



Women's Artistic Gymnastics Operations Manual

January 2022

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1. Generalities

This document is to be read in conjunction with the following documents,

- Gymnastics BC Complaint Management Handbook
- Gymnastics BC Coaching Education Operations Manual
- Gymnastics BC Registration Handbook
- Gymnastics BC Team BC Staff Handbook
- Gymnastics Canada WAG Technical Regulations

1.1 Program Objectives

The Gymnastics BC (GBC) Women's Artistic Gymnastics (WAG) Program's goals and objectives are to,

- a) Coordinate and supervise technical aspects of the provincial, national, and international gymnastics events where GBC participates.
- b) Determine technical rules and procedures as they are applied in the Province of BC, in respect with Gymnastics Canada (GymCan) and FIG rules.
- c) Organize competitions, clinics, training camps, and seminars to aid in the development of our athletes, coaches, and officials.

1.2 Women's Technical Committee

The Women's Technical Committee (WTC) is composed of up to nine (9) voting members and up to three (3) non-voting members. No more than two (2) voting members can be from any one (1) club.

- Chairperson; is also a member of the GBC Board of Directors.
- Provincial Judging Chair
- Athlete Representative
- Six (6) Members-at-Large
- GymBC Technical Director (non-voting)
- GymBC Women's Program Coordinator (non-voting)
- GymBC Provincial Performance Advisor (non-voting)

1.2.1 Attendance Policy

Voting members for all committees will be expected to attend all scheduled meetings. Any member missing three (3) meetings will lose their voting privileges. Extenuating circumstances will be taken into consideration by the committee.

1.2.2 Voting & Quorum

Each voting member has one vote. All motions will be decided by majority vote. The quorum is 50% of voting members.

1.2.3 Duties of the WTC

The Women's Technical Committee will,

- a) determine and implement the goals and objectives for the development of the Women's Artistic Gymnastics program in BC;
- b) adopt and ensure technical policies are adhered to;
- c) monitor, regulate, and evaluate all activities related to the WAG program;
- d) work within the budget approved by GBC's Board of Directors (Board);
- e) report all decisions made by the WTC to GBC's Board and the WAG General Assembly;
- f) present all policy changes to GBC's Board for ratification prior to implementation;
- g) adhere to all GBC policies and procedures;
- h) assist the GBC staff as necessary;
- i) ensure that the committee's decision process and a line of communication are established, respected, and maintained;
- j) approve members of Team BC within the scope of the selection criteria;
- k) through the Chairman, create ad-hoc committees for special projects;
- l) hold at least five (5) meetings per year; and
- m) promote sound risk management practices.

1.3 General Assembly

The GBC Women's Program General Assembly will provide feedback regarding the general direction of the program for the following years. The WTC will consider motions and discussions during the assembly to determine the annual WAG calendar and policy program-related rules, however, the Women's Technical Committee is not bound by motions made during the Assembly.

The Women's Judging Committee may hold a Judge's Assembly during BC Championships, for all WAG judges, to provide this group with the necessary information for upcoming events, report on the past year and elect the Judging Chairman every two years.

1.4 Elections

Members of the WTC are elected at the GBC Women's Program General Assembly by all GBC full member clubs in attendance (one vote per club). GBC staff members serve for the length of their time in the applicable position.

The WTC Chair and Judging Chair are elected on even numbered years for a 2-year term. All other voting members are elected for a 1-year term.

1.5 Integrated Performance System (IPS)

Gymnastics has been recognized by viaSport and by the Canadian Sport Institute Pacific (CSI-P) as a *targeted sport*; this means gymnastics is a sport in which there is a strong potential for BC athletes to be named to National Teams. GBC programs benefit from funding used to improve programming that benefits all national-level athletes, in addition to providing specialized services to the list of targeted athletes.

The list of targeted athletes is determined following Canadian Championships. In some categories/instances, National Team members are identified by Gymnastics Canada at a different time of the year. The athletes awaiting National Team status will be put on the targeted list with the mention *to be confirmed*. Confirmation is made by Gymnastics Canada directly with CSI. The list is in effect from September 1 to August 31.

1.5.1 Coaches

Funding for the coaches of CSI Pacific targeted athletes is strongly linked to their participation in the IPS program. Targeted coaches will be required to fulfill a series of identified activities to receive funding to Canadian Championships (CC).

These activities include, but are not limited to,

- IST Camps (minimum of 1 camp attendance per competitive season - 1 Jul to 30 Jun)
- Completion and submission of the athlete's preparation plan no later than the CC or Western Canadian Championships (WCC) training camp
- Completion and submission of the CC and/or WCC post-competition report form

Failure to fulfill these requirements will result in funding removal for the following Canadian Championships or Western Canadian Championships.

1.5.2 Athletes

Since GBC funding is strongly linked to the participation of targeted athletes in the IPS program, all athletes are required to fulfill a series of identified activities to receive their full athlete portion of funding to CC or WCC.

These activities include, but are not limited to,

- IST Camps: minimum of 2 camps attended per competitive season between July 1 to June 30 (mandatory for targeted athletes only)
- Attendance at CC and/or WCC preparation camp
- Completion and submission of the athlete's benchmarks no later than September 30 of the competition season (mandatory for targeted athletes only)
- Completion and submission of the CC or WCC athlete post-competition report form (all athletes)

Failure to fulfill these requirements will result in funding removal for the following Canadian or Western Canadian Championships.

2. Athletes

2.1 Amateur Status

All athletes competing in a GBC sanctioned event must abide by the regulations of GBC, GymCan, F.I.G., and the International Olympic Committee governing amateur status.

2.2 GBC Membership

An athlete must be registered in the appropriate category and be in good standing to participate in GBC sanctioned events. It is each club's responsibility to ensure that its athletes are registered in the correct levels and categories by the set deadlines as determined by the GBC staff.

Interclub categories fall under "Gymnastics for All".

If an athlete participates in a GBC sanctioned event without being registered as a competitive member, the athlete's club will be fined as outlined in [Section 4](#).

2.3 Competition Attire

In all Women's Artistic Gymnastics Competitions in BC, gymnasts will in general principle follow the FIG Code of Points regulations in section 2.3.2 related to attire/appearance. The following are modifications and reminders related to those regulations:

- a) Non-transparent bodysuit with or without sleeves (see FIG Code of Points section 2.3.2 for specifics about the bodysuit);
- b) Undergarments may not be intentionally visible and break the line of the bodysuit, clear straps are permitted;
- c) Optional leg coverings are allowed at all BC competitions at all levels. They must be form-fitting. They may be plain black (minimal manufacturer's logo is permitted) or match the competition bodysuit. They must cover the bodysuit and can be of any length that does not go past the ankles. The leg coverings are optional and not part of the club or team uniform;

- d) Hair should be secured away from the face so as not to obscure vision of the apparatus;
- e) Handguards, body bandages, and wrist wraps are permitted; they must be securely fastened, in good repair and should not detract from the aesthetics of the performance. Tape can be of any colour, except in the HP program where the tape must be beige or skin-coloured;
- f) They must refrain from wearing hip or other padding; Padding can be considered as a protector such as sponge on hips and ankles and is not allowed. Wristbands worn on the ankles to protect the heels are acceptable if not too large.
- g) Elastic waistbands traditionally worn as training aids are incorrect attire.
- h) No jewelry, except medical bracelets and stud earring(s). Athletes may wear any number of stud earrings in any part of their ears.

2.3.1 Team Competition

Members of a team must wear identical uniforms for team competitions.

2.4 Funding

2.4.1 Athlete Assistance Program (AAP)

Athletes who meet the requirements below may apply to receive AAP funding.

2.4.1.1 Requirements

To qualify for the Athlete Assistance Program, the athlete must,

- a) be in good standing with GBC;
- b) be registered to compete in the current competitive year;
- c) fill out and return the completed AAP application form;
- d) attend BC Championships in one of the following ways:
 - a. compete
 - b. judge
 - c. coach
 - d. take part in a demonstration with full or partial routines
- e) be properly attired in club or Team BC uniform as per GBC and GymCan regulations at interprovincial events;

- f) have competed and ranked at the preceding Canadian Championships, Elite Canada, Western Canadian Championships, Canada Games, and/or represented Canada internationally as selected by the national team program; and
- g) agree to support and participate in all initiatives of GBC programming (e.g., attend Technical Committee designated camps, attempt to qualify for appropriate Team BC events, etc.).

Athletes accepting AAP funding agree to abide by the Team BC Code of Conduct or otherwise be subject to funding repercussions. Athletes who have a valid injury petition at the time of BC Championships must still participate in some capacity to be eligible for AAP funding.

AAP funding is processed in the fall.

2.4.1.2 Appeal Process

In the event an athlete wishes to dispute the AAP selection process they may ask, in writing, the Technical Committee to review their decision.

2.4.1.3 Absentee Requests

All exemption requests must be submitted to the WTC 14 days prior to any BC Championships event. Reasonable exemptions may include athletes assigned by GCG for an international assignment or injury . Athletes who are approved for exemption must make themselves available to fulfill another obligation such as a special appearance on behalf of GBC.

2.4.1.4 Grouping

The amount of funding available in a given year will determine which groups will receive funding. None of the groups are guaranteed funding and funding will be equal for all athletes in a given group.

HP Novice, Junior and Senior athletes are ranked according combined scores from Day 1 and Day 2 at Canadian Championships or Day 2 or 3 at Canada Games. L9 and 10 athletes are ranked according to Day 2 at Canadian Championships or Day 2 or 3 at Canada Games.

Medical petitions will not be accepted.

Group 1: Senior HP AA 1-12 or apparatus medalist
Junior HP AA 1-6 or apparatus medalist
Novice HP AA 1-3 or apparatus medalist
AA 1-3 or Apparatus medalist at Canada Games

- Group 2:** Senior HP AA 13-18 or apparatus finalist
Junior HP AA 6-12 or apparatus finalist
Novice HP AA 4-8 or apparatus 4-8
L9 (both age groups) AA 1-3 or apparatus medalist
L10 (both age groups) AA 1-3 or apparatus medalist
- Group 3:** Junior HP AA 13-18
Novice HP AA 9-12
L9 (both age groups) AA 4-6
L10 (both age groups) AA 4-6
Aspire 2 AA 1-3 at Westerns
- Group 4:** Senior HP AA 19-24
Junior HP AA 19-24
Novice HP AA 13-20
L9 (both age groups) AA 7-12
L10 (both age groups) AA 7-12
Aspire 2 apparatus medalist at Westerns
- Group 5:** L9 (both age groups) AA 13-20
L10 (both age groups) AA 13-20

2.4.2 Team BC Members

Funding for athletes is linked to their participation in mandatory activities. For example, IPS targeted athletes must participate in selected activities in order to receive their full funding for that year.

2.4.2.1 Canadian Championships & Western Canadian Championships

For Canadian Championships and Westerns, GBC establishes its budget at the beginning of the season. GBC will pay 100% of the cost for the staff (Chef, Managers and Chaperones) and judges. GBC will provide a set amount of funding for the Team or assigned coaches. GBC will also pay for other expenses like van rental. The remainder of the GBC budget will be split between the participating disciplines. There are three possible funding schemes for events: all athletes are funded equally, or athletes' funding is tier based (the best athletes receive more funding), or athletes are self-funded.

- Coaches or athletes who do not follow the GBC guidelines may lose their funding.

- Funding for athletes is linked to their participation in mandatory activities. For example, IPS targeted athletes must participate in selected activities in order to receive maximum funding. Starting in 2020-21, this includes the completion of the Athlete GMP.
- Only athletes who have met the minimum scores will be considered for funding to attend Canadian Championships.
- Funding may be limited for athletes who have qualified for a Team BC event but are injured and cannot demonstrate full routines prior to departure. This policy is not intended for athletes who are injured on site.
 - HP athletes:
 - If performing all apparatus: Team BC tier funding
 - If not performing all apparatus: reduced funding or no funding
 - CCP/Aspire level athletes:
 - If performing all apparatus: Team BC tier funding
 - If injured and alternate is available: athlete is replaced
 - If injured and no alternate: removal from team or reduced funding or no funding

2.4.2.2 Other Competition Funding (non-CC or WCC)

Financial assistance may be available to enable coaches and gymnasts to attend an identified competition to gain valuable team competition experience above and beyond Westerns and Canadians Championships. Funding is available to 3 levels of athletes and coaches for competitions, excluding CWG years. The WTC will determine the event where Team BC will be competing.

In Canada Games year, this fund will be applied to the preparation of the CWG team for travel for camps or competitions.

If competition opportunities are not available in a given year, the WTC may opt to send selected athletes to training camps, based on results at BC Championships.

The following categories are eligible:

- Level 9 - Top 4 (up to \$300 per athlete)
- Level 10 - Top 4 (up to \$300 per athlete)
- Aspire 2 - Top 4 (up to \$300 per athlete)

- Coaches (\$1800 Shared)
- 1 Judge (\$600)

General rules:

- GBC will determine the competition or camp the team will attend.
- The WTC will determine the selection process (for example, results at BC Championships).
- Athletes and Coaches will represent Team BC and will need to wear the Team BC bodysuit and tracksuits
- Athletes and coaches will be registered by GBC. The cost of registration will be subtracted from the total bursary.
- Unless prior arrangements are made, the clubs will be in charge of booking flights and accommodation for coaches and athletes and applying for reimbursement.
- No chaperoning support is funded by GBC.
- Gymnasts from different clubs may travel together or choose to meet at the event for competition/camp.
- All gymnasts are required to travel with a designated chaperone or team coaches.

2.4.2.3 Team BC Members Living Outside the Lower Mainland

Athletes, coaches or mission staff living outside the Lower Mainland may be reimbursed, reasonable costs, if they need to travel for identified Team BC training camps or for the competition. It is the responsibility of the athlete's club and coaches to contact GBC and make the necessary arrangements. All expenses must be approved by GBC staff a minimum of 14 days before the activity.

2.4.3 Additional Funding

2.4.3.1 HP Development

High Performance athletes and their coaches can request funding from GBC for non-funded / cost shared GymCan training camps and international or certain national competitions. Athletes/coaches can apply for every eligible activity.

Individuals who request funding must complete the form in Appendix 1 and submit their receipts by May 15th each year. It is the responsibility of the individual

to provide correct and complete information, not WTC to collect it. Payments / reimbursements will be processed by GBC in June.

Athletes/coaches must be in good standing with GBC to be eligible. Athletes and coaches must follow the Code of Conduct and GBC travel policy (when applicable) to be considered for funding. Amounts reimbursed will be based on the list of priorities below.

Priority #1 will be paid out completely before consideration is given to priority #2, and so on. If there are not enough funds remaining to pay the maximum amount, each individual in that priority group will be reduced by the same amount.

HP Development Funding Priorities:

Priority #1	International Competitions (outside Canada). These are international assignments where athletes have been invited by GymCan to represent Canada on a self-funded basis: 50% of flight and accommodation to a maximum of \$800.
Priority #2	International Assignment Preparation Camps (outside BC). Not funded or partially funded by GymCan: 50% of flight and accommodation (not already met under Priority #1) to a maximum of \$500.
Priority #3	GymCan National Training Camps (outside BC, including Hopefuls Camps, excluding Aspire Camps) not funded or partially funded by GymCan: 50% of flight accommodation, to a maximum of \$300.
Priority #4	International competitions (inside or outside Canada). These are international competitions where athletes have been approved by GymCan or GBC and will represent Team BC or their club: Up to 50% of flight and accommodation to a maximum of \$500.
Priority #5	Elite Canada - remaining money - if any - is divided equally between athletes who competed at Elite Canada (100% participation) and are named to the HP stream. Athletes who are named to HP stream through petition only are not eligible for funding for this priority.

2.4.3.2 Aspire Camps

This funding may be available for Aspire and CCP coaches and athletes who attend GymCan camps outside BC. Applications will be considered by the WTC on a case by case basis. Priority will go to CSI-targeted athletes (invited by GymCan) as well as by level and rank if necessary. Individuals who request funding must complete the form in Appendix 1 and submit their receipts by May 15 each year. It is the responsibility of the individual to provide correct and complete information, not WTC to collect it. Payments / reimbursements will be processed by GBC in June.

2.4.3.3 Excellence Funding—Canadian Championships

A total of three (3) grants of \$500 (\$250 to the coach, \$250 to the athlete) will be awarded to the top BC athletes at the Canadian Championships. The grant money will be sent to the club and is to be split 50/50 between the athlete and his personal coach(es). If less than three (3) athletes meet the required (listed) standard, the money is not awarded to any other athlete.

Priority	Category	Rank	Priority	Category	Rank
1	HP Senior	1AA	21	HP Junior	6AA
2	HP Senior	2AA	22	HP Novice	4AA
3	HP Senior	3AA	23	HP Novice	5AA
4	HP Junior	1AA	24	HP Novice	6AA
5	HP Junior	2AA	25	HP Senior	1EF
6	HP Junior	3AA	26	HP Junior	1EF
7	HP Novice	1AA	27	HP Senior	2EF
8	HP Novice	2AA	28	HP Junior	2EF
9	HP Novice	3AA	29	HP Senior	3EF
10	L10 (both age groups)	1AA	30	HP Junior	3EF
11	L10 (both age groups)	2AA	31	HP Novice	1EF
12	L10 (both age groups)	3AA	32	L10 (both age groups)	1EF
13	L9 (both age groups)	1AA	33	L9 (both age groups)	1EF
14	L9 (both age groups)	2AA	34	HP Novice	2EF
15	L9 (both age groups)	3AA	35	L10 (both age groups)	2EF
16	HP Senior	4AA	36	L9 (both age groups)	2EF
17	HP Senior	5AA	37	HP Novice	3EF
18	HP Senior	6AA	38	L10 (both age groups)	3EF
19	HP Junior	4AA	39	L9 (both age groups)	3EF
20	HP Junior	5AA			

2.5 External Sport Credit Program for Students

The BC education system provides an opportunity for athletes who are elementary and high school-aged to earn credits toward their high school graduation depending on their depth of involvement in gymnastics. Gymnastics BC administers this program for the government.

Letters of *External Credit* achievement will be automatically generated from the Gymnastics BC office for the following team involvement achievement.

Grade 10 Credits • Zone Team participant at BC Games

-
- | | |
|------------------|---|
| Grade 11 Credits | <ul style="list-style-type: none">• Team BC participant at Western Canadian Championships |
| Grade 12 Credits | <ul style="list-style-type: none">• Team BC participant at Canadian Championships• Team BC participant at Canada Games |
-

Students can expect to receive a letter (or letters) for their accomplishment sometime between March and June of the season of competition. Letters are sent only for the first year of achievement. Be sure a copy of the letter is taken to your high school counsellor upon receipt.

Students who have achieved a certain level as a competitive athlete, coach, or judge may also be eligible for external sport credit. The student coach or judge must meet the minimum criteria and provide proof of completion to GBC. These credits will NOT be automatically generated.

For more information, please visit the [Government of BC](#) website.

3. Coaches

3.1 Generalities

The following is a summary, please refer to the GymBC Coaching Operations Manual for further information.

To coach any gymnastics discipline, a person must:

- be registered with Gymnastics BC as a coach
- meet GBC SafeSport Requirements:
 - complete the screening requirement (Police Record Check), as per BC Provincial Law. This is different than the current GymCan requirements.
 - complete the “Respect in Sport” online program
 - complete the Making Ethical Decisions (MED) online program
- hold the minimal NCCP level required according to the athletes training under their supervision
- follow the GBC and GymCan Code of Conduct

3.2 Dress Code

In order to maintain a professional image, coaches are required to abide by the regulations for attire while on the competition floor during warm-up and competition:

- appropriate team/club uniform;
- t-shirt, polo shirt or training jacket; appropriate indoor sport footwear;
- no hats, shorts, midriff tops, tank tops, jeans, ripped or torn clothing or similar.

Coaches dressed inappropriately will receive a warning from the Competition Head Judge or host club. The coach will have 30 minutes to comply; if the situation is not corrected after 30 minutes, a penalty may be applied.

4. Competitive Structure

4.1 Registration Fines

All athletes, coaches, officials, and clubs must be registered members with GBC before they register for their first meet of the season. Officials must be registered members with GBC at the time of the judging course or the first meet of the season.

To register for an event, clubs must complete and return the official registration forms accompanied by payment to the host club (or GBC when applicable) by the stated deadline.

Member Category	Requirements	Fines for non-adherence
Athletes	Registered with GBC as competitive athlete	<ul style="list-style-type: none"> Excluded from ranking \$100 (invoiced to club)
Coaches	Registered with GBC Meet minimum NCCP certification	<ul style="list-style-type: none"> \$200 The fine is equal to the course cost of the missing NCCP level. The coach will automatically be registered for the next available NCCP Course and will be expected to complete the missing level within 12 months of being fined. The fine will be applied to the course registration provided that it is completed within the 12 month period. The coach will lose the money if the course is not taken within 12 months. Excluded from the competition: Coaches may apply for an exemption by contacting GBC's Technical Director at least 30 days before the event. The exemption may only be given once per individual.
Clubs	Registered with GBC	<ul style="list-style-type: none"> \$200

4.2 Switching Categories

All competitive levels must be confirmed with GBC by 1 March of the current competitive season. An athlete may not change levels after this deadline for GBC events or club invitational. All athletes will be allowed to change categories after BC Championships.

There are three exceptions to this rule,

- a) **Elite Canada:** if a gymnast competes at Elite Canada in the Junior or Senior category and does not reach the GymCan qualifying score to compete in that category at Canadian Championships, they will be allowed to move to the CCP L10 category.
- b) **BC Winter Games:** athletes from lower levels may move up to L7 to fill zone teams for BCWG and revert back to lower levels without petition. However, please note that there are several restrictions regarding mobility for athletes who compete at the BC Games. Please refer to the BC Games Technical Package for more information.
- c) **Western Canadian Championships and Canadian Championships:** gymnasts who want to qualify for Westerns or Canadian Championships must be registered in the appropriate category by the first trial WCC or CC (or March 1, whichever is first). Once an athlete has competed in a trial event, they are locked into that category up to and including BC Championships (or a final trials meet that may take place after BC Championships).

4.2.1 Changing Categories

4.2.1.1 Upwards

Athletes should follow the normal progression going from lower level (CCP L3, for example) towards higher level categories (CCP L4, for example).

Prior to March 1, athletes may compete in any level, as long as their choice of category follows the normal progression from their previous year's category. For example, if an athlete was registered in Level 2 during the previous season, he is not authorized to compete or register as a Level 1 during the following season; he must register and compete in at least the Level 2 category.

4.2.1.2 Downwards

Any athlete that wants to register in a category that would not follow the normal progression from year to year (downward) must submit a written request to the

WTC at least 30 days before the first trial event of the season. This also includes competitions after 1 June. Requests are not automatically granted and are determined on a case-by-case basis.

4.2.2 Age Groups

Athletes may not compete in an age category younger or older than their competitive age group. For trial events, failure to register an athlete in their correct category and/or age group will result in the athlete's disqualification from the trial event.

4.3 BC Provincial Structure

Xcel Program 2018-2022: The USAG "Yellow" binder can be purchased, on the USAG Website (item #3105). Only the Gold, Silver and Bronze divisions are in place in BC with a minor modification at the Gold division. Details found in the [BC CCP Charts & Xcel Program](#).

Development Program Compulsory 2021-2029: The Compulsory program information can be found in the USAG Green Binder and in the [BC CCP Charts and Xcel Program](#).

Development Program Optional 2018-2022: The USAG "Orange" binder can be purchased on the USA Gymnastics Website (item #3117) at <http://usagym.sportgraphics.biz/>. There are a few modifications for L9. Those changes are outlined in the [BC CCP Charts and Xcel Program](#).

Aspire 1 and Aspire 2: The manual is available on the GymCan website [here](#).

High Performance – Novice, Junior and Senior: The manual is available on the GymCan website [here](#).

BC Program	Canadian Program	High Performance	
Xcel Program	CCP & Aspire	FIG and Canadian Models	
	Level 10 2013 ↓ (09/CC)	HP Senior 2006 ↓	
	Level 9 2014 ↓ (10/CC)	HP Junior 2007-2010	
	Level 8 2014 ↓	HP Novice 2009 - 2011	
	Level 7 2015 ↓	Aspire 2 2010 - 2013	
	Level 6 2016 ↓	Aspire 1 2011 - 2013	
Gold 2015 ↓	Level 5 2016 ↓	Compulsory	L1 - L5: Athletes under the age of 7 (2016 and younger) must use the Gold, Silver, Bronze awards.
	Level 4 2016 ↓		
Silver 2015 ↓	Level 3 2016 ↓		
	Level 2 2017 ↓		
Bronze 2015 ↓	Level 1 2017 ↓		

4.3.1 Age Calculation

Age is calculated by the birth year subtracted from the year of competition. Athletes born January 1 to December 31 of the same year are considered the same age.

4.4 Program Objectives

4.4.1 Canadian Competitive Program

The CCP is similar to the USAG Development Program (formerly JO) with a few differences/adjustments. The program allows for upward mobility through 10 levels based on the 10.0 scoring system. The first 5 levels consist of compulsory routines which emphasize the clean performance of basic elements with specific technical criteria. Levels 6 to 10 compete optional routines based on the DP Code of Points and the CCP modifications.

4.4.2 BC Xcel Program

In BC, only the first 3 divisions of the program are used: Bronze, Silver and Gold (with one BC modification). The program allows for athletes who are looking for a structured and ranked program without the level of difficulty or level of training commitment found in the CCP Optional Levels. Xcel athletes compete optional routines based on the Xcel Code of Points.

4.4.3 Canadian Aspire Program

The Canadian Aspire Program (CAP) has been established to assist in the development of young athletes as they prepare for higher level competition. The program is dedicated to mastering strong basic skills on all four apparatus upon which to build contemporary advanced elements in the years to come. Although the athletes will not compete “compulsory” routines, their optional routines will be created from a set of indicated skills, connections and requirements listed for each apparatus. The emphasis is on the quality, not on the quantity of the elements performed. The CAP is an excellent start for all gymnasts as they work to fulfill their potential and eventually compete in the higher levels of the Canadian Competitive Program (CCP) or the Canadian High Performance (HP) Program.

4.4.4 Canadian High Performance Program

The Canadian High Performance Stream (HP) is the preferred pathway for athletes aspiring towards National Team. It is the pathway that will lead a gymnast towards the pursuit of excellence and achievement of medals at the highest international level.

5. Provincial Events

5.1 Protests

Protests are not allowed for any categories but coaches may inquire about the score.

5.2 Awards—Tie-Breaking

There is no tie-breaking rule. If there is a tie, the following position is skipped. For example; if there are two athletes tied for second place, there will be no third place awarded. The next athlete in rank order will receive the fourth-place award.

Note that if there is only one competitor, only the all-around awards will be given. If there are two or more competitors, all awards are given.

5.3 BC Championships

Two (2) separate BC Championships are held for Women's Artistic Gymnastics: BC Compulsory Championships and BC Optional Championships.

5.3.1 Eligibility

All athletes registered in the following categories are eligible to compete in the BC Championships:

Compulsory L1-5	BC Compulsory Championships
Optional L6-10	BC Optional Championships
Aspire 1-2	BC Optional Championships
HP Nov-JR-SR	BC Optional Championships - Mandatory

Qualification standards for Compulsory and L6, if any, are reviewed by the WTC on a yearly basis.

5.3.2 Schedule & Category Groupings

A schedule will be drawn up by GBC and will be approved by the host and Technical Committees.

For L1-8 + Aspire, following athlete registration, athletes will be grouped by category and birth year. Each competitive grouping will ideally be approximately 24 athletes. Groupings will not be changed once the official schedule for BC Championships is circulated.

For L9-10, L9-10: Athletes will be split according to the GymCan Directives, to keep intact the selection process to Canadian Championships.

5.3.3 Competition Order

GBC will be responsible for the draw of the competition order. In each rotation, the order will drop one place.

5.3.4 Awards

5.3.4.1 All Awards

Category	Awards
L1-5	<ul style="list-style-type: none"> • Team: Club awards (1-3) for each level. Top 3 scores on each apparatus to count – All athletes from a club in a given level are eligible • All-Around / Apparatus Finals: by competitive age groupings • Medal 1-3, Ribbon 4-10, Plaque AA Champion
L6-10	<ul style="list-style-type: none"> • Team: Club awards (1-3). Min 3 athletes per club, all birth years combined. Top 3 scores on each apparatus to count • All-Around / Apparatus Finals: by competitive age groupings • Medal 1-3, Ribbon 4-10, Plaque AA Champion
Aspire 1-2	<ul style="list-style-type: none"> • Club Team Award (1-3). Min 3 athletes per club, combined award for each category. Top 3 scores on each apparatus to count • All-Around / Apparatus Finals, by category • Medal 1-3, Ribbon 4-10, Plaque AA Champion
HP	<ul style="list-style-type: none"> • No team awards • AA competition (JR+SR combined) • Medal 1-3, Ribbon 4-10, Plaque AA Champion (JR+SR combined)

5.3.4.2 Restrictions

If there is only one competitor in any one (1) category, only an all-around award will be given. If there are two or more competitors, all awards will be given.

5.4 BC Games

BC Winter Games (BCWG; Games) are held every other year, in even-numbered years. Each zone must host Zone Trials before the set deadline. Zones must provide the Provincial Advisor and GBC Technical Director with their trial procedures by December 15, prior to the Games. It must include,

- the date of the selection meet;
- the selection process for the top four (4) athletes (4 athletes, plus ranking of potential wildcards);
- the selection process for the team coaches and ranking of potential extra staff; and
- the zone's uniform (who is responsible, etc.).

It is each zone's responsibility to ensure a fair process for the selection of athletes and coaches. Each zone must hold trials to determine their team members. Please refer to the BC Games Technical Package.

6. Team BC

6.1 Athlete Selection

6.1.1 Eligibility

For all trial events, the following requirements must be met:

- Athletes must fulfill the requirements for Team BC membership.
- Athletes must be registered and in good standing with GBC.
- Athletes must register with the host organizing committee of the trial competition within the set deadline AND in the appropriate category (completed forms including payment). It is the club's responsibility to register the athletes in the correct category. Any athlete registered in the wrong category will be excluded from any selection process.

6.1.2 Late Registration for Trial Events, Camps, & Clinics

For Team BC trial events and GBC training camps and tests, late registration will be possible in the 7 days following the deadline. Late fees will be required and can be up to \$20 above the normal registration fee. After 7 days, registration may not be possible. Registration after the late deadline will depend on the event, the space available and will be determined on a case by case basis. Full payment must be received by the start of the event in all cases. Detailed information will appear in all information packages.

All eligible athletes will be granted entry to a trial event. Late fees may apply. GBC will resolve any issue.

6.1.3 Cancellation Fees & Non-Attendance

Deadline for cancellation is 48 hours before the start of the event. Cancellation due to medical will be accepted up until the event. An administration fee of up to \$20 will be retained depending on the event for all cancellation including medicals.

6.1.4 Breaking Ties for Team Selection

If there is a tie for the team selection, it will be broken using the top 3 apparatus scores.

6.1.5 Minimum Scores for Team Selection

Minimum scores ensure athletes who wish to travel as part of Team BC are able to achieve a specific standard of performance at the trial event used for qualification. Official minimum scores will be determined (if applicable) prior to the first trial on a yearly basis. If the top 4 athletes for CCP team selection do not meet the minimum standard, the WTC may review the standard and make appropriate adjustments.

Any athlete may request a review to the WTC for consideration. This review may or may not be heard. If they do not meet the minimum traveling score and/or the WTC denies the review, CCP athletes may not attend the event, even at their own expense.

6.1.6 Injuries

Team BC members must immediately notify GBC in writing of any injury which has one of the following effects,

- Prevents the athlete from performing routines for more than five (5) consecutive training days.
- Prevents the athlete from performing routines within seven (7) days prior to the departure for the competition.
- Requires them to wear a cast.
- Prevents the athlete from performing on all apparatus at the required training camp or mock competition when applicable.
- Prior to departure, if an athlete is unable to perform on any apparatus because of illness or injury she will be removed and the next ranked athlete will be taken if available and time permits.
- On site, if an athlete is unable to perform due to injury or illness so they can no longer contribute to the team, they may be
 - removed from Team (if alternate readily available)
 - moved within the line-up as determined by the team coaches
 - moved to independent status (if applicable).

If a club fails to report an injury, the club may be required to pay all costs associated with the athlete's competition, including their portion of the expenses for coaches and team managers.

6.1.7 Verification & Preparation Camps

Verification of readiness is required for all Team BC athletes at the corresponding CC team training camp. This includes HP, team members and individuals.

Members of the verification committee are determined by the WTC and will be comprised of 3 or 4 people: 1 or 2 judges as assigned by the WTC, 1 WTC member and 1 GBC staff member. All must be independent and not affiliated with the club(s) of the athletes being verified. The verification committee members must be on site at the training camp and will consult with the corresponding team coaches.

The verification committee reserves the right to remove and/or replace an athlete who is unable to compete safely or is unable to perform to the level reasonably required and previously demonstrated during selection. This committee may also recommend removal or reduction of funding for an athlete who cannot verify on all apparatus.

In these rare cases committees will endeavour to consider the rights of all parties and consult the team coaches. Priority will go to the team first and the individual second. Alternates will be used if time permits.

6.1.8 Western Canadian Championships

For further information, please consult the Western Canadian Championships Policy Manual.

6.1.8.1 Eligibility

Any athlete wishing to be considered for a position on Team BC for Western Canadian Championships must compete in the identified trial competition, in the appropriate category.

6.1.8.2 Categories

- CCP L8
- CCP L9
- CCP L10
- Aspire 1
- Aspire 2

6.1.8.3 Selection Procedure

- Athletes are selected using All Around scores at the trial competition.
- Petitions: There are no petitions for Western Canadian Championships.
- If any Western province does not send a full team, wildcard spots become available. Availability of wildcards is only known after provinces officially register for Westerns with the host. There is a maximum of 2 wild cards per level per province. BC may or may not accept all wildcard positions.
- Minimum travelling score: For the 2021-22 season, a minimum travelling score of 34.00 for Westerns will be applied in levels 8, 9, 10 and Aspire 1, 2. The score must be achieved at the trial competition. If the trial event is virtual, no minimum travelling score will be needed.
- For more information, please see the 2022 WAG Qualification Standards.

6.1.8.4 Coach Numbers & Responsibilities

- All Team coaches (male and female) are expected to chaperone and/or assist the support staff throughout the event with their respective teams (ex. during meal times, bed time, transport, etc). The WTC may extend an additional chaperone/driver in some years to support the teams sufficiently.
- L9: 2 Team coaches per team
- L10: 2 Team coaches per team
- L8, Aspire 1 and 2: One Team coach per age group
- Max 2 funded coaches per club
- Coaches will be selected in priority order of L10, L9, L8, Aspire 2, Aspire 1

6.1.8.5 Staff Selection & Responsibilities

Please see the Team BC Staff Handbook for more information on the role and responsibilities of the chaperones and managers.

- Chaperones and managers must apply annually via application form
- 1 non-coaching manager for entire team / driver
- 1 non-coaching chaperone for entire team / driver
- Priority will go to coaches or staff before parent volunteers
- WTC may extend an additional chaperone/driver in some years to support the teams sufficiently.

6.1.9 Canadian Championships

For further information, please consult the GymCan WAG Technical Regulations.

6.1.9.1 Categories

- L9
- L10
- HP Novice
- HP JR
- HP SR

6.1.9.2 Selection Process

HP athletes:

- Through their status, participation of HP athletes at Canadian Championships is guaranteed.
- All HP athletes must attend all Team BC activities (training camps) and room with the contingent unless exempted by WTC.
- HP athletes (excluding National Team members) must wear the team BC body suit for qualifications unless otherwise requested by GymCan.

CCP L9 and L10 athletes:

- Athletes will be selected following 2 days of competition at BC Championships, each day counting for 100% of the athlete's total.
- There are no medical petitions for Canadian Championships.
- The top 6 ranked All Around athletes over one day will be selected to the team. If there is a tie in 6th place, the tie will be broken using the top 3 apparatus scores over 2 days.
- Minimum travelling score: for the 2021-22 season, a minimum of 68.00 over two days will be applied. The score must be achieved at the trial competition. If the trial event becomes virtual, no minimum travelling score will be necessary.
- For more information, please see the 2022 WAG Qualification Standards.

6.1.9.3 Coach Numbers & Responsibilities

- All HP and CCP coaches (male and female) are expected to chaperone and/or assist the support staff throughout the event with their respective

teams or individual athletes (ex. meal times, transportation, meetings, special events, etc)

- Team Levels 9 and 10: 2 coaches per team, determined by points. Independent coaches can travel on a self-funded basis.
- HP categories: One coach per club for up to 3 HP athletes. A second HP coach may be funded if the club has 4 HP athletes or more. Funding will be to a maximum amount according to the funding available each year.

6.1.9.4 Staff Selection & Responsibilities

- Chaperones and managers must apply annually via application form.
- All Staff members must meet the Safe-Sport requirements, outlined at the beginning of this document.
- One (1) Manager and two (2) Chaperones, one of which must not have coach duties are assigned to Canadian Championships.
- Priority will go to coaches or GBC staff before parent volunteers
- WTC may extend an additional chaperone/driver in some years to support the teams sufficiently.

6.1.10 Elite Canada

Athletes competing at Elite Canada are representing their club, not their province. Clubs are responsible for registering their own athletes.

6.1.11 Canada Games

Please consult the Canada Games Council's Technical Package, created in conjunction with GymCan.

The WTC will determine and provide the selection process for Canada Games no later than September of the Canada Games competitive season.

6.2 Coach Selection

6.2.1 Points System

Coaches will be selected according to the points they earn for their club from their athletes' placement at the designated trial competition.

The following table shows the relationship between athlete placement and the number of points a club earns.

Athlete's Ranking	Points
1	15
2	12
3	10
4	7
5	5
6	3
7	1

Each club will be placed in ranked order based on its points. For example,

Club A	15 pts.	Ranked 1 st
Club B	12 pts.	Ranked 2 nd
Club C	10 pts.	Ranked 3 rd

- In the case of a tie between two clubs, the club whose athlete(s) has the highest rank prevails.
- If the team composition changes, team coaches do not change, unless the team coach does not have any athletes remaining on the team. A coach cannot be a team coach if he/she does not have an athlete on the team.
- In the event that the team coach does not have any athletes remaining on the team, the team coaches will be re-assigned. All re-assignments will be based on points allocated at the time of the final ranking of athletes after the last trial. For example; if Club A no longer has athletes on the team, the next coach would be from Club B, even if the new team configuration gave more points to Club C.
- The club with the most points will name the primary coach and the club with the next amount will name the assistant coach, if the team configuration allows for two team coaches.

In the event of an independent athlete being selected to a team, the athlete's points will not count toward the selection of coaches, nor will the subsequent positions be adjusted upwards in the ranking lists.

6.2.2 Individual Coaches

Individual coaches are those who have not been named as a team coach but wish to be accredited for the competition since they have athletes attending.

- Individual coaches are responsible for their own travel and accommodation arrangements unless otherwise arranged with GBC.
- Individual coaches must attend all training camps and follow the guidelines set out by GBC and team coaches.
- Individual coaches must purchase a Team BC uniform. Sharing with another member who is at the same event is not permitted.
- Individual coaches must collaborate with Team BC staff (chef, managers, chaperones, and other coaches).
- Individual coaches must follow the GBC Code of Conduct.
- Individual coaches are not permitted accreditation at Canada Games (as per the Canada Games Council's Technical Regulations).

7. Officials

For all policies, procedures and regulations around judges, please refer to the WAG Judges' Handbook here: <https://gymbc.org/resources-judging/>

A. Appendix – WAG Travel Funding Application

One application per individual, per event. Receipts must be attached.

Coach / Athlete name:		Club:	
Address:	City:	Province:	Postal Code:
Cheque payable to:			
Event information (select one):			
HP Development:		Aspire Camp:	Team BC:
Event name & category:	Is this athlete or coach on the CSI Targeted List?	Competition Results:	
	IST services received:	AA: VT:	UB: BB:
		FX: TF:	Clinics attended:
Flight amount:	Total amount requested for consideration:	Assigned by	
Accommodation amount:		Club?	
Registration amount:		Team BC?	
		GymCan?	
Have you received funding from GymCan or from your club for this event? If yes, please specify the source and amount:			
Are all receipt attached to this application?			

Please return the completed form with copies of your receipts or stamped invoices before May 15th of each year. It is the responsibility of the individual to provide all required information and receipts. Only complete requests submitted by the deadline will be considered. Applications and payments will be processed in June of each year.

Email: mkomagata@gymbc.org Fax: 604-333-3499