



MEN'S ARTISTIC GYMNASTICS

OPERATIONS MANUAL (Formerly P&P Manual) 2019-2020

Last Updated: December 27, 2019

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MAG 2019-2020 General Information

2019-2020 Men's Technical Committee Members and Contact Info:

Voting Members:

Committee Chair	Michael J Hood	mhood720@gmail.com
Judging Chair	Chris Sheremeta	csheremeta@gmail.com
Coaching Chair	Richard Ikeda	richardikeda74@gmail.com
Athlete Representative	Ken Ikeda	taisokenji@gmail.com
Members-at-Large	Kris Krunick	kris.krunick@gmail.com
	Alexander Pozdniakov	apozgym@hotmail.com
	Michael Sergeant	msergeant@surreygym.com

Non-Voting

MAG Program Coordinator	John Carroll	jcarroll@gymbc.org
Technical Director	Andrée Montreuil	amontreuil@gymbc.org

MAG ACTIVITIES CALENDAR

	<u>DATE</u>	<u>LOCATION</u>
Meetings		
MAG Judges' Assembly	April 4 or 5, 2020	BC Championships
MAG Retreat Coaches' Assembly	August 2020 (TBC)	TBD
Technical Committee Meetings	as called by the Chairman	various

MAG Deadline to Change Categories

Athletes must declare their category by **March 1, 2020**. Any athlete that competes in a trial event will be considered that category for the duration of the season (exempt BC Games). Written petitions for all category changes after March 1 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.

Team BC Uniform Sizing

Sizing dates and locations for Team BC uniforms will announced at a later time (exact days and times to be confirmed).

NOTE: There will be new Team BC competition clothing for the 2020 competition season. All potential Team BC athletes will need to be sized for uniforms.

Elite Camps and Testing

Elite Camp #1	August 30 – Sept 1, 2019	Phoenix (Vancouver)
Elite Camp #2	November 9-11, 2019	Phoenix (Tentative)
Elite Camp #3	late January (TBC)	TBD (Vancouver area)
Team BC Training Camp Westerns	April 19, 2020	TBD (Vancouver area)
Team BC Training Camp Canadians	May 16 or 17, 2020	TBD (Vancouver area)

Provincial Camps and Testing

Provincial Camp #1	September 22	Inspire Sports Victoria
Provincial Camp #2	October 26	Langley Gymnastics Foundation
Provincial Camp #3	November 23	Flip City
Provincial Camp #4	December 21	Delta Gymnastics
Provincial Camp #5	January 26	Vancouver Phoenix

Trial and Championship Events

BC Games Trials deadline	January 14	In your Zone
BC Games	February 19-23	Fort St. John
1 st Trials to CC20	February 14-16	Langley CFMI Meet
2 nd Trials to CC20	March 6-8	Surrey Meet
Trials to Westerns 2020	March 14-15	Twisters Meet

3 rd Trials to CC20	April 3-5	BC Championships
BC Championships	April 3-5	Surrey
Western Canadian Championships	April 29-May 3	Richmond, BC
Canadian Championships	May 19-24	Gatineau, QC
Men's Elite Summer Challenge	June 26-July 1	Montreal, QC

PROVINCIAL AND NATIONAL EVENT CALENDAR

BC Winter Games **Feb. 20-23, 2020** **Fort St. John, BC**

Invited Categories: Eligible birth years are 2005 – 2010, inclusive

Rules: GCG Provincial Level 3

Each Zone can send up to 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).

Trial Events: All Zone Trials MUST be completed by January 14, 2020. Registration MUST be completed in the BC Games database by January 15.

- 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.

The BC Games [Technical Package](#) is currently available on GBC's Website.

BC Championships **April 3 – 5, 2020** **Surrey, BC**

Invited Categories:

FIG Level 1 + 2 Compulsory (age categories as recognized by GBC)
 GCG Provincial Pathway Levels 3 – 5 (age categories as recognized by GBC)
 GCG Provincial Pathway National Open
 GCG Elite Pathway 3, 4, Junior and Senior

Western Canadian Championships **April 29 – May 3, 2020** **Richmond, BC**

Invited Categories:

GCG Provincial Pathways 4 and 5 (as per GBC MTC selection criteria and Western Policy Manual age requirements)
 GCG Elite Pathway 3 and 4 (as per GBC MTC selection criteria)

Team BC Trial Event:

March 14 – 15, 2020

Twisters Invitational

Training Camp:

April 19, 2019 (TBD)

TBD (Vancouver area)

Canadian Championships **May 19 – 24, 2020** **Gatineau, QC**

Invited categories:

GCG Provincial Pathway National Open
 GCG Elite Pathway Junior and Senior

Team BC Trial Events:

1st Trials

February 14 – 16, 2020

Langley Gymnastics

2nd Trials

March 6 – 8, 2020

Surrey Gymnastics

3rd Trials

April 3 – 5, 2020

BC Championships

Training Camp:

May 16 or 17, 2020

TBD (Vancouver area)

Elite Category Screening**Deadline: October 31, 2019 video submission**

In order for a gymnast to compete in the Elite 4 category, they MUST submit a video of their compulsory routines (including Physical Testing routine) to Jason Woodnick at jwoodnick@gymcan.org. The submission is free if done before November 1, 2019. The fee schedule is as follows:

Before November 1	NO charge
November 1 – 15	\$25.00 per athlete
After November 16	\$50.00 per athlete

NOTE: Screening will take place in a non-formal environment (in your gym).

GCG's recommended scores for Junior and Senior gymnasts to participate at national events are:

Junior 14- 15 years old	64.00 All Around
Junior 16 – 18 years old	66.00 All Around
Senior Next Gen	72.00 All Around or 12.00 on an apparatus
Senior	75.00 All Around or 12.50 on an apparatus

The GBC Men's Technical Committee will discuss these recommendations and publish decisions in the 2020 Qualifying Standards document by December 2019.

Elite Summer Challenge**June 26 – July 1, 2020****Montreal, QC**

Purpose: Identify athletes for Gymnastics Canada's Junior and Senior National Teams and Elite 4 Aspire Regional Teams.

More information will be shared by GBC as it becomes available through Gymnastics Canada. Please email Jason Woodnick at jwoodnick@gymcan.org if you have any questions.

Distribution Lists:

Submit your contact information to be added to distribution lists for the below listed programs:

If you wish to receive all MAG GBC Communication, please go to gymbc.org/mens-artistic-gymnastics/ and click the "communications" link at the bottom of the page, under More Info.

All Technical Programs: Andrée Montreuil (Technical Director) amontreuil@gymbc.org

Men's Artistic Gymnastics: John Carroll (Men's Technical Coordinator) jcarroll@gymbc.org

Women's Artistic Gymnastics: Crystal Gilhooly (Women's Technical Coordinator) cgilhooly@gymbc.org

Trampoline Gymnastics: Debbie McBoyle (Trampoline Gymnastics Coordinator) dmcboyle@gymbc.org

Important Note

This document is currently under review. Please consult the Gymnastics BC Technical Director with any questions regarding document accuracy or current status.

In the event that any policy contained in this document is contradicted by another policy of the Association, the latter shall prevail.

Clarification of Decision-Making Authority

In an effort to provide greater clarity and transparency around the decision making process and level of authority related to the various rules, policies and procedures contained in this document, the following updates have been made.

Items will now be marked to indicate whether it is considered a rule, a policy or a procedure. They will also be marked with which body has authority over the decision making process. Generally, rules will be under the authority of a Technical Committee or an appropriate staff member, policies will be under the authority of the Board of Directors and procedures will be under the authority of staff. Additionally, any relevant supporting documents will be referenced to provide clarity.

Where an item does not indicate authority, it is assumed to be informational or under the authority of staff.

Example:

2.1 Athlete Competition Attire for BC Competitions

Type: Rule

Decision by: Committee

Reference Document: None

Men's Artistic Gymnastics (MAG)

PART 1: GENERALITIES

1.1 Operations Manual - Additional Sections

The Gymnastics BC Operations Manual is comprised of many sections. If you don't find the information in the present section, please consult the other sections of the Policies and Procedures page <https://gymbc.org/policies-procedures-regulations/>.

1.2 Program Objectives and Goals

Type: Policy

Decision by: Board

Reference Document: None

The GBC MAG 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 GCG and FIG rules.
- c) Organize competitions, clinics, training camps, and seminars to aid in the development of our athletes, coaches, and officials.

1.3 Terms of Reference

Type: Policy

Decision by: Board

Reference Document: Committee Policies and Procedures – MAG Terms of Reference

Men's Artistic Gymnastics (MAG) Technical Committee (MTC)

Composition of the Committee

The MTC is composed of seven (7) voting members and up to three (3) non-voting members.

Voting Members:

- Chair: the Chair is also a member of the GBC Board of Directors
- Provincial Judging Chair
- Provincial Coaching Chair
- Athlete Rep Member-at-Large: representing the athletes
- Three (3) Members-at-Large

Non-voting Members:

- GBC Technical Director
- GBC MAG Technical Coordinator
- GBC Provincial Coach

Attendance Policy

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

Vote and Quorum

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

Duties of the MTC

- a. determine and implement the goals and objectives for the development of the Men'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 MAG program;
- d. work within the budget approved by GBC's Board of Directors (Board);
- e. report all decisions made by the MTC to GBC's Board and the MAG Technical 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 Chair, create ad-hoc committees for special projects;
- l. hold at least five (5) meetings per year;
- m. promote sound risk management practices

GBC MAG Technical Assembly

The GBC MAG Technical Assembly (at its Annual Coaches'/Judges' Meeting) will provide feedback regarding the general direction of the program for the following years. The MTC will consider motions and discussions during the assembly to determine the annual MAG calendar and policy program-related rules, however, the Men's Technical Committee is not bound by motions made during the Assembly.

The Men's Judging Chair will hold a General Assembly during BC Championships, for all MAG 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 (on odd numbers years).

Elections

Members of the MTC are elected at the GBC MAG 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 MTC Chair and Judging Chair are elected on odd numbered years for a two-year term. The Coaching Chair and Athlete Rep are elected on even-numbered years for a two-year term. All other members are elected for a one-year term.

PART 2: ATHLETES

2.1 Amateur Status

Type: Policy

Decision by: Board

Reference Document: None

All athletes competing in a GBC sanctioned event must abide by the regulations of GBC, GCG, FIG, and the International Olympic Committee governing amateur status.

2.2 GBC Membership

Type: Policy

Decision by: Board

Reference Document: None

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 staff

In MAG, athletes participating in a club's Pre-Competitive Program are considered recreational athletes.

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.

NOTE: refer to Part 4: MAG Competitive Structure; for complete outline of all fines.

2.3 Moving to BC from another Province

Type: Policy

Decision by: Board

Reference Document: None

Canadian athletes moving from another province during a competitive season may represent their new club at any provincial event. It is the club's responsibility to register the members appropriately and within the deadlines. Membership is non-transferable between provinces.

2.4 Transferring Clubs

Type: Policy

Decision by: Board

Reference Document: Registration Handbook

Please refer to current GBC Registration Handbook, available online:

<https://gymbc.org/forms-resources/>.

2.5 Athlete Competition Attire for BC Competitions

Type: Rule

Decision by: Committee

Reference Document: None

During warm-up and competition, athletes must wear their competitive attire as follows:

Warm-up: Longs or shorts, and shirt or singlet must be worn during all warm-up sessions
(NO bare chests will be allowed during warm-up times).

Competition: Competitive singlet (NO bare chest will be tolerated on the competition floor; a deduction may be taken without warning), longs or shorts. *As per GCG regulations, there is no restriction on the colour of competition pants (it is recommended not to have dark coloured longs). Competition longs and shorts must be one solid colour.*
Competition footwear must be as per FIG regulations

No jewellery should be worn during competition or warm-up.

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

2.6 Respect for Others

Type: Policy

Decision by: Board

Reference Document: Conduct and Discipline

Conduct shall at all times reflect honesty, good sportsmanship, courtesy and respect toward others. All members are encouraged to co-operate together for the betterment of the sport. Unsportsmanlike conduct, misconduct, harassment or any form of discrimination are not acceptable and subject to disciplinary action as outlined in the GBC Disciplinary Policy.

2.7 MAG Funding Opportunities

2.7.1 Athlete Assistance Program (AAP)

Type: Rule

Decision by: Committee

Reference Document: None

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

Athlete Assistance Ranking Clarifications

Funding will be equal for all athletes in the same group.

Requirements

In order to qualify for Athlete Assistance, the athlete must:

- be in good standing with GBC
- be registered to compete in the current competitive year
- fill out and return the completed AAP application form. Incomplete applications will be returned to the athlete. Applications not received by GBC by the stated deadline will not be considered
- attend BC Championships in one of the following ways:
 - compete
 - judge, coach or
 - take part in a demonstration with full or partial routines
- Athletes are required to wear Club or Team BC uniform and tracksuit at inter-provincial competitions, as prescribed in the GCG Pathways documents.
- have competed and ranked at the preceding Canadian Championships, Elite Canada, Western Canadian Championships or Canada Games or represented Canada internationally as selected by the national team program.
- agree to support and participate in all initiatives of GBC Programming, if accepting AAP funding. (I.E.: 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. The list of AAP recipient athletes (without monetary amounts) will be published on the GBC website after committee approval

Athlete Appeal Procedure

In the event an athlete wishes to dispute the AAP selection process they may ask, in writing, the Technical Committee to review their decision. If the athlete is still in disagreement with the Technical Committee's final decision, they may appeal through the Gymnastics BC appeal procedure as found in the Governance Section of the Operations Manual.

Athletes unable to attend BC Championships

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

MAG Athlete Assistance Grouping

Athletes will be placed into five groups according to the following list:

1. Senior National Team - Carded
2. Junior National Team - Carded and Senior National Team – un-carded
3. Junior National Team – Un-carded
- 4A. Elite 4 GCG Aspire Identified Members (GCG invited to GCG Camps)
- 4B. Ranked according to the point system

Athletes will be placed into groups 1 to 4A based on Gymnastics Canada's national ranking list.

Athletes will be placed into Group 4B based on the Gymnastics BC points chart ranking. Points are earned from the list of major competitions listed at the top of the points chart. Each athlete will earn a certain number of points for the competitive season. This ranking will act as the final grouping for Athlete Assistance consideration. Events considered for points include:

- All international events representing Canada
- All international events attended by National Team members
- National Team selection competitions
- National and Provincial multi-sport games
- Canadian Championships, Western Canadian Championships, and BC Championships

The point system chart is found on the following page of this policy manual.

MAG Athlete Assistance Injury Petitions

If an athlete is unable to compete at any of the required events (as listed above), due to illness or injury, they have the option to petition to the MTC. A written petition must be submitted to GBC by August 31 of the competition season for consideration. Petitions will be handled on an individual basis. An injury petition for an individual athlete cannot be applied for two years in succession.

The funding allocation for an injury application will be 70% of the athlete's previous year's grouping. (For example: If a Group 2 athlete was funded \$1,000 in year 1 and applied for an injury card in year 2, they would be eligible for up to \$700 if Group 2 athletes received \$1,000 again in year 2).

POINTS	International				National				Western		Provincial	
	Medal (AAF, AF, Team Finals) at Tier 1 Competition	AAF, AF or Team Finals at Tier 1 competition	AAF or AF for Tier 2 competition	AAF or AF for Tier 3 competition	Sr/Jr AAF at CC / EC / CWG	Sr/Jr AF at CC / EC / CWG	Elite 3, 4, National Open AAF ranking at CC / EC / CWG	Elite 3, 4, National Open AF at CC / EC / CWG	AA Results at Westerns	AF at Westerns	AA at BC Champs / BC Games	Apparatus Champion at BC Champs / BC Games
100	1-3											
75		4										
50			1		1							
45		5					1					
44			2		2							
40		6	3		3				1			
39							2					
36		7	4		4							
35				1		1	3					
34		8	5		5				2			
33				2								
32		9	6	3	6	2		1				
31							4					
30		10	7	4	7	3			3		1	
29							5	2				
28		11	8	5	8	4						
27						5	6	3				
26		12	9	6	9	6			4			
25						7	7	4		1		
24			10	7	10	8		5	5		2	
23							8	6				
22		13-24	11	8	11			7	6	2		
21					12			9	8			
20			12	9					7	3	3	
19							10					
17				10			11		8			
16							12					
15			13-24	11						4		1
13										5		
11				12						6		
10										7		
8				13-24						8		
75 Points =	Team Canada Member: Tier 1 Competition (Olympic Games, World Championships, Pan-Am Games, Commonwealth Games)											
25 Points =	Team Canada Member: Tier 2 Competition (Major international competition: Pacific Alliance, World Cup, Junior Pan Am Championships, etc.)											
10 Points =	Team Canada Member: Tier 3 Competition (Other international events: Dual Meets, UCIC SR/JR International sessions, Black Jack Invitational, etc.)											
10 points =	Team BC Member: Canada Winter Games											
7 points =	Team BC Member: All other interprovincial or international competitions (Canadians, Westerns, etc.)											
The Awards and Points Programs run from July 1 to June 30												

2.7.2 Funding for Additional Athlete Development

Type: Rule

Decision by: Committee

Reference Document: None

- **International Competitions**

Athletes wishing to apply for funding for international competitions must submit their request in writing to the MTC prior to the competition (preferably two (2) months ahead). Earlier notification will result in a better chance for a greater percentage of funding. Applications for funding must include the competition name, dates, and approximate costs. The MTC will consider funding up to 50% of airfare to international events.

- **Men's Elite Canada (Summer Challenge)**

Athletes or coaches wishing to receive funding to attend Elite Canada must submit a request to the MTC two (2) months prior to the competition. Funding will be based on availability but will not exceed 50% of airfare based on the lowest ticket price received from all participants.

- **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
1	Senior	1 AA
2	Senior	2 AA
3	Senior	Multiple AF winner
4	Senior	3 AA
5	Junior 16-18	1 AA
6	Junior 16-18	2 AA
7	Senior	1st AF
8	Junior 14-15	1 AA
9	Senior	4 AA
10	Senior	5 AA
11	Junior 16-18	3 AA
12	Junior 16-18	4 AA
13	Junior 14-15	2 AA
14	Junior 14-15	3 AA
15	Nat. Open	1 AA
16	Senior	6 AA
17	Junior 16-18	5 AA
18	Junior 16-18	6 AA
19	Nat. Open	2 AA
20	Nat. Open	3 AA
21	Junior all	1st AF

2.8 Integrated Performance System (IPS)

Type: Procedure

Decision by: 3rd Party

Reference Document: None

Gymnastics has been recognized by viaSport and by the Canadian Sport Institute Pacific 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. A list of targeted athletes is available on the GBC Website.

2.8.1 General Eligibility Requirements

To be identified, athletes must:

- be in good standing with Gymnastics BC and Gymnastics Canada
- be registered with a GBC member club
- meet qualification requirements as set out by Gymnastics Canada for National Team Programs
- meet qualification requirements as set out in the chart below

Category	Eligibility Criteria
Canadian Development	On stream to make Senior National team in one to three year, as verified by GymCan : Senior National Team (non-Sport Canada Carded or with NCAA Scholarship)
Provincial Development Level 1	Junior National or Espoir Team with top 6AA or Top 3 on apparatus at preceding CC OR Elite 4 (regional team) with Top 6 AA or Top 3 on apparatus at preceding WCC
Provincial Development Level 2	Member of Canada Games Team BC are eligible for 1 year after the Games provided they keep the appropriate commitment to the sport OR officially short listed for Canada Games 1 year prior to the Games OR athletes identified by the Joint Technical / IPS Committee (IE: select MAG Elite 3)

2.9.2 Coaches' Participation in the IPS program:

Type: Rule

Decision by: Committee

Reference Document: None

- Funding for the coaches of CSI-P targeted athletes is strongly linked to the 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 (July

- 1 to June 30)
- 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 fulfil these requirements will result in funding removal for the following Canadian Championships.

2.9.3 Athletes' Participation in the IPS program:

Type: Rule

Decision by: Committee

Reference Document: None

Since GBC funding is strongly-linked to the participation of targeted HP 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 1 camp attendance per competitive season (mandatory for Targeted athletes only) (July 1 to June 30).
 - Attendance at CC or WCC preparation camp (mandatory for all athletes) .
 - 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 fulfil these requirements will result in funding removal for the following Canadian or Western Canadian Championships.

2.9 External Sport Credit Program for Students

Type: Procedure

Decision by: 3rd Party

Reference Document: <https://www2.gov.bc.ca/gov/content/education-training/k-12/support/graduation/getting-credit-to-graduate/external-credentials/external-sport-credentials-program/athlete-programs?keyword=external&keyword=credits>

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.

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

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 Winter Games
- Grade 11 credits - Team BC participant at Western Canadian Championships
 - Team BC participant at Western Canada Cup
- Grade 12 credits - Team BC participant at Canadian Championships
 - Team BC participant at Canada Winter Games

Students can expect to receive a letter (or letters) for their accomplishment sometime between January and May of the year following 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. GBC will send a letter to students who have achieved the standard and request a letter from the GBC External Credits coordinator. Students will be responsible to present the letter to their school.

PART 3: COACHES

3.1 Generalities

Type: Policy

Decision by: Board

Reference Document: Coaching Operations Manual

To coach any gymnastics discipline, a person must:

- Be registered with Gymnastics BC as a coach
- Meet GBC SafeSport Requirements:
 - complete the screening requirement (Criminal Record Check), as per BC Provincial Law. This is different than the current Gymnastics Canada 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

3.2 Requirements for the Coaching Staff

Type: Policy

Decision by: Board

Reference Document: Coaching Operations Manual

For ALL gymnastics related activities, there must be present at ALL times in the gym:

- A coach that is a minimum Gymnastics Foundations-certified (specific certification level required is determined by the level of athletes that are training);
- One (1) adult 19 years or older (as per provincial law); and
- One (1) person that holds a valid certificate in First Aid from one of the following courses:
 - Red Cross Standard First Aid Course
 - Workers Compensation Board Level 1 OR
 - St John's Ambulance Standard First Aid Course

Any other certification must be approved by GBC's Technical Director.

The above responsibilities may be held by one person or a combination of persons.

3.3 Minimum NCCP Certification

Type: Policy

Decision by: Board

Reference Document: Coaching Operations Manual

Note: Exemptions managed and administered by staff

The minimum certification required (as indicated below), (including trampoline requirements) is applicable for regular training (normal, everyday training) and for competitions. Coaches that do not meet the minimum standard must apply for an exemption (see Coaching Section of the Operations Manual, 3.1.6).

3.4 Dress Code for Coaches

Type: Rules

Decision by: Committee

Reference Document: None

Competition attire for coaches: coaches must dress according to GCG's attire Guidelines:

- Appropriate training suit, excluding hats, shorts, midriff tops, ripped or torn clothing or similar;
- Top: t-shirt, polo shirt or training jacket;
- Appropriate indoor sport footwear.

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.

3.5 Behaviour

Be polite and address concerns to the Competition Head Judge.

NOTE: refer to GBC Section 4: Coaching, NCCP and Certifications; for additional information

NOTE: refer to GBC Section 10: Team BC; for a complete copy of the Code of Conduct

PART 4: COMPETITIVE STRUCTURE

4.1 GBC Registration

Type: Policy

Decision by: Board

Reference Document: None

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 in case of non-adherence <i>(Fines are charged on-top of registration fees)</i>
Athletes	Registered with GBC as competitive athlete	<ul style="list-style-type: none"> Excluded from ranking \$100 fine to be invoiced to the club.
Coaches	Registered with GBC	<ul style="list-style-type: none"> \$ 200 fine
	Meet minimum NCCP Certification	<ul style="list-style-type: none"> 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 Education Manager 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 fine

4.2 Athlete Mobility and Switching Categories

Type: Rules

Decision by: Committee

Reference Document: None

4.2.1 Confirmation of Competitive Level

All competitive levels must be confirmed with GBC by March 1 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 GCG qualifying score to compete in that category at Canadian Championships, they will be allowed to move to the National Open category.
- b) BC Winter Games – A gymnast who is age eligible and competing in a recognized category (Provincial 1 – 5, or Elite 3 - Junior) may compete at the BC Winter Games. The athlete may compete in his usual category at any event prior to or following the BC Games and the zone trial events.
- c) Western Canadian Championships – For Trials to Westerns and Westerns, Junior 14-15 (for Provincial 5), Junior 16-18 and Senior (for Open) are eligible to qualify onto their age eligible teams, as per the Westerns Policy Manual.

4.2.2 Changing Levels

Athletes should follow the normal progression going from lower level (Level 1, for example) towards higher level categories (Provincial 5, 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.

4.2.3 Changes not following the normal path

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 MTC at least 30 days before the first trial event of the season. This is especially important for those requesting downward movement from National to Provincial levels. This also includes competitions after June 1.

Requests are not automatically granted and are determined on a case-by-case basis. A non-refundable administration fee of \$25.00 is required. Cheque must be made payable to GBC - MTC.

4.2.4 Age Groups

Athletes may not compete in an age category younger than their competitive age group. Athletes may move up an age group at invitational competitions (to complete a club team configuration) and return to their original category for other invitational events.

For all GBC events, athletes must register and compete in their appropriate age groups. GBC events include (but are not limited to): BC Championships, Trials to Westerns, Canadian Championships or Canada Games or any other GBC coordinated event.

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

Type: Rule

Decision by: Committee

Reference Document: None

4.3.1 BC Program Structure

In the following chart, ages have been indicated so that the table does not have to be redone every year. Please consult GBC Registration Handbook, sent to all clubs at the beginning of the season, or the GCG Program Documents (Provincial or Elite Pathways) to have exact birth year for each age group.

Level	PROVINCIAL					NATIONAL		
	1	2	3	4	5	Open	Elite	
Program	Compulsory Program		Optional Program			Optional Program	Compulsory (Elite 3 + 4) and Optional (Elite 4, Junior + Senior) Program	
Age Group	Open to all ages (in BC the minimum age is 7)		13 +	13 +		15 +	Senior – 21 + Next Gen Senior 18 – 20	
					13 to 17		Junior	16 - 18 14 – 15
		10 – 12					Elite 4	12 - 14
		Under 10 (in BC the minimum age is 8)	Under 13	Under 13			Elite 3	10 - 12

All athletes' ages are as per their program document. See each separate program's age category chart. GBC may merge categories if the number of registered participants is insufficient.

4.3.2 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.

4.3.3 Objectives of Each Program

Type: Rule

Decision by: Committee

Reference Document: None

Interclub (Gymnastics for All Program)

The Interclub category was established in 2002. This category includes all athletes who want to attend advanced recreational activities outside of their club excluding provincially-sanctioned Gymnaestrada events. These athletes must register as Interclub athletes.

Interclub provides a performance opportunity in a competition-type setting for recreational athletes. The purpose of the Interclub category is to expand opportunities for athletes at the recreational level. Gymnasts aged 6 & up of any

ability have the chance to be part of a team, learn and master routines, and have the chance to perform. Interclub promotes a creative environment that does not follow traditional competitive gymnastics (i.e. the FIG code). There is no ranking system which means that all athletes will receive a similar participation gift (same coloured medal, for example) or certificate.

Canadian Provincial Pathways Program

The Canadian Provincial Program is divided into six levels. The first two levels are designed to offer a basic compulsory gymnastics program to ensure the correct path of development and safety of all participants. The GBC MAG Program is not currently using the GCG Level 1 + 2 system. Instead we are using the FIG Age Group Development Program for Levels 1 + 2. These program routines can be found on pages 40-59 through the following link: <http://www.fig-docs.com/website/agegroup/manuals/Agegroup-mag-manual-e.pdf>

Levels 3, 4, and 5 introduce optional routine choices so each individual may show their strengths on each apparatus. The content is under Gymnastics Canada's jurisdiction, available through the following link: [http://www.gymcan.org/uploads/content/mag_technical/provincial%20pathways%202017-18%20\(oct.%2019%202017\).pdf](http://www.gymcan.org/uploads/content/mag_technical/provincial%20pathways%202017-18%20(oct.%2019%202017).pdf)

The 6th level is the National Open category which participates at the Canadian Championships. The content is under Gymnastics Canada's jurisdiction, available through the link provided above.

Canadian Elite Pathways Program

Gymnastics Canada (GCG) offers an Elite Program (Elite 1, Elite 2, Elite 3, Elite 4, Junior and Senior). The content is under Gymnastics Canada's jurisdiction and available through the following link:

[http://www.gymcan.org/uploads/content/mag_technical/elite%20pathways%202017-18%20\(oct.%2019%202017\).pdf](http://www.gymcan.org/uploads/content/mag_technical/elite%20pathways%202017-18%20(oct.%2019%202017).pdf)

Gymnastics BC does not offer the Elite 1 and Elite 2 categories at competitions in BC.

Refer to the GBC or GCG websites for all current program documentation.

PART 5: PROVINCIAL EVENTS

Type: Rule

Decision by: Committee

Reference Document: None

5.1 Sanctioning Information – Club Invitational Meets

Any GBC member club wishing to host a GBC-sanctioned competitive event must complete and submit an "Application Form for Sanctioned Events". This application must be completed in full and returned with payment to the GBC office; the application will be considered once both the form and payment have been received at the GBC office.

NOTE: refer to GBC Section 9: BC Events, Sanctioning and Hosting Protocols.

5.2 Coaches Responsibilities

All athletes must be supervised by a coach when they are on the field of play (warm-up or competition).

Coaches must have the proper NCCP certification to be allowed access to the field of play (warm-up or competition floor).

In normal circumstances, a maximum of two coaches/clubs/categories are authorized on the competition floor during competition. The club may have more coaches on the floor during training and warm-up, but is restricted to two coaches once the actual competition begins.

5.3 Protests

Protests are not allowed for any categories but coaches may inquire about the D and E scores.

5.4 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.

5.5 Warm-Up Procedure

NOTE: Refer to Appendix 1 at the end of this document.

5.6 BC Championships

5.6.1 General Information

General information about dates and location of BC Championships is indicated at the beginning of this document.

Directives are developed by the host club and GBC and are distributed to GBC member clubs when available. The work plan includes information regarding registration process, deadline, fees, reimbursement policy, schedule, etc.

Clubs must register all of their participating athletes and coaches.

5.6.2 Eligibility

Type: Rule

Decision by: Committee

Reference Document: None

All athletes registered in the following categories are eligible to compete in the Artistic Gymnastics BC Championships (BC Championships):

Provincial	Levels 1 to 5
National	Open
Elite	3, 4, Junior and Senior

Athletes who are not required to compete at BC Championships (National Team members) must be present and must demonstrate at least one event during a showcase session (if the schedule allows). Otherwise, these athletes must be in attendance as judges, coaches, or award presenters. No registration fee is required. If they prefer, they can register to compete in an appropriate category (registration fees required).

5.6.3 Registration

Clubs must complete and submit the official registration forms, accompanied by appropriate payment, to GBC by the stated deadline. Late registrations may be subject to additional fees. All athletes must register in the appropriate age group for BC Championships.

Refunds will only be provided when a medical certificate has been submitted to GBC prior to the competition. No refunds will be granted once the first session's warm-up has started. All refunds will be processed after BC Championships.

The BC Championships Information Package - Bulletin #1 is circulated before January 1 and provides more precise information: registration deadline, athletes' and coaches' registration fees, refund procedures, etc.

5.6.4 Schedule and Category Groupings

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

The Technical Committee strongly recommends that the host organizing committee groups athlete categories in the following manner, especially when hosting Team BC Trial Events:

- Senior, Junior, National Open + Provincial 5 in one session (NO Elite 3 or 4)
- Elite 3, Elite 4, Provincial 4 (and possibly Provincial 3)
- Provincial Level 3 + 2
- Provincial Level 2 + 1

All meets should try to split the Elite 3 + 4 from the other Elite categories, if session numbers permit. If this is not possible then a timed warm-up will be necessary. If a 90-minute warm-up time is given the breakdown should be 15 minutes for the general warm-up and 12 minutes per event.

5.6.5 Competition Order

GBC will be responsible for the draw of the competition order. In each rotation, the order will drop 1 place.

Categories involved in Trials

The categories will be assigned to groups, and then athletes will be randomly drawn into groups. Athletes from one club must be grouped into no more than two (2) groups per category. There will be a draw for the starting event.

5.6.6 Awards

- **Individual Awards (Level 2 and higher)**

Medals: 1st, 2nd, 3rd

All Around and each event

Rosettes: 4th, 5th, 6th

Individual All Around

Ribbons: 4th, 5th, 6th

Individual Event

Plaques: 1st AA Keeper plaque

Each category

- **Individual Awards (Level 1)**

Medals: Gold, Silver, Bronze

Each athlete receives an AA medal

Ribbons: Gold, Silver, Bronze

Each athlete receives one ribbon per event competed

The awards are calculated based on the list below:

	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
All Around Medal	54.00 +	45.00 +	Below 45.00
Event Ribbons	9.00 +	7.50 +	Below 7.50

All-Star Recognition: At the BC Championships, the athlete that receives the top score on each apparatus, in their competition sub-division will receive special recognition at the end of the awards ceremonies. The host will provide a certificate to reward the athletes.

- **Team Awards**

There are no MAG team awards presented at BC Championships.

- **Awards Restrictions**

If there is only one competitor, only an all-around award will be given. If there are two or more competitors, all awards will be given.

5.7 BC Games

BC Winter Games (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:

- Date of the selection meet
- Selection process for the top athletes (4 boys, ranking of potential wildcards)
- Selection process for the team coaches and ranking of potential extra staff
- 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.

PART 6: TEAM BC EVENTS

Type: Rule

Decision by: Committee

Reference Document: Team BC

6.1 Definition of Team BC Events

Team BC events are competitions where GBC assists financially or coordinates team travel, or identifies a team that will represent BC. These include competitions such as:

- Canadian Championships;
- Western Canadian Championships;
- Canada Games;
- ANY other competition where GBC assists financially or coordinates team travel OR identifies a team which will represent BC (Elite Canada, International events, etc.); and
- Team BC Training Camps.

6.2 Team BC Uniforms

Team BC athletes attending the Western Canadian Championships and/or Canadian Championships must wear the official BC uniform. Uniform sizing will take place early in the competitive season at both competitions and training camps. All sizing and orders must be completed by the set date identified at the beginning of this document. Payment for the full amount of items ordered (or a credit card number) is required at the time of ordering. There will be NO refunds for uniform pieces once the order has been placed with the supplier.

Canadian National Team members MUST wear the Team BC uniform, at Team BC events, as per the Elite Pathways Document.

Athletes and coaches are not permitted to wear current Team BC uniforms or track suits at non Team BC events (IE: invitational or Team BC qualification events).

In the event that an athlete or coach is found to be wearing Team BC competition clothing or track suit, they will receive:

- 1st infraction one written warning
- 2nd infraction yellow card for failing to follow Team BC rules
- 3rd infraction red card and possible exclusion from the next Team BC event

6.3 Eligibility and requirements for Team BC Member

- According to their status, individuals must meet eligibility requirements to be named to Team BC. Athletes must meet the residency rules as determined by each specific event's Technical Rules
- Athletes and coaches must be named by their Technical Committee
- Athletes must meet the requirements set out by the Technical Committees at the trial competitions
- All members of Team BC must complete and return all requested waivers and medical forms by the set deadline
- Athletes and coaches must pay the required fees by the set deadline.
- Athletes, coaches, managers and chaperones must attend all identified training camps or request an exemption from the Technical Committee (and provide reasons) at least 2 weeks prior to the camp

- All members of Team BC must comply with all GBC rules of conduct, travel, and cost-sharing policies
- Athletes and coaches must purchase a designated team uniform
- If athletes are receiving GBC funding to attend an event, they are expected to wear Team BC uniform, unless prior arrangements have been made with the appropriate Technical Committee
- All participants must abide by applicable SafeSport rules.
- All coaches, managers, chaperones, judges, and the Chef must meet the Gymnastics Canada and GBC SafeSport requirements that apply to them in order to travel with the team.

Athletes who fail to meet any of the above criteria may be removed from the team by the MTC, Support Staff, or GBC staff.

6.4 Official Naming of Team Members

The MTC will officially name the qualifying members after their team selection meeting. No member will be confirmed before this official announcement.

6.5 Team BC Coaches

To be assigned, coaches must meet all professional requirements as required by GBC or GymCan (NCCP certification, Safe-Sport requirements, etc.). Coaches traveling with Team BC (team or personal coaches) must abide by Section 10 – Team BC Handbook. As team coaches, they must show leadership and professionalism at the training camp and at the Team BC competition.

All coaches must meet the GymCan and GBC Safe-Sport requirements that applies to them in order to travel with the team. MAG Team Coaching Staff must have at least one male coach for teams with 2 coaches. Teams with only 1 team coach must have a male coach or assigned male chaperone. The Rule of 2 applies:
https://www.coach.ca/files/Rule_of_Two_Definition_EN.pdf

6.6 Team BC Staff

The Team BC staff is a group of volunteers who help coordinate all aspects of team management during events.

The mission staff may include a Chef de Mission, managers, chaperones, and coaches. All staff members, including coaches, must work together to accomplish the various duties and responsibilities.

The Chef, managers, chaperones and judges must all meet the Gymnastics Canada and GBC SafeSport requirements that apply to them in order to travel with the team.

NOTE: Please refer to Section 10: Team BC for more information on selection and responsibilities of support staff including the Chef de Mission, managers and chaperones.

6.7 Team BC Travel Policy

Depending on the event, GBC may offer group or individual transport or a combination of both.

Group Transport:

- Transport (flights, bus or other) is organized by GBC. Team members must travel together. This includes athletes, coaches, Chef, managers and chaperones.
- Team members will be invoiced for the cost of travel
- Any individual requesting changes to their flight will be billed with any extra cost incurred because of the change. If they are unable to travel due to sickness or injury, they will be responsible for the fee charged by the airline (the fee will not be charged if GBC is not billed).

Individual Transport:

- Transport (flights, bus or other) is organized by each individual/club. Each individual is responsible for the cost of transportation.
- Unless prior arrangements have been made with GBC, ground transportation between the airport and host accommodation is the responsibility of the individual/club.
- If an athlete below the age of 19 years old is requesting individual transport, the athlete's family, coach(es), or club must ensure that the athlete is not traveling alone.

6.7.1 Team BC Accommodations

Unless otherwise stated, all Team BC athletes and coaches must reside in designated team accommodations (hotel or residence). Accommodation arrangements are the responsibility of Gymnastics BC, and specific instructions will be provided prior to departure in order for all Team BC members to assemble at a designated time. Requests for accommodation exemptions must be approved by the MTC and Technical Director.

6.7.2 Funding for Athletes and Coaches

Type: Rule

Decision by: Committee

Reference Document: None

Note: Based on approved budgets, staff allocate block funding to each program. The Committee determines funding within its block.

For events such as 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(s), 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
- Athletes' funding is tier-based (the best athletes receive more funding)
- Athletes are self-funded

For other events, GBC will determine, at the beginning of the year, the percentage of total cost or amount that will be subsidized to athletes and coaches. Details will be

communicated to all clubs as soon as possible. Coaches or athletes who do not follow the guidelines set forth by GBC 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.
- 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.

6.7.3 Expenses for Team BC Members Living Outside of the Lower Mainland

Type: Rule

Decision by: Committee

Reference Document: None

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

6.8 Athlete Selection for Team BC Events

Type: Rule

Decision by: Committee

Reference Document: None

6.8.1 Team BC 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
- An athlete that cannot attend a trial because he is away at a competition representing Canada, must petition to be considered for a team. His petition will automatically be accepted and he will be considered for the team

6.8.2 Late Registration for Trial Events, Camps, and Clinics

For ~~Elite Canada Screening~~, 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.

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.

6.8.3 Breaking Ties for Team Selection

If there is a tie for the team selection, the athletes' potential contributing scores to the team will be taken into account in the selection process.

6.8.4 Minimum Scores for Team Selection

Type: Rule

Decision by: Committee

Reference Document: MTC Qualifying Standards (available on the GBC website by Jan.1 each season)

The MTC will review the traveling scores each year to consider adjustments to the Code of Points. Athletes who do not meet the traveling score have the right to submit a petition to the MTC within 30 minutes of result availability, provided petitions are allowed for said event. The Qualifying Standards will be published for each upcoming competition no later than January 1 of the year of competition.

6.8.5 Medical Petitions

Type: Rule

Decision by: Committee

Reference Document: None

The Men's Technical Committee will consider medical petitions in writing from an athlete's coach or club no later than the start of the competition. The MTC will decide to accept or reject a petition. A medical certificate must accompany the petition.

If an athlete is injured during warm-up or competition, the athlete must immediately petition to the MTC. The GBC office must receive a medical certificate within seven (7) days.

If an athlete qualified for Canadian Championships using one of the first trials only (not BC Championships), because of injuries (and his petition was accepted by the MTC), the Men's Technical Committee may request that the athlete verify routines seven (7) days prior to leaving for the competition. He will need to demonstrate that he can perform routines with comparable **D-score** to the routines he performed to earn a position on the team. He will need to reach the minimum score. Failure to demonstrate his routines to judges appointed by the MTC will result in disqualification of the athlete from the team. The MTC may remove the athlete from the team if the athlete is not able to perform routines at the appropriate level.

6.8.6 Western Canadian Championships

General Information

(Please consult the Western Canadian Championships Policy Manual)
Qualification Standards and team size information will be presented each season in a document agreed to by the GBC Men's Technical Committee. This document will be published by January 1 of the competition year.

Athlete Eligibility

Type: Rules

Decision by: Committee

Reference Document: None

- 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.
- Specialized selection rules for each year (i.e.: qualifying score, team size, etc.) will be available in a qualifying standards document as prepared by the MTC in the fall of each competitive season. This document will be published, by January 1 of the competition year.

Invited Categories:

Type: Rule

Decision by: Westerns Committee

Reference Document: None

- Provincial Level 4 (11 years and older).
- Provincial Level 5 (as per GCG; 13-17 years).
- National Open (as per GCG; 14+ years).
- Elite 3 + 4 (as per GCG; 9-13 year olds).

Westerns Support Staff

Type: Rule

Decision by: Committee

Reference Document: None

- Two (2) coaches per complete team.
- One (1) manager for all MAG.
- As many chaperones as deemed necessary by the Men's Technical Committee on a year-by-year basis.

Funding for Westerns

Type: Rule

Decision by: Committee

Reference Document: None

Funding for Westerns is determined at the beginning of each season.

Trial Competition

Type: Rule

Decision by: Committee

Reference Document: None

The MTC will determine the date of the trials. There will be one trial for Western Canadian Championships.

Medical Petitions

Type: Rule

Decision by: Committee

Reference Document: None

There are no medical petitions permitted for Western Canadian Championships. An Elite 3 or Elite 4 athlete may be permitted to petition onto a team if there are spots remaining, due to lack of numbers. The petitioned athlete must have an All Around score from a previous event in the current competition season.

6.8.7 Canadian Championships

General Information

(Please consult the GCG Technical Rules)

Qualification Standards and team size information will be presented each season in a document agreed to by the GBC Men's Technical Committee. This document will be published by January 1 of the competition year.

Invited categories:

- National Open (as per GCG; 8 man team maximum).
- Junior and Senior (as per GCG rules).

Canadian Championships Support Staff

Type: Rule

Decision by: Committee

Reference Document: None

- Two (2) coaches per complete team.
- One (1) coach per High Performance club (possible petition to the MTC).
- One (1) manager for all MAG.
- As many chaperones as deemed necessary by the Men's Technical Committee on a year-by-year basis.

Funding for Canadian Championships

Type: Rule

Decision by: Committee

Reference Document: None

- Tiered funding for Canadian Championships is determined upon completion of the special event budget.
- 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 the full funding provided in that year (See 6.5).

Athlete Selection Process

Type: Rule

Decision by: Committee

Reference Document: None

National Open, Junior, and Senior

Non-carded athletes must compete in a minimum of two (2) identified qualifying competitions (one Trial event and BC Championships). Selection to the National Open Team for Canadian Championships is based on a combined score from three potential trials:

40% - Best score from First (1st) or Second (2nd) Trials AND

60% - BC Championships (3rd Trial)

Athletes are required to compete at a minimum of two (2) trials unless they are injured and the MTC accepts a medical petition. An athlete whose petition has been accepted will use 100% of his score from the trial they did attend.

The team will be named as follows:

- Athletes will be ranked according to their combined score over both trial competitions.
- Athletes who petition will be placed ahead on the list if their score from one competition exceeds:
 - The other athlete's score when they went head-to-head, AND
 - The other athlete's score when they were not head-to-head.
- If the two athletes have not competed head-to-head due to injury petitions, the athlete with the higher score will prevail.
- In the event of a tie, the benefit will go to the athlete who competed in both the BC Championships and at least one other trial competition.
- Specialized selection rules for each year (i.e.: qualifying score, team size, etc.) will be available in a Qualifying Standards document as prepared by the MTC in the fall of each competitive season. The document will be published by January 1 of the competition year.

6.8.8 Elite Canada

Invited categories:

- Senior, Junior and Elite 4 (as per GCG rules).

Funding for Elite Canada

Type: Rule

Decision by: Committee

Reference Document: None

Athletes competing at Elite Canada are representing their club, not their province. Athletes and coaches must apply for funding by January 1 prior to the Elite Canada registration deadline. Clubs are responsible for registering their own athletes.

6.8.9 Canada Winter Games

Type: Rule

Decision by: Committee

Reference Document: None

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

Invited categories:

- Provincial Teams of 6 as per GCG National Open rules.

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

6.9 Coaches Selection for Team BC Events

Type: Rule

Decision by: Committee

Reference Document: None

6.9.1 Team BC Coaching Staff

To be assigned as a Team BC member, a coach (team or individual) must meet the minimum eligibility requirements (NCCP, Respect in Sport, Criminal Record Check). See the Operations Manual Section 4 – Coaching for complete information.

MAG Teams must have at least one male coach per team.

Team BC Coaches (coaches of team or HP individual athletes) must abide by the Team BC Handbook and complete (or participate in the completion) the Preparation Plan for their athlete(s).

6.9.2 Regulations Guiding Team Coaches:

- All funded coaches must travel and room with the contingent. Individual travel may be possible for some competitions.
- All coaches must purchase and wear the Team BC uniform.
- All coaches must carry out the duties described in the Team BC Handbook. Failure to do so may prevent them from representing Team BC as a funded coach at future events.
- All coaches must complete (or participate in the completion of) the Preparation Plan for their athlete(s).
- All coaches must attend and play an active role at the training camp.
- All coaches must collaborate with Team BC staff (chef, managers, chaperones and other coaches).
- All coaches must follow the GBC Team BC Code of Conduct.
- All coaches must complete a report and return it to GBC within 14 days of the end of the competition.
- Failure to participate in the preparation of the Team BC athletes (Team members and HP Athletes) or in IPS activities (targeted athletes) may affect coach funding.

6.9.3 Point 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	Club 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. 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.

6.9.4 Individual Coaches who wish to attend Team BC Competitions

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 Winter Games (as per those event technical packages).

NOTE: Refer to GBC Section 10: Team BC; for a complete copy of the Code of Conduct.

6.10 Funding for Team BC Members

Type: Rule

Decision by: Committee

Reference Document: None

As a policy, GBC will not provide funding for an injured athlete to attend a competition where he is unable to compete, unless the MTC grants a special exception.

6.10.1 Athletes' Funding and Minimum Scores

Type: Rule

Decision by: Committee

Reference Document: None

- 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 (see 6.5).
- Gymnastics BC follows a tiered funding scheme to financially assist athletes with the expense of attending Canadian Championships. Each tier is based on the athlete's competitive category and his ranking within that category.

Funding for athletes will be:

- Tier 1 Senior National Team members (carded and non-carded)
Carded Junior National Team members
*Senior or Senior Next Gen athletes meeting the GCG recommended score on four to five events
- Tier 2 Non-Carded Junior National Team members
*Senior or Senior Next Gen athletes meeting the GCG recommended score on three events
- Tier 3 Senior, Junior, meeting qualifying score
Top 4 National Open Team members (for Canadian Championships meeting the qualifying score)
*Senior or Senior Next Gen athletes meeting the GCG recommended score on two events
- Tier 4 Remaining National Open Team members
- Tier 5 (self-funded)
Any additional athletes offered a self-funded opportunity (For example: Junior meeting the travelling score but not the funded score)
*Senior or Senior Next Gen athlete meeting the GCG recommended score on one event
* = **See GCG guideline for Event Specialist qualifying score**

Senior and Senior Next Gen athletes will only be permitted to compete on the events where he met the qualifying score. Failing to follow this rule will result in sanctions (I.E.: loss of funding to the event, loss of travel assistance to the next event or Canadian Championships).

- **Senior and Senior Next Gen athletes who compete on less apparatus' than they gained funding for are subject to receiving the lesser funding. (IE: their club could be additionally invoiced for the difference between the two funding levels.)**
- Athletes may receive Team BC funding for Western Canadian Championships.
- Only athletes who have met the minimum scores will be allowed to attend Canadian Championships. No funding will be provided to an athlete (Elite or not) that has not met the minimum funding standards.
- National Team athletes and their coaches may attend if they did not meet the minimum score but at their own expense upon approval of the MTC.
- National Open athletes may not attend Canadian Championships even at their own expense if they have not met the minimum score or selection criteria, as set by the MTC.
- Official minimum scores will be determined prior to the start of the competition season on a yearly basis and published no later than January 1 of the competition year.

6.10.2 Requirements for Injured Athletes

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.

The MTC may request that the athlete verify routines prior to leaving for the competition. He will need to demonstrate that he can perform routines with comparable **D-score** to the routines he performed to earn a position on the team. The Committee may remove the athlete from the team if the athlete is not able to perform routines to that level.

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.

Note: The intent of this regulation is to ensure athletes notify GBC of injuries.

6.10.3 Funding for Injured Team BC Members

Funding will be limited if athletes 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.

National Team Athletes:

If performing all events:	Team BC member funding
If not performing all events:	Team BC member funding, less \$100

If a Junior or Senior athlete has been accepted as a National Team member AND has not competed all events at Elite Canada, he will be required to compete all events at a major meet within BC (on a date later than Elite Canada) to receive funding for the Canadian Championships (for himself and his coach).

National Level Athletes: (including Level 4 for WCC)

If performing all events:	Team BC member funding
If alternate is available:	Athlete will be replaced

If no alternate is available and the athlete is not performing all events:

Team BC member funding, less \$200 for Canadian Championships or less \$100 for Western Canadian Championships.

6.9.4 Funding for Team BC Coaches

Type: Rule

Decision by: Committee

Reference Document: None

- Funding for coaches is linked to their participation in mandatory activities. For example, coaches of IPS Targeted athletes must participate in selected activities in order to receive their potential full funding (see 6.5).
- Identified Team BC coaches may receive up to the full funding for the event.
- Personal or individual coaches are not funded by GBC. A club must request to send personal/individual coaches to GBC immediately following the last trial event for the competition.
- Canadian Championships – Elite Pathway Coaches:
Travel funding will be available for GBC named coaches for the event with the following restrictions:
 - One (1) coach per club for up to five (5) athletes (Elite athletes or team members)
 - Two (2) coaches for six (6) or more athletes (Elite athletes or Open team members)
 - Two (2) coaches per club for three (3) or more Elite Junior + Senior athletes

Clubs will be allowed to send more coaches; however, these coaches will not be funded by GBC.

6.9.5 Canadian Championships Support Staff (clarification)

- Two (2) team coaches and one (1) chaperone for a full National Open Team.
- Team coaches and all support staff will be officially determined following BC Championships.
- Independent gymnasts may not train or compete for Team BC in any capacity without a coach present.

6.11 GBC Travel Policy for Out-of-Province Events (Non-Team BC Events)

Type: Policy

Decision by: Board

Reference Document: Travel Policy

Please refer to the Gymnastics BC Travel Policy for details.

6.11 Gymnastics Canada Sanctioning Information and Application Forms

6.11.1 Request to Host an International Event or Activity in Canada

Refer to the GBC or GCG Website to get the appropriate form.

6.11.2 Participation at an Event and/or Activity Outside of Canada

Refer to the GBC or GCG Website to get the appropriate form.

PART 7: OFFICIALS/JUDGES

Type: Rule

Decision by: Committee

Reference Document: None

7.1 Eligibility Requirements

Current or past competitive gymnasts must be a minimum of 14 years old during the year they take an Entry Level Course. All others interested in judging must be a minimum of 16 years old during the year they take an Entry Level course.

Additionally, they:

- Must be a registered member with Gymnastics BC.
- Must make every effort to update to the current requirements necessary for their level.
- Must complete the [Online Entry Level Judging Course](#) before they judge their first competition.

7.2 Judges' Responsibility and Rules of Conduct

All officials must recognize that a respect for the sport of gymnastics is necessary for young athletes to reach their potential. Officials embody the standards that the sport places on the athlete, so it is of the utmost importance that their knowledge and comportment are consistent with this self-disciplined and demanding sport. The code set forth herein and voluntarily subscribed to by officials in BC is a formal recognition of this common goal.

- Shall be a registered member in good standing with GBC.
- May **NOT** judge at events which are not sanctioned by GBC.
- Shall be thoroughly familiar with rules and judging requirements appropriate to his/her level.
- Must be thoroughly prepared for each judging assignment.
- Must be prepared with all necessary materials to perform his/her judging duties.
- Shall not criticize or speak to coaches, team affiliates or parents on behalf of other officials' judgments or decisions.
- Shall not judge the level which he is competing.
- Shall treat gymnasts, coaches, fellow judges, volunteers and spectators with respect and consideration at all times.
- Shall be a cooperative member of his/her assigned panels.
- Shall officiate in an unbiased manner.
- Shall act professionally and demonstrate support of GBC.
- Shall maintain the highest standard of ethical conduct and personal professional integrity.

- Shall keep his/her judging knowledge current, through reasonable means, including clinics, videos and club visitations.
- Shall appear in standard uniform at the competition site, on time for the judges' meeting or one (1) hour prior to the competition if a meeting is not scheduled. This rule also applies to spare or alternate judges at a meet.

7.2.1 Chief Judge Responsibilities for Each Session:

- To conduct pre-competition meetings (At least 30 minutes prior to session) with all judges of the session with the following tasks:
 - Take roll call.
 - Collect and distribute the score sheets.
 - Present general comments / clarifications of the competition session.
 - Review special regulations / protocols.
 - Answer questions that come up. If the questions cannot be answered, it will be his/her responsibility to clarify with the Judging Chairperson and/or the Men's Program Coordinator.
 - Provide instruction to the judges on timelines for the session (IE: warm-up procedures).
- To be present during the competition session:
 - Arrive a minimum of 30 min before session starts.
 - Through the competition make record of the progress of the competition.
 - Ensure that the panels are maintaining the flow of competition.
 - Report specific comments/protests/questions that take place during the session.
 - Resolve judging disputes, protests, etc. with consultation of the apparatus jury.
 - Assist the floor marshals with control of the floor, if necessary.
 - In a combined session with the WP, maintain communication with the WP Chief Judge and confirm the arrangements that have been made for sharing of the competition floor or other apparatus.
 - Inform the scoring room of any changes and verify when all results are final.
- Following the competition:
 - Solicit feedback from each apparatus chair regarding general trends noted during the competition.
 - Remain for Award Ceremonies as a presenter, if requested.
- Competition De-briefing
 - Present a report of trends, concerns and incidents noted during the competition to the assembled coaches and judges at the meeting immediately following each session.

7.2.2 Apparatus Head Judge Responsibilities

Other than the normal judging duties and the responsibilities of the Apparatus Head Judge, the following will also be expected:

- To attend the judges' meeting prior to the competition. During this meeting the Apparatus Head Judge will meet with the panel and provide an overview of the regulations and clarifications. He/she will answer event specific questions or refer them to the Chief Judge.
- Ensure that he/she has received the apparatus score sheets.

- Ensure that all scores from the panel are reasonable and justifiable.
- Assist with competition protocol and the floor managers, if requested.
- Provide a brief report to the Chief Judge, at the conclusion of each competition session, of any trends, questions, concerns, etc. that may have arisen or been evident during the competition.

7.3 Annual Judging Record

Each judge must submit an annual judging record to GBC and/or the current Judging Chair by August 31. The judging record must also be submitted to the National Judging Chair for judges at a national level or higher.

7.4 Sanctioned Event

Type: Policy

Decision by: Board

Reference Document: None

Judges can only officiate at sanctioned events if they are current members in good standing with Gymnastics BC.

7.5 Men's Judges' Honoraria Policy

Type: Rule

Decision by: Technical Assembly

Reference Document: None

This section is intended for all judges, evaluators, and host committees to provide them with guidelines on how honoraria are calculated.

7.5.1 Honoraria

Rates apply to all registered judges officiating at GBC-sanctioned events including; GBC hosted meets, club invitational, high school meets, Northern BC Winter Games and BC Winter Games.

Judges must be paid either in cash or by cheque at the end of the meet or within 15 days of the event.

7.5.2 Calculation of Honoraria

All judges' honoraria are paid per session.

Definition of a session:

- Events.
- Maximum of 48 athletes for BC Championships.
- If a session exceeds 48 athletes, the judges will have \$10 added to their honorarium rate listed below. If the session exceeds 76 athletes, another additional \$10 will be added.
- The size of a session is determined after the registration process is closed. Day of competition scratches will not be accounted for in the athlete.
- Should not exceed 4.5 hours from the beginning of the Judges' meeting to the conclusion of the competition.

According to the judge's level as recognized by GBC:

- FIG \$100.00
- National \$80.00

- Provincial \$60.00
- Beginner/Club \$50.00
- Entry \$50.00 (two unpaid shadow judging sessions first, then the rest of the year is at the \$50.00 rate)
- Chief Judge \$15.00 (additional to their honorarium level)

NOTE: For GCG hosted events, no honoraria are available. GCG does provide transportation, accommodation and meal expenses for these events.

7.5.3 Meals

The host committee must provide meals for the officials that are assigned to sessions occurring directly before and/or directly after a mealtime. Meals that can be eaten by the judges at home do not need to be provided.

If meals are not provided, a per diem is given by the host committee at the same rate as GBC's:

Breakfast	max \$10
Lunch	max \$12
Dinner	max \$18

Judges must be informed ahead of time of any meal plan.

7.5.4 Transportation

Judges are asked to carpool if they live more than 40 km (one way) from the competition venue. The Judging Chair, in collaboration with the host committee, will agree ahead of time on the number of cars allowed.

The host committee must pay the GBC rate for travel expense for all judges that must travel more than 40 km (one way) from their home to the competition venue. Parking, tolls, and ferries must be reimbursed by the host committee upon presentation of receipts.

Any other transportation expense, including car rental(s), must be pre-approved by the host committee.

7.6 Men's Judges' Regulations

Type: Rule

Decision by: Committee

Reference Document: None

7.6.1 Judges' Committee

Each registered Entry Level or higher judge will have one (1) vote at the annual Coaches'/Judges' meeting held at BC Championships. Proxy votes are not allowed.

The Judging Chairperson will be elected at the annual Coaches'/Judges' meeting and will be elected for a two-year term in odd numbered years.

All GBC judges must receive sanctioning from the Provincial Judging Chairman to judge out of Province competitions.

7.6.2 Petitioning a Judging Level

A petition for a rating may be submitted, in writing, to the Provincial Judging Chairman by September 1 of that competitive season. GCG has guidelines in

place for coaches and gymnasts to bypass certain levels depending on their particular experience.

7.6.3 Obtaining Judges for Competitions

To secure any of the listed judges, you may either contact them directly or through the current Judging Chairman. This procedure is for invitational competitions only. For all provincial sanctioned meets, the Judging Chairman is responsible for contacting the necessary number of judges. Examples of provincially sanctioned competitions are BC Championships, Trials to Canadian Championships, BC Winter Games and Western Canadian Championships. Selecting judges for any trials for major competitions, such as the Canada Winter Games, is also the Chair's responsibility.

7.6.4 Judging Courses

Judges' courses (Provincial to National) will be held on demand with a minimum of one (1) Provincial course every two (2) years. It is intended that courses be held in the fall prior to the competition season.

The Entry Level Judging Course is now a Gymnastics Canada 8-hour online course. Interested participants can access the course through the GCG website at this link: [Online Entry Level Judging Course](#)

7.6.5 Age Eligibility

Gymnastics Canada has stated that if a person has gymnastics experience (i.e. a competitive athlete), then he/she shall be allowed to take a judging course at 14 years old. Otherwise, any person with no gymnastics experience must be at least 16 to take a judging course. The MTC has jurisdiction to permit an individual under 16 years of age to take a course.

7.6.6 Required Judging for Entry Level Judges

Following the completion of an Entry Level Judges' Course, all Entry Level judges will be required to shadow judge, at no expense to a competition's organizing committee, at two (2) competitions before they are considered fully certified Entry Level judges. For those shadow judging experiences, Entry Level judges must make an effort to judge at multiple levels.

7.6.7 MAG Judging Levels & Requirements

Please refer to the GCG's Judging Regulations for more information.

7.7 Recruitment and Development of Judges

7.7.1 Club Judge Expectations

- It is the responsibility of the GBC clubs running MAG competitive programs to take an interest in the development of Entry and Club Level judges.
- Clubs should encourage both coaches and age-eligible athletes to become judges, through GGC's online course.
- For invitational competitions, clubs should make an effort to provide judges based on the following athlete to judge ratios:
 - 1 – 5 competing athletes = provide 0 judges per competition
 - 6 – 10 athletes = provide 1 judge per competition
 - 11 – 15 athletes = provide 2 judges per competition
 - 16+ athletes = provide 3 judges per competition

- It is expected that a club-provided judge will be available for a minimum of three quarters ($\frac{3}{4}$) of the sessions for that competition to count as one judge. Two people can combine to count as one judge.

7.7.3 Judging Development

- It is expected that every club will participate in the development of judges. When a course is offered in a club's region, the club is expected to send at least one attendee.
- Every effort will be made to combine courses with camps, meets or other events, especially in the regions outside of Zones 3, 4, and 5.

APPENDIX 1

2019-2020 BC WARM-UP PROCEDURES FOR ALL MAG COMPETITIONS

Type: Rule

Decision by: Committee

Reference Document: None

PROVINCIAL PATHWAYS PROGRAM

(Elite 3 may also be grouped with this warm-up procedure)

For Levels 1, 2, 3 + 4 a short warm-up will usually be used unless a separate warm-up gym is provided. The host club must communicate this in its invitation.

General warm-up: 15 - 20 minutes

Athletes are not allowed on the competition floor before the assigned time.

Athletes may **not** go on apparatus during the general warm-up.

Following march in: There will be a group warm-up time based on the level of gymnasts competing, as follows:

- Level 1 – one (1) turn on each on the apparatus, two (2) vaults and three (3) minutes on Floor
- Level 2 – two (2) turns on each apparatus and three (3) minutes on Floor
- Level 3 + 4 – one (1) minute per gymnast, 90 seconds on P. Bars, two (2) vaults and 3 – 5 minutes on Floor depending on group size
- Elite 3 + 4 – one (1) minute per gymnast, 90 seconds on P. Bars, two (2) vaults and 3 – 5 minutes on Floor depending on group size

ELITE PATHWAYS PROGRAM (Provincial 5, National Open, Elite 3 + 4, Junior and Senior) (Provincial 4 may also be grouped with this warm-up procedure)

A FIG warm-up format should be used for these levels at all BC competitions (BC Champs, Trials and club invitational). The host club must communicate the warm-up procedure to participating clubs in its invitation.

General warm-up: 75 - 90 minutes

- Athletes will monitor their own general and apparatus warm-up for the allotted time.

- Clubs may offer specific warm-up times for Pommel Horse and Vault since there are different apparatus possibilities (i.e.: Pommels on or off the horse, horse height lower than FIG, mushroom space, etc.).

Following march-in, athletes will be permitted:

- i) a group 30 seconds per gymnast on floor
- ii) 30 seconds per gymnast on Pommel Horse, Rings, High Bar
- iii) 50 seconds per event on Parallel Bars
- iv) two (2) vaults

The monitoring of the above warm-up procedures fall under the duties of the apparatus head judge.

COMPETITION ORDER

Once the draw for groups and starting order are completed, all groups will drop one (1) for each subsequent event. For all meets, rotations are done by dropping one athlete; clubs are not taken into consideration.

DRAWS

GBC will do the official draws for all trial competitions. For multiple categories in one competition session, the groups will be organized by category first, then an apparatus order will be drawn and finally a draw within each group will be performed to determine the order of passage on each event. Every effort will be made to keep clubs grouped within 3 groups unless they have athletes in more than three categories. Coaches and judges will work cooperatively and efficiently always considering safety first.