



# Technical Programs

**TECHNICAL REGULATIONS – SECTION 1**

**DECEMBER 2021**

*Under review by GymCan Senior Management and Board of Directors.*

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## 1.0 TECHNICAL REGULATIONS

These Technical Regulations apply to all Gymnastics Canada (GYMCAN) Technical Programs: Women's Artistic Gymnastics, Men's Artistic Gymnastics, Rhythmic Gymnastics and Trampoline Gymnastics.

### 1.1 PURPOSE & OBJECTIVES

The purpose of the Technical Regulations is to ensure a common understanding and consistent application of regulations related to the conduct of all technical disciplines in Canada, and to outline the structure and functioning of the GymCan Technical Programs.

The objectives of the technical programs are:

- a) coordination and supervision of technical aspects of all national and international gymnastics activities of GymCan;
- b) establishment and elaboration of technical regulations for Canada in accordance with the technical rules of the Fédération internationale de gymnastique (FIG);
- c) planning and conduction of competitions, clinics, courses and schools relating to the program of GymCan;
- d) conducting and determining the scope of examinations for instructors, coaches, judges and other officials at the national and international level;
- e) selection of national compulsory exercises and their distribution and interpretation;
- f) introducing, approving and promoting articles or literature of technical content and instructional materials to be published under the authority or with the sanction of GymCan;
- g) establishment of and full regulation of the National Team program.

### 1.2 AUTHORITY OVER REGULATIONS

- The Program Staff, with assistance of the Program Committee of each discipline, will develop the regulations and policies for the specific discipline.
- The Technical Regulations are valid until modified by the appropriate procedure
- The Discipline's Program Assembly has the authority to recommend changes to the Technical Regulations of the specific program.
- The Discipline's Program Committee will develop and adopt program policy based on the Technical Regulations. Such policy will be part of the National Team Handbook, and will be appendices of the Technical Regulations.

### 1.3 MODIFICATIONS / ADDITIONS

- Modifications / additions to the technical regulations may occur when notice is given in writing to all current Assembly members 21 days prior to AGM. These previously circulated modifications/additions require a 2/3 majority of the votes to be allowed to pass.
- The 21 day circulation requirement may be waived if the attending members unanimously vote to address the proposed modification/addition. It then requires a 2/3 majority of the votes to be allowed to pass.
- A minimum of six (6) member provinces or territories present shall constitute a quorum. All changes require a 4/6 vote.



- Modifications/additions to the technical regulations may occur during the year provided:
  - o The proposed modification/addition and rationale are circulated in writing by the PM, or designate, to all Assembly members 30 days prior the deadline for vote;
  - o The proposed modification/addition is adopted by a 2/3 majority of the provinces and territories who have replied in writing by the deadline.

## 1.4 TECHNICAL DOCUMENTS

In addition to the Technical Regulations, the technical programs follow the policies, rules and regulations set out in the discipline's technical documents available on GymCan's website. These documents include the FIG Code of Points, National Team Handbook and any Program Manual, Pathways/Development Programs, Selection Criteria, Documents, Rules or System. The technical documents are written and produced by each technical program staff, with collaboration from the respective Program Committee.

### 1.4.1 COMEPTITION RULES

The Program Staff, with assistance from the Program Committee, will develop the competition rules. On an annual basis, the rules will be evaluated and a revision of the respective documents will be prepared and distributed.

## 2.0 ELIGIBILITY

### 2.1 ELIGIBILITY OF ATHLETES

Athletes competing in GymCan competitions or activities must be:

- An amateur as outlined by the regulations of GymCan, FIG and the International Olympic Committee (IOC) governing amateur status;
- Registered with PTO and GymCan ;
  - o The geographic location of the gymnast's residence determines the province of registration of the gymnast. If a gymnast lives in one province and trains in another, then the gymnast may choose which province she competes under for that competitive season.
    - If a gymnast moves to another province during the competitive season, she must request registration with the new PTO within 5 business days of moving to the new location
- In good standing with GymCan with no outstanding invoices or debts and no sanctions;
- A Canadian citizen, Permanent Resident or Dual Nationality
- Approved by their PTO, and meet PTO specific and GymCan qualification requirements for each competition;
- Eligible to compete or participate as per the specific criteria for each event (refer to the specific competition or event for its criteria).

#### 2.1.1 ELIGIBILITY TO BE NAMED CANADIAN CHAMPION & INTERNATIONAL ELIGIBILITY

Gymnasts wishing to be named Canadian Champion and represent Canada internationally must follow the rules outlined in the FIG Statutes and the IOC rules published on the FIG website. They must be Canadian



citizens and approved by GymCan to acquire a FIG license at the cost of \$75 (please contact the respective Program Manager, or designate, for the relevant form). Please refer to the FIG Statutes for other circumstances.

A Dual Nationality (DN) or Permanent Resident (PR) gymnast who has chosen to represent their non-Canadian country at FIG competitions may compete at GymCan events provided they meet the qualification criteria and submit an approval letter from the National Federation the gymnast represents.

Please refer to the disciplines specific rules for additional details.

### **2.1.2 AGE OF GYMNASTS**

The age of the gymnast is based on the year of competition (i.e. the age the gymnast will be anytime between January 1 and December 31).

## **2.2 ELIGIBILITY OF COACHES**

A coach residing permanently in Canada participating in a National Level competition must be a duly affiliated member of his/her P/T association and of GymCan (based on the province of residence).

The coach must be a member in good standing (not currently sanctioned) with GymCan and his/her PTO association. A coach wishing access to the training, warm up or competition floor must be certified NCCP Level 3.

All gymnasts at GymCan events must have a coach from their club registered as their “competition coach”. Any agreement between clubs to coach other club’s athletes must be approved by their Provincial Office and submitted with the registration forms.

Only accredited coaches and managers are allowed entry to the orientation meeting prior to the start of competition unless noted otherwise.

A maximum of 2 accredited coaches are allowed on the field of play/competition area at one time.

### **2.2.1 EXEMPTION TO COACHING LEVEL**

Coach exemption requests must be submitted a minimum of 4 weeks prior to the start of the event. Exemption requests must include the \$25.00 Administration fee payable to GymCan. Late exemption requests will be charged an additional \$100 processing fee and will be processed at the discretion of the Program Manager, or designate. Other requests may be considered in extenuating circumstances (for example, last minute major illness).

NOTE: For all coaching related information, including equivalency requirements, please refer to the GymCan website “Coaching”.

### **2.2.2 SAFE SPORT REQUIREMENTS**

All coaches, support staff (head of delegation, chef de mission, team manager, and chaperone) and integrated support team (IST) who participate in GymCan national competitions must have completed the Safe Sport requirements stated in the Safe Sport Policy. Failure to do so will result in a withholding of the accreditation and denial of access to the field of play, competition and training venues.



## **3. PROGRAM STRUCTURE**

### **3.1 PROGRAM MANAGER (PM)**

The primary responsibility of the PM, or designate, is the overall leadership and management of each discipline within the scope of GymCan Mission Statement.

The PM, or designate, is responsible for the planning and program management. To accomplish this, the PM, or designate has the authority to make those decisions within the discipline to reach the set program goals, subject to the GymCan Mission Statement.

The CEO of GymCan develops the full job description.

### **3.2 NATIONAL TEAM DIRECTOR (NTD) / NATIONAL TEAM HEAD COACH (NTHC)**

The primary responsibility of the NTD/NTHC is the leadership of the NT Program towards its set goals.

The NTD/NTHC is responsible for the selection of athletes and coaches to National Teams and international competition through the establishment of objective selection criteria.

The NTD/NTHC will also develop and oversee the Canadian competition rules, pathways or system.

The CEO of GymCan, in consultation with the PM and the PC, develops the full job description.

### **3.3 PROGRAM COMMITTEE**

#### **3.3.1 ROLE OF THE PROGRAM COMMITTEE**

The Program Committee is a consultative, non-voting committee comprised of experts in the program area and program staff. The committee works collaboratively and maintains a global perspective towards optimal development of the discipline across Canada, in line with the GymCan strategic plan and corporate goals. To advise and assist in the following areas:

- Setting program goals, objectives that contribute to the long-term success of Canadian gymnastics, while respecting the principles of LTAD.
- Development and implementation of multi-year plans
- Development of technical programs and regulations, selection processes, practices and procedures
- Support the program manager, or designate, in the development and implementation of program initiatives
- Other topics or issues as brought forward by the program manager, or designate.

#### **3.3.2 COMPOSITION OF THE PROGRAM COMMITTEE (PC)**

- Chairperson – NTD, or designate/PM, or designate
- Sr. Program Coordinator, or designate
- Program Assembly Chairperson
- Member at large
- Judging Development Working Group representative or chairperson



- NT Coaches Council Representative
- Athlete Representative
- Any Canadian member of a FIG Committee
- Up to 3 members recommended by the PC and approved by the PM/NTD/NTHC

### **3.3.3 MEETINGS OF THE PC**

The program committee meets 2-6 times per year, through a combination of face-to-face and telephone meetings. Specific issue correspondence may be conducted electronically. The program committee may consult with other groups where additional input is needed on specific topics.

Additional Meetings:

There will be a planning and evaluation meeting scheduled outside of the regular meetings at the end of each quadrennial cycle.

### **3.3.4 TERM OF OFFICE FOR COMMITTEE MEMBERS**

- The term of office is for three (3) years. There is no limit to the number of consecutive terms.
- Representative must be a current member of the NTCC
- In the case of an elected PC member not being able to fulfill the full term, the PC Chairperson may appoint an individual with current PC consultation to perform the duties of that position for the remainder of the term.
- The PM, or designate has the ability to remove a committee member in case of repeated absences, written or verbal abuse.

## **3.4 PROGRAM ASSEMBLY (PA)**

### **3.4.1 ROLE OF THE PROGRAM ASSEMBLY**

The PA is a group of representatives from each provincial/territorial office that provides expertise related to the specific program. The Chair of the Assembly is elected by the Assembly and is automatically a member of the respective program committee. The role of the PA is the following:

- Provide input and general direction on domestic competitive programs (outside National Team) that are used by a majority of provinces/territories
- Provide input on other topics at the request of the program committee
- Recommend and adopt the changes to the technical regulations
- Facilitate communication between GymCan, the P/T and the clubs
- Elect members to the program committee

### **3.4.2 COMPOSITION OF THE PA**

- One member per P/T Association with an active program (at least provincially) in the specific discipline (voting)
- Program Committee (non-voting)



### **3.4.3 ELIGIBILITY OF PA MEMBERS ELECTED TO PC**

- Elected PC members must be current members of their P/T

### **3.4.4 MEETINGS OF THE PA**

- The Assembly meets once per year, during the AGM, during which the assembly discusses and passes motions and elects members to the program committee, when applicable
- All expenses of the provincial delegates are the responsibility of the organization or federation they represent.

### **3.4.5 VOTING PRIVILEGES OF THE PA**

Only those in 3.4.2 have voting rights. All voting will be based upon one (1) vote per province.

### **3.4.6 PROVINCIAL TECHNICAL COMMITTEES**

The P/TOs are to report the names of their P/T Technical Committee to the National Office by September 1 of each year and are responsible for notification of changes.

## **3.5 NATIONAL TEAM COACHES COUNCIL (NTCC)**

### **3.5.1 ROLE OF THE NTCC**

The National Team Coach Council is a consultative group consisting of the coaches of all current NT members. The number of coaches in the Council may vary between disciplines. The Council meets twice a year, during Canadian Championships and Elite Canada. Consultation may also occur through other means.

The role of the NTCC is to provide consultation to the NTD/NTHC and Program Manager, or designate in the following areas:

- General direction of the NT Program
- Annual and quadrennial NT training and competition plans
- Short and long term performance objectives
- Selection criteria for carding, national team selection and major team events
- Election of one member to the respective program committee (one vote per club)

### **3.5.2 COMPOSITION OF THE NTCC**

- NTD/NTHC (Chair)
- NT Advisors
- All coaches of current NT members
- Program Manager, or designate

### **3.5.3 ELIGIBILITY OF THE NTCC MEMBERS ELECTED TO THE PC**

- Representatives of the NTCC must be current SR/JR National Team Coaches at the time of the election to be eligible to be elected to the PC
- The representative must have been on the NTCC for more than 1 year prior to election





### **3.5.4 MEETINGS OF THE NTCC**

The NTCC will meet a minimum of 2 times per year:

- Canadian Championships
- Elite Canada

Additional meeting as required may include:

- World and Olympic Team Selection Events
- Once at the end of the Quadrennial there will be a planning and evaluation meeting scheduled outside of the regular meetings

### **3.5.5 VOTING PRIVILEGES OF THE NTCC**

- Each represented NT club will have one vote
- On purely Senior items, only the senior gymnasts' coaches may vote
- The quorum shall be over 51% of representative votes

## **3.6 JUDGES DEVELOPMENT WORKING GROUP (JDWG)**

### **3.6.1 ROLE OF THE JDWG**

- To establish a master plan for training and recruitment of judges up to and including National development
- To plan judges' clinics, courses, schools and supervise certification of judges
- To distribute to judges information and literature on judging available and authorized by the Program Committee
- To maintain up-to-date records of the participation and rating of all judges in accordance with procedure of GymCan
- To coordinate their activities with other committees of GymCan

### **3.6.2 COMPOSITION OF THE JDWG**

The JDWG shall be composed of:

- NTD, PM, or designate (Chair)
- Brevet Judge Council Chair (elected by FIG Brevet Judges)
- Up to 4 additional members, one of whom must be a brevet, appointed by the Program Committee on the recommendation of the Program Director
- Any Canadian member of a FIG Committee or staff

### **3.6.3 ELIGIBILITY OF CANDIDATES FOR BREVET JUDGE COUNCIL CHAIR**

The Brevet Judge Council Chair must hold an FIG Brevet for the cycle for which he/she is elected.



### **3.7 INTERNATIONAL FEDERATION TECHNICAL COMMITTEE (PAGU, PANGF, FIG, CGF)**

#### **3.7.1 ROLES AND RESPONSIBILITIES**

- Represent Canada and GymCan at all respective federation meetings and functions where that Committee meets
- Assist the National Office with international administrative and technical matters, as they affect our relationship and image with the FIG, PAGU, PANGF, and member countries of the FIG
- Provide information and technical advice to Gymnastics Canada staff, coaches, and judges via regular reports
- Participate in PC and JDWG meetings as required
- Other duties as required by the role in consultation with GymCan as appropriate.

## **4. ELECTIONS**

### **4.1 PROGRAM COMMITTEE ELECTIONS**

Elections for the members of the Program Committee will be held every three (3) years using the following procedure:

- Three (3) months prior to the specified meeting (4.2) in the election year, the existing Program Committee shall call for nominations from the PTO of each of the positions
- The PM, or designate, will circulate the slate of names one (1) month prior to the election
- At the PA meeting, the slate will be presented to the PS and the vote will proceed for the two available positions. Nominations will be accepted from the floor at the PA meeting.
- The Members elected by the NTCC and by the judges will be presented by the PC to the PA.

### **4.2 THE MEMBERS OF THE PC (AND JDWG) WILL BE SELECTED BY FOUR SEPARATE GROUPS AND PROCESSES**

- NTCC Member (1) – voted by NTCC at Canadian Championships meeting prior to the AGM
- PA Members (2) – Chairperson of the PA and a Member at Large are voted by PA at the AGM
- Athlete Representative – the athlete representative on the PC is the athlete who sits on the GymCan Athlete Commission of the specific discipline.
- Brevet Judge Council Chair – Sits on the JDWG, and is voted in by all active FIG Brevet Judges.

### **4.3 VOTING PROCEDURES (NTCC & PA)**

Voting will proceed as follows during all election meetings

- An election will be held if there is more than one nomination for a position. If there is only one nomination for a position, that nominee will be appointed by acclamation
- A closed ballot will be held for each election
- At the beginning of voting, the Chair will appoint two (2) scrutineers to assist in counting the ballots.
- The election Procedures are as follows:



- Each voting delegate will be given one ballot per election. No proxy votes will be allowed.
- The candidate receiving the majority of the votes will be declared elected
- In the event that no candidate receives a majority of the votes, the candidate receiving the lowest number of votes will be dropped from the ballot on the subsequent round
- The process will be repeated until a candidate receives a majority of the votes
- Upon completion of the election, the Chair of the election will ask that the elections be closed and that the ballots be destroyed.

#### **4.4 VOTING PROCEDURES – ONLINE VOTE**

Voting will proceed as follows for online votes:

- Online survey will be used to administer a online vote
- The election Procedures are as follows:
  - The survey will only allow for one vote per delegate
  - The survey will be sent to all voting delegates with a 1 week period to complete. The candidate receiving the majority of the votes will be declared elected.
  - In the event that no candidate receives a majority of the votes, the candidate receiving the lowest number of votes will be dropped from the ballot on the subsequent round
  - The process will be repeated until a candidate receives a majority of the votes

Upon completion of the election, the results of the survey will be shared with the respective committee.

### **5. DOMESTIC EVENTS**

#### **5.1 LIST OF DOMESTIC EVENTS**

- Canadian Championships
  - Provide a prestigious annual competitive opportunity for developing High Performance gymnasts, showcase top provincial talent, provide national rankings, and declare Canadian champions for each category of competition. The Canadian Championships will also be used as a part of the selection process for National Team status, ranking lists, specific competitions and Sport Canada Athlete Assistance Program Carding (if applicable).
  - Specific Program Rules are available in their respective documents
- Elite Canada
  - Elite Canada Championships will also be used as a part of the selection process for National Team status, ranking lists, specific competitions and Sport Canada Athlete Assistance Program Carding (if applicable).
  - Specific Program Rules are available in their respective documents
- Canada Games
  - Canada Games are philosophically a participation Event.
  - The selection of judges is the responsibility of GymCan
  - Eligibility is set out in the Canada Games Technical Package for Artistic Gymnastics
  - Rules decided by the respective disciplines
- Team Selection Trials and Activities



- A Trial or Selection event may be identified for the purpose of naming an Official Team to a specified competition. The organization of this type of activities will be determined by GymCan staff on an as needed basis.
- For competitions where a team selection is required, approved selection criteria will be circulated to all parties.
- Regional Competitions
  - There are several regional competitions that occur in Canada each year. The particular Provinces/Territories involved regulate these competitions. GymCan is involved in a consultative and over-arching manner for Western and Eastern Canadian Championships when part of Canadian Championships qualification.
  - Specific Program Rules (if existing) are available in their respective documents
- Provincial Competitions
  - Each P/TO host an annual Provincial/Territorial Championships. These competitions are the responsibility of the Provincial/Territorial Technical Committee
- Training Camps
  - Aspire Camps
    - Up to three (3) times a year
    - Focus on the long term elite development of athletes and coaches.
    - Invitation to these camps are specific to each discipline
  - Hopefuls Camps
    - Up to three (3) times a year
    - Focus on High Performance and National Team athletes and coaches
    - Invitation to these camps are specific to each discipline
  - National Team Camps
    - National Team only
    - Focus on specific needs of the National Team
  - Other training camps
    - May be organized if needed

## 5.2 CANADIAN PROVINCIAL AND NATIONAL PROGRAMS

Each discipline has their Canadian Provincial and National Programs, Pathways or Level System.

## 5.3 PERSONNEL

- Please refer to discipline specific Judge Rules and Regulations for additional details in regards to domestic competition assignments.
- The NTD/NTHC and PM, or designate will sit on the organizing committee of Canadian Championships and Elite Canada. In the event that both cannot attend, the PC of GymCan will appoint a technical representative to sit on the OC on their behalf. The individuals are to be named at the time of the bid.

## 5.4 UNIFORMS

### 5.4.1 JUDGES AND COACHES

All judges, coaches and athletes are to be attired appropriately on the competitive floor.



- Judges: as per FIG judge's regulations
- Coaches: Provincial or club team t-shirt, golf shirt, track suit pants (full length or 3/4) with or without track suit jacket. All coaches must wear sneakers.
- Penalties: Coaches – not allowed on the floor / Judges - not permitted to judge

#### **5.4.2 ATHLETES**

Proper competition attire must be worn during all competitions.

- Gymnasts must be attired according to the stipulations of the current FIG Code of Points.
- Technical Programs can have specific rules concerning uniforms, please refer to their specific technical regulations

#### **5.5 AWARDS**

Please refer to the specific program rules.