



GYMnastics
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CANADA

Women's Artistic Gymnastics Carding Process

FOR THE PERIOD NOV 1, 2019 TO DEC 31, 2020

*Final – November 2018
Sport Canada Compliant*

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1.0 INTRODUCTION

The goal of the Sport Canada Athlete Assistance Program (AAP) is to contribute toward improved Canadian performances at major international sporting events such as the Olympic/Paralympic Games and World Championships. To this end, the AAP identifies and provides funding directly to athletes who have already placed, or demonstrate the potential to place in the top-16 in the world.

The Athlete Assistance Program has three (3) objectives:

- to financially support Canadian athletes identified by National Sport Organizations (NSOs) using criteria established by Sport Canada as performing at or having the greatest potential to achieve top-16 results at Olympic/Paralympic Games and World Championships;
- to assist Canada's carded athletes in preparing to engage in full- or part-time career activities; and
- to enable Canada's carded athletes to participate in year-round national training and competition regimes to further their athletic goals.

Under the AAP, eligible athletes have access to the following benefits:

- Living and training allowance
- Tuition and deferred tuition support
- Supplemental support

More information on the AAP may be found at <http://canada.pch.gc.ca/eng/1414514343755/1414514385181>

The AAP has four levels of cards, which will provide a monthly living and training allowance as follows:

Card Type	Monthly Allowance	Annual Value
Senior International Card (SR1/SR2)	\$1,765	\$21,180
Senior National Card (SR)	\$1,765	\$21,180
First Year Senior Card (C1)	\$1,060	\$12,720
Developmental Card (D)	\$1,060	\$12,720

The carding cycle for Women's Artistic Gymnastics is from November 1, 2019 to December 31, 2020. The period during which an athlete may accumulate points for the Ranking List is from July 1, 2018 to September 30, 2019.

Sport Canada has allocated the equivalent of 14 Senior cards to Women's Artistic Gymnastics. Prioritization and allocation of cards is described in Section 6.

2.0 ELIGIBILITY

To be considered for carding, an athlete must:

- Be a Canadian citizen or a permanent resident of Canada;
- Be a National High Performance Program member who meets the carding criteria;
- Be a member in good standing with Gymnastics Canada and their respective PTO;
- Participate in the Canadian Championships, or have received advance permission in writing from GCG to miss this event for medical condition or personal emergency;
- Participate in National Team preparatory and annual training programs during the time period in which they are qualified for AAP support;

- Must be available to represent Canada in major international competitions, including World Championships, and Olympic Games;
- **Submit their Carding Application and Commitment form by September 1st, 2019;**
- **Submit their individual training and competition plan to GCG by September 1st, 2019;**
- For the 2019-20 carding cycle, to be eligible for a Senior card (SR/C1), an athlete must meet the FIG age eligibility rules to compete in the Senior category during the carding cycle (carding year);
- To be eligible for a D card an athlete must be compete and earn points as a junior. Second year novice aged athletes can earn points if they compete as juniors and be nominated for a D card;
- Meet the requirements of Sport Canada's AAP found at <http://www.pch.gc.ca/eng/1267374509734>

3.0 NON-ELIGIBILITY

A Senior athlete is **not** eligible for nomination for the APP status if they:

- a) are training with and competing for an American University, unless committed to training at least 4 months in Canada under high performance preparation expectations as set out in athlete agreement; or
- b) have committed in writing to join an American University in the twelve-month period after July 1, 2019 and will not be training in Canada within a recognized high performance supervised training program.

4.0 APPLICATION AND DECISION MAKING PROCESS

All eligible athletes will need to complete the Carding Application (see Appendix 1) and Commitment form and submit by **September 1st, 2019**.

The results from Domestic Events (Elite Canada and Canadian Championships) and GCG approved and FIG sanctioned International competitions will be tracked for Canadian High Performance gymnasts and inputted into the Objective Points calculations. Following Canadian Championships, the first copy of the Objective Points calculations will be circulated, and coaches will have 2 weeks to notify the WAG PM of any errors. A second draft of the calculations will be circulated in September.

Following the application review period (September 15-October 5, 2019) the final version of the Objective Points Calculations will be sent out with a tentative proposed list of nominations for Carding.

The Injury and Discretionary Card nominations will be overseen by the Carding Working Group (CWG) comprised of:

- WAG Program Manager (Chair);
- WAG GCG National Team Coach;
- WAG National Team Lead;
- WAG Program Committee appointed Judge or coach who is currently working with the National Team.

NT coaches with athletes being considered for the AAP will not be eligible for inclusion on the Carding Working Group due to conflict of interest but may be present to provide information to the Committee.

The CWG will review the applications of the eligible athletes. All nominations will be reported to the WAG program committee prior to being submitted to Sport Canada in October.

All nominated athletes will be required to submit to Gymnastics Canada the Sport Canada AAP Application, their signed GCG National Team Agreement, and complete the CCES online anti-doping education program's two courses: "True Sport Clean" and "Sport Canada - Athlete Assistance Program" at the beginning of each new carding cycle. **Failure to do so will result in AAP payments being kept on hold until requirement is met.**

5.0 DESCRIPTION OF CARDING CRITERIA

5.1 SENIOR INTERNATIONAL CRITERIA (SR1/SR2)

These criteria can be met only in events on the Olympic program based on the results achieved at the Olympic Games (OG) or the World Championships (WC). It includes a Qualification Competition (C-I), an All-Around Final (C-II) and Apparatus Finals (C-III) and a Team Final (C-IV).

The following criteria must be obtained for consideration:

- | | |
|------------------------|---|
| Team: | For athletes having competed on at least one apparatus during the Qualification (C-I) where the Team ranked in the Top 8 and top 1/2 of the field; or the Team Final (C-IV) with participation of 8 teams or; |
| Individual All-Around: | Athlete ranked in the top 8 and top ½ of the field in the All-Around Final (C-II) or; |
| Individual Apparatus: | Athlete ranked, on one apparatus, in the top 8 counting three entries per country and top ½ of the field after the Qualification (C-I) or; athlete competed in any Apparatus Final (participation of 8 athletes). |

Athletes who qualify for carding under the Senior International criteria are eligible for two years of AAP support, with the card for the first year referred to as a SR1 card and the card for the second year referred to as a SR2 card*. An athlete who meets the international criteria described above will be funded as a SR1 card even if it is the first time they are carded.

*The second year of carding is contingent upon the athlete being re-nominated by GCG. Athletes will be recommended for the SR2 card if they meet the Senior National criteria and are maintaining an approved training and competitive program recognized by GCG and Sport Canada.

5.2 SENIOR NATIONAL CRITERIA (SR/C1)

The criteria for Senior National cards have been designed to identify athletes who have the potential to achieve Senior International Card (SR1/SR2) criteria. Senior Cards are awarded for one year and are called SR or C1 Cards. A C1 card is provided to an athlete in their first year at the Senior Card level- the athlete will receive funding equivalent to the D Card allocation. The exception to this is if a first-year Senior athlete meets the SR1/2 criteria. For Senior Criteria (SR/C1) a gymnast must be eligible to compete in the senior category under FIG rules.

There are three ways to be eligible for nomination for a Senior national card:

- a) Through the Objective point system – Senior Ranking List (described in section 7 and schedule A);
- b) Injury Card status (see section 8);
- c) Discretionary card (see section 9).

5.3 INJURY CARD

Athletes, who at the end of the carding cycle have not achieved the standard required for renewal of carding status due to health-related reasons, may be considered for re-nomination by the CWG for an injury card as set out in section 8.0.

5.4 DEVELOPMENT (D) CARDS

Development Cards are intended to support the developmental needs of younger athletes who are not yet age eligible to meet the Senior National Card criteria, but are performing in line with the targets set for international excellence.

There are two ways to be eligible for nomination for a D card:

- a) the Objective point system – Junior Ranking Lists (described in section 7 and schedule B-Junior)
- b) the discretionary carding process (see section 9)

6.0 PRIORITIZATION AND ALLOCATION OF SR1/2, SR, C1 AND D CARDS

6.1 CARDS FOR SENIOR ATHLETES

A minimum of 8 SR cards will be available for athletes that meet the Senior carding criteria (SR1, SR2, SR, C1 and SR Injury). The CWG has the ability to exhaust carding quota on seniors only. This quota will be allocated as follows:

1. Athletes eligible for SR1 and SR2 cards;
2. Athletes who meet the Senior National Card criteria based on their position on the Senior Ranking List.
3. In the event of a tie on the Senior Ranking list, the athlete having the highest all-around score of the year would be ranked ahead.

If after the application of the senior international and senior national card criteria there is a left-over quota, it will be allocated under the Discretionary Card process in 9.0.

6.2 DEVELOPMENT CARDS FOR JUNIOR ATHLETES

A minimum of 1 and up to 3 additional developmental cards will be allocated to the athletes if funding is available according to their ranking on the Junior Ranking list. The Junior Ranking list includes all eligible athletes who have earned points according to the objective point system described in section 7 and in Schedule B. This list will include FIG eligible gymnasts who have chosen to compete in the SR category domestically.

1. Athletes who meet the Junior National Card criteria based on their position on the Junior Ranking List
2. In the event of a tie on the Junior Ranking list, the athlete having the highest all-around score of the year would be ranked ahead.

6.3 INJURY CARD

Up to 2 injury cards, may be allocated to athletes who have been carded at any level the year before.

6.4 DISCRETIONARY CARD

At the discretion of the Carding Working Group, athletes who have met the eligibility criteria under 2.0 and are ranked on the Objective Points – Ranking Lists carding criteria but were not nominated for a card under section 6.1, 6.2 or 6.3 above may be nominated for a Discretionary card pending the remaining available quota. Gymnasts may be nominated for a SR, C1 or D cards based on criteria as set out in 9.0.

7.0 POINT SYSTEM AND CRITERIA FOR SENIOR AND JUNIOR RANKING LISTS

7.1 OBJECTIVE POINT SYSTEM

As a country, Canada needs to focus on clean and consistent performances with routines that demonstrate international content. It is also important for athletes to have sufficient competition experience against countries with similar levels of performance. In order to encourage this focus throughout the program, the carding points have been established to reward:

- ii) consistent results as determined by competition scores
- iii) D Score values in competition, tied to program targeted E scores

Points can be accumulated from Domestic Competitions (Elite Canada and Canadian Championships) and FIG sanctioned or GCG assigned International competitions. The points are fully outlined in Schedules A and B.

A maximum of 3 FIG sanctioned international competitions*, international competition for assigned NT members as well as EC and CC can be used to accumulate points for carding.

- All days of competition will have the potential to contribute points.

An athlete who is unable to attend EC or CC due to injury may use results from a maximum of 1 other international event to gain carding points.

*FIG sanctioned International competitions participating under FIG JR or SR rules. Approval to attend and be considered for carding points from GCG must be received in advance of participating in the competition. This process is separate from approving a GCG sanction to attend.

7.2 ACCUMULATION OF POINTS

Points are awarded only for one carding cycle, points are accumulated from July 1st 2018 to September 30th 2019. Only athletes listed on the 2019 High Performance Senior or Junior list are eligible to receive carding points. In addition to domestic meets, Novices aged athletes who have chosen to compete as juniors may only accumulate points at GCG approved international and domestic meets in which they compete under FIG junior rules.

Senior points will be accumulated from the Senior Points Charts
Junior points will be accumulated from the Junior Points Charts.

7.3 RANKING LIST

The Athlete Ranking List will determine the final ranking of athletes as determined by the CWG based off results from the cumulative points calculations. This list will be provided to Sport Canada.

8.0 INJURY CARD

At the discretion of the Carding Working Group, up to 2 cards may be allocated based on injury card status. A carded athlete who at the end of the carding cycle has not achieved the standard required for renewal of carding status due to health-related reasons, may be nominated by the Carding Working Group for an injury card.

- In the case of an Injury Card approval by Sport Canada, funding will only be allocated for a four-month period until the conditions outlined in section 8.1 are met.

If they have not been met, the athlete(s) will no longer be eligible for nomination for carding. It is the responsibility of the athletes, their coaches, and parents to meet the conditions under 8.1 below even if there is no reminder sent by GCG.

8.1 CONDITIONS FOR INJURY CARD STATUS

The athlete may be nominated for carding if all the following conditions have been met:

- a) Was previously carded in the most recent carding cycle;
- b) **The injury or illness was supported by a typed (not handwritten) medical report and a physician's certificate submitted to the Program Manager no later than September 1st, 2019.** The documentation must state:
 - the date the injury was incurred;
 - the nature of the injury and whether or not this is an overuse or chronic injury;
 - that the athlete could not compete at the event or finish the competition;
 - the rehabilitation protocol, the amount of training the athlete can do in the next 12 weeks, the expected date for a) full recovery and b) return to full training;
 - the date the certificate is issued.GCG reserves the right to have the athlete examined by a physician appointed by GCG, at the expense of the athlete.
- c) The athlete did compete in at least one GCG assigned competition, Elite Canada or Canadian Championships, within the past two years.
- d) The most recent competition results for the athlete (within two years) should demonstrate the athlete was competing at a level consistent with athletes already nominated for a card in this period which will be reviewed by the Carding Working Group.
- e) The Head Coach of the athlete's club has confirmed in writing to GCG that the gymnast should be reviewed under the injury card criteria by September 1st, 2019 and has submitted to GCG the modified training program (content, skills and load) that the athlete will do in October, November and December. If an injury occurs anytime after September 1st, the conditions in section 8.1 b) must be met.
- f) The Head Coach has submitted to GCG no later than December 1st, a report stating the progress made towards complete rehabilitation and indicating the training program that the athlete has followed since the previous report.
- g) GCG may require the athlete to be verified by the GCG designated technical official at a time and a location set by the WAG Program staff. Such verification can occur at any time. The club is responsible

for the expense of the Brevet judge if any. A formal report prepared by the GCG designated technical official from the verification will be submitted to the NTC in the 48hrs following the verification.

- h) During the verification, the athlete has performed a vault of at least a 4.6 value and elements on each apparatus that meet 100% of the FIG Code of Points composition requirements. Such elements must be performed on equipment that meet the competition specifications in effect for Elite Canada and the Canadian Championships. The athlete may attempt each skill twice. The dismount has to be of minimum C value. Skills are not necessarily required in a routine.
- i) If the athlete has not been able to return to full training and competition within six (6) months of the start of the carding cycle, GCG will review the card with the possibility of extension or recommendation to withdraw the card being made to Sport Canada.
- j) It is the responsibility of the athletes, their coaches, and parents to meet the conditions even if there is no reminder sent by GCG.
- k) The nomination of an athlete who is injured or ill at the time of nomination and who did not notify the Program Manager WAG in writing may be withdrawn by GCG.

8.2 EXTENSION OF VERIFICATION PERIOD

If an athlete has not met all the conditions above by February 1, 2019 but has shown progress towards full recovery from the injury or illness as assessed by the NTC, they may be given up to May 1, 2020 to meet the conditions. The report prepared by the GCG designated technical official, along with the opinion of the IST lead and NTC will determine the likelihood of full recovery and progress made since injury or illness. The decision and condition attached to the extension of the deadline will be made by the CWG.

8.3 LONG-TERM CURTAILMENT OF TRAINING AND COMPETITION FOR HEALTH RELATED REASONS

GCG may decide to nominate an athlete under the Long-term Curtailment of Training and Competition for Health Related Reasons policy of Sport Canada provided that the athlete:

- was carded in the immediately preceding cycle;
- has submitted proper documentation to support injury/status as stated in section 8.1 (b);
- has the potential to recover fully and be one of the top athletes in their category within 8 to 12 months.

9.0 DISCRETIONARY CARDS

Athletes who have met the eligibility criteria under 2.0 and are ranked on the Objective Points – Ranking Lists carding criteria but were not nominated for a card under section 6 above may be nominated for a Discretionary card pending the remaining available quota.

Nominations will be based on the expert assessment of the Carding Working Group that the athlete has the potential to bring a significant contribution towards the achievement of the performance objectives of the Women's program.

Not all nominated athletes will receive a full year's worth of support. The number of months of support will be based on, number of athletes being considered that have demonstrated potential to contribute to the objectives of the Women's program. A minimum of 4 months would be provided.

Only athletes who have returned the Carding Application and Commitment Form will be eligible for consideration as set out in Section 2.0.

Coaches who would like their athlete considered for discretionary cards may provide additional information with the attached application form as indicated therein.

Athletes will be assessed using the assessment tool in Schedule C or D of these criteria. The results of the assessments will be shared with the coaches of the athletes being reviewed.

The discretionary card is allocated based on criteria that are different than the criteria in effect for the Objective Points system for carding. An athlete may receive a discretionary card even if they are ranked lower than another athlete on the Objective Points Ranking List for carding.

10.0 MAXIMUM NUMBER OF YEARS AT THE SENIOR (SR) CARD LEVEL

An athlete is normally expected to improve each year to maintain a Senior Card based on Sport Canada's AAP Policies. In principle, athletes who have been on the High Performance Senior List for four (4) years or more must rank among the top 12 athletes on the objective point list to be considered for nomination for the AAP. An athlete who has been carded for 4 or more years at the SR or C1 level, who has not achieved a SR1/SR2 level within the past 2 years or who is not in the Top 12, will be reviewed by the Carding Working Group (CWG) to determine if continued progress or contribution to the team is demonstrated.

This is further defined as meaning that the athlete's D score and Final Scores are at a level such that their scores could contribute to the team score at the Olympic Games/World Championships. There must also be National or International competition results that clearly show an increase in both D score and Final Scores over previous D score and results on most of the apparatus. An exception would apply if the athlete is already performing at a level that is consistent with the expected standards to reach a world championship final or support the team in reaching a team final.

In addition, the CWG must be of the opinion that the athlete has the ability to clearly contribute to a World Championship or Olympic Games team or demonstrate the potential to win a medal at WC or OG. The factors the CWG will consider when formulating their expert opinion include but are not limited to: number of years on the National Team, health, and training environment of the athlete.

Therefore, an athlete that has reached this maximum number of years will be informed by Gymnastics Canada of the minimum standard they must meet to be eligible for an additional year of AAP support.

11.0 ALLOCATION OF A CARD THAT BECOMES AVAILABLE DUE TO UNFORESEEN CIRCUMSTANCES

The card will be allocated to the next non-carded athlete or partially carded according to the ranking of the athletes who is eligible for a discretionary card. Carded athlete status and all related benefits, including monthly stipend, would most likely be available for less than a 12 month period.

A minimum of four months of carding support must be available in order for GCG to nominate a non-carded athlete.

12.0 DE-CARDING

The WAG Program staff has the authority to verify, at any time during the carding cycle, that the athlete is or remains committed and meets most of the expectations below. The WAG Program staff will set the parameters for the verification in writing. The duration of the verification is at the discretion of the WAG Program staff. The verification may lead to, among others, the athlete being de-carded. The decision to recommend to Sport Canada to de-card an athlete will be taken by the Working Group responsible for the allocation of the Senior discretionary cards.

A Senior or Junior athlete should meet the following expectations, unless ill or injured:

- train between 24 hours and 30 hours per week unless exempted by the WAG Program staff;
- demonstrate on an ongoing basis the dedication, determination, and commitment to hard work expected of a carded athlete;
- maintain a physical condition in accordance with the status of a carded athlete as determined by the WAG Program staff;
- be able to perform a vault and full exercises on each apparatus that are part of their individual targeted profiles at a level similar or superior to the athlete ranked in 8th place in the Senior category (or 4th place if in the Junior category) at the immediately previous Elite Canada or Canadian Championships; An athlete targeted* as an event specialist would still be required to demonstrate routines on all events at a level agreed upon by NTC minimum standard being FIG composition requirements.
- compete at Elite Canada, the Canadian Championships, the trials or selection activity on at least three apparatus;
- improve their level/performances when compared to the previous Canadian Championships and Elite Canada which means, among other things, competing with new skills, higher D scores, and higher E scores;
- compete at least **TWO** international competitions in the last twelve months and a minimum of one per six-month period.

*targeted by OTP and clearly identified on individual performance plans on file with NTC.

12.1 CONDITIONS FOR DE-CARDING PROCESS

The WAG Program staff may initiate the de-carding process under the following conditions:

12.1.1. There is a lack of commitment of the athlete to the High Performance and/or National Team Training and Competition Program as indicated by, but not exclusively:

- a) Failure of the athlete to meet most of the expectations stated above;
- b) Absence of the athlete from High Performance and/or National Team activities without the submission of verifiable documents with regard to injury and rehabilitation protocols, including:
 - i) required competitions
 - ii) training/monitoring activities (camps, joint training sessions, club visitations)
 - iii) selection activities
 - iv) inability to perform on all four apparatus when expected;

- c) Lack of availability of the athlete for verification of health and training status by the WAG Program staff or failure by the athlete to attend a technical verification on all four apparatus when pre-arranged with the WAG Program staff;
- d) Failure by the athlete to follow the mutually agreed upon rehabilitation protocol in case of an injury;
- e) Failure by the athlete to take part in the development of their individual training plan with their coaches and the WAG Program staff;
- f) Failure by the athlete to meet the expectations set in their plan or in the Athlete Agreement; in case of injury or illness, failure to meet the optimal expectations considering their injury or illness;
- g) Failure by the athlete to meet the terms and regulations as set in the Athlete Agreement.

12.1.2. The WAG Program staff has met with the athlete to set corrective steps, timelines for completion of these steps, and parameters according to which the situation will be evaluated once the deadline(s) has arrived.

12.1.3. The athlete has failed to correct the situation as per the steps, timelines and evaluation parameters that have been set in 13.1.2.

13.0 REQUEST FOR RECONSIDERATION OR REVIEW AND APPEAL

13.1 RECONSIDERATION

An athlete who is in disagreement with a decision made in the application of the process may request reconsideration by the WAG Program Manager who will refer the matter to the Working Group who made the initial decision. The request must be made no more than five working days from the day of circulation of the decision. It must include the rationale supporting the request and the alleged errors in the application of the process. The Working Group will then review the request and make a decision. The WAG Program Manager shall give written reasons for the decision to the athlete within ten working days from the receipt of the written request. In case of a further disagreement, the athlete may request a review or submit an appeal.

13.2 APPEAL

Appeals of Gymnastics Canada AAP nomination/re-nomination decisions or of Gymnastics Canada's recommendation to withdraw carding may be pursued only through Gymnastics Canada's review process, which includes an application to the Sport Dispute Resolution Centre of Canada (SDRCC). Appeals of AAP Decisions made under Section 6 ([Application for and Approval of Cards](#)) or Section 11 ([Withdrawal of Carding Status](#)) may be pursued through. A request for review or appeal will be dealt with according to Section 39 (available on website) – Appeals of the GCG Policies and Procedures Manual in effect at the time of the dispute.

SCHEDULE A – SENIOR OBJECTIVE POINT SYSTEM

i) Attendance in major competitions when assigned by GCG only.

- Attendance points are only awarded if an athlete obtains performance points.
- Athletes will receive the minimum number of points for travelling reserve if performance points are not obtained or if they are forced to withdraw due to injury.

Worlds, OG	CWG/PanAm Games/World Cups	PacRim, World Challenge Cup, PanAm Championships	All other international competitions
10 points for competing 8 points for travelling reserve, 4 points for non-travelling reserve	5 points for competing as part of team 5 points for competing as an individual or if a reserve 2 points for non-travelling reserve	3 points for competing as part of team 2 point for competing as an individual 1 point for non-travelling reserve	1 point for competing

ii) Competition scores in 2018-2019 (2017 Code of Points)

Vault		Bars		Beam		Floor		AA	
Score	Points								
13.70-13.84	1	12.90-13.24	1	12.70-12.79	1	12.70-12.79	1	51.50-52.49	1
13.85-13.99	2	13.25-13.49	2	12.80-12.99	2	12.80-12.99	2	52.50-53.49	2
14.00-14.14	4	13.50-13.74	4	13.00-13.24	4	13.00-13.24	4	53.50-53.99	4
14.15-14.29	6	13.75-13.99	6	13.25-13.49	6	13.25-13.49	6	54.00-54.49	6
14.30-14.44	9	14.00-14.24	9	13.50-13.74	9	13.50-13.74	9	54.50-54.99	9
14.45-14.59	12	14.25-14.49	12	13.75-13.99	12	13.75-13.99	12	55.00-55.49	12
14.60-14.74	15	14.50-14.74	15	14.00-14.24	15	14.00-14.24	15	55.50-55.99	15
14.75-14.99	18	14.75-14.99	18	14.25-14.49	18	14.25-14.49	18	56.00-56.49	18
15.00 +	20	15.00 +	20	14.50 +	20	14.50 +	20	56.5+	20

iii) D Score values in competitions in 2018-19

Points will be awarded to athletes for completing a routine that demonstrates international content as determined by D score. D score points will only be earned for routines that have attained a minimum total score as indicated below.

Vault		Bars		Beam		Floor	
Must achieve a minimum score of 13.7		Must achieve a minimum score of 12.9		Must achieve a minimum score of 12.7		Must achieve a minimum score of 12.7	
D Score	Points						
4.9*	1	4.9 - 5.1	1	5.2 – 5.3	1	5.0-5.1	1
5.0	2	5.2 - 5.3	2	5.4 – 5.5	2	5.2	2
5.2	3	5.4 - 5.5	3	5.6 – 5.7	3	5.3 – 5.4	3
5.4	5	5.6 – 5.7	5	5.8 – 5.9	5	5.5 – 5.6	5
5.6	7	5.8 – 5.9	7	6.0 – 6.1	7	5.6 – 5.7	7
5.8 +	10	6.0 +	10	6.2 +	10	5.8 +	10

*For developmental reasons, athletes who perform 5.21 *Round-off, flic-flac with ½ turn (180°) on – piked salto fwd with ½ turn (180°) off, also – ½ turn (180°) and piked salto bwd off with a 4.80 P* will also receive 1 point.

For athletes competing two vaults

Athletes may earn points for the D score and final score of their best vault out of the two.

v) Domestic Competitions

Elite Canada and Canadian Championships will have a greater weighting for carding points. Points will be factored as follows:

ELITE CANADA

Day 1 All Around Score = Points will be multiplied by 1.5

CANADIAN CHAMPIONSHIPS

Day 1 All Around Score = Points will be multiplied by 2

Day 2 All Around Score = Points will be multiplied by 2

SCHEDULE B – JUNIOR OBJECTIVE POINT SYSTEM

i) D Score values in all 2018-2019 International Competitions, 2019 Elite Canada and 2019 Canadian Championships

D score points will only be earned for routines that have attained a minimum total score as indicated below.

Vault		Bars		Beam		Floor	
Must achieve a minimum score of 13.25		Must achieve a minimum score of 12.50		Must achieve a minimum score of 12.50		Must achieve a minimum score of 12.50	
D Score	Points						
4.4	1	4.5 - 4.7	1	4.5 - 4.7	1	4.5 - 4.7	1
4.6	2	4.8 - 4.9	2	4.8 - 4.9	2	4.8 - 4.9	2
4.8	3	5.0 - 5.1	3	5.0 - 5.1	3	5.0 - 5.1	3
5.0	5	5.2 - 5.3	5	5.2 - 5.3	5	5.2 - 5.3	5
5.2	7	5.4 - 5.5	7	5.4 - 5.5	7	5.4 - 5.5	7
5.4+	10	5.6 +	10	5.6 +	10	5.6 +	10

For athletes competing two vaults

Athletes may earn points for the D score and final score of their best vault out of the two.

ii) Competition scores at all 2018-2019 International Competitions, 2019 Elite Canada and 2019 Canadian Championships

Vault*		Bars		Beam		Floor		AA	
Score	Points								
13.25-13.39	1	12.50-12.59	1	12.50-12.59	1	12.50-12.59	1	49.5-50.49	1
13.40-13.54	2	12.60-12.74	2	12.60-12.74	2	12.60-12.74	2	50.50-51.49	2
13.55-13.69	4	12.75-12.99	4	12.75-12.99	4	12.75-12.99	4	51.50-51.99	4
13.70-13.84	6	13.00-13.24	6	13.00-13.24	6	13.00-13.24	6	52.00-52.49	6
13.85-13.99	9	13.25-13.49	9	13.25-13.49	9	13.25-13.49	9	52.50-52.99	9
14.00-14.14	12	13.50-13.74	12	13.50-13.74	12	13.50-13.74	12	53.00-53.49	12
14.15-14.29	15	13.75-13.99	15	13.75-13.99	15	13.75-13.99	15	53.50-53.99	15
14.30-14.44	18	14.00-14.24	18	14.00-14.24	18	14.00-14.24	18	54.00-54.49	18
14.45+	20	14.25+	20	14.25+	20	14.25+	20	54.50+	20

Domestic Competitions

Elite Canada and Canadian Championships will have a greater weighting for carding points. Points will be factored as follows:

ELITE CANADA

Day 1 All Around Score = Points will be multiplied by 1.5

Day 2 All Around Score = Points will be multiplied by 1.5

CANADIAN CHAMPIONSHIPS

Day 1 All Around Score = Points will be multiplied by 2

Day 2 All Around Score = Points will be multiplied by 2

SCHEDULE C – SENIOR DISCRETIONARY CARD ASSESSMENT TOOL

All athletes being considered for Carding under discretionary status will be assessed by the Carding Working Group using the Assessment tool below.

	Assessment Criteria	Score
Ranking	Current rank on the AAP Ranking List at the time of nomination to Sport Canada: <ul style="list-style-type: none"> • 7th to 10th = 5 pts; • 11th to 13th = 3 pts; • 14th to 16th = 1 pt 	
	Performances in 2018 – 19 domestic events (EC, CC) <ul style="list-style-type: none"> • AA: 5 points 1st place, 3 points 2nd place, 1 point 3rd place • AF: 3 points 1st place, 2 points for 2nd place, 1 point for 3rd place • If athlete was unable to attend EC or CC, rankings for Gymnix could be used, top 3 among Canadian athletes. 	
Attitude	Positive contribution to team environment: This subjective criteria is based on attitude at team activities and not results <ul style="list-style-type: none"> • 2 point if athlete has demonstrated: Positive behaviour, team spirit, ability to act as a role model, sportsmanship are all examples of elements under consideration 	
	Participation at training camps <ul style="list-style-type: none"> • 2 point if athlete participates at training camps as organized by GCG 	
	Engagement <ul style="list-style-type: none"> • 1 point if athletes adheres to AMS (updates regularly) 	
Technical ability	D-score on each event (based of average of top 2 scores from the carding cycle) <ul style="list-style-type: none"> • If in 1-2 point range on performance chart = 1 point • If in 3-5 point range on performance chart = 3 points • If in 7-10 point range on performance chart = 5 points *to get D-score points must have achieved minimum score as indicated	
	Final score on each event (based on average of top 2 scores from the carding cycle) <ul style="list-style-type: none"> • If in 1-4 point range on performance chart = 1 point • If in 6-12 point range on performance chart = 3 points • If in 15-20 point range on performance chart = 5 points 	

SCHEDULE D – JUNIOR DISCRETIONARY CARD ASSESSMENT TOOL

All athletes being considered for Carding under discretionary status will be assessed by the Carding Working Group using the Assessment tool below.

	Assessment Criteria	Score
Ranking	Current rank on the AAP Ranking List at the time of nomination to Sport Canada: <ul style="list-style-type: none"> • 7th to 10th = 5 pts; • 11th to 13th = 3 pts; • 14th to 16th = 1 pt 	
	Performances in 2018 – 19 domestic events (EC, CC) <ul style="list-style-type: none"> • AA: 5 points 1st place, 3 points 2nd place, 1 point 3rd place • AF: 3 points 1st place, 2 points for 2nd place, 1 point for 3rd place • If athlete was unable to attend EC or CC, rankings for Gymnix could be used, top 3 among Canadian athletes. 	
Attitude	Positive contribution to team environment: This subjective criteria is based on attitude at team activities and not results <ul style="list-style-type: none"> • 2 point if athlete has demonstrated: Positive behaviour, team spirit, ability to act as a role model, sportsmanship are all examples of elements under consideration 	
	Participation at training camps <ul style="list-style-type: none"> • 2 point if athlete participates at training camps as organized by GCG 	
	Engagement <ul style="list-style-type: none"> • 1 point if athletes adheres to AMS (updates regularly) 	
Technical ability	D Score on each event (based of average of top 2 scores from the carding cycle) <ul style="list-style-type: none"> • If in 1-2 point range on performance chart = 1 point • If in 3-5 point range on performance chart = 3 points • If in 7-10 point range on performance chart = 5 points *to get D-score points must have achieved minimum score as indicated	
	Final score on each event (based on average of top 2scores from the carding cycle) <ul style="list-style-type: none"> • If in 1-4 point range on performance chart = 1 point • If in 6-12 point range on performance chart = 3 points • If in 15-20 point range on performance chart = 5 points 	

APPENDIX 1 2019-20 CARDING APPLICATION AND COMMITMENT FORM - WAG

Athlete Information		
Name:		
Date of birth:	Phone:	Email:
Current address:		
City:	Prov:	Postal Code:
Club Information		
Current Club:		
Club address:		Phone:
City:	Prov:	Postal Code:
Club contact:		Email:
Primary Coach:		Secondary Coach:
Phone:		Phone:
Email:		Email:
Parent Information		
Mother:		Father:
Email:		Email:
Phone:		Phone:

I _____ declare that I:

Name of Athlete - Print

- will train and compete at the level expected of a carded athlete and will meet the expectations stated in the Carding Process, from November 1, 2019 to December 31, 2020;
- will not leave the National Team program in the next 12 months;
- will take part in the training, monitoring, and competitions activities of the Junior, or Senior National Team Program;
- will train for and compete at the next Elite Canada and Canadian Championships unless ill or injured; such illness or injury may be verified by an physician appointed by GCG at my expense;
- will train for and take part in a Major Games and/or World Championships and all NT assignments if age eligible and selected, unless ill or injured.

Signature of Athlete	Name in print	Date
Signature of Parent (if athlete is under 18 years old)	Name in print	Date

SUMMARY OF INTERNATIONAL COMPETITIONS ATTENDED BETWEEN JULY 1, 2018 AND SEPTEMBER 30, 2019

Coaches may be requested to provide backup for results indicated. Only competitions that in which participation was assigned by Gymnastics Canada or have a FIG sanction will be reviewed.

Competition	Location	Results of significance

Additional information may be provided on a separate page. Coaches who believe their athlete should be considered for a discretionary card are encouraged to provide a summary explaining why their athlete should be reviewed.

COACH/CLUB CONFIRMATION OF COMMITMENT

I _____, Head Coach of _____
Name of Head Coach - Print Name of Club

confirm the commitment made by _____ and will assist them to the best of
Name of Athlete - Print
 my ability to meet their obligations as a carded athlete.

By checking this box I affirm that if my athlete, _____ is nominated for
Name of Athlete - Print
 AAP carding, I will submit an individual training and competition plan as required by Sport Canada.

 Signature of Head Coach _____
 Date

 Name of Club representative - printed _____
 Signature of Club representative - printed

The form must be emailed to the Program Manager WAG by September 1st, 2019.

FOR OFFICE USE: Received on: _____

APPENDIX 2 2018-19 IDENTIFIED COMPETITIONS - WAG

The Calendar of events for the 2018-2019 season can be found on the Gymnastic Canada website:

<http://gymcan.org/disciplines/womens-artistic-gymnastics/technical-information/technical-documents>