

ARTICLE 1 – General Regulations

1.1 Objectives

The objectives and purposes of the Technical Programs of Gymnastics Canada Gymnastique (GCG):

- a) coordination and supervision of technical aspects of all national and international gymnastic activities of GCG;
- b) establishment and elaboration of technical regulations for Canada in accordance with the technical rules of the Federation Internationale de Gymnastique;
- c) planning and conducting of competitions, clinics and courses relating to the program of GCG;
- d) conducting and determining the scope of examinations for instructors, coaches, judges and other officials at the national and international level;
- e) selection of national compulsory exercises and their distribution and interpretation;
- f) introducing, approving and promoting articles or literature of technical content and instructional materials to be published under the authority or with the sanction of GCG;
- g) establishment of and full regulation of the National Team program.

1.2 Purpose of the Technical Regulations

The purpose of the Men's Technical Regulations is to ensure a common understanding and consistent application of the regulations related to the conduct of artistic gymnastics for men in Canada, and to outline the structure and functioning of the GCG Technical Programs.

1.3 Authority over Regulations

- The Men's Program Staff, with assistance from the Men's Program Committee, will develop the regulations and policies of the Men's Program;
- The Technical Regulations are valid until modified by the appropriate procedure;
- The Men's Program Assembly has the authority to approve/ratify changes to the Technical regulations of the Men's Program.
- The Men's Program Committee will develop and adopt program policy based on the MP Technical Regulations. Such policy will be part of the National Team Handbook, and will be appendices of the Technical Regulations.

1.4 Modifications/Additions

- Modifications/additions to the technical regulations may occur when notice is given in writing to all current Assembly members 21 days prior to the AGM. These previously circulated modifications/additions require a 2/3 majority of the votes cast to be allowed to pass (see 2.4.5 b for voting privileges).
- The 21-day circulation requirement may be waived if the attending MPA members unanimously vote to address the proposed TR modification/addition. It then requires a 2/3 majority of the votes cast to be allowed to pass.

- A minimum of six (6) member provinces or territories present shall constitute a quorum. All changes require a 4/6 vote.
- Modifications/additions to the Technical Regulations may occur during the year provided:
 - o the proposed modification/addition and rationale are circulated in writing by the PM to all Assembly members 30 days prior to the deadline for vote; ii. the proposed modification/addition is adopted by a 2/3 majority of the provinces and territories who have replied in writing by the deadline.

1.5 GCG Men's Program Documents

In addition to the Technical Regulations the GCG Men's Program follow the policies, rules and regulations set out in the following documents or other resources/documents as developed:

- Current FIG Code of Points
- Canadian Elite Pathway documents
- Canadian Provincial Pathway documents
- Skills Program documents
- Selection Criteria documents
- National Team documents
- Long Term Athlete Development documents

1.5.1 Canadian Pathway Rules

The Men's Program Staff, with assistance from the Men's Program Committee, will develop the rules of competition for the MAG program. On an annual basis the rules will be evaluated, and a revision of the respective documents will be prepared for circulation by September 30th. If GCG is unable to fulfill this timeline, then the responsibility will fall onto the Men's Program Committee for completion by October 31st.

1.6 Definitions

1.6.1 Amateurism

All athletes competing in Gymnastics Canada events or sanctioned events are to meet the I.O.C. regulations governing amateur status.

1.6.2 Open Championships (Domestic Events)

Open Championships occur when non-Canadians wish to participate in the annual Canadian Championships or Elite Canada. In order for non-Canadians to participate, the Technical Committee must approve each entry.

1.6.3 Definition of a Canadian for Canadian Competitions

A Canadian participant is an individual who meets one (1) of the following two (2) criteria or both:

- a) is a Canadian citizen;
- b) has permanent resident status

Article 2: Organization and Structure

2.1 Program Manager (PM- MAG)

The primary responsibility of the MAG Program Manager is the overall leadership and management of the Canadian Men's gymnastics program within the scope of the GCG Mission Statement.

The Program Manager is responsible for the planning and program management for the entire Men's program. To accomplish this, the Program Manager has the authority to make those decisions within the Men's program necessary to reach the set program goals, subject to the GCG Mission Statement.

The President/CEO of GCG develops the full job description.

2.2 National Team Head Coach (NTHC)

The primary responsibility of the Men's National Team Head Coach is the leadership of the National Team Program towards its set goals.

The NTHC is responsible for the selection of athletes and coaches to National teams and international competitions through the establishment of objective selection criteria.

The NTHC will also develop and oversee the Canadian Provincial/Elite Pathways program.

The President/CEO of GCG develops the full job description with consultation of the PM and MPC.

2.3 Men's Program Committee (MPC)

2.3.1 Role of the MPC:

The MPC is a consultative, non-voting committee comprised of experts in the program area and program staff. The committee works collaboratively, and maintains a global perspective towards optimal development of the discipline across Canada, in line with the GCG strategic plan and corporate goals. To advise and assist in the following areas:

- Setting program goals and objectives that contribute to the long-term success of Canadian gymnastics, while respecting the principles of LTAD.
- Development and implementation of multi-year plans
- Development of technical programs and regulations, selection processes, practices and procedures
- Support the program manager in the development and implementation of program initiatives
- Other topics or issues as brought forward by the program manager

2.3.2 Composition of the MPC:

- Chairperson - Program Manager (non-voting);
- Men's National Team Head Coach (non-voting);
- All NC/NT Staff (non-voting)
- Men's Program Assembly Chairperson;
- MPA Member at Large;

- Judging Development Working Group representative or chairperson;
- NT Coaches Council Representative;
- Athlete Representative
- Any Canadian member of a MAG FIG Committee;
- Up to three members recommended by the MPC and approved by the PM-MAG.

2.3.3 Meetings of the MPC:

The program committee meets 2-6 times per year, through a combination of face-to-face and telephone meetings. Specific issue correspondence may be conducted electronically. The program committee may consult with other groups where additional input is needed on specific topics.

Additional Meetings:

There will be a planning and evaluation meeting scheduled outside of the regular meetings at the end of each quadrennial cycle.

Expenses of the Men's Program Committee are the responsibility of Gymnastics Canada for designated meetings.

2.3.3 Term of Office for Committee Members

- The term of office is for three (3) years. There is no limit to the number of consecutive terms.
- Representative must be a current member of the NTCC.
- In the case of an elected Program Committee member not being able to fulfill the full term, the MPC Chairman may appoint an individual with current MPC consultation to perform the duties of that position for the remainder of the term.

2.4 Men's Program Assembly:

2.4.1 Role of the MPA:

The MPA is a group of representatives from each provincial/territorial office that provides expertise related to the MAG program. The Chair of the Assembly is elected by the Assembly, and is automatically a member of the respective program committee. The role of the MPA is the following:

- Provide input and general direction on domestic competitive programs (outside of national team) that are used by a majority of provinces/territories
- Provide input on other topics at the request of the program committee
- Approve the changes to the technical regulations
- Facilitate communication between GCG, the P/T and the clubs
- Elect members to the program committee

2.4.2 Composition of the MPA:

- One member per P/T Association with an active MAG program at least provincially (voting)
- Program Committee (non-voting)

2.4.3 Eligibility of MPA Members elected to MPC:

- Elected MPC members must be current members of their P/T.

2.4.4 Meetings of the MPA:

- The Assembly meets once per year, during the AGM, during which the assembly approves technical regulations and elects members to the program committee.
- All expenses of the provincial delegates are the responsibility of the organization or Federation they represent.

2.4.5 Voting Privileges of the MPA:

Only those in 2.4.2 have voting rights. All voting will be based upon one (1) vote per province.

2.4.6 Provincial Technical Committees

The P/TOs are to report the names of their P/T Technical Committee to the National Office by September 1 of each year and are responsible for notification of changes.

2.5 The National Team Coaches Council (NTCC)

2.5.1 Role of the NTCC:

The National Team Coaches Council is a consultative group consisting of the coaches of all current NT members. The number of coaches on the Council may vary between disciplines. The Council meets twice a year, during Canadian Championships and Elite Canada. Consultation may also occur through other means.

The role of the NTCC is to provide consultation to the NTD and Program Manager in the following areas:

- the general direction of the NT program
- annual and quadrennial NT training and competition plans
- short and long-term performance objectives
- selection criteria for carding, national team selection, and major team events
- election of one member to the respective program committee (one vote per club)

2.5.2 Composition of the NTCC:

- NTHC (chair)
- NT Advisors
- All coaches of current NT members
- Program Manager

2.5.3 Eligibility of the NTCC Members elected to MPC:

- Representatives of the NTCC must be current SR or JR National Team Coaches at the time of the election to be eligible to be elected to the MPC;
- The representative must have been on the NTCC for more than 1 year prior to the election.

2.5.4 Meetings of the NTCC:

The NTCC will meet a minimum of 2 times per year:

- Canadian Championships;
- Elite Canada.

Additional meetings as required may include

- World and Olympic Team Selection Events;
- Once at the end of the Quadrennial there will be a Planning and Evaluation meeting scheduled outside of the regular meetings.

2.5.5 Voting Privileges of the NTCC:

- Each represented NT club will have one vote
- On purely Senior Team items, only the senior gymnasts' coaches may vote;
- The quorum shall be 50% of representative votes.

2.6 Judges Development Working Group (JDWG)

2.6.1 Role of the JDWG:

- To establish a master plan for training and recruitment of judges up to and including National development;
- To plan judges' clinics, courses, schools and supervise certification of judges;
- To distribute to judges, information and literature on judging, available and authorized by the Program Committee;
- To maintain up-to-date records of the participation and rating of all judges in accordance with procedures of GCG;
- To be responsible for national judging assignments. Recommend International Assignments to the PM and NTHC;
- To coordinate their activities with other committees of GCG.

2.6.2 Composition of the JDWG:

The Men's JDWG shall be composed of:

- Chairman elected by the current FIG Judges;
- Four (4) representatives appointed by the elected Judging Chairman. They shall represent at least two (2) provinces in addition to that of the Chairman and shall be selected from a list of recommended names prepared by each province;
- Any Canadian Member of a MAG FIG Committee or staff;
- NTHC/PM-MAG

2.6.3 Eligibility of candidates for Judging Chairperson:

The Judging Chairperson must hold an FIG Brevet for the cycle for which he/she is elected.

2.7 International Federation Technical Committee Member (PAGU, PANGF, FIG, CGF)

2.7.1 Roles and Responsibilities:

- Represent Canada and GCG at all respective federation meetings and functions where that Committee meets;

- Assist the National Office with international administrative and technical matters, as they affect our relationship and image with the FIG, PAGU, PANGF, and member countries of the FIG;
- Provide information and technical advice to Gymnastics Canada staff, coaches, and judges via regular reports;
- Participate in MPC and JDWG meetings as required;
- Other duties as required by the role in consultation with GCG as appropriate.

Article 3: Elections

3.1 Men's Program Committee Elections

Elections for the members of the Men's Program Committee will be held every three (3) years using the following procedure:

- Three (3) months prior to the specified meeting (Article 3.2) in the election year, the existing Program Committee shall call for nominations from the PTO for each of the positions.
- The MPC will circulate the slate of names one (1) month prior to the election.
- At the Program Assembly meeting the slate will be presented to the Program Assembly and the vote will proceed for the two available positions. Nominations will be accepted from the floor at the Program Assembly meeting.
- The Members elected by the NTCC and by the Judges will be presented by the MPC to the MPA.

3.2 The members of the MPC will be selected by four separate groups and processes:

- NTCC Member (1)- voted by NTCC at Canadian Championships Meeting prior to the AGM;
- MPA Members (2)- Chairperson of the MPA and a Member at Large are voted by MPA at the AGM
- JDWG Chair - voted by all FIG Judges at CC briefing or by mail vote which will close two weeks prior to the AGM
- Athlete Representative – The athlete representative on the MPC is the MAG athlete who sits on the GCG Athlete Commission

3.3 Voting procedures – NTCC and MPA

Voting will proceed as follows during all election meetings

- An election will be held if there is more than one nomination for a position. If there is only one nomination for a position, that nominee will be appointed by acclamation.
- A closed ballot will be held for each election.
- At the beginning of voting, the Chair will appoint two (2) scrutineers to assist in counting the ballots.
- The election Procedures are as follows:
 - o Each voting delegate will be given one ballot per election. No proxy votes will be allowed.
 - o The candidate receiving the majority of the votes will be declared elected.
 - o In the event that no candidate receives a majority of the votes cast, the candidate receiving the lowest number of votes will be dropped from the ballot on the subsequent round.
 - o The process will be repeated until a candidate receives a majority of the votes.
- Upon completion of the election, the Chair of the election will ask that the elections be closed and that ballots be destroyed.

3.4 Voting procedures – Mail vote

Voting will proceed as follows for mail votes:

- Online survey will be used to administer a mail vote

The election Procedures are as follows:

- The survey will only allow for one vote per delegate
- The survey will be sent to all voting delegates with a 1 week period to complete. The candidate receiving the majority of the votes will be declared elected.
- In the event that no candidate receives a majority of the votes cast, the candidate receiving the lowest number of votes will be dropped from the ballot on the subsequent round.
- The process will be repeated until a candidate receives a majority of the votes.

Upon completion of the election, the results of the survey will be shared with the respective committee.

Article 4: Domestic Events

4.1 List of Domestic Events

- Canadian Championships
- Elite Canada
- Canada Games
- Team Selection Trials and Activities
- Regional Competitions
- Provincial Competitions
- Training Camps/Aspire Camps

4.2 Canadian Pathways

There are two pathways of competition in the Canadian Men’s Program:

Provincial Pathway		Elite Pathway
National Open		Senior
Provincial 5		Junior
Provincial 4		Elite 4
Provincial 3		Elite 3
Provincial 2		Elite 2
Provincial 1		Elite 1

4.3 Personnel:

- Nomination of all judges for Canadian Championships and Elite Canada are the responsibility of the JDWG.

- The Program Committees of GCG are to approve the name of the Chief Scorer for the competition six (6) months in advance of the competition.
- The NTD and Program Manager will sit on the organizing committee of Canadian Championships and Elite Canada. In the event that both can not attend, the Program Committees of GCG will appoint a technical representative to sit on the organizing committee of the Canadian Championships and Elite Canada on their behalf. The individuals are to be named at the time of the bid.

4.4 Uniform:

4.4.1 Judges and Coaches

All judges, coaches and athletes are to be attired appropriately on the competitive floor.

- Judges: as per FIG judge's regulations
- Coaches: Provincial or club team t-shirt, golf shirt, track suit pants with or without track suit jacket
- Penalties: Coaches - not allowed on the floor Judges - not permitted to judge

4.4.2 Athletes:

Proper competition attire must be worn during all competitions.

- Gymnasts must be attired according to the stipulations of the current FIG Code of Points. Note: In Canadian competitions, dark colored longs (including black and dark blue) are not permitted.
- The wearing of a competition shirt (jersey) is mandatory in all competitions as well as any podium training in the competition venue.
 - o For violations against the dress code, a deduction for unsportsmanlike conduct will be taken from the final score, based on the most recent version of the FIG Code of Points.
- Athletes from the same club or province must wear the same competition attire.
- All athletes and coaches at Canadian Championships compete for their Province and wear Provincial uniforms.
- All athletes and coaches at Regional Championships compete for their Province and wear Provincial uniforms.
- All athletes and coaches at Elite Canada and Compulsory/Screening events compete for their club and will wear club uniforms.
- National Team uniforms will be worn only when representing Canada or during training camps and selection events.

4.5 Supplementary Equipment:

The regulations for the specific competitive levels will be found in the Elite/Provincial Pathways documents, and will identify the supplementary equipment that may be used during competition. In all other cases, the FIG Code of Points/Technical Regulations will apply. The NTHC may reserve the right to allow supplementary apparatus for specific competitions.

4.6 Scheduling of Competitions

Competitions at GCG sanctioned meets will be scheduled so that they will not start warm up before 08:00 a.m. and will finish before 10:00 p.m.

Younger age group competitions should be scheduled to take place during daytime sessions whenever possible.

4.7 Team Coaches/Managers:

- No more than two (2) coaches per province per group will be allowed on the floor during any GCG domestic team competitions. Individual coaches will be allowed on the floor during the pre-competition general warm up. "Tag Team" coaching with coaches from the "waiting area" is permitted.
- No more than one (1) coach per gymnast will be allowed on the floor during the Junior and Senior categories at the Canadian Championships.
- Official Team Managers will be allowed limited access to the floor at Canadian Championships. Only one (1) manager per province will be allowed access to the floor for any one competition.

4.8 Canadian Championships

4.8.1 Purpose

- Provide a prestigious annual competitive opportunity for developing High Performance gymnasts, showcase top provincial talent, provide national rankings, and declare Canadian champions for each category of competition.
- The Canadian Championships will also be used as a part of the selection process for National Team status and Sport Canada Athlete Assistance Program Carding.

4.8.2 Categories

Competitions will be held in the following categories:

- Junior and Senior
- National Open

4.8.3 Schedule of Competition

The NTHC and PM will set the schedule for the Canadian Championships. The following will be taken into consideration when developing the schedule:

- National Open:
 - o Day 1 Team and All Around
 - o Day 2 Apparatus Finals (top 6)
- Junior 14-15:
 - o Day 1 - Podium Training – Physical testing
 - o Day 2 - Optional Team, AA and Apparatus Finals Qualification
 - o Day 3 - Apparatus Finals
- Junior 16-17:
 - o Day 1 - Podium Training – Physical testing
 - o Day 2 - Optional Team, AA and Apparatus Finals Qualification
 - o Day 3 - Apparatus Finals

- Senior:
 - o Day 1 - Optional AA and Apparatus Final Qualification.
 - o Day 2 - Apparatus Finals
- Senior Apparatus Finals will be scheduled on the final day of the Canadian Championships where possible;
- Juniors may compete their Apparatus Finals at the same time as the Open Apparatus Finals

In developing the schedule and in the execution of the competition the regulations recognize that extenuating circumstances may interfere with the application of these guidelines.

4.8.4 Registration

- Subject to the procedures, fees and deadlines set out by GCG and the organizing committee.
- All competition draws will be performed based on the official registration list following the registration deadline.

4.8.5 Qualification and Participant Numbers:

- For National Open, the Province/Territorial Technical Committees will determine the qualification standard specific to their province. For National Open a maximum delegation size will be set at eight (8) gymnasts per Province/Territory.
- Junior athletes must qualify through video submission to the NTHC. Compulsory routines and physical testing videos will be judged by assigned FIG judges. Juniors must participate in the physical testing at Canadian Championships.
- Senior athletes must qualify through video submission to the NTHC, and should achieve a minimum D score in order to be eligible to compete at Elite Canada and Canadian Championships.
- GCG recommends that all Junior and Senior athletes achieve a minimum start value to be eligible to compete at Canadian Championships and Elite Canada:
 - o A D-score of 4.5 on each apparatus except Vault (4.4) is recommended for Junior athletes.
 - o A D-score of 5.4 on all apparatus except Vault (5.2) is recommended for Senior athletes.

4.8.6 Age Eligibility

For all categories, the age for competition shall be determined by the age groups set out in the Pathways Program manuals. See Appendix A for details.

- Elite Pathway
 - o Junior and Senior gymnasts must meet the regulations set out by the FIG:
 - o Senior athletes must turn 18 within the competition year.
 - o Junior athletes must be a minimum of 14 years old on Jan 1st, and may not turn 18 within the competition year.
- Under no circumstances will an athlete under the minimum age participate in the Elite pathway.
- Under no circumstances may an athlete move prematurely into Junior.
- Athletes within the Elite pathway may repeat an additional year in a category for any of the following reasons:
 - o Major illness or injury

- Late onset puberty
 - Late entry into competitive gymnastics or the Elite Pathway
 - Requests for a third-year exemption will be directed to the NTD, and must be submitted by December 1st of the competition season.
- Provincial Pathway
- Open athletes must turn a minimum of 15 years old in the competition season as per the age chart.

A gymnast of Junior age who has competed in the Canadian Championships as a Senior gymnast may not return to the Junior category for any further Canadian Competitions. (It should be noted that Trials for all international meets of any sort are non-category meets and do not affect the competitive category of a gymnast).

4.8.7 Open Championships (defined in Article 1.6.2.)

When Open Championships are held, non-Canadian athletes will be allowed to participate in the AA competition only. They will not be eligible to participate in any team competition or apparatus finals. They will not be eligible for any AA or apparatus awards.

4.8.8 National Open Order of Passage:

- Within each category, provincial teams and individual gymnasts will be separated into six groups. An attempt will be made to keep athletes from the same province/club in the same group. Designated members of a provincial team will be put into the same group.
- There will be a random draw to determine which group begins on each event.

4.8.9 Junior and Senior Order of passage:

- Gymnasts will be separated into groups by random draw, which will determine competition order and rotations (When the Junior and Senior categories are competing in the same competition session they will be separated into their respective categories.)
- Notwithstanding the above, on Day 1 gymnasts from the same club shall be distributed amongst at most two (2) competitive groups per age division.

4.8.10 National Open Pathway Apparatus Finals (6 athletes)

- The top 6 athletes on each apparatus will compete in event finals on Day 2;
- The FIG regulation for Vault Finals will not apply. Gymnasts compete one vault to qualify to Finals
- Athletes tied for final competing positions will all be allowed to compete in finals.
- The scores from the finals competition will determine the individual apparatus winners (scores will not be carried forward from qualification).
- For all apparatus, the order of passage for Open Men Apparatus Finals will be seeded based upon their rank from the qualification:
 - Qual Rank Comp Order
 - 5 1
 - 4 2

6	3
2	4
1	5
3	6

- In the event that there are more than 6 competitors in the finals, the NTHC and PM will determine a random draw for that apparatus.

4.8.11 Junior Apparatus Finals (6 athletes)

- The top 6 athletes from each age group on each apparatus will compete in event finals on Day 2;
- The FIG regulation for Vault Finals will not apply. Gymnasts compete one vault only.
- Athletes tied for final competing positions will all be allowed to compete in finals.
- The scores from the finals competition will determine the individual apparatus winners (scores will not be carried forward from qualification).
- For all apparatus, the order of passage for Junior Men’s Apparatus Finals will be seeded based upon their rank from the qualification:

Qual Rank	Comp Order
5	1
4	2
6	3
2	4
1	5
3	6

- In the event that there are more than 6 competitors per age division in the finals, the NTD and PM will determine a random draw for that apparatus.

4.8.12 Senior Apparatus Final (Up to 8 athletes)

- **The Top 7 athletes by Day 1** scores that also meet the minimum D-score of 4.8 on each apparatus will compete on day 2.
- For Vault, the FIG regulation for Vault Finals will apply. Gymnasts compete two vaults to qualify to Finals, and will compete two vaults in Finals. Athletes must meet the minimum average D-score of 4.8 for both vaults to qualify for Finals.
- One additional athlete will be added to each Apparatus Final if they are awarded a D-score on Day 1 as listed in the chart below, but failed to place in the Top 7 by score. If more than one meets the D-score criteria they will be ranked by highest “final score” event ranking:

FX	PH	R	V	PB	HB
5.3	5.3	5.3	5.0 avg.	5.3	5.3

- The scores from the Finals competition will determine the individual event winners (scores will not be carried forward from qualification).

Scenario #1

Seven Canadian Athletes by rank plus the one athlete who achieved a D-score from the chart. (No reserves are named)

Athlete	Day 1 score	Rank from day 1	D Score	Order for Finals
		6		1
	N/A	Highest D-score		2
		5		3
		7		4
		4		5
		1		6
		2		7
		3		8

Scenario #2

Seven Canadian Athletes by rank. (One reserve is named)

Athlete	Day 1 score	Rank from day 1	D Score	Order for Finals
		6		1
		5		2
		7		3
		4		4
		1		5
		2		6
		3		7
Reserve				

Scenario #3

Only six or less Canadian athletes qualify (No reserves)

Athlete	Day 1 score	Rank from day 1	D Score	Order for Finals
		6		1
		5		2
		4		3
		1		4
		2		5
		3		6

4.8.13 Presentation of Awards:

- Junior and Senior athletes
 - o All Around: the top three (3) medals with awards up to 8th place.
 - o Events: the top three (3) medals.

- National Open
 - o All Around: the top three (3) medals with awards up to 8th place.
 - o Events: the top three (3) medals with awards up to 8th place if more than 10 competitors in the category

- Team Awards:
 - o Junior: Top 3 teams as defined in article 4.8.16
 - o National Open: Top 3 Teams as defined in article 4.8.16

4.8.14 Determining an All-Around Winner:

- Junior: The gymnasts in each age category (14-15) (16-17) obtaining the highest number of points from participation in all three Physical Tests (3) and all six (6) events on Day 1 will be declared the AA champion.
- Senior: The gymnast obtaining the highest number of points from participation in all six (6) events on Day 1 will be declared the All-Around Champion.
- National Open: The gymnast obtaining the highest number of points from participation in all six (6) events on Day 1 will be declared the All-Around Champion.

4.8.15 Declaration of an Individual Event Winner:

- Senior: Determined by Apparatus Finals only
- Junior: Determined by Apparatus Finals only
- National Open: Determined by Apparatus Finals only

4.8.16 Definition and Declaration of Team Champions

- Junior: A team consists of a maximum six (6) gymnasts, and the competition will follow a 6,6,3 format: (6) athletes may compete per event and three (3) scores to count per event. A province may send only one (1) team comprised of any combination of Junior age groups, but may also register independents.
- Team awards will be presented to the top 3 teams in the men's Junior category.
 - o The winning team is declared by adding the best three (3) scores from each event from Day 1 (optionals) competition only.
 - o Teams with less than 3 scores per apparatus are not eligible for this award.
- National Open - A team consists of a maximum eight (8) gymnasts and the competition will follow an 8,6,4 format: up to six (6) athletes may compete per event and four (4) scores to count per event. A province may send only one (1) team and no independents. Team awards will be presented to the top 3 teams in the National Open category.
 - o The winning team is declared by adding the best four (4) scores on each event;
 - o Teams with less than 4 scores per apparatus are not eligible for this award.

4.8.17 Tie Breaking

In the case of a tie, the competitors are awarded the same medals. In the case of a tie for 1st place two (2) golds will be awarded and no silver medal will be presented. In the case of a tie for 2nd place two (2) silver medals will be awarded and no bronze medal will be presented. In the case of a tie for 3rd place two (2) bronze medals will be awarded.

4.9 Elite Canada

4.9.1 Purpose

- Part of the process of identifying the members of the Junior and Senior National Teams;
- Part of the process of identifying the Elite 4 ranking list
- Elite Canada will also be used as a part of the selection process for major events and Sport Canada Athlete Assistance Program Carding.

4.9.2 Categories/Eligibility

- All gymnasts must be a Canadian as defined in 1.6.3 unless special permission is granted by the MPC to a foreign athlete to compete
- Athletes may move freely from the Provincial Pathway to the Elite Pathway and vice-versa.
- Competitions will be held in the Elite 4, Junior, and Senior categories, and it is expected that all Junior and Senior NT athletes participate in the competition. Special situations may be considered by the MPC with a minimum one month prior written notice as per the AAP Carding
- Elite 4 and Junior athletes must participate in the Physical Testing at Elite Canada.

4.9.3 Qualification and Participant Numbers

- Elite 4 and Junior athletes must qualify through video submission to the NTHC. Compulsory routines and physical testing videos will be judged by assigned FIG judges. Elite 4 and Juniors must participate in the physical testing at Canadian Championships.
- Senior athletes must qualify through video submission to the NTHC, and should achieve a minimum D score in order to be eligible to compete at Canadian Championships and Elite Canada.
- GCG recommends that all Junior and Senior athletes achieve a minimum start value to be eligible to compete at Canadian Championships and Elite Canada:
 - o A D-score of 4.5 on each apparatus except Vault (4.4) is recommended for Junior athletes.
 - o A D-score of 5.4 on all apparatus except Vault (5.2) is recommended for Senior athletes.

4.9.4 Junior Apparatus Finals (6 athletes)

- The top 6 athletes from each age group on each apparatus will compete in event finals on Day 2;
- The FIG regulation for Vault Finals will not apply. Gymnasts compete one vault only.
- Athletes tied for final competing positions will all be allowed to compete in finals.
- The scores from the finals competition will determine the individual apparatus winners (scores will not be carried forward from qualification).
- For all apparatus, the order of passage for Junior Men's Apparatus Finals will be seeded based upon their rank from the qualification:

Qual Rank	Comp Order
-----------	------------

5	1
4	2
6	3
2	4
1	5
3	6

- In the event that there are more than 6 competitors per age division in the finals, the NTHC and PM will determine a random draw for that apparatus.

4.9.5 Senior Apparatus Final (Up to 8 athletes)

- **The Top 7 athletes by Day 1** scores that also meet the minimum D-score of 4.8 on each apparatus will compete on day 2.
- For Vault, the FIG regulation for Vault Finals will apply. Gymnasts compete two vaults to qualify to Finals, and will compete two vaults in Finals. Athletes must meet the minimum average D-score of 4.8 for both vaults to qualify for Finals.
- One additional athlete will be added to each Apparatus Final if they are awarded a D-score on Day 1 as listed in the chart below, but failed to place in the Top 7 by score. If more than one meets the D-score criteria they will be ranked by highest "final score" event ranking:

FX	PH	R	V	PB	HB
5.3	5.3	5.3	5.0 avg.	5.3	5.3

- The scores from the Finals competition will determine the individual event winners (scores will not be carried forward from qualification).

Seven Canadian Athletes by rank plus the one athlete who achieved a D-score from the chart. (No reserves are named)

Athlete	Day 1 score	Rank from day 1	D Score	Order for Finals
		6		1
	N/A	Highest D-score		2
		5		3
		7		4
		4		5
		1		6
		2		7
		3		8

Scenario #2

Seven Canadian Athletes by rank. (One reserve is named)

Athlete	Day 1 score	Rank from day 1	D Score	Order for Finals

		6		1
		5		2
		7		3
		4		4
		1		5
		2		6
		3		7
Reserve				

Scenario #3

Only six or less Canadian athletes qualify (No reserves)

Athlete	Day 1 score	Rank from day 1	D Score	Order for Finals
		6		1
		5		2
		4		3
		1		4
		2		5
		3		6

4.9.6 Schedule of Competition

- Junior (Age Groups combined into one session):
 - o Day 1 - Podium Training – Physical testing
 - o Day 2 - Optional AA and Apparatus Finals Qualification
 - o Day 3 - Apparatus Finals
- Senior:
 - o Day 1 - Optional AA and Apparatus Finals Qualification.
 - o Day 2 - Apparatus Finals

4.9.7 Junior and Senior Order of passage:

Draw as set out in 4.8.9.

4.9.8 Awards:

- Medals are to be awarded to:
 - o the top three (3) all around individuals in all categories.
 - o the top three (3) gymnasts in each event for all categories.
 - o In the case of a tie the competitors are awarded according to article 4.8.17.
- Determining an All-Around Winner:
 - o Elite 4: The gymnast obtaining the highest number of points from participation in both Physical Tests (2) and all six (6) events on Day 1 will be declared the AA champion.
 - o Junior: The gymnast obtaining the highest number of points from participation in all three Physical Tests (3) and all six (6) events on Day 1 will be declared the AA champion.

- Senior: The gymnast obtaining the highest number of points from participation in all six (6) events on Day 1 will be declared the All-Around Champion.
- Declaration of an Individual Apparatus Winner:
 - Senior: Determined by Apparatus Finals only
 - Junior: Determined by Apparatus Finals only
 - Elite 4: Determined by Apparatus Finals only

4.10 Canada Games

Canada Games are philosophically a participation event:

- The selection of judges is the responsibility of GCG;
- Eligibility is set out in the Canada Games Technical Package for Artistic Gymnastics;
- The Canada Games rules will be those set for the National Open category in effect for the 2019 Canadian Championships with the following supplemental additions:
 - In preliminary competition only 1 vault will be performed
 - In apparatus finals only 1 vault will be performed
 - Gymnasts will have the option of 125 cm. or 135 cm. Vault table height.
 - Gymnasts will have the option of lowering the Pommel Horse, or using a beat board to mount the apparatus.

Team Competition Seeding (CI):

- There will be up to two (2) subdivisions of competition for the MAG and WAG Team Competitions (CI). Groups will never be more than eight (8) athletes in any subdivision. In the event that there are more than 64 athletes in WAG or 96 athletes in MAG, a bye may be introduced into the rotation schedule.
- A random draw for all participating teams will be conducted following a confirmation of participation by September 15, 2018, with the exception that the team or individual gymnasts for the Host Province/Territory will be automatically seeded into the final subdivision to start on the first apparatus. Therefore, the first team drawn will start on the second apparatus (Pommel Horse) in the final subdivision (subdivision 2), with subsequent teams drawn following Olympic Order until 6 teams have been drawn and the subdivision is full. The draw will proceed to identify the team that will start on the first event (Floor) in the first subdivision and will proceed with subsequent teams drawn following Olympic Order until all teams have been drawn. This may result in less than six rotations in the first subdivision.
- If possible, efforts will be made to equalize the size of the subdivisions so that a like number of teams are seeded in each subdivision.

In the event of a Province/Territory attending with fewer than 5 athletes, and therefore without a team, the individuals will be placed into a group comprised of individuals from another Province/Territory or in a group with a Province/Territory whose team is 5 or less.

4.11 Selection Activities

4.11.1 Purpose

A Trial or Selection event may be identified for the purposes of naming an Official Team to a specified competition.

4.11.2 Control

For competitions where a team selection is required, approved selection criteria will be circulated to all parties

4.11.3 Organization of Selection Activities

The organization of a selection event(s) will be determined by the GCG staff on an as needed basis.

4.12 Regional Competitions

There are several regional competitions that occur in Canada each year. The particular Provinces/Territories involved regulate these competitions. These include:

- Western Canadian Championships
- Eastern Canadian Championships
- Atlantic Championships
- Western Canada Summer Games
- Arctic Winter Games

Gymnastics Canada is involved in a consultative manner for the Western and Eastern Canadian Championships. The Provinces involved meet each year during the GCG Annual General Meeting to ratify the technical regulations for these events.

Westerns and Easterns are the premier event for the Elite 3 and Elite 4 categories, and the Provincial 4 and 5 categories. Additional categories may be included at the discretion of the organizers.

- Elite 3 athletes will participate in physical testing and compulsory exercises.
- Elite 4 athletes will participate in physical testing and optional exercises.

4.12.1 Determining an AA winner in the Elite Pathway

- For Elite 4, the gymnast obtaining the highest number of points from participation in both (2) Physical Tests as well as all six (6) events on Day 1 combined will be declared the All-Around Champion.
- For Elite 3, the gymnast obtaining the highest number of points from participation in both (2) Physical Tests, and six (6) events from Day 1 combined will be declared the All-Around Champion.

4.12 Training Camps

4.12.1 Aspire Training Camps

- The results of the compulsory routines as well as Western and Eastern Canadian Championships (optional) will determine the Aspire Camp lists for the Elite 3 & 4 categories as identified by the NTHC.
- Aspire camps will occur up to three times per year.

4.12.2 Junior/Senior Training Camps

- Multiple training camps will take place over the course of the year for Junior and Senior athletes.
- Athletes and coaches will be invited to these camps or accepted by NTHC
- Camps may be focused on the following:
 - Skill progression and development
 - Routine/competition preparation

- Team Trials/Selection

4.13 Provincial/Territorial Championships

Each P/TO host an annual Provincial/Territorial Championships. These competitions are the responsibility of the Provincial/Territorial Technical Committee.

4.14 Provincial Screening Events

Each P/TO is recommended to host a provincial screening event for Elite 4, Junior, and Senior athletes to qualify for the following:

- Elite Canada (Elite 4, Junior, Senior) and Canadian Championships (Junior and Senior)
- Eastern/Western Canadian Championships (Elite 4)

The NTHC will set target scores for each level that an athlete must achieve in order to qualify for their respective Championship competition

ARTICLE 5: Awards:

5.1 Eugene Oryszczyn Award (Program Service)

Presented to a Volunteer/Staff who is/has been a judge/coach or official within the program. This individual:

- has been involved for an extensive period of time;
- is/was considered as a builder/developer of our sport
- is making/has made exceptional contributions to the program area at the provincial and/or national and/or International levels.

This award will be awarded at the Canadian Championships or the GCG Awards banquet. The MPC will decide upon nominations for this award.

5.2 Athlete of the Year Domestic/International

The Athlete of the Year is presented annually at the Elite Canada. The purpose of this award is to recognize an athlete for excellent domestic and international success.

- To be considered for this award, a gymnast must be a GCG member, a Canadian Citizen or Landed Immigrant, or eligible to compete for Canada at a World Championships or Olympic Games as defined by the FIG.
- Only gymnasts who compete in the Senior division are eligible
- All points must be accumulated during the calendar year for which the award is given. (January 1st to December 31st)
- Based on the objective point system outlined in Appendix 1
- The NTHC will calculate the results

5.3 Coach of the Year

5.3.1 Men's Program Coach of the Year

The Coach of the Year is presented annually at Elite Canada. It is presented automatically to the coach of the Athlete of the Year winner and at the same time.

5.3.2 Age Group Coach of the year

The Age Group Coach of the Year is presented annually at the Elite Canada

- The purpose of this award is to recognize a coach for excellent Age Group success as based on their athlete's results at the Canadian Championships and Elite Canada.
- Based on the objective point system outlined in Appendix 1

5.4 All-Around Champion Special Awards

5.4.1 All Around Champion:

The All-Around Champion in each category is recognized for his achievement by a special award. See Appendix 2 for information on the individuals after whom these awards are named.

Kyle Shewfelt Award: Elite 4

This award is given to the All-Around Champion in the Men's Elite 4 category at both Western and Eastern Canadian Championships. The plaque will be sent by GCG to the OC for the respective Championships one month in advance.

Willy Weiler Award: Junior 16-17 All-Around gymnast

This award is given to the All-Around Champion in the Men's Junior (16-17) category at Canadian Championships.

Curtis Hibbert Award: Junior 14-15 All-Around gymnast

This award is given to the All-Around Champion in the Men's Junior (14-15) category at Canadian Championships

Phillip Delesalle Award: Senior All-Around gymnast

This award is given to the All-Around Champion in the Men's Senior category at Canadian Championships.

Coach recognition: For each of the above awards the coach of the athlete will be called forward and will be acknowledged for this accomplishment.

5.5 International Medalist Award (Athlete, Coaches, Judges)

- The International Medalist award is presented annually during Canadian Championships to Senior and Junior athletes who have won a medal at an international competition during the past year (Canadian Championships to Canadian Championships), while representing Canada.
- It is also presented to the coaches of the medallists.
- Judges will receive a certificate for their participation to international competitions.
- Each recipient will be presented with a certificate detailing their achievements during the Junior and Senior awards sessions.

APPENDIX 1: Athlete and Coach of the Year point charts

A. Athlete of the Year point system

Elite Canada and Canadian Championships in the Senior category:

Result	Elite Canada	Canadian Championships
1st AA	15	15
2 nd AA	10	10
3 rd AA	5	5
1 st Event Final	5	5

Olympic Games, World Championships and World Cup Final:

Representing Canada – 50 pts.

Result	All Around or Event	Result	All Around or Event
1st	800	Top 8	200
2nd	400	Top 16	50
3rd	300	Top 24	25

Major International Events:

World Cups, Challenger Cups, FISU Games, Pan American Games, Pacific Rim, Commonwealth Games, Pan Am Championships

Result	All Around or Event	Result	All Around or Event
1st	25	4th	10
2nd	20	5th	7
3rd	15	6th	5

All other FIG sanctioned International competitions with a minimum of three countries participating;

Result	All Around or Event
1st	10
2nd	7
3rd	5

B. The coach of the year is the personal coach of the 'Athlete of the year

C. National Age Group Coach of the Year point system

National Age Group Coach of the Year points can be gained at the Eastern/Western Canadian Championships and Elite Canada for Elite 4 athletes, and Canadian Championships and Elite Canada for Juniors.

AA Result	Points	Apparatus Result	Points
1st	10	1st	5
2nd	7	2nd	4
3rd	5	3rd	3

Appendix 2: Background biography information on All-Around Champion Special Awards

Kyle Shewfelt Award –ELITE 4 All Around Gymnast

This award is presented to the All-Around Champion in the Men's Elite 4 category at Western and Eastern Canadian Championships. It is named for Kyle Shewfelt, the first and still only Artistic gymnast in Canada to win an Olympic Gold medal. Kyle captured the Gold at the 2004 Games in Athens, Greece. In addition to being the Olympic Champion Kyle won three World championship medals and was a gold medalist on Floor and Vault at World Cups, Commonwealth Games and numerous other International competitions. Kyle was named the Canadian athlete of the year for all sports in 2004. He has also been inducted into the Canadian Sports Hall of Fame.

Willy Weiler Award - Junior All Around Gymnast (16-17 Age Group)

This award is presented to the All-Around Champion in the Men's Junior (16-17) category. It is named for Willy Weiler, National All-Around Champion in 1957, 1958, 1960, 1962 and 1966. He competed at the 1964 Olympic Games in Tokyo and was head coach at the 1968 Olympics in Mexico. He is best known for his results at the 1963 Pan American Games in Sao Paulo Brazil where he won the All-Around Championship as well as gold medals on floor exercise and vault, silver medals on horizontal bar and pommel horse and a bronze medal on rings.

Curtis Hibbert Award - Junior All Around Gymnast (14-15 Age Group)

This award is presented to the All-Around Champion at Canadian Championships in the Men's Junior (14-15) category. It is named for Curtis Hibbert, the first Canadian to win a World Championships medal in Artistic Gymnastics. Curtis won the silver medal on horizontal bar at the 1987 World Championships in Rotterdam and followed up with a bronze medal on vault at the 1992 World Championships in Paris. He competed at the 1988 and 1992 Olympic Games and won more medals than any other athlete at the 1990 Commonwealth Games (5 gold, 1 silver, 1 bronze). Curtis retired from active competition in 1993 after winning his 6th straight All Around National Championship.

Philip Delesalle Award Senior All Around gymnast

This award is presented to the All-Around Champion in the Men's Senior category. It is named after Phillip Delesalle, Canadian All-Around Champion for five straight years from 1976 to 1980. Phillip was a member of the 1976 and 1980 Olympic Teams and in 1979 he attained the best All-Around result by a Canadian at a World Championships by placing 4th in Competition II. Phillip was the 1978 Commonwealth All-Around Champion and is best known internationally as being one of the pioneers of the 'flair' on pommel horse.