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**RHYTHMIC GYMNASTICS**  
**GCG GROUP**  
**2018 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 2018.

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 2018 (born 2002 and prior);
- c) be a member in good standing with Gymnastics Canada and have no outstanding invoices owing to GCG as of October 1, 2017;
- 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 2019 selection which will be held October 2018.

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

The short term performance goals for the GCG Group are:

- To continually upgrade compositions for 2018 international competitions (World Cups, Pan American Championships, World Championships);

- To progressively improve “D” and “E” scores, to match international top 10 performance standards;
- To qualify to the 2019 Pan American Games.

## **1.5 LONG TERM PERFORMANCE GOALS**

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

- Qualify to the 2019 World Championships;
- Become 2019 Pan American Games/Continental Champions;
- Qualify to the 2020 Olympic Games & represent Canada proudly.

## **2. SELECTION PROCESS**

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

- **STAGE 1:** Friday October 27 (Day 1) **and** Saturday October 28 (Day 2)
- Up to 10 gymnasts will attend Stage 2 by invitation
- **STAGE 2:** Tuesday October 31 to Saturday November 11
- 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 to the training venue and for this reason the selection activity will be closed to all 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 stage 1 testing session will be videotaped.
- Three neutral adjudicators are selected by Gymnastics Canada for STAGE 1 and will be confirmed once registration has been closed:
  - Polina Tzankova – FIG RGG Brevet 1 Judge
  - Daniela Arendasova – FIG RGG Brevet 1 Judge
  - 3<sup>rd</sup> TBC
- 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.

### **2.2 PRELIMINARY SCHEDULE**

#### **STAGE 1: DAY 1 – Friday October 27, 2017 - GYM**

16:00	Gym Arrival & Welcome
16:15 – 20:00	Group Warm-up & Lines Evaluation of Jumps with hoop, ball & rope Evaluation of Balances with hoop, ball & rope

Evaluation of Rotations with hoop, ball & rope  
Evaluation of Risk with hoop, ball & rope  
Dance steps with apparatus will be taught/rehearsed

### **STAGE 1: DAY 2 – Saturday October 28, 2017 – DANCE STUDIO/GYM**

10:00 Dance Studio Arrival  
10:00 – 12:00 Evaluation of Ballet Class  
12:00 – 14:00 Evaluation of Dance Steps  
Group Training Workshop & exchanges, collaboration

### **STAGE 2: October 31 to November 11, 2017 – GYM/DANCE STUDIO**

Athletes will be taught & trained sections of the two compositions & will be evaluated by the group coaches & National Team Director on the following:

- Musicality, timing & synchronization
- Spatial & kinesthetic awareness
- Upper body movement & body expression
- Eye hand Coordination
- Movement & Reaction Time
- Evaluation of Overall Impression for Stage 2 – as per Stage 1

## **2.4 ATHLETE SELECTION TIMELINES**

- Gymnastics Canada will select up to seven (7) gymnasts to the GCG Group. The decision of the adjudicators & National Team Director will be made within three (3) working days of completion of STAGE 2 (November 15) and this decision will be communicated in writing by GCG to all participants within one (1) additional working day (November 16). 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 will be carded, and will receive either SR carding, or C1 carding, according to Sport Canada AAP criteria. The 2018 AAP Carding Criteria for GCG Group will follow soon 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 (November 24). *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, 2018.

### **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.

#### **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 2018, 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 2018 open selection activity 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;
- Demonstrated maturity, reliability, consistency and strong work ethic in training and in Senior national level competition;
- Demonstrated recent experience in Group at a national level;
- Willing to commit immediately to GCG Group program and begin training full routines;
- No injury issues.

Where no athletes from the 2018 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	4 – 8	Gym
Wednesdays	Off	
Thursdays	4 – 8	Gym
Fridays	4 – 8	Gym
Saturdays	10 - 12	Ballet; 12 – 4 Gym
Sundays	Off	

Note: A draft calendar for November to June 2018 will be distributed once selected. A monthly calendar will be sent with updated information if necessary.

### **3.5 PARTICIPANT COSTS**

Monthly Training Fee: \$500/month starting November 1, 2017.

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

Additional projected expenses for 2018 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 & coach on-site expenses at domestic events (Elite Canada, Canadian Championships, training camps);
- Individual & coach 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;
- Visa applications.

**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. More information is available in the National Team Handbook.

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**

STAGE 1: 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="checkbox"/> Jete en tournant (split)				
2. <input type="checkbox"/> 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"/> Fouette Balance(side with or without help-passe-front split with help)				
1. <input checked="" type="radio"/> Penche on flat or toe				
2. <input checked="" type="radio"/> Back scale				
1. <input type="checkbox"/> Penche on flat or toe				
2. <input type="checkbox"/> Back scale				
<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 <u>min.</u> 720				
2. <input type="radio"/> Fouette straight leg 1-1-1-1-1				
1. <input checked="" type="radio"/> Attitude min. 720 or choice				
2. <input checked="" type="radio"/> Fouette straight leg 1-1-1-1				
1. <input type="checkbox"/> Attitude min. 720 or choice				
2. <input type="checkbox"/> Fouette straight leg 1-1-1-1-1				
<b>TOTAL POINTS</b>				<b>/90</b>

### 4.3 RISK: HOOP – BALL - ROPE

Dynamic Elements with Rotations and Throw ( R ). Perform each DER five times  
 Scoring: 5 pts for each successful DER

 Double chaine roll cartwheel /25	 Hop 360-bumroll- back roll Catch into roll (travelling in the same direction) /25	 Hop 360 bumroll catch into back roll (travelling in the same direction) /25
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Dance step combinations (taught Friday & evaluated on Saturday) hoop - ball - rope

Dance Steps  /10	Dance steps  /10	Dance Steps  /10
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SCORING	DANCE STEPS
<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

#### 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:**

Fitted tights with full fitted top

Hair in neat bun

Toe slippers – bring knee pads

No jewelry

**What to bring:**

Rope – Hoop – Ball

Water Bottle with lid

Nutritious snacks (Saturdays)