INDIVIDUAL CHAMPIONSHIPS**

Reg. 6.6.1 **Purpose**

The purpose of the Canadian Individual Championships is

1. To provide competitive opportunity of a highest caliber to the qualified athletes and to declare Canadian Champions in National Stream Novice, Junior and Senior categories.
2. To select and rank the National Junior and Senior Team Pool (individual and Group)
3. To qualify athletes for Elite-Canada
4. To identify athletes for upcoming strategic competitions assignments
5. In case where international strategic group competitions are on the calendar after the Canadian Championships, this event may also serve as a mean to identify groups for assignment or to monitor already identified groups
6. To declare the National team athletes selected according to the established criteria). The top10 juniors and the top 10 senior will constitute the Canadian National Rhythmic Gymnastics Team

Reg. 6.6.2 **Location**

The Canadian Individual Championships shall be hosted alternately in a western and eastern location.

Reg. 6.6.3 **Date**

The Canadian Individual Championships shall take place on or around the first weekend in June, but this date could be changed if necessary

Reg. 6.6.4 **Proposal to Host**

The designated provinces must present a proposal which includes dates, facility information and other pertinent information regarding the competition they are hosting at the Technical Assembly one-year prior to the event.

Reg. 6.6.5 Selection of Host

The final date to approve the host takes place at the GCG/ RG PROGRAM AGM year prior to date of the Championships.

Reg. 6.6.6 Competition Categories

Novice Category

Junior Category (Junior National and Junior High Performance)

Senior Category (Senior National and Senior High Performance)

FIG junior and senior group national team qualification

Reg. 6.6.7 Competition Program

Qualification Competition A

All qualifying gymnasts participate in 1 exercise with the 4 apparatus prescribed on the program of the year.

Medals will be given for:

- To Novices for AA based on the total of the scores obtained for the 4 apparatus in Competition A. Finals based on the results obtained for each apparatus in Competition A (top 8 per apparatus).
- To Junior and Senior ONLY in 2011 for AA qualification competition for Level 9 and 10 separately.

Competition B and Finals will be held in conjunction for Juniors and Seniors only.

This competition will be for those gymnasts who during the Qualification Competition A placed in the first 12 AA (level 9 and 10 together), plus all gymnasts not ranked amongst the top 12 AA in Competition A but are in the top 8 for each apparatus (level 9 and 10 together) (**See attached Appendix M example**)

Competition B – is for those gymnasts who during Competition A placed in the first 12 AA

Finals – all gymnasts who placed in the top 8 in Competition A for a specific apparatus (including those that placed in the top 12 AA in Competition A).

NOTE:

1. NOVICE:
 - 1.1 The All-around champion in Novice is the gymnast who totals the most points for Competition A.
 - 1.2 The final awards: first 8 gymnasts in each apparatus in Competition A.
2. JUNIOR and SENIOR:
 - 2.1 The All-around champion in Junior and Senior is the gymnast who totals the most points for Competition A + Competition B
 - 2.2 Final awards: first 8 gymnasts in each apparatus in Competition B
3. HP CATEGORY (level 10)
 - 3.1 First 10 gymnasts as per ranking in Appendix 1²⁰

²⁰ Amended June 2010

Reg. 6.6.8 Competition Schedule (4-5 days)

This schedule may be modified according to the number of competitors or for any other reason provided that the authorization to do so is given by the GCG-RG program office.

Day	Time	Program
Day 1	PM	Arrivals Optional Practice Technical Meeting
Day 2	AM PM	<ul style="list-style-type: none"> • Official Practice • Judges Meeting • Novice Individual Competition: 2 Apparatus
Day 3	AM PM	<ul style="list-style-type: none"> • Novice Individual Competition: 2 Apparatus • Novice AA Awards and Apparatus Awards Break • Junior High Performance Individual Competition A 2 Apparatus • Junior National Individual Competition A 2 Apparatus • Senior High Performance Individual Competition A 2 Apparatus • Senior National Individual Competition A 2 Apparatus
Day 4	AM PM	<ul style="list-style-type: none"> • Junior National Individual Competition A 2 Apparatus • Junior High Performance Individual Competition A 2 Apparatus • Junior Qualification Awards Competition A • National Junior Group of 5 Break • National Senior Group of 5 • Senior Development Group • Senior National Individual Competition A 2 Apparatus

		<ul style="list-style-type: none"> • Senior High Performance Individual Competition A 2 Apparatus • Senior Qualification Awards Competition A
Day 5	AM	<ul style="list-style-type: none"> • Competition B/Individual Finals: Junior 1st apparatus/ Senior 1st apparatus/ Junior 2nd apparatus/ Senior 2nd apparatus National Junior Group of 5 Finals • Break • National Senior Group of 5 Finals • Senior Development Finals • Individual Finals Junior 3rd apparatus/Senior 3rd apparatus Junior 4th apparatus/ Senior 4th apparatus²¹ • Finals Awards, Group Awards & Combined A + B Awards

Note: The ranking of the National Team will be determined by using the calculation for National Team Ranking 2012, Appendix I.

Reg. 6.7 **CANADIAN GROUP CHAMPIONSHIPS**

Reg. 6.7.1 **Purpose**

The purpose of the Canadian Group Championships is:

1. To determine the ranking of rhythmic gymnastics groups from across Canada
2. To declare group Canadian Champion in Pre-Novice, Novice Junior and Senior Category (FIG and Senior Development) and in duo, trio, and group of four
3. The ranking of the National team members will be done for junior groups of 5, and senior groups of 5 ONLY AFTER THE CANADIAN INDIVIDUAL CHAMPIONSHIPS on the basis of the following formula: 35% for the Group Championships, 65% for the Canadian Individual Championships
4. To provide opportunity for the Canadian Senior Team Group to compete domestically in order to maintain their minimum required score for international assignment according to selection criteria in force
5. To provide opportunity for the Canadian Pre-novice, Novice and Junior group to compete to attain the minimum required score for international assignment²² according to selection criteria in force

Reg. 6.7.2 **Locations**

The Canadian Championships for Group exercises will be held in conjunction with Elite Canada²³

Reg. 6.7.3 **Date**

The Pre-Novice, Novice, Junior, Senior and **Open Category** Group Canadian Championships will be held concurrently with Elite Canada in February-March.²⁴

²¹ Amended June 2004

²² Amended December 2002.

²³ Amended December 2002.

²⁴ Amended December 2002.

Reg. 6.7.4 Competition Categories

Pre-Novice Category

Novice Category

Junior Category

Senior Category

Open Category Group

Reg. 6.7.5 Competition Program

All-around Competition

Pre-Novice, Novice duo, trio, group of 4 or 5

1 exercise with apparatus prescribed for the year performed twice

Senior Category: Group of 5

2 different exercises with apparatus as prescribed for the year

Junior group of 4 and 5

2 different exercises with apparatus as prescribed for the year

Senior and junior duo and trio,

1 exercise with apparatus prescribed for the year performed twice.²⁵

Senior group of 4

1 exercise with apparatus prescribed for the year performed twice.²⁶

Open Category Group

1 exercise with apparatus prescribed for the year performed twice.

Final Competition

Senior Category –FIG Program

1 exercise with one type of apparatus

1 exercise with two types of apparatus

Senior Development Program

(as defined for the year by the National Team Coach and Program Director)

Junior group of 4 and 5

2 different exercises with apparatus as prescribed for the year

Reg. 6.7.6 Competition Schedule To be incorporated with Elite Canada Schedule

Reg. 6.8 ELITE CANADA/ CANADIAN GROUP CHAMPIONSHIPS

Reg. 6.8.1 Purpose

The purpose of Elite Canada is:

1. To establish the ranking list of the National Team High Performance Pool according to the established criteria (see Chapter XII)
2. To assign individual national team members for upcoming strategic competitions on the calendar prior to Canadian Individual Championships.
3. To identify gymnasts eligible for direct entry to the Canadian Individual Championships as follows: Top 10 Senior and Top 10 Juniors²⁷ according to the established criteria.

²⁵ Amended December 2002.

²⁶ Amended December 2002.

²⁷ Amended December 2002.

Reg. 6.8.2 Date

The competition designated as Elite Canada AND Canadian Group Championships is to be held annually in the month of February or March, depending on the International calendar of events or other circumstances.

Reg. 6.8.3 Competition Categories

- Junior Category
- Senior Category

Reg. 6.8.4 Competition Program –

Individual Competition:

Qualification Competition A: All qualifying gymnasts participate in 1 exercise with the 4 apparatus prescribed on the program of the year.

Competition B and Finals are held in conjunction:

Top 12 (all-around) gymnasts from Competition A participate plus any gymnasts who rank in the first 8 for each apparatus for which they qualify (incase they are not already included in the first 12). (See attached Appendix M for example).

The All-around champion is the gymnast who totals the most points for Competition A and Competition B.

Final awards: first 8 gymnasts in each apparatus of Competition B/Finals.

HP category (Level 10): first 10 gymnasts from Competition A + B scores combined.²⁸

Group Competition:

All-around Competition:

Pre- Novice, Novice, Junior and senior duo, trio, senior group of 4 and open Category Categories: 2 performances of 1 exercise with apparatus prescribed for the year

Senior Category: FIG 2 different exercises with apparatus as prescribed for the year

Senior Category Senior Development: Program as established by the National Team Coach and Program Director

Junior Category group of 4 and 5: 2 different exercises with apparatus prescribed for the year

Final Competition:

Senior Category: FIG

- 1 exercise with one type of apparatus
- 1 exercise with two types of apparatus

Senior Category Senior Development: Program as established by the National Team Coach and Program Director

Junior category group of 4 and 5:

- 1 exercise with 1 type of apparatus
- 1 exercise with the other type of apparatus

²⁸ Amended June 2010

Reg. 6.8.5 Technical Program:

Individuals: 4 apparatus: FIG Program
Groups: Senior: FIG Program
 Juniors: FIG Program or Program of major championships/games for which selection is being held

Reg. 6.8.6 Competition Schedule (2-3 days)

This schedule may be modified according to the number of competitors or any other reason provided that the authorization to do so is given by the GCG-RG Program.

Day	Time	Program
Day 1	PM	Arrivals Optional Practice Technical Meeting • Official Practice
Day 2	AM PM	<ul style="list-style-type: none"> • Judges Meeting • INDIVIDUALS • Junior Qualification Competition A 2 apparatus • Opening Ceremonies • Senior Qualification Competition A 2 apparatus • Break • GROUPS - Pre- Novice 1st Performance - Novice 1st Performance - Junior duo & trio 1st performance - Junior 4-5: 1st exercise - Senior duo, trio and group of 4 – 1st performance - Senior group of 5 and senior development 1st exercise - Open Category Group 1st performance

Day 3	AM PM	<ul style="list-style-type: none"> • GROUPS • Pre-Novice 2nd Performance • Novice 2nd Performance • Junior duo and trio – 2nd performance • Junior 4 and 5 – 2nd exercise • Senior duos, trio group of 4 2nd performance • Senior 5 and Senior Development - 2nd exercise • Open Category – 2nd performance • INDIVIDUALS • Junior Qualification Competition A - 2 Apparatus <p>BREAK</p> <ul style="list-style-type: none"> • Senior Qualification Competition A - 2 Apparatus
Day 4	AM	<ul style="list-style-type: none"> • INDIVIDUALS • Competition B & Finals • Junior • BREAK • Senior <p>AWARDS</p> <ul style="list-style-type: none"> • FINALS and AA Awards (Competition A + B) for Junior and Senior. • FINALS for: Junior 4 and 5, Senior and Senior Development

Reg. 6.9 **CANADA WINTER GAMES**

Rules, which govern the Canada Winter Games are outlined in the Games Technical Package for rhythmic gymnastics and may vary from the GCG/ RG PROGRAM Technical Rules and Regulations. The Technical Assembly provides input and takes consultative vote. The Games take place every four years in the month of February. Rhythmic gymnastics competition had a debut at the 1987 Games.

Reg. 6.9.1 **Age Category TBD**

Reg. 6.10 **WESTERN CANADA SUMMER GAMES**

Western Canada Summer Games is dedicated to the development of excellence in sport by the four western provinces and territories (British Columbia, Alberta, Saskatchewan, Manitoba, Northwest Territories and Yukon).

Western Canada Summer Games Council is the body responsible for overseeing the overall operation of the Western Canada Summer Games.

Technical Package and the rules are set out by the Western Canada Summer Games in consultation with the National Sport Governing Organizations and the provinces and territories.

Rhythmic gymnastics competition takes place every four years since 1987.

Reg. 6.10.1 **Age Category TBD**

CHAPTER VII

ORGANIZATION OF COMPETITION

REG. 7.1 ORGANIZER

The Provincial Organization, designated by the GCG/ RG PROGRAM is responsible for the organization of the National Competitions.

It undertakes to ensure the impeccable running of the Championships in an adequate competition hall. The OC is responsible to prepare the Championships in accordance with the provisions of these Technical Regulations; and, in collaboration with the GCG/ RG PROGRAM Committee.

The OC is responsible to assume responsibility for all the costs of organization and publicity in accordance with any agreement entered into with the proper authorities of the GCG/ RG PROGRAM and with any agency appointed by the GCG/ RG PROGRAM.

REG. 7.2 ATTENDANCE OF REPRESENTATIVES OF ORGANIZERS AT TECHNICAL COMMITTEE MEETING

Organizers of official GCG/ RG PROGRAM competitions are obliged, upon the demand of the GCG/ RG PROGRAM office, to send a representative to sessions of the Technical Committee.

REG. 7.3 DIRECTION OF THE COMPETITION

The direction of the Competition is in the hands of the GCG/ RG PROGRAM Committee.

REG. 7.4 PRINCIPAL OFFICERS APPOINTED BY ORGANIZERS

The under mentioned principal officers are appointed by the organizer with the agreement of the Technical Committee.

Reg. 7.4.1 Local Technical Director

This officer works under the direction of the GCG/RG Program office. He/She directs and supervises all the personnel involved at the scene of the competition including video and music.

Reg. 7.4.2 Head of Personnel for Equipment

This officer, who is subordinate to the Local Technical Director, is responsible for the setting up, maintenance and condition of the apparatus.

Reg. 7.4.3 Head of Scoring Office

This officer is subordinate to the Local Technical Director but works in direct liaison with the GCG/RG Program Coordinator or its representative. He/she is responsible for supervising the scoring arrangements and the dissemination of scores to all concerned.

Reg. 7.4.4 Local Judge Responsible

This officer, who is subordinate to the Local Technical Director, works under direction of the Judge Responsible designated for the event by the GCG/ RG PROGRAM.

REG. 7.5 PLAN OF WORK

The GCG/RG Program office in collaboration with the organizer elaborates the plan of work.

The work plan addresses the technical aspects of organizing the competition. The WP must include the definite timetable of the competition, the formation of groups of teams and individual gymnasts, information regarding the exact time for the assembly of those taking part and of the judges, the timetable of the judges' conference, the joint orientation session, the names of the rooms in which these various meetings take place.

The Local Technical Director and the GCG/RG program office are required to take appropriate measures for the plan of work to be in possession of Provincial Organizations and other people concerned six weeks at the latest before the Competitions.

REG. 7.6 **PLURALITY OF THE OFFICERS**

The members of the GCG/ RG PROGRAM Committee, the Local Technical Director, the members of the Scoring Office and the personnel concerned with equipment must be responsible only for the tasks assigned to them. They do not have the right to direct a team or to participate in other work.

REG. 7.7 **PRINCIPAL TASKS OF THE ORGANIZERS**

The organizer must take all measures, during the preparation period as well as during the actual competition, to contribute to the success of the Championships. Some of the principal measures to be taken are shown under appropriate sub headings.

Reg. 7.7.1 **Pre- Championships Bulletins**

Bulletins of information should be printed, and sent to the Provincial Organizations and other interested organizations, giving information concerning the organization and running of the Championships.

Reg. 7.7.2 **The Competition Hall**

This must be of a nature commensurate with the prestige of the Championships. The Temperature of the hall must be at least 20°C when in use and the lighting should be at a standard of at least 1,500 Lux but not designed in a manner to dazzle gymnasts.

There must be effective and visible separation of the competition area and the accommodation of spectators.

Suitable and sufficient accommodation must be available in the immediate vicinity of the hall and linked to it, to provide a “warming up” area with access reserved to participants only.

For Rhythmic Gymnastics the hall must have a minimum height of 8 metres (10 to 12 preferably). Working surfaces of 13m by 13m (interior of the line) are compulsory and a safety zone (also carpeted) of 50 cm width at the minimum must be provided along the edge of the floor area.

The working surface must correspond to FIG Standards. The safety distance between the working surface and the spectators must be at least 4 metres.

The number and arrangement of Competition halls and working surfaces shall be laid down by agreement between the GCG/ RG PROGRAM Committee and the Organizing Committee of the Competition.

Reg. 7.7.3 **Gymnastics Apparatus**

Apparatus measuring equipment and the necessary appliances (tape recorder, amplifiers, etc.) for the purpose of musical accompaniment must be provided.

In addition, for Rhythmic Gymnastics, a zone of control must be provided for the checking of the apparatus to be used by the gymnasts. Personnel, qualified to carry out such checks, must also be provided.

Reg. 7.7.4 **Judging Requirements**

Suitable provision must be made, in conjunction with the GCG/ RG PROGRAM Judging Representative, for the seating of all those involved in the judging process.

A telephone installation is recommended to be available to ensure required communication between these involved in the judging process.

Efficient measures must be taken to ensure a prompt communication between the, Judge Responsible and the GCG/RG Program Representative and the Local Technical Director.

Video equipment must be provided for the recording and showing of each gymnast’s exercise:

The Organizer must send a copy of these video films to the Judge Responsible through the GCG/RG Program office with as short a delay as possible.

Organizer may provide copies of the technical video for purchase by interested organizations and individuals.

Reg. 7.7.5 **Scoring: Recording of Scores & Transmission of Information**

Equipment must be provided, and maintained for the following purposes:

- a) Recording the marks given by each judge and transmitting them to the Superior Jury
- b) Providing rapid inter-communication between the Superior Jury and the Judges Panels

- c) Displaying to the public the score given for each gymnast's exercise immediately after each exercise.
- d) The Provincial Organizations should receive a duplicate of the file marks after each exercise of their gymnasts, or group, as well as a complete statement of the results at the end of the Competition.
- e) Lists of partial results are to be published during the competition and lists of complete results are to be published immediately after the end of the competition. Such lists must be readily supplied and/or available to those in charge of the competition, the heads of delegations and to representative of the media.
- f) Two copies off all documents are to be sent without delay to the GCG/RG Program office.
- g) For the above named purposes, a scoring and information office must be provided with the necessary equipment to ensure the correct and rapid recording and calculations of the scores. The office must be staffed with sufficient and competent personnel.

Reg. 7.7.6 Training Facility

Several training halls (depending upon the size of the entry) must be available for pre-competition training. Each hall must have one regulation type floor area covered with the requisite type of carpet.

The necessary appliances for musical accompaniment must be provided in each training hall.

For Championships training halls must be available for, at least, 1-2 days prior to the start of the competition,

The organizer must ensure that proper control is exercised over the use of the training halls and the only accredited members of the delegation, whose training period is in operation, and any authorized representatives of the GCG/ RG PROGRAM Authorities, are permitted entry during a training session.

With the consent of the GCG/RG program office and the head of delegation concerned, other accredited personnel may be admitted during the delegation's training sessions.

The organizers may provide training facilities in advance of the prescribed days.

Reg. 7.7.7 Testing of Equipment (Warming Up)

A warm up period of at least one hour, in a warm up hall adjacent to the competition hall, is to be accorded to the gymnasts.

The gymnasts (including groups) are obliged to have their hand apparatus checked before each exercise of the competition. Also, they must be given the possibility, during training sessions, to have a preliminary check to assure themselves that their apparatus conforms to the standards prescribed in the Code.

Reg. 7.7.8 GCG/ RG PROGRAM Contracts

In cases where the GCG/ RG PROGRAM have entered into contracts for the supply of services and/or equipment, the organizer of an official GCG/ RG PROGRAM Competition is obliged to utilize such services and/or equipment unless otherwise agreed with the authorities of the GCG/ RG PROGRAM.

The GCG/RG Program office will inform the organizers of any contract.

Reg. 7.7.9 Auxiliary Personnel

With the aim of ensuring an efficient running of competitions, it is essential to provide a sufficient number of assistants who may be put at the disposal of those directing the competition.

These comprise:

- Group leaders for teams and individual gymnasts
- A secretary for each Judges panel and a technician to look after the technical installations for judges
- A technician for the equipment for the calculations office
- A personnel well trained and continually available to intervene if necessary
- A team to erect podium for the formal ceremonies and to assist in the carrying out of these ceremonies
- A sufficient number of personnel to supervise the preparation of gymnasts prior to their entry into the hall
- Ushers for the public

- Personnel to check the apparatus (Judges with minimum Provincial 2 License)
- Line judges and timers (these must be judges with minimum Provincial 2 License)
- A marshal to regulate the entry of the individual gymnasts and groups into the competition hall
- Other necessary staff

Reg. 7.7.10 Accommodation within Competition Hall

In addition to the rooms required for the function of the organizer, the following accommodation is required for the authorities of the GCG and the Judges:

- Office for the GCG/RG Program committee
- Meeting rooms for the persons engaged in the judging process.

Reg. 7.7.11 Medical Services

An official doctor or certified physiotherapist must be provided together with a suitably equipped first-aid room.

Speedy means of securing hospital treatment must also be secured.

Appropriate emergency medical services must be approved by the GCG/ RG PROGRAM.

Reg. 7.7.12 Media Facility

A local media Liaison Officer must be appointed in consultation with the GCG/ RG PROGRAM Committee. The officer should be a member of the Organization Committee or, otherwise, in constant communication with the Committee to ensure efficient and sufficient facilities for the representatives of the media.

Reg. 7.7.13 Access to the Competition Hall

The competition area is accessible to the members of the various juries, competing gymnasts and their accredited coaches, to local group leaders, to the auxiliary personnel of the jury, to the official doctor, to the teams' doctors, and medical personnel, to persons concerned with the apparatus. All these persons must receive a special accreditation card.

A team medical person is permitted to march with the gymnasts and coaches during all competitions.

Interpreters may not enter upon the competition area without the authority of the GCG/RG Program Committee

The competition area is strictly forbidden to all other persons.

Reg. 7.7.14 The Audience – Reserve Seating

An efficient public address system is essential and, in addition to the display of scores (as mentioned in 7.7.5 above), it is desirable to have large-scale electronic information panels at each end of the competition hall.

Among other information, announcements should be made that flashlight photography is not permitted and that video recording for commercial purposes – without official consents – are also prohibited.

At official competitions of the GCG/ RG PROGRAM, reserved places are to be put at the disposal of the following:

- Presidents, or representatives, from each of the Provincial Organizations taking part
- Official judges who are not working
- Gymnasts whose sub divisions are resting
- Doctors and masseurs from the teams
- Representatives of the Press, Radio, Television
- Photographers and other operatives
- Authorized officials
- Guests of honor

In addition, places must be provided for VIP

Reg. 7.7.15 Security Measures

The organizer must liaise with the requisite authorities to ensure that adequate security measures are taken for the protection of delegations during the course of the official events of the GCG/RG Program

The organizer must take measures to ensure that no encroachment of members of the audience, upon the competition hall, take place.

Reg. 7.7.16 Specific Reference to other Requirements

The particular attention of the organizers is drawn to other organizational requirements set out in the following sections of these Regulations:

- Judges instruction

CHAPTER VIII

COMPETITION APPARATUS & AUXILIARY INSTALATIONS

REG. 8.1 **NORMS FOR JUNIOR AND SENIOR APPARATUS**

Reg. 8.1.1 **Rope:**

- Material: Hemp or similar suitable material
- Length: Proportionate to the height of the gymnast
- Thickness: Uniform diameter or reinforced in the center (i.e. progressively thicker)
- Ends: Both ends may have 1 knot, but cannot have handles. The ends, may be wrapped with an anti-slip material in a length corresponding to the width of a hand
- Color: Any color provided it is of a visible color.

Reg. 8.1.2 **Hoop:**

- Material: Wood or plastic
- Weight: Minimum 300 grams
- Diameter: Inner diameter must be between 80-90 cm
- Shape: Not prescribed (i.e. round, flat-surfaced, etc.) The hoop may be wrapped in an even manner with tape, respecting the inner diameter dimensions
- Color: Optional

Reg. 8.1.3 **Ball**

- Material: Rubber or plastic, antistatic
- Weight: Minimum 400 grams
- Diameter: 18-20 cm
- Color: Optional

Reg. 8.1.4 **Clubs**

- Material: Wood, or plastic
- Length: 40-50 cm
- Weight: Minimum 150 grams per club
- Shape: Form similar to that of a bottle with a body (thick end), neck, and a head (small end). The head may be wrapped in an anti-slip material respecting the diameter dimensions. The neck may also be covered with adhesive tape.
- Color: Optional

Reg. 8.1.5 **Ribbon**

Ribbon

- Material: Satin or similar material
- Weight: Minimum 35 g without the stick (for Senior competitors)
- Width: 4-6 cm
- Length: Senior Competitors – Total length: 7 m in one piece. The end at which the ribbon is attached to the cane is folded and doubled in a length of 1m Finished ribbon is minimum 6 m long
- Color: Optional

Stick

- Material: Wood, bamboo, plastic or fiberglass

Shape:	Cylindrical, conic. The bottom end of the stick may be covered in an adhesive, non-slip tape for a maximum length of 10 cm
Length:	50-60 cm
Color:	Optional, may be wrapped in
<i>Fixture</i>	
Material	Cord, nylon-thread or similar item, or moveable ring resp.a swivel
Length:	7cm maximum

Reg. 8.2 **NORMS OF APPARATUS FOR JUNIOR COMPETITORS**

Ribbon Material: Finished ribbon is minimum 5 m long. The end of the ribbon attached to the stick is folded and doubled for 1 m and stitched down both sides. At the top, a reinforcement of 5 cm is permitted. This extremity may end in a cord or have a small eyelet to permit attachment to the stick.

All other apparatus norms are the same as for the seniors.

Reg. 8.3 **NORMS OF APPARATUS FOR PRE-NOVICE AND NOVICE GYMNASTS**

Pre-Novice and Novice gymnasts are permitted to compete with the following apparatus:

Ribbon:	minimum 5 m in length	
Hoop:	Pre-novice ²⁹ - minimum 70 cm in diameter,	weight minimum 200 grams
	Novice - minimum 75 cm in diameter,	weight minimum 200 grams.
Ball:	minimum 16 –20 cm in diameter,	weight minimum 300 grams
Clubs:	minimum 36 cm in length,	weight minimum 100grams per club

Note: For PAGU competition, the size of the clubs are to be confirmed

Reg. 8.4 **NORMS OF APPARATUS FOR PROVINCIAL STREAM GYMNASTS**

Ball	Level 1, 2, 3	minimum 14 to 16 cm in diameter	weight 270-400 grams
	Level 4, 5,6	Minimum 16- 20 cm in diameter	weight minimum300 grams
Hoop	level 3	Minimum 70cm in diameter	Weight minimum 200 grams
	Level 4	Minimum 75cm in diameter	Weight minimum 200 grams
	Level 5-6	Minimum 80cm in diameter	Weight minimum 300grams
	Group:	Minimum 70cm in diameter	Weight minimum 200 grams
Clubs	Level 5, 6	Length: 40-50 cm	Weight: minimum 150 grams per club
Ribbon	Level 4	minimum 4 m.	
	Level 5-6	minimum 5 m.	

Reg. 8.5 **APPARATUS CONTROL**

- a) Instrument for the measurement of the ball's diameter being between 16 and 20 cm.
- b) 1 cm hole for checking the diameter of the ribbon stick.
- c) Laboratory scale for measuring weights of ball, clubs, ribbon, and hoop.
- d) Measuring tape for the measurement of the length of the ribbon, stick, clubs, and the hoop diameter.

²⁹ Amended December 2002.

CHAPTER IX

COMPETITORS & CONTROL OF COMPETITORS

REG. 9.1 **GENERAL DIRECTIONS FOR GYMNASTS**

Reg. 9.1.1 **General Observations on Conduct**

Detailed instructions concerning conduct together with the penalties imposed in the event of breaches thereof are imposed in the Statutes and the Codes. The Codes also deal with other questions relative to the smooth running and control of the competition.

Unauthorized re-entry or over-jubilant demonstrations on the podium are not permitted.

Reg. 9.1.2 **Entry & leaving of Competition Area**

a) Unauthorized Leaving of Competition Area: sanctions

If a gymnast or team leaves the competition without being able to present a medical certificate from the organizers official Doctor, the gymnast or team will be disqualified and the results obtained annulled.

In such cases, the position is attributed to the gymnast or team occupying the following place.

b) Presentation on the Competition Area

Individual gymnastics or groups must not present themselves on the competition area until they have been called either by microphone or by the chair of the judges panel or when the green light is showing.

A gymnast may not re-enter the podium area, after the conclusion of her exercise, without the consent of the Chair of the judges' panel.

Each gymnast will be given the opportunity to measure her apparatus on the official measuring equipment prior to the competition. Apparatus, which does not conform to the specifications contained in the Code, must not be used.

At the beginning of an exercise an official control of the apparatus will be made.

When directions given by the control commission are not followed, the gymnast or the group will be penalized according to the provisions of the Code.

Reg. 9.1.3 **Medical Attention**

The team manager or the leader of the working group must immediately report each case of illness or injury to the official doctor.

Reg. 9.1.4 **Replacement of Gymnasts: Time Limits**

According to the provisions of the FIG Code of Points.

Reg. 9.1.5 **Competitors' Numbers (Dossards)**

In Rhythmic Gymnastics, the gymnasts' numbers or the groups' numbers are shown on the display board.

Reg. 9.1.6 **Doping Control**

It is a condition of entry that gymnasts will observe the requirements of the FIG and the CCES concerning Doping Control

Reg. 9.1.7 **Assistance by Coaches**

Detailed provisions concerning the limitations on assistance by coaches during the performance of an exercise are set out in the Codes.

In no case, may a coach, team leader or other official person communicate, verbally or by signal to a gymnast or to a group during the performance of exercises.

During an exercise, the coach of the gymnast or group may not place herself near her instrumentalist or communicate with him in any manner whatsoever.

Reg. 9.1.8 **Amateur Rule**

The Amateur Rule must be strictly observed, as set out in the Fig Technical Regulations.

The rules of Eligibility set out in Appendix "B" of the FIG Regulations must also be observed.

CHAPTER X
DOPING CONTROL

REG. 10.1 **GENERAL PRINCIPLES**

Doping is prohibited. The GCG/ RG PROGRAM recognizes and gives full support to the requirements of the Canadian Olympic Association and Canadian Center for Ethics in Sport that provision should not only be made for checks at international and national competitions but, also, that spot checks should be carried out during training sessions.

REG. 10.2 **REGULATIONS**

The procedures by which checks shall be made, and the sanctions to be imposed in cases where positive results are reported, are outlined by the Canadian Center for Ethics in Sport and included in special Regulations attached to the GCG/ RG PROGRAM Policy and Procedure Manual. The Executive Committee upon the findings of the Canadian Center for Ethics in Sport shall be responsible to enforce the sanctions.

The Canadian Center for Ethics in Sport from time to time publishes list of forbidden drugs. It is the responsibility of the GCG/ RG PROGRAM office to distribute the information to the member PSO for distribution to their members. Web site: www.cces.ca

CHAPTER XI

SCORING AND RESULTS

REG. 11.1 SCORING SOFTWARE

All GCG/ RG PROGRAM competitions must be scored utilizing the GCG/ RG PROGRAM scoring software. The software is available by request from the GCG/ RG PROGRAM office.

REG. 11.2 APPROVAL OF RESULTS

Results will be released only after approval from the Judge Responsible. The Judge Responsible initials must appear on all published results.

REG. 11.3 DISTRIBUTION OF RESULTS AT DOMESTIC COMPETITIONS as reviewed according to the June 2007 Program Assembly Proposal (vote by E-mail)

The purpose of this regulation is to provide the organizing committees and scoring officials with direction as to who should receive which results, and when. It shall serve to provide consistence from event to event. To anticipate both paper and copying needs prior to a competition. To help organizers and scorekeepers plan their results distribution process. To protect judges from possible harassment during a competition.

Type of Results	Distribution List	# of Copies	Time of Distribution	Distribution Method
Results Summary - indicating athlete final ranking and final panel scores	Club coach	1 per club	Immediately on conclusion of each rotation, and at the end of the AA competition	Mail slots
	Media		Immediately on conclusion of each rotation, and at the end of the AA competition	Media mail slots
	Announcer		Immediately on conclusion of each rotation, and at the end of the AA competition	Results Runner
	General Public on site		Immediately on conclusion of each rotation, and at the end of the AA competition	Posting board
	General public		In the next 12 hours following each day of competition	Posting on GCG web site
	Event judges	24 max.	At the end of the day of competition	Judge Responsible or representative
Result Summary indicating final mark of the athlete in Difficulty, artistry, execution, total and the ranking	Provincial Offices		Within 24 hours of the end of the competition	Electronically
Full Set of Scores including judges scores	Judge Responsible	1	Immediately on conclusion of each rotation, and at the end of the AA competition	Hand delivered by the Head Scorer
	GCG-RG Program Coordinator or representative	1	Immediately on conclusion of each rotation, and at the end of the AA competition	Hand delivered by the Head Scorer
Full Set of Scores including judges scores	Judging Chair	1	Within 7 days	Electronically
	GCG-RG Office	1	Within 7 days	Electronically
	Computer technician *	1	Within 7 days	Electronically

NOTES:

1. Only official results are published
RESULTS ARE OFFICIAL after VERIFICATION by the Judge responsible or representative and are published only AFTER BEING SIGNED by the Judge Responsible

2. * Computer technician: the person who is doing the calculation for the evaluation of the judges

CHAPTER XII

PROTOCOL AND AWARDS

REG. 12.1 COMPETITION AWARDS

In the instance of a tie, the gymnasts/groups share the same place and the next place is omitted.

Depending on the competition, medals- ribbons will be presented in the following categories:

NATIONAL STREAM

Individuals:

Eastern/ Western	Canadian Championships	Elite Canada
Pre-novice		
Novice	Novice	
Junior National	Junior National	
Senior National	Senior National	
	Junior High Performance	Junior High Performance
	Senior High Performance	Senior High Performance
	(Junior group of 4)	
	(Junior group of 5)	
	(Senior FIG)	
	(Senior Development)	

NOTE: HC gymnasts in junior and senior HP at the Regional Championship should be recognized, They are judged but not ranked, and their results are not published.

Groups:

Eastern/ Western	Canadian Group Championships
Pre-novice	Pre-Novice
Group of 5	Group of 5
Group of 4	Group of 4
Group of 3	Group of 3
Group of 2	Group of 2
Novice	Novice
Group of 5	Group of 5
Group of 4	Group of 4
Group of 3	Group of 3
Group of 2	Group of 2
Junior	Junior
Group of 5	Group of 5
Group of 4	Group of 4
Group of 3	Group of 3
Group of 2	Group of 2
Senior	Senior
Group of 5 FIG	Group of 5 FIG
Group of 5 Senior Development	Group of 5 Senior Development
Group of 4	Group of 4
Group of 3	Group of 3
Group of 2	Group of 2
Open Category Group of 4 or 5	Open Category Group of 4 or 5

Note:

At any Canadian team trial meet held during a National competition one set of medals will be presented according to the ranking

PROVINCIAL STREAM

Individuals:

Eastern/ Western
Level 3B
Level 4 B
Level 4C
Level 5B
Level 5C
Level 6B
Level 6C

Groups:

Eastern/ Western
Novice
Group of 4 and 5
Group of 2 and 3
Junior
Group of 4 and 5
Group of 2 and 3
Senior
Group of 4 and 5
Group of 2 and 3
Open Category
Group of 4 and 5

REG. 12.1.1. INDIVIDUAL COMPETITION AWARDS³⁰

REG. 12.1.1.1 Elite Canada – Combined medals and title will be based on Competition A + B results

Medals: Gold, Silver and Bronze are awarded to the top three (3) gymnasts in each category based on the accumulated score of all events.

Ribbons: All gymnasts placing 4, 5, 6, 7, 8 in their category.³¹

REG. 12.1.1.2 Finals Awards Elite Canada will be top 8 in each apparatus in Competition B/Finals.

REG 12.1.1.3 Canadian Individual Championship Qualification Awards

- Level 9 and Level 10 Qualification Awards based on Competition A

REG 12.1.1.4 All-Around Awards at Canadian Individual Championships

- Novice will be based on results from competition A

- Junior and Senior categories All-Around Awards based on results from Competition A plus B

Medals: Gold, Silver and Bronze are awarded to the top three (3) gymnasts in each category based on the accumulated score of all events.

Ribbons: All gymnasts placing 4, 5, 6, 7, 8 in their category

REG. 12.1.1.5 Finals Awards Canadian Individual Championships) will be top 8 in each apparatus in Competition B/Finals.

NOTE: At Eastern and Western Regional Championships, even if there are no Finals as such, medals will be awarded by apparatus.

³⁰ Amended June 2010

³¹ Amended December 2002.

Medals: Gold, Silver and Bronze are awarded for each event in each category based on the highest scores from final competition.

Ribbons: All gymnasts placing 4, 5, 6, 7, 8 in each event in each category will be awarded a ribbon. Ribbons will be awarded regardless of the number of participants.

REG. 12.1.2 GROUP COMPETITION AWARDS

REG. 12.1.2.1 All-around Awards

Medals: Gold, Silver and Bronze are awarded to the top three (3) groups in each category based on the accumulated score of all events.

National Stream

Pre-Novice	Group of 5 Group of 4 Group of 3 Group of 2
Novice	Group of 5 Group of 4 Group of 3 Group of 2
Junior	Group of 5 Group of 4 FIG Group of 3 Group of 2
Senior	Group Senior FIG. Group Senior Development, Group of 4 Group of 3 Group of 2

Provincial Stream

Novice	Group of 2 and 3 together Group of 4 and 5 together
Junior	Group of 2 and 3 together Group of 4 and 5 together
Senior	Group of 2 and 3 together Group of 4 and 5 together

Open Category Group

Group of 4 or 5

Ribbons: To all groups placing 4, 5, 6, 7, 8 ribbons will be awarded regardless of the number of participants.

REG. 12.1.2.2 Final Competition - Group

Medals: Gold, Silver and Bronze will be awarded for Senior Category (FIG and Olympic Development separately) and Junior group for Routine A, and Routine B based on the highest scores from Final Competition.³²

Ribbons: To all groups placing 4, 5, 6, 7, 8 ribbons will be awarded regardless of the number of participants.

REG. 12.2 PARTICIPATION CERTIFICATE

Participation Certificates for participating judges, coaches and gymnasts will be available by electronic transmission if requested on registration forms.³³

³² Amended December 2002.

³³ Amended June 2010

Reg. 12.3 **NATIONAL TEAM POOL CERTIFICATE**

Canadian Individual Championships:

The gymnast ranked in the top 10 according to the calculation of the National Team Ranking 2012, Appendix I will receive a National Team Pool Certificate

REG. 12.4 **KEEPER TROPHIES** (June 2008)

Canadian Championships:

Presented to individual All-Around Gold Medalist in Novice, Junior National and Junior High Performance and Senior National and Senior High Performance

Presented to groups All-around Gold medalist in

Pre-Novice: **Top group of 5**
 Top group of 4
 Top group of 3
 Top group of 2

Novice: **Top group of 5**
 Top group of 4
 Top group of 3
 Top group of 2

Junior: **Top group of 5**
 Top group of 4
 Top group of 3
 Top group of 2

Senior: **Top group of 5 FIG**
 Top group of 5 Senior Development
 Top group of 4
 Top group of 3
 Top group of 2

REG. 12.5 **PERPETUAL TROPHIES**

Canadian Championships:

- | | |
|--|--------------------------------|
| 1. Future Cup Canadian Novice (All-Around) Champion | Russell Okano Trophy |
| 2. Canadian Junior (All-Around) Champion | Evelyn Koop Trophy |
| 3. Canadian Senior (All-Around) Champion | Spieth Anderson Trophy |
| 4. Canadian Senior Group Champion: | Bermo Trophy |
| 5. Canadian Junior Group Champion: | Reddy Trophy |
| 6. Canadian Novice Group Champion: | Victoria Buruiana Trophy |
| 7. Canadian Pre-Novice Group Champions ³⁴ | Adrienne Arnold Trophy |
| 8. Team Champion: | Tamara Bompa Team Award Trophy |

Evelyn Koop Trophy

Evelyn Koop was the recipient of the inaugural GCG Rhythmic Gymnastics Program Award in 2006 for her drive and passion in developing rhythmic gymnastics in Canada. Over the past 50 years, she has been a club owner, an author, a National Team Coach, a Brevet judge and the original creator of the Provincial and National Federations. Mrs. Koop has won many awards such as the 20 year service pin by FIG and the Queen Elisabeth Medal for Achievement

Tamara Bompa Cup

In 1992 the Tamara Bompa Cup was established. The Cup is awarded to the #1 Province at the Canadian Individual Championships. Tamara Bompa is known world wide for her expert knowledge and experience on the international scene as a

³⁴ Amended December 2002

judge. She has received her 20 year service pin from FIG, has judges 6 Olympic Games and is on the FIG Pool of judges for execution for the 2005-2008 Olympic cycle.

Spieth Anderson Trophy

Spieth Anderson is one of the most respected sport equipment manufacturers in the world. SA Equipment has been selected for more major international sporting events than all other brands combined. Spieth Anderson has been a long time partner of gymnastics in Canada

Adrienne Arnold Trophy

Instituted in 2001 by Adrienne Arnold, it is awarded to Pre-novice Group Champion. Adrienne Arnold is a brevet judge and has been the President of Rhythmic Gymnastics Federation from, 1996-2003 to the time of its amalgamation with Gymnastics Canada. She has served Nationally since 1987 and received in 2007 her 15 year service pin from Gymnastics Canada

Victoria Buruiana Trophy:

Instituted by Victoria Buruiana, it is awarded to Canadian Novice Group Champions. Victoria was an international coach, Brevet judge and known for being passionate choreographer of group exercises.

Bermo Trophy:

The " Bermo Trophy " for the Canadian Senior Group Champion, was instituted in the mid 1980th By Monika Alde, who was a National & International Judge since 1978, a coach who was an important figure in the development of the sport in B.C. She coached National level Athletes and worked with many Canadian Champions at International Competitions. She is involved with the Gymnaestrada movement since 1972.

Reddy Trophy:

Instituted in 1992 by Emelia Reddy, it is awarded to Canadian Junior Group Champions. Emelia was a member of Rhythmic Gymnastics Canada Board of Director responsible for RG development in Canada, and served in different capacities from 1983 to 1999. Under Emelia's direction and management Canada participated in the 1991, 1995, 1999 World Gymnaestradas.

Russel Okano Trophy:

Russel Okano was the husband of Irene Okano, prominent member of Rhythmic Gymnastics Manitoba Board of Directors for the 1970 – 1980 periods.

He was the father of Pamela Okano, international competitor in Rhythmic Gymnastics and coach of Susie Cushman and Lisa Meritt during the 1980 period. This trophy was dedicated by the family in Mr. Okano's memory to promote and recognize young and developing gymnasts in Canada.

TEAM CHAMPION AWARD

Is awarded to the Team champion based on the accumulated score from All-around Competition at the Canadian Championships:

Accumulated score from All-Around Competition of the top two scoring athletes per province in each of the following categories:

2 Novice

2 Junior

2 Senior

REG. 12.6 RESPONSIBILITY FOR TROPHIES

Keeper trophies are to be provided by the Host Organizations for Canadian Championships only (individual and group championships)

Perpetual trophies are the property of GCG/ RG PROGRAM, and prior year recipients must return these to the Meet Director of the current year's National Championships upon their arrival at the event.

REG. 12.7 **TITLES**

REG. 12.7.1 **Eastern/Western Regional Championships**

EASTERN CHAMPION/ WESTERN CHAMPION

National Stream

Individual: Pre-Novice, Novice, Junior, Senior (based on All-Around score)

Group Pre-Novice, Novice, Junior and Senior Group Regional Champion (based on All-Around score)

In each of the following categories:

Pre-Novice:	Top group of 5 Top group of 4 Top group of 3 Top group of 2
Novice:	Top group of 5 Top group of 4 Top group of 3 Top group of 2
Junior:	Top group of 5 Top group of 4 Top group of 3 Top group of 2
Senior:	Top group of 5 FIG Top group of 5 Senior Development Top group of 4 Top group of 3 Top group of 2

NOTE: National Team Pool Members competing/ performing as Hors-Concours specifically at Easterns and Westerns should receive appropriate credit or show of appreciation such as flowers, participation medals or special mentions by announcer and/or in the souvenir program³⁵

Provincial Stream

Individual: level 3B, 4B, level 4C, level 5 B, level 5 C, level 6B and level 6C

Groups

Novice	Top group of 2 and 3 together Top group of 4 and 5 together
Junior	Top group of 2 and 3 together Top group of 4 and 5 together
Senior	Top group of 2 and 3 together Top group of 4 and 5 together

Open Group Category

**Novice and/or Junior and/or Senior
4 or 5 gymnasts**

³⁵ Amended December 2002.

REG. 12.7.2 Canadian Individual Championships

Novice, based on AA

Junior, Senior champion of the competition based on the combined scores of Competition A and Competition B.

Canadian National Team Champion based on the calculation of the National Team Ranking 2012, Appendix I.

The final calculation is based on Elite for 35% and Canadian Individual Championships points for 65%. See also exception 13.4 i.

REG. 12.7.3 Canadian Group Championships

- Pre-Novice, Novice, Junior duo and trio senior group of 4,3, 2: based on All-Around score

- Senior Development Group of 5 and Senior Group of 5 Canadian Champion:

Awarded according to the following formula:

AA scores will count for 60%

Each final will count for 20%

- Junior Group of 4 and 5

Awarded according to the following formula:

AA scores will count for 60%

Each final will count for 20%

- **Open Category Group of 4 or 5**

Awarded according to total score of two presentations.

CHAPTER XIII

NATIONAL TEAM PROGRAM

REG. 13.1 **PURPOSE AND OBJECTIVES**

Reg. 13.1.1 **Purpose**

Purpose of the National Team Program is:

- To maximize the performance of Canadian rhythmic gymnasts in international competition.
- To assist Canadian rhythmic gymnasts in the realization of their potential in the pursuit of international competitive excellence.
- To raise the caliber of national and provincial level competitions in Canada.

Reg. 13.1.2 **Objectives**

- To develop and implement National Team Strategy designed to maximize the performance of Canadian rhythmic gymnasts in international competition.
- To identify a Pool of athletes with the potential to successfully represent Canada internationally both now and in the future.
- To establish selection process for athletes and coaches involved in National Team programs to represent Canada on national team to specific events.
- To establish performance goals for National Team athletes and teams.
- To set standards for training, coaching and competitions in order to achieve the established performance goals.
- To monitor and evaluate, through standardized measurements and tests, the training process and progress of each identified gymnast.

REG. 13.2 **DEFINITIONS**

Reg. 13.2.1 **National Team Pool**

National Team Pool designates a number of top junior and top senior athletes identified and targeted to meet the objectives of the National team Program

The National Team Pool consists of

- the top 10 juniors and top 10 seniors selected at Elite Canada and Canadian Individual Championships
- The top senior group of 5 and top Senior Development group of 5, the top Junior group of 5

Reg. 13.2.2 **National Team**

Athletes ranked amongst the top 10 gymnasts at Elite Canada and Canadian individual championships (according to the calculation formula of the national team ranking, Appendix I) AND who have subjected themselves to the National Team program are National Team members (signed the National Team Athlete Agreement)

Members of the top senior group of 5, Senior Development group of 5 and junior group of 5 selected at the Canadian group Championships and the Canadian individual championships (according to the calculation formula of the national team ranking, 2012 Appendix I) AND who have subjected themselves to the National Team program are National Team members (signed the National Team Athlete Agreement)

Reg. 13.2.3 **Olympian**

An Olympian is an individual competitor or a member of a group who was given a berth to the Olympic Games and is a Canadian National Team member

An Olympian through the virtue of this berth will assume 1st rank status on the national team and national team pool. Training plan for the Olympic Games, approved by the **Program Committee** will take precedence over any requirements otherwise imposed by these Rules and Regulations on the member of the national team or national team pool.

Reg. 13.2.4 National Team Coach

National Team Coaches are named based on the annual selection of gymnasts/groups to the National Team Pool at the Canadian Championships. National Team Coaches are required to have NCCP Level IV/V certification and are expected to work in collaboration with the Program committee and the National Team Coach and Program Director toward fulfilling the goals and objectives underlying the National Team Training Plan.

REG. 13.3 COMPOSITION OF THE NATIONAL TEAM POOL CATEGORY

Top 10 Senior Individuals

Top 10 Junior Individuals

Top Senior Group of 5, Top Senior Development Group of 5

Top Junior Group of 5

As determined at Canadian Championships and Elite Canada

REG. 13.4 ELIGIBILITY

To be eligible for selection to the National Team Pool, a gymnast must:

- a) Compete at the National Championships (Canadian individual championships, Elite Canada/ Canadian Group Championships) however:
 - i) If a gymnast does not compete at Elite Canada for any reason and does not request an exemption or does not receive exemption, but finishes in the top 10 (Competition A plus Competition B at Canadian Individual Championships) this gymnast will be considered in the calculation to determine the National Team Pool and will be ranked according to the calculation of the National Team Ranking 2012, Appendix I.³⁶
- b) Be 13 years of age or older during the calendar year in which the meet is held.
- c) Be a Canadian citizen, and
- d) Be a member in good standing with the Provincial Association through which she is registered and the GCG/ RG PROGRAM.

See also Chapter IV Reg. 4.2 Eligibility, Reg. 4.1.4 Athlete Nationality, and Reg. 4.1.5 Athlete Residency.

REG. 13.5 SELECTION CRITERIA

Selection of the National Team Pool will take place at the Canadian Championships (Canadian individual championships, Elite Canada/ Canadian Group Championships). The ranking will be based on the calculation of the National Team Ranking 2012 Appendix I.

Following standing will be considered:

Top 10 gymnasts in the Senior Category

Top 10 gymnasts in the Junior Category

Top Senior Group of 5, top Senior Development Group of 5

Top Junior Group of 5

REG. 13.6 RANKING OF THE GYMNASTS IN THE NATIONAL TEAM POOL

Reg. 13.6.1 Ranking

Gymnasts selected to the National Team Pool at the Canadian Championships will be ranked based on the calculation of the National Team Ranking 2012 Appendix I.

Note: Gymnasts not in attendance at the Canadian Championships due to serious illness/injury or serious circumstances, but who were members of the National Team Pool in the previous year may petition for selection to the National Team Pool. See Reg. 4.3.3, 4.3.4 and 4.3.5.

³⁶ Amended June 2010

There is no petition for groups

Groups will compete at the Canadian Individual Championships for ranking in the National Team and for participation in major Championships/Games (Reg. 4.35)

REG. 13.6.2 RETIREMENT

Any gymnasts either Individual or Group members of the National Team that intend to retire, must sign the attached Official Declaration to Retire From Individual or Group National Team and provide GCG with an original signed copy.

CHAPTER XIV

QUALIFICATION OF NATIONAL TEAM ATHLETES FOR OLYMPIC GAMES, MAJOR CHAMPIONSHIPS AND CONTINENTAL UNION CHAMPIONSHIPS

REG. 14.1 **OLYMPIC GAMES**

Reg. 14.1.1 **Qualification Criteria³⁷**

Qualification for the Olympic Games takes place at the World Championships prior to the Olympic Games. Canadian Olympic Association (COA) qualification restrictions may apply as per the GCG/ RG PROGRAM /COA "Team Selection Agreement.

Reg. 14.1.2 **Internal Selection Criteria**

TBD

REG. 14.2 **INDIVIDUAL WORLD CHAMPIONSHIPS**

Odd years: Maximum top 3 Senior gymnasts will be assigned.

Even years: A country's eligibility is based on results at the previous World Championships. A maximum of 2 may compete. Senior Individual gymnasts will be assigned in accordance with the criteria set in the monitoring process document

REG. 14.3 **GROUP WORLD CHAMPIONSHIPS**

Reg. 14.3.1 *Date*

First odd year in quadrennial: One group entry per Federation

Even years: One Group entry per Federation

Third year in quadrennial: One Group entry per Federation

Reg. 14.3.2 **Internal Selection Criteria:**

If Canada is eligible to compete, the group will be assigned. in accordance with criteria set in the monitoring process document

REG. 14.4 **FOUR CONTINENTS**

Reg. 14.4.1 **Team Size:**

Individuals:

Senior - Maximum top 3 Seniors will be assigned

Junior - Maximum top 4 Juniors (3 to compete, 1 reserve) will be assigned.

Groups:

Senior - Group 6, (5 + 1) competing athletes

Junior - Group 5 competing athletes +1 reserve

Note: those criteria will be revised if the competition is back on the International Calendar

REG. 14.5 **PAN AMERICAN GAMES**

Reg. 14.5.1 **Qualification Criteria**

Qualification for the Pan-American Games is determined by the COA based on the results of the Canadian team at previous Pan American Games. Canadian Olympic Association (COA) qualification restrictions will also apply as per the GCG/ RG PROGRAM /COA "Team Selection Agreement.

³⁷ These qualification criteria need to be reviewed and revised.

Reg. 14.5.2 Team Size

Individuals: Up to maximum 2 individuals may qualify and be nominated to the COA for inclusion on the Canadian Pan Am Team in accordance with the GCG/ RG PROGRAM /COA “Team Selection Agreement”.

Group: A maximum of 1 Senior Group may qualify and be nominated to the COA for inclusion on the Canadian Pan Am Team in accordance with the GCG/ RG PROGRAM /COA “Team Selection Agreement”.

Reg. 14.5.3 Internal Selection Criteria

To be developed

REG. 14.6 COMMONWEALTH GAMES

Reg. 14.6.1 Qualification Criteria

Qualification for the Commonwealth Games is determined by the CCA based on the results of the Canadian team at previous Commonwealth Games. Canadian Commonwealth Association (CCA) qualification restrictions will also apply as per the GCG/ RG PROGRAM /CCA “Team Selection Agreement”.

Reg. 14.6.2 Team Size

Individuals – Up to maximum 3 individuals may qualify and be nominated to the CCA for inclusion on the Canadian Commonwealth Team in accordance with the GCG/ RG PROGRAM /COA “Team Selection Agreement”.

NOTE: There is no group event.

Reg. 14.6.3 Internal Selection Criteria

To be developed.

REG. 14.7 PAN AMERICAN CUP

Reg. 14.7.1 Qualification Criteria

Reg. 14.7.2 Team Size

Reg. 14.7.3 Internal Selection Criteria

NOTE: There is no group event,

REG. 14.8 PAGU COMPETITIONS

CHAPTER XV

INTERNATIONAL COMPETITIONS

REG. 15.1 **ASSIGNMENT TO INTERNATIONAL INVITATIONAL COMPETITIONS -GENERAL**

Reg. 15.1.1 **Jurisdiction**

Assignments to all international competitions are the jurisdiction of the National Team Coach and Program Director. Assignments will be administered by the National Team representative and RG Program office

Reg. 15.1.2 **Procedures**

- a) All International competitions which are listed as GCG/RG strategic competitions (see the list below) are subject to assignments
- b) Assignments for International competitions for all categories (senior, junior, novice, pre-novice) will be done in **two stages**:

- **Tier 1** – International Competitions which take place between June (after the Canadian Championship) and the end of March of the following year.
 - Tier 1 assignments will be based on the ranking from the Canadian National Championships from the preceding year,
- **Tier 2** - International Competitions which take place between April and June (before the Canadian Championships) in the same year.
 - Tier 2 assignments will be based on the Elite Canada/Canadian Group Championships results.

c)

1) The assignments for international competitions, which are held within three weeks following a National qualifying event will be done based on the previous National event.

2) However, to ensure that Canada is represented by its best athletes, the competition spots, i.e., group A or B, HC vs. competing in the competition will be decided based on the latest National event.

d) **Method:**

In general the Main Bases for Assignments will be used when assigning athletes to main international events. In the cases when the scores of the athletes are very close, i.e., less than 1 point difference in the AA competition, the Additional Bases for Assignments will be applied.

- **Main Bases for Assignments:** Results from Elite Canada and Canadian Championships.
- **Additional Bases for Assignments:** The existing Strategic Plan and the participation and performance at mini camps, preparation camps, control competitions, results from formal testing and past international competitions.

e) **Individual Category:** Assignments will be done in such way that:

- At least one International event will be assigned to the top 4 athletes in each individual category.
- The Champions in each category will be provided with more than one competition opportunity.
- Athletes ranked 5 – 8 will be assigned to compete H.C. if there are no other events available.

Timelines:

Tier one:

- Stage 1 - the assignments for the top 4 athletes (ranking based on results from Canadian Championships from the presiding year) to be send out by November 1st. Acceptance/Refusal form filled by coaches/athletes/judges to be submitted in the National Office by November 30th.
- Stage 2 – the assignments for athletes ranked 5 – 8 (ranking based on results from National Championships from the presiding year) to be send out by December 5th. Acceptance/Refusal form filled by coaches/athletes/judges to be submitted to the National Office by December 20th.

Tier two:

- Stage 1 - the assignments for the top 4 athletes (ranking based on results from Elite Canada in the current year) to be sent out within 10 days following the qualifying event (Elite Canada). Acceptance/Refusal form filled by coaches/athletes/judges to be submitted to the National Office within 2 weeks.

- Stage 2 - the assignments for athletes ranked 5 – 8 (ranking based on results from Elite Canada in the current year) to be send out within 10 days following the finalizing of the assignments of athletes 1-4. Acceptance/Refusal form filled by coaches/athletes/judges to be submitted to the National Office within the next two weeks.

f) **Group Category:** Assignments will be done in such way that

- at least one International event will be assigned to the top group in each category.

Timelines:

- The same principles in terms of timelines and stages of assignments as in the Individual categories will be followed.

g) **Assignments for World Championships, World Cup, World Games, Grand Prix** – in addition to their ranking, athletes have to fulfill The Performance Criteria.

h) **Funding:** The funding for the events is based on the current Budget. Based on the available funds, the events MAY be funded, fully or partially, in the following priority order:

SENIOR

1. World Championships
2. Pan Am Games
3. Commonwealth Games
4. Corbeil-Essonnes
5. Pacific Alliance
6. Pan Am Championships
7. World Cup
8. World Games
9. Grand Prix
10. Four Continents

JUNIOR

1. Pacific Alliance/ Junior Pan Am
2. Four Continents
3. International competitions with more than 8 countries participating i.e Portimao (POR), Calais (FRA)

i) **Eligibility:** Only National Team Members* will be considered for International Assignments.

*National Team Member Definition:

1. Individual Category - Canadian athlete (must be a Canadian citizen) ranked among the top 10 athletes at Elite Canada and/or Canadian Individual Championships in Senior or Junior category, who has accepted the National Team Program; has fulfilled the requirements set by the Monitoring Process and has committed to fulfilling her responsibilities to the Program.
2. Group Category - Canadian athletes (must be Canadian citizens), members of the top ranked Group (combined scores from Elite Canada and Canadian Individual Championships, 35%/65%) in Senior or Junior category, who has accepted the National Team Program; has fulfilled the requirements set by the Monitoring Process and has committed to fulfilling her responsibilities to the Program.

REG. 15.2 INVITATIONS TO NON-PRIORIZED INTERNATIONAL EVENTS

If the Program Committee does not assign a National Team Pool gymnast to an international event, the invitation may be passed on to Provincial Associations for their consideration to assign other National Stream athletes.

For the Province's requests to be sanctioned the following criteria must be met:

1. The gymnast (s) must be ranked in the top 24 from the most recent Elite Canada.
2. A Brevet judge must be assigned to the event.
3. The Program Committee must approve unanimously any assigned delegation.
4. No GCG/ RG PROGRAM funding will be provided for gymnasts, coaches or judges for a competition so assigned.

REG. 15.3

REPLACEMENT OR/ADDITION TO DELEGATIONS TO INTERNATIONAL COMPETITIONS

- a) Where an alternate has been assigned, gymnasts, groups, coaches or judges canceling an assignment 30 days or more prior to the event will be replaced by the assigned alternate.
- b) Following the assignment process, where no alternate has been assigned and 30 days or more remain before an event, a request for additions or changes assignments may be made to the National Team Representative for approval by the National Team Coach and Program Director. No request will be considered for assignment to a competition for which a gymnast or group has not attained the appropriate rank as determined by the National Team Coach and Program Director.
- c) When less than 30 days remain before departure for an international event, the following MAY happen:
 - i) Gymnasts canceling the assignment will not be replaced.
 - ii) No additional gymnasts will be assigned.
 - iii) Where 1 of 2 officials (coach or judge) cancel the assignment, no replacement will be named.
 - iv) Where only one official (coach or judge) has been assigned and cancels the assignment, the National Team representative in consultation with the National Team Advisor and Judges Committee Chairperson, as required will name a replacement.

CHAPTER XVI

COACHING

REG 16.1 COACHES AT THE GCG/ RG PROGRAM DOMESTIC COMPETITIONS

All coaches presenting athletes at the GCG/ RG PROGRAM Domestic Competition should be fully certified NCCP Level III.

An exemption will be granted in the following cases:

- Non landed immigrant registered coach given exemption for one season at a time and for a maximum of 2 years
 - The exemption will be granted on reception at the office
 - The request for exemption
 - The section 30 of the GCG Policy and Procedures and code of ethics duly read and signed by the coach
- Level 2 NCCP certified coach be given exemption for Level 3 requirement at Canadian Competitions
 - if the coach can present a reasonable case to Technical Committee that suitable Level 3 Course has not been offered in her region (ie Western or Eastern Canada).

Or

- if the coach already has the theory and technical component and is in the process of completing the practical hours. In that case the exemption will be allowed for a maximum of 2 years

Exemption should be requested to the Program Committee

Exemption will be given for one year at a time for each competitive season (January 1 to December 31)

Deadline to request an exemption is the competition registration deadline

Administrative fee will apply

NOTE: FOR EASTERN AND WESTERN CHAMPIONSHIPS THE COACHES WHO ARE COACHING PROVINCIAL LEVEL ATHLETES ONLY SHOULD BE CERTIFIED NCCP 2

NOTE: This regulation does not apply for Canada Games

REG. 16.2 ASSIGNMENT OF COACHES TO OLYMPIC GAMES, FIG CHAMPIONSHIPS AND CONTINENTAL UNION CHAMPIONSHIPS

National Team Coaches will be assigned points based on the re-ranking of National Team gymnasts at the corresponding Trial Meet as follows:

Gymnast Ranked #1:	4 points
Gymnast Ranked #2:	3 points
Gymnast Ranked #3:	2 points
Gymnast Ranked #4:	1 point

The coach who accumulates the most gymnasts' points will be assigned as the National Team Individual Coach. In the event of a tie, the coach of the highest ranked athlete will be assigned.

When the coach assigned as the National Team Individual Coach declines the assignment, it will be offered to the coach who has the second highest accumulated points.

Coaches assigned to Olympic Games, FIG Championships and Continental Union Championships must be certified an NCCP Level 4 coach and be members of Coaches of Canada.

REG. 16.3 **ASSIGNMENT OF COACHES TO INTERNATIONAL INVITATIONAL COMPETITIONS**

Individuals

Priority will be given to:

1. The Personal Coach of the top ranked assigned gymnast.
2. The coach with the majority of gymnasts assigned to the delegation.

When none of the identified coaches can attend, the National Team Coach and Program Director will appoint a replacement.

Groups

The coach of the selected group will be assigned.

1. The coaches assigned to the strategic international competitions should have completed their NCCP Level III.

REG. 16.4 **ASSIGNMENT OF COACHES WHEN HOST COUNTRY NOMINATES ATHLETES**

The personal coach of the highest ranked nominated athlete shall attend. When the personal coach of the nominated athlete cannot attend then the National Team Coach and Program Director will appoint a replacement.

REG. 16.5 **SELECTION AND ASSIGNMENT OF COACHES TO INTERNATIONAL COMPETITIONS**

REG. 16.6 **SELECTION OF NATIONAL TEAM COACHES**

Reg. 16.6.1 **National Team Coaches**

The National Team coaches will be named based on the annual selection of gymnasts to the National Team Pool at Elite Canada.

Reg. 16.6.2 **Personal Coaches**

The personal coach of each National Team gymnast will be identified as a National Team Coach. Each gymnast may identify only 1 official personal coach who must be registered as such at Elite Canada.

National team Coaches must be registered members of the GCG/ RG PROGRAM.

A coach named as a National Team Coach shall maintain that status until the next Elite Canada.

If a gymnast changes coaches, her former coach shall remain as a National Team Coach for that year.

APPENDIX B

GYMNASTICS CANADA GYMNASTIQUE RHYTHMIC GYMNASTICS PROGRAM
PETITION for MEDICAL EXEMPTION
FOR NATIONAL TEAM POOL ATHLETES (ART. 4.3.4)

Name of Gymnast: _____

Province: _____

Age Category: _____

REQUEST EXEMPTION FOR

ELITE CANADA

Date _____

CANADIAN INDIVIDUAL CHAMPIONSHIPS

Date _____

A) Injury:

Prior to Competition: Petition submission date: _____

During Competition Petition submission date: _____

B) Submission of:

- A) BONA FIDE DOCTOR CERTIFICATE:
- B) PREVIOUS COMPETITION AA SCORE _____
- C) PREVIOUS COMPETITION RANKING _____
- D) NATIONAL TEAM RANKING _____

C) Signatures

1. ATHLETE _____ DATE AND PLACE _____

WITNESS _____ DATE AND PLACE _____

2. PARENT- GUARDIAN (IF NOT OF AGE) _____

DATE AND PLACE _____

WITNESS _____ DATE AND PLACE _____

2. COACH _____ DATE AND PLACE _____

WITNESS _____ DATE AND PLACE _____

3. PSO REPRESENTATIVE _____ DATE AND PLACE _____

WITNESS _____ DATE AND PLACE _____

RESERVED FOR OFFICE USE

Petition Granted:

Petition Denied:

NOTES:

Signature

Position

Date

APPENDIX C

**GYMNASTICS CANADA GYMNASTIQUE
RHYTHMIC GYMNASTICS PROGRAM**

GYMNASTICS CANADA GYMNASTIQUE

WAIVER FORM FOR PARTICIPATION TO ANY ACTIVITY RELATED TO RHYTHMIC GYMNASTICS

FORMULAIRE DE RENONCEMENT POUR TOUTE ACTIVITÉ RELIÉE À LA GYMNASTIQUE RHYTHMIQUE

Print name of participant / Nom du participant en caractères d'imprimerie

In consideration of your acceptance of my participation I, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators waive and release and forever discharge any and all rights and claims for losses, damages and / or injuries which I may have or may hereafter accrue to me against the Canadian Gymnastics Federation (Gymnastique Canada Gymnastique), the Organizers or their respective officers, agents, representatives and/or assigns for any and all losses, damages and injuries which may be sustained and suffered by me in connection with my association with or entry in the above athletic meet or which may arise out of my traveling to or participating in and returning from said athletic meet.

En retour de l'acceptation de ma participation, je, pour ma part, et pour mes héritiers, exécuteurs testamentaires, administrateurs et ayants droit, libère la Fédération Canadienne de gymnastique (Gymnastique Canada Gymnastique), les organisateurs ou leurs officiers, leurs agents, leur représentants respectifs et renonce à tout droit, réclamation, demande ou poursuite, découlant de pertes, blessures ou dommages subis durant, ou suite à ma participation à cet événement ainsi qu'aux voyages et déplacements à l'aller et au retour reliés à cet événement.

Participant's signature du participant

Date

Signature Parent or Guardian if under 18
Signature du parent ou tuteur si moins de 18 ans

Date

Print name of Parent or Guardian if under 18
Nom du parent ou tuteur en lettres carrées si moins de 18 ans

APPENDIX D

GYMNASTICS CANADA GYMNASTIQUE

CONSENTEMENT POUR TOUTE ACTIVITÉ DE GCG ET RENSEIGNEMENTS MÉDICAUX

CONSENT FOR ANY GCG ACTIVITY AND MEDICAL INFORMATION

Nom/Name: _____ Club: _____

Adresse/Address: _____

Parent ou tuteur légal si moins de 18 ans/Parent or Legal Guardian if under 18 yrs.:

Nom/Name: _____ Rés/Res: () _____

Trav/Bus: () _____ Fax/Fax: () _____

Nom/Name: _____ Rés/Res: () _____

Trav/Bus: () _____ Fax () _____

Téléphone si urgence/Emergency Telephone:Tél/Tel: () _____ Fax: () _____

Je, _____ donne ma permission pour des traitements médicaux ou chirurgicaux d'urgence déterminés et administrés par des médecins canadiens ou étrangers à

_____ qui est ma _____
Nom en caractères d'imprimerie Lien avec l'athlète

I, _____ give my permission for emergency medical/surgical care to be given by Canadian or foreign Physicians as they see fit to select to

_____ who is my _____
Name in block letters Relationship with athlete

Je comprends que, lorsque c'est possible, je serai contacté et informé du problème, du diagnostique, du traitement requis et des résultats escomptés.

It is understood that wherever possible I shall be contacted, informed of the problem, diagnosis, required treatment and the hoped for results.

PARENT OU TUTEUR LEGAL

TÉMOIN

PARENT OR LEGAL GUARDIAN

WITNESS

Signé/ Signed: _____ Signé/ Signed: _____

Date: _____ Date: _____

MÉDECIN FAMILIAL/FAMILY PHYSICIAN

NOM/ NAME: _____

TÉL/TEL: () _____ FAX: () _____

ALERTE MÉDICALE/MEDICAL ALERT

NAM/HIN: _____

GROUPE SANGUIN/BLOOD TYPE: _____

ALLERGIES/ALLERGIES: _____

ASTHME/ASTHMA: _____

LENTILLES/CONTACTS: _____

COEUR ANORMAL/ABNORMAL HEART: _____

DIABETE/DIABETES: _____

MALADIE ACTUELLE/CURRENT ILLNESS _____

EPILEPSIE/EPILEPSY: _____

FIÉVRE RHUMATISMALE/RHEUMATIC FEVER: _____

BLESSURE/CHIRURGIES RÉCENTES (1 AN) / RECENT INJURIES/SURGERIES (1 YEAR):

COMMOTION RÉCENTE/RECENT CONCUSSION: _____

MÉDICAMENTS ACTUELS/CURRENT MEDICATIONS: _____

OTHER/AUTRES: _____

APPENDIX E

**GYMNASTICS CANADA GYMNASTIQUE
RHYTHMIC GYMNASTICS PROGRAM**

OFFICIAL DECLARATION TO DECLINE COMPETITION

AGREEMENT made this day of 20__ .

BETWEEN

GCG/ RG PROGRAM

AND

(Individual Athlete) _____

OR (Group Athlete(s)) _____

OR (Coach) _____

IN THE MATTER OF THE FOLLOWING EVENT OR COMPETITION:

Held on the following dates: _____, 20__ through _____, 20__

The abovementioned parties agree that the following event or competition is not one they wish to be attend, and hereby officially notify GCG/ RG PROGRAM that they do not wish to be sanctioned for the abovementioned event or competition.

The following signatures confirm the athlete's or team's refusal to participate in a given event or competition, and this decision may not be rescinded by the undersigned. GCG/ RG PROGRAM cannot be held accountable for any difficulties or circumstances that arise from the choices of individual athletes or group athletes or their coaches in their decisions to attend or refuse to attend any event.

Signatures are requested of Individual athletes, and in the event of a group athlete choosing to withdraw, it is requested that all members of the group sign this form. All coaches of group or individual athletes are also expected to sign. The choice to refuse an offer to compete at any competition or event must be made within a specified time period, otherwise the opportunity to compete will be offered to the individual or group next in line in National ranking or will be withdrawn from consideration. The time period for response may be different for different competitions and/or events and will be stated in the accompanying electronic message or letter, which is sent with both the Athlete's Agreement and the Official Declaration to Decline Competition. These deadlines must be adhered to.

_____ Individual Athlete	_____ Date
_____ Group Athlete	_____ Date
_____ Group Athlete	_____ Date
_____ Group Athlete	_____ Date
_____ Group Athlete	_____ Date
_____ Group Athlete	_____ Date
_____ Group Athlete	_____ Date
_____ Head Coach (Individual or Group)	_____ Date

APPENDIX F

**GYMNASTICS CANADA GYMNASTIQUE
RHYTHMIC GYMNASTICS PROGRAM**

INFORMATION RELEASE AUTHORIZATION FORM

I _____
Name

Authorize GCG, Rhythmic Gymnastics Program to communicate my phone number, address and E-mail to
the parents and the coach of _____

Signature

Place and date

Witness Signature

Place and date

PIPEDA RELEASE FORM

1.0 The personal information you provide to GCG/ Rhythmic Gymnastics Program, and different organizing committees for Provincial and National events, is collected under the authority of the PIPEDA privacy bill for Canada. It is used to determine your eligibility for competitive and recreational opportunities, age related events, to facilitate your enrolment, to administer and evaluate programs/courses of benefit to gymnasts, coaches, Board Members, volunteers and judges, and for insurance and statistical purposes. It may be necessary to disclose this information to major funding bodies in order to verify registration and meet the funding requirements. This information will be transferred in a safe format. It will be password protected if it is transferred electronically, or it will be sent as hard copy.

2.0 Registration information required may include: name, age, birth date, address, gender, emergency contact information in case of accident or illness, previous movement experience, position within the club or provincial governing structure, volunteer experience, judging level attained, coaching level attained, performing and/or competitive level attained and citizenship information. Staff members and senior volunteers may have the following information collected and retained: coaching experience, performance appraisals, appointment records, resumes and letters of reference, university equivalency/course information for different aspects of coaching training, attendance records, coach certification numbers, certifications and equivalencies.

3.0 Your club's Privacy Officer, as well as the Privacy Officer for GCG, are responsible for your personal information, and the personal information concerning any minor children, and they ensure that all personal information is handled in a confidential manner, and all reasonable precautions are taken to avoid loss, theft or unauthorized access, disclosure, copying, use or modification. Any requests to view your personal information should be made in writing to the club or provincial or National Privacy Officer

Please fill in and sign the following form, indicating that you allow the transmission of personal information as indicated in Paragraph 1.0 of this document.

Name: _____ Signature: _____

Date: _____ Phone Number: _____
Email: _____

Name of Parent/Guardian of participant if under the age of 18: _____

Signature of Parent/Guardian of participant if under the age of 18: _____

GCG/ Rhythmic Program IMAGE RELEASE FORM

Participants at Provincial and National events held in Canada may have their image, likeness, name (excluding personal address, phone, fax number, and/or email address), province, city/town, and club, as well as rank within Canada and previous performing, competitive, judging, choreographing or coaching history, used in publications and on the internet by GCG Rhythmic Gymnastics Program as well as its agents and sponsors from time to time. When signing this form, gymnasts, volunteers, coaches, judges and, in the case of minors, their parent/guardian, agree that they have the authority to provide this authorization/approval to GCG and its agents, and sanctioned organizing committees. A facsimile, a scanned and emailed copy, or a photocopy of this form shall be deemed to constitute an original signed document.

I allow the use of personal information as outlined above, and image in GCG Media, including newsletter, website, poster, brochure, video, sponsorship packages.

Name: _____ Signature: _____

Date: _____ Phone Number: _____

Email: _____

Name of Parent/Guardian of participant if under the age of 18: _____

Signature of Parent/Guardian of participant if under the age of 18: _____

If Photographs of the athlete are provided to GCG please send each photograph together with the photographer's express written permission for GCG to use the photograph(s) on the internet, in publications related to rhythmic gymnastics, and in sponsorship materials for rhythmic gymnastics.

APPENDIX G

GROUPTS

1) SUBSTITUTION OF GYMNASTS:

1. For Junior 5, Senior 5 and Senior 5 Development group, no more than 50% of the gymnasts can be substituted between the Canadian Group Championships and the Canadian Individual Championships. The number of gymnasts includes the alternate.

2) Number of alternates

2.1 For domestic purposes only, 2 alternates will be allowed for each group. For international competitions, the number of alternates follows the FIG regulation.

2.2 For domestic purposes, it is not compulsory for the alternates to compete.

For international competitions, the FIG regulation applies.

3) In the Regional Championships or the Canadian Group Championships and the CIC, the provinces are NOT allowed to enter into the competition the same gymnasts in more than one (1) group.

Exception: YOG junior group and FIG junior group of 5.



Rhythmic Gymnastics Program

Sport Canada AAP - Carding Criteria 2011-2012

TBD



APPENDIX I
**CALCULATION OF THE NATIONAL TEAM
RANKING 2012**

At the 2009 AGM a recommendation was made to the Program Director to review the national team ranking calculation system. It was established that:

- Effective as of **the 2010 season, the point system as applied in previous years is abolished**
- **It is replaced by the following that applies to groups and individuals**

1. **The National team ranking will be based on two competitions** (Elite Canada/ Canadian Group Championships PLUS Canadian Individual Championships) See exception 13.4(i).

- a) Elite Canada/ Canadian Group Championships will be weighted to be worth 35% of the total accumulated scores
- b) CIC will be worth 65% of the total accumulated scores

2. **The calculations will be done as follows:**

Qualification Competition A raw score + Competition B each event final raw score

FOR DETAILED CALCULATION EXAMPLES refer to Appendix M.

NOTE: the top ten (10) athletes according to this calculation will have direct access to the CIC and will bypass Regional Championships

PETITION

If an athlete cannot attend a competition, she will have to petition (see in the Technical rules and regulations under petition.) The penalty applied, if her petition is accepted by the National Team Coach and Program Director as per the Technical Rules and Regulations, will be 5% of the total score (A + B finals) from the previous competition.

APPENDIX J

Rhythmic Interclub Program

Goal of the program:

- Assist clubs in maintaining and growing athlete membership.
- Competitive opportunities for all athletes at all levels.
- Targeted at the “part-time” RG athlete – who doesn’t have the time, desire or commitment for a full time training schedule to accomplish the Provincial or National stream programs however, enjoys the sport and wishes to participate and challenge themselves.
- Fun, participation, club driven
- Lower stress competition

Designed for:

- One or two day athlete within your club program.
- The “adult” athlete that wishes a competitive challenge.
- The largely recreational based clubs.
- The “small club” that cannot participate in Interclub AGG because of lack of numbers.
- Smaller venues with lower ceiling heights that are not suitable for the Provincial or National stream programs

Competition Hosting

- **All clubs wishing to host an Interclub Invitational are required to go through the same process as with Provincial and National Stream Invitationals.**
- **Request for sanction approval MUST be submitted to Gymnastics Ontario. The competition will then be posted on the website with all important information attached.**

Awards:

- Participant certificates or ribbons are highly recommended
- Colorful Ribbons, small medals or stickers are recommended at Level 2 to Level 6 for 1 – 8th place
- Level 1 Individual, duo, trio is a non-ranked event therefore either participation ribbons or certificate could be used
- Hosting clubs are urged to create their own awards. e.g.: Most Graceful, Best Performance, Most exciting.

2011 – 2012 Ontario Rhythmic Interclub Program

**2011-2012 Ontario Rhythmic Interclub Program
INDIVIDUAL**

Level & Age as of Dec. 31, 2012	Length of Routine	Requirements Apparatus 1	Requirements Apparatus 2
Level 1 Age 7 – 8	1:00 – 1:15	Free D1: 4 A -one from each body group No score given	
Level 2 Age 8 – 10	1:00 – 1:30	Free D1: 4 A or B - one from each body group D2 as per National and Provincial Free Routine	Rope D1: 4 A or B- one from each body group D2 Max 5.0
Level 3 Age 11 – 12	1:00 – 1:30	Rope 6 A or B 2 Pivots + 2 Jumps + 2 Choice D2 Max 5.0	Hoop 6 A or B - from each body group D2 Max 5.0
Level 4 Age 13 – 14	1:00 – 1:30	Hoop 6 A or B from each body group D2 Max 10.0 as per FIG	Ball 6 A or B 2 Flexibility + 2 Jumps + 2 Choice D2 Max 10.0 as per FIG
Level 5 Age 14 & over	1:00 – 1:30	Ball 6 A or B 2 Flexibility + 2 Jumps + 2 Choice D2 Max. 10.0 as per FIG	Ribbon 6 A or B 2 Pivots + 2 Jumps + 2 Choice D2 Max. 10.0 as per FIG
Level 5STAR Age 14 and over <i>Open to anyone, however, all former Provincial or National stream competitors age 14 and over, must be in this level</i>	1:00 – 1:30	Choice of Apparatus (not free) 8 A, B or C (3 + 3) GCO + 2 Choice D2 Max. 10.0 as per FIG	
Level 6 Age 18 and over	1:00 – 1:30	Choice of Apparatus (not free) 6 A, B or C (2 +2) GCO + 2 Choice D2 Max. 10.0 as per FIG	

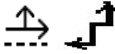
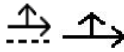
- Body Difficulties (D1) must have apparatus in motion in order to have value.
- Athletes in levels 2 to 5 have a **CHOICE of EITHER** Apparatus 1, or Apparatus 2 routine. In levels 5Star and 6, athletes may choose any apparatus they wish (no free routines).
- **Athletes will only perform 1 (one) apparatus per competition.** An athlete could have more than one apparatus routine prepared during the season and then rotate the apparatus they perform at different competitions.
- Competitive leotards must meet FIG requirements regarding skirts, appropriate coverage, etc. Style of leotard will NOT affect the scores given by judges. **“Club” suits are acceptable.**
- **Minimum number of judges required is 6 (3 for D1 plus EX; 3 for D2 plus A)**
- D1 & D2 will be judged as per Ontario Provincial Program
- Artistry will be judged out of 3.0 (music = 1.0; choreography = 2.0).

Ontario Provincial Interclub Free Routine D2 Requirement (2011)

Free Routine D2 – MAX 5.00 points

2. **SERIES OF RHYTHMIC STEPS**  (minimum of EIGHT steps) 0.3 EACH
TOTAL MAXIMUM SCORE: 1.20 points

Category Examples:

- Series of rhythmic steps with change of direction or level  0.3 EACH
- Series of rhythmic steps with movement forward, backwards, sideways, with or without traveling  0.3 EACH

2. **BODY WAVES**  0.1 OR 0.3 EACH
TOTAL MAXIMUM SCORE: 1.50 points

a). **0.30 EACH** (see choices below)

Choice of:

- Total body wave forward or backward
- Total body wave sideways
- Total body wave on a position on the floor (worm)
- Circular body wave (Examples: combining of total body wave backwards followed by total body wave forward, executed without any interruption; sideways body wave to the one side followed by a sideways body wave to the opposite side)
- “moving body wave” body wave executed during traveling or body wave added to a difficulty (can be used once with difficulty and once without)



b). **0.10 for each partial body wave or use of body** (contraction and relaxation) for the maximum score of 0.30

3. **RISK PREPARATION “R”**
TOTAL MAXIMUM SCORE: 1.30 points

a). Series of two or three dynamic elements: 0.3 for each basic (without change of levels or axis of rotation).
0.10 p. added for each additional characteristic, i.e., change of level, axis of rotation.

NOTE: Follow the definition of dynamic element under risk category in the FIG Code of points, p. 58, reg. 2.3.

Examples:

- Series of 2 dynamic elements with rotation R (0.30 p.)
- Series of 2 dynamic elements with change of the axis of rotation R  (0.4)
- Series of 3 pre – acrobatic/dynamic elements with change of level R  (0.5)

4. **ELEMENTS WITH ROTATION**  0.2 each
TOTAL MAXIMUM SCORE: 1.00 points.

There are 2 options for achieving elements with rotations (see option A (as an additional “A” Level Difficulty NOT listed as D1) or option B (as “B” Level or higher difficulties which ARE also listed on the athlete’s script for D1)

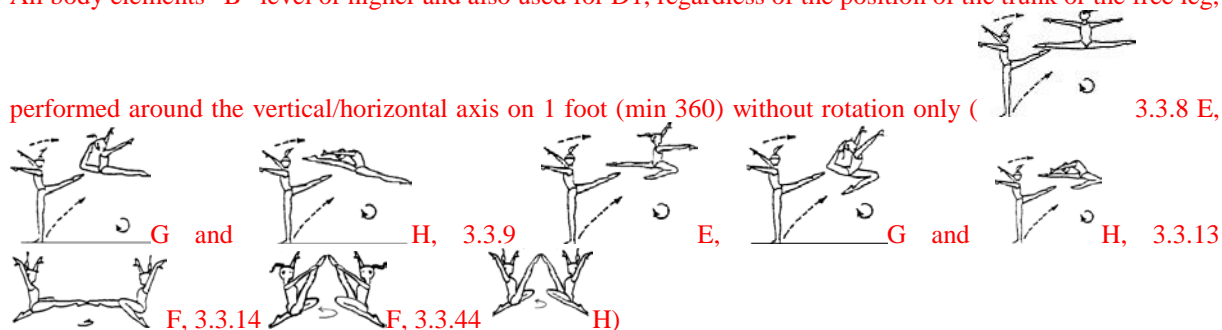
- d.) athlete can use all choices from option A
- e.) athlete can use all choices from option B
- f.) athlete can use a combination of choices from options A & B

Option A: The following difficulties listed below which are of “A” difficulty value are the only additional difficulties which can be used to meet the criteria “elements with rotation” for D2. Therefore if one of the “A” difficulties listed below have been used in the routine for D1 value, it cannot then be used for D2 value.

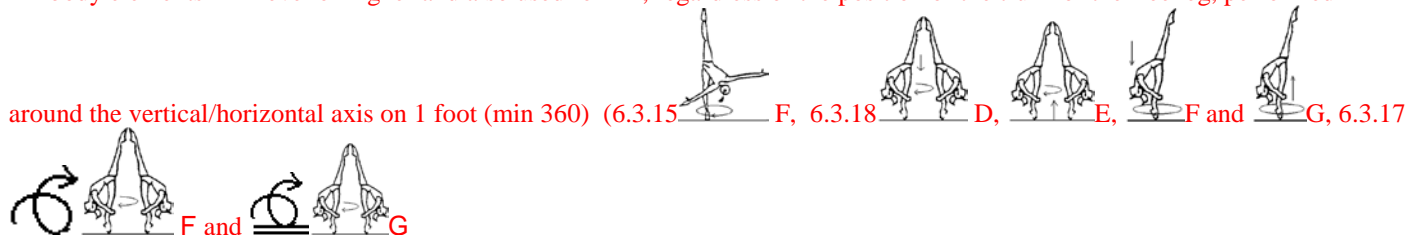
- All “A” Level Pivot Difficulties (applicable “A” level difficulties from 2009-2012 COP are: 8.3.1, 8.3.2, 8.3.47).
- All shapes of jumps/leaps, the base of which exist in rotation only (applicable “A” level difficulties from 2009-2012 COP are: 3.3.28, 3.3.42, 3.3.47). Please note this is the opposite of the 2009-2012 definition of Jump/Leap in Rotation and is applicable only to the Free Routines for D2.
- All body elements regardless of the position of the trunk or the free leg, performed around the vertical/horizontal axis on 1 foot (min 360) (applicable “A” level difficulties from 2009-2012 COP are: 6.3.22, 6.3.23, 6.3.26)

Option B: Only the following difficulties listed below which are of “B” level or higher difficulties can be used to meet the criteria of “elements with rotation” and can be scripted in the boxes next to each other for both D1 and D2.

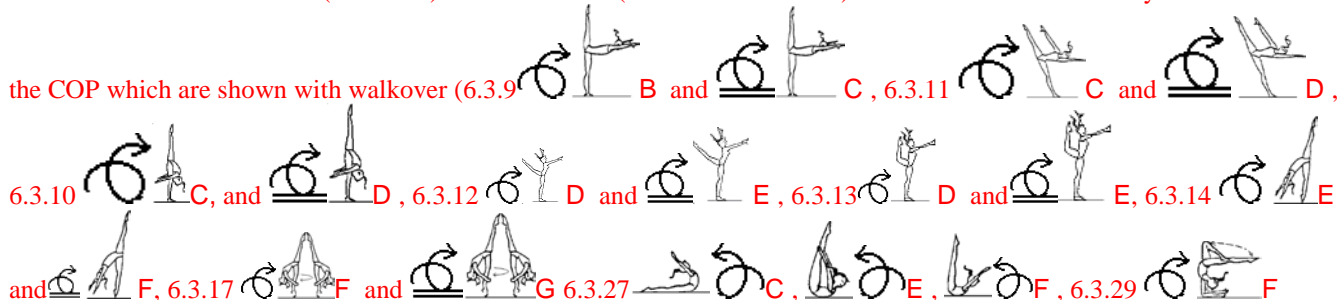
- All “B” Level or Higher Pivot Difficulties used also for D1 (isolated or in combination)
- All shapes of jumps/leaps, “B” Level or higher also used for D1, the base of which exist without rotation only (3.3.10 E, G and H, 3.3.11 E, G and H, 3.3.19 F, 3.3.22 F, 3.3.24 H)
- All body elements “B” level or higher and also used for D1, regardless of the position of the trunk or the free leg,



All body elements “B” level or higher and also used for D1, regardless of the position of the trunk or the free leg, performed



or around the horizontal axis (walkover) on 1 or 2 hands (see 2009-2012 COP). Please note this refers only to the flexibilities in



NOTE for the Free Routine D2 Program: There can be no “double dipping” for example, if an illusion is used for a pre-acrobatic/risk preparation element, it cannot also be used for an element of rotation – so on and so forth.

2011-2012 Ontario Rhythmic InterClub Program GROUP		
Level & Age as of Dec. 31, 2012	Length of Routine	Group Size Duo or Trio - Four or Five
Level 1 Age 7 – 8	1:00 – 1:30	Free D1 4 A 4 Formations 2 pre-acrobatic elements No score given
Level 2 Age 8 – 10	Duo/Trio 1:00 – 1:30 4/5 1:30 – 2:00	Hoop 4 Formations 2 Exchanges (Max isolated body difficulty value in exchange = A) D2 as per FIG
Level 3 Age 11 – 12	Duo/Trio 1:00 – 1:30 4/5 1:30 – 2:00	Ball 4 Formations 2 Exchanges (Max isolated body difficulty value in exchange = B) D2 as per FIG
Level 4 Age 13 – 14	1:30 – 2:00	Ribbon 4 Formations 3 Exchanges (Max isolated body difficulty value in exchange = B) D2 as per FIG
Level 5 Age 14 & over	1:30 – 2:00	Hoop 5 Formations 3 Exchanges (Max isolated body difficulty value in exchange = B) D2 as per FIG
Level 5STAR Age 14 and over <i>Open to anyone, however, all former Provincial or National stream competitors age 14 and over, must be in this level</i>	2:15 – 2:30	Choice of Apparatus 4 Exchanges (Max isolated body difficulty value in exchange = C) D2 as per FIG
Level 6 Age 18 and over	1:30 – 2:00	Choice of Apparatus 3 Exchanges (Max isolated body difficulty value in exchange = C) D2 as per FIG

- Each routine should have equal representation of all 4 groups (jumps, turns, balances, flexibility).
- All Group exchanges must be done with a distance of at least 3 meters between the gymnasts.
- Competitive leotards must meet FIG requirements regarding skirts, appropriate coverage, etc. Style of leotard will NOT affect the scores given by judges. **“Club” suits are acceptable.**
- **Minimum number of judges required is 6 (3 for D1 plus EX; 3 for D2 plus A)**
- D1 & D2 will be judged as per Ontario Provincial Program
- Artistry will be judged out of 3.0 (music = 1.0; choreography = 2.0).

ONTARIO INTERCLUB STREAM AESTHETIC GROUP (AGG) 2011-2012



Goals of the Program:

- Assist clubs in maintaining and growing athlete membership.
- Competitive opportunities for all athletes at all levels.
- Targeted at the “part-time” AGG athlete – who doesn’t have the time, desire or commitment for a full time training schedule to accomplish the Provincial or National stream programs however, enjoys the sport and wishes to participate and challenge themselves.
- Fun, participation, club driven
- More relaxed competition atmosphere

Designed for:

- One or two day athlete within your club program.
- The “adult” athlete that wishes a competitive challenge.
- Retired athletes who wish to return to the sport
- The largely recreational based clubs.
- Smaller venues with lower ceiling heights that are not suitable for the Provincial or National stream programs

Eligibility and Mobility:

- All gymnasts must be members in good standing of Gymnastics Ontario in order to participate in a Gymnastics Ontario sanctioned event
- Athletes participating in the InterClub stream program **MUST** be registered with Gymnastics Ontario as InterClub level Aesthetic Group athletes. Registrations should be received to Gymnastics Ontario by October 15th of the current competitive season. The Program Manager for Rhythmic Gymnastics must be informed of any late registrations or upgrades after the October 15th registration deadline.
- Level changes of gymnasts will be accepted without Technical Committee approval until December 31st of the current competitive season. After December 31st, all level changes will require approval from Gymnastics Ontario Rhythmic Technical Committee.
- Upgrades from Recreational registration to InterClub category will only be accepted by the committee up to **one month** before Invitational Competition registration deadline.
- The AGG competition season is from January 1st to December 31st. Age eligibility of athlete level is in accordance with the year of birth of the athlete. (January 01st – December 31st)
For example:
 - A gymnast born in 1994 will be 18 yrs. old in 2012
 - A gymnast born in 1995 will be 17 yrs. old in 2012
 - A gymnast born in 1996 will be 16 yrs. old in 2012
 - A gymnast born in 1997 will be 15 yrs. old in 2012
 - A gymnast born in 1998 will be 14 yrs. old in 2012
 - A gymnast born in 1999 will be 13 yrs. old in 2012
 - A gymnast born in 2000 will be 12 yrs. old in 2012
 - A gymnast born in 2001 will be 11 yrs. old in 2012
 - A gymnast born in 2002 will be 10 yrs. old in 2012
 - A gymnast born in 2003 will be 9 yrs. old in 2012
 - A gymnast born in 2004 will be 8 yrs. old in 2012
- InterClub stream eligible gymnasts may participate/compete in any or all of the InterClub Programs offered by Gymnastics Ontario (Individual, Group and/or Aesthetic Group competition). No additional membership fee is required, **BUT** gymnasts **MUST** be registered in each category they wish to compete.
- A gymnast leaving a member club and joining another member club during the remainder of the current competitive season must complete the athlete transfer form. A minimum of 15 days is necessary to process an athlete transfer. A gymnast cannot officially represent their new club within that 15-day period, but can still compete as an independent during the 15-day period. The transfer must be confirmed by Gymnastics Ontario and **no exception will be made to this requirement.**

AGG InterClub Coaches

Coaches must have a **minimum of NCCP Level 2 Theory and Technical Certification in Rhythmic Gymnastics** to coach InterClub Stream athletes in their gymnasiums, or to gain access to the competition floor at any Gymnastics Ontario sanctioned InterClub Stream competition, training camp or other activity.

Coaches must also have completed **both Part “A” and Part “B” of the online Risk Management and Respect In Sport** courses, and must renew these courses as required – expired certifications will not be accepted as valid.

Coaches must be registered with Gymnastics Ontario as **“Coach of Athlete”** to be able to gain access to the competition floor at any Gymnastics Ontario sanctioned InterClub Stream competition.

InterClub Competitions

Open Competitions to InterClub Program gymnasts

- Invitational competitions sanctioned by Gymnastics Ontario offering any or all of the InterClub Rhythmic and/or Aesthetic Group Gymnastics Programs.
- Ontario AGG **“Red Ribbon Invitational”**, offering InterClub and Provincial stream AGG.

Competition Hosting

- All clubs wishing to host an Interclub Invitational are required to go through the same process as with Provincial and National Stream Invitationals.
- Request for sanction approval to host an AGG competition **MUST** be submitted to Gymnastics Ontario. The competition will then be posted on the website with all important information attached.

Themes

The following “Creative Routine” Themes were chosen for the 2008 and 2009 competitive season.

Level 1	“In the world of Fairy Tales”
Level 2	“Cultures”
Level 3	“Broadway musical”
Level 4	“So... you think you can dance” (all genres)
Level 5	Open Theme

At the 2005 Gymnastics Ontario Technical Assembly a recommendation was given to the delegation to keep the above themes for a 2 year period. The recommendation was approved by the members of the assembly. **The above themes will stay active for a two year period (2010-2011 Competition season and 2011-2012 Competition season).**

Awards

- Participant certificates or ribbons are highly recommended.
- Colourful Ribbons, small medals or stickers are recommended
- Hosting clubs are urged to create their own awards, e.g., Most Graceful, Most Unified, Most Original, Most Spirited, Youngest Team, Club with Most Gymnasts Registered, etc.
- Participation Ribbons may be presented to all gymnasts. It is recommended that groups placing 9th and up should receive participation certificates/ribbons.



Aesthetic Group Gymnastics – InterClub Program

	Requirements - Free Routine <i>No Apparatus</i>	Requirements - Creative Routine
<p>Level 1</p> <p>8 – 10 years old</p> <p>2:00 – 2:30 minutes</p> <p>Free Routines</p> <p>Creative Routines <i>“In the world of fairy tales”</i></p> <p>Groups of 4-10 members</p>	<p>Jumps and Leaps</p> <ul style="list-style-type: none"> ▪ 2 different “A” difficulties <p>Balances</p> <ul style="list-style-type: none"> ▪ One Balance – choice from either A or B difficulty in Appendix 1. (flat foot or on toes) <p>Pivots</p> <ul style="list-style-type: none"> ▪ One Pivot – such as pivot on one leg, minimum 360 ° (degree) or Pivots on both legs (chaine turn) <p>Body Movements</p> <ul style="list-style-type: none"> ▪ a) 1 total body wave ▪ b) 1 total body swing ▪ c) 1 bending movement ▪ d) 1 body rotation ▪ e) 1 relaxation movement ▪ f) 1 body movement A series (2 different body movements in combination of any of the above or some other - i.e. figure eights, circles, etc.) <p>Rhythmic steps</p> <p><i>*2 sets of Rhythmic Steps: one short set consisting of 4 consecutive steps and one long set consisting on 6 consecutive steps.</i></p> <p>Acrobatic movements</p> <p><i>*2 acrobatic movements maximum.</i></p> <p>Flexibility movements</p> <p><i>*2 flexibility movements</i></p>	<p>Jumps and Leaps</p> <ul style="list-style-type: none"> ▪ 2 different “A” difficulties <p>Balances</p> <ul style="list-style-type: none"> ▪ One Balance – choice from either A or B difficulty in Appendix 1. (flat foot or on toes) <p>Pivots</p> <ul style="list-style-type: none"> ▪ One Pivot – such as pivot on one leg, minimum 360 ° (degree) or Pivots on both legs (chaine turn) <p>Body Movements</p> <ul style="list-style-type: none"> ▪ a) 1 total body wave ▪ b) 1 total body swing ▪ c) 1 body movement A series (2 different body movements in combination of any of the above or some other i.e. figure eights, circles, etc.)
<p>Level 2</p> <p>11 – 13 years old</p> <p>2:00 – 2:30 minutes</p> <p>Free Routines</p> <p>Creative Routines <i>“Cultures”</i></p> <p>Groups of 4-10 members</p>	<p>Jumps and Leaps</p> <ul style="list-style-type: none"> ▪ 1 “A” difficulty ▪ 1 “B” difficulty <p>Balances</p> <ul style="list-style-type: none"> ▪ Two different Balances – choice from either A or B difficulty in Appendix 1. (flat foot or on toes) <p>Pivots</p> <ul style="list-style-type: none"> ▪ Two different Pivots – such as pivot on one leg, minimum 360 ° (degree) or Pivots on both legs (chaine turn) <p>Body Movements</p> <ul style="list-style-type: none"> ▪ a) 2 different total body waves ▪ b) 2 different total body swings ▪ c) 1 body movement A series (2 different body movements in combination of any of the above or some other i.e. figure eights, circles, etc.) ▪ d) 1 body movement B series (3 different body movements in combination of any of the above or some other - i.e., figure eights, circles etc.) <p>Rhythmic steps</p> <p><i>*2 sets of Rhythmic Steps: one short set consisting of 4 consecutive steps and one long set consisting on 6 consecutive steps.</i></p>	<p>Jumps and Leaps</p> <ul style="list-style-type: none"> ▪ 1 “A” difficulty ▪ 1 “B” difficulty <p>Balances</p> <ul style="list-style-type: none"> ▪ Two different Balances – choice from either A or B difficulty in Appendix 1. (flat foot or on toes) <p>Pivots</p> <ul style="list-style-type: none"> ▪ Two different Pivot – such as pivot on one leg, minimum 360 ° (degree) or Pivots on both legs (chaine turn) <p>Body Movements</p> <ul style="list-style-type: none"> ▪ a) 2 different total body waves ▪ b) 2 different total body swings ▪ c) 1 body movement A series (2 different body movements in combination of any of the above or some other i.e. figure eights, circles, etc.)

	<p>Acrobatic movements *2 acrobatic movements maximum.</p> <p>Flexibility movements *3 flexibility movements</p>	
<p>Level 3</p> <p>14 – 16 years old</p> <p>2:15 – 2:45 minutes</p> <p>Free Routines</p> <p>Creative Routines <i>“Broadway musical”</i></p> <p>Groups of 4-10 members</p>	<p>Jumps and Leaps</p> <ul style="list-style-type: none"> ▪ 2 different “A” difficulties ▪ 1 “B” difficulty ▪ 1 jump series – jumps must be different, with different body shapes <p>Balances</p> <ul style="list-style-type: none"> ▪ Two different Balances – choice from either A or B difficulty in Appendix 1. (flat foot or on toes) <p>Pivots</p> <ul style="list-style-type: none"> ▪ Two different Pivots – such as pivot on one leg, minimum 360 ° (degree) or Pivots on both legs (chaine turn) <p>Body Movements</p> <ul style="list-style-type: none"> ▪ a) 2 different total body waves ▪ b) 2 different total body swings ▪ c) 1 body movement A series (2 different body movements in combination of any of the above or some other i.e. figure eights, circles, etc. ▪ d) 1 body movement B series (3 different body movements in combination of any of the above or some other i.e. figure eights, circles etc. ▪ e) lean or lunges ▪ f) bending, relaxation & contractions. ▪ g) body rotations <p>Rhythmic steps</p> <p><i>*2 sets of Rhythmic Steps: one short set consisting of 4 consecutive steps and one long set consisting on 6 consecutive steps.</i></p> <p>Acrobatic movements *3 acrobatic movements, maximum</p> <p>Flexibility movements *3 flexibility movements</p> <p>Supplementary requirements *1 supplementary combination (please see requirements notes for more details)</p>	<p>Jumps and Leaps</p> <ul style="list-style-type: none"> ▪ 2 different “A” difficulties ▪ 1 “B” difficulty <p>Balances</p> <ul style="list-style-type: none"> ▪ Two different Balances – choice from either A or B difficulty in Appendix 1. (flat foot or on toes) <p>Pivots</p> <ul style="list-style-type: none"> ▪ Two different Pivots– such as pivot on one leg, minimum 360 ° (degree) or Pivots on both legs (chaine turn) <p>Body Movements</p> <ul style="list-style-type: none"> ▪ a) 2 different total body waves ▪ b) 2 different total body swings ▪ c) 1 body movement A series (2 different body movements in combination of any of the above or some other i.e. figure eights, circles, etc.

	Requirements - Free Routine <i>No Apparatus</i>	Requirements - Creative Routine
<p>Level 4</p> <p>16 + years old</p> <p>2:15 – 2:45 minutes</p> <p>Free Routines</p> <p>Creative Routines “So... You think you can dance”</p> <p>Groups of 4-10 members</p>	<p>Jumps and Leaps</p> <ul style="list-style-type: none"> ▪ 2 different “A” difficulties ▪ 2 different “B” difficulties ▪ 1 jump series – jumps must be different, with different body shapes <p>Balances</p> <ul style="list-style-type: none"> ▪ Two different Balances – choice from either A or B difficulty in Appendix 1. (flat foot or on toes) <p>Pivots</p> <ul style="list-style-type: none"> ▪ Two different Pivots – such as pivot on one leg, minimum 360 ° (degree) or Pivots on both legs (chaine turn) <p>Body Movements</p> <ul style="list-style-type: none"> ▪ a) 2 different total body waves ▪ b) 2 different total body swings ▪ c) 1 body movement A series (2 different body movements in combination of any of the above or some other i.e. figure eights, circles, etc. ▪ d) 1 body movement B series (3 different body movements in combination of any of the above or some other i.e., figure eights, ▪ e) lean or lunges ▪ f) bending, relaxation & contractions. ▪ g)body rotations circles etc.) <p>Rhythmic steps</p> <p><i>2 sets of Rhythmic Steps: one short set consisting of 4 consecutive steps and one long set consisting on 6 consecutive steps.</i></p> <p>Acrobatic movements *3 acrobatic movements maximum.</p> <p>Flexibility movements *3 flexibility movements.</p> <p>Supplementary requirements *2 supplementary combinations (please see requirements note for more details).</p>	<p>Jumps and Leaps</p> <ul style="list-style-type: none"> ▪ 2 different “A” difficulties ▪ 1 “B” difficulty <p>Balances</p> <ul style="list-style-type: none"> ▪ Two different Balances – choice from either A or B difficulty in Appendix 1. (flat foot or on toes) <p>Pivots</p> <ul style="list-style-type: none"> ▪ Two different Pivots – such as pivot on one leg, minimum 360 ° (degree) or Pivots on both legs (chaine turn) <p>Body Movements</p> <ul style="list-style-type: none"> ▪ a) 2 different total body waves ▪ b) 2 different total body swings ▪ c) 1 body movement A series (2 different body movements in combination of any of the above or some other i.e. figure eights, circles, etc.

<p>Level 5 Adult</p> <p>30+ years old</p> <p>2:15 – 2:45 minutes</p> <p>Free Routines</p> <p>Creative Routines Open</p> <p><i>Minimum of 3 Participants, with no maximum number</i></p>	<p>Jumps and Leaps</p> <ul style="list-style-type: none"> ▪ 2 different "A" difficulties <p>Balances</p> <ul style="list-style-type: none"> ▪ Two different Balances – choice from either A or B difficulty in Appendix 1. (flat foot or on toes) <p>Pivots</p> <ul style="list-style-type: none"> ▪ Two different Pivots – such as pivot on one leg, minimum 360 ° (degree) or Pivots on both legs (chaine turn) <p>Body Movements</p> <ul style="list-style-type: none"> ▪ a) 2 different total body waves ▪ b) 2 different total body swings ▪ c) 1 body movement A series (2 different body movements in combination of any of the above or some other i.e. figure eights, circles, etc. ▪ d) 1 body movement B series (3 different body movements in combination of any of the above or some other i.e., figure eights, circles etc.) <p>Rhythmic steps</p> <p><i>2 sets of Rhythmic Steps: one short set consisting of 4 consecutive steps and one long set consisting on 6 consecutive steps.</i></p>	<p>Jumps and Leaps</p> <ul style="list-style-type: none"> ▪ 2 different "A" difficulties <p>Balances</p> <ul style="list-style-type: none"> ▪ One Balance – choice from either A or B difficulty in Appendix 1. (flat foot or on toes) <p>Pivots</p> <ul style="list-style-type: none"> ▪ One Pivot – such as pivot on one leg, minimum 360 ° (degree) or Pivots on both legs (chaine turn) <p>Body Movements</p> <ul style="list-style-type: none"> ▪ a) 1 total body wave ▪ b) 1 total body swing ▪ c) 1 body movement A series (2 different body movements in combination of any of the above or some other i.e. figure eights, circles, etc.
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Requirements Notes

- The total body movements used in the series can be applied to the requirements for the individual body waves or swings. For example if an A Series and a B Series that contain 2 different total body waves and 2 different total body swings are completed successfully then all requirements for the body movements are met.
- Must use 2 different jumps in a jump series. For a jump series, may re-use the same jumps as in the single jump requirement.
- Group members are not all required to do the same balance or jump for a jump or balance requirement, but it will be scored at the lowest level.
- One step is allowed between a jump series.

The value of supplementary difficulties

NOTE: The required element repeated several times in an exercise will count only one time.

However, the required body waves and swings may be included in body movement A – or B – series.

The value of supplementary difficulties

- In addition to required elements the program must include supplementary difficulties to get the full scores. The supplementary difficulties must be combined to a series of two different movement groups (body series, jumps and balances).
- In a series one step between the movement groups is allowed.
- The combination between different movement groups inside supplementary difficulties will be counted only once.

Examples of combination:

- Jump/leap + balance
- Balance + jump/leap
- Jump/leap + body movement serie
- Body movement serie + jump/leap
- Balance + body movement serie
- Body movement serie + balance
- Inside of these combinations can be variations depending on level of difficulties:

A = 0.2	C = 0.3
<u>A-jump/leap + A-balance</u>	<u>A-jump/leap + B-body serie</u>
<u>A-body serie + A-jump/leap</u>	<u>B-body serie + A-jump/leap</u>
<u>A-balance + A-body serie</u>	<u>B-jump/leap + A-body serie</u>
<u>A-body serie + A-balance</u>	<u>A-body serie + B-jump/leap</u>
<u>A-jump/leap + A-balance</u>	<u>A-balance + B-body serie</u>
<u>A-balance + A-jump/leap</u>	<u>B-body serie + A-balance</u>
	<u>A-balance + B-jump/leap</u>
	<u>B-balance + A-jump/leap</u>
	<u>B-balance + A-body serie</u>
	<u>B-jump/leap + A-balance</u>
	<u>A-body serie + B-balance</u>
	<u>A-jump/leap + B-balance</u>

- Out of bounds penalties will be applied if a gymnast steps out in the Free Routine, or steps out in an obvious error during the Creative routine. Gymnasts may step out in the Creative routine for a costume change or to pick up or put down apparatus or other obviously choreographed parts of the routine.
- Timing will start from the beginning of the first full movement after the group has taken the starting position on the competition area. Timing will stop as soon as all gymnasts are totally motionless.
- An over-run or under-run of 5 seconds is permitted.

Competition Notes

- Gymnastics Ontario InterClub AGG competitions offer a Free Routine, similar to that in the International AGG rules (IFAGG). In addition, Gymnastics Ontario offers a Creative Routine that allows participants to demonstrate their creativity in use of varied apparatus and costumes.
- Choreography of Aesthetic Group Gymnastics should ensure that both the Free and Creative Routines include elements of Rhythmic Gymnastics with emphasis on natural body movements, such as locomotion, body waves, contractions, swings, circles, balances, bends, turns, spins, leaps, etc.
- Up to 2 gymnasts from any lower or higher age group are permitted to compete on a team in an age category to make up the required minimum group numbers (e.g., 4 gymnasts):
 - One gymnast may be 1 year older than the official maximum age for the category;
 - One or two gymnasts may be 1 year younger than the minimum age for the category.
- Gymnasts are permitted to participate in more than one age level in order to make up the required minimum group numbers.
- All groups must perform both Free and Creative Routines with the same gymnasts in order to be eligible for any Overall or Grand Prize awards. However, groups may still compete in only one routine and be eligible for the applicable award.
- To encourage participation, groups of 3 participants or groups of more than 10 are permitted to compete. With the exception of Adult Groups (no group maximum), smaller groups will be evaluated but not eligible for awards.

2011 – 2012 Ontario Rhythmic Interclub Program

**2011-2012 Ontario Rhythmic Interclub Program
INDIVIDUAL**

Level & Age as of Dec. 31, 2012	Length of Routine	Requirements Apparatus 1	Requirements Apparatus 2
Level 1 Age 7 – 8	1:00 – 1:15	Free D1: 4 A -one from each body group No score given	
Level 2 Age 8 – 10	1:00 – 1:30	Free D1: 4 A or B - one from each body group D2 as per National and Provincial Free Routine	Rope D1: 4 A or B - one from each body group D2 Max 5.0
Level 3 Age 11 – 12	1:00 – 1:30	Rope 6 A or B 2 Pivots + 2 Jumps + 2 Choice D2 Max 5.0	Hoop 6 A or B - from each body group D2 Max 5.0
Level 4 Age 13 – 14	1:00 – 1:30	Hoop 6 A or B from each body group D2 Max 10.0 as per FIG	Ball 6 A or B 2 Flexibility + 2 Jumps + 2 Choice D2 Max 10.0 as per FIG
Level 5 Age 14 & over	1:00 – 1:30	Ball 6 A or B 2 Flexibility + 2 Jumps + 2 Choice D2 Max. 10.0 as per FIG	Ribbon 6 A or B 2 Pivots + 2 Jumps + 2 Choice D2 Max. 10.0 as per FIG
Level 5STAR Age 14 and over <i>Open to anyone, however, all former Provincial or National stream competitors age 14 and over, must be in this level</i>	1:00 – 1:30	Choice of Apparatus (not free) 8 A, B or C (3 + 3) GCO + 2 Choice D2 Max. 10.0 as per FIG	
Level 6 Age 18 and over	1:00 – 1:30	Choice of Apparatus (not free) 6 A, B or C (2 +2) GCO + 2 Choice D2 Max. 10.0 as per FIG	





- Body Difficulties (D1) must have apparatus in motion in order to have value.
- Athletes in levels 2 to 5 have a **CHOICE of EITHER** Apparatus 1, or Apparatus 2 routine. In levels 5Star and 6, athletes may choose any apparatus they wish (no free routines).
- **Athletes will only perform 1 (one) apparatus per competition.** An athlete could have more than one apparatus routine prepared during the season and then rotate the apparatus they perform at different competitions.
- Competitive leotards must meet FIG requirements regarding skirts, appropriate coverage, etc. Style of leotard will NOT affect the scores given by judges. **“Club” suits are acceptable.**
- **Minimum number of judges required is 6 (3 for D1 plus EX; 3 for D2 plus A)**
- D1 & D2 will be judged as per Ontario Provincial Program
- Artistry will be judged out of 3.0 (music = 1.0; choreography = 2.0).

Ontario Provincial Interclub Free Routine D2 Requirement (2011)

Free Routine D2 – MAX 5.00 points

3. **SERIES OF RHYTHMIC STEPS**  (minimum of EIGHT steps) 0.3 EACH
TOTAL MAXIMUM SCORE: 1.20 points

Category Examples:

- Series of rhythmic steps with change of direction or level   0.3 EACH
- Series of rhythmic steps with movement forward, backwards, sideways, with or without traveling   0.3 EACH

2. **BODY WAVES**  0.1 OR 0.3 EACH
TOTAL MAXIMUM SCORE: 1.50 points

a). **0.30 EACH** (see choices below)

Choice of:

- Total body wave forward or backward
- Total body wave sideways
- Total body wave on a position on the floor (worm)
- Circular body wave (Examples: combining of total body wave backwards followed by total body wave forward, executed without any interruption; sideways body wave to the one side followed by a sideways body wave to the opposite side)
- “moving body wave” body wave executed during traveling or body wave added to a difficulty (can be used once with difficulty and once without)



b). **0.10 for each partial body wave or use of body** (contraction and relaxation) for the maximum score of 0.30

3. **RISK PREPARATION “R”**
TOTAL MAXIMUM SCORE: 1.30 points

a). Series of two or three dynamic elements: 0.3 for each basic (without change of levels or axis of rotation).
0.10 p. added for each additional characteristic, i.e., change of level, axis of rotation.

NOTE: Follow the definition of dynamic element under risk category in the FIG Code of points, p. 58, reg. 2.3.

Examples:

- Series of 2 dynamic elements with rotation R (0.30 p.)
- Series of 2 dynamic elements with change of the axis of rotation R  (0.4)
- Series of 3 pre – acrobatic/dynamic elements with change of level R  (0.5)

4. **ELEMENTS WITH ROTATION**  0.2 each
TOTAL MAXIMUM SCORE: 1.00 points.

There are 2 options for achieving elements with rotations (see option A (as an additional “A” Level Difficulty NOT listed as D1) or option B (as “B” Level or higher difficulties which ARE also listed on the athlete’s script for D1)

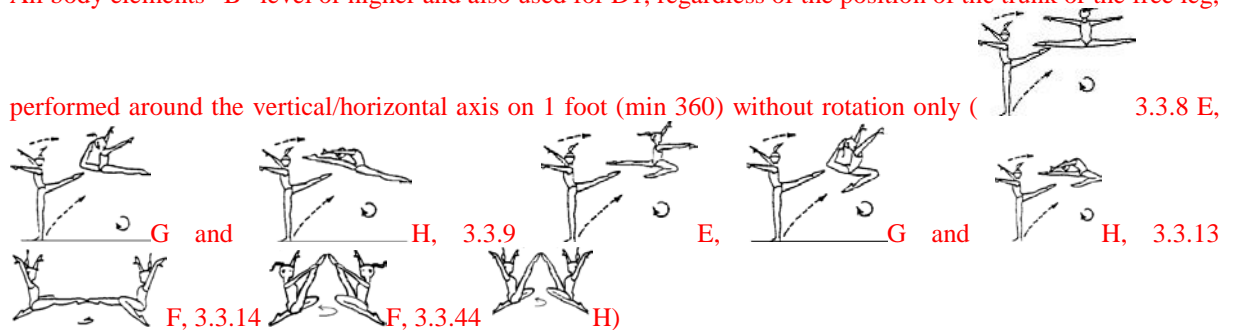
- g.) athlete can use all choices from option A
- h.) athlete can use all choices from option B
- i.) athlete can use a combination of choices from options A & B

Option A: The following difficulties listed below which are of “A” difficulty value are the only additional difficulties which can be used to meet the criteria “elements with rotation” for D2. Therefore if one of the “A” difficulties listed below have been used in the routine for D1 value, it cannot then be used for D2 value.

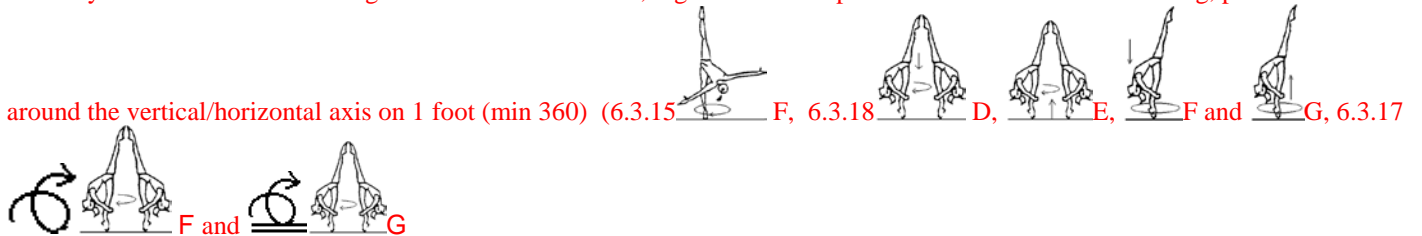
- All “A” Level Pivot Difficulties (applicable “A” level difficulties from 2009-2012 COP are: 8.3.1, 8.3.2, 8.3.47).
- All shapes of jumps/leaps, the base of which exist in rotation only (applicable “A” level difficulties from 2009-2012 COP are: 3.3.28, 3.3.42, 3.3.47). Please note this is the opposite of the 2009-2012 definition of Jump/Leap in Rotation and is applicable only to the Free Routines for D2.
- All body elements regardless of the position of the trunk or the free leg, performed around the vertical/horizontal axis on 1 foot (min 360) (applicable “A” level difficulties from 2009-2012 COP are: 6.3.22, 6.3.23, 6.3.26)

Option B: Only the following difficulties listed below which are of “B” level or higher difficulties can be used to meet the criteria of “elements with rotation” and can be scripted in the boxes next to each other for both D1 and D2.

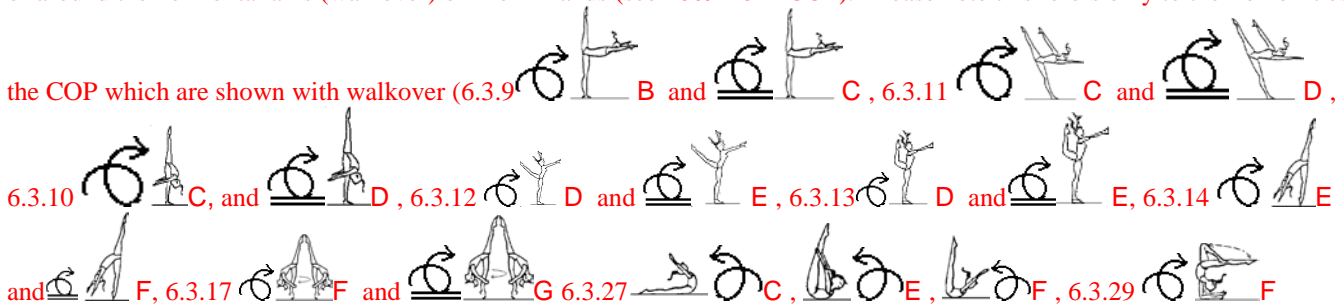
- All “B” Level or Higher Pivot Difficulties used also for D1 (isolated or in combination)
- All shapes of jumps/leaps, “B” Level or higher also used for D1, the base of which exist without rotation only (3.3.10 E,G and H, 3.3.11 E,G and H, 3.3.19 F, 3.3.22 F, 3.3.24 H)
- All body elements “B” level or higher and also used for D1, regardless of the position of the trunk or the free leg,



All body elements “B” level or higher and also used for D1, regardless of the position of the trunk or the free leg, performed



or around the horizontal axis (walkover) on 1 or 2 hands (see 2009-2012 COP). Please note this refers only to the flexibilities in



NOTE for the Free Routine D2 Program: There can be no “double dipping” for example, if an illusion is used for a pre-acrobatic/risk preparation element, it cannot also be used for an element of rotation – so on and so forth.

2011-2012 Ontario Rhythmic InterClub Program GROUP		
Level & Age as of Dec. 31, 2012	Length of Routine	Group Size Duo or Trio - Four or Five
Level 1 Age 7 – 8	1:00 – 1:30	Free D1 4 A 4 Formations 2 pre-acrobatic elements No score given
Level 2 Age 8 – 10	Duo/Trio 1:00 – 1:30 4/5 1:30 – 2:00	Hoop 4 Formations 2 Exchanges (Max isolated body difficulty value in exchange = A) D2 as per FIG
Level 3 Age 11 – 12	Duo/Trio 1:00 – 1:30 4/5 1:30 – 2:00	Ball 4 Formations 2 Exchanges (Max isolated body difficulty value in exchange = B) D2 as per FIG
Level 4 Age 13 – 14	1:30 – 2:00	Ribbon 4 Formations 3 Exchanges (Max isolated body difficulty value in exchange = B) D2 as per FIG
Level 5 Age 14 & over	1:30 – 2:00	Hoop 5 Formations 3 Exchanges (Max isolated body difficulty value in exchange = B) D2 as per FIG
Level 5STAR Age 14 and over <i>Open to anyone, however, all former Provincial or National stream competitors age 14 and over, must be in this level</i>	2:15 – 2:30	Choice of Apparatus 4 Exchanges (Max isolated body difficulty value in exchange = C) D2 as per FIG
Level 6 Age 18 and over	1:30 – 2:00	Choice of Apparatus 3 Exchanges (Max isolated body difficulty value in exchange = C) D2 as per FIG

- Each routine should have equal representation of all 4 groups (jumps, turns, balances, flexibility).
- All Group exchanges must be done with a distance of at least 3 meters between the gymnasts.
- Competitive leotards must meet FIG requirements regarding skirts, appropriate coverage, etc. Style of leotard will NOT affect the scores given by judges. **“Club” suits are acceptable.**
- **Minimum number of judges required is 6 (3 for D1 plus EX; 3 for D2 plus A)**
- D1 & D2 will be judged as per Ontario Provincial Program
- Artistry will be judged out of 3.0 (music = 1.0; choreography = 2.0).

2011 - 2012 AGG INTERCLUB SCORING

SCORING SUMMARY

FREE ROUTINE

CREATIVE ROUTINE

Level I

TV = 2.9
AV = 4.0
EX = 10.0

TV = 1.2
Creative = 5.0
EX = 10.0 / 2

TOTAL 15.8

TOTAL 11.2

Level II

TV = 3.8
AV = 4.0
EX = 10.0

TV = 2.0
Creative = 5.0
EX = 10.0 / 2

TOTAL 16.6

Total 12.0

Level III

TV = 4.6
AV = 4.0
EX = 10.0

TV = 2.1
Creative 5.0
EX = 10.0 / 2

TOTAL 17.1

TOTAL 12.1

Level IV

TV = 5.1
AV = 4.0
EX = 10.0

TV = 2.1
Creative 5.0
EX = 10.0 / 2

TOTAL 17.3

TOTAL 12.1

Level 5

ADULT

TV = 3.0
AV = 4.0
EX = 10.0

TV = 1.2
Creative = 5.0
EX = 10.0 / 2

TOTAL 16.5

TOTAL 11.2

FREE ROUTINE

TECHNICAL VALUES (TV)

LEVEL 1

Jumps & leaps	2 "A" jumps (Different)	Max 0.2
Balances &Pivots	1 balance A or B	Max 0.2
	1 pivot A or chaine turn	Max 0.1
Body movements	1 Total Body Wave	Max 0.2
	1 Total Body Swing	Max 0.2
	1 bending movement	Max 0.2
	1 body rotation	Max 0.2
	1 relaxation movement	Max 0.2
	1 Body movement series A	Max 0.3
Rhythmic Steps	1 Short set (4 steps)	Max 0.2
	1 Long set (6 steps)	Max.03
Acrobatics	2 acrobatics (0.2 each)	Max 04
Flexibility movements	2 legs flexibilities (L-R-M, 0.1 each)	Max 0.2

(TOTAL 2.9)

LEVEL 2

Jumps & Leaps	1 "A" jump	Max 0.1
	1 "B" jump	Max 0.2
Balances & Pivots	2 different balances A or B	Max 0.4
	2 different pivots A or B	Max 0.4
Body movements	2 different total body waves	Max 0.4
	2 different total body swings	Max 0.4
	1 body movement series A	Max 0.3
	1 body movement series B	Max 0.4
Rhythmic Steps	1 Short set (4 steps)	Max 0.2
	1 Long set (6 steps)	Max.03
Acrobatics	2 acrobatics (0.2 each)	Max 0.4
Flexibility movements	3 legs flexibilities (L-R- M, 0.1each)	Max 0.3

TOTAL (3.8)

FREE ROUTINE

TECHNICAL VALUES (TV)

LEVEL 3

Jumps & Leaps	2 different A jumps	Max 0.2
	1 "B" jump	Max 0.2
	1 jump series	
	A = A + A = 0.2	
	C = A + B = 0.3	
	D = B + B = 0.4	Max 0.4
Balances & pivots	2 different balances A or B	Max 0.4
	2 different pivots A or B	Max 0.4
Body movements	2 different total body waves	Max 0.4
	2 different total body swings	Max 0.4
	1 body movement A series	Max 0.3
	1 body movement B series	Max 0.4
Rhythmic Steps	1 Short set (4 steps)	Max 0.2
	1 Long set (6 steps)	Max 0.3
Acrobatics	2 acrobatics (0.2 each)	Max 0.4
Flexibility movements	3 legs flexibilities (L-R- M, 0.1each)	Max 0.3
Supplementary exercise	1 Supplementary combination	Max 0.3

TOTAL 4.6

LEVEL 4

Jumps & Leaps	2 different A jumps	Max 0.2
	2 different B jumps	Max 0.4
	1 jump series	
	A = A + A = 0.2	
	C = A + B = 0.3	
	D = B + B = 0.4	Max 0.4
Balances & Pivots	2 different Balances A or B	Max 0.4
	2 different pivots A or B	Max 0.4
Body movements	2 different total body waves	Max 0.4
	2 different total body swings	Max 0.4
	1 Body movement A series	Max 0.3
	1 Body movement B series	Max 0.4
Rhythmic Steps	1 Short set (4 steps)	Max 0.2
	1 Long set (6 steps)	Max.0.3
Acrobatics	2 acrobatics (0.2 each)	Max 0.4
Flexibility movements	3 legs flexibilities (L-R- M, 0.1each)	Max 0.3
Supplementary exercise	2 Supplementary combination	Max 0.6

TOTAL 5.1

FREE ROUTINE

TECHNICAL VALUES (TV)

LEVEL 5

ADULT

Jumps & Leaps	2 different A jumps	Max 0.2
Balances & Pivots	2 different A or B balances	Max 0.4
	2 different Pivots A or B	Max 0.4
Body movements	2 different total body waves	Max 0.4
	2 different total body swings	Max 0.4
	1 Body movement A series	Max 0.3
	1 Body movement B series	Max 0.4
Rhythmic Steps	1 Short set (4 steps)	Max 0.2
	1 Long set (6 steps)	Max.0.3

TOTAL 3.0

CREATIVE ROUTINE

TECHNICAL VALUES (TV)

Level I 8-10 yrs old

Jumps & Leaps	2 different "A" jumps	Max 0.2
Balances	1 balance A or B	Max 0.2
Pivots	1 pivot A	Max 0.1
Body movements	1 total body wave	Max 0.2
	1 total body swing	Max 0.2
	1 body movement series A	Max 0.3

(Total 1.2)

Level 2 11-13 yrs old

Jumps & Leaps	1 A jump	Max 0.1
	1 B jump	Max 0.2
Balances	2 different balances A or B <i>(max .2 each: each A = .1; each B = .2)</i>	Max 0.4
Pivots	2 different A pivots	Max 0.2
Body movements	2 different total body waves	Max 0.4
	2 different total body swings	Max 0.4
	1 body movement series A	Max 0.3

(Total 2.0)

CREATIVE ROUTINE

TECHNICAL VALUES (TV)

Level 3 14-16 yrs old

Jumps & Leaps	2 different A jumps	Max 0.2
	1 B jump	Max 0.2
Balances	2 different balances A or B <i>(max .2 each: each A = .1; each B = .2)</i>	Max 0.4
Pivots	2 different pivots A	Max 0.2
Body movements	2 different total body waves	Max 0.4
	2 different total body swings	Max 0.4
	1 body movement series A	Max 0.3
		Total 2.1

Level 4 16+ years old

Jumps & leaps	2 different a jumps	Max 0.2
	1 B jump	Max 0.2
Balances	2 different balances A or B <i>(max .2 each: each A = .1; each B = .2)</i>	Max 0.4
Pivots	2 different A pivots	Max 0.2
Body movements	2 different total body waves	Max 0.4
	2 different total body swings	Max 0.4
	1 body movement series A	Max 0.3
		Total 2.1

Level 5 Adult 30+ years old

Jumps & leaps	2 different A jumps	Max 0.2
Balances	1 balance A or B	Max 0.2
Pivots	1 pivot A	Max 0.1
Body movements	1 total body wave	Max 0.2
	1 total body swing	Max 0.2
	1 body movement series A	Max 0.3
		Total 1.2

CREATIVE ROUTINE

Creative Value

The creative mark is scored out of a maximum of 5 points – with three components:

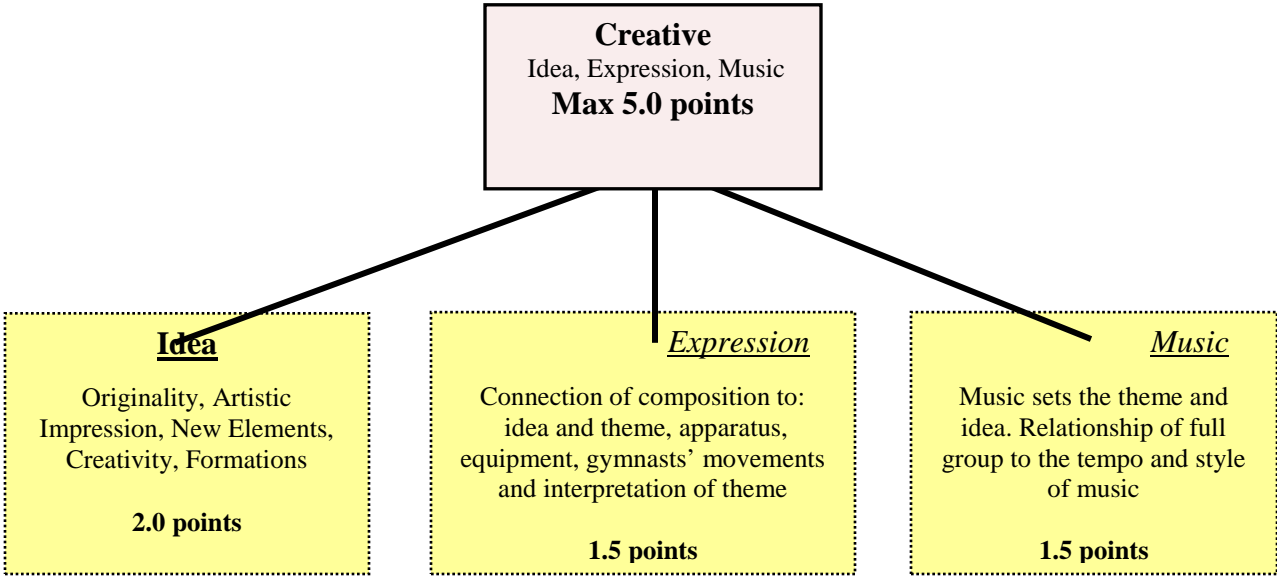
- **Idea** – originality, artistic impression, new elements, creativity and formations Maximum value = 2.0

- **Expression** – connection of composition to: idea and theme, apparatus, equipment, gymnasts movements and interpretation of theme Maximum value = 1.5

- **Music**- Music sets the theme and idea. Relationship of full group to tempo and style of music Maximum value = 1.5

Unity (working together as a team) of the group is predominant. Different kinds of solos or canons give nuance for the composition, but they must not be predominating. Each routine is allowed three (3) solo movements in which movement cannot last more than three (3) seconds.

Creative Routine Scoring



NOTE: Rules for other AGG Categories to come.

DRAW OF THE ORDER OF COMPETITION

Single panel

June 2008

- 1ST apparatus according to the draw
- Following apparatus: Divide the number of athletes by the number of apparatus
-

For example: 12 athletes/ 4 apparatus

1st apparatus: 1,2,3,4,5,6,7, 8,9,10, 11, 12

2nd apparatus: 12: 4= 3

start with the 4th gymnast for the second apparatus

so: 4,5,6,7,8,9,10,11,12,1,2,3,

3rd apparatus: 7, 8,9,10,11,12,1,2,3,4,5,6

4th apparatus: 10,11,12,1,2,3,4,5,6,7,8,9

For example 13 gymnasts: 4= 3.25 Start with the 4th gymnast

For example: 14 gymnasts: 4= 3.5 starts with the 4th gymnast

APPENDIX L

PROTEST

1. COST

- 1st request: \$100.00 per review (this means that if a request is made for D1 and D2, for same routine cost will be \$200.00)
- 2nd request: \$200.00 per review
- 3rd request: \$300.00 per review

The score of the gymnast will be the base mark. Score of the panel + score of the review divided by 2.

This amount will be reimbursed if a correction is brought to the score according to the request. If not, the fee will be sent to GCG RG Program.

1. TIME:

The protest should be made no later than 5 minutes after the score of the last athlete for that rotation is displayed

2. THE FORM

The protest should be made in writing using the attached form

3. THE PERSONS IN CHARGE

The protest should be given to the Meet Director who will pass it to the Judges Chair who will start the process of revision

1. - The judges Chair informs the judge responsible of the protest
2. - The judges Chair prepares the clean scripts and make sure that the video is ready
3. - The judges Chair conduct the draw to select the panel that will review the video of the routine
 - The panel is composed of
 1. The head judge of the competition
 2. 1 judge from the 3 other panels (excluding the panel in question)
 3. No more than 50% of the judges drawn could be from the same province as the athletes including the judge responsible
4. - The video review is conducted under the supervision of the Program Director and the judges Chair
5. - Each of the 4 judges will independently judge the routine, one at a time
6. - The judges Chair collects the 4 D1/D2 forms
7. - The higher and lower scores are taken out and the average of the 2 middle score is calculated
(If there is a need to adjust the score based on the 2 middle marks than the FIG process is used)
8. - The Judges Chair and the Program Director inform the coach in writing of the results of the revision

NOTES:

1. The process and the form will be explained and distributed at the Technical Meeting for each competition
2. The form duly filled in will be kept in the GCG-RG Program files
3. A copy will go to the Judges Chair.

PROTEST FORM

To be filled by the coach

Event	<input type="checkbox"/> Elite Canada	<input type="checkbox"/> Canadian Group Championships	
	<input type="checkbox"/> Canadian Individual championships		
	<input type="checkbox"/> Eastern Regional Championships	<input type="checkbox"/> Western Regional Championships	
Protest #			
1	<input type="checkbox"/>	2	<input type="checkbox"/>
		3	<input type="checkbox"/>
Name of the athlete	_____		
Number of the athlete	_____	Level of the athlete	_____
Apparatus	_____		
Protest on			
D1	<input type="checkbox"/>	Score as published	_____
D2	<input type="checkbox"/>	Score as published	_____
Name of the coach	_____		
Signature of the coach	_____		
Date of the request	_____		

To be filled in by the Meet Director

Name of the Meet Director	_____	
Time when the request has been received	_____	
Amount received		
<input type="checkbox"/> 100.00	<input type="checkbox"/> 200.00	<input type="checkbox"/> 300.00
Signature of the Meet Director	_____	

To be filled in by the Head judge of the competition

Name of the head judge	_____
Time when the request has been received	_____
Signature of the Head Judge	_____

Video Review

Judges conducting the video

#1 _____ Name _____ Evaluation D1 _____	_____ Signature _____ Evaluation D2 _____
#2 _____ Name _____ Evaluation D1 _____	_____ Signature _____ Evaluation D2 _____
#3 _____ Name _____ Evaluation D1 _____	_____ Signature _____ Evaluation D2 _____
#4 _____ Name _____ Evaluation D1 _____	_____ Signature _____ Evaluation D2 _____

Judging Chairperson

_____ Name	_____ Signature
---------------	--------------------

Program Director (or Representative)

_____ Name	_____ Signature
---------------	--------------------

Decision

Original score _____

Average of the 2 middle scores during the video review _____

- | | |
|---|---|
| <input type="checkbox"/> Protest accepted | <input type="checkbox"/> Money remitted |
| <input type="checkbox"/> Protest non accepted | <input type="checkbox"/> Money sent to GCG-RG Program |

Signatures of
RG Program Director _____

Judges Chair _____

Meet Director _____

Attached: copy of the letter sent to the coach in answer to her protest



GYMnasticsnastique
CANADA

***Official Declaration TO RETIRE from
Individual or group National Team***

AGREEMENT made this day of 20 ____ .

BETWEEN

GYMNASTICS CANADA GYMNASTIQUE

AND

Athlete

The above mentioned party hereby notifies the National Sports Federation that she wishes to retire from

- 1) Group Competition YES NO
- 2) Individual Competition YES NO
- 3) Both Individual and Group Competition YES NO

Retirement from either Group or Individual competition will mean that the athlete in question will not be sanctioned by GCG to participate in the corresponding competitive events for that competitive category. i.e. Group Athlete retirement would prevent athlete from attending Group Nationals or any qualifying meets to qualify for a National Group qualification or trial meet leading to National competition or international competition. An individual retiring from Individual Competition would not be sanctioned to compete at Individual Canadian National Championships or Regionals or Elite Canada or any trial or qualification meets leading to national or international competition. The retirement of either group or individual athlete from National competition does not preclude any athlete hereby retiring from competing in either Masters level, duo/trio competition or aesthetics competitions.

The following signatures confirm the athlete's decision to not compete for National ranking in Canada, and this decision may not be rescinded by the undersigned during the current competitive season. GCG cannot be held accountable for any difficulties or circumstances that arise from the choices of individual athletes or group athletes or their coaches in their decisions to retire.

Athlete Signature

Athlete's Name (Printed)

Date

Witness Signature

Witness Name (Printed)

Date

APPENDIX M

NEW SYSTEM EXAMPLES

ANNEX 1

COMPETITION A: This is a qualifier for competition B

Name	Hoop	Rank	Ball	Rank	Clubs	Rank	Ribbon	Rank	AA	Rank
Liz	23.3	10	23.4	10	25.2	3	26.3	2	98.2	3
Mary	22.2	12	25,2	3	24.2	7	24.5	7	96.1	7
Ann	25.5	3	23.6	9	21.6	11	26	3	96.7	6
Terry	21.6	13	25.1	4	20	13	23.4	10	90.1	15
Jane	21.6	13	26	1	20	13	23.4	10	91	14
Tammy	24.2	7	24.5	6	25.2	3	21.6	14	95.5	8
Ryanne	21.6	13	26	1	23.6	8	24.2	9	95.4	9
MJ	23.3	10	23.4	10	26	1	21.6	14	94.3	11
Diane	25	5	21.6	13	24.5	8	23.3	13	94.4	10
Frances	26.7	1	21.6	13	26	1	25	6	99.3	2
Gail	23.4	9	24.2	7	23.4	9	26.7	1	97.7	4
MaryAnn	25.2	4	21	15	20.8	12	24.5	7	91.5	12
Maria	23.6	8	23.3	12	18.2	15	26	3	91.1	13
Reanne	26	2	25	5	25.2	3	23.4	10	99.6	1
Susan	24.3	6	24.1	8	23.3	10	25.1	5	96.8	5

TOP 12 IN COMPETITION A TOP 8 IN EACH APPARATUS

COMPETITION B

- Top 12 in competition A do all 4 apparatus
 - Top 8 in each apparatus do only the apparatus in which they were in the top 8
1. the second day all the gymnasts entered (top 12 plus top 8 in each apparatus if not already in the top 12 in the qualifier) are eligible for finals
 2. all scores are added to the score of competition A for AA medals/ ranking

It looks like this

Name	Hoop	Rank	Ball	Rank	Clubs	Rank	Ribbon	Rank	Total
Liz	23.35	9	23.4	10	25.2	2	26.3	1	98.25
Mary	22.25	12	25,2	3	24.2	3	24.5	5	96.15
Ann	25.5	4	23.6	9	21.6	9	26	2	96.7
Terry			25.1	5					25.1
Jane			26	2					26
Tammy	24.25	8	24.5	7	26	1	21.6	11	95.35
Ryanne	21.65	13	25	6	23.4	4	24.2	8	94.25
MJ	23.35	9	23.4	10	21.6	9	21.6	11	89.95
Diane	25,05	6	21.6	13	21.6	9	23.3	10	91.55
Frances	26.75	1	21.6	13	23.3	5	25	4	96.65
Gail	26.45	2	23.3	12	22.2	7	25.2	3	97.15
MaryAnn	25.25	5	25	4	22	8	24.2	8	96.45
Maria	22.55	11					26	2	48.55
Reanne	26.05	3	28.4	1	20	12	24.4	6	98.85
Susan	24.35	7	24.1	8	23	6	24.3	7	95.75

Note: the column in purple: this score will be added to the competition A for AA purposes

FINALS: Top 8 per apparatus receive rewards

AWARDS FOR FINALS (per apparatus)

HOOP	BALL	CLUBS	RBBON
1 Frances	Reanne	Tammy	Liz
2 Gail	Jane	Liz	Ann- Maria
3 Reanne	Mary-	Mary	Gail
4 Ann	Mary Ann	Ryanne	Frances
5 Mary Ann	Terry	Frances- Susan	Mary- Reanne- Susan
6 Diane	Ryanne	Susan	Reanne
7 Susan	Tammy	Gail-	Susan
8 Tammy	Susan	Mary Ann	Ryanne- Mary Ann

AA: COMPETITION B PLUS COMPETITION A TOTAL SCORES

AWARDS FOR AA

	Competition A Total	Competition B total	AA score A+B	Ranking AA
Name				
Liz	98.2	98.25	196.45	2
Mary	96.1	96.15	192.25	7
Ann	96.7	96.7	193.4	5
Terry	90.1	25.1	115.2	15
Jane	91	26	117	14
Tammy	95.5	95.35	190.85	8
Ryanne	95.4	94.25	189.65	9
MJ	94.3	89.95	184.25	12
Diane	94.4	91.55	185.95	11
Frances	99.3	96.65	195.95	3
Gail	97.7	97.15	194.85	4
MaryAnn	91.5	96.45	187.95	10
Maria	91.1	48.55	139.65	13
Reanne	99.6	98.85	198.45	1
Susan	96.8	95.75	192.55	6

National team Pool after Elite:



THE TOP 10 GYMNASTS ON THE LIST OF COMPETITION A+ COMPETITION B/FINAL WILL HAVE DIRECT ACCESS TO THE CIC AND WILL BYPASS THE REGIONAL CHAMPIONSHIPS

CANADIAN CHAMPIONSHPS (JUNIOR AND SENIOR)

NOTE: Novice stays as it was 1st day: AA - 2nd day finals for the top 8 in each apparatus
 Junior and senior: 1st day, each level 9 and 10 will receive medals for the first day of competition according to their total scores for the first day of competition (as it was before)

BUT

The declaration of the National Champion will be based on the total of competition A and B
 The invitation to Elite of the following year will be based on the ranking obtained taking into account competition A+ Competition B.
 The National team ranking will take into account Competition A+ Competition B from Elite 35% and CIC 65%

APPENDIX N

NATIONAL EVENTS ROTATION

YEAR	ELITE CANADA/ GROUP CHAMPIONSHIPS	CANADIAN INDIVIDUAL CHAMPIONSHIPS
2012	EAST: Montreal	WEST: Regina
2013	WEST: Edmonton	EAST:
2014	EAST:	WEST:
2015	WEST:	EAST:
2016	EAST:	WEST: