



MAG Fall Information Package

2021-2022

Men's Technical Committee

Michael J. Hood	Chair	mhood720@gmail.com
Christopher Sheremeta	Judging Chair	csheremeta@gmail.com
Richard Ikeda	Coaching Chair	richardikeda74@gmail.com
Ken Ikeda	Athlete Rep.	taisokenji@gmail.com
Kris Krunick	Member	kris@langleygymnastics.ca
Alexander Pozdniakov	Member	apozgym@hotmail.com
Michael Sergeant	Member	mike@inspiresportsvictoria.com

Meetings

Men's Program Assembly	10/11 Dec 2021
MAG Retreat	August 2022 (TBD)
Technical Committee Meetings	As called by the Chair

Deadline to Change Categories

Athletes must declare their category by 1 March 2022. Any athlete that competes in a trial event will be considered that category for the duration of the season (exempt: BC Games & JR (14-15) competing P5 at Westerns and Westerns Trials). Written petitions for all category changes after 1 March must be accompanied by one cheque per individual for \$25.00 made out to "Gymnastics BC MTC" and will be considered on a case-by-case basis. Category changes will not be accepted after the BC Championships registration deadline.

Update to Level 1 & 2 Routines

The FIG Age Group Programme has updated the Level 1 & 2 routines. The biggest change is on Floor Exercise and Rings. For Floor, instead of a dive roll after the forward handspring, a forward salto tucked is required. On Rings, athletes no longer have the choice between straddle press and shoulder stand; only shoulder stand may be performed. A list of all changes follows.

Level 1

PB Beat board is specified as being optional.

Level 2

FX Salto forward tucked to controlled landing and then roll forward directly following the forward handspring rebound.

SR No option of doing straddle press to straddled handstand.
Extra swing following the pike inverted hang to cast out.
Swing backward added directly before dismount.

PB Beat board is specified as being optional.

HB A full extra swing has been added directly before the back uprise to support.

Trial Events & Championships

BC Games Trial Deadline	16 Jan 2022
BC Winter Games	24 – 27 Feb 2022
1st Trial to CC2022	18 – 20 Feb 2022
Trial to Westerns	05 – 06 Mar 2022
2nd Trial to CC2022	26 – 27 Mar 2022
3rd Trial to CC2022	08 – 10 Apr 2022
BC Championships	08 – 10 Apr 2022
Western Canadian Championships	18 – 24 Apr 2022
Canadian Championships	TBD

Note Regarding New Code of Points

The 2022 Code of Points comes into effect on 1 January 2022. This new Code has some elements consolidated into one box (e.g., On Floor Exercise, bwd. salto stretched 1/1 will be in the same box as bwd. salto stretched 1/2). Gymnastics Canada will be staying with the current format of the Pathways for this 2021-2022 season, with the addition of a *supplementary skills list* to directly address the issues caused by this consolidation of elements in the 2022 Code. This list is to be released at a later date.

Competitions held in October, November, and December of 2021 will be with the 2017 Code of Points.



BC Winter Games
24 - 27 Feb 2022
Vernon, BC

Each Zone can send up to four (4) MAG athletes. It is the responsibility of each Zone to determine its selection process and host a trials event. All Elite and Provincial Pathway athletes are eligible to participate in the BC Games, if they are age eligible. Athletes can compete at their Zone trials and BC Games without affecting their category for the remainder of the year. For BC Games, athletes must compete for the Zone where they reside (not necessarily in the Zone where their club is located).

Invited Categories

Athletes born in 2007 – 2012, inclusively

Rules

GCG Provincial Pathway – Level 3

Trial Events

All Zone Trials MUST be completed by 16 January 2022. Registration MUST be completed in the BC Games database by 19 January 2022.

- Please list all available substitutes for wild card spot consideration.
- Please also list all available coaches in case additional coaches can be added to your Zone's team composition.



2022 Elite Canada
Feb 2022 (TBD)
TBD

Invited Categories

GCG Elite Pathway – Elite 4, Junior, & Senior



**2022 BC
Championships**
8 - 10 Apr 2022
Coquitlam, BC

Invited Categories

FIG Level 1 & 2 Age Group Compulsories

GCG Provincial Pathway – Levels 3 – 5 & National Open

GCG Elite Pathway – Elite 3, Elite 4, Junior, & Senior



**2022 Western Canadian
Championships**
18 - 24 Apr 2022
Winnipeg, MB

Invited Categories

GCG Provincial Pathway – Levels 4 & 5

GCG Elite Pathway – Elite 3 & 4

Trial Event

05 – 06 Mar 2022, Surrey Classic Invitational

Training Camp

16/17 Apr 2022, TBD



**2022 Canadian
Championships**
TBD

Invited Categories

GCG Provincial Pathway – National Open

GCG Elite Pathway – Junior & Senior

Trial Events

18 – 20 Feb 2022, Christy Fraser Memorial Invitational

26 – 27 Mar 2022, Twisters Invitational

08 – 10 Apr 2022, BC Championships

Training Camp

TBD