Introduction

The Canadian Gymnaestrada (CG) is a nation-wide Gymnastics for All event scheduled every 4 years and hosted by Gymnastics Canada (GymCan). Gymnasts share in the fun and excitement of this performance-based event not only as performers but also as spectators, supporting their peers from across the country. The event attracts a large number of participants from a variety of traditional and non-traditional gymnastics backgrounds.

Traditional gymnastics sports/apparatus include:
- Acrobatic gymnastics (sprung floor)
- Aerobic gymnastics (wood sprung floor)
- Aesthetic gymnastics (carpet)
- Men’s artistic gymnastics (vault, rings, parallel bars, pommel horse, high bar, sprung floor)
- Rhythmic gymnastics (rope, hoop, clubs, ball, ribbon, carpet)
- Trampoline gymnastics (trampoline, double mini-trampoline, tumble track)
- Women’s artistic gymnastics (vault, uneven bars, balance beam, sprung floor)

Examples of non-traditional forms of gymnastics:
- Rope skipping
- Cheerleading
- Acrobatic dance
- Aboriginal hoop dancing
- Circus adagio
- Etc.

Examples of non-traditional gymnastics apparatus:
- Scarves
- Aerial silks
- Pool noodles
- Chairs
- Benches
- German wheels
- Swinging rings
- Etc.

The Canadian Gymnaestrada provides a national platform to celebrate and share the passion and love of gymnastics by featuring performances in both indoor and outdoor venues.
Event Overview

The Canadian Gymnaestrada typically takes place over the span of 4 days (this does not include arrival and departure days). The event is made up of the following components:

- Rehearsals (indoor performance venue)
- Workshops
- Ceremonies
- Indoor Group Performances
- City Performances
- Showcase/Closing Gala

Sample Schedule (the order may change depending on event dates and venue availability):

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
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<tbody>
<tr>
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<td>Arrivals and registration</td>
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<td>Day 2</td>
<td>Indoor Performances</td>
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<tr>
<td></td>
<td>• Indoor Group – first performance</td>
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<td></td>
<td>• City Group – first performance for half of the city groups (city group performances scheduled in the Indoor venue are spread out over two days)</td>
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<tr>
<td>Day 3</td>
<td>Indoor Performances</td>
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<tr>
<td></td>
<td>• Indoor Group – second performance</td>
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<tr>
<td></td>
<td>• City Group – first performance for half of the city groups (city group performances scheduled in the Indoor venue are spread out over two days)</td>
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<td>Showcase/Closing Gala</td>
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<tr>
<td>Day 4</td>
<td>City Performances</td>
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<td>Departures and/or sightseeing (optional – organized by the group/club)</td>
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Event Program Details

1. Opening Ceremonies:
   - Usually held at the Indoor Group performance venue.
   - Usually between 75 and 90 minutes in duration.
   - Usually includes the presentation of the participating groups, speeches/presentations and special performances.

2. Indoor Group Performances:
   - Usually held at the main Indoor Group performance venue.
   - Indoor Groups will have the opportunity to present their Indoor Performance twice.
   - Performances can be up to 5, 10 or 15 minutes in length depending on the number of participants in the group:
- Groups with 10 to 19 gymnasts are limited to a maximum 5-minute performance.
- Groups with 20 to 35 gymnasts are limited to a maximum 10-minute performance.
- Groups with 36 or more gymnasts are limited to a maximum 15-minute performance.

- Performance duration includes entrances/exits and the placement/removal of all equipment.
- Two performance surfaces are provided in the Indoor performance venue. Groups may choose to perform their routine on either top of an Artistic Floor (non-sprung) or an RG carpet.
- Performance areas = 12m x 12m each (an additional 2-3 meter clearance from the performance area border to the spectator seating and/or equipment storage is required)

- Apparatus: some traditional gymnastics apparatus will be available but groups may also bring their own gymnastics apparatus/equipment (in which case, they are responsible for the transportation and storage arrangements). The specifics regarding apparatus provided and personal apparatus/equipment storage will be communicated within the Information Bulletins of the applicable event.

- Performances should be designed to feature the diversity of gymnastics.

3. City Group Performances:
- Usually held in conjunction with Canada Day festivities occurring in the host city.
- City Groups will have the opportunity to present their City Performance twice (one performance will be held in the Indoor venue to ensure the group is able to perform at least once regardless of the weather).
- Outdoor performance opportunities are available dependent on the host location specifics.
- Performances can be up to 3 or 5 minutes in length depending on the number of participants in the group:
  - Groups with 10 to 19 gymnasts are limited to a maximum 3-minute performance.
  - Groups with 20 or more gymnasts are limited to a maximum 5-minute performance.
- Performance duration includes entrances/exits and the placement/removal of all equipment.
- Size of performance area and type of performance surface varies depending on the venue. (Confirmation of size, location and performance surface will be provided by GymCan as early as possible, ideally in the 1st Information Bulletin, if there are multiple stages, GymCan will assign the groups to the stage most appropriate based on size of group and apparatus/props required – this is pending collaboration with host city organizers)
- Apparatus: Usually GymCan does not provide any apparatus for outdoor performances but groups may bring their own gymnastics apparatus (in which case they are responsible for the transportation and storage arrangements).
- Performances should be designed to feature the diversity of gymnastics.
- A City Group performance is meant to be a different performance, not a repeat of an Indoor Group Performance.

4. Showcase or Closing Gala:
- Usually held at the Indoor Group performance venue.
- Usually between 75 and 90 minutes in duration.
- Usually includes speeches/presentations, a performance by the Canadian group representing Canada in the upcoming WG FIG Gala, and several performances selected following the first day of Indoor Group performances.
- The groups selected for the Showcase/Closing Gala will demonstrate the dynamic and varied landscape of performance gymnastics across the country. The content, format, and timing is determined by GymCan. Groups are not required to perform in the Showcase/Closing Gala and may declare on their event registration form if they do not wish to receive an invitation.
Groups selected to be a part of the Showcase or Closing Gala will be notified by GymCan following the first day of Indoor performances (communication will be sent to both the head coach and team manager).

5. Workshops:
   - Offered to all registered Gymnaestrada participants (athletes, coaches, team managers, etc.)
   - Usually held at the same time as the rehearsals (i.e. half day dedicated to workshops, half day dedicated to rehearsals).
   - Usually held at or in close proximity to the Indoor Group performance venue.
   - The content, format, and timing varies in function of available space, expertise, and rehearsal schedule.

6. Rehearsals
   - Offered to all registered groups (Indoor and City).
   - Usually held at the same time as the workshops (i.e. half the groups attend the workshops while half the groups attend rehearsals).
   - Usually held at the Indoor Group performance venue.
   - Rehearsal time may vary depending on the number of groups registered but will always offer a chance for the groups to “walk-through” the performance plan (i.e. groups rotate from warm-up floor to holding area to performance floor).
   - Music played on performance floor.

Detailed schedules and timing specifications are communicated in the Information Bulletins and largely depend on the number of registered groups each cycle.

**Group and Participant Details**

1. Group - definition and eligibility requirements:
   - A group may present an INDOOR performance, a CITY performance or both.
   - Group size is a minimum of 10 gymnasts performing AT ALL TIMES (there is no maximum number).
   - A group can consist of:
     - Gymnasts from one club.
     - Gymnasts from two or more clubs.
   - Each group must have at least one designated coach, which means that a club registering more than one group must designate a different coach for each group.
   - Each group must have a designated manager. If a club registers more than one group, only one manager is required.
   - A group must appoint one chaperone for every 10 gymnasts below the age of 16 participating. A group may appoint a maximum of two chaperones for every 10 gymnasts below the age of 16 participating in the CG.

2. Participants – definition and eligibility requirements:
   - Gymnast:
     - By definition, a gymnast trains and partakes in a group performance.
     - A gymnast can be registered in ONE INDOOR group and ONE CITY group at the most.
     - The minimum recommended age for gymnasts to participate in the CG is 9 years of age in the year of the CG.
- A gymnast must be registered as a gymnast with a provincial/territorial organization (P/TO) when his/her name is submitted on the Nominative registration form.
- A gymnast who is not a registered member in good standing of the P/TO may not participate in the CG.

• Coach:
  - By definition, a coach prepares the gymnasts and directs the group's performances.
  - A coach must be Competition 1 Certified (or equivalent) in at least one Gymnastics discipline (Men’s Artistic, Rhythmic, Trampoline, or Women’s Artistic Gymnastics) to have access to the training and performance gyms. An exemption to this requirement may be granted by GymCan on a case-by-case basis. A written request must be addressed to GymCan at the time of the Intent to Participate registration.
  - A coach must be registered as a coach with the P/TO when his/her name is submitted on the Nominative registration form.
  - A coach who is not a registered member in good standing of the P/TO may not participate in the CG.

• Manager:
  - By definition, a manager coordinates and facilitates their group’s participation in the CG and is responsible for all direct communication with the organizers before, during and after the CG.
  - A manager must be registered as a coach, administrator, volunteer, or supporter with the P/TO when his/her name is submitted on the 1st registration form.
  - A manager who is not a registered member in good standing of the P/TO will not be allowed to participate in the CG.

• Chaperone:
  - By definition, a chaperone supervises underage gymnasts.
  - A chaperone must be registered as a coach, administrator, volunteer, or supporter with the P/TO when his/her name is submitted on the Nominative registration form.
  - A chaperone who is not a registered member in good standing of the P/TO cannot participate in the CG.

Optional Feedback Process

All Indoor Group and City Group performances will have the option to be viewed by a panel of experts during the CG at least once. The panel of experts will provide written and verbal feedback to the clubs/coaches regarding their group’s performance. This feedback is meant to:

• Support the continued development and growth of the group and/or coach
• Foster a collaborative environment of learning and sharing
• Ensure that Canadian groups participating in the World Gymnaestrada (WG) meet GymCan's minimum performance recommendations.
• Help GymCan determine the upcoming WG performance allocations.

Groups will have the opportunity to declare on their registration form if they do not wish to receive feedback from the panel.
World Gymnaestrada Eligibility

Groups planning to attend the World Gymnaestrada (WG) must attend the CG held the year before the WG:

- To show part of their WG routine and to receive feedback to enhance their performance at WG. (Note: GymCan uses the feedback collected to determine the allocation of the Canadian Indoor, City, & National Evening performances at the next WG.)
- To attend the 1st information meeting for potential WG group managers.
- To try on the team uniforms.