



# WAG Fall Information Sheet

2022-2023

September 14, 2022

## General Information

### Women's Technical Committee (WTC)

Chairperson	Jesse Jakins
WJC Chairperson	Adriana Schemel
Athlete Representative	Laura-Ann Chong
Members-at-large	Andrée Montreuil Jennifer Dober Nancy Beyer Janice Fowler Kyna Fletcher
GymBC Staff (non-voting)	Momona Komagata, WAG Competitive Program Coordinator Jared Goad, WAG Provincial Performance Advisor

### Meetings

Women's Program Assembly	March 30, 2023
WAG Retreat	June 19-21, 2023 (TBC)
WTC Meetings	As called by the Chairperson
Team BC Selection Meetings	Immediately following trials (trials #2 for CWG)

### Program Rules

<ul style="list-style-type: none"> <li>● <b>NEW:</b> Xcel Program 2022-2026 (USAG Black Binder)</li> </ul>	Bronze, Silver, Gold & Platinum as per USAG. Warm-up and equipment specifications as per BC Charts (update coming soon).	Updates <a href="#">here</a>
<ul style="list-style-type: none"> <li>● Development Program Compulsory 2021-2029 (USAG Green Binder)</li> </ul>	As per USAG. Warm-up and equipment specifications as per BC Charts (update coming soon).	Updates <a href="#">here</a>
<ul style="list-style-type: none"> <li>● <b>NEW:</b> Development Program Optional 2022-2026 (USAG Navy Binder)</li> </ul>	<a href="#">Canadian Competitive Program (CCP)</a> as per GymCan with L9 modification.	Updates <a href="#">here</a>
<ul style="list-style-type: none"> <li>● Aspire Stream Manual</li> </ul>	GymCan is in the process of creating a new Aspire program. BC may adopt the program with or without changes or my opt to not adopt it at all. More information to come as soon as possible. For for information on the current proposed program, please contact wag@gymbc.org.	
<ul style="list-style-type: none"> <li>● High Performance Manual</li> </ul>	As per GymCan	Updates <a href="#">here</a>
<ul style="list-style-type: none"> <li>● FIG CoP</li> </ul>	As per FIG	Updates <a href="#">here</a>

## Program Updates & Changes

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<b>New Codes - Optional, Xcel</b>	USAG has published new Code of Points for the 2022-2026 cycle for both Optional and Xcel. The new codes can be purchased through the USAG website and will be in effect until June 2026. We are now working with the Navy Binder (Optional) and Black Binder (Xcel). Please be sure to have the updated materials for this cycle.
<b>New Division - Xcel</b>	BC programming now includes the Xcel Platinum division. Diamond and Sapphire are not available in BC at this time.
<b>USAG Updates - Effective Dates</b>	Canada has set dates during the competitive season when USAG updates (which are not published on a set schedule) will come into effect. This means that there may be public updates/changes that will NOT be applied in Canada until the above mentioned set dates. These dates are October 1 and March 1. Until October 1, all relevant updates are in effect as soon as they are published through USAG.
<b>CCP L9 Modifications</b>	GymCan has implemented one (1) Canadian modification to the USAG Development Program Level 9. The modification is for Special Requirement #1 on uneven bars and reads: "Two bar changes OR One bar change plus one 360° clear circling element min C from Gr. 3-6-7". Additionally, the age split for L9 has been altered effective immediately. It is now 11-14 and 15+.
<b>Deadline to Change Categories - CCP, Aspire, HP</b>	Athletes must declare their category by March 1, 2023. A written petition to the WTC is required for category change requests after March 1. Petitions will be considered on an individual basis and may not be granted. Athletes moving up categories immediately following BC Championships can do so without petition. Please see the WAG Operations Manual for detailed mobility.
<b>Deadline to Change Categories - Xcel</b>	Xcel athletes can move upwards within the Xcel program at any time. It is recommended that an athlete regularly scoring 37.4+ in the AA move up. Downward movement is limited to 1 division per season once an athlete has competed. Athletes can join the CCP program at anytime, but may not compete at BC Championships if the move was made after March 1. Please see the WAG Operations Manual for detailed Xcel mobility.
<b>BC Competition Attire Rule - Change</b>	The BC rules regarding facial piercings have changed. Facial piercings do not have to be removed <u>in BC only</u> . Stud type jewelry may be left in place and hoop and/or dangly type jewelry must be covered with tape or bandage.
<b>BC Apparatus Specifications - Change</b>	The BC rules regarding additional matting on Uneven Bars have changed. The new maximum additional matting is 20cm. This is in line with the Canadian equipment specifications for national and inter-provincial events. Please see the BC CCP Charts & Xcel Program for all apparatus specifications.
<b>GymBC Screening Policy - Update</b>	GymBC is working on a new screening policy for all individual members and practitioners with updated screening and education requirements and recommendations. Please keep your eyes open for this information in the coming weeks.

**Information  
Distribution**

Updates, information and clarifications about the WAG program are distributed through the WAG News newsletter and/or the GymBC Weekly newsletter. To receive these emails, please be sure to subscribe [here](#).

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**Events, Camps & Education**

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**Trial Events and  
Championships**

First Trials to Canada Winter Games	December 10 or 11, 2022
Elite Canada	January 18-22, 2023
Second Trials to Canada Winter Games	January 29, 2023
BC Winter Games Trials Deadline	February 3, 2023
Canada Winter Games	February 18-26, 2023
Trials to Westerns	March 16-19, 2023
BC Winter Games	March 23-26, 2023
BC Championships - Optional / Trials to Canadians	March 31-April 2, 2023
BC Championships - Compulsory	April 21-23, 2023
Westerns Canadian Championships	April 27-30, 2023
Canadian Championships	TBA

**Training Camps &  
Athlete Education -  
Tentative Calendar**

Pre-Season Huddle	November 20, 2022
Winter Break HP Camp	December 29-30, 2022
Winter Break 7-8 Camp	December 29-30, 2022
CWG Team Preparation Camp	February 14-16, 2023
Western Preparation Camp	April, 2023 (TBC)
Canadians Preparation Camp	TBA
FMS for Targeted Athletes	June 18, 2023 (TBC)

**Coach Education  
Sessions - Tentative  
Calendar**

National Coaches Week Webinar Series	September 19-23, 2022
New Aspire Stream Overview	TBA
Introducing Weight Training to Gymnasts with Tiz Clive	October 2, 2022
USAG Congress Technical Takeaways with Jared Goad	October 5, 2022
New Optional Code Overview with Momona Komagata	October 22, 2022
New Xcel Code Overview with Kaitlynn Ellis	October 29, 2022
Competition Tips & Etiquette Webinar	November 23, 2022
Team Coach - Checklist & What to do	January, 2023 (TBD)

**Judging Clinics -  
Tentative Calendar  
(More live zone  
clinics to be added)**

High Performance Clinic	TBA
National L10 Clinic	October 8-9, 2022
Zone 3-4-5 Live 3-5 + 6-8 Clinics	October 15-16, 2022
Zone 3-4-5 Live Xcel Clinic	October 30, 2022
L9 Practice and Review	November 2, 2022
Virtual 3-5 + 6-8 Clinics	November 5-6, 2022
Virtual Xcel Clinic	November 12-13, 2022



January 18-22, 2023  
Saskatoon, SK

*Invited Categories*  
High Performance - Novice, Junior and Senior



Canada Winter Games  
February 18-26, 2023  
Charlottetown, PEI

*Invited Categories*  
CCP L10, born 2004-2011

*Trials #1*  
Flip City Invitational  
December 10 or 11, 2022

*Trials #2*  
Delta Gymnastics Society  
January 29, 2023



March 23-26, 2023  
Vernon, BC

*Invited Categories*  
CCP - L7 & L8, born 2007 to 2013 (age eligibility increased by one year for 2023 only)  
Please see the 2023 BCWG Technical Package for all eligibility and rules in effect. BC Games has not yet updated the technical package to the 2023 version on their website.



Artistic BC Champs  
March 31-April 2, 2023  
Surrey, BC

*Invited Categories*  
CCP L6-10, Aspire 1-2, HP NOV-JR-SR

*Qualification*  
Qualification standards for L6 athletes only: 32.00 AA at least once, at a GymBC sanctioned event, prior to registration for the 2023 Optional BC Championships.



Compulsory BC Champs  
April 21-23, 2023  
Langley, BC

*Invited Categories*  
CCP L1-5

*Qualification*  
Qualification standards for all compulsory athletes: 32.00 AA at least once, at a GymBC sanctioned event, prior to registration for the 2023 Compulsory BC Championships.

*Invited Categories*  
CCP L8-10, Aspire (Aspire participation TBA)

Western Championships  
April 27-30, 2023 (TBC)  
Spruce Grove, AB (TBC)

<i>Trials</i>	<i>Training Camp</i>
Twisters Invitational	TBD
March 16-19, 2023	TBD



Canadian Championships  
May, 2023  
Richmond, BC

*Invited Categories*  
CCP L9-10, High Performance - Novice, Junior, Senior

<i>Trials</i>	<i>Training Camp</i>
Optional BC Championships	TBD
March 31-April 2, 2023	TBD