



**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 follows the FIG Code of Points as well as the following documents which are available on the GCG website.

- Judge Rules and Regulations
- National Team Program Documents
- GCG Development Program (Provincial Program)
- GCG National Novice Program – revised annually
- Hosting Requirements for Elite Canada and Canadian Championships

## **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)

Refer to Appendix 1 for more details.

## 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.

A Dual Nationality (DN) or Permanent Resident (PR) gymnast **who has chosen to represent her non-Canadian country at FIG competitions** may compete at GCG events provided she meets the qualification criteria.

- 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 for each competition from their National Federation to Gymnastics Canada to be eligible to compete. The gymnasts will be identified with their federation code beside their name. Example Estonia = EST

**Visiting gymnasts** may request approval from GCG to compete at Eastern or Western Regional Championships in the All Around competition. The request must be submitted by the federation of her country to GCG in advance of the registration date.

For Elite Canada and Canadian Championships refer to section 3.1 or 3.2.

## 2.3 Age of gymnasts

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

### National Program:

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)

### Development Program (formerly called “Provincial Stream”):

As per GCG’s [Rhythmic Gymnastics Individual Development \(RGI\) and Rhythmic Gymnastics Group Development Program \(RGG\)](#)

## 2.4 Eligibility of Coaches

A coach residing permanently in Canada participating in an RG National Level competition must be a duly affiliated member of his/her P/T association and of GCG (based on the province of residence).

The coach must be a member in good standing (not currently sanctioned) with GCG and his/her P/T association. All coaches wishing access to the training, warm up or competition floor must be certified level 3 or Competition 3 (Development) certified for **National Stream**.

All coaches wishing access to the training, warm up or competition floor must be certified level 2 or Competition 2 (Introduction Advanced) certified for **Developmental Stream**.

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 accredited coaches and managers are allowed entry to the orientation/technical meeting prior to the start of competition unless noted otherwise.

All registered clubs must verify that their coaches have submitted a vulnerable sector police check within the past year. Failure to comply with this will result in the coach being unable to be on the competition floor. All registered coaches are recommended to take the Making Head Way Concussion eLearning from the Coaching Association of Canada.

A maximum of 2 accredited coaches are allowed on the field of play/competition area at one time.

#### **2.4.1 Exemption to Coaching Level**

Exemption requests must include the \$50.00 Administration Fee payable to GCG, and must be submitted by December 15<sup>th</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 may be considered in extenuating circumstances (for example, last minute major illness).

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

### **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 Section 2.2 for Dual Nationality or Permanent Residents representing another federation.

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 provides spare apparatus to place around the carpet as per FIG regulations for Elite Canada and Canadian Championships. For Regional Championships and other competitions, host clubs may request the apparatus and would be responsible for the shipping charges to and from their location.

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. Two line judges are required for individual and group as per the FIG 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. The host must also ensure that there are individuals identified for back up in case of illness or replacement if requested by the JR or JA. All minor officials must ensure they are in their assigned position before the start of each rotation.

All minor officials (apparatus judges, line judges, music, timers, scorers, etc.) must be appropriately attired for this level of competition with white tops and dark bottoms.

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 as appropriate.

### 3.1 Elite Canada

Elite Canada is held annually in February or early March. The purpose of Elite Canada is to:

- Provide a National level competitive opportunity for developing individuals and groups
- Declare Elite Canada Champions.
- Identify the 15 High Performance Junior and Senior Individuals for direct entry to the Canadian Championships.
- Initiate the selection process for GCG RG National Teams.
- To assist in identifying assignments to strategic international competitions based on selection criteria.
- Provide a National level competitive opportunity for gymnasts in their final year of Novice.
- Provide an opportunity for GCG Senior Group to meet requirements for their training and competition plan.

Qualification from the previous Canadian Championships is required to be invited to participate at Elite Canada for Junior and Senior athletes. Qualification details are listed below. Elite Canada is an OPEN competition for all National stream groups and for Novices who turn 12 in the year of competition.

#### Junior athlete qualification:

**a) Up to 45 Junior athletes qualify from the previous year’s Canadian Championships (CC) in the following order:**

1. National Team / High Performance Junior from previous CC
2. Novice who have turned Junior Age who placed in the top 15 at the previous CC
3. Junior athletes in order of ranking from previous CC to make the total of Junior athletes competing at Elite Canada 45
4. If after the above 3 criteria have been applied there are not 45 Junior athletes, then additional Novices who have turned Junior age will be invited based on their Canadian Championships rank.
5. If any of the 45 gymnasts withdraw by the refund deadline, the alternative list will be applied in rank order. If the athlete(s) have completed a Request to Participate form and were accepted, they will be refunded the processing fee in full.

**b) In addition to the 45 athletes from the above 4 categories:**

- If a province had athletes compete at CC but none of those qualified in the 45 athletes as described above, then that province will be invited to send one athlete.

- c) A maximum of 5 spots in addition to the 45 athletes invited in section a) above may be approved by GCG. (Note, the cost of the Request to Participate application is \$50/athlete and is non-refundable.)**
- Medical petitions for athletes who qualified for CC but were not able to attend and followed the RG Medical Petition rules
  - If not all of the 5 spots are used by medical petitions, then GCG will consider participation for “extenuating circumstances”. An extenuating circumstance must be approved by the program committee. In this case, the athlete must submit a video of 4 routines by December 1<sup>st</sup> each year. Routines will be assessed by two members of the JWG who are Brevet Level in the current cycle and non-affiliated with a club. The AA score must be equal to or higher than the last gymnast that qualified under categories #1, 2 and 3 from the previous year CC. Athletes applying under this category will be ranked by the AA score given by the assigned judges, and once approved, will be invited based on the ranking until the 5 spots are full.
- d) An additional 2 spots are available for “Visitors”**  
The spots will be first awarded to visiting gymnasts who are training in Canada on a student visa. These gymnasts must submit a video by December 1<sup>st</sup> and meet the petition requirements in section c) and invited by GCG in rank order. If these two spots are not filled in this manner, requests by national team members of other countries’ federations will be accepted on a first come, first serve basis.

**Senior athlete qualification:**

- a) Up to 40 Senior athletes qualify from the previous year CC in the following order:**
1. National Team / High Performance Senior from previous CC
  2. Juniors who were National Team / High Performance at the previous Canadian Championships who are Senior age
  3. Senior or Junior athletes who are now senior age, in the order of the Competition A scores from the previous CC (scores are merged and athletes re-ranked)
  4. If any of the 40 gymnasts withdraw by the refund deadline, the alternative list will be applied in rank order. If the athlete(s) have completed a Request to Participate form and were accepted, they will be refunded the processing fee in full.
- b) In addition to the 40 athletes from the above 4 categories:**
- If a province had athletes compete at Canadian Championships but none of those qualified in the 40 athletes as described above, then that province will be invited to send one athlete.
  - Athletes who were members of the GCG Senior Group in the previous season and are now returning to individual competition will be invited.
- c) A maximum of 5 spots in addition to the 40 athletes invited in section a) above may be approved by GCG. (Note, the cost of the Request to Participate application is \$50/athlete and is non-refundable.)**
- Medical petitions for athletes who qualified for Canadian Championships but were not able to attend and followed the 2017 RG Medical Petition Rules
  - If not all of the 5 spots are used by medical petitions, then GCG will consider participation for “extenuating circumstances”. An extenuating circumstance must be approved by the program committee. In this case, the athlete must submit a video of 4 routines by December 1<sup>st</sup> each year. Routines will be assessed by two members of the JWG who are Brevet Level in the current cycle and non-affiliated with a club. The AA score must be equal to or higher than the last gymnast that qualified under categories #1, 2 and 3 from the previous year CC. Athletes applying under this category will be ranked by the AA score given by the assigned judges, and once approved, will be invited based on the ranking until the 5 spots are full.
- d) An additional 2 spots are available for “Visitors”.**  
The spots will be first awarded to visiting gymnasts who are training in Canada on a student visa. These gymnasts must submit a video by December 1<sup>st</sup> and meet the petition requirements in section c) and invited by GCG in rank order. If these two spots are not filled in this manner, requests by national team members of other countries’ federations will be accepted on a first come, first serve basis.

### 3.1.1 Recommended Competition Schedule

The competition start time will be mid-morning on the first day to provide time for the judge course and meeting, and 9:00am at the earliest the remaining days, and finish by 8:30pm at the latest each day. The start time will depend on the number of athletes. A minimum one hour lunch break is required, plus short breaks in the morning and afternoon. If the competition goes beyond 6:00pm, a dinner break of a minimum of one hour is required. ALL modifications to the schedule must be approved by the GCG Events Director and National Team Director in consultation with the JR and JA. Please note that healthy breakfast, lunch and dinner must be provided for the judges, along with beverages and healthy snacks for the breaks. The room for the meals and snacks needs to be very close to the competition gym in order to ensure the judges have time for their meals.

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 includes 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 includes 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 podium training on the Thursday morning and afternoon.

#### JUDGES

There will be NO PODIUM session for the Judges. Assigned judges and alternates may observe podium training from the stands and not from the judges table. Once the judge’s course/meeting begins, judges are not permitted to coach athletes until the end of the competition each day.

Judges are required (no exceptions other than events out of their control, for example, cancelled flight, and documented proof will be required) to arrive in time for the judge meeting on the first day of competition, and be available for at least one hour after the scheduled end time of the final day of competition (no exceptions).

#### ORGANIZERS

All scripts and judge chits are to be given to the JA immediately after the scores are entered into the scoring program. Two large boxes must be provided to the JA to store these.

For Novice free routines scripts (all other judge chits to be removed) are to be returned to the registered coach of the athletes for that club at the end of the final day of the competition by the Meet Director.

Day	Time	Draft Program
1	Thursday	Podium Training Orientation/Technical Meeting (maximum 2 accredited coaches/club) No judges Coach/Judge/Manager Reception Meetings TBC
2	Friday	Judge Course and Meeting Official Welcome by GCG and Host (BRIEF) Junior Individual Competition A – two apparatus Senior Individual Competition A – two apparatus Groups Novice Individual Competition A – two apparatus



3	Saturday	Judge Meeting Junior Individual Competition A – two apparatus Senior Individual Competition A – two apparatus Novice Individual Competition A – two apparatus  Awards <ul style="list-style-type: none"> <li>• Novice Individual Competition A (one set of awards for total score of the 4 apparatus (no individual apparatus awards) &amp; a Champion is NOT declared)</li> <li>• All Groups All Around except Junior 5 &amp; Senior 5 Groups</li> </ul>
4	Sunday	Judge Meeting 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 Individual and Junior 5 &amp; Senior 5 Groups</li> <li>• Competition B (apparatus finals) Awards</li> </ul>

### 3.1.2 Elite Canada - Individual

NOTE: When EC is used as a selection to International Assignments the athlete must be a Canadian Citizen with a passport at the time of the Nominative Registration to be eligible.

**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. If a “DN” or “PR” is in the top 15, the next ranking gymnast will also advance to Competition B. (refer to section 2.2 above regarding these athletes)

On Sunday prior to Competition B, these gymnasts will receive a certificate recognizing their achievement in qualifying for High Performance (HP) and 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, however this score does not count towards the HP AA ranking.

#### **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.

NOTE: When EC is used as a selection to International Group Assignments all athletes must be Canadian Citizens with a passport at the time of the Nominative Registration to be eligible.

When a group has six (6) gymnasts registered for a GCG competition, the FIG RULE will be applied. All 6 gymnasts must compete in at least one of the two routines in both Competition A & B. If a gymnast is injured just before or during the competition and is unable to fulfill this requirement, a medical petition request is required. If two or more of the group gymnasts are injured and unable to compete, the group will not be eligible to be included in the selection for international assignment.

#### **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 once. With the exception of the Junior 5 and Senior 5, if there is only 1 group in a category, the group may compete in Competition B if they choose.

Awards for Competition B will not be awarded if there is only one group (the group will only receive the Competition A All Around award).

#### **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 if 2 or more groups participate.
- 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 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 a National level competitive opportunity for developing individuals and groups

- 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 and Junior 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
- Identify and assign gymnasts to strategic International competitions using the published selection criteria
- Identify the qualifying gymnasts for the subsequent Elite Canada

Organizers note: All scripts and judge chits are to be given to the JA immediately after the scores are entered into the scoring program. Two large boxes must be provided to the JA to store these.

The Novice free routine scripts only (all other judge chits to be removed) are to be returned to the registered coach of the athletes for that club at the end of the final day of the competition.

**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 10am at the earliest on the first day to provide time for the judge course, and 9:00am at the earliest the remaining days, and finish by 8:30pm at the latest each day. A minimum one hour lunch break is required, plus short breaks in the morning and afternoon. If the competition goes beyond 6:00pm, a dinner break of a minimum of one hour is required. ALL modifications must be approved by GCG Events Director and RG National Team Director or designate. Please note that healthy breakfast, lunch and dinner must be provided for the judges, along with beverages and healthy snacks for the breaks.

Judges are required (no exceptions) to arrive in time for the judge meeting on the first day of competition, and be available for at least one hour after the scheduled end time of the final day of competition (no exceptions).

If there are more than 30 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	Orientation/Technical Meeting (maximum 2 accredited coaches/club) No Judges Meetings TBC
2	Friday	Judge Course and Meeting maximum 90 minutes Official Welcome by GCG and Host (BRIEF remarks) 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
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

NOTE: When CC is used as a selection to International Assignments the athlete must be a Canadian Citizen with a passport at the time of the Nominative Registration to be eligible.

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 will receive a certificate prior to the start of Competition B recognizing their achievement in qualifying to compete in Competition B. If a “DN” or “PR” who represents another federation is in the top 15, the next ranking gymnast will also advance to Competition B. (refer to section 2.2 regarding these athletes)

A gymnast who places in the top 8 in one apparatus will be eligible to compete in final for that apparatus only, however this score does not count towards the HP AA ranking.

#### **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.

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

Novice National Champion "Future Cup"	Russell Okano Trophy
Junior National Champion	Evelyn Koop Trophy
Senior National Champion	Spieth Anderson Trophy
Team Award	Tamara Bompa Team Award Trophy

### **3.2.3. Canadian Championships - Group**

NOTE: When CC is used as a selection to International Group Assignments all athletes must be Canadian Citizens with a passport at the time of the Nominative Registration to be eligible.

When a group has six (6) gymnasts registered for a GCG competition, the FIG RULE will be applied. All 6 gymnasts must compete in at least one of the two routines in both Competition A & B. If a gymnast is injured just before or during the competition and is unable to fulfill this requirement, a medical petition request is required. If two or more of the group gymnasts are injured and unable to compete, the group will not be eligible to be included in the selection for international assignment.

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 Group champion is the highest ranked group. The highest ranked Senior Group will be identified as the Senior Group All-Around winner.
  - 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**

Organizers note: All scripts and judge chits are to be given to the JA immediately after the scores are entered into the scoring program. Two large boxes must be provided to the JA to store these.

The Novice free routine scripts (all other judge chits to be removed) are to be returned to the registered coach of the athletes for that club at the end of the final day of the competition.

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, because for national stream it is a qualifying competition for Canadian Championships. GCG must approve the Directives and all Bulletins to participating provinces, and must approve the tentative and final schedules.

It is recommended that the competition be held 4 or 5 weeks prior to Canadian Championships.

The purpose of Eastern / Western Regional Championship is to:

- Provide a National level competitive opportunity for developing gymnasts
- Declare Eastern or Western Regional Champion for National Novice, Junior and Senior Open Individuals and National Level Groups; Rhythmic Gymnastics Individual Development Stream (RGI Dev) Levels 3B, 3C, 4B, 4C, 5B, 5C, 6B and 6C and Rhythmic Gymnastics Group Development Stream (RGG Dev) 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 level 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, including "DN" and "PR" (refer to section 2.2) who wish to qualify for CC. If there is sufficient time available, the hosts may

open registration to the High Performance Juniors and Seniors from Elite Canada. The host or GCG may choose not to include them if there is insufficient time. If they are included, these gymnasts will pay the full required fee and will compete in a separate category; “hors concours” (HC). They will be judged and their scores will be posted. They must be marked “HC” beside their name in the rotation order.

- b) National Stream Groups: Open to all National Groups, including the Open Group
- c) Rhythmic Gymnastics Individual Development Stream: Open to levels 3B, 3C, 4B, 4C, 5B, 5C, 6B, 6C.
- d) Rhythmic Gymnastics Group Development Stream: Open to levels 3, 4, 5, 6

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 and where applicable, by GCG.

### **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 Development stream groups will perform their prescribed routine 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.
  - “HC” athletes (including HP & visitors) will receive an All Around award only, regardless of the number of athletes (no apparatus awards).
  - 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 All Around Awards
- RGI Development:
  - 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)*
- RGG Development:
  - The top 8 (based on the cumulative scores from two performances) groups receive AA 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. As this is a qualifying competition for the national stream individuals, the schedule must provide this category with the best opportunity for successful performance (and not for the convenience of the hosts or provincial stream). In addition, the national stream competition must be scheduled in the most efficient manner to have the judges for the national stream able to complete their assignment in as few days as possible. The intention is to have different judges for provincial and national streams so that the judges for the national stream are not tired when judging.

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

### 3.3.2 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 major assignments to international competitions are determined annually and distributed to the provinces, Brevet Judges and National Team Coaches. All individuals & group members wishing to be selected to represent Canada at a FIG event must have a Canadian passport, and be prepared to show it at the request of GCG, at the time of the selection event.

The following domestic events are required events for HP & National Team Members to attend. The only exceptions are if an athlete is assigned by GCG to an international event.

- 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 for individuals, 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, Commonwealth Games, 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 representing their club in an International Invitational event, must be sanctioned by their Province and GCG within the stated deadlines. Late requests will not be accepted. 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". All FIG Events and International Invitational require a Brevet Judge certified in the current cycle as the Judge Responsible.

### **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 may 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 without penalty will only be accepted from the top ranked gymnast from the previous World Championships.
- No petitions will be considered for Groups.

<p><b>1. Petition to compete at <u>Canadian Championships</u> for <i>non-National Team</i> 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 submit a video of each apparatus to be reviewed by two brevet judges selected by GCG (refer to process and requirements in section 3.1 for Elite Canada. Gymnast’s AA score must be equal to or greater than the 10<sup>th</sup> ranked gymnast in her category from ERC / WRC</p>
<p><b>2. Petition for direct entry to <u>Canadian Championships</u> for <i>National Team</i> 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 in addition to the 15 HP.</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><i>Note that all National Team athletes must follow the requirements in the NT agreement and handbook.</i></p>

<p><b>3. Petition to be ranked for <i>National Team</i> if unable to compete at Canadian Championships.</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>•</li> <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> <p><i>Note that all National Team athletes must follow the requirements in the NT agreement and handbook.</i></p>
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## Appendix 1: 2018 Eligibility to Participate in RG Competitions

Event	Canadian Citizen or Permanent Resident	Dual Nationality (DN) or Permanent Resident (PR) Representing another Federation at FIG Events	Visiting HC “hors concours”
<b>Elite Canada</b>	Eligible	Eligible with Letter from Federation	Eligible with Letter from Federation &/or approval from GCG
	Scored	Scored	Scored
	Ranked	Ranked – shared	Ranked amongst HC only
	HP Certificate Top 15 (A)	Top 15 (A) No HP Certificate	
	AA Champion (A+B)	Cannot be Champion	
	AA Awards (A+B) 1 <sup>st</sup> – 8 <sup>th</sup>	AA Awards (A+B) shares placement 1 <sup>st</sup> – 8 <sup>th</sup>	AA Awards amongst HC only
	Finals (B) 1 <sup>st</sup> to 8 <sup>th</sup>	Finals (B) Shares placement 1 <sup>st</sup> – 8 <sup>th</sup>	
	HP go directly to CC	Cannot be HP or NT member	
	35% total towards NT		
<b>Canadian Championships</b>	Eligible	Eligible with Letter from Federation	Eligible with Letter from Federation & approval from GCG
	Scored	Scored	Scored
	Ranked	Ranked – shared	Ranked amongst HC only
	HP Certificate Top 15 (A)	Top 15 (A) No HP Certificate	
	AA Champion (A+B)	Cannot be Champion – shares 1 <sup>st</sup>	
	AA Awards (A+B) 1 <sup>st</sup> – 8 <sup>th</sup>	AA Awards (A+B) shares placement 1 <sup>st</sup> – 8 <sup>th</sup>	AA Awards amongst HC only
	Finals (B) 1 <sup>st</sup> to 8 <sup>th</sup>	Finals (B) Shares placement 1 <sup>st</sup> – 8 <sup>th</sup>	No Finals
	65% towards NT ranking	Cannot be HP or NT member	
	Provincial Team Award Top 2 Nov., Jr. & Sr.		
<b>Regional Championships</b>	Eligible - Non HP (For HP refer to HC column)	Eligible with Letter from Federation & approval from GCG	Visitors - Eligible with Letter from Federation HP/NT according to rules
	Scored	Scored	Scored
	Ranked	Ranked – shared	Ranked amongst HC only
	AA Champion (A)	Cannot be Champion – shares 1 <sup>st</sup>	
	AA Awards (A) 1 <sup>st</sup> -8 <sup>th</sup>	AA Awards (A) shares placement 1 <sup>st</sup> – 8 <sup>th</sup>	AA Awards (A) 1 <sup>st</sup> – 8 <sup>th</sup> amongst all HP/NT & visiting gymnasts.
	Apparatus Awards (A)	Apparatus Awards (A) Shares placement 1 <sup>st</sup> – 8 <sup>th</sup>	No apparatus awards
	Top 10 Nov. Jr. Sr. + 2 per province qualify to CC's		

**Awards:** When there is a tie, you skip the next rank. Example tie for 3<sup>rd</sup> there is no 4<sup>th</sup> place presented.

**For DN's or PR's sharing of Awards:** You do not skip the next rank.