

**RHYTHMIC GYMNASTICS**  
**GCG GROUP**  
**2017 SELECTION CRITERIA AND SELECTION PROCESS**

## **1. INTRODUCTION**

### **1.1 PURPOSE**

The purpose of this document is to present the process and selection criteria that will be used by Gymnastics Canada (GCG) to select the GCG Group members for January to December 2017.

The selection criteria reflects the long term goals of GCG and of the GCG Group Program which focus on qualifying the GCG Group to the 2020 Olympic Games.

The GCG group is the only senior level Group that will represent Canada at FIG sanctioned international competitions, which will be considered as the National Team, and from which group gymnasts will be eligible for Sport Canada Athlete Assistance Program (AAP) carding. Any eligible gymnast who wishes to be considered for international group representation must attend this GCG selection activity.

### **1.2 ATHLETE ELIGIBILITY**

To be eligible for selection to the GCG Group the athlete must:

- a) be a Canadian citizen and meet all FIG eligibility requirements under Canadian nationality;
- b) be age eligible to compete Senior in the year 2017 (born 2001 and prior);
- c) be a member in good standing with Gymnastics Canada and have no outstanding invoices owing to GCG as of October 1, 2016;
- d) participate in the complete GCG Group selection activity according to the final schedule distributed by GCG;
- e) be selected by means of the GCG Group Selection Criteria; and
- f) once selected, sign and abide by the GCG National Team Athlete Agreement for the GCG Group

All the above criteria must be fulfilled for an athlete to be eligible for selection and named to the group.

### **1.3 COMMITMENT TO THE GCG GROUP PROGRAM**

To be selected, the athlete must sign a statement of commitment to train and compete at the level required of a High Performance Group gymnast for the period leading to the 2020 Olympic Games, and more specifically until the 2018 selection which will be held October 2017.

### **1.4 SHORT TERM PERFORMANCE GOALS**

The short term performance goals for the GCG Group are:

- To prepare & continually upgrade the two compositions for the 2017 international competitions
- To progressively improve “D” and “E” scores, to match international top 10 performance standards

### **1.5 LONG TERM PERFORMANCE GOALS**

The long term performance goals for the GCG Group are to:

- Continue the GCG group program for the 2017 – 2020 Olympic cycle
- Qualify to the 2019 World Championships at the 2018 World Championships
- Win the 2019 Pan American Games/Continental Championships

- Qualify to the 2020 Olympic Games & represent Canada proudly.

## **2. SELECTION PROCESS**

### **2.1 DATE AND LOCATION OF SELECTION ACTIVITY**

- Friday October 14 (Day 1), **and** Saturday October 15 (Day 2)
- Location: Toronto Pan Am Sports Centre (TPASC)  
875 Morningside Ave. Toronto, ON M1C 0C7

### **2.2 OVERVIEW OF SELECTION ACTIVITY**

- It is important that all gymnasts have the same performance conditions throughout the selection. The TPASC facility has very limited access and for this reason the selection activity will be closed to personal coaches, parents and other spectators. We appreciate your understanding & cooperation.
- All prospective candidates must participate fully in the selection activity. Gymnasts missing any portion of testing will be disqualified from the selection activity.
- The entire testing session will be videotaped
- Adjudicators are selected by Gymnastics Canada and will be:
  - Mimi Masleva – Technical Expert & GCG Group Coach
  - Polina Tzankova – FIG Brevet Judge
  - Daniela Arendasova – FIG Brevet Judge
- Additional specialists may be invited by GCG to lead or conduct portions of the activities, but will not be considered as adjudicators
- The GCG National Team Director (Teresa Orr) & Group Head Coach (Mira Filipova) will supervise and ensure the selection process is followed.

### **2.3 PRELIMINARY SCHEDULE**

#### **DAY 1 – Friday October 14, 2016 - GYM**

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4:00	Arrival of gymnasts in the Gym & Welcome
4:15 – 8:00	Warm-up & Lines Evaluation of Two Jumps with hoop, ball & rope Evaluation of Two Balances with hoop, ball & rope Evaluation of Two Rotations with hoop, ball & rope Evaluation of DER with hoop, ball & rope Dance steps with apparatus will be taught/rehearsed on Friday

#### **DAY 2 – Saturday October 15, 2016 – DANCE STUDIO & GYM**

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10:00	Arrival of gymnasts in Dance Studio
10:00 – 12:00	Ballet Class
12:00 – 4:00	Gym - Evaluation of Dance Steps Continuation of above if not completed Group Training Workshop with Group Coaches

### **2.4 ATHLETE SELECTION TIMELINES**

- Gymnastics Canada will select up to seven (7) gymnasts to the GCG Group. The decision of the adjudicators will be made within three (3) working days of completion of the selection activity (October 19) and this decision will be communicated in writing by GCG to all participants within one

(1) additional working day (October 20). Gymnastics Canada will inform all participants of their status and individual results.

- GCG reserves the right to select the athletes who will best contribute to the overall Group performance and who will present the best image of Canadian Gymnastics, both in Canada and internationally.
- The final decision on athlete selection will be made by the GCG National Team Director in consultation with the GCG Group Coaches. The final authority for all decisions is with the GCG National Team Director.
- If seven gymnasts are selected, all seven gymnasts will prepare for two (2) routines
- If seven gymnasts are selected, all seven will be carded, and will receive either SR carding, or C1 carding, according to Sport Canada AAP criteria. The 2017 AAP Carding Criteria for GCG Group is attached and will be posted on the GCG website.
- Up to two (2) additional gymnasts may be identified as “in training”. Identified “in training” gymnasts will receive a written invitation from GCG within ten (10) working days of the completion of the selection activity (October 28). These gymnasts will not receive AAP carding and will pay a reduced training fee to GCG.
- All gymnasts selected and named to the GCG Group will be required to participate in additional evaluation sessions to assist in developing individualized health, physical and mental performance enhancement programs. This will include a complete medical examination with the GCG National Team Physician, as well as other evaluations conducted by health and sport science professionals who are selected by GCG. Final confirmation of athlete selection will be pending the results of these examinations.
- All gymnasts selected and named to the National Senior Group must sign the GCG National Team Athlete Agreement for the GCG Group and the AAP Carding Agreement.
- If an athlete is selected to the GCG Group and declines to accept, it is understood that the athlete has relinquished all attachment to the GCG Group, and will be ineligible for selection until the next GCG Open Selection Activity, which will be conducted no earlier than October 1, 2017.

### **3.0 ADDITIONAL DETAILS REGARDING GCG GROUP PROGRAM**

#### **3.1 GYMNAST INFORMATION**

- The GCG Group will be the only senior level Group that represents Canada internationally in FIG sanctioned competitions.
- Training for the GCG Group will be centralized at the TPASC, but may include some training sessions at other facilities in the Toronto area.
- GCG Group gymnasts will be registered members of GCG but will have no club or provincial affiliation.
- All GCG Group gymnasts and any identified “gymnasts in training” will pay monthly training fees to GCG.
- The GCG Group athletes are not permitted to train or compete as individual or Aesthetic Group Gymnastics (AGG) athletes, in any category.
- Coaches, technical experts and Integrated Support Team (IST) specialists will be contracted directly by GCG to provide and coordinate specific health and sport science support services for the Group, including medical examinations, regular health status updates, functional assessment testing, nutrition education and mental performance consulting.
- Ongoing physiotherapy and other individual health care needs will be at the discretion of the gymnast.

- GCG will provide “Bronze level” coverage at no charge to each Group athlete through the Canadian Athlete Insurance Program (CAIP); a gymnast may choose to upgrade this coverage to the Gold or Silver level at her own expense.
- All named group gymnasts must agree to reside in the Toronto area. Accommodations, local transportation and schooling arrangements are the responsibility of the individual athlete, and not of Gymnastics Canada.
- If a gymnast is considering relocating to Toronto from another city, it is strongly recommended that she have already graduated from secondary school and be at least 18 years of age by December 31, 2016 or live with a family relative where she will be residing.

### **3.2 PERSONAL COACH/CLUB RECOGNITION**

- The personal coach/club of each of the GCG Group carded gymnasts will be recognized by GCG in two ways:
  - The gymnast’s named personal coach and club will be identified on the GCG website within the Athlete bio and in the Group announcement.
  - GCG will issue a payment of \$1000.00 in recognition of the work done by the personal coach to prepare the gymnast to be selected to the GCG Group. This payment will be made to the coach’s named club in October 2017, and will be subject to final confirmation of the gymnast’s selection in the Group, and receipt by GCG of the signed Athlete Agreement and AAP Forms, provided the athlete has remained with the group for the duration of the athlete agreement and has no outstanding invoices with GCG.
  - In a situation where 2 coaches from different clubs have contributed significantly to the gymnast’s development, the \$1000.00 payment will be divided equally between the 2 clubs.

### **3.3 ATHLETE REPLACEMENT**

In the event that an athlete resigns or is removed from the Group, Gymnastics Canada will determine if a replacement athlete is required and, if so, reserves the right to select a replacement athlete for the remainder of the carding cycle without conducting an open selection activity.

When a replacement athlete is required, Gymnastics Canada will review the athlete rankings from the 2017 open selection activities to identify any athletes who meet the specific needs of the Group with regard to the following criteria:

- Resident in Toronto area with accessibility to GCG training site or, if not a Toronto resident, agrees to relocate to Toronto within 2 weeks and within close proximity to the GCG training facilities.
- Same visual fit and physical performance qualities as existing GCG Group members
- Possess matching technical skills with competitive apparatus using similar form and technique as existing group members
- Have demonstrated maturity, reliability, consistency and strong work ethic in training and in Senior national level competition
- Have recent experience in Group at a national level
- Willing to commit immediately to GCG Group program and begin training full routines
- No injury issue

Where no athletes from the 2017 open selection meet these criteria, GCG reserves the right to identify and rank other athletes from the High Performance and National Open categories who meet the above criteria.

### 3.4 TRAINING SCHEDULE

- Athletes are required to begin training with the group once acceptance has been completed.

Training Sessions are held at TPASC.

Mondays 4 – 8 Gym

Tuesdays 5 – 6 Ballet 6 – 9 Gym

Wednesdays 4 – 8 Gym

Thursdays Off\* \*When necessary additional training may be scheduled

Fridays 4 – 8 Gym

Saturdays 10 - 12 Ballet; 12 – 4 Gym

Sundays Off

- Note: A calendar for October to June 2017 will be distributed once selected
- A monthly calendar will be sent with updated information

### 3.5 PARTICIPANT COSTS:

Monthly Training Fee: \$500/month starting Nov 1, 2016.

This training fee is payable to GCG and is used to pay coaches, technical and health support specialists, choreographers, costs of training facilities and some travel.

Additional projected expenses for 2017 that are the responsibility of the gymnasts:

- Purchase of personal training apparatus (ordering of training apparatus will be coordinated by GCG if required and gymnasts will be invoiced)
- Training attire
- Local travel to training or other GCG activities
- Athlete on-site expenses at domestic events (Elite Canada, Canadian Championships, training camps)
- Individual on-site expenses at international events (accommodation/meals)
- Additional medical/health support costs over and above carding benefits and medical insurance plans.
- Education, accommodation, meals and other personal expenses

**AAP Carding funds** are intended to assist national team athletes with the expenses associated with high performance level training and competitions.

- Carded athletes who are in the final year of high school or in post-secondary education institutions are eligible for **post-secondary tuition support**.
- The maximum amount of tuition support payable per gymnast is **\$5,000 per carding cycle** (i.e. per year of carding) up to a lifetime maximum of \$25,000.
- Full information on the AAP Tuition Benefit is provided on the Sport Canada AAP website at: [http://canada.pch.gc.ca/DAMAssetPub/DAM-PCH2-sport-sport/STAGING/texte-text/athleteAssistanceProgram\\_1421333786429\\_eng.pdf?WT.contentAuthority=13.0](http://canada.pch.gc.ca/DAMAssetPub/DAM-PCH2-sport-sport/STAGING/texte-text/athleteAssistanceProgram_1421333786429_eng.pdf?WT.contentAuthority=13.0)

Gymnasts are encouraged to seek out other opportunities for funding, and will periodically receive information from GCG on special funding programs for national team athletes. In most cases, it is the responsibility of the individual to apply for these programs.

Gymnasts are not encouraged to seek out individual sponsorships or endorsements.

Any information related to potential sponsorships for the GCG Group must be first provided to the GCG National Team Director and will be referred to the GCG President/CEO for follow-up

#### 4.0 SELECTION CRITERIA AND STANDARDS

Gymnasts will be evaluated in the following areas:

#### 4.1 BODY DIFFICULTY & EXECUTION

The athlete will present their individual body difficulties twice with each apparatus and the best score will be counted.

<b>JUMPS/LEAPS</b>	Fixed Shape Ht. sufficient to show shape (0 – 3 – 5)	Execution Lack of amplitude Heavy landing (0 – 3 – 5)	Coordinated with Apparatus (0 – 3 – 5)	Total 15
1. <input type="radio"/> Jete en tournant (split)				
2. <input type="radio"/> optional choice				
1. <input checked="" type="radio"/> Jete en tournant (split)				
2. <input checked="" type="radio"/> optional choice				
1. <input type="radio"/> Jete en tournant (split)				
2. <input type="radio"/> optional choice				
<b>TOTAL POINTS</b>				<b>/90</b>

<b>BALANCES</b>	Defined & Fixed Shape  (0 – 3 – 5)	Execution Lack of amplitude in shape Shape neither fixed nor held (0 – 3 – 5)	Coordinated with Apparatus (0 – 3 – 5)	Total 15
1. <input type="radio"/> Penche on flat or toe				
2. <input type="radio"/> Attitude				
1. <input checked="" type="radio"/> Penche on flat or toe				
2. <input checked="" type="radio"/> Attitude				
1. <input type="radio"/> Penche on flat or toe				
2. <input type="radio"/> Attitude				
<b>TOTAL POINTS</b>				<b>/90</b>




<b>ROTATIONS</b>	Well Defined & Fixed Shape Releve  (0 – 3 – 5)	Execution Lack of amplitude in shape Shape neither fixed nor held Support on heel Travelling/sliding/hop Axis not at vertical (0 – 3 – 5)	Coordinated with Apparatus  (0 – 3 – 5)	Total 15
1. <input type="radio"/> Attitude min. 720				
2. <input type="radio"/> Fouette straight leg 1-1-1-1				
1. <input checked="" type="radio"/> Attitude min. 720				
2. <input checked="" type="radio"/> Fouette straight leg 1-1-1-1				
1. <input type="radio"/> Attitude min. 720				
2. <input type="radio"/> Fouette straight leg 1-1-1-1				
<b>TOTAL POINTS</b>				<b>/90</b>

#### 4.3 DER: HOOP – BALL - ROPE


The athlete will present each DER twice and the best mark will be considered.

**Dynamic Elements with Rotations and Throw <sup>R</sup> Perform each DER five times**

**Scoring: 5 pts for each successful DER**

		
Double chaine roll into cartwheel  /25	● Triple chaine illusion  /25	Triple chaine illusion  /25

**Dance step combinations (taught Friday & tested on Saturday) using hoop - ball - rope**

Dance Steps  /10	Dance steps  /10	Dance Steps  /10
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<b>SCORING:</b>	
<b>0</b>	Does not fulfill the requirements
<b>3</b>	Too short & lacking tempo & rhythm; body & apparatus
<b>5</b>	Lacking character & emotional response of music through body & apparatus
<b>8</b>	Fulfilled requirements adequately
<b>10</b>	Fulfilled requirements with excellence
<b>TOTAL POINTS /30</b>	

#### 4.4 RANKING AND SELECTION OF ATHLETES

Scores from each section will be weighted as follows to provide a profile of each gymnast and a preliminary ranking.

- 10% Ballet & carriage
- 10% Dance Steps
- 40% Body Difficulty and Execution
- 20% DER
- 20% Overall Impression

A score for overall impression out of 20 will consider additional factors based on observations from adjudicators that include, but are not limited to:

- Athlete arrives on time and ready to work
- Athlete brings all required equipment and is fully prepared for selection activities
- Athlete’s overall health and injury status
- Interactions with adjudicators

- Interactions with other athletes
- Expression, musicality and connection with an audience
- Ability to accept feedback and respond positively and appropriately
- Courage and risk-taking qualities
- Demonstration of problem-solving abilities and “thinking on the feet”
- Leadership and teamwork qualities
- Overall work ethic
- Overall fit and harmonious appearance with the rest of the group members

**What to wear:**

Tight fitting tights/shorts with tight fitting top

Hair in neat bun

Toe slippers

**What to bring:**

Rope – Hoop – Ball

Water Bottle with a lid

Nutritious snacks (especially for Saturday)