



*2022-23 CARDING CRITERIA
RHYTHMIC GYMNASTICS*

APRIL 2022 – FINAL

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SECTION ONE: PROGRAM PARAMETERS/OBJECTIVES

1.0 GENERAL INFORMATION

Gymnastics Canada (GymCan) participates in the national “Athlete Assistance Program (AAP)” managed through Sport Canada; as a recognized Olympic discipline, Rhythmic Gymnastics (RG) has the opportunity to nominate athletes annually to Sport Canada for consideration of financial and material support based upon agreed performance criteria published in advance by GymCan. An athlete’s performance in the year, and in line with the published AAP performance criteria for that year only, makes the athlete eligible for nomination consideration for AAP support in the following year.

The goal of the AAP is to contribute toward improved Canadian performances at major international sporting events such as the Olympic Games and World Championships. The AAP identifies and provides funding directly to athletes who have met and/or continue to demonstrate the potential to meet the national and international performance criteria as determined by Sport Canada and GymCan. The AAP has three objectives:

- To financially support Canadian athletes identified by National Sport Organizations (NSO’s) using criteria established by Sport Canada as performing at, or having the greatest potential to achieve a top-12 team result or a top-8 individual result at Olympic/Paralympic Games and World Championships;
- To assist Canada’s AAP carded athletes in preparing to engage in full or part-time career activities; and
- To enable Canada’s AAP carded athletes to participate in year-round national training competition regimes to further their athletic goals.

Under the AAP, eligible athletes have access to the following benefits:

- Living and training allowance;
- Tuition and deferred tuition support;
- Supplemental support.

The AAP has four levels of cards, which provides a monthly living and training allowance as follows:

Card Type	Monthly Allowance	Annual Value (12 months)
Senior International Card (SR1/SR2)	\$1,765	\$21,180
Senior National Card (SR)	\$1,765	\$21,180
First Year Senior National Card (C1)	\$1,060	\$12,720
Developmental “D” Card (Junior)	\$1,060 (minimum 4 months)	Up to \$12,720

For details relating to RG specific carding allocations, please refer to Section Two: Annual Performance Objectives and Parameters.

Gymnastics Canada utilizes the AAP as part of its support strategy for national team athletes aligned with the objectives outlined in the AAP documentation.

For the 2021-2024 quadrennial, GymCan’s primary objectives for the RG national team program are the following:

- **Rhythmic Gymnastics Group (RGG):**
 - To rank in the top two PAGU countries at each World Championships and major PAGU event;
 - To qualify to the 2023 World Championships at the 2022 World Championships by ranking in the top 24;
 - To finish in the top 10 at the 2023 World Championships;
 - To qualify to the 2024 Olympic Games at the 2023 World Championships.

- **Rhythmic Gymnastics Individual (RGI):**

- To consistently finish in the top three teams at each Pan American Championships to qualify a full individual team quota to the 2022 and 2023 World Championships;
- To finish in the top 18 All Around final at the 2023 World Championships;
- To qualify to the 2024 Olympic Games through the 2023 World Championships.

Gymnastics Canada's AAP priorities for RG in the 2021-2024 quadrennial will be structured according to the primary objectives identified above. Gymnastics Canada reserves the right to update or adjust criteria on an annual basis as circumstances require. The process to update criteria is as follows:

- 1.1 Annually, the National Team Director – RG (NTD-RG) will review the AAP criteria for accuracy and consistency as it relates to the overall program objectives.
- 1.2 The RG Program Committee (including national team athlete representation) will include an AAP criteria review as part of its annual meeting agenda. It is expected that the national team athlete representative will ensure that the AAP criteria is discussed at the annual national team athlete meeting and will provide input from athletes to the RG Program Committee on a timely basis.
- 1.3 GymCan will publish any updates to the AAP criteria at least six months in advance of the next carding cycle. Should this timeline not be realistic due to unforeseen circumstances, Gymnastics Canada will work with Sport Canada to ensure that there is an appropriate process in place to ensure that communication and consideration of unique circumstances are managed in a fair manner.
- 1.4 GymCan will operate an internal appeal process should any athlete wish to challenge a decision made in respect to AAP nomination (see 8.0, Section One of this document).

2.0 ATHLETE AAP ELIGIBILITY CRITERIA

RGG

To be considered for AAP carding nomination, an athlete must meet the following criteria:

- a) Be a Canadian citizen;
- b) Attend the GymCan Group Selection Activity (including the probation period), unless a request for an exemption due to injury, illness or other legitimate circumstance is approved in advance in writing with documentation (i.e. doctors note) by the NTD-RG;
- c) Be available to represent Canada at major international competitions, up to and including the World Championships and Olympic Games;
- d) Be selected as one of the members of the GymCan Group for the period of November 1, 2022 to October 31, 2023;
- e) Meet the Sport Canada AAP eligibility requirements as noted in the following link:
<https://www.canada.ca/en/canadian-heritage/services/funding/athlete-assistance.html>;
- f) Be a member in good standing with Gymnastics Canada and their respective Provincial/Territorial organization and club, with no outstanding invoices owing to GymCan;
- g) Sign the Canadian Anti-Doping Program (CADP) athlete agreement and the GymCan Group Athlete Agreement.

RGI

- a) Be a Canadian citizen;

- b) Meet the Sport Canada AAP eligibility requirements as noted in the following link:
<https://www.canada.ca/en/canadian-heritage/services/funding/athlete-assistance.html>;
- c) Be a member in good standing with Gymnastics Canada and their respective Provincial/Territorial organization and club, with no outstanding invoices owing to GymCan;
- d) Participate in all national high performance competitions such as Canadian Championships, Elite Canada, Technical Control Trials, and high performance training camps that are programmed within the current AAP time-period, or have advance written permission with documentation (i.e. doctors note) from the NTD-RG to not participate*;
- e) Be available to represent Canada at major international competitions, up to and including the World Championships and Olympic Games;
- f) Sign the Canadian Anti-Doping Program (CADP) athlete agreement and the GymCan Athlete Agreement.
**Should an athlete receive written permission to not participate, they must also receive written permission from the NTD-RG to assign AAP carding points from another approved international competition if applicable.*

3.0 ATHELTE NON-ELIGIBILITY

An athlete is **not eligible** to be nominated for AAP carding consideration if they do not meet the criteria outlined in 2.0.

4.0 PERFORMANCE REVIEW AND APPLICATION PROCESS – AAP NOMINATIONS

GymCan manages the application, review, nomination, and on-going monitoring process for the RG AAP as follows:

- 4.1 The NTD-RG is ultimately responsible for the management of all elements of the annual process, with administrative support provided by the RG Senior Program Coordinator.
- 4.2 The NTD-RG will meet with the RG Carding Working Group (CWG) in a timely manner at any period of the year to provide technical input for any aspect of the AAP process. The Working Group consists of the following:
 - NTD-RG;
 - RG Senior Program Coordinator;
 - RG's Program Committee appointed coach and judge representatives (respecting personal conflicts of interest);
 - RG Athlete Representative (or designate if there is a personal conflict of interest).

**Current National Team coaches with AAP eligible athletes cannot be part of the CWG but can be consulted for input as required.*

**The Gymnastics Canada HPD and/or CEO are “de-facto” members of the CWG and must be consulted prior to any final decisions being implemented.*

- 4.3 The CWG role is to provide appropriate high-performance technical input into the discussion regarding athlete nominations for AAP carding consideration. Ultimately, the responsibility for a final decision on AAP carding nomination rests with the NTD-RG (with review and approval from the GymCan HPD and/or CEO). The NTD-RG presents the athlete nominations to Sport Canada at the annual review meeting, with assistance from the RG Senior Program Coordinator in preparing the Sport Canada nomination submission.

4.4 Throughout the year, the NTD-RG (with assistance from the RG Senior Program Coordinator) is responsible for managing AAP supported athletes to ensure that they continue to meet the administrative and performance expectations inherent to their AAP support. Should there be a consideration for an athlete to be “de-carded” during the year, GymCan will follow the process as outlined in Point 7.0, Section One of this document.

4.5 A Senior athlete is expected to meet the following performance and commitment objectives unless ill or injured:

4.5.1 RGG

- Provide a written statement to the effect that, during the carding cycle, the athlete:
 - Intends to continue to train and compete with the GymCan Group at the level expected of a carded athlete until the end of the competitive group season (up to and including World Championships);
 - Will take part in all assigned training, monitoring and competition activities of the GymCan Group Program.
- Meet the targets and verifications set out in their GymCan approved annual training and competition plan;
- Demonstrate an ongoing commitment and dedication to the training and performance goals as outlined in the approved annual training and competition plan;
- Maintain a physical condition in accordance with that required to meet the goals as outlined in the approved annual training and competition plan;
- Maintain communication and engagement with GymCan throughout the year as part of the monitoring of the approved annual training and competition plan;
- Strive to improve her performance and technical capacity compared to previous years based upon the approved annual training and competition plan;

4.5.2 RGI

- Provide a written statement to the effect that, during the carding cycle, the athlete:
 - Intends to continue to train and compete at the level expected of a carded athlete until the end of the competitive season (up to and including World Championships);
 - Will take part in all assigned training, monitoring and competition activities of a national team athlete.
- Meet the targets and verifications set out in their GymCan approved annual training and competition plan;
- Demonstrate an ongoing commitment and dedication to the training and performance goals as outlined in the approved annual training and competition plan;
- Maintain a physical condition in accordance with that required to meet the goals as outlined in the approved annual training and competition plan;
- Maintain communication and engagement with GymCan throughout the year as part of the monitoring of the approved annual training and competition plan;
- Strive to improve her performance and technical capacity compared to previous years based upon the approved annual training and competition plan;
- Actively compete in at least two FIG international competitions in the annual carding period, and at least one per six-month period.

- 4.5 Should any athlete disagree with decisions made by GymCan in respect to the AAP, they will be instructed to follow the procedures as outlined in Point 8.0, Section One (Review of Decision and Appeal Procedure) of this document.
- 4.6 All AAP nominated athletes are required to submit the Sport Canada AAP application form to Gymnastics Canada prior to nomination, and are required to complete the following on-line courses prior to them receiving funds from the AAP:
- “CCES True Sport Clean”
 - “Sport Canada – Athlete Assistance Program”

Failure to complete these courses will result in the withholding of AAP funds until the courses are completed

5.0 FAILURE TO MEET RENEWAL CRITERIA FOR HEALTH-RELATED REASONS

Gymnastics Canada will consider AAP carding support for an athlete who is eligible under section 2.0 and has met the conditions outlined below. If they have not been met, the athlete will no longer be eligible for nomination for carding. It is the responsibility of the athlete and coach to meet the conditions under 5.1 listed below even if there is no reminder sent by GymCan. Section 5.1 applies to athletes who are up for carding renewal that are currently carded in the cycle that is ending.

5.1 CONDITIONS FOR HEALTH RELATED CARD STATUS

The athlete (group and/or individual) may be considered for carding nomination if all the following conditions have been met:

- a) Was previously carded at a SR or C1 level in the most recent carding cycle;
- b) The health-related reason (injury, illness or pregnancy) is supported by a medical report and a physician’s documentation submitted to the Senior Program Coordinator. The documentation must state:
 - the date the health-related reason occurred;
 - the nature of the health-related reason (injury or illness), and whether or not this is an acute or chronic injury/illness;
 - that reason why the athlete could not participate in the selection activity, probationary training period (for group only), compete at the event, and/or finish the competition/selection;
 - the rehabilitation protocol, the amount of training the athlete can do in the next 12 weeks, the expected date for a) full recovery and b) return to full training;
 - the date that the certificate was issued.
- c) For RGI: the athlete has competed in at least one GymCan assigned FIG international competition, Canadian Championships, Technical Control Trial, or Elite Canada, within the past year. For RGG: the athlete has competed at the World Championships, Senior Pan American Championships, or Technical Control Trials within the past year.
- d) The most recent competition results for the athlete (within one year) should demonstrate the athlete was competing at a level consistent with athletes already nominated for a card.
- e) The coach of the athlete has confirmed in writing to GymCan that the gymnast should be reviewed under the failure to meet renewal criteria for health related reasons criteria and has submitted to the NTD-RG the modified training program (content, skills, and load) that the athlete will do.
- f) On a quarterly basis, the coach of the athlete submits to the NTD-RG a report stating the progress made towards complete rehabilitation and indicating the training program that the athlete has followed since the previous report.

- g) The NTD-RG may require the athlete to take part in a test event four months after the injury to confirm that the athlete has returned to at least 60% of training (based on 24-30 hrs. per week as per NT Agreement)
- h) If the athlete has not been able to return to full training and competition within six (6) months of the start of the carding cycle, the NTD-RG, in consultation with the Senior Program Coordinator and CWG, will review the card with the possibility of extension or recommendation to withdraw the card being made to Sport Canada. Any withdrawal of AAP carding will follow the de-carding process as outlined in Item 7.0, Section One of this document.

5.2 EXTENSION OF VERIFICATION PERIOD

If an athlete has not met all the conditions above within the first three months of the carding year but has shown significant progress towards full recovery from the health-related reason (injury, illness or pregnancy) within the first three months of the carding year (as assessed by the NTD-RG), she may be given a further three months to meet the conditions. The decision and condition attached to the extension of the deadline will be made by the NTD-RG.

6.0 MAXIMUM NUMBERS OF YEAR OF CARDING – SENIOR CARD

- 6.1 An athlete is expected to improve each year to maintain a Senior card based on national criteria and to eventually achieve the SR-1 international criteria. Gymnastics Canada and Sport Canada have agreed to a maximum five-year period in which an athlete can be carded at the SR level; after that period, an athlete must achieve the international SR-1 criteria. In exceptional situations, Gymnastics Canada may consider nominating a SR athlete for up to three additional years of carding (beyond the five year limit) at the SR level if there is compelling evidence provided that shows the athlete's capacity to move to the SR-1 level and/or the athlete continues to be a contributing member of the team towards future Olympic qualification and target performance as outlined in Section One of this document.
- 6.2 For an athlete to be considered for continued AAP carding support at the SR level beyond the maximum 5 year period, they must meet the following:
 - Within the current competition review period for AAP carding consideration, the athlete must achieve at least one of the objectives in Priority One, Two, or Three as outlined in Section Two of this document (Annual Performance Objectives);
 - The athlete must have competed in at least one FIG approved international competition and be ranked in the GymCan Senior Ranking List for RGI or named to the GymCan centralized group as per the GymCan Group Selection Criteria for RGG. All results will be tracked and evaluated.
 - In the opinion of the NTD-RG (in consultation with the CWG), the athlete has the capability to secure performances that contribute to the program performance objectives as outlined in Section One of this document.
- 6.3 The NTD-RG (in consultation with the CWG) has the responsibility to determine whether an athlete carded for five or more years will be submitted for consideration for additional AAP Carding support to Sport Canada.

For clarity, there cannot be consideration for an athlete for AAP carding support at the SR level for more than eight years.

7.0 DE-CARDING PROCEDURE

The NTD-RG has the authority to verify, at any time during the annual carding cycle, that the athlete remains committed to and/or meets the expectations laid out in their individual and/or group athlete verification plan and their signed NT Agreement. Verification plans will be created for each individual and/or group carded athlete with input from the NTD-RG, the athlete, the athlete's personal coach(es)/group coach and the IST Lead, or designate. Should an athlete not be able to meet the verification standards and targets laid out for them, they may be subject to de-carding consideration. The decision to de-card an athlete is the responsibility of the NTD-RG after consultation with the CWG and Sport Canada.

7.1 CONDITIONS FOR THE DE-CARDING PROCESS

The NTD-RG (in consultation with the CWG) may initiate the de-carding procedures if an athlete is not meeting requirements as set out in either the individual athlete's or group athlete's approved annual training and competition plan or the GymCan National Team Agreement (or both). Specifically, the NTD-RG has documented the following as part of the de-carding process:

- 7.1.1. There is a lack of commitment of the athlete to the National Team training and competition program as indicated by, but not exclusively:
 - Failure of the athlete to meet the training and performance objectives within the approved annual training and competition plan;
 - Absence of the athlete from National Team activities, including daily training for RGG athletes, without prior approval from the NTD-RG;
 - Absence of the athlete from National Team activities without the submission of verifiable documents with regard to health-related matters and rehabilitation protocols, including:
 - required competitions
 - training/monitoring activities (camps, joint training sessions, club visitations)
 - selection activities
 - inability to perform with their specified apparatus when expected.
 - Lack of availability of the athlete for verification of health and training status by the RG technical experts or failure by the athlete to attend a technical verification when pre-arranged with the RG technical experts.
 - Failure by the athlete to follow the mutually agreed upon rehabilitation protocol in case of an injury;
 - Failure by the athlete to take part in the development of her individual or group training plan with her coach and the RG technical experts.
 - Engaging in risky activities that endanger the athlete's ability to train appropriately and remain in good health, including unplanned or not approved vacations or training breaks without notifying the NTD-RG.
- 7.1.2. As a preliminary step, the NTD-RG will meet with the athlete and their personal coach (for RGI) or Head National Team Group Coach (for RGG) to inform them of the concerns and to work on corrective steps and timelines to mitigate the concerns and return the athlete to full compliance as per the AAP regulations and the National Team Agreement.

- 7.1.3. Should the athlete fail to comply with the agreed to corrective steps and measures, the NTD-RG has the responsibility to inform Sport Canada of the matter and to initiate the de-carding process according to the process as outlined in the [Sport Canada AAP regulations](#).

8.0 REQUEST FOR REVIEW AND APPEAL PROCEDURE

Any individual who is in disagreement with a decision made in the application of AAP procedures as outlined in this document, or in any decision made by Gymnastics Canada representatives in respect to the AAP itself, may submit a “*request for reconsideration*” to the RG Senior Program Coordinator. The “*request for reconsideration*” must be made no more than five working days from the day of circulation of the decision in question, it must include the rationale supporting the request, the errors identified in the original decision and the outcome requested from a review. The RG Senior Program Coordinator will work with the NTD-RG and GymCan CEO in determining the most appropriate manner in which GymCan will respond to the “*request for reconsideration*” and the response will be provided in written form to the individual within 5 working days of receiving the request.

If said individual is not satisfied with the GymCan response to the “*request for reconsideration*”, the individual can then submit an appeal request to GymCan as outlined below.

8.1 APPEAL

Appeals of Gymnastics Canada’s AAP nomination/re-nomination decision or of a Gymnastics Canada recommendation to withdraw carding may be pursued only through the Gymnastics Canada appeal process, which can be found [here](#).

SECTION TWO: ANNUAL PERFORMANCE OBJECTIVES AND PARAMETERS

Carding Cycle: November 1, 2022 – October 31, 2023

For the 2021-2024 quadrennial, Sport Canada and GymCan have agreed to adjust the start and end dates of the current RG annual carding cycle to better coincide with the annual completion of the FIG international calendar (to include results from the annual World Championships or the Olympic Games in 2024). The 2022-2023 carding cycle is a 12-month period from November 1, 2022 to October 31, 2023.

For the 2022-2023 carding cycle, Sport Canada has provided Gymnastics Canada with a contribution of **\$105 900** for the 12-month carding period. This portion will be allocated to the RGI athletes and RGG athletes as outlined below in section 1.0, Priority One and Two: RGI Athlete Nomination Process and Priority Three:, RGG Athlete Nomination Process

Gymnastics Canada accepts that all athletes may be limited in their ability to train and compete for a portion of the 2022-2023 carding period due to the COVID-19 pandemic. Given the vagaries of the situation at the time of publication, GymCan and Sport Canada reserve the right to adjust the AAP carding criteria if there remain circumstances beyond control that significantly impact the ability for either organization to implement the published criteria or for athletes to attain the performance or training expectations outlined in the criteria (due to a lack of ability to train and/or compete in the period noted).

Athlete nominations for AAP carding support will follow the program regulations as outlined in Section One of this document, and the performance ranking priority as outlined in Section Two of this document.

1.0 ATHLETE NOMINATION PROCESS

Nomination Deadline: October 1 2022

- Nomination and Commitment Forms – Appendix 2
- Signed National Team Athlete Agreement

AAP Carding Nominations will be allocated in priority order as follows:

PRIORITY ONE: RGI ATHLETE (SR/C1)

The top ranked senior individual athlete at the 2022 World Championships in the Individual All-Around Final (top 18 from the Individual All-Around Qualification), or the Individual All-Around Qualification should an athlete not qualify to the All-Around Final, will be nominated for carding for a full 12 months of carding support.

PRIORITY TWO: RGI ATHLETE (SR/C1)

Should two senior individual athletes at the 2022 World Championships qualify to the Individual All-Around Final (top 18), the second ranked athlete will also be nominated for carding for a full 12 months of carding support.

If no athletes qualify to the Individual All-Around Final at the 2022 World Championships, only the top ranked senior individual athlete from the 2022 World Championships in the Individual All-Around Qualification will be nominated for carding as outlined in Priority One: RGI Athlete (SR/C1).

PRIORITY THREE: RGG ATHLETE (SR/C1)

The equivalent of three or four senior cards, pending RGI carding nominations based on the criteria set-out in Priority One and Priority Two above, will be split among up to six named group athletes, as per the 2022-2023 group selection activity, with the understanding that athletes may be nominated for less than 12 months of carding support. The athletes will be nominated for carding if the following criteria have been met:

- The athlete participated in the 2022-2023 group selection activity, or received an approved exemption as outlined in Section One, 5.0 Failure to Meet Renewal Criteria for Health-Related Reasons.
- The athlete continues to meet the AAP eligibility criteria as outlined in Section One of this document.
- The athlete has submitted the AAP Nomination Form and signed the National Team Agreement.
- The athlete has stated their commitment to the 2022-24 centralized group program and adheres to the annual training and competition plan.

APPENDIX A: 2022-2023 CARDING APPLICATION AND COMMITMENT FORM - RGI

Athlete Information		
Name:		
Date of birth:	Phone:	Email:
Current address:		
City:	Prov:	Postal Code:
Club Information		
Club Affiliation:		
Club address:		Phone:
City:	Prov:	Postal Code:
Primary Coach:		Secondary Coach:
Phone:		Phone:
Email:		Email:
Parent Information		
Mother:		Father:
Email:		Email:
Phone:		Phone:

I _____ declare that I:

Name of Athlete - Print

- will train and compete at the level expected of a carded athlete and will meet the expectations stated in the AAP Carding Process, from November 1, 2022 to October 31, 2023;
- will not leave the National Team program in the next 12 months;
- will take part in the training, monitoring, and competition activities of the National Team Program;
- will train for and compete at Canadian Championships, Technical Control Trials, and Elite Canada unless unable to do so for health-related matters; such health-related matters may be verified by a physician appointed by GymCan.
- will attend assigned international events unless unable to do so for health-related matters; such health-related matters may be verified by a physician appointed by GymCan.

Signature of Athlete

Name in print

Date

Signature of Parent

Name in print

Date

(if athlete is under 18 years old)

COACH CONFIRMATION OF COMMITMENT

I _____, coach of _____
Name of Coach - Print *Name of Club*

confirm the commitment made by _____, and will assist
Name of Athlete
 her to the best of my ability to meet her obligations as a carded athlete.

By checking this box, I affirm that if my athlete, _____ is nominated for
 AAP carding, I will submit an individual training and competition plan as required by Sport Canada.

 Signature of Head Coach Date

**The form must be emailed to the Senior Program Coordinator or designate prior to the nomination
 deadline.**

FOR OFFICE USE:

Received on: _____