



Technical Programs

TECHNICAL REGULATIONS – SECTION 2

RHYTHMIC GYMNASTICS – JANUARY 2022



E: info@gymcan.org
RA Centre, 2451 Riverside Drive, Ottawa, ON, K1H 7X7

WWW.GYMCAN.ORG



TABLE OF CONTENTS

SECTION 1: RHYTHMIC GYMNASTICS PROGRAM DOCUMENTS	2
SECTION 2: DISCIPLINE SPECIFIC ELIGIBILITY REQUIRES TO PARTICIPATE IN GYMNASTICS CANADA EVENTS OR ACTIVITIES	2
SECTION 3: RISK MANAGEMENT REQUIREMENTS	3
SECTION 4: GYM CAN RG COMPETITIONS AND EVENTS	4
SECTION 5: NATIONAL TEAM PROGRAM	16
SECTION 6: ASSIGNMENT TO INTERNATIONAL COMPETITIONS	17
SECTION 7: HOSTING A FIG EVENT OR INTERNATIONAL INVITATIONAL	18
APPENDIX A: MEDICAL EXEMPTIONS	19
APPENDIX B: ELIGIBILITY FOR PARTICIPATION, RANKING AND AWARDS AT RG ELITE CANADA, CANADIAN CHAMPIONSHIPS, REGIONAL CHAMPIONSHIPS	21
APPENDIX C: ROTATION EXAMPLE	23
APPENDIX D: APPARATUS NORMS	24
APPENDIX E: RHYTHMIC GYMNASTICS COMPETITION SPECS	25

GymCan is carefully following the evolution of the coronavirus on the domestic level and how it may impact these Technical Regulations. Situations related to the coronavirus pandemic may arise that require these Technical Regulations to be modified. Any modifications, specifically as it relates to the domestic events structure, will be discussed with GymCan's provincial partners, in consultation with the Rhythmic Gymnastics (RG) Program Committee and additional working groups/committees as needed.

SECTION 1: RHYTHMIC GYMNASTICS PROGRAM DOCUMENTS

In addition to Section 1: Gymnastics Canada's (GymCan) General Technical Regulations and Section 2: RG Specific Technical Regulations, the Rhythmic Program follows the FIG Code of Points as well as the following documents which are available on the GymCan website:

- [GymCan RGI & RGG Development Program](#) (National Novice Program included)
- [National Team Program Documents](#) (National Team Handbook & National Team Agreement)
- [Judge Rules and Regulations](#)
- [Safe Sport Policies](#)
 - [GymCan National Safe Sport Policy](#)
 - [GymCan Code of Ethics and Conduct Policy](#)
 - [GymCan Abuse, Maltreatment, and Discrimination Policy](#)
 - [GymCan Complaints and Discipline Policy and Procedures](#)
 - [GymCan Appeal Process and Form](#)
 - [GymCan Travel Policy](#)
 - [GymCan Diversity, Equity, and Inclusion Policy](#)
- [Hosting Requirements for Elite Canada and Canadian Championships](#)
- [GymCan Responsibilities Manual](#)
- [RG Virtual Event Guidelines](#)

SECTION 2: DISCIPLINE SPECIFIC ELIGIBILITY REQUIREMENTS TO PARTICIPATE IN GYMNASTICS CANADA EVENTS OR ACTIVITIES

2.1 PARTICIPATION OF GYMNASTS WHO REPRESENT NON-CANADIAN COUNTRIES AT FIG EVENTS

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 (NF) the gymnast represents. The gymnast will be identified at Canadian events with their federation code and/or flag.

- Should the DN or PR athlete be ranked first, the athlete cannot be named Elite Canada or Canadian Champion. Therefore, the next ranked Canadian gymnast will be named Elite Canada or Canadian Champion, and the two gymnasts will share first place, and both will receive first place medals.
- Should the DN or PR gymnast be ranked in the top 15 at Elite Canada or Canadian Championships, the next ranked gymnast who is not DN or PR will move up one place. For example, if the DN gymnast is ranked fifth, then the sixth place gymnast will move up and be ranked fifth as well and receive awards accordingly. All gymnasts following will be moved up one rank.
- DN or PR gymnasts who place in the top 15 are eligible to compete in Competition B and will not take the place of a Canadian gymnast. They will not be named High Performance (HP) or to the National Team, and therefore will not receive a HP certificate.

2.2. VISITING GYMNASTS AT GYM CAN EVENTS AND REGIONAL CHAMPIONSHIPS

- For Elite Canada and Canadian Championships, refer to section 4.1 and 4.2, respectfully.
- For Regional Championships, visiting gymnasts may request GymCan approval by submitting a letter from the federation of the country they represent to the Senior Program Coordinator – RG (Sr. PC-RG) in advance of the registration deadline.

2.3 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). For example, a national stream gymnast who turns 13 at any time during the calendar year will compete as a Junior.

National Program:

Novice 10, 11, 12 years

Junior 13, 14, 15 years (note: FIG rules apply to age category)

Senior 16 years and older (note: FIG rules apply to age category)

Development Program

As per GymCan’s Rhythmic Gymnastics Individual Development (RGI) and Rhythmic Gymnastics Group Development Program (RGG).

2.4 COACHES WHO ARE ASSIGNED TO JUDGE AT ELITE CANADA AND CANADIAN CHAMPIONSHIPS

Coaches who are assigned to judge at Elite Canada and/or Canadian Championships are allowed to coach their club athletes during podium training as long as podium training is held prior to the judges course/meeting. Coaches who are assigned to judge are allowed to observe other provinces/club’s training from the audience seating area only.

Please refer to the [RG Virtual Events Guidelines](#) for information on assigned judges and coaching implications for virtual events.

SECTION 3: RISK MANAGEMENT REQUIREMENTS

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

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.
--	---

Please note, the aforementioned risk management requirements are subject to change pending Safe Sport Policy approval.

SECTION 4: GYM CAN RG COMPETITIONS AND EVENTS

The guidelines outlined below are specific to in-person events. For virtual events, please refer to the RG Virtual Events Guidelines and corresponding stand alone program documents (event directives, selection criteria, qualification structure, etc.)

The official GymCan competitions are Elite Canada (EC) and Canadian Championships (CC). The location of these events will alternate between Eastern and Western Canada, but are dependent on approval of the successful bid.

For all GymCan competitions, gold, silver and bronze medals are given for places 1, 2 and 3, and ribbons for places 4 to 8 inclusive. If there is a tie, the gymnasts or groups will share the place, and the next place is omitted. See section 2.1 and 2.2 for DN situations.

For all national stream competitions, the rotation order of the competition will be made by a random draw from all registered gymnasts in that level. Please refer to Appendix C for an example of how to conduct draws. If the number of gymnasts in a category is large, the athletes will be divided into Flight A and Flight B as shown below under section 4.1 Elite Canada and 4.2 Canadian Championships. The draw will be done for Flight A and Flight B separately. The two flights must follow each other in the competition schedule.

The order of apparatus follows FIG, with the free routine first when applicable. General deportment of the coaches and gymnasts, judging, carpet and apparatus requirements, display of scores, etc., are as stated by FIG.

Participants

For EC and CC, as well as Eastern and Western Regional Championships, only registered coaches and gymnasts in the current rotation (or if close to the end of a rotation, gymnasts for the upcoming rotation) are permitted in the warm up hall and competition gym. Due to safety and insurance reasons, at no time are other individuals, including children of accredited coaches, permitted in the warm-up hall and competition gym. All other guests must remain in the spectator area. There will be no exceptions to this rule.

Apparatus and Spare Apparatus

All national team members, and high-performance athletes vying for nomination to international assignments, must perform with FIG approved apparatus which display the manufacturers logo as per the FIG regulations. All other athletes are not required to display manufacturers logo. The size and weight of apparatus for all participants must meet the FIG/GymCan apparatus norms (size, weight, etc.) as outlined in Appendix D.

GymCan has spare apparatus to place on each side of the carpet as per FIG regulations. GymCan will provide the official spare apparatus with FIG and manufacturer logo for CC and EC. For Regional Championships, hosts may request to rent the GymCan spare apparatus if needed. The LOC will be responsible for the rental (\$100) and shipping costs to and from the venue. FIG & GymCan apparatus measurements will apply for Regionals Championships, however manufacturer logo will not be required.

If the GymCan or LOC spare apparatus breaks during a competitive routine, GymCan will defer to the FIG Code of Points process: “The gymnast must stop the exercise. After permission from the Responsible Judge, the gymnast can repeat the exercise at the end of the rotation or according to the decision of the Responsible Judge”.

Line & Timer Judges

Two line judges and two timers are required for individual and group as per FIG rules. In some cases, four line judges may be required for group events.

If there are GymCan assigned alternate judges at the event, they will be assigned as a line judge for part of the competition as outlined in the GymCan Judge Rules and Regulations.

The host club and/or PTO is responsible for recruiting line judges and timers, if not assigned by GymCan.

- It is recommended that these volunteers are individuals aged 18 or older,
- Be minimum provincial club or provincial level judges,
- If there are not enough judges available, former athletes who are at least 18 years of age, or other knowledgeable and responsible individuals may perform duties of a line judge or timer.

The host must ensure that all line judges, timers and apparatus judges are available for instruction. For those participants volunteering to line judge, time or apparatus judge, attire must include dark pants/dark knee length skirt, dark top and must be free of club affiliation on clothing. The host must also ensure there are individuals identified for back up in case of illness or replacement if requested by the Judge Responsible (JR) or Judge Administrator (JA). All minor officials should be in their assigned position before the start of each rotation.

Details regarding anti-doping controls for competitions held in Canada will be provided to competition hosts as appropriate.

4.1 ELITE CANADA

Please refer to the Elite Canada directives and RG Virtual Events Guidelines for 2022 Elite Canada.

Elite Canada is held annually in February or early March. The purpose of Elite Canada is to:

- Provide a national level competitive opportunity for developing individuals and groups;
- Declare Elite Canada junior and senior champions;
- Identify the 15 high performance junior and senior RGI for direct entry to Canadian Championships;
- Initiate the selection process for GymCan junior and senior RGI national teams;
- Identify and assign gymnasts to strategic international competitions as per published selection criteria;
- Provide a national level competitive opportunity for gymnasts in their final year of novice;
- Declare Elite Canada group champions;
- Establish Elite Canada ranking of senior and junior groups of 5 for the purpose of assignments as per published selection criteria;
- Provide an opportunity for GymCan national team senior group to meet requirements for their training and competition plan.

The section below in regards to qualification from Canadian Championships to Elite Canada does not apply for the 2022 season as 2022 Elite Canada is considered an open event for junior and senior athletes as per the motion passed during the 2021 Program Assembly meeting.

Junior athlete qualification:

- a) **Up to 45 athletes qualify from the previous years CC provided they completed 4 routines at the previous CC:**
1. National Team/HP junior from previous CC;
 2. Novice who have turned junior age who placed in the top 15 at the previous CC;
 3. Junior athletes in order of ranking from previous CC to make the total of junior athletes competing at EC 45;
 4. If after the above three criteria have been applied there are not 45 junior athletes, then additional novices who have turned junior age will be invited based on their CC ranking.
- b) **In addition to the 45 athletes from the above four categories:**
- If a province had athletes compete all four routines at CC but none of those qualified in the 45 athletes as described above, then that province will be invited to send one athlete.
- c) **A maximum of five spots in addition to the 45 athletes invited in section a) above may be approved by GymCan (note, the cost of the Request to Participate application is \$50/athlete and is non-refundable)**
- Medical petitions for athletes who qualified for CC but were not able to attend and followed the RG medical petition rules;
 - If not all of the five spots are used by medical petitions, then GymCan will consider participation for “extenuating circumstances”. An extenuating circumstance (e.g. development gymnast moving up to national stream) must be approved by the program committee. In this case, the athlete must submit a video of four routines by December 1st each year. Routines will be assessed by two members of the JDWG who are brevet level in the current cycle and non-affiliated. The All-Around (AA) score must be equal to or higher than the last gymnast that qualified under categories 1, 2 and 3 from the previous year CC. Athletes applying under this category will be ranked by the AA score given by the assigned judges, and once approved, will be invited based on the ranking until the five spots are full.
- d) **An additional two spots are available for “Visitors”**
- The spots will be first awarded to visiting gymnasts who are training in Canada on a student visa. These gymnasts must submit a video by December 1st and meet the petition requirements outlined in section c above and invited by GymCan in rank order. If these two spots are not filled in this manner, requests by national team members of other countries’ federations will be accepted on a first come, first serve basis.

Senior athlete qualification:

- a) **Up to 40 athletes qualify from the previous years CC provided they completed four routines at the previous CC:**
1. National Team/HP senior from previous CC;
 2. Juniors who were National Team/HP at the previous CC who are senior age;
 3. Senior or junior athletes who are now senior age, in the order of the Competition A scores from the previous CC (scores are merged and athletes re-ranked).
- b) **In addition to the 40 athletes from the above three categories:**
- If a province had athletes compete all four routines at Canadian Championships but none of those qualified in the 40 athletes as described above, then that province will be invited to send one athlete.
 - Athletes who were members of the GymCan Senior Group in the previous season and are now returning to individual competition will be invited.

- c) **A maximum of five spots in addition to the 40 athletes invited in section a) above may be approved by GymCan (note, the cost of the Request to Participate application is \$50/athlete and is non-refundable)**
- Medical petitions for athletes who qualified for CC but were not able to attend and followed the RG medical petition Rules.
 - If not all of the five spots are used by medical petitions, then GymCan will consider participation for “extenuating circumstances”. An extenuating circumstance must be approved by the program committee. In this case, the athlete must submit a video of four routines by December 1st each year. Routines will be assessed by two members of the JDWG who are brevet level in the current cycle and non-affiliated. The AA score must be equal to or higher than the last gymnast that qualified under categories 1, 2 and 3 from the previous years CC. Athletes applying under this category will be ranked by the AA score given by the assigned judges, and once approved, will be invited based on the ranking until the five spots are full.
- d) **An additional two spots are available for “Visitors”.**
- The spots will be first awarded to visiting gymnasts who are training in Canada on a student visa. These gymnasts must submit a video by December 1st and meet the petition requirements outline above in section c and invited by GymCan in rank order. If these two spots are not filled in this manner, requests by national team members of other countries’ federations will be accepted on a first come, first serve basis.

4.1.1 RECOMMENDED COMPETITION SCHEDULE

The competition should run from Friday to Sunday inclusive, with podium training on the Thursday.

The competition start time should be mid-morning on the first day to provide time for the judge course and meeting. If judge meeting is held virtually, competition schedule can be adjusted accordingly. For the remaining competition days, the competition should run from 09:00-20:30. The exact start time will depend on the number of athletes. A minimum of 45 minutes for lunch break is required, plus short breaks in the morning and afternoon. If the competition goes beyond 18:00, a dinner break of a minimum of 45 minutes is required.

All modifications to the schedule must be approved by the GymCan Manager of Events and NTD-RG, in consultation with the JR and JA. Please note that healthy breakfast, lunch and dinner should be provided for the judges, along with beverages and healthy snacks during the breaks. The room for the meals and snacks needs to be close to the competition gym to ensure judges have time for their meals. The room cannot be the same as the area used for inquiries.

Draw

GymCan will split athletes into flight A and B if required. The draw is conducted by the LOC by random draw.

The senior category should be split into flight A and flight B before doing the draw, as described below:

- Flight A should include:
 - Senior national team (top 10);
 - Next five highest ranked seniors from the previous Canadian Championships;
 - Junior national team (high-performance for the 2022 season) who are now senior age.
- Flight B: all others

The junior category should be split into flight A and flight B before doing the draw as described below:

- Flight A should include:
 - Junior national team (top 10);
 - Next five highest ranked juniors from the previous Canadian Championships;

- Novice who are now junior age who placed in the top five at the previous Canadian Championships;
- Plus enough athletes to make up 50% based on the order of the total score of Competition A from four apparatus of the juniors or former novices from the previous Canadian Championships.
 - Note that this means that the scores from CC for the juniors and novices are combined to create a ranking order for assignment to flight A.
- Flight B: all others

Day	Time	Draft Program
1	Thursday	Podium Training Orientation/Technical Meeting (maximum 2 accredited coaches/club– no panel judges) Meetings (TBC)
2	Friday	Judge Course and Meeting Official Welcome by GymCan and Host (BRIEF) Junior Individual Competition A – two apparatus Senior Individual Competition A – two apparatus Groups Novice Individual Competition A – two apparatus Meetings (TBC)
3	Saturday	Judge Meeting Junior Individual Competition A – two apparatus Senior Individual Competition A – two apparatus Groups Novice Individual Competition A – two apparatus Awards <ul style="list-style-type: none"> ● Novice Individual Competition A (one set of awards for a total score of the 4 apparatus (no individual apparatus awards) & a Champion is NOT declared) ● All Groups All-Around except Junior 5 & Senior 5 Groups ● Meetings (TBC)
4	Sunday	Judge Meeting Certificates acknowledging qualification to Competition B for Junior and Senior Competition B Junior Individual Senior Individual Groups where appropriate Awards <ul style="list-style-type: none"> ● All Around Competition A + B Individual and Junior 5 & Senior 5 Groups ● Competition B (apparatus finals) Awards ● High Performance Athlete Meeting

4.1.2 ELITE CANADA - INDIVIDUAL

Note, 2022 Elite Canada is considered an open event for junior and senior individual athletes for the 2022 season as per the motion passed during the 2021 Program Assembly meeting as a result of the on-going pandemic. Please refer to the 2022 Elite Canada directives and RG Virtual Event Guidelines for competition schedule and awards structure.

When EC is used as a selection for international assignments, the athletes must be Canadian Citizens with a passport prior to the start of Elite Canada or as required by the selection criteria.

Competition A: all registered gymnasts compete all four apparatus in Competition A.

Competition B: junior and senior individuals who place in the top 15 in the qualifying competition (Competition A) are eligible to compete in the all-around competition and apparatus finals (Competition B). If there is a tie for 15th place in Competition A, both gymnasts will advance to Competition B. If a DN or PR is in the top 15, the next ranking gymnast will also advance to Competition B. Refer to section 2.2 above regarding DN and PR athletes.

Gymnasts who finish in the top 15 in Competition A will receive a certificate recognizing their achievement in qualifying for HP and qualifying to Competition B. A gymnast who places in the top 8 in one apparatus will be eligible to compete in finals for that apparatus only, however this score does not count towards the HP AA ranking.

Awards:

- The top 8 novice from Competition A (based on the total of all 4 apparatus) receive AA awards only (no champion is named).
- Junior and senior AA ranking is based on the cumulative scores from Competition A (four routines) plus Competition B (four routines).
- Junior and senior Elite Canada champions are named based on the highest ranking AA score.
- Apparatus awards are given to the top 8 in each apparatus from Competition B.

High Performance Athletes

The top 15 junior and the top 15 senior athletes based on the Competition A + B AA ranking are named at the competition as the HP athletes and earn direct entry to Canadian Championships.

Following the conclusion of Elite Canada, GymCan will publish a list and photo of the named HP junior and senior athletes.

Note that all other athletes must qualify to Canadian Championships from Eastern or Western Regional Championships. An exception may be granted by GymCan if a Canadian athlete is out of the country at a FIG competition as assigned by GymCan.

4.1.3 ELITE CANADA – GROUP

Open to all national groups as outlined in the annual GymCan national program.

When EC is used as a selection for international assignments, the athletes must be Canadian Citizens with a passport prior to the start of Elite Canada or as required by the selection criteria.

When a group has six gymnasts registered for a GymCan competition, the FIG rules will apply. All six gymnasts must compete in at least one of the two routines in both Competition A and Competition B. If a gymnast is injured just before or during the competition and is unable to fulfill this requirement, a medical petition request is required and a medical form must be completed on-site.

Competition A: national junior 5 (group of five) and senior 5 (group of five) groups perform each of their two prescribed routines once. The GymCan senior national team group will perform as outlined in the Strategic Plan/Training Plan.

All other national stream groups including senior development and junior development will perform their one prescribed routine two times.

Competition B: national junior 5 (group of five) and senior 5 (group of five) in the top eight from Competition A will perform each of their two prescribed routines once. The GymCan senior national team group will perform as outlined in their strategic plan/training plan.

All other national stream groups including senior development and junior development will perform their prescribed routine once. With the exception of the junior 5 and senior 5, if there is only one group in category, the group may compete in Competition B if they choose, however awards for Competition B will not be awarded (the group will receive only the Competition A - AA).

Awards:

- All groups except junior 5 and senior 5, and the GymCan senior national team group:
 - AA ranking is based on the top eight from Competition A results. The highest ranked group is named the Elite Canada Champion for each of the categories.
 - Apparatus awards are based on the ranking from Competition B if two or more groups participate.
- Junior 5 and senior 5 Groups:
 - AA ranking is based on the top eight from the addition of all scores from Competition A and Competition B. The junior and/or senior Elite Canada champion is the highest ranked group.
 - Groups must compete in both competition A (two routines) and B (two routines) to receive an AA award.
 - Apparatus awards are given for the top eight in each apparatus from Competition B.
- Only athletes that compete in the routine will receive an award (i.e. a group athlete that competes in one of the two prescribed routines will receive the apparatus final award for that one routine, and the AA medal, they will not receive the award for the second prescribed routine.)
- GymCan senior national team group:
 - The GymCan senior national team group does not receive AA or apparatus awards. However, they should be recognized by the host committee (for example, given flowers at the time of the awards or one medal).
 - Note that only the GymCan senior national team group is considered national team, and is the only senior group that may represent Canada and compete at FIG sanctioned international assignments.
This rule may be revised pending further discussion surrounding FISU Games Group eligibility.

4.2 CANADIAN CHAMPIONSHIPS

The purpose of Canadian Championships is to:

- Provide a national level competitive opportunity for developing individuals and groups;
- Declare the Canadian Champion for:
 - Novice
 - Junior Open
 - Junior High Performance
 - Senior Open
 - Senior High Performance
 - Novice, Junior and Senior FIG Groups of 5
 - Senior Development Group of 5 and Junior Development Group of 5
- Continue the ranking process for GymCan junior and senior RGI national teams;
- Identify and assign gymnasts to strategic international competitions using the published selection criteria;
- Identify the qualifying gymnasts for the subsequent Elite Canada

4.2.1 RECOMMENDED COMPETITION SCHEDULE

The competition should run from Friday to Sunday inclusive, with podium training on Thursday.

The competition start time should be 10:00 on the first day to provide time for the judge course and meeting. If judge meeting is held virtually, competition schedule can be adjusted accordingly. For the remaining competition days, the competition should run from 09:00-20:30. A minimum of 45 minutes for lunch break is required, plus short breaks in the morning and afternoon. If the competition goes beyond 18:00, a dinner break of a minimum of 45 minutes is required.

All modifications to the schedule must be approved by the GymCan Manager of Events and NTD-RG, in consultation with the JR and JA. Please note that healthy breakfast, lunch and dinner should be provided for the judges, along with beverages and healthy snacks during the breaks. The room for the meals and snacks needs to be close to the competition gym to ensure judges have time for their meals. The room cannot be the same as the area used for inquiries.

Draw

GymCan will split athletes into flight A and B. The random draw is conducted by the LOC.

If there are more than 30 competitors in the junior or senior category, that category must be split into flight A and flight B. For seniors and juniors, flight A will include the 15 HP athletes from Elite Canada, plus the top three in the relevant level from Eastern/Western Regional Championships. Flight B will include the remaining athletes.

Day	Time	Draft Program
1	Thursday	Orientation/Technical Meeting (maximum 2 accredited coaches/club– no panel judges) Meetings TBC
2	Friday	Judge Course and Meeting Official Welcome by GymCan and Host (BRIEF remarks) Novice 2 apparatus Lunch Novice & Senior Groups – 1 st performance Senior 2 apparatus Junior 2 apparatus Junior Groups
3	Saturday	Novice 2 apparatus Lunch Novice & Senior Groups – 1 st performance Senior 2 apparatus Junior 2 apparatus Junior Groups Novice Individual & Group AA Awards & Trophies; Novice Apparatus Awards Junior Open AA and Apparatus Awards Senior Open AA and Apparatus Awards
4	Sunday	Certificates acknowledging qualification to Competition B for Junior and Senior Junior Competition B – Four Apparatus National Novice, Junior & Senior Groups of 5 – Competition B - 1 st Apparatus National Junior & Senior Groups of 5 – Competition B - 2 nd Apparatus Senior Competition B – Four Apparatus Junior Individual & Group All Around and Apparatus Awards & Trophies Senior Individual & Group All Around and Apparatus Awards & Trophies

4.2.2 CANADIAN CHAMPIONSHIPS – INDIVIDUAL

When CC is used as a selection for international assignments, the athletes must be Canadian Citizens with a passport prior to the start of CC or as required by the selection criteria.

National novice, junior and senior athletes must qualify to compete at CC either from EC, or from Eastern/Western Regional Championships. Exceptions will only be considered by GymCan for athletes who were out of country on a GymCan assignment, or for injury or illness as per the rules set out in the Appendix A: Medical Exemptions.

- a) Elite Canada: the top 15 AA in junior and senior qualify for direct entry to Canadian Championships as HP. They do not have to compete at Eastern/Western Regionals in order to qualify.
- b) Eastern/Western Regionals: the top 10 from Easterns and the top 10 from Westerns plus two from each province in the national novice, junior and senior open categories qualify to Canadian Championships.

Competition A: all registered gymnasts compete all four apparatus in Competition A.

Competition B: junior and senior individuals who place in the top 15 in the qualifying competition (Competition A) are eligible to compete in the AA competition and apparatus finals (Competition B). If there is a tie for 15th place in Competition A, both gymnasts will advance to Competition B. If a DN or PR is in the top 15, the next ranking gymnast will also advance to Competition B. Please refer to section 2.2 above for more information regarding this process.

Gymnasts who finish in the top 15 in Competition A will receive a certificate recognizing their achievement in qualifying for HP and qualifying to Competition B. A gymnast who places in the top eight in one apparatus will be eligible to compete in final for that apparatus only, however this score does not count towards the HP AA ranking.

Awards:

- Competition A:
 - Novice receive awards for top eight in each apparatus and for the top eight combined overall scores.
 - Junior open receive an award for top eight in each apparatus and for the top eight combined overall score.
 - Senior open receive an award for top eight in each apparatus and for the top eight combined overall score.
- Novice National Canadian Champion is the highest ranked Novice.
- Competition B:
 - All-Around ranking based on the top eight from the addition of the scores from Competition A four routines plus Competition B four routines.
 - The junior and senior Canadian Champions are the highest from the above AA ranking.
 - Apparatus awards are given for the top eight in each apparatus from Competition B.

Keeper Trophies:

Keeper trophies are to be provided by the host for Canadian Championships to the Novice, Junior and Senior Canadian Champions.

Perpetual Trophies:

The perpetual trophies are the property of GymCan RG Program and will be retained in GymCan storage. Metal plates with the name of the champion will be added annually.

The trophies are awarded as listed below. The description for each trophy is in the GymCan Awards Manual and should be included in the program for Canadian Championships.

Novice National Champion “Future Cup”
Junior National Champion

Russell Okano Trophy
Evelyn Koop Trophy

Senior National Champion
Team Award

Spieth Anderson Trophy
Tamara Bompá Team Award Trophy

4.2.3. CANADIAN CHAMPIONSHIPS - GROUP

When CC is used as a selection for international assignments, the athletes must be Canadian Citizens with a passport prior to the start of Elite Canada, Canadian Championships, or as required by the selection criteria.

When a group has six gymnasts registered for a GymCan competition, the FIG rule will apply. All six gymnasts must compete in at least one of the two routines in both Competition A and Competition B. If a gymnast is injured just before or during the competition and is unable to fulfill this requirement, a medical exemption request is required.

Canadian Championships is open to all national novice, junior and senior groups of 5, and senior and junior development groups.

Competition A: novice groups of 5 and junior and senior development groups perform their one prescribed routine twice. National junior 5 and senior 5 perform each of their two prescribed routines one time. The GymCan senior national team group will perform as outlined in their strategic plan/training plan.

Competition B: junior 5 and senior 5 groups in the top eight from Competition A will perform each of their two prescribed routines once. The GymCan senior national team group will perform as outlined in their strategic plan/training plan.

Awards:

- Novice group of 5:
 - AA ranking is based on the top eight from Competition A results (two performances), and the novice group champion is the highest ranked novice group.
- Senior and junior development groups:
 - AA ranking is based on the top eight from Competition A results. No national champion is declared.
- Junior 5 and senior 5 groups:
 - AA ranking is based on the top eight from the addition of all scores from Competition A and Competition B. The junior or senior group champion is the highest ranked group.
 - Apparatus awards are given for the top eight in each apparatus from Competition B. If there is only one junior or senior group, apparatus awards are not presented.
- Only athletes that compete in the routine will receive an award (i.e. a group athlete that competes in one of the two prescribed routines will receive the apparatus final award for that one routine, and the AA medal, they will not receive the award for the second prescribed routine.)
- GymCan senior national team group:
 - The GymCan senior national team group does not receive AA or apparatus awards. However, they should be recognized by the host (for example, given flowers at the time of the awards or a medal).
 - Note that only the GymCan senior national team group is considered National Team or HP, and is the only senior group that may represent Canada, and compete at FIG sanctioned international assignments.

This rule may be revised pending further discussion surrounding FISU Games Group eligibility.

Keeper Trophies:

Keeper trophies are to be provided by the host for Canadian Championships to the AA first place novice, junior and senior groups as outlined in the current GymCan National Group Program.

Perpetual Trophies:

The perpetual trophies are the property of GymCan RG Program and will be retained at the GymCan office. Metal plates with the name of the champion will be added annually.

The trophies are awarded as listed below. The description for each trophy is in the GymCan Awards Manual and should be included in the program for Canadian Championships.

Senior 5 Group Champion	Bermo Trophy
Junior 5 Group Champion	Reddy Trophy
Novice 5 Group Champion	Victoria Buruiana Trophy

4.3 NON GYM CAN COMPETITIONS HELD IN CANADA**4.3.1 EASTERN / WESTERN REGIONAL CHAMPIONSHIPS**

Eastern/Western Regional Championships are not official GymCan competitions, however GymCan is responsible for ensuring that the competitions follow the program set out by GymCan, including the levels that may compete, awards structure, qualification to Canadian Championships, and assignment of JR and JA for the national portion of the event. GymCan must approve the directives, bulletins, and tentative and final schedules prior to distribution and publication.

It is recommended that the competition be held 4 or 5 weeks prior to Canadian Championships.

The purpose of Eastern/Western Regional Championship is to:

- Provide a national level competitive opportunity for developing gymnasts;
- Declare Eastern or Western Regional Champion for national novice, junior and senior open individuals and national level groups; RGI development levels: 3B, 3C, 4B, 4C, 5B, 5C, 6B and 6C and RGG development, novice, junior and senior groups;
- To act as a qualifying competition for Canadian Championships for national novice, junior and senior open individuals who are not eligible for direct entry following Elite Canada.

There is no Competition B at Eastern/Western Regional Championships.

Participants

- a) National stream individual: open to all national novice, and national juniors and seniors who did not qualify for direct entry to CC by placing in the top 15 at EC, including DN and PR (refer to section 2.1 and 2.2) who wish to qualify to CC. If there is sufficient time available, the hosts may open registration to the HP juniors and seniors. If they are included, these gymnasts will pay the full registration fee and will compete in a separate category, hors concours (HC). They will be judged and their scores will be posted. They must be marked HC beside their name in the rotation order.
- b) National stream groups: open to all national groups, and to the open category group.
- c) RGI development stream: open to levels 3B, 3C, 4B, 4C, 5B, 5C, 6B, 6C.
- d) RGG development stream: open to levels 3, 4, 5

The top 10 novice, junior and senior open individuals, plus the next two highest ranking from each level from each province, qualify for Canadian Championships.

The order of apparatus follows FIG, with the free routine first where applicable. General department of the coaches and gymnasts, judging, carpet and apparatus requirements, display of scores, etc., are as stated by FIG and where applicable, by GymCan.

Competition A:

- RGI: all registered gymnasts compete in the AA competition.
- RGG: National FIG junior and senior groups perform each of their two prescribed routines once. If there is a GymCan senior national team group they will perform as outlined in the strategic plan/training plan. All other national stream and all development stream groups will perform their prescribed routine two times.

Awards:

- National individual:
 - Novice, junior, and senior open AA ranking is based on the top eight from Competition A results. The first ranked in each category is named the Eastern Regional/Western Regional Champion.
 - Novice, junior, and senior open apparatus awards are based on the top eight Competition A apparatus results.
 - HC athletes (including HP and visitors) will receive an AA award only, regardless of the number of athletes (no apparatus awards).
 - No other awards or recognition are permitted.
- National groups:
 - AA ranking is based on the cumulative scores from the two performances/apparatus. The top eight groups receive apparatus awards and AA awards.
 - Note: when there are two or less groups in a category, only AA awards will be given (no apparatus awards).
- RGI development:
 - AA ranking is based on the top eight from Competition A results. The first ranked in each category is named the Eastern Regional/Western Regional Champion.
 - Apparatus awards are based on the top eight Competition A apparatus results.
 - Note: when there are two or less individuals in a category, only AA awards will be given (no apparatus awards).
- RGG development:
 - The top eight (based on the cumulative scores from two performances) groups receive AA awards.

Hosts must send results in excel format within three business days following the end of the competition to the NTD-RG, or designate, to confirm eligibility of athletes for Canadian Championships.

4.3.2 RECOMMENDED COMPETITION SCHEDULE

It is strongly recommended that national stream individual gymnasts be provided with podium training time as the regional championships are a qualifying competition to Canadian Championships.

It is recommended that the competition start at 09:00am at the earliest and finish by 20:00 each day with a 45 minute hour lunch break and short breaks in the morning and afternoon.

As this is a qualifying competition for the national stream individuals, the schedule must provide this category with the best opportunity for a successful performance. In addition, the national stream competition must be scheduled in the most efficient manner to allow the national stream judges complete their assignment in as few days as possible. The intention is to have different judges for provincial and national streams so that the judges for the national stream are not tired when judging.

The schedule must be reviewed and approved by the NTD-RG prior to distribution.

4.3.3 OTHER DOMESTIC COMPETITIONS

Canada Winter Games: The games are held every four years in February. When RG is included in Canada Winter Games, the games governing committee will seek input from the NTD-RG or designate. The rules applicable to games will be published on the GymCan and Canada Winter Games websites.

Western Canada Summer Games: The games are held every four years. When RG is included in Western Canada Summer Games, the games governing committee will seek input from NTD-RG or designate and from the PTO's well in advance. The rules applicable to games will be published on the GymCan and Games websites.

SECTION 5: NATIONAL TEAM PROGRAM

The objective of the GymCan RG National Team Program is to identify a pool of athletes to represent Canada internationally and to provide a selection process for athletes to participate in specific events. Selection criteria for major assignments to international competitions are determined annually and distributed to the provinces, brevet judges, national team athletes and national team coaches. All individuals and group members wishing to represent Canada at a FIG event must have a Canadian passport, and be prepared to show it at the request of GymCan, at the time of the selection event.

The following domestic events are mandatory events for all HP and national team members to attend. The only exception is if an athlete is assigned by GymCan to an international event and/or has a medical exemption approved by the NTD-RG.

- Canadian Championships
- Elite Canada
- Training Camps
- Technical Control Trials and/or Selection Activities

5.1 CANADIAN CHAMPIONSHIPS

The Canadian Championships is a prestigious annual competitive opportunity for developing HP gymnasts, showcasing top Canadian talent, providing national rankings and declaring Canadian Champions for each category of competition. The Championships also play an important role in the national team program. The Canadian Championships are used as part of the selection process for major events, national team status and Sport Canada Athlete Assistance Program carding when applicable.

5.2 ELITE CANADA

The primary purpose of Elite Canada is to identify the members of high performance - junior and senior.

Elite Canada is also used as part of the individual and group selection for certain major events, national team status for individuals, and Sport Canada Athlete Assistance Program carding when applicable.

5.3 TRAINING CAMPS

Training Camps are an important part of the national program. These camps may be organized in a central location, or may take place regionally.

There are three types of camps that may be organized by Gymnastics Canada:

1. Event Preparation Camps - camps in preparation for a major team competition;
2. Technical Preparation Camps – National Team camps not specific to a competition;

3. Control Trainings - short duration mini camps by specific invitation or request with groups or individual athletes.

GymCan is in the process of implementing a national team camp strategy for the 2022-2024 cycle. Please refer to the stand alone Terms of Reference documents for additional information.

5.4 TECHNICAL CONTROL TRIALS AND SELECTION ACTIVITIES

For certain competitions, a specific trial or selection event may be identified for the purposes of naming an official team to a specific competition. The competition selection working group (SWG) may approve and seek a location for trials for major team competitions if stated in the competition selection criteria. For other international competitions, the NTD-RG will specify what domestic competitions and/or camps will be used for selecting athletes to compete.

5.5 NATIONAL TEAM RANKING

The national team for junior and senior individuals will be announced within 10 business days of Canadian Championships. The team ranking is based on 30% of the AA scores from Elite Canada (Competition A + Competition B) and 70% of the AA scores from Canadian Championships (Competition A + Competition B). Please refer to Appendix A for medical exemption processes.

5.6 NATIONAL TEAM HANDBOOK

All national team members (athletes, coaches, support staff), must adhere to the guidelines set forth in the National Team Handbook and corresponding documents as outlined under Section 1: Rhythmic Gymnastics program documents

SECTION 6: ASSIGNMENT TO INTERNATIONAL COMPETITIONS

The GymCan NTD-RG or designate assigns athletes to all strategic competitions, together with the SWG. Only national team athletes will be assigned to FIG strategic competitions. HP athletes may be eligible to attend FIG international invitational competitions if approved by the NTD-RG

6.1 ATHLETE SELECTION TO MAJOR EVENTS

When selecting for a major competition (Olympic or Pan Am Games, World Championships, Commonwealth Games, FISU, YOG, etc.), the objective is to field the best gymnasts which will attain the highest scores and achieve the goals set forth in the specific selection criteria. The NTD-RG or designate is responsible for the results of the gymnasts/team. A selection process is put in place for each major event.

Selection criteria is reviewed by the NTCC, senior national team athletes, GymCan program staff, the RG Program Committee and in some cases, the COC.

These events may be fully funded, cost-shared or self-funded pending budget and strategic importance.

6.2 ATHLETE SELECTION TO OTHER FIG EVENTS

The NTD-RG, in consultation with the NT coaches, coordinates the participation to other FIG Events based on the gymnast's present ranking, yearly training plan and interest expressed by the deadline dates published, along with an authorization to travel request, in the RG Calendar of Events. These events are self-funded. All FIG events are limited to national team members and HP athletes with Canadian

Citizenship that have been approved by the NTD-RG, or designate. Exceptions to this rule may be permitted only if the FIG event is club-based.

Attendance at all FIG-sanctioned events, not assigned by the NTD-RG, must be approved by GymCan through the “Authorization to Travel” process. All communication with the LOC is done by Gymnastics Canada, unless otherwise stated.

6.3 INTERNATIONAL INVITATIONAL COMPETITIONS – NON FIG

Certain competitions may be club invitational competitions. Participation in these events is not limited to National Team members or HP athletes. Athletes may represent their club in an international invitational event, but must be sanctioned by their province and GymCan within the stated deadlines. Late requests will not be accepted. The [Authorization to Travel](#) form is available on the GymCan website.

The Authorization to Travel form must be approved by GymCan and all communication and arrangements facilitated by the club unless otherwise noted.

SECTION 7: HOSTING A FIG EVENT OR INTERNATIONAL INVITATIONAL

Clubs or provinces interested in hosting an international invitational or FIG event are required to complete the [Authorization to Host](#) request available on the GymCan website under “Events”. All FIG Events and international invitationals require a Brevet judge certified in the current cycle as the Judge Responsible.

APPENDIX A: MEDICAL EXEMPTIONS

The athlete’s coach and provincial office must complete the GymCan [Medical Exemption Form](#) and submit all information and documentation as outlined on the form.

Exemptions for other extenuating circumstances will be considered by GymCan on an individual basis and all relevant documentation must be provided with the request.

Restrictions:

- National team members may submit a maximum of one exemption each competition season;
- National team members may not submit petitions for consecutive competitions over two seasons.
 - Example: may not submit petition for CC in 2013 and EC in 2014 as these are consecutive. However, may submit petition for EC in 2013 and CC in 2014.
- No petitions will be considered for groups.

<p>1. Petition to compete at Canadian Championships for non National Team gymnast unable to compete at Regional Championships:</p> <p>If gymnast is injured prior to or during Regional Championships (RC), the gymnast may petition to compete at CC.</p> <ul style="list-style-type: none"> • If injured prior to RC, the petition must be submitted prior to the start of the competition. • If injured during RC, the petition must be submitted by the 3rd business day after the last day of the RC. 	<p>Eligibility Calculation: For Junior & Senior, GymCan will obtain the petitioner’s Competition A score from the previous Elite Canada, and for Novice the Competition A score from the previous CC.</p> <p>For Junior & Senior:</p> <ul style="list-style-type: none"> • GymCan will obtain the scores of the top 10 in the same category from the Regional Championships that the petitioner did not attend, and the scores of the same gymnasts from the previous Elite Canada. • GymCan will calculate the average of the RC and EC scores for each of the gymnasts. • The petitioning gymnast’s score from the previous EC will be compared to the average scores as calculated above. If her score is the same or higher than the 10th ranked gymnast from RC, the petition will be granted. <p>For Novice:</p> <ul style="list-style-type: none"> • Compare the petitioner’s rank from the previous CC to the top 10 from RC. If her score is the same or higher than the 10th ranked gymnast from RC, the petition will be granted. <p>For all other situations: The coach must request consideration for a petition in writing outlining all details and submit a video of each apparatus to be reviewed by two brevet judges selected by GymCan (refer to process and requirements in section 3.1 for Elite Canada. Gymnast’s AA score must be equal to or greater than the 10th ranked gymnast in her category from ERC / WRC</p>
--	--

<p>2. Petition for direct entry to Canadian Championships for National Team gymnast unable to compete at Elite Canada; OR for gymnast to remain a member of High Performance if injury or illness occurs during Elite Canada.</p> <p>The petition must be submitted by the 3rd business day after the end of Elite Canada competition.</p>	<p>Eligibility Calculation:</p> <ul style="list-style-type: none"> GymCan will obtain the scores from the routines competed at EC. GymCan will obtain the scores from the previous CC for the routines not competed at EC and deduct 5% from these scores. Using the above, GymCan will calculate a new set of complete scores for the petitioner. If the petitioner’s new score is the same as or higher than the 15th ranked gymnast from EC, then the petition will be granted to remain as a High Performance athlete, and for direct entry to CC in addition to the 15 HP. If the petition is not granted, the athlete must compete at RC in order to qualify for CC and to regain National Team ranking. <p><i>Note that all National Team athletes must follow the requirements in the NT agreement and handbook.</i></p>
<p>3. Petition to be ranked for National Team if unable to compete at Canadian Championships.</p> <ul style="list-style-type: none"> If injured prior to CC / EC, the petition must be submitted prior to the start of the competition. If injured during CC / EC, the petition must be submitted by the 3rd business day after the last day of CC / EC. 	<p>Eligibility Calculation:</p> <ul style="list-style-type: none"> GymCan will obtain the scores from the previous EC for the routines not completed at CC and deduct 5% from these scores If the petitioner’s new score is the same or higher than the 10th ranked gymnast at the competition she missed, then the petition will be granted. The petitioner will be ranked on the National Team in the position based on her score. The National Team will be increased by a maximum of 1 in the event of multiple petitions. If the petition is not granted, the gymnast must re-qualify at the next opportunity. <p><i>Note that all National Team athletes must follow the requirements in the NT agreement and handbook.</i></p>

Exemption process may be revised pending decision by the Program Committee.

APPENDIX B: 2022 ELIGIBILITY FOR PARTICIPATION, RANKING AND AWARDS AT RG ELITE CANADA, CANADIAN CHAMPIONSHIPS, REGIONAL CHAMPIONSHIPS

Event	Canadian Citizen or PR or DN who have not represented another Federation	Dual Nationality (DN) or Permanent Resident (PR) who represent another Federation at FIG Events	Visitors (defined as athletes on student visa) HC “hors concours”
Elite Canada	Eligible	Eligible with Letter from Federation provided she has qualified as per Section 4.1	Eligible with Letter from Federation &/or approval from GymCan and subject to section 4.1
	Scored	Scored	Scored
	Ranked	Ranked – shared All gymnasts below move up one rank	Ranked and awarded AA amongst HC only from Competition A.
	HP Certificate Top 15 (A)	No HP Certificate	
	AA Champion (A+B)	Cannot be named Champion. The next ranked moves up to share first & is named Champion	
	AA Awards (A+B) 1 st – 8 th	AA Awards (A+B) shares placement 1 st – 8 th	
	Finals (B) 1 st to 8 th	Finals (B) Shares placement 1 st – 8 th	No Finals or Competition B participation.
	HP go directly to CC 30% total towards NT	Cannot be HP or NT member Eligible to progress to CC without competing at ERC / WRC (provided all other criteria for CC met)	
Canadian Championships	Eligible	Eligible with Letter from Federation & approval from GymCan and must qualify as per Section 4.2	Eligible with Letter from Federation & approval from GymCan and subject to section 4.2
	Scored	Scored	Scored
	Ranked	Ranked – shared All gymnasts below move up one rank	Ranked and awarded AA amongst HC only from Competition A.
	HP Certificate Top 15 (A)	No HP Certificate	
	AA Champion (A+B)	If places 1 st , cannot be named Champion. The next ranked moves up to share first & is named Champion	
	AA Awards (A+B) 1 st – 8 th	AA Awards (A+B) shares placement 1 st – 8 th	
	Finals (B) 1 st to 8 th	Finals (B) Shares placement 1 st – 8 th	No Finals or Competition B participation.
	70% towards NT ranking Provincial Team Award Top 2 Nov., Jr. & Sr.	Cannot be HP or NT member	
Regional Championships	Eligible - Non HP (For HP refer to HC column)	Eligible with Letter from Federation & approval from GymCan	Visitors - Eligible with Letter from Federation HP/NT according to rules
	Scored	Scored	Scored



	Ranked	Ranked – shared All gymnasts below move up one rank	Ranked and awarded AA amongst HC only.
	AA Champion (A)	Cannot be Champion – shares 1 st	
	AA Awards (A) 1 st -8 th	AA Awards (A) shares placement 1 st – 8 th	
	Apparatus Awards (A)	Apparatus Awards (A) Shares placement 1 st – 8 th	No apparatus awards
	Top 10 Nov. Jr. Sr. + 2 per province qualify to CC's		

Awards: When there is a tie, you skip the next rank. Example tie for 3rd there is no 4th place presented.



APPENDIX C: ROTATION DRAW EXAMPLE

For regional championships, all rotations should be determined by random draw.

- Day 1: rotation is determined by random draw.
- Day 2: rotation is determined by dividing the total number of gymnasts in the same rotation by 2, plus 1 gymnast.
 - For example: If there are $14/2 = 7+1 = 8$ therefore you start Day 2 with gymnast 9

Day 1

Athlete (Hoop Routine)	Athlete (Ball Routine)
Athlete 1	Athlete 2
Athlete 3	Athlete 4
Athlete 5	Athlete 6
Athlete 7	Athlete 8
Athlete 9	Athlete 10
Athlete 11	Athlete 12
Athlete 13	Athlete 14
	Athlete 1
Athlete 2	Athlete 3
Athlete 4	Athlete 5
Athlete 6	Athlete 7
Athlete 8	Athlete 9
Athlete 10	Athlete 11
Athlete 12	Athlete 13
Athlete 14	

Day 2

Athlete (Clubs Routine)	Athlete (Ribbon Routine)
Athlete 9	Athlete 10
Athlete 11	Athlete 12
Athlete 13	Athlete 14
Athlete 1	Athlete 2
Athlete 3	Athlete 4
Athlete 5	Athlete 6
Athlete 7	Athlete 8
Athlete 10	Athlete 9
Athlete 12	Athlete 11
Athlete 14	Athlete 13
Athlete 2	Athlete 1
Athlete 4	Athlete 3
Athlete 6	Athlete 5
Athlete 8	Athlete 7

NOTE:

The same gymnast should not be starting first each day or with each apparatus if single panel.

APPENDIX D: APPARATUS NORMS

JUNIOR & SENIOR NATIONAL LEVELS AS PER FIG

2022-2024 FIG APPARATUS NORMS

NOVICE & DEVELOPMENT LEVELS APPARATUS NORMS

	General Description	Dev. Level 6	Dev. Level 5	Novice & Dev. Level 4	Dev. Levels 1-3
Rope	Material: hemp or similar suitable material Thickness: uniform or reinforced in the centre Shape: both rope-ends, with or without knots. Without wooden-handle. May be wrapped with a thin non-slip material in a length corresponding to the width of a hand. Colour: optional (bright colour preferred)	Length: optional	Length: optional	Length: optional	Length: optional
Hoop	Material: wood or synthetic Colour: optional (bright colour preferred). Can be wrapped.	Weight: 300g min. Inner diam: 800-900mm	Weight: 260g min. Inner diam: 700-900mm	Weight: 200g min. Inner diam: 700-900mm	Weight: 200g min. Inner diam: 700-900mm
Ball	Material: rubber or soft plastic, antistatic Colour: optional (bright colour preferred)	Weight: 400g min. Diam: 180-200mm	Weight: 400g min. Diam.: 180-200mm	Weight: 300g min. Diam.: 160-200mm	Weight: 270g min. Diam: 140-200mm
Clubs	Material: wood or synthetics Shape: bottle shape Diameter of head: 30mm max. Colour: optional (bright colour preferred). Can be wrapped. The head of the clubs must be fixed firmly to the neck of the apparatus, it shall not rotate.	Length: 400-500mm Weight: 150g min.	Length: 400-500mm Weight: 150g min.	Length: 360-500mm Weight: 100g min.	N/A
Ribbon	Material: satin or similar Length: Total length 6m (min.). The end at which the ribbon is attached to the cane is folded and doubled in a length of 1m +0.1m. Width: 40-60mm Colour: optional (bright colour preferred)	Length: 6m min. Weight (w/out cane): 35g min.	Length: 5m min. Weight (w/out cane): 30g min.	Length: 5m min. Weight (w/out cane): 30g min.	4 meters min.
Ribbon Stick	Stick/cane Material: wood, bamboo, fiberglass or synthetics Diameter: max. 10mm at the thickest point Shape: cylindrical or conic. The handle may be wrapped in a thin anti-slip material with a length of 100mm max. Colour: optional Fixture Material: cord, nylon-thread or similar item, or moveable ring resp. a swivel attached to the cane	Length: 500-600mm Length: 70mm max.	Length: 500-600mm Length: 70mm max.	Length: 500-600mm Length: 70mm max.	Length: 500mm Length: 70mm max.



APPENDIX E: RHYTHMIC GYMNASTICS COMPETITION SPECS

Minimum size of competition/training venue: 12,000 square feet (92 feet long by 65 feet wide), column free. These dimensions are only for the field of play and does not include seating or ancillary spaces.

Preferred venue flooring: hard wood is preferred. Cement is permitted, if a sub-floor is provided under each competition and training floor.

Minimum ceiling height: 40 feet or 12 metres. Preferred height is 46 feet or 14 metres from lowest hanging point.

Equipment needs:

- 3 FIG approved training carpets (1 for competition, 2 for warm-up), with sub-floors if possible (3)
- Sound system

Ancillary room needs:

- Training (optional requirements pending event scope):
 - o Ballet/dance studio with ballet barres and mirrors
 - o Strength and conditioning space
 - o Physiotherapy space
 - o Space for video review
- Competition:
 - o Judge room
 - o Volunteer room
 - o Score inquiry room requirements (TV/monitor, table, 3 chairs). Room must be in close proximity to the main judging area, and closed off from view of audience, others judges, athletes and coaches.
 - o Warm-up area (separate from official training carpets)