



**GYM**nastics  
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**CANADA**

**Rhythmic Gymnastics  
Technical Rules and Regulations**

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## **Section 1: Objectives and Purpose of Technical Regulations**

### **1.1 Objectives**

The objectives and purposes of the Technical Programs of Gymnastics Canada (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 (FIG);
- c) Planning and conducting of competitions, clinics, courses and schools 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 conduct of the National Team program

### **1.2 Purpose of the Technical Regulations**

The purpose of the Rhythmic Technical Regulations is to ensure a common understanding and consistent application of the regulations related to the conduct of rhythmic gymnastics in Canada and to outline the structure and functioning of the GCG Technical Programs.

### **1.3 Rhythmic Program Documents**

In addition to these technical regulations, the Rhythmic Program also follows the documents listed below which are available on the GCG website.

- Judge Rules and Regulations
- National Team Program Documents
- GCG Provincial Program – revised annually
- GCG National Novice – revised annually
- Hosting Requirements for Elite Canada and Canadian Championships
- Hosting Requirements for Eastern / Western Regional Championships (to be developed)

## **Section 2: Eligibility to Participate in Gymnastics Canada Events or Activities**

### **2.1 Eligibility**

Athletes competing in GCG competitions or activities, and in Eastern or Western Regional Championships must be:

- An amateur as outlined by the regulations of GCG, FIG and the International Olympic Committee (IOC) governing amateur status
- Registered with PSO and with GCG
  - The geographic location of the gymnast's residence determines the province of registration of the gymnast. If a gymnast lives in one province and trains in another, then the gymnast may choose which province she competes under for that competitive season.
    - If a gymnast moves to another province during the competitive season, she must request registration with the new PSO within 5 business days of moving into the new location
- In good standing with GCG with no outstanding invoices or debts and no sanctions
- A Canadian citizen OR Permanent Resident
- Approved by their PTO, and meet PTO specific and GCG qualification requirements for each competition.

- Eligible to compete or participate as per the specific criteria for each event (refer to the specific competition or event for its criteria)

## 2.2 International Eligibility

Gymnasts representing Canada internationally must follow the rules outlined in the FIG Statutes and the IOC rules published on the FIG website. They must be Canadian citizens to acquire a FIG license. Refer to the FIG Statutes for other circumstances.

Dual Nationality (DN) or Permanent Resident (PR) gymnasts **who have chosen to represent their non-Canadian country at FIG competitions** may compete at GCG events. Should the “DN” or “PR” athlete be ranked first, she cannot be named Elite Canada or Canadian Champion. Therefore the next ranked Canadian gymnast will be named Elite Canada or Canadian Champion, and the two gymnasts will share first place, and both will receive first place medals. Should the “DN” or “PR” gymnast be ranked in the top 15 at Elite Canada or Canadian Championships, the next ranked gymnast who is not “DN” or “PR” will move up one place. For example, if the DN gymnast is ranked 5<sup>th</sup>, then the 6<sup>th</sup> place gymnast will move up and be ranked 5<sup>th</sup> as well and receive awards accordingly. All gymnasts following will be moved up one rank. “DN” or “PR” gymnasts who place in the top 15 are eligible to compete in Competition B and will not take the place of a Canadian gymnast. They will not be named High Performance or to the National Team, therefore will not receive a HP certificate. **NOTE:** “DN” or “PR” gymnasts who represent their non-Canadian country at FIG competitions require an official permission letter from their National Federation to Gymnastics Canada to be eligible to compete.

Visiting gymnasts may request approval from GCG to compete at Eastern or Western Regional Championships, Elite Canada and Canadian Championships as “hors concours” in the All Around competition. The athlete cannot compete in Competition B (apparatus finals). To be eligible, visiting gymnasts, or other “hors” concours” gymnasts may request permission to compete by submitting a permission letter from their National Federation to Gymnastics Canada prior to the registration deadline.

## 2.3 Age of gymnasts

The age of the gymnast is as of December 31 of the year of competition. For example, a national stream gymnast who turns 13 at any time during the calendar year (i.e. January 1 to December 31) will compete as a Junior.

### National Stream:

Novice 10, 11, 12 years

Junior 13, 14, 15 years (note: FIG rules apply to age category)

Senior 16 years and older (note: FIG rules apply to age category)

### Provincial Stream:

As per GCG Provincial Stream Program.

## 2.4 Eligibility of Coaches

All gymnasts at GCG RG events must have a coach from their club registered as their “competition coach”. Any agreement between clubs to coach other club’s athletes must be approved by their Provincial Office and submitted with the registration forms. Only the assigned competition coaches are allowed in the official coach meetings and in the warm up gym or competition area.

All coaches registered as the athlete’s competition coach for GCG RG events (Canadian Championships and Elite Canada) and for the national stream at Eastern / Western Regional Championships (ERC / WRC) must be certified Level 3 (Comp Dev) NCCP. Coaches for the ERC / WRC for the provincial stream athletes must be certified Level 2 (Comp Intro) NCCP.

## 2.4.1 Exemption to Coaching Level

Exemptions to the NCCP Level 3 certified requirement for one season at a time MAY be granted by the GCG RG Program Director or designate in the following situations:

- Recent immigrant to Canada and not yet Permanent Resident:
  - Must provide proof of registration with a club and PSO and copy of Canadian work permit
  - Must submit exemption request form explaining reason for request signed by the requestor and the club head coach or owner, or PSO
  - May only request this exemption for a maximum of two consecutive years (one season at a time)
- Level 3 NCCP theory & technical complete but not practical
  - Must submit exemption request form stating dates of completion of theory and technical portions, and number of hours of practical completed at the time of the request, signed by the requestor and the PSO
  - May only request this exemption for a maximum of two consecutive years (one season at a time)

NOTE: For all coaching related information, including equivalency requirements, please refer to the GCG website “Coaching”.

As of 2018 season, the exemption requests must include the \$50.00 Administration Fee payable to GCG, and must be submitted by December 1<sup>st</sup> for the upcoming season if the coach knows in advance that it will be required. A late exemption request with an additional \$25.00 Administration Fee must be submitted a minimum of four weeks in advance of CC or EC to allow sufficient processing time by GCG for the coach to be registered for the competition. Other requests will be considered in extenuating circumstances (for example, last minute major illness).

## Section 3: GCG RG Competitions and Events

The official GCG competitions are Elite Canada and Canadian Championships. The location of these events will usually alternate between Eastern and Western Canada but are dependent on approval of the successful bid.

For all GCG competitions, gold, silver and bronze medals are given for places 1, 2 and 3, and ribbons for places 4 to 8 inclusive. If there is a tie, the gymnasts or groups share the place, and the next place is omitted. See above for Dual Nationality situations.

For all National stream competitions the rotation order of the competition will be made by draw from all registered gymnasts in that level. If the number of gymnasts in a category is large, the athletes will be divided into Flight A and Flight B as shown below under Elite Canada and Canadian Championships. The draw will be done for Flight A and Flight B separately. The two flights must follow each other in the competition schedule.

The order of apparatus follows FIG, with the Free routine first when applicable. General department of the coaches and gymnasts, judging, carpet and apparatus requirements, display of scores, etc, are as stated by FIG.

GCG has spare apparatus to place around the carpet as per FIG regulations. Host clubs may request the apparatus.

The host club is responsible to recruit the Line judges and Timers. Line judges should be minimum Provincial Club or Provincial Level Judges, and they should record the competition in their judge record book to be counted towards upgrading or maintenance. If there are not enough judges available, former athletes who are at least 18 years of age, or other knowledgeable and responsible individuals may perform the Line Judge duties. Note that if there are GCG assigned “Alternate Judges” to the competition, they will be a Line Judge for part of the competition as outlined in the GCG Judge Rules.

The host club is responsible to recruit the timers. There must be 2 timers for all rotations. The host must also recruit the apparatus judge. The timers and apparatus judge must be responsible individuals aged 18 or older.

The Judge Administrator will instruct the Line judges, timers, and apparatus judge before the start of each competition day. The host must ensure that ALL line judges, timers and apparatus judges are available for instruction.

Anti-Doping controls must be in place as per the "FIG Anti-Doping Rules". Details regarding FIG competitions held in Canada, and to GCG competitions, will be provided to competition hosts and to coaches as appropriate.

### **3.1 Elite Canada**

Elite Canada is an open competition in 2017 for all National stream groups, for National Senior and Junior individuals, and for Novices who turn 12 in the year of competition. (NOTE: the participation at Elite Canada will change for 2018 going forward, and will be advised in spring 2017). The competition is held annually in February or early March.

The purpose of Elite Canada is to:

- Initiate the selection process for National Team
- Provide competitive opportunity of highest caliber for national stream individuals and groups.
- Identify Elite Canada Junior and Senior Champions.
- Identify the top 15 Junior and Senior gymnasts eligible for direct entry to Canadian Championships.
- Establish ranking of High Performance (HP) Junior and Senior athletes (top 15) until Canadian Championships, and for competition assignments.
- Establish ranking of National Senior Groups of 5 and Junior Groups of 5 for the purpose of competition assignments.
- Where applicable, provide opportunity for GCG Senior Group to meet requirements of their Training and Competition Plan.
- Provide a competition experience for gymnasts in their final year of Novice.

#### **3.1.1 Recommended Competition Schedule**

It is recommended that the competition start at 9:00am at the earliest and finish by 9:00pm at the latest each day with a one hour lunch break and short breaks in the morning and afternoon, and if the competition goes beyond 6:00pm, a dinner break of a minimum of 30 minutes. Host organizations may make minor changes to this schedule at their discretion, however any major modifications must be approved by GCG. The schedule must be coordinated with the RG National Team Director or designate.

If there are more than 30 competitors in the junior or senior category, that category must be split into "Flight A" and "Flight B" before doing the draw.

For Seniors, Flight A should include the Senior National Team (top 10), plus the next 5 highest ranked Seniors from the previous Canadian Championships, plus Junior National Team who are now Senior age.

For Juniors, Flight A should include the Junior National Team (top 10), plus the next 5 highest ranked Juniors from the previous Canadian Championships, plus Novice who are now Junior age who placed in the top 5 in the previous Canadian Championships, plus enough athletes to make up 50% based on the order of the total score of Competition A from four apparatus of the juniors or former novices from the previous Canadian Championships. Note that this means that the scores from CC for the juniors and novices are combined to create a "ranking" order for assignment to Flight A.

The remaining gymnasts will form Flight B.

It is recommended the competition run from Friday to Sunday inclusive, with arrivals and podium training on the Thursday morning and afternoon, and meetings scheduled in the late afternoon and evening.

Day	Time	Draft Program
1	Thursday	Podium Training Judges' Podium Workshop and Meeting Technical Meeting
2	Friday	Opening Ceremonies Junior Individual Competition A – two apparatus Senior Individual Competition A – two apparatus Novice Individual Competition A – two apparatus Groups
3	Saturday	Junior Individual Competition A – two apparatus Senior Individual Competition A – two apparatus Novice Individual Competition A – two apparatus Groups  Awards <ul style="list-style-type: none"> <li>• Novice Individual Competition A (one set of awards for total score &amp; a Champion is NOT declared)</li> <li>• All Groups All Around except Junior 5 &amp; Senior 5 Groups</li> </ul>
4	Sunday	Certificates acknowledging qualification to Competition B for Junior and Senior Competition B Junior Individual Senior Individual Groups where appropriate  Awards <ul style="list-style-type: none"> <li>• All Around Competition A + B</li> <li>• Competition B Awards</li> </ul>

### 3.1.2 Elite Canada - Individual

**Competition A:** All registered gymnasts compete in all four apparatus in the Competition A.

**Competition B:** Junior and Senior Individuals who place in the top 15 in the Qualifying competition (Competition A) are eligible to compete in Competition B in all 4 Apparatus Finals. If there is a tie for 15<sup>th</sup> place in the Qualifying competition, both gymnasts will advance to Competition B. On Sunday morning prior to Competition B, these gymnasts must receive a certificate recognizing their achievement in qualifying to compete in Competition B. A gymnast who places in the top 8 in one apparatus will be eligible to compete in final for that apparatus only.

**Awards:**

- The top 8 Novice from Competition A (based on total of all 4 apparatus) receive All Around awards only. (No champion is named)
- Junior and Senior All Around ranking is based on the cumulative scores from Competition A (4 routines) plus Competition B (4 routines).
- Junior and Senior Elite Canada Champions are named based on the highest ranking All Around score.
- Apparatus awards are given for the top 8 in each apparatus from Competition B.

**High Performance athletes**

The top 15 Junior and the top 15 Senior athletes based on the Competition A + B All Around ranking are named at the competition as the High Performance (HP) athletes and will have direct entry to Canadian Championships.

*Note that ALL other athletes must qualify to Canadian Championships from Eastern or Western Regional Championships. An exception may be granted by GCG if a Canadian athlete is out of the country at a FIG competition as assigned by GCG.*

### **3.1.3 Elite Canada - Group**

Open to all National Groups as outlined in the annual GCG National Program.

#### **Competition A:**

National Junior 5 (group of 5) and Senior 5 (group of 5) Groups perform each of their two prescribed routines once. The GCG Senior group will perform as outlined in the Strategic Plan / Training Plan.

All other National stream groups including Senior Development and Junior Development will perform their one prescribed routine two times.

#### **Competition B:**

The Junior 5 or Senior 5 groups in the top 8 from Competition A will perform each of their two prescribed routines once. The GCG Senior Group will perform as outlined in the Strategic Plan / Training Plan.

All other National stream groups including Senior Development and Junior Development will perform their one prescribed routine one time.

Note that if there is only 1 group in any category, the group may compete if they choose, however awards for Competition B will not be awarded (the group will receive only the Competition A All Around).

#### **Awards:**

- All groups except Junior 5 and Senior 5 and the GCG Senior Group:
  - All Around ranking is based on the top 8 from Competition A results. The highest ranking is named the Elite Canada Champion for each of the categories.
  - Apparatus Award is based on the ranking from Competition B if 2 or more groups participate.
- Junior 5 and Senior 5 Groups:
  - All Around ranking is based on the top 8 from the addition of all scores from Competition A and Competition B. The Junior or Senior Elite Canada Champion is the highest ranked group.
  - Apparatus awards are given for the top 8 in each apparatus from Competition B.
- GCG Senior Group:
  - The GCG Senior Group does not receive All Around or Apparatus awards. However, they should be recognized by the host committee (for example, given flowers at the time of the awards or one medal).
  - Note that only the GCG Senior Group is considered National Team or HP, and is the only senior group that may represent Canada and compete at FIG sanctioned international events.

### **3.2 Canadian Championships**

The purpose of Canadian Championships is to:

- Provide competitive opportunity of the highest caliber for national stream.
- Declare the Canadian Champion for



- Novice
- Junior Open (formerly Level 9)
- Junior High Performance (formerly Level 10)
- Senior Open (formerly Level 9)
- Senior High Performance (formerly Level 10)
- Novice, Junior and Senior FIG Groups of 5
- Senior Development Group of 5 and Junior Development Group of 5
- Be the final selection process to rank the Junior and Senior Individual (top 10 Junior & Senior) National Team

**NOTE:** The National Team for Junior and Senior Individuals will be announced within 10 business days of Canadian Championships. The team ranking is based on the 35% of the “All Around” score from Elite Canada (Competition A plus Competition B), plus 65% of the “All Around” score from Canadian Championships (Competition A plus Competition B).

### 3.2.1 Recommended Competition Schedule

It is recommended that the competition start at 9:00am at the earliest and finish by 9:00pm at the latest each day with a one hour lunch break and short breaks in the morning and afternoon, and if the competition goes beyond 6:00pm, a dinner break of a minimum of 30 minutes. Host organizations may make minor changes to this schedule at their discretion; however any major modifications must be approved by GCG. The schedule must be coordinated with the RG National Team Director or designate.

If there are more than 36 competitors in the junior or senior category, that category must be split into “Flight A” and “Flight B”. For Seniors and Juniors, Flight A will include the 15 High Performance athletes from Elite Canada, plus the top 3 in the relevant level from Eastern / Western Regional Championships.

Day	Time	Draft Program –
1	Thursday	Podium Training; Judges Podium Workshop & Meeting Technical Meeting
2	Friday	Novice 2 apparatus Lunch Novice & Senior Groups – 1 <sup>st</sup> performance Senior 2 apparatus Junior 2 apparatus Junior Groups
3	Saturday	Novice 2 apparatus Lunch Novice & Senior Groups – 1 <sup>st</sup> performance Senior 2 apparatus Junior 2 apparatus Junior Groups  Novice Individual & Group AA Awards & Trophies; Novice Apparatus Awards Junior Open AA and Apparatus Awards Senior Open AA and Apparatus Awards Recognition of Novice age Rising Stars
4	Sunday	Certificates acknowledging qualification to Competition B for Junior and Senior  Junior Competition B – Four Apparatus National Novice, Junior & Senior Groups of 5 – Competition B - 1 <sup>st</sup> Apparatus National Junior & Senior Groups of 5 – Competition B - 2 <sup>nd</sup> Apparatus Senior Competition B – Four Apparatus Junior Individual & Group All Around and Apparatus Awards & Trophies Senior Individual & Group All Around and Apparatus Awards & Trophies

### 3.2.2 Canadian Championships - Individual

National Novice, Junior and Senior athletes must qualify to compete at Canadian Championships either from Elite Canada, or from Eastern / Western Regional Championships. Exceptions will only be considered by GCG for athletes who were out of country on a GCG assignment, or for injury or illness as per the rules set out in the Appendix.

- a) Elite Canada: The top 15 All Around in Junior and Senior qualify for direct entry to Canadian Championships as High Performance (they do not have to compete at Eastern / Western Regionals in order to qualify).
- b) Eastern / Western Regionals: The top 10 from Easterns and the top 10 from Westerns plus two from each province in the National Novice, Junior and Senior Open categories qualify for Canadian Championships.

**Competition A:** All registered gymnasts compete in the All Around competition.

**Competition B:** Junior and Senior Individuals who placed in the top 15 in the Qualification competition (Competition A) are eligible to compete in Competition B - all 4 Apparatus Finals. If there is a tie for 15<sup>th</sup> place All Around, both gymnasts will advance to Competition B. These gymnasts must receive a certificate prior to the start of Competition B recognizing their achievement in qualifying to compete in Competition B.

#### **Awards:**

- Competition A Awards
  - Novice receive awards for top 8 in each apparatus and for the top 8 combined overall scores
  - Junior Open receive an award for top 8 in each apparatus and for the top 8 combined overall score
  - Senior Open receive an award for top 8 in each apparatus and for the top 8 combined overall score
- Novice National Canadian Champion is the highest ranked Novice.
- Competition B:
  - All Around ranking based on the top 8 from the addition of the scores from Competition A four routines plus Competition B four routines.
  - The Junior and Senior Canadian Champions are the highest from the above All Around ranking
  - Apparatus awards are given for the top 8 in each apparatus from Competition B.

#### **Keeper Trophies:**

Keeper trophies are to be provided by the host for Canadian Championships to the Novice, Junior and Senior Canadian Champions

#### **Perpetual Trophies:**

The Perpetual trophies are the property of GCG RG Program and will be retained at the GCG office. A new plate with the name of the winner will be added each year.

The trophies are awarded as listed below. The description for each trophy is in the Awards Manual on the GCG website and should be included in the program for Canadian Championships.

Novice National Champion "Future Cup"  
Junior National Champion  
Senior National Champion  
Team Award

Russell Okano Trophy  
Evelyn Koop Trophy  
Spieth Anderson Trophy  
Tamara Bompas Team Award Trophy

### 3.2.3. Canadian Championships - Group

Open to all National Novice, Junior and Senior Groups of 5, and Senior and Junior Development Groups.

**Competition A:** Novice Groups of 5 and Junior and Senior Development Groups perform their one prescribed routine twice. National Junior 5 and Senior 5 perform each of their two prescribed routines one time. The GCG Senior Group will perform as outlined in the Strategic Plan / Training Plan.

**Competition B:** The Junior 5 or Senior 5 groups in the top 8 from Competition A will perform each of their two prescribed routines once. The GCG Senior Group will perform as outlined in their Strategic Plan / Training Plan.

#### **Awards:**

- Novice Group of 5:
  - All Around ranking is based on the top 8 from Competition A results (two performances), and the Novice Group Champion is the highest ranked Novice Group.
- Senior and Junior Development Groups:
  - All Around ranking is based on the top 8 from Competition A results. No National Champion is declared.
- Junior 5 and Senior 5 Groups:
  - All Around ranking is based on the top 8 from the addition of all scores from Competition A and Competition B. The Junior or Senior Group Champion is the highest ranked group.
  - Apparatus awards are given for the top 8 in each apparatus from Competition B. If there is only one Junior or Senior Group, apparatus awards are not presented.
- GCG Senior Group:
  - The GCG Senior Group does not receive All Around or Apparatus awards. However, they should be recognized by the host (for example, given flowers at the time of the awards or a medal).
  - Note that only the GCG Senior Group is considered National Team or HP, and is the only senior group that may represent Canada, and compete at FIG sanctioned international events.

#### **Keeper Trophies:**

Keeper trophies are to be provided by the host for Canadian Championships to the All Around 1<sup>st</sup> place Novice, Junior and Senior Groups as outlined in the current GCG National Group program.

#### **Perpetual Trophies: to be updated**

The Perpetual trophies are the property of GCG RG Program and will be retained at the GCG office. Metal plates with the name of the champion will be added annually.

The trophies are awarded as listed below. The description for each trophy is in the Appendix “Hosting Canadian Championships or Elite Canada” and should be included in the program for Canadian Championships.

Senior 5 Group Champion	Bermo Trophy
Junior 5 Group Champion	Reddy Trophy
Novice Group of 5 Champion	Victoria Buruiana Trophy

### 3.3 Non GCG Competitions held in Canada

#### 3.3.1 Eastern / Western Regional Championships

While Eastern / Western Regional Championships are not official GCG Competitions, GCG is responsible to ensure that the competitions follow the program set out by GCG, including the levels that may compete, awards structure, qualification to Canadian Championships, and assignment of Judge Responsible and Judge

Administrator. GCG must approve the Directives and all Bulletins to participating provinces, and must approve the tentative and final schedules.

The competition will be held 4 or 5 weeks prior to Canadian Championships.

The purpose of Eastern / Western Regional Championship is to:

- Provide competitive opportunity of highest caliber for national stream.
- Declare Eastern or Western Regional Champion for National Novice, Junior and Senior Open Individuals and Groups, Open Category Group, and Provincial Stream Individual Levels 3B, 3C, 3D, 4B, 4C, 4D, 5B, 5C, 6B and 6C and Provincial Novice, Junior and Senior Group.
- To act as a qualifying competition for Canadian Championships for National Novice, Junior and Senior Open Individuals who are not eligible for direct entry following Elite Canada.
- Note: There is no Competition B at Eastern / Western Regional Championships.

The top 10 Novice, Junior and Senior Open individuals, plus the next two highest ranking from each province, qualify for Canadian Championships. NOTE: Host must send results to GCG Program Director/NTD or designate to confirm eligibility of athletes.

- a) National Stream Individual: Open to all National Novice, and the National Juniors and Seniors who did not qualify for direct entry to Canadian Championships by placing in the top 15 at Elite Canada. If there is sufficient time available, the hosts may open registration to the High Performance Juniors and Seniors from Elite Canada. There is no requirement to include the HC gymnasts the host or GCG may choose not to include them if there is insufficient time. If they are included, these gymnasts will compete “hors concours”, and effective in the 2018 season, will pay a nominal registration fee of \$50.00. They will be judged but their scores will not be posted, nor entered into the scoring program and thus they will not be ranked. They must be marked “HC” beside their name in the rotation order.
- b) National Stream Groups: Open to all National Groups, and to the “Open Category” group.
- c) Provincial Stream Individual: Open to Provincial Stream levels 3B, 3C, 3D, 4B, 4C, 4D, 5B, 5C, 6B, 6C.
- d) Provincial Stream Groups: Open to Provincial Novice, Junior and Senior Groups as per the GCG Provincial Stream Program.

The order of apparatus follows FIG, with the Free routine first where applicable. General department of the coaches and gymnasts, judging, carpet and apparatus requirements, display of scores, etc., are as stated by FIG.

### **Competition A:**

Individual: All registered gymnasts compete in the All Around competition.

Groups: National FIG Junior and Senior Groups perform each of their two prescribed routines once. If there is a GCG Senior Group they will perform as outlined in the Strategic Plan / Training Plan. All other National stream and all Provincial stream groups will perform their prescribed routines two times.

### **Awards:**

- National Individual:
  - Novice, Junior and Senior Open All Around ranking is based on the top 8 from Competition A results. The first ranked in each category is named the Eastern Regional / Western Regional Champion.
  - Novice, Junior and Senior Open Apparatus Awards are based on the top 8 Competition A apparatus results.
  - No other awards or recognition are permitted
- National Groups:
  - All Around ranking is based on the cumulative scores from the two performances / apparatus. The top 8 groups receive Awards.

- *NOTE: Where there are two or less groups in a category, ONLY All Around awards will be given. (no apparatus awards)*
- Provincial Individual:
  - All Around ranking is based on the top 8 from Competition A results. The first ranked in each category is named the Eastern Regional / Western Regional Champion.
  - Apparatus Awards are based on the top 8 Competition A apparatus results
  - *NOTE: Where there are two or less individuals in a category, ONLY All Around awards will be given (no apparatus awards)*
- Provincial Groups:
  - The top 8 groups receive Awards.

### **Recommended Competition Schedule:**

It is recommended that the competition start at 9:00am at the earliest and finish by 8:00pm at the latest each day with a one hour lunch break and short breaks in the morning and afternoon. If an invitational is held in combination with ERC or WRC, then ERC/WRC must be held on the weekend, with the invitational being held on the weekdays. The national stream competition must be on the weekend and where required, on the Friday also. The Provincial categories must be on weekdays, before the start of the National competition. This will enable two sets of judges and two JR; one for provincial and one for national stream.

The schedule must be reviewed and approved by the GCG National Team Director.

### **3.3.2 International or Interprovincial Competitions**

The Provincial Offices may arrange international competitions by requesting sanction from GCG. The host organization should be guided by FIG and GCG regulations for the competitions.

### **3.3.3 Other Domestic Competitions**

**Canada Winter Games:** The Games are held every four years in February. When Rhythmic Gymnastics is included in Canada Winter Games, the Games governing committee will seek input from the GCG RG Program Director or designate--The rules applicable to Games will be published on the GCG and the Games websites.

**Western Canada Summer Games:** The Games are held every four years. When Rhythmic Gymnastics is included in Western Canada Summer Games, the Games governing committee will seek input from GCG RG Program Director or designate and from the PSO's well in advance. The rules applicable to Games will be published on the GCG and the Games websites.

## **Section 4: National Team Program**

The objective of the GCG RG National Team Program is to identify a pool of athletes to represent Canada internationally and to provide a selection process for athletes to participate in specific events. Selection Criteria for assignments to international competitions are determined annually and distributed to the provinces and NT Coaches.

The following domestic events are important events for HP & National Team Members to attend.

- Canadian Championships
- Elite Canada
- Training Camps
- Trials &/or Selection Activities

### **4.1 Canadian Championships**

Primarily the Championships are a prestigious annual competitive opportunity for developing HP gymnasts, showcasing top Canadian talent, provide National rankings and declare Canadian Champions for each category of competition. The Championships also play an important role in the National Team Program. The Canadian Championships are used as part of the selection process for Major events, National Team Status and Sport Canada Athlete Assistance Program Carding when applicable.

## **4.2 Elite Canada**

The primary purpose of Elite Canada is to identify the members of High Performance - Junior and Senior. Elite Canada is also used as part of the individual and group selection for certain Major events, National Team Status and Sport Canada Athlete Assistance Program Carding when applicable.

## **4.3 Training Camps**

Training Camps are an important part of the National Program. These camps may be organized in a central location, or may periodically take place regionally.

There are three types of camps that may be organized by Gymnastics Canada:

1. Event Preparation Camps - Camps in preparation for a major team competition;
2. Technical Preparation Camps – National Team camps not specific to a competition;
3. Control Trainings - Short duration mini camps by specific invitation or request with groups or individual athletes.

## **4.4 Trials and Selection Activities**

For certain competitions, a specific Trial or Selection event may be identified for the purposes of naming an Official Team to the specified competition. The RG PC will approve and seek a location for trials for Major Team competitions at the request of the National Team Director. For other international competitions, the NTD will specify what domestic competitions &/or camps will be used for selecting athletes to compete.

## **Section 5: Assignment to International Competitions**

The GCG RG National Team Director or designate assigns athletes to all Strategic Competitions. Only National Team athletes will be assigned to FIG Strategic Competitions. HP athletes may be eligible to attend FIG International Invitational Competitions.

### **Section 5.1: Athlete Selection to Major Events**

When selecting for a major competition (Olympic or Pan Am Games, World Championships, Pacific Alliance, FISU etc.), the objective is to field the best gymnasts, which will attain the highest scores. The NT Director or designate is foremost responsible for the results of the gymnasts/team. A selection process is put in place for each of these Major Events.

These events may be fully funded, cost-shared or self-funded depending on budget & importance.

### **Section 5.2 Athlete: Selection to Other FIG Events**

The NTD in consultation with the NT coaches coordinates the participation to other FIG Events based on the gymnast's present ranking, yearly training plan and interest expressed by the deadline dates published in the GCG Calendar of Events. These events are self-funded.

These events must be approved by the NTD and all communication is done by Gymnastics Canada.

### **Section 5.3: International Invitational Competitions – NON FIG**

Certain competitions may be club invitational competitions. Participation in these events is not limited to NT members. Athletes may represent their club in an International Invitational event, but must be sanctioned by their Province and GCG. The “Authorization to Travel form is available on the GCG website [www.gymcan.org](http://www.gymcan.org)

The Authorization to Travel Form must be approved by Gymnastics Canada and all communication and arrangements facilitated by the club unless noted.

### **Section 6: Hosting a FIG Event or International Invitational**

Clubs or Provinces interested in hosting International Invitational or FIG Events are required to complete the “Sanction Form to Host an Event” available on the GCG website under “Events”.

### **Section 7: Appendix: Petitions for Medical Exemptions**

The athlete’s coach and Provincial Office must complete the GCG Medical Exemption Form (available on the website or by contacting the National Team Director) and submit all information and documentation as outlined on the form.

Petitions for other extenuating circumstances will be considered by GCG on an individual basis and all relevant documentation must be provided with the request.

Restrictions:

- National Team members may submit a maximum of one petition each competition season
- National Team members may not submit petitions for consecutive competitions over two seasons.
  - Example: May not submit petition for CC in 2013 and EC in 2014 as these are consecutive. However, may submit petition for EC in 2013 and CC in 2014.
- If a Trial Meet for International Selection is held in conjunction with Elite Canada, a petition will only be accepted from the top ranked Canadian gymnast at the previous World Championships.
- If a Trial Meet for International Selection is held in conjunction with Canadian Championships, a petition will only be accepted from the top ranked gymnast from the previous Elite Canada.
- No petitions will be considered for Groups.

<p><b>1. Petition to compete at <u>Canadian Championships</u> for <u>non National Team</u> gymnast unable to compete at <u>Regional Championships</u>:</b></p> <p>If gymnast is injured prior to or during <u>Regional Championships (RC)</u>, the gymnast may petition to compete at CC.</p> <ul style="list-style-type: none"> <li>• If injured prior to RC, the petition must be submitted prior to the start of the competition.</li> <li>• If injured during RC, the petition must be submitted by the 3<sup>rd</sup> business day after the last day of the RC.</li> </ul>	<p><b>Eligibility Calculation:</b> For Junior &amp; Senior GCG will obtain the petitioner's Competition A score from the previous Elite Canada, and for Novice the Competition A score from the previous CC.</p> <p><b>For Junior &amp; Senior:</b></p> <ul style="list-style-type: none"> <li>• GCG will obtain the scores of the top 10 in the same category from the Regional Championships that the petitioner did not attend, and the scores of the same gymnasts from the previous Elite Canada.</li> <li>• GCG will calculate the average of the RC and EC scores for each of the gymnasts.</li> <li>• The petitioning gymnast's score from the previous EC will be compared to the average scores as calculated above. If her score is the same or higher than the 10<sup>th</sup> ranked gymnast from RC, the petition will be granted.</li> </ul> <p><b>For Novice:</b></p> <ul style="list-style-type: none"> <li>• Compare the petitioner's rank from the previous CC to the top 10 from RC. If her score is the same or higher than the 10<sup>th</sup> ranked gymnast from RC, the petition will be granted.</li> </ul> <p><b>For all other situations:</b> The coach must request consideration for a petition in writing outlining all details and attach relevant documentation to the GCG Program Director, NTD or designate who will then consult with the appropriate GCG individuals and RG committees as appropriate. In extremely rare and unusual circumstances, a petition may be granted.</p>
<p><b>2. Petition for direct entry to <u>Canadian Championships</u> for <u>National Team</u> gymnast unable to compete at <u>Elite Canada</u>; OR for gymnast to remain a member of High Performance if injury or illness occurs <u>during Elite Canada</u>.</b></p> <p>The petition must be submitted by the 3<sup>rd</sup> business day after the end of Elite Canada competition.</p>	<p><b>Eligibility Calculation:</b></p> <ul style="list-style-type: none"> <li>• GCG will obtain the scores from the routines competed at EC.</li> <li>• GCG will obtain the scores from the previous CC for the routines not competed at EC and deduct 5% from these scores.</li> <li>• Using the above, GCG will calculate a new set of complete scores for the petitioner.</li> <li>• If the petitioner's new score is the same as or higher than the 15<sup>th</sup> ranked gymnast from EC, then the petition will be granted to remain as a High Performance athlete, and for direct entry to CC.</li> <li>• If the petition is not granted, the athlete must compete at RC in order to qualify for CC and to regain National Team ranking.</li> </ul>
<p><b>3. Petition to be ranked for <u>National Team</u> if unable to compete at <u>Canadian Championships</u>.</b></p> <ul style="list-style-type: none"> <li>• If injured prior to CC / EC, the petition must be submitted prior to the start of the competition.</li> <li>• If injured during CC / EC, the petition must be submitted by the 3<sup>rd</sup> business day after the last day of CC / EC.</li> </ul>	<p><b>Eligibility Calculation:</b></p> <ul style="list-style-type: none"> <li>• GCG will obtain the scores from the previous EC for the routines not completed at CC and deduct 5% from these scores</li> <li>• If the petitioner's new score is the same or higher than the 10<sup>th</sup> ranked gymnast at the competition she missed, then the petition will be granted.</li> <li>• The petitioner will be ranked on the National Team in the position based on her score.</li> <li>• The National Team will be increased by a maximum of 1 in the event of multiple petitions.</li> <li>• If the petition is not granted, the gymnast must re-qualify at the next opportunity.</li> </ul>