



2022 CANADIAN CHAMPIONSHIPS

ACROBATIC GYMNASTICS

DIRECTIVES

VIRTUAL

JUNE 3-5, 2022



GYMCAN	<p>Gymnastics Canada RA Centre, 2451 Riverside Dr., Ottawa, ON, K1H 7X7 Website: www.gymcan.org</p> <p>Ian Moss – Chief Executive Officer imoss@gymcan.org</p> <p>Martin Sanio – Manager, National Events msanio@gymcan.org</p> <p>Niki Lavoie – Program Manager TG & Emerging Disciplines nlavoie@gymcan.org</p> <p>Taylor Matthews – Communications Coordinator comms@gymcan.org</p>		
LOCATION	Virtual		
DATES	Video Submission	Judging Dates	
	June 3 rd -5 th , 2022	TBD	
	Due June 5 th 4:00pm EST		
INVITED MEMBERS	All members who met eligibility requirements according to this document and anyone invited by Gymnastics Canada.		
EVENT FORMAT	<p>The competition will follow the rules set out in the following: 2022-2024 FIG Code of Points, FIG Newsletters, USDP including modifications (see Appendix B) GymCan’s Acrobatics Technical Regulations. This event will be run using performance on demand format, as per the Virtual Event Guidelines. *All Documents above can be found on the GymCan website</p> <p>Categories:</p> <ul style="list-style-type: none"> • Level 7-10 • Youth • 11-16 WP, WG, MP, MG, MxP • 12-18 WP, WG, MP, MG, MxP • 13-19 WP, WG, MP, MG, MxP • FIG Senior (15+), WG, MP, MG, MxP 		



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	<p>Format (change from Technical regulations):</p> <p>Level 7 1 Combined Routine</p> <p>Level 8-10 Day 1: 1 Balance Routine and 1 Dynamic Routine</p> <p>Youth 1 Combined Routine</p> <p>11-16, 12-18, 13-19 1 Balance, 1 Dynamic and 1 Finals</p>																												
<p>PURPOSE</p>	<ul style="list-style-type: none"> • To provide a prestigious annual competitive opportunity at the national level for developing high performance gymnasts and showcase top provincial talent in the five categories of acrobatic gymnastics: <ul style="list-style-type: none"> ○ Women’s Pairs (WP), Men’s Pairs (MP), Mixed Pairs (MxP), Women’s Groups (WG) and Men’s Groups (MG) • To establish national rankings and declare Canadian Champions in: <ul style="list-style-type: none"> ○ USDP Levels 7-10, Youth, FIG 11-16 (AG1), FIG 12-18 (AG2), FIG 13-19 (Junior) and FIG Senior • To play a role in the selection process for major international events (FIG levels only): <ul style="list-style-type: none"> ○ Pan American Championships 2022 																												
<p>ELIGIBILITY</p>	<p>ATHLETES National level athletes in Acrobatic Gymnastics who are in good standing with their Provincial/Territorial Federation/Association and GymCan are eligible to register.</p> <table border="1" data-bbox="467 1213 1417 1612"> <thead> <tr> <th>Level</th> <th>Age Requirements</th> <th>Birth year (2022 competition year)</th> <th>Maximum age discrepancy within the unit</th> </tr> </thead> <tbody> <tr> <td>Level 7-10</td> <td>Min age 9</td> <td>2013 or earlier</td> <td>8 years</td> </tr> <tr> <td>Youth</td> <td>Aged 9-16</td> <td>2013-2006</td> <td>8 years</td> </tr> <tr> <td>FIG 11-16 (AG1)</td> <td>Aged 9-16</td> <td>2013-2006</td> <td>N/A</td> </tr> <tr> <td>FIG 12-18 (AG2)</td> <td>Aged 10-18</td> <td>2012-2004</td> <td>N/A</td> </tr> <tr> <td>FIG 13-19 (Junior)</td> <td>Aged 11-19</td> <td>2011-2003</td> <td>N/A</td> </tr> <tr> <td>FIG Senior</td> <td>Aged 13+</td> <td>2009 or earlier</td> <td>NA</td> </tr> </tbody> </table> <p>Competitive age is defined as the age of the athlete on December 31st of the competition year. For the Canadian Championships, the competition year is 2022.</p> <ul style="list-style-type: none"> • See GymCan Acro Technical Regulations for further details regarding Eligibility. 	Level	Age Requirements	Birth year (2022 competition year)	Maximum age discrepancy within the unit	Level 7-10	Min age 9	2013 or earlier	8 years	Youth	Aged 9-16	2013-2006	8 years	FIG 11-16 (AG1)	Aged 9-16	2013-2006	N/A	FIG 12-18 (AG2)	Aged 10-18	2012-2004	N/A	FIG 13-19 (Junior)	Aged 11-19	2011-2003	N/A	FIG Senior	Aged 13+	2009 or earlier	NA
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	<p>COACHES</p> <p>All registered coaches must be NCCP Competition Introduction Advanced Certified in Artistic Gymnastics (MAG or WAG) or Level 2 certified in Trampoline Gymnastics; or receive an exemption from the PM</p> <p>Please upload proof of completion to this link: ACRO Safe sport requirements and waivers</p> <p>If you have already submitted proof of completion for Respect in Sport, TrueSport Clean and Making Headway, you do not need to submit them again. To submit an updated Enhanced Background Check (valid within 12 months of competition date), please upload it to the link above.</p> <table border="1"> <thead> <tr> <th>Requirements</th> <th>Comments</th> </tr> </thead> <tbody> <tr> <td>Completed Enhanced Background Check, Canada-wide and/or International Police Checks http://sterlingbackcheck.ca/cac ace</td> <td>Must be issued within 12 months of the date of the event being attended. Cost is the responsibility of the individual. Required for coaches, support staff, judges and IST.</td> </tr> <tr> <td>Complete <i>Respect In Sport</i> online e-learning module package http://gymcan.org/resources/respect-in-sport</td> <td>Cost is the responsibility of the individual. Check with your respective province/territory as some may cover the cost. Required for coaches, support staff, judges and IST</td> </tr> <tr> <td>True Sport Clean101 UNTRACKED e-learning course http://cces.ca/truesportclean101untracked</td> <td>Free module. Required for coaches and IST.</td> </tr> <tr> <td>CAC Making Headway online learning module. www.coach.ca/concussion</td> <td>Free module – will be included in coach NCCP records on the Locker. Required for coaches and IST.</td> </tr> </tbody> </table>	Requirements	Comments	Completed Enhanced Background Check, Canada-wide and/or International Police Checks http://sterlingbackcheck.ca/cac ace	Must be issued within 12 months of the date of the event being attended. Cost is the responsibility of the individual. Required for coaches, support staff, judges and IST.	Complete <i>Respect In Sport</i> online e-learning module package http://gymcan.org/resources/respect-in-sport	Cost is the responsibility of the individual. Check with your respective province/territory as some may cover the cost. Required for coaches, support staff, judges and IST	True Sport Clean101 UNTRACKED e-learning course http://cces.ca/truesportclean101untracked	Free module. Required for coaches and IST.	CAC Making Headway online learning module. www.coach.ca/concussion	Free module – will be included in coach NCCP records on the Locker. Required for coaches and IST.
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<p>REGISTRATION</p>	<p>Deadlines</p> <p>Registration by Province (submitted by PTO)</p> <table border="1"> <tr> <td>Registration, payment, waivers & Safe Sport requirements</td> <td>May 20th, 2022</td> </tr> <tr> <td>KSIS: tariff sheets</td> <td>May 25th, 2022</td> </tr> <tr> <td>Refund Request Deadline</td> <td>N/A – Please note, payment will not be processed until videos are received.</td> </tr> </table> <p>Registration Fees Athletes: \$100.00 Coaches: N/A</p>	Registration, payment, waivers & Safe Sport requirements	May 20 th , 2022	KSIS: tariff sheets	May 25 th , 2022	Refund Request Deadline	N/A – Please note, payment will not be processed until videos are received.				
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	<p>Accepted methods of payment:</p> <ul style="list-style-type: none"> • Credit Card – Please submit Registration payment form (see Appendix A) to msanio@gymcan.org. • Electronic Fund Transfer (EFT) – see Appendix A for Bank Transfer payment information. • Cheque – a hard copy of the Financial Info tab must accompany the cheque. Cheque made payable to: Gymnastics Canada <u>to be mailed to:</u> Gymnastics Canada RA Centre, 2451 Riverside Drive, Ottawa, ON, K1H 7X7 <p>Please inform Martin Sanio about chosen payment option.</p> <p>GymCan will be using the KSIS registration system. All athletes must be entered on the KSIS registration system. The KSIS registration must be completed by May 20, 2022.</p> <p>KSIS Link: https://rgform.eu/event.php?id_prop=3756</p> <p>Waivers (Consent & Assumption of risks) are available here: http://gymcan.org/events-results/general-event-documents/participant-forms. Please note that since this event is not held in person, the medical forms are not required.</p> <p>Please upload waivers here: ACRO Safe sport requirements and waivers</p> <p>No registrations will be accepted after the registration deadline, unless special dispensation is given by the PM (Niki Lavoie). In which case a \$50 penalty fee per registered participant will be added to the registration fee – no refund.</p> <p>Provinces will need to inform us for any scratch after this date.</p> <p>All forms must be fully completed. Missing or incomplete forms may jeopardise the eligibility of an athlete.</p>
COMPETITION RULES & LOGISTICS	<p>GymCan Technical regulations & FIG CoP will be in effect.</p> <p>Please read carefully the Acro Virtual Events Guidelines for the logistics of this event.</p>
TARIFF SHEETS	<p>Tariffs Sheets for all routine must be uploaded directly into KSIS.</p> <p>The Tariff sheets are available on Acro Companion.</p>
RESULTS & AWARDS	<p>Scores and results will be distributed at the completion of the judging, the week of, June 5th, 2022.</p> <p>Awards will be shipped to clubs.</p>



JUDGES	Provincial judges' allocation for the Canadian Championships is as follows:																						
	<table border="1"> <thead> <tr> <th>Province</th> <th>Maximum</th> </tr> </thead> <tbody> <tr> <td>BC</td> <td>-</td> </tr> <tr> <td>AB</td> <td>3</td> </tr> <tr> <td>SK</td> <td>-</td> </tr> <tr> <td>MB</td> <td>-</td> </tr> <tr> <td>ON</td> <td>3</td> </tr> <tr> <td>QC</td> <td>3</td> </tr> <tr> <td>NB</td> <td>0</td> </tr> <tr> <td>NS</td> <td>0</td> </tr> <tr> <td>NL</td> <td>0</td> </tr> <tr> <td>TOTAL</td> <td>9</td> </tr> </tbody> </table>	Province	Maximum	BC	-	AB	3	SK	-	MB	-	ON	3	QC	3	NB	0	NS	0	NL	0	TOTAL	9
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Any questions can be directed to Debbie DSouza or Nancy Carss at: Debbie Dsouza ddsouza@cogeco.ca ; Nancy Carss n.carss29@gmail.com ;																							
All judges need to be National ranked judges. Acrobatic judges must be available for all sessions.																							
Provinces who are not required to send any judges but who will have athletes participating in the Technical Trial are encouraged to provide one (1) judge. This will ensure that the information that is being discussed at judges' meetings and on panels can be brought back to the provinces to aid the development of the athletes and judges in their own provinces. Any questions can be directed to Debbie Dsouza ddsouza@cogeco.ca ; Nancy Carss n.carss29@gmail.com .																							
PTOs, please complete the Judges' Registration Form by May 20th and send it to Debbie Dsouza ddsouza@cogeco.ca ; Nancy Carss n.carss29@gmail.com and Niki Lavoie nlavoie@gymcan.org .																							
All judges are required to be present at their respective Technical Meetings (Virtual), as well as Virtual Training Sessions.																							
Judges will be judging virtually. Panels and schedule to be sent at a later date. The videos will be arranged, and judges will view the routines simultaneously and in sequence.																							
Requirements for judges: <ul style="list-style-type: none"> - Computer and webcam - Connect the computer to Internet with an Ethernet Cable (CAT 5 or 6) - Do a speed test: www.speedtest.net - The result of that speed test should be at least 25MBPS download 																							
Please carefully read the Acro Virtual Events Guidelines for more information.																							
SOCIAL MEDIA	Facebook: www.facebook.com/gymcan1 Twitter: @gymcan1 Instagram: @gymcan1 YouTube: www.youtube.com/user/gymcan1																						



EVENT REPLAY	The routines submitted for Acro Canadian Championships will be showcased on the GymCan Website following the judging of the event.
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APPENDIX A – REGISTRATION PAYMENT FORM

1. INFORMATION

Event – Événement : _____

Club name – Nom du club : _____

Telephone - Téléphone: _____

2. CREDIT CARD PAYMENT

Full name of card holder – Nom sur la carte:	
Amount to pay – Montant à payer	
Type of card – Type de carte	<input type="checkbox"/> VISA <input type="checkbox"/> MASTERCARD
Card number – Numéro :	
Expiry date – Expiration :	
CVV (3 numbers behind the card – 3 chiffres derrière la carte)	
E-mail of card holder – Courriel du détenteur :	

Please upload with your registration form.

3. BANK TRANSFER PAYMENT: Please indicate your club name and Acro CC as reference when processing payment.

LEGAL NAME:		CANADIAN GYMNASTICS FEDERATION
NAME OF FINANCIAL INSTITUTE:		BANK OF MONTREAL
ADDRESS:		945 SMYTH ROAD, OTTAWA, ON, K1G 1P5 CANADA
INSTITUTION NUMBER:	(3 NUMBERS)	001
BRANCH NUMBER:	(5 NUMBERS)	23746
ACCOUNT NUMBER:	(7 NUMBERS)	1026808
SWIFT/IBAN NUMBER:		BOFMCAM2
ROUTING INFORMATION FOR INTERNATIONAL WIRES:		CC000123746

GymCan Use

Account code:



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APPENDIX B

USDP/USJO Rule addendum for Canadian Championships 2022

Due to the timing of receiving the updated USDP Code of points, there has not been time to ensure that all athletes across the country have had equal access to the new version. There are differences between the two versions of the code that mean direct competition is not possible. These differences include the number of required elements to be performed as well as the level of complexity of the elements.

The following outlines rules for use at the Canadian Championships 2022 to adjust for these differences and to allow for direct competition.

General Routines - Pair /Group and Individual Elements

1. Athletes may choose to use either the USJO or the USDP rules exactly as specified in the respective codes (be aware that there may be a different number of elements under each code).
2. No element may be repeated for credit. Credit will be given for one performed element for one row only. Any missing row will receive a 1.0 DJ penalty.
3. Elements shown on the Tariff sheet must include both the code reference that the element was selected from as well as the row and A or B (for example: USDP 3A or USJO 1D)

Scoring

1. For Levels 7 and 8, Difficulty will be assigned a value of 0. The only difference for competition from USJO rules is that total scores are 10 points lower.
2. Scores for Level 9 and 10 will be determined as per FIG 12-18. Difficulty will be calculated as per FIG code for 12-18 competition.
 - a. Minimum difficulty for Level 9 is 15. Maximum is 40 (plus an allowance of up to 55)
 - b. Minimum difficulty for Level 10 is 35. Maximum difficulty is 60 plus an allowance of up to 70)



Level 7

1. **Music:** Maximum 2:45" no minimum.
2. **Pair/Group elements:**
 - a. Pairs and groups must perform 7 elements.
 - b. Additional Elements: Any additional L7 pair elements in the case where exact USJO rules for routines are used will not be penalized BUT execution deductions will be taken
 - c. Athletes may choose elements from the tables below. Athletes may choose from either USJO elements OR USDP for elements from each row (thus a routine that combines elements from both codes is allowed)
3. **Individuals:** Athletes may perform individuals as per USJO rules OR Athletes must choose one individual element from each category (three total). One balance, one flexibility, and one agility or tumbling individual element must be chosen from the FIG ToD. Partners may perform the same elements or choose different elements, but these must be performed at the same time. (Same category at the same time)

Level 7 WP

7 pair elements must be performed, one from each row. Elements from either code may be selected for each row.

Row	Element characteristic	L7WP USJO (2016)	L7WP USDP (2022)
1	Static	1A or 1B	1A or 1B
2	Mount	2A or 2B	2A or 2B
3	Motion	3A or 3B OR 4A or 4B	3A or 3B
4	Toe Pitch	5A or 5B	4A or 4B
5	Boost	6A or 6B	5A or 5B
6	Wrap/ catch	7A or 7B	6A or 6B
7	Dismount	8A or 8B	7A or 7B

Level 7 MP

7 pair elements must be performed, one from each row. Elements from either code may be selected for each row.

Row	Element type	L7MP USJO (2016)	L7MP USDP (2022)
1	Static hold	1A or 1B OR 3A or 3B	1A or 1B
2	Mount	2A or 2B	2A or 2B
3	Motion	4A or 4B	3A or 3B
4	Toe Pitch	8A or 8B	4A or 4B
5	Boost or catch	6A or 6B	5A or 5B
6	Cannon/catch	7A or 7B	6A or 6B
7	Dismount	5A or 5B	7A or 7B



Level 7 MxP:

7 pair elements must be performed, one from each row. Elements from either code may be selected for each row.

Row	Element type	L7MxP USJO (2016)	L7MxP USDP (2022)
1	Static	1A or 1B OR 3A	1A or 1B
2	Mount	2A or 2B OR 3B	2A or 2B
3	Motion	4A or 4B	3A or 3B
4	Toe Pitch	5A or 5B	4A or 4B
5	Boost/catch	7A or 7B	5A or 5B
6	Cannonball/ catch	8A or 8B	6A or 6B
7	Dismount	6A or 6B	7A or 7B

Level 7 WG:

7 group elements must be performed, one from each row. Elements from either code may be selected for each row.

Row	Element type	L7WG USJO (2016)	L7WG USDP (2022)
1	Cat 1	1A or 1B	1A or 1B
2	Cat 2	3A or 3B	2A or 2B
3	Cat 3	2A or 2B	3A or 3B
4	Link	4A or 4B	4A or 4B
5	Dynamic/ Dismount	5A or 5B or 7A	5A or 5B
6	Catch/HS Dismount	6A or 6B	6A or 6B
7	Dismount/Catch	7A or 7B	7A or 7B

Level 7 MG

7 group elements must be performed, one from each row. Elements from either code may be selected for each row.

Row	Element type	L7MG USJO (2016)	L7MG USDP (2022)
1	Cat 1	1A or 1B	1A or 1B
2	Cat 1	2A or 2B	2A or 2B
3	Cat 1	3A or 3B	3A or 3B
4	Dismount	5A or 5B	4A or 4B
5	Catch	4A or 4B or 5B	5A or 5B
6	Switch	6A or 6B	6A or 6B
7	Pairs	7A or 7B	7A or 7B



Level 8

Level 8 General rules:

Music: up to 2:30 for Balance and 2:00 for Dynamic

Individual elements: USJO rules may be used however the new rules included here allow for more choice and are less restrictive in requirements. No partner can repeat an element for credit.

NOTE: Partners must perform the 3 individual elements simultaneously, but they can be different.

For level 8, execution judges may take up to -1.0 in execution deductions for each individual element in total (**all partners combined**). If the individual elements are performed in a series, execution judges may take up to -1.0 in execution deductions **per series**.

1. **Balance Routines:** Athletes may select to perform 3 individuals as per the Individuals rules for the USJO code OR Athletes may choose any three individual elements from the balance, flexibility, and agility options from the FIG ToD. Partners may perform the same elements or choose different elements, but these must be performed at the same time. Categories may be repeated.
2. **Dynamic Routines:** Athletes must perform 3 individuals as per the Individuals rules for the USJO code OR Athletes may choose three different tumbling individual elements from the TOD. One of the elements chosen may be repeated for SR credit. (Ex. Round off – back handspring – back handspring.) Partners may perform the same elements or choose different elements, but these must be performed at the same time.

Pair/Group Element Requirements: Choose either USDP or USJO rules and follow selection requirements. If a coach would like to request to substitute an element with similar characteristics (for example, replace a base motion element with a base motion from the other code), the request may be put forward to * by no later than * for approval prior to competition.

Level 9 and 10

These levels will be evaluated according to FIG 12-18 rules



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