



Programs Manual

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Part 1 - General

Section I – GNL Competition Format

Competition procedures listed in this section are in effect for events hosted by GNL. GNL will attempt to keep competition formats as close to what NL athletes will encounter at Team Travel events such as Atlantics/Easterns. It is recommended that any in province competitions, being used as a qualifier, follow similar formats.

A. Warm Up Procedures

For GNL hosted events, the warm up format will follow from that recommended by GCG for competitions in which participants from multiple provinces are involved.

WAG Canadian Warm-Up Format	General Warm-Up	JO 3-8: 15 minutes JO 9-10: 20 minutes Athletes may not start the general warm-up on the warm-up or competition floor before the set time. Once the general warm-up starts, athletes may warm-up on the WAG floor, mats and runway only. They may not use the boards and/or get on the table, bars or beam for any reason during the general warm-up. If it is part of the team choreography warm-up, athletes may perform on the floor a) basic floor acro tumbling b) beam acro on a line. The use of diagonals is prohibited			
		V	UB	BB	FX
	Time Per Athlete	JO3: 45sec JO4-5: 1min JO6-10: 90sec	JO3: 45sec JO4-5: 1min JO6-10: 90sec	JO3: 45sec JO4-5: 1min JO6-10: 90sec	JO3: 45sec JO4-5: 1min JO6-10: 90sec MAX 5min
	Team Competition	Team and individual athletes: if a group is composed of team and individual athletes, the warm-up groups is split as follows: Team + 1 individual: all warm up together Team + 2 or more individuals: the team warm up and competes first; the individual athletes always warm up as a second sub-group			
	Individual Competition	Group Warm-Up	Group Warm-Up	Individual warm-up: Time stopped between athletes for max 5sec *includes time to set-up the mats and board	Group warm-up
	UB (Chalk, Raising)	If there are athletes with and without grips/chalk or needing to raise the bars, the athletes are divided into 2 sub-groups: grips/chalk and no grips/chalk. Each athlete is guaranteed 90sec to warm up. 90sec are granted for each different back preparation/raise. As a general guideline, the coaches will agree on the most efficient way to warm up and compete prior to warm up on UB. The warm up and competition order may be changed for efficiency. If the coaches do not agree, the Apparatus Head Judge will decide.			
	Group Size	7 or less warm up in one group 8+ athletes warm up in 2 groups (ex: 4-4, 5-4, 5-5)			

MAG Warm Up Format	General Warm Up	20-30 minutes Open format (athletes may use the equipment at will)
	Event Warm Up	All levels will follow the warm-up compete format L1&2: 45sec/athlete (group format) L3&4: 60sec/athlete (group format) L5+: 90sec/athlete (group format) Following the apparatus group warmup, National Open athletes will receive an additional 45sec one touch before they compete
	Group Size	7 or less warm-up in one group 8+ athletes warm up in 2 groups

T&T Warm Up Format	General Warm Up	<p>Time based on the number of trampolines available for warmup</p> <p>2 available trampolines = The number of athletes X 80sec</p> <p>1 available trampoline = The number of athletes X 100sec</p>
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B. Grouping of Athletes

To ensure the best quality of judging possible and to ensure efficiency during competitions all groupings should follow the criteria below whenever possible.

- Like levels and categories should be placed together
 - If a reasonable number of gymnasts from the same category and level are not available for a group then gymnasts of the same level but a different category should be placed together
 - If mixing of levels and categories cannot be avoided then the groups should be made up of gymnasts only one level apart
- Groups with more than one club represented should have a random draw for club order in the first rotation and then alternate for other rotations
- During team event competitions, a club team cannot be split (dependent on the number of team members. Provincially, there is no max on team size)
- GNL will consider the following on a case by case basis as long as the integrity of the competition can be upheld:
 - Sessions with small numbers of athletes: number of groups, number of athletes from the same club, number of club coaches available
 - Sessions with mixed levels: number of athletes from the same club, number of club coaches available.

Please note that clubs need to understand that it will not always be possible to have all their athletes in the same group during a session
- For sessions with mixed level/age groupings, there will be a random draw for group 1 placement for start on the 1st event of the Olympic order as all athletes should have equal opportunity to begin in this placement

C. Team Competition

Not all competitions have a team competition component.

- A team is defined as a minimum of three (3) gymnasts plus one (1) registered coach
- A Club may send a team for each age category
- At the time of Meet entry Registration, team coach must be identified.
- The three (3) top scores on each apparatus will be totaled for the team score for each Age Category.
- Gold, Silver and Bronze Medals will be awarded to all members of each winning team

D. All Around Competition

In the event that only one (1) individual competes in an age category and cannot be combined with another they will be eligible for the all-around

E. Individual Event/Apparatus Competition

If a gymnast does not compete on all apparatus or scratches from one or more events, they are still eligible for the individual event/apparatus awards. Individual event athletes are still eligible for the computation of the team score and the club award where applicable.

F. Results

In NL, placements are not skipped in the results (ie: 1, 2T, 2T, 3, 4T, 4T, 5).

1. **Flashing Scores**

MAG: Only the Start Value / D score will be flashed at qualifying meets

WAG: For JO 3&4 no SV will be flashed, only Final Score. For all other levels, both Start Value / D Score and Final Scores will be flashed

2. **Posting of Results**

When not using online scoring, results are to be posted after each rotation for coaches to view. The meet director/competition announcer must announce when results are posted and the 15minutes will begin from that time.

There is to be an up to 15 minute coaches meeting at the end of the competition for coaches to review and sign off on results before results are posted publically and considered final.

No awards are to be given out until coaches' and judges review the results first.

3. **Errors & Revisions**

It is recognized by GNL that human errors do happen from time to time when imputing results data. GNL has put many checks in place to minimize these types of errors. It is the responsibility of tabulators, coaches and judges to check results before they are considered final.

In the rare case that something does get missed after final results are posted it will be adjusted any time prior to the start of the next qualifier meet (or prior to team naming in the case of provincials) as athletes deserve the scores the judges intend them to have and could affect qualification to Provincial Teams at no fault of the athlete.

G. Awards

All competitors will receive participant ribbons or certificates. Medals and Ribbons will be awarded in all age categories.

1. **Medals**

Medals will be awarded to athletes in 1st, 2nd and 3rd place standings

- Top three (3) in all-around
- Top three (3) on each apparatus/event

Note: At Provincials, after the all-around is complete, for a combined category, the top placing athlete from the additional category/categories will be recognized with a special ribbon

2. **Ribbons**

Ribbons will be presented from 4th to 6th place

3. **Trophies, Plaques & Special Awards**

Perpetual plaques awarded at Provincial Championships remain the property of GNL and are the responsibility of the club once awarded to the winner. They are intended to be displayed at the club and not to remain with the winner until returned to GNL, upon request, the following year. Any damages recorded upon receipt of the plaques will be invoiced to the club.

i. **Provincial Championships**

At the Provincial Championships Banquet the Following Trophies/Plaques Will Be Awarded:

- The Godden Award** (Donated by Tom Godden Sr.)
Awarded annually for the highest aggregate score in Men's National Stream regardless of Age Category.
- The GNL Plaque** (Donated by Gymnastics Newfoundland & Labrador)
Awarded annually for the highest aggregate score in Men's Provincial Stream Level 3, 4 & 5 regardless of Age Category.
- The Lomond Award** (Donated by Airials Gymnastics Club)
Awarded annually for the highest aggregate score Men's Level 1 & 2 Provincial Stream, regardless of age category.

- d. **The Redfern Award** (Donated by the Redfern Family)
Awarded annually for the highest aggregate score in Women's HP National Stream, JO9National and/or JO10 regardless of Age Category. Results will be scaled to 40.00 to account for program scoring differences
- e. **The Woolgar-Tarrant Award** (Donated by the Woolgar-Tarrant Family in honor of the GNL Technical Director position and GNL initiative to have more athletes compete at higher levels of competition)
This award is a cross discipline award. Awarded annually for the highest aggregate score in Women's Aspire and/or Men's Elite Programming regardless of Category.
- f. **The Murphy Memorial Plaque** (Donated by the Murphy Family in Memory of Grandparents of Erin and Gillian Clarke – Former Gymnasts)
Awarded annually for the highest aggregate score in Women's JO Level 8 and/or JO9 Provincial, regardless of Age Category.
- g. **The Doreen King Award** (Donated by the Conception Bay South Gymnastics Club; Doreen King was a former coach and founder of the club)
Awarded annually for the highest aggregate score in Women's JO Level 7 regardless of Age Category.
- h. **The Jane Titford Memorial Plaque** (Awarded annually in memory of a fellow gymnast and coach, Jane Titford. Jane's favourite apparatus was Balance Beam)
Awarded for the best performance on Balance Beam JO Level 7 or 8, regardless of Age Category.
- i. **The Hart Award** (Donated by the CBS Gymnastics Club)
Awarded annually for the highest aggregate score Women's JO Level 5 or 6, regardless of age category.
- j. **The Cygnus Award** (Donated by the Cygnus Gymnastics Training Centre)
A cash award of \$25.00 for the highest aggregate score Women's JO Level 5 Cadet Age Category.
- k. **The Campia Award** (Donated by Campia Gymnastics Club)
Awarded annually for the highest aggregate score Women's JO Level 3 or 4, regardless of age category.
- l. **The Art Squarey Award (Donated by Saltos Gymnastics Club)**
Awarded annually for the WAG JO Level 3 or 4 highest individual score of the competition.
- m. **The Provincial Club Award**
The Club Award is presented to the club with the highest score percentage of the competition.
Clubs must register a minimum of five athletes in a minimum of 2 Levels or Programs (MAG/WAG) to qualify for this award

Section II – GNL Competition Technical Rules

A. Inquiry & Protest Procedure

Inquiry = Verbal request for information

Protest = Written request for consideration; disagreement with decision

- While protests must be made by the same coach who makes the original inquiry, a senior coach can co-sign forms in an effort to increase development opportunities of junior coaches
- Protests must be made in writing, and directed to the Chief Judge within 15 minutes of the posting of results.
- The Chief Judge must pass the protest on to the Head Judge of the respective apparatus.
- There is a \$5.00 protest fee. If the protest is sustained, the fee will be returned. If the protest is over-ruled, the Host Club will retain the fee. The Protest Form is located in the appendix.

1. Artistic

- After the Judging Panel makes a ruling, an appeal can go to the Chief Judge. The decision of the Chief Judge is final and must be abided by.
- Protests may be made on the basis of **Routine Content only (SV / D score)**, therefore, no protests will be accepted for vault.

B. Category Change Requests

All category change requests shall be directed to the Program Committee Chair on the appropriate form no later than the registration deadline for Provincials. There is a \$10.00 fee for each request. (forms are located in the appendix).

The only requests that will be accepted are for:

- Illness or injury
- Extended leave from sport
- Change in training hours, facility or coach

Category Change Requests do not apply to:

- Upward mobility changes
- Athletes out of the competitive stream for longer than 2 years
- Athletes moving back to the level they were in the year previous at Provincial Championships.

C. Qualifying Scores

Qualifying scores are set by the appropriate program committee. The qualifying score is used to help in the process of naming athletes to the Provincial Team.

For full Team Selection criteria, please refer to Section IV – GNL Provincial Teams.

1. Artistic

i. Women's

a. Provincial

Level	All Around	Individual Apparatus Score (1/2 or More events)	Individual Apparatus Score (Less than 1/2 events)
JO5	34.00	8.50	8.75
JO6	34.00	8.50	8.75
JO7	34.00	8.50	8.75
JO8	34.00	8.50	8.75
JO9	32.00	8.00	8.25

b. National

Level	All Around	Individual Apparatus Score (3 events)	Individual Apparatus Score (2 or less events)
JO9	32.00	8.00	9.00
JO10	32.00	8.00	9.00
Aspire	30.00	7.50	8.50
HP	As per GCG screening Requirements		

ii. Men's

a. Provincial

Level	All Around	Individual Apparatus Score (1/2 or more events)		Individual Apparatus Score (Less than 1/2 events)	
		FX/R/VT/PB	PH/HB	FX/R/VT/PB	PH/HB
L1		No Qualifying score for 2016-17 as there are new routines – TBD for 2017-18			
L2					
L3		No Qualifying Scores for 2016-17 due to code changes – TBD for 2017-18			
L4					
L5					

b. National

Level	All Around	Individual Apparatus Score (1/2 or more events)		Individual Apparatus Score (Less than 1/2 events)	
		FX/R/VT/PB	PB/HB		
National Open		Qualifying Scores for 2016-17 to be updated by March 1 st , 2017			
Elite 2		Qualifying Scores for 2016-17 to be updated by March 1 st , 2017			
Elite 3		Qualifying Scores for 2016-17 to be updated by March 1 st , 2017			
Elite 4		Qualifying Scores for 2016-17 to be updated by March 1 st , 2017 *Note Elite 4 athletes must meeting screening requirements to be eligible to compete optional routines at Easterns			
HP		As per GCG screening Requirements			

2. T&T

i. Trampoline

Level	Qualifying Score
L1	51.20
L2	53.00
L3	54.40
L4	TBD by March 1 st , 2017
L5	Note: Athletes must attain GCG Mobility Requirements to compete in this level + athletes must attend a minimum of 2 provincial cups or championships in the current competitive season to be eligible to attend Canadian Championships

Section III - GNL Events

A. Provincial Championships

1. Registration of Athletes

All gymnasts registering for Provincial Championships, must be registered with GNL

2. Appointment of Officials

All Judges wishing to attend Provincial Championships, must be registered with GNL as an official.

The appointment of judging panels will be the responsibility of the GNL JDC in consultation with the host club.

Panels will be set and distributed a minimum of 1 week prior to a competition. Panels must note judges' name, event assignment and judging level.

All available judges in the hosting centre will be utilized and panels will be filled, as needed, outwards from the Host Club, minimizing travel and other costs, if applicable, whenever possible.

Judges assigned to Provincial Championships are expected to be available to judge at all levels and events for which they are qualified.

The following guidelines will be used when constructing panels if at all possible, however in extenuating circumstances, judges of lower levels than specified may have to be used to fill panels.

- Whenever possible, the Competition Chief Judge should have no specific judging responsibilities – they are to oversee the panel judges at the competition.
- Competition Chief Judge – Certified at the level of the highest competing athlete in the session
- Event Head Judge – Certified at the level of the highest competing athlete in the session
- Panel Judges – Trained to judge at the appropriate level(s)

3. Meetings

At Provincial Championships, there will be a coaches meeting prior to each session. This meeting will be to give any program updates and clarifications as well as any additional competition procedures. There will also be an additional assembly meeting at Provincial Championships where the team naming process will take place.

The chief judge of the session usually chairs the coaches meeting in conjunction with the host club floor Marshall. The Program assembly meeting is usually chaired by the appropriate Program Committee chair.

B. GNL Camps & Testing Events

1. GNL Camps - General

After the registration deadline, unless otherwise stated, if there are vacant spots remaining, invitations will continue as long as timelines permit

In the event a camp is cancelled, a \$25.00 administrative fee will apply to each registration refund.

Medical refunds will be given up to one week prior to the camp provided there is a doctor's note. After the one week mark, refunds will not be given. A \$25.00 administrative fee will apply to each medical refund.

GNL encourages clubs to send coaches to camps as it is a great development opportunity to learn and connect with clubs from across the province. Coach registration to camps is free of

charge as long as coaches attending are involved with the camp by helping implement the schedule and activities. Otherwise, clubs will be charged to have their coaches attend. A penalty of \$100.00 per coach will be applied retrospectively if identified by the guest/lead coach that a club's coaches were not sufficiently helpful.

Coaches may be asked to work with athletes from other clubs from time to time.

2. **Development Camp**

The GNL Development Camps will be offered in replacement of Future Stars and Advanced Training Camps when numbers and levels in a program fall outside the guidelines for these camps. In situations where both the Future Stars and Advanced Training Camps are full, an additional Development camp can be offered to allow athletes who do not qualify for the other camps to have an opportunity for development. Registration will be a maximum of 24 athletes (3 per club). After registration deadline, if there are vacant spots a general call will go out to fill the remaining spots on a first come first serve basis)

i. **WAG Camp Eligibility**

Level: JO3-6 athletes plus JO7 athletes who did not receive invite to the advanced camp

Age: For 2016: Born in 2005 or before

For 2017: Born in 2006 or before

For 2018: Born in 2007 or before

4. **Future Stars Camp**

This development program was designed to target WAG athletes ages 7-10 year olds and MAG athletes ages 7-11 who show promising physical and technical abilities in gymnastics. There will be two camps a year (a summer camp and a winter camp).

In 2016: Eligible WAG athletes will be those born in 2006, 2007, 2008, 2009.
Eligible MAG athletes will be those born in 2005, 2006, 2007, 2008, 2009.

In 2017: Eligible WAG athletes will be those born in 2007, 2008, 2009, 2010.
Eligible MAG athletes will be those born in 2006, 2007, 2008, 2009, 2010

In 2018: Eligible WAG athletes will be those born in 2008, 2009, 2010, 2011.
Eligible MAG athletes will be those born in 2007, 2008, 2009, 2010, 2011

Clubs will secure "berths" based on the following criteria:

- Female Aspire, JO9 (11-13), JO10 (12-15) and Male Elite 4 level gymnasts, who have attained the AA qualifying score at a minimum of one qualifier competition during the competitive season or at a recognized GNL Provincial Team event.
- Female JO8 (starting with Cadet, then Argo, then Tyro) and Male Elite 3 Level gymnasts, who have attained the AA qualifying score at a minimum of one qualifier competition during the competitive season or at a recognized GNL Provincial Team event.
- Female JO7 (starting with Cadet, then Argo, then Tyro) and Male Level 4 Under 13 gymnasts, who have attained the AA qualifying score at a minimum of one qualifier competition during the competitive season or at a recognized GNL Provincial Team event
- Female JO5 (starting with Cadet, then Argo) and Male Level 3 Under 13 gymnasts, who have attained the AA qualifying score at a minimum of one qualifier competition during the competitive season or at a recognized GNL Provincial Team event
- Female JO6 (starting with Cadet, then Argo) and Male Level 1&2 (starting with Level 2 Under 12, then Level 1 Under 10, then Level 1 Under 12), who have attained the AA qualifying score at a minimum of one qualifier competition during the competitive season or at a recognized GNL Provincial Team event

The process will continue until up to 20 berths are assigned to clubs.

Once clubs secure berths, they may designate gymnasts who meet the following criteria to the Future Stars program:

WAG Requirements

Skills

Vault: Front Handspring to feet on Mat Stack

Uneven Bars: Glide Kip / Straight body cast between horizontal & 45 / Long Swing Pullover from cast / Flyaway dismount

Balance Beam (on a regular height): Back walkover / Front walkover / 1/1 Turn / Split Jump / BHS / Cartwheel-BT Dismount

Floor Exercise: FHS-FS-rebound / RO-BHS X3 / RO-BHS-BT or Layout / Back extension straight arms to HS

Physical Testing

Rope Climb (3M)

10Pts = <10sec
8Pts = 10-12sec
6Pts = 12:01-14sec
4Pts = 14:01-16sec
2Pts = 16:01-18sec
0Pts = >18sec / Incomplete

Kip Cast

10Pts = 5+
8Pts = 4
6Pts = 3
4Pts = 2
2Pts = 1
0Pts = 0 / Incomplete

Handstand Balance Hold

10Pts = >25sec
8Pts = 19:01-25sec
6Pts = 12:01-19sec
4Pts = 5:01-12sec
2Pts = 3-5sec
0Pts = <3sec / Incomplete

Shuttle Run (90sec)

10Pts = ≥27
8Pts = 25.5-26.5
6Pts = 24-25
4Pts = 22-23.5
2Pts = <22
0Pts = Incomplete

10 Leg Lifts (L-position)

10Pts = <10sec
8Pts = 10-10:99sec
6Pts = 11-12:49sec
4Pts = 12:50-14:99sec
2Pts = 15-20sec
0Pts = >20sec / Incomplete

Press to Handstand

10Pts = 5+
8Pts = 4
6Pts = 3
4Pts = 2
2Pts = 1
0Pts = 0

Standing Long Jump

10Pts = 79cm+
8Pts = 71-78cm
6Pts = 56-70cm
4Pts = 46-55cm
2Pts = 40cm-45cm
0Pts = <40cm / Incomplete

Flexibility - Leg Kicks

10Pts = 160-180°
5Pts = 135-159°
3Pts = 110-134°
0Pts = <110°
(-1.5Pts for bent leg errors)
(Points for each kick added together then / by 6 for Final)

MAG Requirements

Skills: Under review

Physical Testing: Under Review

Letters of congratulations will go to the clubs explaining that they have earned Future Stars spots and will be notified later as to when the camp will be held.

Once a club registers athletes to a camp, if after the registration deadline they want to replace an athlete with another athlete, the \$25.00 late fee will apply.

If an athlete attends the summer camp who it becomes obvious did not complete/meet the physical standards a warning will be given to the club and then a penalty will apply if the same results at the following physical testing (ie: loss of berths in the following year)

If a club cannot fill all their awarded berths by the registration deadline, berths will be reallocated to the next club(s) in line if timelines permit.

A "development berth" invite will be given to clubs who have earned no berths to the camp.

For Future Stars Camps, Clubs who earn berths, and have athletes registered, will receive funds from GNL to help in the costs of sending a coach or coaches. Funds allocated will be \$30.00/day for every 5 berths a club has. If no coach(es) attend from the club, the funds will not be allocated.

5. Advanced Training Squad & Camp

i. The Advanced Training Squad

The advanced training squad works on a 4 year cycle. Its purpose is to identify gymnasts of a specific age on whom to focus attention. This focused attention will help increase abilities, experience and exposure to higher levels of competition and training. Being identified to the Advanced Training Squad entitles these athletes to such things as access to additional training, activities (ie: Provincial Training Centre) and funding (could be related to CWG). It ensures extra resources are provided to those most likely to qualify and excel at competitions such as Easterns and Nationals (CWG).

The EADC identifies a number of athletes to this squad based on competitive results from the competitive year. The athletes invited to the advanced training squad may change year to year based on athletes changing levels during the competitive season and retiring from the sport.

The EADC may reserve the right to invite any age eligible outstanding gymnasts to the training squad at any time.

This invitation would be for exceptional circumstances:

- An athlete who has an outstanding performance at physical abilities and/or advanced skills development during camp.
- Video review (only one video per club will be accepted) Athlete must show they can attain 90% of the listed standards for the given year

The EADC may also remove a gymnast from the advanced training squad at any time, such as for disciplinary reasons, non-commitment, or injury (temporary removal).

a. Selection

Being named to the squad is to be considered a privilege

In the first year of the cycle, 16 athletes will be named to the training squad. The squad will reduce by 2 in each following year to a minimum of 12.

Letters inviting these athletes to the training squad will be sent to the athletes' home club for distribution. Athletes accepting the invitation will be required to sign a commitment form*.

The selection will be based on the following criteria.

Considering gymnasts of a specific age registered with GNL from the competitive season, gymnasts are selected in the following order until all spots are filled. If there are less eligible athletes then the stated number for that year, no additional athletes will be added to the squad.

- Female and Male National level gymnasts (JO10, JO9, Aspire, Elite 4, Elite 3)), who have attained the AA qualifying score at a minimum of one qualifier competition during the competitive season or at a recognized GNL Provincial Team event.
- Female JO8 and Male CPP Level 5 gymnasts, who have attained the AA qualifying score at a minimum of one qualifier competition during the competitive season or at a recognized GNL Provincial Team event.
- Female JO 7 and Male CPP Level 4 gymnasts, who have attained the AA qualifying score at a minimum of one sanctioned competition during the competitive season or at a recognized GNL Provincial Team event
- Starting with Female and Male National Level gymnasts and working down to WAG JO7/ MAG Level 4, consider athletes who have attained individual apparatus qualifying score(s) at a minimum of one qualifier competition during the competitive season or at a recognized GNL Provincial Team event

b. Age Eligibility:

2015-2018 Cycle: Born 2000-2007

2019-2022 Cycle: Born 2004-2011

c. Activities:

By identifying athletes for the advanced training squad we can periodically test physical abilities and monitor skills in order to give feedback as to where improvement is needed. Supplementary training, team building activities, camps, guest coaching, etc would be offered to work on these areas and to maximize the potential of the identified gymnasts.

- Physical Abilities:
All gymnasts attending must be accompanied by a club coach. All testing events are to be carried out by independent evaluators. The testing is required of all members of the squad, but any age eligible gymnast may attend. If a non-identified gymnast performs exceptionally at testing (places in the top half of the training team's results), the EADC may consider adding him/her to the training squad. Any athlete not on the training squad who attends the summer physical testing and places in the top half of the named squad member results will be automatically invited to participate in the winter camp.

The physical testing will be based on the below:

WAG		
Rope Climb (3M) 10Pts = <5sec 8Pts = 5-5:99sec 6Pts = 6-7:49sec 4Pts = 7:50-9:99sec 2Pts = 10-15sec 0Pts = >15sec / Incomplete	Kip Cast HS 10Pts = 10+ 8Pts = 8-9 6Pts = 6-7 4Pts = 4-5 2Pts = 2-3 0Pts = 1 / Incomplete	Handstand Balance Hold 10Pts = >25sec 8Pts = 19:01-25sec 6Pts = 12:01-19sec 4Pts = 5:01-12sec 2Pts = 3-5sec 0Pts = <3sec / Incomplete
Shuttle Run (90sec) 10Pts = ≥27 8Pts = 25.5-26.5 6Pts = 24-25 4Pts = 22-23.5 2Pts = <22 0Pts = Incomplete	10 Leg Lifts (L-position) 10Pts = <10sec 8Pts = 10-10:99sec 6Pts = 11-12:49sec 4Pts = 12:50-14:99sec 2Pts = 15-20sec 0Pts = >20sec / Incomplete	Press to Handstand 10Pts = 5+ 8Pts = 4 6Pts = 3 4Pts = 2 2Pts = 1 0Pts = 0
Standing Long Jump 10Pts = 64cm+ 8Pts = 56-63cm 6Pts = 41-55cm 4Pts = 31-40cm 2Pts = 25cm-30cm 0Pts = <25cm / Incomplete	Flexibility - Leg Kicks 10Pts = 160-180° 5Pts = 135-159° 3Pts = 110-134° 0Pts = <110° (-1.5Pts for bent leg errors) (Points for each kick added together then / by 6 for Final)	
MAG		
Elite 3 Physical Testing		

- Skills Development:

WAG

Year 1:

Vault	Bars	Beam	Floor
- handspring to stack at vault height - progression/timer for salto vault to feet (mat stack vault height)	- Kip Cast to HS - Close bar element to horizontal Series of Back Giants on single rail - Back layout flyaway - progression for bar change with value or same bar flight	- acro series with 1-2 flight elements - single salto - A+ salto dismount from acro B+ - 180 split leap/jump/hop (A or B) in series	- back layout - B+ dance element - ½ twist - double tuck preparation off trampoline and/or TT - front tumbling series of 2-3 saltos same or different

Year 2:

Vault	Bars	Beam	Floor
- handspring to stack at vault height - progression/timer for salto	- Kip cast to HS in series - close bar element to HS - second close bar element	- acro series with two flight - salto (acro C element) - B dismount from B+ acro	- back 1/1 twist - B-B forward acro series - double tuck off modified

vault (270 rotation to back/candle/hands-knees on mat stack to the level of the vault or higher) Tsukahara/Yurchenko with equipment modifications	development - back giant in series on double rails - B+ dismount - progression for bar change high to low and low to high - swing ½ turn	180 split leap/jump/hop (B or C) in series - D element preparation on low/modified beam	surface - C+ dance element - B+ turn
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Year 3:

Vault	Bars	Beam	Floor
- Tsukahara/Yurchenko entry vault (tuck/pike salto) - preparation for advanced difficulty vault with equipment modifications	- Kip cast to HS in series - 2 close bar elements to HS in series - giant with turn - C+ dismount or double back dismount - High to low and low to high bar change	- acro series with salto - 180 split leap/jump/hop (C+) in series - Salto (acro C element) - D element - Progression for D element in series - 0.3 minimum routine bonus	- forward acro series minimum B-C - Any C or D twisting salto - Double back - C-C dance series - 0.3 minimum routine bonus

Year 4:

Vault	Bars	Beam	Floor
- JO10 vault with a start value of 9.7-10.0	- Kip cast to handstand in series 7-10 - 2-3 C+ close bar elements in series - Giant with 1/1 turn - C+ dismount or double back dismount - LB to HB bar change with value - HB to LB bar change or same bar flight	- Acro series with salto - 180 split leap/jump/hop (C+) in series - Salto (acro C element) - D element - progression for D elements in series - 0.5 minimum routine bonus	- forward acro series minimum B-C - Any C or D twisting salto - Double back - C-C dance series - 0.5 minimum routine bonus

MAG

Year 1: (P3 2 FIG + Dismount 6 skills Dismount 0.5 A)

Floor	Pommels	Rings	Vault	P-Bars	High Bar
Currently Under Review	Currently Under Review	Currently Under Review	Currently Under Review	Currently Under Review	Currently Under Review

Year 2: (P4 2 FIG + Dismount 7 skills Dismount 0.5B 0.3 A)

Floor	Pommels	Rings	Vault	P-Bars	High Bar
Currently Under Review	Currently Under Review	Currently Under Review	Currently Under Review	Currently Under Review	Currently Under Review

Year 3: (P5 – Youth 3 FIG + Dismount 8 skills Dismount 0.5B 0.3 A)

Floor	Pommels	Rings	Vault	P-Bars	High Bar
Currently Under Review	Currently Under Review	Currently Under Review	Currently Under Review	Currently Under Review	Currently Under Review

Year 4: (Junior 8 skills dismount 0.5 C 0.3 B)

Floor	Pommels	Rings	Vault	P-Bars	High Bar
Currently Under Review	Currently Under Review	Currently Under Review	Currently Under Review	Currently Under Review	Currently Under Review

- Guest Coach (at least once per year) when funding available
- Guest speakers or other seminars (dance classes, nutrition seminars, sport psychology activities, group social events, etc), when funding available

ii. The Advanced Training Camp

The Advanced training Camp is by invite only. While priority is given to the Advanced training squad members, you do not need to be a member of the advanced training squad to receive invitation. The number of spots is limited to a maximum of 18 athletes.

Spots to the Advanced Training Camp will be allocated as follows:

- Identified Advanced training squad members first
- Then, female and male national level gymnasts (For National WAG consider JO10 & JO9 13+ together followed by JO9 U13 & Aspire together; For National MAG, consider Elite 4 then Elite 3) who attained:
 - AA qualifying score at a minimum of one qualifier competition during the competitive season or at a recognized GNL Provincial Team Event

- Individual apparatus qualifying score at a minimum of one qualifier competition during the competitive season or at a recognized GNL Provincial Team Event
- Next, female JO 8 and male Level 5 gymnasts who attained:
 - AA qualifying score at a minimum of one qualifier competition during the competitive season or at a recognized GNL Provincial Team Event
 - Individual apparatus qualifying score at a minimum of one qualifier competition during the competitive season or at a recognized GNL Provincial Team Event
- Then, Female JO 7 Tyro+ and male Level 4 gymnasts who attained:
 - AA qualifying score at a minimum of one qualifier competition during the competitive season or at a recognized GNL Provincial Team Event
 - Individual apparatus qualifying score at a minimum of one qualifier competition during the competitive season or at a recognized GNL Provincial Team Event
- Finally, Male level 3 gymnasts who attained:
 - AA qualifying score at a minimum of one qualifier competition during the competitive season or at a recognized GNL Provincial Team Event
 - Individual apparatus qualifying score at a minimum of one qualifier competition during the competitive season or at a recognized GNL Provincial Team Event

The focus of the camp is on physical abilities training & advanced skills development

Section IV – GNL Provincial Teams

A. Provincial Team Members

Athletes, coaches*, managers*, chaperones & chefs de mission selected/appointed to represent the Province of Newfoundland & Labrador and GNL at specific competitions. Other persons travelling to events who are not considered members of the team shall arrange their own itinerary and will not be accommodated with the team. Team members shall not be accommodated with other persons travelling to an event.

*refer to specific sections

1. Athletes

Athletes named to Provincial teams are encouraged to travel to all events they are eligible for. The announcement of provincial team athletes will be made to the technical assembly following the final qualifying event once the GNL WPC, MPC or EADC reviews scores and deliberates on team members. At Provincials, formal announcement of teams will follow at the Banquet.

i. Selection

a. Atlantics, Easterns & Nationals

Up to 6 athletes per team are selected for the Atlantic Gymnastics Championships

The number of athletes per team selected for the Eastern Canadian Gymnastics Championships is as follows:

WAG	MAG	T&T
L7 – Up to 4/age category	P3 – Up to 6/age group (only 4 make up the team)	TRA/TUM/DMT P1 – Up to 8/category/gender (only 4 make up a team)
L8 – Up to 4/age category	P4 – Up to 6/age group (only 4 make up the team)	TRA/TUM/DMT P2 – Up to 8/gender (only 4 make up a team)
L9 – Up to 4/age category	P5 – Up to 8 (for Team – 4 scores count)	TRA/TUM/DMT P3 – Up to 8/gender (only 4 make up a team)
L10 – Up to 4/age category (age categories combined for Team – 4 scores count)	Elite – Up to 10/category (two teams of 5 in each category – 4 scores count)	TRA/TUM/DMT P4 – Up to 8/gender (only 4 make up a team)
Aspire – Up to 5/category		

The number of athletes per team selected for the Canadian National Gymnastics Championships is as follows:

WAG	MAG	T&T
JO9 (11-13) – up to 5 per team (3 scores count) + 1 independent		
JO10 (12-15) – up to 5 per team (3 scores count) + 1 independent		
JO10 (16+) – up to 5 per team (3 scores count) + 1 independent		
HP		

Athletes are selected for a provincial team travelling to Atlantics, Easterns and Nationals based on the following qualification criteria:

- First select athletes who have attained the AA qualifying score at Provincials

- If the team is not full, next select athletes who have attained the AA qualifying score at an identified qualifying meet
- If the team is still not full, consider, athletes one level higher who have made the AA qualifying at their level but did not make the team
- If the team is still not full, next select athletes who did not attain the AA qualifying score but achieved individual apparatus qualifying score(s) on at least ½ of the apparatus'
- If the team is still not full, then select athletes who did not attain the AA qualifying score but achieved individual apparatus qualifying score(s) on less than ½ of the apparatus'
- IF the team is still not full, consider any special circumstance requests. Special circumstances requests are to be received no later than the registration deadline for Provincials. The only requests that will be accepted during the team naming meeting are those based on circumstances that happen between the registration deadline and Provincials. No requests regarding Provincial teams will be considered after this point.
- In the event of a tie in the final spot, the higher ranked athlete at provincials in the all around is named to the team
- If there is still a tie, the gymnast with the higher sum of D Scores at provincials will be ranked higher. In case of further tie, the gymnast with the higher sum of E Scores at provincials will be ranked higher. In case of further tie, a draw will determine the athlete considered higher.

b. Canada Winter Games

A gymnast need not be a member of the Advanced Training Squad in order to register for trials or qualify for the CWG team. Anyone may compete at the CWG trials.

Athlete coaches will be present to observe while results are being reviewed before naming the final team. Tabulation of results and naming will be done by the GNL technical director in consultation with the identified guest coach for the cycle. In the event the identified guest coach is unavailable the CWG named coach will be consulted.

No results are considered final until after the conclusion of the entire set of trials competitions because of the combination of averages and percentages. GNL has the right to adjust any score on the recommendation of the chief judge of the competition(s) up to the naming of the team.

Once the final team is selected, the athlete's personal coaches will be kept involved with training activities up until departure to games. Once selected to the final team, athletes will be expected to train together bi-weekly. Failure to attend mandatory training and/or travel meets once named to the team will lead to removal from the team, unless notified ahead of time with an acceptable reason.

Athletes will compete at a two day qualifying competition. A percentage of each day going towards their selection.

Prior to CWG trials (preferably September / in conjunction with AGM weekend) a video session will be held for all athletes attending trials.

In case of injury at trials, the videos from this videotaping weekend will be used to score the athlete. The videos will be judged by national level judges. Athletes falling into the top 3 from video review will have the ability to be added to the team as long as they can show readiness to compete a month out from games.

Up to 6 athletes are selected per team. Alternates are also named.

Men's Artistic:

Athletes selected to the final CWG team will need to meet the following requirements:

An all around qualifying score of: 54.00

If the 6 spots are not filled through an all around qualifying score, athletes will be chosen based on their individual event results (as long as they meet the set individual apparatus score of: 10.00) and the best combination of this to maximize the overall team result.

To qualify as an all around competitor an athlete must compete on all events at trials.

In the event of a tie for the final spot, the gymnast with the greater numbers of higher apparatus scores will be named to the team.

Women's Artistic:

Athletes selected to the final CWG team will need to meet the following requirements:

Top 6 spots all around

In the event of a tie for the final spot, the gymnast with the greater number of higher apparatus scores will be named to the team

In the event of further tie the gymnast with the higher sum of D Scores will be ranked higher.

In case of further tie, the gymnast with the higher sum of E- Scores will be ranked higher.

In the case of further tie the gymnast with the highest individual score will be ranked higher

In case of further tie, a draw will determine the athlete considered higher.

ii. Alternates

a. Atlantics, Easterns & Nationals

If athletes named to the team are not travelling, the next athlete in line will be offered a spot as long as they meet Provincial Team Selection Criteria and timelines permit (ie: registration deadlines & flights)

b. Canada Winter Games

Up to 3 alternates will be named

WAG: The next athletes in line by All Around result, given they have met the set criteria

MAG: The next athletes in line by All Around result, given they have met the set criteria

Alternates are considered members of the team and will continue to train with the team up to games

Alternates will have the option to travel to the CWG travel event

Alternates will receive CWG attire as specified by GNL. They will not receive the Government issued Provincial Team attire unless they travel to games

iii. Substitution

It is GNL's directive to have the best teams possible therefore GNL expects member clubs to make decisions in the best interest of the Province. When an athlete is not prepared to compete, member clubs need to be accountable for disclosing this as quickly as possible so that another athlete can be notified to fill a position.

a. Illness & Injury

Before Competitions and/or Training Camps:

In the event of illness or injury to the athlete prior to competition and/or training camps, the illness or injury shall be substantiated by medical documentation at the time of illness/injury with an indication, by the physician of when the athlete will be ready to return to training & compete.

Prior to a CWG selection competition, a petition complete with medical support documents from the athlete's physician must be submitted to GNL - deadline as of 1 hour before the start of general warm-up of the appropriate selection meet.

Documentation is to be submitted to the appropriate individuals (GNL office/ team manager) within 48 hours. The ill or injured athlete shall cease to be a member of the team if they are unable to return to training and/or compete if clearance for return to competitive action is after the deadline date set by GNL – the petition for illness/injury will not be approved.

The next athlete in line, by approved qualifying score, will be substituted if the injured athlete is not able to return to training and/or compete according to the competition rules and only if travel arrangements can be made so that the substitute can travel with the team. The difference in the cost of travel for the substituted athlete, above any team funding will be the athlete's responsibility.

During Competitions and/or Training Camps:

Medical documentation must be received within 48 hours of the illness/injury. Should a petition be received after the 48-hour deadline it will not be approved by GNL.

During a CWG selection competition, the petition must be received within 48 hours after the injury/illness occurs. Should the injury/illness occur during either of the selection meets, GNL shall be notified by the completion of the meet if a resultant petition will be forthcoming.

The team selection process will proceed, after the meet results, pending inclusion of the forthcoming petition documentation. Medical documentation shall include approximate date of return to training and clearance to return to competitive action by a deadline date determined by GNL. If the clearance is later than the deadline date the petition will not be approved and that particular athlete's scores will not be included in the final pool. The athlete shall cease to be a member of the team. Upon approval of the petition, the athlete's score from the meet they participated in will count 100% towards the final scores used for team selection. If the athlete competed on only specific events certain competitions then their scores will be averaged.

If the injured/ill athlete cannot return to training/competitive action by a deadline date determined by GNL the athlete shall cease to be a member of the team. The next athlete in line, by approved qualifying score, will be substituted.

2. Officials

Officials representing GNL at Provincials/Atlantics/Easterns/Nationals, must be 19yrs of age to travel.

i. Selection

Judges are selected from those who apply.

When there are more applicants than the number needed to travel, the judges will be awarded points for the following:

- Judging Courses Attended, Judging Level & Previous Travel Experience
- Competitions attended (number of sessions participated in)
- Completion of take home exam and score
- Completion of scripting exam and score

ii. Responsibilities

Officials representing GNL are required to sign a "Code of Conduct/ Declaration of Understanding" in support of GNL Provincial Team Policies and Code of Conduct prior to departure. Refusal to sign will result in replacement of the official by GNL.

GNL will be responsible for providing (3) three female judges and (2) male judges, one of which must be able to judge National Routines (MAG or WAG), to the Atlantic Gymnastics Championships and the Eastern Canadian Championships. GNL will be responsible for the meals, accommodation, travel and registration fee, if applicable, for all its five judges. GNL will pay session honorariums to the selected judges at these events. When one of these competitions is held in NL, the JDC will still provide 3 WAG & 2 MAG judges to the event but will allow additional judges to take part in specific sessions or as line/time judges to gain experience.

3. Coaches

Please note that if both MAG & WAG athletes are attending then there should be both male/female coach supervisors attending

GNL will register club coaches to Atlantics, Easterns and/or Nationals if requested. Club coaches are responsible for their own registration costs/travel/accommodation/expenses. Club coaches will only be accommodated with team travel/accommodations if space permits.

i. Selection

a. Atlantic & Eastern Championships

Minimum NCCP Level II Certified. Coaches must also have completed Respect in Sport and the on-line Making Ethical Decisions (MED) component. The MED component completed, will depend on the coaches training – Competition Introduction or Competition Development.

The number of coaching spots a club receives is based on the number of athletes they have travelling. (Per Program)

Atlantics		Easterns	
Athlete #	Coach #	Athlete #	Coach #
3-7	1	3-5	1
8-13	2	6-9	2
14-19	3	10-13	3
20-25	4	14-17	4
26+	5	18+	5

Coaches are responsible for the entire group and will abide by the supervision schedule as discussed with the team manager(s).

There will be two mandatory coaches identified to be on the floor with each group. As teams can have athletes from many different clubs and not all clubs receive coaching spots or are able to send club coaches, GNL requires the names of the identified coaches as soon as possible in order to communicate to the membership so clubs know who to correspond with, with regards to athlete routines, etc.

Athlete orders will be based on athlete scores at Provincials

Managers can allow additional coaching staff on the floor during sessions. Coaches can request this in advance of the competition to avoid confusion during travel.

Nothing is considered final until final schedules are received from the host

b. Nationals

Minimum NCCP Level III Certified

Coaches must also have completed Respect in Sport and the on-line Making Ethical Decisions (MED) component

If there is no identified manager for Nationals, a funded coach will be delegated these duties

The number of coaching spots a club receives is based on the number of athletes they have travelling. (Per Program)

Nationals	
Athlete #	Coach #
2-3	1
4-7	2
8-11	3
12-15	4
16	5

In the event only 1 athlete is traveling to Nationals for a given program, coaching spots will be determined on a year to year / case by case basis.

From these identified coaches, a point system will be used to name the team coach.

Athlete Rank	Points
1	5
2	4
3	3
4	2
5	1

If there is a tie in points the coach with the higher ranked athlete is named

Coach funding will be dependent on the number of events the athlete(s) are competing. For Example: a coach gets funded 100% for an athlete competing on all events, they get ½ the funding if an athlete is only competing on 2 of 4 or 3 of 6, etc.

The process for athlete order at Nationals will be as follows:

- Athlete results from Easterns are considered first for anchor positions
- For athletes who did not attend Easterns, their best results of Atlantic/Provincials are considered for middle positions
- For athletes who did not attend Atlantic/Provincials, their best results from any invitational they attended will be considered for starting (1st up) positions
- There will still be potential to modify athlete order by the named coach based on performance on site during training

c. Canada Winter Games

Minimum 19 years of age and Minimum NCCP Level III certified.
 Experience travelling with and supervising young athletes
 Self-motivated and directed
 Good communication skills (Experience in administration an asset)
 Currently active in gymnastics, experience with National Stream athletes;
 technical experience an asset

The number of coaches will be selected at the discretion of GNL with the knowledge that there are CWG Rules and Regulations for full teams. GNL

reserves the right to petition for changes in the CWG Rules and Regulations regarding team officials if necessary.

Coaches will be selected based on a combination of application and points. Along with the application, prospective coaches will have to submit a proposed training plan for the year as well as competition results for the past 2 years.

Application for CWG coaches will be circulated 26 months before games. Up to 3 coaches per discipline will be identified 18-24 months in advance to help coordinate training squad activities.

The named CWG coach will come from this pool and will be named in the final year based on a points system at trials.

Athlete Rank	Coach Points
1	6
2	5
3	4
4	3
5	2
6	1

One of the Coaches will be deemed the manager

Athlete order at CWG will be decided by the named team coaches following podium training at the event.

ii. Responsibilities

Team Coaches will be responsible for communicating with the Chef, and Team Manager(s) regarding the following items:

- Team Coaches' responsibilities as assigned by the Chef/manager
- Competition and Training Schedule.
- Curfew times for each athlete.
- Meal schedules for each athlete
- Ground transportation requirements and schedule.
- All pertinent information and requirements especially of a technical nature

Each coach must contribute to the written report submitted within 1 week. Failure to comply may void eligibility for subsequent years.

Section V – Other Events

A. Invitational Competitions

1. In Province

As specified by the host club.

For clubs hosting invitational meets, judging kits can be rented from GNL.

For invitational competitions to be considered a qualifier event by GNL they must show they meet specific standards set out by GNLs technical rules and regulations (refer to next section – Identified Qualifiers) by filling out the appropriate form.

Anything that does not meet proper standards must be communicated ahead of time (ie – no spring floor; vault trainer, etc) before formal approval can be given by the appropriate committee(s). If equipment limitations are found after the competition is granted qualifier status, penalties will apply to the host club.

2. Out Of Province

Any members of GNL who participates in out-of-province/country competitions, must complete and submit (through the club) a GNL Notification Form prior to departure (Form located in Appendix).

For athletes/coaches participating in out-of country competitions GCG sanction procedures and timelines must also be followed. Please refer to GCG Authorization to Travel – Form A

B. Identified Qualifiers

For competitions to be eligible as a GNL qualifier, they must meet the following standards or athlete scores will not count in the Provincial Team Naming Process

- Equipment standards as outlined in Appropriate Program Documents. Anything that does not meet proper standards must be communicated ahead of time. If equipment limitations are found after the competition is granted qualifier status, athlete scores will not count in the Provincial Team Naming Process
- The host club must inform participants of the warm up format being used when notice of competition is distributed.
- Results Procedures as outlined in Section I of the GNL Programs Manual
- Event Schedules including group rotation orders to be received by GNL at least 10 days prior to the event
- Draft Judging Panels received by the GNL JDC at least 10 days prior to the event. The JDC will make adjustments if deemed necessary. Panels must note judges' name, event assignment and judging level. Session Chief Judges must be noted as well. A delegated area or seat at table must be available for participating club shadow judges (maximum 4 individuals per session).

C. Atlantic, Eastern, National Championships

Regulations as outlined by the AUGA and/or GCG and the host provinces.

Atlantics: Hosting is based on Atlantic Provinces rotation. Newfoundland & Labrador will host the Atlantic Gymnastics Championships every four years.

Easterns: Hosting is based on a rotation schedule. Every second year this event will be in an Atlantic Province.

Nationals: Hosting based on bids accepted by GCG

D. Newfoundland & Labrador Winter Games

The Newfoundland and Labrador Games is a program of the Government of Newfoundland and Labrador. Held every second year, alternating winter and summer, the Games is the largest multi-sport event staged for the youth of the province, bringing together young athletes from 11 to 18 years of age from all regions of the province to share in the spirit of athletic competition.

The Newfoundland and Labrador Games is considered by some participants to be the highlight of their sporting experiences.

The Newfoundland and Labrador Games are to provide a multi-sport competition that would identify athletes with the potential to compete at the CWG and/or proceed to national level competition

1. **Regions**

There are 8 regions represented at the NLWG; 9 regions when St. Pierre et Miquelon compete. They are as follows:

Labrador, Western, Central, Eastern, Avalon, St. John's North, Mt. Pearl South & Host

Potential that some regions could send two teams

2. **Eligibility**

As per Provincial Government/Host Technical and Policy Manuals.

WAG: JO7 tyro-novice (equipment dependant)

MAG: Level 3 boys (equipment dependent)

Consider adding T&T in conjunction with or to replace artistic at this event

3-6 per team (regions with less than 3 can send individuals but they will not count in the points for team awards and Special NLWG awards)

3. **Regional Team Selection**

i. **Staff**

- Coaches & chaperones shall be minimum 19 years of age.
- Coaches shall be minimum Comp Into In Training Status
- For chaperones to have access to the competition floor they must be a minimum NCCP Foundations Trained
- Officials representing GNL are required to sign a "Letter of Compliance" in support of GNL. Provincial Team Policies and Code of Conduct prior to departure. Refusal to sign will result in replacement of the official by GNL.

ii. **Athletes**

- Regional Qualifiers shall take place by a date to be determined by Provincial Government/Host before the Games.
- Regional representatives shall be appointed for each region and responsibilities assigned by GNL prior to the Play downs.

4. **Funding**

- The Provincial Government funds participation at the Games. Regional qualifiers may be eligible for government funding.

E. **Canada Games**

The Canada Games is a high level multi sport event held every two years in Canada, alternating between Summer and Winter. Athletes are strictly amateur only and represent their province/territory. This is a key event in the development of Canada's young athletes. The best in their age group, these young competitors come to the Games having trained long and hard to be among those chosen to represent their respective province or territory and compete for the Canada games flag and centennial cup. With the Canada games poised as a key step in the development of Canada's future stars, Canada games athletes are Canada's next generation of national, international and Olympic champions.

F. **Camps / Clinics / Courses**

Any members of GNL who participate in club run in-province camps, clinics or courses must complete and submit (through the club) a GNL Notification Form. Events submitted on the GNL Notification form will be used in the accumulation of PD Points for Annual Awards. Events must be received at least 4 weeks in advance to be eligible for application of NCCP PD points.

Any members of GNL who participate in out-of-province/country camps, training sessions, clinics or courses, must complete and submit (through the club) a GNL Notification Form (Form located in

Appendix). Events submitted on the GNL notification form will be used in the accumulation of PD Points for Annual Awards. Events must be received at least 4 weeks in advance to be eligible for application of NCCP PD points.

For athletes/coaches participating in out-of country training sessions, clinics or courses, GCG sanction procedures and timelines must also be followed. Please refer to GCG Authorization to Travel – Form A Athletes traveling to training sessions without a coach must attach a letter of approval from the hosting club

Any clubs bringing in out-of country clinicians/coaches for camps, clinics or courses, GCG sanction procedures and timelines must also be followed. Please refer to GCG Authorization to Host – Form H

Part 2 - Women's Artistic Gymnastics Program

Section I – Competitive Streams

A. National Stream

National Stream regulations are determined by: The Aspire Program Document, GCG Women's Program Documents, and FIG. Please refer to these documents for complete rules and regulations. There are modifications for NL gymnasts. Please note modifications below.

1. Aspire

The Canadian Aspire Program (CAP) has been established to assist in the development of young athletes as they prepare for higher level competition. GCG is responsible for the content of the Aspire Program.

i. Age Eligibility

Athletes turning 9 up to age 11 are eligible to compete. (born in 2006-2008)
NL will accept athletes turning 8 (born in 2009) the ability to take part in this program in-Province only to allow for development towards competition at meets such as Easterns in the following year.

ii. Categories

a. Aspire 1

An entry level program for athletes 9-10 years of age (8 for in-Province only) preparing for competitive streams. This category is for the beginner or less experienced athlete and focuses on the development of essential basic elements on each event.

b. Aspire 2

An advanced level program for athletes 10-11 years of age with the goal of entry to higher levels of competition including the National and High Performance programs. The focus remains on strong essential basic elements on all events as well as the inclusion of key advanced elements.

2. JO Level 9

i. Age Eligibility

(11-13) category: Athletes turning 11 up to age 13 are eligible to compete (born in 2004-2006)

3. JO Level 10

i. Age Eligibility

(12-15) category: Athletes turning 12 up to age 15 are eligible to compete (born in 2002-2005)

(16+) category: Athletes turning 16+ are eligible to compete (born in 2001 or before)

4. High Performance Novice & Junior

FIG and the GCG Canadian Model govern this program.

i. Age Eligibility

Novice: Athletes turning 11 up to age 13 are eligible to compete (born in 2004-2006)
Junior: Athletes turning 12 up to 15 are eligible to compete (born in 2002-2005)

5. High Performance Senior

FIG and the GCG Canadian Model govern this program.

i. Age Eligibility

Athletes turning 14 and up are eligible to compete (born in 2003 or before)

B. Provincial Stream

Governed by the GCG Canadian JO Manual. Please refer to this document for complete rules and regulations for age categories.

JO has been modified for NL gymnasts. Please note modifications below.

1. JO Level 3-8

i. Age Eligibility

- (9) Cadet: Athletes turning 9 in the competitive year. (Born in 2008)
- (10) Argo: Athletes turning 10 in the competitive year. (Born in 2007)
- (11-12) Tyro: Athletes turning 11 and 12 in the competitive year (born in 2005-2006)
- (13-14) Novice: Athletes turning 13 and 14 in the competitive year (born in 2003-2004)
- (15+) Open: Athletes turning 15 and up in the competitive year (born in 2002 or before)

2. JO Level 9

i. Age Eligibility

- (14-15) category: Athletes turning 14 up to age 15 are eligible to compete (born in 2002-2003)
- (16+) category: Athletes turning 16+ are eligible to compete (born 2001 or before)

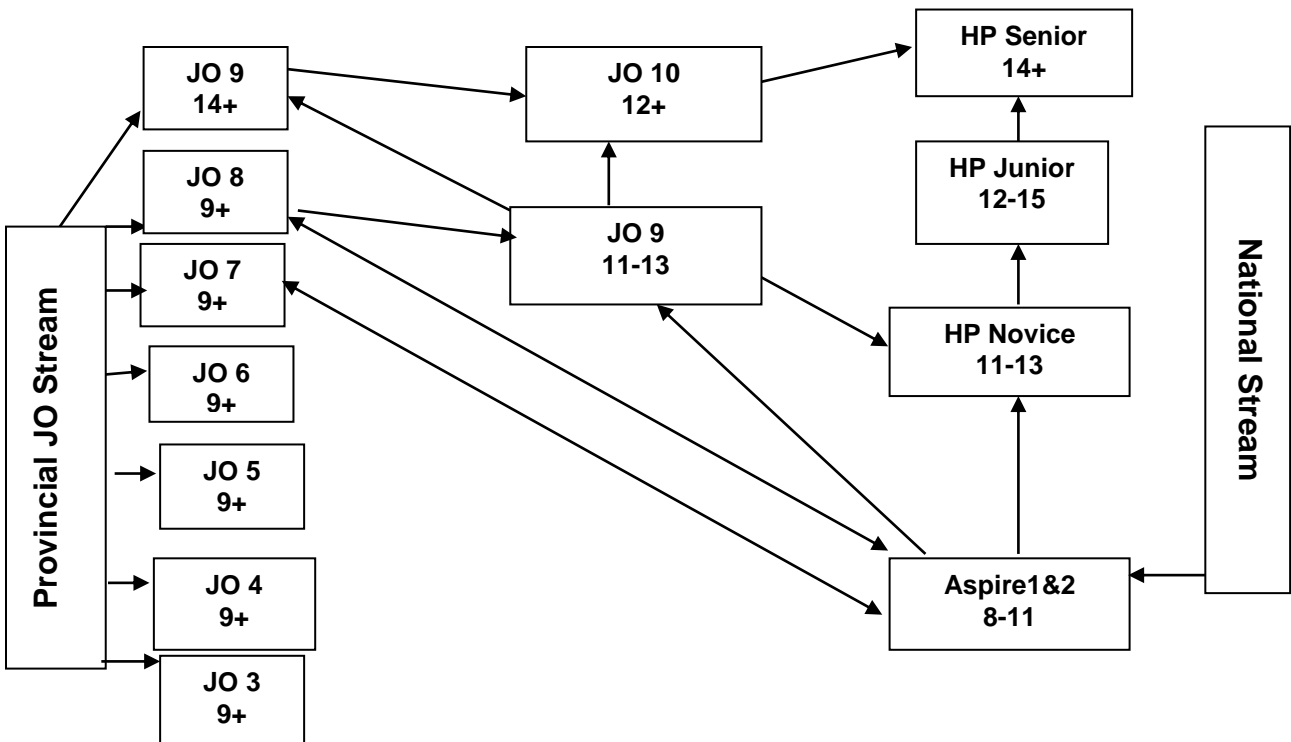
NOTE: NL will combine age categories at competitions if there are too few athletes (less than 3) in a specific age group. (If there are 3 athletes in a category and they are all from the same club, the club will have the option to combine the group in an effort to give the athletes competition)

Acceptable Groupings:

Adjacent age levels

Cadet/Argo/Tyro can be combined for an acceptable Grouping

C. Competitive Structure Web



Part 3 - Men's Artistic Gymnastics Program

Section I – Competitive Streams

A. Canadian Elite (National) Pathways Program

Regulations are determined by: GCG. Please refer to the appropriate document for complete rules and regulations.

There are modifications for NL gymnasts. Please note modifications below.

1. Elite Level 2

Compulsory routines & physical skills routine. Eligible for Eastern Canadian Championships

i. **Age Eligibility**

For the 2016-17 season, athletes born from 09/2006-08/2008

(NL will also allow athletes born from 09/2008-12/2008 to compete as an Elite Level 2 at Provincial Championships, however, they will not be eligible for Provincial Teams.)

2. Elite Level 3

Compulsory routines & physical testing. Eligible for Eastern Canadian Championships

i. **Age Eligibility**

For the 2016-17 season, athletes born from 09/2004-08/2007

3. Elite Level 4

Compulsory and optional routines, plus a physical testing component. Eligible for Eastern Canadian Championships

i. **Age Eligibility**

For the 2016-17 season, athletes born from 09/2002-08/2005

4. High Performance Junior

FIG and the GCG Men's Program Manual govern this program

i. **Age Eligibility**

(14-15) category:

For the 2016-17 season, athletes born in 2002-2003

Turning 14-15 as of January 1st of the competition year. Must turn 14 in the year of the competition

(16-17) category:

For the 2016-17 season, athletes born in 2000-2001

Turning 16-17 as of January 1st of the competition year. Must turn 16 in the year of the competition. May not turn 18 in the year of the competition

5. High Performance Senior

FIG and the GCG Men's Program Manual govern this program

i. **Age Eligibility**

For the 2016-17 season, athletes born in 1999 or earlier

18+ as of January 1st of the competition year. Must turn 18 in the year of competition.

B. Canadian Provincial Pathway Program

The Canadian Provincial Pathway Program was developed to provide a single program across Canada allowing for greater inter-provincial competition between Provincial level athletes. Where no regulation exists or no clarification has been made, the regulations of the current FIG Code of Points will apply. The Provincial Pathway consists of 6 levels.

The GCG CPP Manual determines provincial stream regulations. Please refer to this document for complete rules and regulations.

The CPP has been modified for NL gymnasts. Please note the differences in the Age Eligibility categories and specific apparatus regulations.

NOTE: NL will combine age categories at competitions if there are too few athletes in a specific age group. (If there are 3 athletes in a category and they are all from the same club, the club will have the option to combine the group in an effort to give the athletes competition)

Acceptable Groupings:

Adjacent age levels

1. Level 1

Compulsory Routines

i. Age Eligibility

- Under 10: For the 2016-17 season, athletes born from 09/2005-08/2007
(NL will also allow athletes born from 09/2007-12/2008 to compete as an Under 10 athlete at Provincial Championships, however, they will not be eligible for Provincial Teams.)
- Under 12: For the 2016-17 season, athletes born from 09/2003-08/2005
- 13+: For the 2016-17 season, athletes born from 09/2001-08-2003

2. Level 2

Compulsory Routines

i. Age Eligibility

- Under 10: For the 2016-17 season, athletes born from 09/2005-08/2007
(NL will also allow athletes born from 09/2007-12/2008 to compete as an Under 10 athlete at Provincial Championships, however, they will not be eligible for Provincial Teams.)
- Under 12: For the 2016-17 season, athletes born from 09/2003-08/2005

3. Level 3

Optional Routines

i. Age Eligibility

- Under 13: For the 2016-17 season, athletes born from 09/2003-08/2005
(NL will also allow all athletes born from 09/2005-12/2007 to compete in this level at Provincial Championships, however, they will not be eligible for Provincial Teams)
- 13+: For the 2016-17 season, athletes born from 09/1998-08/2003

4. Level 4

Optional Routines

i. Age Eligibility

- Under 13: For the 2016-17 season, athletes born from 09/2003-08/2005
(NL will also allow all athletes born from 09/2005-12/2007 to compete in this level at Provincial Championships, however, they will not be eligible for Provincial Teams)
- 13+: For the 2016-17 season, athletes born from 09/1998-08/2003

5. Level 5

Optional Routines

i. Age Eligibility

- For the 2016-17 season, athletes born from 09/2000-08/2003

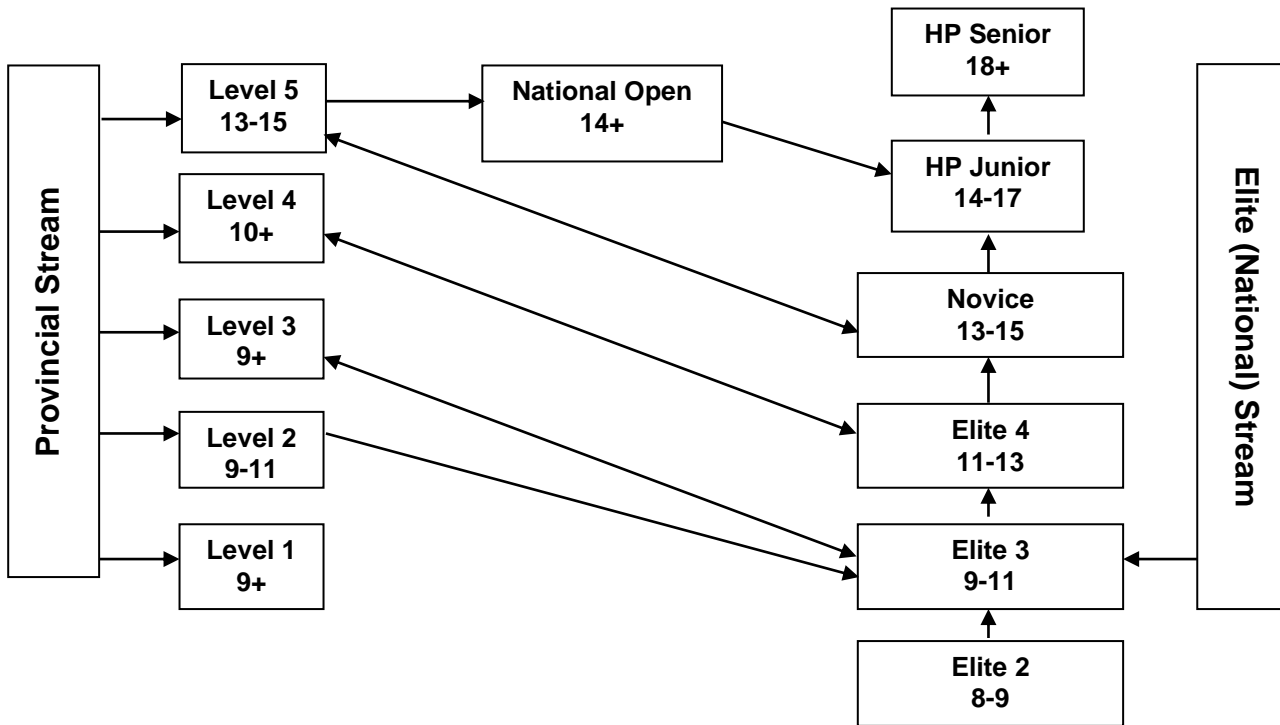
6. National Open

FIG Rules (GCG supplement)

i. Age Eligibility

- For the 2016-17 season, athletes born from 09/1997-08/2002

C. Competitive Structure Web



Part 4 – T&T Programming

Section I – Competitive Streams - Trampoline

The GCG TG Competition System Manual determines regulations. Please refer to this document for complete rules and regulations.

A. National Streams

- 1. Level 5 (Novice)**
 - i. Age Eligibility**
 - U16: Born 2001-2006
 - 17+: Born 2000 or before
- 2. Level 6 (Espoir)**
 - i. Age Eligibility**
 - U17: Born 2000-2004
 - 18+: 1999 or before
- 3. Junior**
 - i. Age Eligibility**
 - Born 1999-2002
- 4. Senior**
 - i. Age Eligibility**
 - Born 1998 or before

B. Provincial Stream

- 1. Level 1**
 - i. Age Eligibility**
 - 12U: Born 2005-2008
 - 13+: Born 2004 or before
- 2. Level 2**
 - i. Age Eligibility**
 - 13U: Born 2004-2008
 - 14+: Born 2003 or before
- 3. Level 3**
 - i. Age Eligibility**
 - 14U: Born 2003-2008
 - 15+: Born 2002 or before
- 4. Level 4**
 - i. Age Eligibility**
 - 15U: Born 2002-2008
 - 16+: Born 2001 or before

**Part 5 -
General/Recreational/Educational
Gymnastics Program**

Section I - Introduction to General/Recreation Gymnastics

A. Artistic Gymnastics Programs

1. Active Start Classes

i. Parented Programs

This is a program used at gymnastics clubs for children 3 years of age and younger. Parents are involved in the program with their child.

ii. Un-parented Pre-School Programs

A program used at gymnastics clubs for children too young for the Can Gym program but old enough to participate without their parent. It is usually geared for children ages 3-5.

2. School Aged Programs

i. Can Gym

This is a recreational based program developed for participants of all ages. It is to provide a badge based, skill development program for Canadian gymnastics clubs and to provide resource material that complements the NCCP level 1 and 2 gymnastics curriculum. This program is currently under revision by GCG.

3. Adult Programs

B. Rhythmic Gymnastics Programs

1. Prism

A recreational based program developed by Rhythmic Gymnastics Alberta. It has several levels for athletes to progress through

C. Power Tumbling & Trampoline

1. CanJump

A recreational based program for Power Tumbling, Double Mini and Trampoline. Developed by Play Factory in conjunction with Gymnastics Alberta and GCG.

D. Educational Programming

1. Up Down and All Around

This is a program developed by GCG for school based education programs. There are set lesson plans provided for teachers to follow and help them introduce the basics of gymnastics in their physical education classes.

2. Kids CanMove

The Kids CanMove program was developed by Gymnastics BC in 2005. It was developed for integration into elementary schools. It enables teachers to safely teach gymnastics and provide students with physical literacy, confidence and the basic tools for lifelong activities, health and wellness. Once the program is adopted a certified Kids Can Move instructor will come to the province to certify instructors. Schools and teachers can then register with GNL to use the program.

3. Foundations for All

This program has been designed with the ultimate goal of providing wide and unlimited access to the tools needed to deliver vital programs for children and youth geared to complete physical and motor skill development. The objective of this program is to increase physical literacy in our children through a variety of approaches throughout the province.

E. Special Olympics

Currently gymnastics in the Special Olympics is Rhythmic only; however, there are discussions through GCG to move into Artistic programming as well.

F. Display Teams

1. Guidelines for Performances by GNL Sanctioned Display Teams

GYMNASTICS is an artistic sport viewed objectively on technical merit and subjectively when one considers that the “total look” is also a measure of the gymnast’s quality of performance. Hence, as an integral part of the performance; presentation, focus, discipline, tidiness and organization is essential.

Athletes traveling with GNL Sanctioned Display Teams must adhere to the athlete protocol guide

2. Gymnaestrada

G. Birthday Parties

GNL member clubs can host birthday parties but must follow the protocol as outlined in the 2010 GNL birthday party guide (under separate cover).

Part 6 – GNL Judging Regulations

Section I – General

A. Responsibilities

Judges are to officiate with complete impartiality, respecting and abiding the rules which govern them in true spirit of sportsmanship. Sporting justice, ethics and honesty are the basis of a fair judgment. All judges, regardless of level, are expected to abide by the sport code of conduct/code of ethics.

Judges will adhere to the most current revisions of:
The GNL Programs Manual
The Canadian Competition Rules
FIG Code of Points

Judges and coaches are encouraged to communicate informally prior to and/or after competitions regarding any technical concerns.

Judges are held responsible in matters concerning attendance, promptness, proper dress and conduct.

Judges are expected to be non-bias and fair, conduct themselves with the highest degree of professionalism both on the competition floor and in meetings.

Disciplinary action can be brought against those who show unprofessional and undisciplined behavior at competitions. A template of the Disciplinary Action letter and consequences can be found in the Appendix.

B. Attire

Female Officials: Black/Navy Blazer
 White Blouse
 Black/Navy Slacks or Skirt
 Appropriate Footwear

Officials representing NL at Travel Events must wear Navy. Black will only be accepted at in province meets.

Male Officials: Navy/Black Blazer
 White Dress Shirt
 Black/Navy/Kaki Slacks
 Appropriate Footwear

Officials representing NL at Travel Events must wear Navy. Black and kaki will only be accepted at in province meets.

Officials cannot wear streetwear or coaching attire while judging

C. Registration

Judges are required to register with GNL by the February 1st deadline each year. There is an annual \$10.00 registration fee for judges. This \$10.00 fee will be waived for individuals who register for a GNL held judging clinic. Judges may be affiliated through a member club in good standing, or as an unattached judge and individual member. Failure to register may lead to loss of certification or eligibility for travel as a member of a GNL delegation.

1. Judging Status

i. Inactive

A judge can request to be listed as "inactive - excused" for valid reasons without losing their certification level (valid reasons include medical, personal, etc).

A judge can request "coach – excused" status to keep from dropping in levels as well, as long as the judge can prove they are training athletes at or above their listed judging level and is actually on the floor with them during qualifier competitions.

2. Judging Record Forms

Judging record forms are available in the appendix of this manual or from the GNL office.

Each judge must submit his/her forms to the GNL office by July 1st of each year. These forms must contain a listing of all competitions judged, including date, level and apparatus judged, clinics attended, gym observations and authorization. Failure to submit forms as required will result in loss of advancement in the judging program.

D. Honoraria

For GNL events, Judges will be paid an honorarium according to the following table.

Honoraria				
MAG		1-2yrs	3-4yrs	5+yrs
	Shadow	No Honoraria		
	Entry	\$20.00	\$22.50	\$25.00
	Regional	\$25.00	\$27.50	\$30.00
	Provincial	\$30.00	\$32.50	\$35.00
	National	\$35.00	\$37.50	\$40.00
	FIG	\$40.00	\$42.50	\$45.00
WAG		1-2yrs	3-4yrs	5+yrs
	Shadow	No Honoraria		
	Compulsory	\$20.00	\$22.50	\$25.00
	Optional 6-8	\$25.00	\$27.50	\$30.00
	Optional 9-10	\$30.00	\$32.50	\$35.00
	National 10	\$35.00	\$37.50	\$40.00
	National HP	\$40.00	\$42.50	\$45.00
T&T		1-2yrs	3-4yrs	5+yrs
	Shadow/ Provincial 5	No Honoraria		
	Provincial 4	\$20.00	\$22.50	\$25.00
	Provincial 3	\$25.00	\$27.50	\$30.00
	Provincial 2	\$25.00	\$27.50	\$30.00
	Provincial 1	\$30.00	\$32.50	\$35.00
	National 3	\$35.00	\$37.50	\$40.00
	National 2	\$35.00	\$37.50	\$40.00
	National 1	\$35.00	\$37.50	\$40.00
	FIG	\$40.00	\$42.50	\$45.00

For judges who are judging outside their area, and have not taken a course in the alternate area, will receive an honoraria equal to 1 Level below their trained level

A session is defined as follows:

	MAG P1 / WAG JO 3-6	MAG P2+ / WAG JO 7-10+ National
1 Session	Up to 50 gymnasts	Up to 35 gymnasts
1.5 Sessions	51-60 gymnasts	36-45 gymnasts
2 Sessions	61-70 gymnasts	46-55 gymnasts
Unacceptable	Over 70	Over 55

Sessions that have a mixture of levels, will be defined by the levels which make up more than 50% of the participants

E. Expenses

For Judges representing GNL at Provincials and travel competitions, travel, accommodations and meals will be compensated as stated by GNL. Failure to confirm with the GNL office may result in no travel

compensations. If judges choose to travel with their affiliated clubs to GNL team competitions where they are actively judging, they may be eligible for partial compensation of expenses.

Section II – Judge Education

Judges are encouraged to participate in the development of gymnastics by attending offered judging seminars, and through communication with coaches and gymnasts during practical gym sessions.

To maintain & create knowledgeable and competent judges who are certified to judge at the provincial level GNL will:

- pay expenses for National level judges to attend courses/clinics and qualifying competitions in order to maintain and/or upgrade their level when fiscally able.
- pay expenses and honoraria for judges conducting judging clinics as organized by GNL
- identify and train provincial course clinicians

A. Judging Clinicians

Provincial Course Clinicians are appointed by the JDC.

For GNL run clinics, GNL will pay clinicians an honorarium of \$30.00/hr + a \$30.00 preparation fee.

B. Judge Assessment

To maintain & create knowledgeable and competent judges who are certified to judge at the provincial level

Judges will be expected to take part in an assessment process as outlined in their respective discipline in section III.

C. Judge Continuing Professional Development

Shadow Judging: Sitting on a panel where your scores don't count at your current judging level or one level higher. (All shadow judging of GNL-qualifier events must be approved by the JDC)

Observation Hours: Observing athletes in a gym club where athletes of your current judging level or one higher train

Mentor Hours: Observing athletes in a gym club where athletes of your current judging level or higher train along with a judge of a higher level.

Practice Judging: by video or in person

Section III – Judging Levels

A. Women's Artistic

1. Compulsory

Entry Requirements

- Must be at least 15 years old
- Must complete a Compulsory Judging Course

Once an individual attains the entry requirements for the Compulsory Judging Level, they are eligible to be a panel judge for JO1-5.

Maintenance Requirements

- Must be active in the Province

- Must complete 12 hours of Continuing Professional Education (CPE) requirements every year
 - Attendance at Compulsory Judging Course
 - Shadow Judging / Practice Judging
 - Observation
 - Mentoring
- Successfully complete Compulsory level written & practical exam with an 80% pass mark.
An individual can only take the written and/or practical exam for a specific level a maximum of three times per year in the attempt to pass
Individuals who pass the written & practical exams are eligible to be a HJ for JO 1-5
- Judge a minimum of 40 routines over 2 competitions
- Must have an evaluation at least once a cycle at a JO3-5 competition

Individuals who have met maintenance requirements are Eligible to judge at Provincial Championships and/or Atlantics (JO5 only)

2. **Optional 6-8**

Entry Requirements

- Must be at least 16 years old
- Must complete an Optional 6-8 Judging Course

Once an individual attains the entry requirements for the Optional 6-8 Judging Level, they are eligible to be a panel judge for JO6-10 and/or Aspire 1&2. Only judges who complete the compulsory judging course are eligible to judge compulsory routines

Maintenance Requirements

- Must be active in the Province
- Must complete 12 hours of Continuing Professional Education (CPE) requirements every year
 - Attendance at Optional 6-8 Judging Course
 - Shadow Judging / Practice Judging
 - Observation
 - Mentoring
- Successfully complete Optional 6-8 level written & practical exam with an 80% pass mark.
An individual can only take the written and/or practical exam for a specific level a maximum of three times per year in the attempt to pass
Individuals who pass the written & practical exams are eligible to be a HJ for JO 6-8
- Judge a minimum of 40 routines over 2 competitions
- Must have an evaluation at least once a cycle at a JO6-8 competition

Individuals who have met maintenance requirements are Eligible to judge at Provincial Championships, Atlantics and/or Easterns*

4. **Optional 9-10**

Entry Requirements

- Must be at least 19 years old
- Must have a minimum of 3 years judging experience at Optional 6-8
- Must have attended the JO6-8 course and successfully completed the evaluation process (GCG theory and practical exams) with a minimum of 80%

Once an individual attains the entry requirements for the Optional 9-10 Judging Level, they are eligible to be a panel judge for JO6-10 and/or Aspire 1&2. Only judges who complete the compulsory judging course are eligible to judge compulsory routines

Maintenance Requirements

- Must be active in the province

- Must complete 16 hours of Continuing Professional Education (CPE) requirements every year
 - Attendance at Optional 6-8 Judging Course
 - Shadow Judging
 - Observation
 - Mentoring
 - Practice judging (online routines)
- Judge a minimum of 40 routines over 2 competitions
- Must have an educational live/on panel assessment at a JO9 or 10 competition

Individuals who have met maintenance requirements are Eligible to judge at Provincial Championships, Atlantics and/or Easterns

5. National JO10

Individuals in this level are eligible to judge JO6-10 and/or Aspire 1&2. Only judges who complete the compulsory judging course are eligible to judge compulsory routines. Individuals in this level are also eligible to judge at Provincial Championships, Atlantics and/or Easterns. They may also get an opportunity to judge at JO Canadian Championships and/or Canada Games

Entry Requirements

- Must be at least 21 years old
- Must have a minimum of 5 years judging experience, 2 of which must be at Optional 9-10 level
- Must be recommended by their PTO
- Must have completed the NCCP Competition Introduction (or similar) course

Maintenance Requirements

- Must be active in the province
- Must complete 16 hours of Continuing Professional Education (CPE) requirements every year
 - Attendance at Optional 6-8 Judging Course
 - Shadow Judging
 - Observation
 - Mentoring
 - Practice judging (online routines)
- Must have attended the National JO10 course and successfully completed the evaluation process (GCG theory and practical exams) with a minimum of 80% - once per cycle
- Must have an educational live/on panel assessment at a JO9 or 10 competition
- 40 routines over 2 competitions

6. National High Performance

Individuals in this level are eligible to judge HP Novice, Junior, Senior, JO6-10 and/or Aspire 1&2. Only judges who complete the compulsory judging course are eligible to judge compulsory routines. Individuals in this level are also eligible to judge at Provincial Championships, Atlantics and/or Easterns. They may also get an opportunity to judge at JO Canadian Championships, HP Canadian Championships and/or Canada Games

Entry Requirements

- Must hold a valid National JO10 rating
- Must be recommended by their PTO

Maintenance Requirements

- Must be an active judge in the province (as defined by the province residing in)
- Must participate in the HP course and successfully complete the evaluation process (theory and practical exams) with a minimum of 80% - once per cycle
- Must complete 16 hours of Continuing professional Education (CPE) requirements every year
- 40 routines over 2 competitions

B. Men's Artistic

1. Entry Level

Entry Requirements

- Must be at least 16 years of age (Active MAG Gymnasts can enter at 14)
- Must complete an Entry Level judging course

Once an individual attains the entry requirements for the Entry Judging Level, they are eligible to be a panel judge for Provincial 1-2.

Maintenance Requirements

- Must be active in the Province
- Must complete 12 hours of Continuing Professional Education (CPE) requirements every year
 - Attendance at Entry Judging Course
 - Shadow Judging / Practice Judging
 - Observation
 - Mentoring
- Successfully complete Entry level written & practical exam with an 80% pass mark. An individual can only take the written and/or practical exam for a specific level a maximum of three times per year in the attempt to pass. Individuals who pass the written & practical exams are eligible to be a HJ for Provincial 1-2
- Judge a minimum of 40 routines over 2 competitions
- Must have an evaluation at least once a cycle at a Provincial 1-2 competition

Individuals who have met maintenance requirements are Eligible to judge at Provincial Championships and/or Atlantics (Provincial 1-2 only)

2. Regional Level

Entry Requirements

- Must be at least 16 years old
- Must have judged for 2 years at the Entry Level and met all maintenance requirements
- Must complete a Regional Level judging course

Once an individual attains the entry requirements for the Regional Judging Level, they are eligible to be a panel judge for Provincial 1-5 and/or Elite 2-4.

Maintenance Requirements

- Must be active in the Province
- Must complete 15 hours of Continuing Professional Education (CPE) requirements every year
 - Attendance at Regional Judging Course
 - Shadow Judging / Practice Judging
 - Observation
 - Mentoring
- Successfully complete Entry Level written & practical exam with an 80% pass mark. An individual can only take the written and/or practical exam for a specific level a maximum of three times per year in the attempt to pass. Individuals who pass the written & practical exams are eligible to be a HJ for Provincial 3-5 and Elite2-4
- Judge a minimum of 40 routines over 2 competitions
- Must have an evaluation at least once a cycle at a Provincial 3-5 competition

Individuals who have met maintenance requirements are Eligible to judge at Provincial Championships and Atlantics*

3. Provincial Level

Entry Requirements

- Must be at least 18 years old
- Must be an active regional level judge who met maintenance requirements for the previous 2 years
- Must complete a Provincial Level judging course

Maintenance Requirements

- Must be active in the Province
- Must complete 18 hours of Continuing Professional Education (CPE) requirements every year
 - Attendance at Provincial Judging Course
 - Shadow Judging / Practice Judging
 - Observation
 - Mentoring
- Successfully complete Provincial Level written & practical exam with an 80% pass mark. An individual can only take the written and/or practical exam for a specific level a maximum of three times per year in the attempt to pass. Individuals who pass the written & practical exams are eligible to be a HJ for Provincial 3-5, Elite2-4 & National Open
- Judge a minimum of 40 routines over 2 competitions
- Must have an evaluation at least once a cycle at a Provincial 3-5 competition

Individuals who have met maintenance requirements are Eligible to judge at Provincial Championships, Atlantics and/or Easterns*

5. National Level

Entry Requirements

- Must be an active provincial level judge who met the maintenance requirements for the previous 2 years
- Must be recommended by their PTO

Maintenance Requirements

- Must be active in the province
- Must complete 21 hours of Continuing Professional Education (CPE) requirements every year
 - Attendance at GCG National Judging Course
 - Shadow Judging
 - Observation
 - Mentoring
 - Practice judging (online routines)
- Must have attended the GCG National course and successfully completed the evaluation process

6. FIG

Entry Requirements

- Must be an active National Level judge who met the maintenance requirements for the previous 2 years
- Must be recommended by their PTO and GCG
- Must meet FIG requirements

C. T&T

1. Provincial Level

Entry Requirements

- At least 16 years of age (15 years of age if a trampoline athlete)
- Must complete the provincial Level judging course & exams

Maintenance Requirements

- Active in the Province
- Attend Provincial Level Judging Course
- Pass the appropriate exams for either recertification and/or upgrading as in accordance with the Canadian Provincial Judging requirements
- Judge at two competitions throughout the competitive year
- Complete 12 hours of Professional Educational Development
 - Attend Provincial Level judging Course
 - Spend time in the gym under the supervision of a Level II coach or a senior judge observing skills and routines (It is strongly recommended all judges, spend at least 8 hours in the gym)

There are currently five levels for Provincial Judges

Provincial 5 – Individuals at this level are considered to be in training and are allowed to sit on a panel at the discretion of the JDC

Provincial 4 – Individuals at this level will have passed the written component and two of three practical components (execution & difficulty) of the course. They are allowed to sit as execution or difficulty judges for all events involving Provincial level athletes

Provincial 3 – individuals at this level have completed the requirements for P4 plus an additional practical component relating to duties of the Chaire of Judges Panel. P3 judges are eligible to fulfill all roles at all events involving provincial level athletes and also to be considered to judge at Eastern Championships

Provincial 2 – Individuals at this level will have judged as a P3 judge for a minimum of two years, have passed the National readiness exams (execution, DD and CJP) and have completed a minimum of 15 judging hours

Provincial 1 – individuals at this level will have completed all of the requirements of P2 along with having passed the DD exam specific for a P1 judge (Junior and Senior level of DD)

2. National Level

Entry Requirements

To be considered as a candidate for National Certification, an individual must be actively judging at the P2 or P1 level for a minimum of two years. The GCG T&T committee, on recommendation from the PSO will select the individual or individuals that will be eligible to take the National Course. In order to maintain certification or upgrade to a higher level, individuals must pass the appropriate exams for either recertification and/or upgrading as deemed necessary by the national judging coordinator and in accordance with GCG judging requirements

National level certification is administered by GCG. There are three levels for National Judges in Canada:

National 3 – at this level, judges are able to judge the national level only

National 2 – at this level, judges are able to judge the National Open and Espoir levels

National 1 – at this level judges are able to judge the Junior and Senior levels

3. FIG Brevet

Brevet judges are certified by FIG in accordance to FIG rules and statutes. To be eligible, an individual must already have a brevet or be ranked at the National 1 level for a minimum of one complete Olympic cycle. The T&T committee will put forward names of eligible judges to GCG who make the final selection of judges who will attend the course.

Part 7 - Technical Appendix

GNL Technical Committee Application

Committee Applying for:

- Women's Program Committee
- Men's Program Committee
- Elite Athlete Development Committee
- Judging Development Committee
- Recreation Committee

Name of Applicant: _____

Address: _____

Telephone: (H) _____ Telephone: (B) _____

Fax Number: _____ Email Address: _____

Profession: _____

Contribution to the Sport: _____

Volunteer Background / General Comments:

(Education, experience, training which would contribute to the applicant's ability to fulfill his / her responsibilities)

(Additional support material may be attached)

Applicants Signature _____ Date: _____

Deadline for Receipt of Application At The GNL Office Is One Week Prior to the AGM

NCCP Exemption – Access to Competition Floor

Gymnastics Newfoundland & Labrador has NCCP requirements for coaches to be eligible to be on the floor at competitions:

In Province Sanctioned Meets	Gymnastics Comp Intro In-Training OR Old NCCP Level 1 Certified
Atlantic/Eastern Championships	NCCP Level 2 (Comp Intro) Certification
National Level Competitions	NCCP Level 3 (Comp Dev) Certification

It is highly recommended that coaches working with competitive athletes continue to up-grade their knowledge and skill levels through professional development and coach education courses for the safety of their athletes

If a coach does not meet the minimum standard to be on the floor at in-province qualifying meets, GNL will require the coach to complete and submit an exemption form for approval

- Coaches can only apply for exemption once
- Coaches will only be granted NCCP exemption for in-province competitions
- Coaches requesting exemption **can not** be on the floor alone, they must be on the floor with a trained/certified coach
- Coaches must submit the exemption form a week before the competition registration deadline

NCCP Exemption – Access to Competition Floor

Coach Name: _____

NCCP/CC#: _____

Email Address: _____

Phone Number: _____

Club: _____

Level of Coach Training:

Why are you Requesting Exemption:

Who will be the Direct Supervising Coach on the Floor: _____

Please Specify the Level of Training of the Supervisor Coach: _____

Will the Supervisor Coach have Additional Duties While on the Floor: _____

If Yes, Please Specify:

Coach Signature: _____

Date: _____

Club Signature: _____

Date: _____

GNL Office Use Only

Date Received: _____

GNL Signature: _____

Accepted: _____

Denied: _____

Gymnastics Newfoundland and Labrador

PROTEST FORM

EVENT: _____

NAME OF ATHLETE: _____ **NUMBER:** _____

ATHLETE LEVEL: _____

COACH'S RATIONALE:

COACH SIGNATURE: _____ **TIME:** _____

ADDITIONAL CLUB COACH SIGNATURE: _____
(If Applicable)

Accepted:

Denied:

COMMENTS INCLUDING RATIONALE FOR DECISION:

SIGNATURE: _____

TIME: _____

1. Protest fee is \$5.00
2. Protest is accepted on content only, as per GCG
3. No protests for vault
4. Protest must be made within 15 minutes of the posting of results
5. Protest should be given to the chief judge
6. Fee refunded if the protest is accepted

REQUEST for CATEGORY CHANGE FORM

NAME OF COMPETITOR: _____

Category Registered in or Previously in: _____

Category Requesting Change to: _____

REASON for CATEGORY CHANGE REQUEST:

Illness/Injury

Extended Leave from Sport

Change in Training Hours, Facility or Coach

Other

ADDITIONAL INFORMATION

COARCH SIGNATURE: _____

DATE: _____



Accepted:

Denied:



TD SIGNATURE: _____

DATE: _____

- Request fee is \$10.00

NOTIFICATION of OUT-OF-PROVINCE ACTIVITIES



- a) This form must be completed by clubs who have arranged out-of-province training, camps, clinics or competitions for athletes and/or coaches
- b) Activities submitted on this form will be used towards:
 - The accumulation of Professional Development Points for GNL Annual Awards
 - Application to GCG for the approval of CAC coach certification PD Points (only activities submitted to GNL at least 4 weeks prior to the event will be forwarded)
- c) For all activities outside of Canada there is an additional GCG form that must be completed and submitted at least 30 days prior to the event registration deadline (call the office for details)

Club:	Club Contact Information:
Activity:	Location:
Activity Dates:	Travel Dates:
Participants (Athletes/Coaches/Staff/Managers/Chaperones):	

SIGNATURE: _____

DATE: _____

NOTIFICATION of IN-PROVINCE/CLUB RUN ACTIVITIES



- a) This form must be completed by clubs who have arranged in-province training, camps, clinics or in-house competitions for athletes and/or coaches
- b) Activities submitted on this form will be used towards:
 - The accumulation of Professional Development Points for GNL Annual Awards
 - Application to GCG for the approval of CAC coach certification PD Points (only activities submitted to GNL at least 4 weeks prior to the event will be forwarded)
- c) For all activities that have out of Country guests, there is an additional GCG form that must be completed (call the office for details)

Club:	Club Contact Information:
Participants (Athletes/Coaches):	

Activity	Focus	Presenter(s) / Activity Lead	Date	Times
Example: clinic	MAG – dismounts (p-bars/high bar)	John Smith	Nov 12	2:00-4:00
Example: training	MAG routine development	John Smith / Sam Dawe	Nov 12-15	9:00-1:00

SIGNATURE: _____

DATE: _____

*if the list of participants is not submitted with form prior to activity, it must be received within one week of the event being held.



GNL Provincial Team Member Routine Form

- This Form is to be filled out and submitted to The Provincial Team Coach by the Athlete's Personal Coach prior to departure for Competition.
- The Form is then to be completed by the Provincial Team Coach and Copied back to the Personal Coach on Return from Competition.

Athlete's Name: _____ Category: _____ Age: _____
Name of Personal Coach: _____ Affiliated Club: _____
Name of Provincial Team Coach: _____

Vault

Vault #1: _____
D Score: _____
Run Distance: _____
Board Setting: _____
Vault Height: _____

Vault #2: _____
D Score: _____
Run Distance: _____
Board Setting: _____
Vault Height: _____

Preparation:

D Score achieved at Competition: _____

Comments:

Bars

D Score: _____ Bar Distance: _____ Bar Height: _____

List Difficulty Value Skills (note what EGR and Bonus they are being used to meet):

Athlete Preparation:

D Score achieved at Competition: _____

Comments:

Beam

D Score: _____ Beam Height: _____

List Difficulty Value Skills (note what EGR and Bonus they are being used to meet):

Athlete Preparation:

D Score achieved at Competition: _____

Comments:

Floor

D Score: _____

List Difficulty Value Skills (note what EGR and Bonus they are being used to meet):

Athlete Preparation:

D Score achieved at Competition: _____

Comments:

Personal Coach Signature: _____ **Date:** _____

Provincial Coach Signature: _____ **Date:** _____

Part 8 - Judging Appendix

GNL Judges Record Keeping Form

Name: _____

Date	Competition	Levels	# of Routines	Position on Panel	Apparatus Head Judge	Chief/HJ Signature
Example Jan 2/2010	GNL Regionals	JO6/JO7	26/12	E2	Sarah Smith	

Total JO3 WAG Routines _____

Total Level 1 MAG Routines _____

Total JO4 WAG Routines _____

Total Level 2 MAG Routines _____

Total JO5 WAG Routines _____

Total Level 3 MAG Routines _____

Total JO6 WAG Routines _____

Total Level 4 MAG Routines _____

Total JO7 WAG Routines _____

Total Level 5 MAG Routines _____

Total JO8 WAG Routines _____

Total Prov JO9 WAG Routines _____

Total WAG Aspire Routines _____

Total MAG Elite Routines _____

Total WAG National Routines _____

Total MAG National Routines _____

	Date	Place	Clinician / Levels Observed
Judging Clinics Attended			
Observation/Mentor Hours			

Apparatus Head Judge Report Form

Date: _____ Competition: _____ Location: _____

Host Club: _____ Chief Judge: _____ Apparatus Head Judge: _____

Apparatus: Vault Bars Beam Floor Pommels Rings P-Bars High Bar
(Circle One)

If you had a Shadow Judge on you panel please provide their name and information about their performance:

Competition Organization

Please comment on the overall organization of the competition (including group sizes, etc):
Did the host club provide the necessary volunteers and supplies? If not what were you missing?
Is there anything that could be improved for next time?

Competition Routines/Skills

(Head Judge scripting sheets to be attached)

of routines during session: (if more than 1 level represented, note number of routines per level) _____

Please list the notable moves and combinations performed during the competition on your event:

High score: _____ Low score: _____

Of Stuck Landings: _____ # Of Short Routines: _____

Please list any areas of concern with coaches' behavior on the floor.

Please list any areas of concern with judges' behavior on the floor.

Please list any concerns or problems that occurred on the Competition Floor. This includes Inquiries, Protests or Appeals.

Any Additional comments:

Competition Chief Judge Signature: _____

Chief Judge Session Report Form

Date: _____ Competition: _____ Location: _____ Host Club: _____

Competition Test Routines:

Apparatus	Athlete #	Athlete Level	Chief Judge Score		Panel Ave Score		# of Judges on Panel	Additional Comments
			SV/D	E	SV/D	E		

Evaluations:

Please list Name(s) and Level(s) of Any Judges Assessed as well as the apparatus' they were assessed on

Judges Name(s)	Judges Level(s)	Apparatus' Assessed On

*Please attach all evaluation forms to this report

Additional:

Number of Judges on each panel: _____

Number of levels represented during the session and number of athletes in each level:

Please note any areas of concern with judges' behavior on the floor.

Please list any concerns or problems that occurred on the Competition Floor. This includes Inquiries, Protests, Appeals and Coach Behavior.

Competition Chief Judge Signature: _____

NL Provincial Judges PRACTICAL ASSESSMENT FORM

Assessed Judge: _____
Club: _____
 Level: _____

Assessor: _____
Competition: _____
 Date: _____

Please Circle Event: Bars Beam Floor

A. PROFESSIONALISM				
Professionalism/Preparedness (1.0 Total) ~ Attired in proper uniform and footwear ~ Slips filled out and judging sheets ready				
Punctuality (1.0 Total) ~ Punctual at all times for judges meeting, panel meeting and on the gym floor				
Conduct (3.0 Total) ~ Verbal & Body Language Discussion with other judges during judging work Leaving event without permission Engaging in inappropriate conversation with coaches ~ Submitting slips promptly Most of the time or slow with the panel Seeking evaluation of own score with any panel member before submitting own score ~ Contribution during judges conference				
Total _____ / 5				
B. PRESENTATION OF JUDGES WORK				
ROUTINES (done by assessor)	1	2	3	4
~ Gymnasts name or number clearly marked 1.0				
~ Ability to locate routine easily 1.0				
~ Ability to read routine 1.0				
~ Neat, legible scripted routine with symbols 1.0				
~ Values noted under symbols 1.0				
~ Own score well indicated 1.0				
Total _____ / 24				
C. APPLICATION OF CODE				
ROUTINES (done by assessor)	1	2	3	4
~ Symbols & Values (3.0)				
~ Series & Connections (2.0)				
~ Execution & Artistry (2.0) - execution faults well indicated - artistry well indicated				
~ Deductions in allowable range of average deductions (4.0) - The difference between own deductions and the average panels deductions may not exceed the Recommendations				
Total _____ / 44				

Total _____ / 73
 (pass standard 62/73 = 85%)

Final Total Score _____%

Comments

 Assessor's Signature

 Assessee's Signature



NOTICE OF IMPROPER/UNSPORTSMANLIKE BEHAVIOUR

Date:

Name of Coach:

Name of Club:

Competition:

Please be advised that your actions during the above noted competition have been viewed as inappropriate by the officials at this meet and have been deemed as a

- Minor Offence
- Major Offence

You were provided with a verbal warning concerning your actions prior and reminded of competition rules.

This letter serves as notice that due to your continued unacceptable behaviours you have been issued:

- A Yellow Card as this is your 2nd minor offence during this competition
- A \$10.00 Fine as this is your 2nd major offence during this competition

An additional occurrence of Improper/unsportsmanlike behaviour will result in a Red Card and immediate removal from the competition floor. This will be noted in the competition report and could affect your ability to be named as a provincial team coach.

You are welcome to submit an appeal and present your version of what has occurred to the JDC. Please request a review through the GNL Technical Director with in 7 days of the above date.

Competition Chief Judge Signature:

Apparatus Head Judge Signature:



NOTICE OF IMPROPER/UNSPORTSMANLIKE BEHAVIOUR

Date:

Name of Judge:

Competition:

Please consider this Letter as notice of improper/unsportsmanlike behaviour during the above noted competition.

Minor Infractions (the general lack or respect for competition rules)	Major Infractions (abusive, violent or disruptive behaviour)
Late for judge review session	Improper language or body language towards an athlete, coach or another judge
Not wearing prescribed uniform (including wearing club attire at judging table)	Unfounded or derogatory comments about a judge/coach/athlete
Contact/discussions with other persons (coaches, etc) during the competition	Obvious favouring of athletes
Cheering for a gymnast	Under the influence of alcohol or drugs
Delaying the competition (late to the competition floor)	
Leaving competition area without consent	

You were provided with a verbal warning concerning your actions prior and reminded of competition rules by the chief judge. Judges are to act in a professional manner at all times and exemplify nonpartisan, ethical behaviour.

An additional report of such behaviour will lead to the further sanction(s):

- Removal from the competition floor
- Inability to Travel
- Removal of Judging Level
- Removal from competition eligibility list for GNL Sanctioned Meets for a set period of time

This infraction will be noted in the competition report and kept on file with your judging records.

You are welcome to submit an appeal the above charges and present your version of what has occurred to the JDC. Please request a review through the GNL Technical Director with in 7 days of the above date.

Competition Chief Judge Signature: _____

Apparatus Head Judge Signature: _____