
RHYTHMIC GYMNASTICS

2021-2022 SELECTION CRITERIA AND SELECTION PROCESS

GYMCAN GROUP

1.0 INTRODUCTION

1.1 PURPOSE

The purpose of this document is to present the process and selection criteria that will be used by Gymnastics Canada (GymCan) to select the GymCan group members for the 2021-2022 carding cycle from November 1, 2021 to October 31, 2022.

The selection criteria reflect the goals of GymCan and the GymCan group program which focuses on improving the international ranking of the GymCan group, and qualifying the group to the 2024 and 2028 Olympic Games.

The GymCan group is the only senior level group that will represent Canada at GymCan assigned FIG sanctioned international competitions, which will be considered as the national team, and from which group athletes will be eligible for Sport Canada Athlete Assistance Program (AAP) carding. Eligible athletes who wish to be considered for national team international group representation must attend this GymCan selection activity.

1.2 ATHLETE ELIGIBILITY

To be eligible for selection to the GymCan Group the athlete must:

- a) be a Canadian citizen and meet all FIG eligibility requirements under Canadian nationality;
- b) be age eligible to compete senior in the year 2022 (born 2006 and prior);
- c) be a member in good standing with GymCan and have no outstanding invoices or property owing to GymCan as of August 31, 2021;
- d) participate in the complete GymCan group selection activity according to the final schedule distributed by GymCan, unless an exemption due to an extenuating circumstance is approved by the National Team Director – Rhythmic Gymnastics (NTD-RG). For carding considerations for health-related reasons, please refer to section 5.0 Failure to Meet Renewal Criteria for Health-Related Reasons in the [2021-2022 carding criteria](#).
- e) be selected by means of the GymCan Group Selection Criteria; and
- f) once selected, sign and abide by the GymCan National Team Athlete Agreement for the GymCan group.

All the above criteria must be fulfilled for an athlete to be eligible.

1.3 COMMITMENT TO THE GYMCAN GROUP PROGRAM

To be selected, the athlete must sign a statement of commitment to train and compete at the level required of a high performance group athlete for the period leading to the 2024 Olympic Games, and more specifically until the 2023 group selection.

1.4 PERFORMANCE GOALS

The 2022-2024 performance goals for the GymCan group are:

- To perform two innovative and eye-catching international level compositions;
- To progressively improve D, A, and E scores, to match international standards;

- To rank in the top two PAGU countries at each World Championships and major PAGU event;
- To qualify to the 2023 World Championships at the 2022 World Championships by ranking in the top 24;
- To finish in the top 10 at the 2023 World Championships to qualify for the 2024 Olympic Games.

2.0 SELECTION PROCESS

2.1 DATE AND LOCATION OF SELECTION ACTIVITY

Stage	Name	Details
Stage 1	Routine, Passport, Intent Form Submission	Submit RGI routines for Hoop, Ball, Ribbon before August 31 st if not an active member of the 2021 GymCan group. If an athlete is not an active RGI athlete, they may submit routine recordings of their recent competitive group routines. Please label video submissions as follows: LAST NAME_FIRST NAME_APPARATUS. Athletes will be required to submit a copy of their Canadian passport and the intent form together with the routine submission. Please upload video submissions, passport, and intent form here .
Stage 2	Open Training	Training opportunities with National Team Head Group Coach and support staff Dates and times to be confirmed. Location: Markham Pan Am Centre 16 Main Street, Unionville, ON, L3R 2E4
Stage 3	Testing	Please refer to section 4.0
Stage 4	Probation period	Probation period dates to be confirmed. The length of the probation period will be communicated to all eligible athletes following stage 3 of selection.

2.2 OVERVIEW OF SELECTION ACTIVITY

- It is important that all athletes have the same performance conditions throughout the selection. The Markham Pan Am Centre facility has very limited access to the training venue and for this reason the selection activity will be closed to all personal coaches, parents and other spectators. We appreciate your understanding and cooperation.
- All prospective candidates must participate fully in the selection activity, unless an exemption has been approved by the NTD-RG due to an extenuating circumstance. Athletes missing any portion of testing, without an approved exemption, will be disqualified from the selection activity. For carding considerations for health-related reasons, please refer to section 5.0 Failure to Meet Renewal Criteria for Health-Related Reasons in the [2021-2022 carding criteria](#). The entire stage 3 testing will be videotaped, as well as identified training sessions for adjudicator(s) review.
- Neutral adjudicators will be selected by GymCan for stage 3 and will be confirmed once registration has been closed.
- GymCan will supervise and ensure the selection process is followed.



2.3 PRELIMINARY SCHEDULE

Schedule for open training, group testing, and functional/medical/fitness assessments will be communicated by September 7, 2021.

2.4 ATHLETE SELECTION TIMELINES

- Gymnastics Canada will select up to six (6) athletes to the GymCan group. Additional athletes may be named to the group as athletes-in-training at the discretion of the Head National Team Group Coach.
- The decision of the adjudicators, Head National Team Group Coach, and NTD-RG will be made within seven (7) working days of completion of stage 3, and this decision will be communicated in writing by GymCan to all participants within one (1) additional working day. Gymnastics Canada will inform all participants of their status and individual results.
- GymCan reserves the right to select the athletes who will best contribute to the overall group performance and who will present the best image of Canadian Gymnastics, both in Canada and internationally.
- The final decision on athlete selection will be made by the Head National Team Group Coach, in consultation with the NTD-RG, and adjudicator(s). The final authority for all decisions is with the Head National Team Group Coach.
- If six athletes are selected, all six will be carded, and will receive either SR carding, or C1 carding, as per the RG program's [2021-2022 carding criteria](#).
- All athletes selected to the 2021-2022 GymCan group, including athletes-in-training, will undergo up to a three-week probation period prior to being confirmed to the group program.
- All athletes selected and named to the GymCan group, including named athletes-in-training, will be required to participate in additional evaluation sessions to assist in developing individualized health, physical and mental performance enhancement programs. This will include a complete medical examination with the GymCan National Team Doctor, as well as other evaluations conducted by health and sport science professionals who are selected by GymCan. Final confirmation of athlete selection will be pending the results of these examinations.
- All athletes selected and named to the GymCan group must sign the GymCan National Team Athlete Agreement. Those being nominated for carding, must also sign the AAP carding agreement/complete the carding requirements.
- If an athlete is selected to the GymCan group and declines to accept, it is understood that the athlete has relinquished all attachment to the GymCan group and will be ineligible for selection until the next GymCan selection activity.

3.0 ADDITIONAL DETAILS REGARDING GYM CAN GROUP PROGRAM

3.1 ATHLETE INFORMATION

- The GymCan group will be the only senior level group that is considered national team and represents Canada internationally at Continental Championships, Pan American Games, World Championships, Olympic Games, World Cups and World Challenge Cups.
- Training for the GymCan group will be centralized at the Markham Pan Am Centre, but may include some training sessions at other facilities in the Toronto area.
- GymCan group athletes will be registered members of GymCan, but will have no club or provincial affiliation.
- GymCan group athletes are not permitted to train or compete as individual or Aesthetic Group Gymnastics (AGG) athletes, in any category.
- Coaches, technical experts, and Integrated Support Team (IST) practitioners will be contracted directly by GymCan. GymCan will coordinate specific health and sport science support services



for the group, including medical examinations, regular health status updates, functional assessment testing, nutrition education, mental performance consulting, etc.

- Ongoing physiotherapy and other individual health care needs will be at the discretion of the athlete.
- GymCan will provide bronze level coverage at no charge to each group athlete through the Canadian Athlete Insurance Program (CAIP) pending confirmation from the athlete that they are interested in this coverage; an athlete may choose to upgrade this coverage to the gold or silver level at their own expense.

3.2 PERSONAL COACH/CLUB RECOGNITION

- The personal coach/club of each GymCan group carded athlete will be recognized by GymCan in two ways:
 - The athlete's named personal coach and club will be identified on the GymCan website within the athlete bio and in the group announcement.
 - GymCan will issue a payment of \$1000.00 in recognition of the work done by the personal coach to prepare the athlete to be selected to the GymCan group. This payment will be made to the coach's named club in October 2022 and will be subject to final confirmation of the athlete's selection in the group, and receipt by GymCan of the signed Athlete Agreement and AAP forms, provided the athlete has remained with the group for the duration of the athlete agreement and has no outstanding invoices or property owing to GymCan.
 - In a situation where two coaches from different clubs have contributed significantly to the athlete's development, the \$1000.00 payment will be divided equally between the two clubs.

3.3 ATHLETE REPLACEMENT/WITHDRAWAL

In the event that an athlete is removed or withdrawn from the GymCan group, GymCan will determine if a replacement athlete is required and, if so, reserves the right to select a replacement athlete for the remainder of the carding cycle without conducting an open selection activity.

When a replacement athlete is required, GymCan will review the athlete rankings from the 2021-2022 open selection activity to identify any athletes who meet the specific needs of the group with regard to the following criteria:

- Resident in Toronto area with accessibility to GymCan training site or, if not a Toronto resident, agrees to relocate to Toronto within 2 weeks and within close proximity to the GymCan training facilities;
- Similar visual fit and physical performance qualities as existing GymCan group members;
- Possess matching technical skills with competitive apparatus using similar form and technique as existing group members;
- Demonstrated maturity, reliability, consistency and strong work ethic in training and in Senior national level competition;
- Demonstrated recent experience in group at a national level;
- Willing to commit immediately to GymCan group program and begin training full routines;
- No injury issues.

Where no athletes from the 2021-2022 selection activity meet these criteria, GymCan reserves the right to identify and rank other athletes from the high performance and national open categories who meet the above criteria.



3.4 TENTATIVE TRAINING SCHEDULE

Training will range between 26-35 hours a week. The tentative training schedule is below:

Day	Training Time
Monday	3:00pm-8:00pm
Tuesday	9:00am-1:00pm 2:30pm-5:30pm
Wednesday	3:00pm-8:00pm
Thursday	9:00am-3:00pm
Friday	3:00pm-8:00pm
Saturday	9:30am-4:00pm

Athletes are required to begin training with the group once acceptance has been completed. Training sessions are held at the Markham Pan Am Centre. Additional trainings according to team needs will be communicated well in advance.

Note: information regarding fitness assessments and fitness training will be available at a later date.

3.5 PARTICIPANT COSTS

Projected expenses for 2021-2022 that are the responsibility of the athletes include:

- Purchase of personal training apparatus (ordering of training apparatus will be coordinated by GymCan if required and athletes will be invoiced);
- Training attire and toe slippers, if not using Venturelli;
- Local travel to training or other identified GymCan activities;
- Athlete on-site expenses at domestic events (Elite Canada, Canadian Championships, training camps);
- Individual on-site expenses at international events (accommodation, meals, entry fees, visas, COVID-19 expenses, etc.);
- Individual travel expenses for pre-determined domestic and international events;
- Additional medical/health support costs over and above carding benefits, medical insurance plans, and GymCan funded practitioner services;
- Education, accommodation, meals and other personal expenses;

Note: projected participant costs may change pending board approved program budgets. Any changes to expenses within the centralized group program will be communicated well in advance.

AAP carding funds are intended to assist national team athletes with the expenses associated with high performance level training and competitions.

- Carded athletes who are in the final year of high school or in post-secondary education institutions are eligible for post-secondary tuition support.
- The maximum amount of tuition support payable per athlete is \$5,500 per carding cycle (i.e. per year of carding) up to a lifetime maximum of \$27,500.
- Full information on the AAP Tuition Benefit can be found on the [Sport Canada AAP Policies and Procedures](#).

Athletes *are encouraged* to seek out other opportunities for funding, and will periodically receive information from GymCan on special funding programs (i.e. Quest for Gold, Petro Canada, etc.) for national team athletes. In most cases, it is the responsibility of the individual to apply for these programs. More information is available in the [National Team Handbook](#).



Please refer to the [National Team Agreement](#) for information on individual sponsorship/endorsement guidelines. Any information related to potential sponsorships for the GymCan group must be first provided to the NTD-RG and will be referred to the GymCan CEO for follow-up.

4.0 SELECTION CRITERIA AND STANDARDS

Please refer to 2021-2022 GymCan group selection testing sheets.

