



2022-2023

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December 2022

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High Performance Program Manual

2022-2023

December 2022





INTRODUCTION

The Canadian High-Performance Stream (HP) is the preferred pathway for athletes aspiring toward National Team. It is the pathway that will lead a gymnast toward the pursuit of excellence and achievement of medals at the highest international level. The HP models and identified technical guidelines foster the development of exquisite technique and technical proficiency to assist in the development of young athletes. The models are intended for coaches to apply to each gymnast on an individual basis to optimize that gymnast's skills and abilities. Coaches may have different strategies for each gymnast, even on different apparatus, depending upon the difficulty values of elements, the execution, the ability to connect elements and the consistency of performing skills and whole routines.

Gymnastics Canada (GymCan) is responsible for the content of the Canadian HP Program with assistance and input from the Women's Program Committee (WPC).

The objective for the HP Stream has been set out by the Women's Program Committee of Gymnastics Canada as follows:

'To Provide technical leadership support and guidelines for athlete development through Novice, Junior and Senior HP categories with the goal of sustaining international success from within our National Teams.'

The HP Stream has three levels:

Novice

For Novices, the HP model is designed to specifically develop and prepare young gymnasts for future excellence by incorporating various predicted international trends and directions into their program.

Junior

Juniors will be evaluated according to the FIG Code of Points. The HP rules provide technical performance expectations and identify preferred techniques and body positions. These expectations are used for the evaluation of their routines.

Senior

Seniors will be evaluated according to the FIG Code of Points, with slight modifications for equipment and vault standards.



GENERAL REGULATION

1. AGE ELIGIBILITY

Age of the athlete is based on their age as of December 31 in the year in which they are competing as per FIG.

The following chart will identify eligible athletes for the years

Category	2023
Novice	2010, 2011, 2012
Junior	2008, 2009, 2010
Senior	2008 and prior

2. DOCUMENTS IN EFFECT

- FIG Code of Points: <https://www.gymnastics.sport/site/rules/rules.php#3>
- FIG Help Desk: <https://www.gymnastics.sport/site/rules/rules.php#3>
- FIG Newsletters: <https://www.gymnastics.sport/site/pages/newsletters-wag.php>
- GymCan WAG Program Technical Regulations

2.1 NEW INTERPRETATIONS

No new interpretation may be introduced at a national level competition unless written notification has been circulated by GymCan before the competition.

It is understood that a province may put emphasis on certain aspects of the Code or even modify certain regulations and guidelines. This is their privilege within their area of jurisdiction. However, judges must ensure that provincial emphasis/modifications are not automatically transferred to national level competitions.

3. MODIFICATIONS AND COMMITTEE RESPONSIBILITIES

The WAG PC of Gymnastics Canada reserves the right to make changes and/or clarifications to these regulations over the course of the competition year. These clarifications will be circulated to all PTO's and program members and will be posted on the GymCan website.



4. WARM UP AND COMPETITION FORMAT

For all categories of the High-Performance Program, the FIG format for warm-up will be used at Elite Canada and Canadian Championships.

General Warm-up	<p>20 minutes: Athletes may not start the general warm-up on the warm-up or competition floor before the set time. Once the general warm-up starts, athletes may warm up on the WAG floor, mats, and runway only. They may not use the boards and/or get on the table, bars, or beam for any reason during the general warm-up. Athletes may perform on the floor a) basic floor acro tumbling b) beam acro on a line. The use of diagonals is prohibited.</p> <p>This rule does not apply during Apparatus Finals if an open warm-up format is used.</p>
Apparatus Warm-Up	<p>A minimum of 2 min per athlete is allowed, depending on the schedule and number of athletes in session /group.</p> <p>On UB - every attempt will be made to follow the FIG warm-up, including the raising of the bars and the use of grips and chalk. If circumstances dictate (<i>for safety reasons only</i>) that groups are altered to allow for any of the above situations, then please refer to UB below for warm-up specifics.</p> <p>Note: For Canadian Championships and Elite Canada, coaches must indicate if their gymnasts do not use grips on the application form.</p> <p>The use of grips is strongly recommended for all HP athletes.</p>
Touch Warm-Up	<p>30/50 sec per athlete as per FIG</p> <p>On floor, if there are less than 3 gymnasts warming up, the warm-up is 1:30.</p>
Group size	<p>5 or less warm up in one group;</p> <p>6 + athletes warm up in 2 groups: 3+3, 4+3, 4+4, 5+4</p> <p>On floor, the group will be split for warm up only if 8 or more athletes</p>
UB: chalk, raising	<p>In the event the groups are modified to make provisions for gymnasts with and without grips/chalk or needing to raise the bars, the athletes will be divided into sub-groups based on their needs. Each sub-group warms up 50 sec / athlete.</p> <p>90 seconds are granted for each different bar preparation/raise.</p> <p>As a general guideline, the coaches should agree on the most efficient way to warm up. If the coaches do not agree, the D1 judge will decide.</p> <p>The competition order will not be modified. This should be considered when deciding on a warm-up order.</p> <p>Use of honey on the rails is prohibited.</p>



For other competitions, the Province / Competition Host will determine the Warm-up and Competition format which best fit their schedule. The use of the FIG Warm-Up is recommended; however, the Canadian Warm-up format below may be used.

General Warm up	20 minutes: Athletes may not start the general warm up on the competition floor before the set time. Athletes may not use the equipment at will during the general warm up.			
	V	U B	BB	FX
	2 min / athlete	2 min / athlete	2 min / athlete (split 1:30+30 sec if requested by coach)	2 min / athlete
Canadian Warm up	UB: If there are athletes with and without grips/chalk, athletes are divided into 2 sub-groups: grips/chalk and no grips/chalk. Each sub-group will warm up 2 min / athletes. 90 seconds is granted for each different bar preparation.			
Individual Competition	Group warm-up	Group warm-up	Individual warm-up: time stopped between athletes for max 5 sec * includes time to set-up the mats and board	Group warm-up
UB (chalk, raising)	If there are athletes with and without grips/chalk or needing to raise the bars, the athletes are divided into 2 sub-groups: grips/chalk and no grips/chalk. Each athlete is guaranteed 2 min to warm up. 90 seconds are granted for each different bar preparation/raise. As a general guideline, the coaches will agree on the most efficient way to warm up and compete prior to warm-up on UB. The warm-up and competition order may be changed for efficiency. If the coaches do not agree, the D1 judge will decide.			
Group size	5 or less warm up in one group; 6 + athletes warm up in 2 groups: 3+3, 4+3, 4+4, 5+4			

Unauthorized warm-up will be considered unsportsmanlike behaviour and will have a direct impact on the gymnast &/or team. The Competition Head Judge will first warn the offending coach. The second warning will result in a ***Yellow Card*** and the corresponding deduction of ***0.50*** will be applied to the gymnast's or team's final score on that apparatus.

During the competition, gymnasts may warm up on the apparatus as permitted by the rules outlined in the FIG Code of Points. Gymnasts may not warm up on other apparatus. i.e., when warming up for beam, athletes may not use the floor exercise mat unless authorized by the Canadian Head Judge (or designate) or the PM-WAG.



5. EQUIPMENT REGULATIONS

MODIFICATIONS FROM FIG APPARATUS SPECIFICATIONS

	Equipment	FIG	HP Jr / Sr	Novice
Vault	Vault table	125 cm (+/- 1cm)	125 cm (+/- 1cm)	125 cm or 120 cm (+/- 1cm)
	Runway	Max 25 m	Max 25 m	Max 25 m
	Springboards	2 – Hard, Soft No spring changes allowed	2 – Hard, Soft No spring changes allowed	3 – FIG Hard, FIG Soft, & Softer No spring changes allowed
	Suppl. mat (sting)	Mandatory 10 cm	Mandatory 10 cm Additional 5 cm allowed on top	Minimum 10 cm required, up to 20 cm allowed
	Safety Mat (20 cm)	Not allowed	Not allowed	A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat.
	Yurchenko Collar and Hand mat	An approved Yurchenko collar and hand mat must be used for all round off entry vaults. The hand mat may <u>not</u> be used for other vaults.		
Uneven Bars	Uneven Bars	HB: 255 cm (+/-1 cm) LB: 175 cm (+/- 1 cm) Diagonal: 130 to 182 cm		
		Taller gymnasts may raise both bars by 5 cm upon submission of request to raise bar form in appendix. Both bars must be raised. However, a gymnast cannot ask to raise the UB in order to use supplementary matting under the rails.		
	Springboards	1 – Soft		
		The springboard must be placed on the landing mat or on the 10 cm suppl. mat if mount and dismount are performed on the same side. The board cannot be placed on a safety mat.	Novice: The springboard may be placed on the safety mat. Coaches are permitted to place a small board* under the springboard and on top of any mat.	
		Mandatory 10 cm (min 4 m x 2m)	Mandatory 10 cm	Minimum 10 cm required, up to 20 cm allowed
	Supplementary mat (sting)	The 10 cm supplementary mat may be placed under the rails. An additional 2m x 2m x 10cm mat may be used to extend the mandatory supplementary mat if available.		
Safety Mat (20 cm)	Not allowed	A 10 cm or 20 cm mat is allowed to slide in and out for D+ release	Allowed under LB and HB for entire routine, or slid in/out	
Beam	Beam	125 cm (+/- 1cm)		
	Springboards	1 – Soft		
		The springboard must be placed on the landing mat or on the 10 cm supplementary mat, if mount and dismount are performed on the same side. The springboard cannot be placed on a safety mat. Novice: if mt and dmt on the same side and gymnast uses a 20 cm safety mat for the dismount, the safety mat must be placed after the athlete has mounted. Coaches are permitted to place a small board under the springboard and on top of any supplementary mat.		
	Suppl. mat (sting)	Mandatory 10 cm	Mandatory 10 cm	Minimum 10 cm required, up to 20 cm allowed
		Supplementary mats are available on one side of the beam only. All gymnasts are expected to dismount on the same end of the beam (short landing mat (traditionally to the left of judging panel))		
Safety mat (20 cm)	Not allowed	Not allowed	Allowed for landing in place of mandatory 10 cm supplementary	
Floor	Floor Area	12 m x 12 m	12 m x 12 m	12 m x 12 m
	Suppl. mat (sting)	Not allowed	5 or 10 cm allowed: suppl. mat must be placed at beginning of routine, and can be removed, moved or left in place (intent is to have the least amount of movement of mats/coach around the floor during the routine).	
	Safety Mat (20 cm)	Not allowed		



Canadian Championships and Elite Canada are bound by the terms of the sponsorship agreement for equipment, specifically springboards. Each PTO is responsible for determining what boards and spring configurations are used at competitions under their jurisdiction. The National Team Lead will check to make sure the density of the boards meets the requirements of the gymnasts' level prior to the first training for the competition.

TECHNICAL DIRECTIVES

As outlined in the introduction the HP models foster the development of exquisite technique and technical proficiency to assist in the development of young athletes as they prepare for FIG level competition. The following technical directives are to be followed in addition to those already outlined in the FIG Code of Points or as described in FIG Newsletters or FIG Help Desk documents.

VAULT

REQUIRED TECHNIQUE FOR VAULTS WITH LAYOUT SALTO BACKWARD
Modification for the Novice Category only – See in the Vault table below.

BARS

PIKE OR STRADDLE SOLE CIRCLE ELEMENTS

The preferred technique is snap down entry with two feet. For the Novice category the step down or press pike down technique will be allowed, however a deduction of 0.1 for technical precision will be applied for the step-down entry.

The video link below illustrates the two-foot snap for sole circle

<https://youtu.be/hSwEpYGjao0>

Pike Circle 2 - https://youtu.be/K_cnIHX4IyU

CLEAR PIKE CIRCLE

Clear Pike Circle - https://youtu.be/rTbF_IYt0Lg

GIANT CIRCLE BACKWARD TO HANDSTAND REQUIRED TECHNIQUE

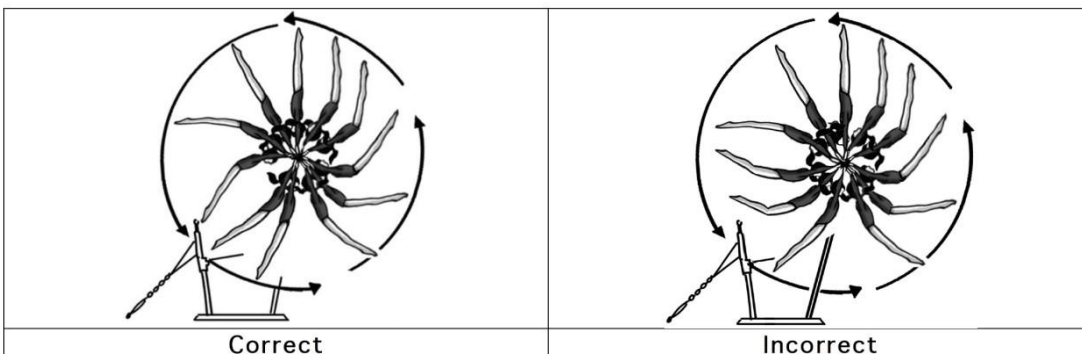
The gymnast must show:

- First 120° from handstand: straight position or curvilinear flexion;
- Tap should be done in the second 120°;
- Third 120° of the giant swing: Curvilinear flexion;
- In handstand, athlete should show straight body or curvilinear flexion with hips extended and shoulders opened.

Deduct: 0.1 for use of incorrect technique plus related FIG deductions

* All young gymnasts must first learn their long hang swings with legs together and NOT straddled. Performing a straddled long hang swing is a decision to be considered at a later stage of a gymnast's career.

* All young gymnasts must learn to open their beat swing AFTER passing the low bar and not before. Allowing a gymnast to beat-swing before or over the low bar can only lead to a bent leg deduction as the gymnast grows.



Accelerated giants are appropriate before double salto dismounts. In the case of the accelerated giant technique, a moderate pike position is permissible during the upswing and while passing through the vertical to maintain the acceleration. Deduction for bent legs will be applied.

Video Link: <https://youtu.be/u5bke-b3t4E>

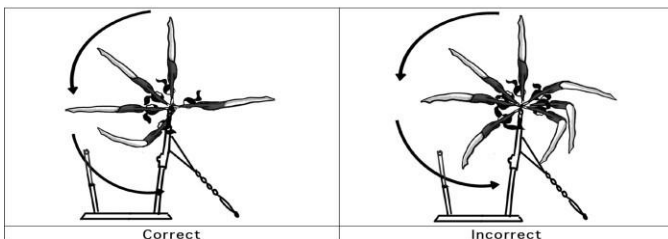
GIANT CIRCLE FORWARD IN REVERSE GRIP WITH STRAIGHT BODY VS WITH BENT BODY NOVICE

Front Giant with straight body technique is the preferred technique. Below is the correct technique for the straight body front giant.

The gymnast must show:

- First 120° - curvilinear extension;
- Second 120° - curvilinear flexion;
- Third 120° - curvilinear extension (for leg together technique);
- In handstand, athlete should show straight body or curvilinear extension with opened shoulders and hips extended.

* Straight body (down phase)- Curvilinear inward (hang phase)- Straight body (upward phase): This technique leads to proper Front Giants, Jaegers, Double Front dismounts, Volpi/Wenning, Monckton, etc....



- o Straight body down (down phase) – Curvilinear inward (hang phase) – straight body (upward phase).

However, the pike/straddle technique will also be acceptable and fulfill the change of grip requirement, however a deduction of 0.1 for technical precision will be applied for the straddle pike technique.

Video Link: <https://youtu.be/X1OgmCoJL3c>



CANADIAN MODELS

Novice Vault		Bonus
Difficulty Value	<p>a) The gymnast can perform one or two vaults, best to count.</p> <p>b) The Difficulty Value of each vault is as per FIG.</p> <ul style="list-style-type: none"> In Novice only, a layout body position is credited if the hip angle is maximum 120° (salto backward). (As a reference, the FIG rule is the layout position will be credited if the bend of the hips is maximum 150°). <p>c) A difficulty bonus is applied to the final score of each vault. See examples of the application of the bonus below.</p>	
Difficulty Bonus	<p>There are 3 possible bonuses:</p> <p>a) Salto Bonus: Vault with salto backward or forward The bonus is applied to the final score of the performed vault.</p> <p>b) Layout Position Bonus (salto backward): if the body angle is 165° or more To be awarded the bonus, the layout body position (min 165°) must be maintained from the repulsion to the inverted position (head down). The bonus is applied to the final score of the performed vault.</p> <p>c) Twisting Bonus or Vaults from different groups Bonus</p> <ul style="list-style-type: none"> From the list below, award the applicable bonus with the highest value. If more than one bonus below applies, award only the bonus with the highest value. The Twisting/Different group bonus is added to the final score of the counting/best vault. <p>Twisting Bonus:</p> <ul style="list-style-type: none"> Applies to turn in pre-flight (Gr 5) or post-flight (Gr 2 to 5) Bonus awarded for twist in tuck, pike or layout position <p>Vaults from Different Groups Bonus:</p> <ul style="list-style-type: none"> Bonus applies if the 2 vaults from different groups are performed (Group 2 to 5 only). <p>Bonus: Award only one bonus from the list below (highest value, to the benefit of the athlete).</p> <ul style="list-style-type: none"> + 0.1 – 2 vaults from different groups are performed + 0.1 – Vaults from same group, one vault with 180° twist + 0.3 – Vaults from same group, one vault with 360° twist + 0.5 – 2 vaults from different groups AND one with min 180° twist 	<p>+0.5</p> <p>+0.3</p> <p>+0.1</p> <p>+0.1</p> <p>+0.3</p> <p>+0.5</p>



Score Calculations: *Example 1 - Vaults from the same group*

Vaults	FIG D Score	Athlete E score	Athlete Score	Bonus salto	Bonus layout	Final score (For each vault)	Twisting or Different Groups Bonus
Vault 1: Tsukahara layout	3.8	9.0	12.80	+0.5	Body position 120°, no bonus	13.30	n/a
Vault 2: Tsukahara layout with 360° twist	4.1	9.0	13.10	+0.5	+0.3	13.90 Best of 2 vaults	+ 0.3 Vaults same group, with 360° twist Final Score: 14.200

Score Calculations: *Example 2 - Different Groups*

Vaults	FIG D Score	Athlete E score	Athlete Score	Bonus salto	Bonus layout	Final score	Twisting or Different Groups Bonus
Vault 1: Tsukahara layout with 180° twist	4.0	9.0	13.00	+0.5	+0.3	13.80 Best of 2 vaults	+0.5 for 2 families AND, one vault with twist min 180° Final score: 14.300
Vault 2: Yurchenko tuck with 360° twist	3.6	9.0	12.60	+0.5	n/a	13.10	n/a

Direction Deductions

Direction Deductions

- The neutral deduction for stepping outside of the corridor markings upon landing is not in effect for the Novice category.
- The specific apparatus deduction for deviation from a straight direction is still applied, as needed.



Novice Bars – CR and Execution Bonus		Value
Composition Requirements (CR) FIG and Modified 6 CR 0.5 each	1. One flight element min C (HB-LB, LB-HB, or same bar)	0.5
	2. Different grips (no cast, mount or dismount)	0.5
	3. Non-Flight element with min 360° turn (no mount)	0.5
	4. / 5. Two Close Bar Circle elements, minimum C (different roots)	0.5 ea
	6. Dismount flyaway double salto bwd tuck (B element) or any C+ dismount	0.5
	Execution Bonus	<ul style="list-style-type: none"> E-Score between. 8.0 and 8.499, and all CR awarded E-Score 8.5 or more, and all CR awarded
Clarifications	Bar Changes: <ul style="list-style-type: none"> No deduction for sole circle on LB, jump to HB (no 1/2 turn allowed) No empty swing deduction for Shaposhnikova-type elements followed by a kip 	

Novice Beam – CR and Execution Bonus		Value
Composition Requirements (CR) FIG and Modified 6 CR 0.5 each	1. One connection of at least 2 different dance elements, 1 being a leap or jump with 180° split (cross or side), or straddle position	0.5
	2. Turn (Gr.3) (NO Roll/Flairs)	0.5
	3. Acro series, min. 2 flight elements, 1 being a salto (may be the same)	0.5
	4. Acro elements in different directions (fwd/swd and bwd)	0.5
	5. One Acro element requiring flexibility (Walkover fwd/bwd, Tic-toc, Valdez, or variation of these skills)	0.5
	6. Acro flight directly connected to B or C dismount (no D+ allowed)	0.5
Execution Bonus	<ul style="list-style-type: none"> E-Score between. 8.0 and 8.499, and all CR awarded E-Score 8.5 or more, and all CR awarded 	+0.3 +0.5

Novice Floor - CR and Execution Bonus		Value
Composition Requirements (CR) FIG and Modified 6 CR 0.5 each	1. Dance passage (as per FIG)	0.5
	2. Salto with LA turn min 360°, min C	0.5
	3. Salto with double BA	0.5
	4. Salto bwd and salto fwd (no aerials) in the same or different acro line	0.5
	5. 3 acro lines, one of which must be a combo line (2 saltos)	0.5
	6. One turn (Gr. 2) C+	0.5
Execution Bonus	<ul style="list-style-type: none"> E-Score between. 8.0 and 8.499, and all CR awarded E-Score 8.5 or more, and all CR awarded 	+0.3 +0.5



Junior Vault

Junior FIG Rules (End of FIG Code of Points):

– In the Qualifying, Team Final and All-Around:

One vault must be performed.

- In Qualifying, the 1st vault score counts toward the Team and/or All-Around Total.
- The gymnast who wishes to qualify for the Apparatus Final must perform two vaults as per the Apparatus Finals rules below.

- Apparatus Finals

Gymnast must perform two different vaults (maybe from the same group, but with different numbers), which will be averaged for the final score.

Junior Uneven Bars, Beam, Floor

On Uneven Bars, Beam and Floor, the FIG Code of Points (Senior rules) is in effect.
The FIG Junior Rules are only applied on vault.



Canadian Competitive Program Manual (CCP)

2022-2023

September 2022



1.0 INTRODUCTION

As of July 1, 2015, Canada has adopted the Development Program developed in the USA for use in the Provinces and Territories. The program was developed with the belief that all athletes, regardless of their potential, must have a solid foundation of basic skills in order to advance safely. The program allows the gymnast to advance at her own pace, competing in more than one level in a year, if she so chooses.

Canada is using the USAG Development Program Optional 2022-2026. In Canada, the program is known as the Canadian Competitive Program (CCP).

- The PTOs have jurisdiction over the program within their province. GymCan is mandating rules for Levels 9 and 10 for Canadian Championships and Canada Games.
- GymCan will determine the warm-up rules and equipment specifications for National events. PTOs can develop their own warm-up and equipment rules or use GymCan's.
- GymCan has modified additional rules to remain consistent with other Canadian rules (for example, on UB, a coach may remain between the bars for the entire routine, for safety reasons).
- The USAG version of the Development Program will be used as is for Levels 6-7-8 and 10. Gymnastics Canada has made slight modifications to the Level 9 program. Except for the modifications above, the USAG Development Program Code of points 2022-2026 (navy binder) is in effect.
- The Code of points can be purchased online <https://usagym.sportgraphics.biz/p-248-womens-jo-code-of-points.aspx>

The Women's Program Committee (WPC) of Gymnastics Canada is responsible for the management of the CCP Program in Canada. The CCP Working Group (CCP-WG) provides guidance, reviews questions and provides clarifications related to the program in Canada. The working group reports to the WPC.

Questions on CCP should be sent to Kyna Fletcher.

2.0 GENERAL REGULATIONS

2.1 CCP PROGRAM RULES AND CLARIFICATIONS

- a) The WAG Program Committee (WPC) of Gymnastics Canada reserves the right to make changes and/or clarifications to these regulations.
- b) The CCP committee will provide clarifications and assist in the ongoing maintenance of the document.
- c) The CCP is based on the USA program. From time to time, USA Gymnastics will update the program. All updates can be found on their website. All changes and replacement pages can be found here: <https://www.usagym.org/pages/women/pages/jooptionals.html>
- d) Changes announced by USA Gymnastics will not automatically come into effect in Canada. Rule changes will only come into effect in Canada on October 1st and March 1st. This will prevent unexpected rule changes in the lead-up to Canada Games and Canadian Championships. Please note as well that changes can only come in effect in Canada when the translation is completed.



2.2 CCP PARTICIPATION AT CANADIAN CHAMPIONSHIPS

The rules regarding participation at Canadian Championships, including the competition format, are outlined in Section 2 of the GymCan WAG Program Technical Regulations.

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

The following levels and age groups are invited at Canadian Championships. The age of the athlete is based on their age as of December 31 in the year in which they are competing.

	2022-2023 season
Level 9 (11-14)	2009, 2010, 2011, 2012
Level 9 (15+)	2008 and older
Level 10 (12-15)	2008, 2009, 2010, 2011
Level 10 (16+)	2007 and older

For CCP, the competition format at Canadian Championships is as follows:

- Day 1: Team competition (Team format – 6-6-3) and Qualification for Day 2
- Day 2: All Around and Apparatus Finals

3.0 WARM UP & COMPETITION FORMAT

The following is the proposed warm-up for all CPP levels. For competitions other than Canadian Championships and Canada Games, the Province / Competition Host will determine the warm-up and competition format which best fit their schedule. It is recommended that these standards be used for all competitions in which participants from multiple provinces are involved.

Canadian Warm-up Format	General Warm-up	20 minutes: CCP 9-10 / 15 minutes: CCP 1-8 Athletes may not start the general warm-up on the warm-up or competition floor before the set time. Once the general warm-up starts, athletes may warm-up on the WAG floor, mats and runway only. They may not use the boards and/or get on the table, bars or beam for any reason during the general warm-up. If it is part of the team choreography warm-up, athletes may perform on the floor a) basic floor acro tumbling b) beam acro on a line. The use of diagonals is prohibited.				
		V	UB	B	FX	
	Time / per athlete	Level 1-2: 30 sec Level 3: 45 sec Level 4-5: 1 min Level 6-7: 90 sec Level 8-10: 2 min	Level 1-2: 30sec Level 3: 45 sec Level 4-5: 1 min Level 6-7: 90sec Level 8-10: 2.5 min	Level 1-2: 30 sec Level 3: 45 sec Level 4-5: 1 min Level 6-7: 90 sec Level 8-10: 2 min (may split 1min30 + 30 sec)	Level 1-2: 30 sec Level 3: 45 sec Level 4-5: 1 min Level 6-7: 90 sec Level 8-10: 2 min Min 8 min - Max 10 min	Max 5 min
	Team Competition	Team and Individual Athletes: If a group is composed of Team and individual athletes, the warm-up groups are split as follows: Team + 1 individual: all warm up together. Team + 2 or more individuals: the team warms up and competes first; the individual athletes always warm up as a second sub-group.				
	Individual Competition	Group warm-up	Group warm-up	Individual warm-up: time stopped between athletes for max 5 sec * includes time to set- up the mats and board	Group warm-up	
	UB (chalk, raising)	If there are athletes with and without grips/chalk or needing to raise the bars, the athletes are divided into 2 sub-groups: grips/chalk and no grips/chalk. 90 seconds are granted for each different bar preparation/raise. As a general guideline, the coaches will agree on the most efficient way to warm up and compete prior to warm up on UB. The warm up and competition order may be changed for efficiency. If the coaches do not agree, the Apparatus Chief judge will decide.				
	Group size	7 or less warm up in one group; 8+ athletes warm up in 2 groups: ex. 4+4. 5+4				
Other Formats	Various competition formats may be used for CCP competitions in Canada. The host should inform invited participants of the format that will be used. For Canadian Championships, the Capital Cup competition format will be used. After the general warm-up, athletes proceed to their first apparatus, warm up and compete immediately before rotating to the next apparatus.					

4.0 EQUIPMENT

The following are the recommended equipment specs for use in competitions in Canada. It is recommended that these standards be used for all competitions in which participants from multiple provinces are involved. The specs in the first columns (L10, L9) will be in effect at Canadian Championships (CC) and Canada Winter Games (CWG).

	Equipment	L10 (CC, CWG)	L9 (CC)	L6-10	L4-5	L1-3
Vault	Height	125 cm		Any height: min 100 cm to max 125 cm	Any height allowed by manufacturer	As set out in Development Program manual
	Springboards	Up to 4 boards. No spring changes allowed at Canadian Championships and Canada Games. Spring changes may be allowed with some Spieth America board.				
	Supplementary mat (sting)	Mandatory 10 cm, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. L6-7: Stacked mats, 80 cm to 152 cm. The top layer must be a 10 cm mat.				
	Yurchenko Collar & Hand mat	An approved Yurchenko collar must be used for all round off entry vaults. An approved hand placement mat may be used for all round off entry vaults only.				
Uneven Bars	Uneven Bars	HB: 255 cm (+/-1 cm) LB: 175 cm (+/- 1 cm) Diagonal: No maximum (Within equipment manufacturer's safety limitations)				
		Taller gymnasts may raise both bars by 5 cm (and more, if the gymnast is too tall) upon submission of request to raise bar form in appendix. However, a gymnast cannot ask to raise the UB in order to use supplementary matting under the rails.				
	Springboards	1 – Soft. The springboard must be removed after the mount. An approved mounting block (simulating a springboard) may be used.	The springboard or 30 cm block/panel mat must be removed from underneath or the end of the apparatus after the mount.			
		The springboard may be placed on the landing mat or on the 10 cm supplementary mat if the mount and dismount are performed on the same side. The springboard MAY be placed on the 20 cm safety mat. If the board is placed on the landing mat, the safety mat (up to 20 cm) must be slid in as soon as the springboard is removed. A wooden plank may be placed under the springboard.				
	Supplementary mat (sting)	Mandatory 10 cm, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. The supplementary or safety mat MAY extend beyond the LB.				
Safety Mat (20 cm)	For C+ release element, a 20 cm may be slid in and out according to the rules (2 moves preceding and following the element). If Gymnova equipment is used, a 10 cm mat can be slid in, instead of the 20 cm. A spotting block or folded mat that is used for spotting purposes between the bars may remain in place as long as the coach continues to utilize it during the routine.			A spotting block or folded mat that is used for spotting purposes between the bars may remain in place as long as the coach continues to utilize it during the routine.		

	Equipment	L10* (CC, CWG)	L9* (CC)	L6-10	L4-5	L1-3
Beam	Beam	All Ages: 125 cm		13 and older: 125 cm 9-12 years old: 110 or 125 cm		All ages: 100, 110 or 125 cm
	Springboards	1 – Soft – The springboard or 30cm block/panel mat must be removed from underneath or the end of the apparatus after the mount. The springboard may be placed on the landing mat or on the 10 cm supplementary mat if the mount and dismount are performed on the same end. A wooden plank may be placed under the springboard. If the board is placed on the landing mat, the safety mat (up to 20 cm) must be slid in as soon as the springboard is removed.				
	Suppl. mat (sting)	10 cm supplementary mat mandatory for landing, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. There will one supplementary landing mat minimum for beam.		Supplementary mats are not mandatory for CCP 1-5 dismount. Coach may use a large 10 or 20 cm mat under the beam provided the entire area under the beam is covered and even (no chance of rolling an ankle on an uneven surface if falling)		
Floor	Floor Area	12 m x 12 m				
	Supplementary mat (sting)	5 or 10 cm allowed: suppl. mat should be placed at beginning of routine, and can be removed, moved or left in place (intent is to have the least amount of movement of mats/coach around the floor during the routine). Il n'est pas obligatoire de marquer les coins du tapis.				No additional mats permitted
	Safety Mat (20 cm)	Not allowed				

5.0 LEVELS 6-7-8 AND 10 PROGRAM

The program as set out in the Development Program Code of Points 2022-2026 is in effect for Level 6, 7, 8 and 10 without any modifications.

6.0 LEVEL 9 PROGRAM

In Canada, there is one modification to the Development Program Level 9 program.

UNEVEN BARS

Special Requirements: SR #1 has been modified as follows.

1. SR #1: Two bar changes OR One bar change plus one 360° clear circling element min C from Gr. 3-6-7
2. SR #2: One flight element min B
3. SR #3: 2nd different flight min C OR Element with LA turn 180° (or more) min B
4. SR #4: Salto dismount, min B

Note: SR #2 and #3 must be fulfilled by 2 different elements.

Bonus and Composition – as indicated in the Development Program Code of Points.

Please also note that USAG made some changes to Level 9 in the new 2022-26 edition of the Development Program.

Note: The extra composition deductions that Canada used in previous years **are no longer applied** (re: Lack of 2 grips (UB) or lack of D/E salto (FX)).



**Athletes and Coaches Regulations
in effect for the HP and CCP programs
2022 - 2023**

September 2022

This document is meant to clarify some rules as they apply to both CCP and HP programs. Coaches should be familiar with all Regulations for athletes and coaches. Please consult the applicable Code of Points for the complete set of rules.

Along with this document;

The FIG Code of Points is in effect for HP categories.

The USAG Development Program Code of Points and CCP Manual are in effect the CCP Program.

The D1 (FIG) and Apparatus Chief Judge (CJ) (CCP) hold equivalent positions on panels. The programs use different names.

1. Regulations for the Athlete

1.1. ATTIRE / APPEARANCE

Proper competition attire must be worn during all competitions.

- Gymnasts must be attired according to the stipulations of the current FIG Code of Points unless otherwise specified below.
- In a team competition, all athletes from the same club/province must wear the same leotard.
- During all GymCan competitions, gymnasts may wear shorts, capris, or leggings as part of their uniform. These must be:
 - o must be skin-tight
 - o they can be either the same colour as the leotard or black (should coordinate with the leotard)
 - o as per FIG guidelines, a logo of 30 cm² may appear on the shorts/capris/leggings
- Gymnasts may make an individual choice to wear shorts/capris/leggings in an individual or team competition.
- Compression socks or sleeves are not allowed.
- Ankle guards (as shown) are acceptable if not too large.
- In FIG (HP), bandages need to be skin-coloured. In CCP, bandages can be skin- coloured or white.



1.2. PREPARATION OF EQUIPMENT

- a) Preparation of the apparatus before warm-up can start when the athletes are marching to the next apparatus (when the rotation music starts). However, athletes cannot start warm up on or around the apparatus before the official warm up period starts.
- b) Following the warm- up period, or during the pause while judges are evaluating the previous routine, the apparatus may be prepared. While the athlete waits for the green light/signal from the D1/ACJ, she is not allowed to warm up around the apparatus (salto on the beam mats for example).

1.3. LACK OF SIGNAL FOR OVERTIME

- On Beam, the deduction for overtime is waived if the timer did not give the warning signal 10 seconds before the maximum time limit, or at the maximum time limit at 1:30. All other relevant deductions apply.

1.4. USE OF MAGNESIA (CHALK) AND TAPE

- As indicated in the Code of points, gymnasts may use chalk on Uneven Bars and to make small markings on the Balance Beam (tape markings are not allowed).
- In Canada, and as per FIG, the spreading of magnesia on the Floor Exercise mat is not allowed; small marks are allowed for the purpose of marking the placement of a supplementary mat. No Velcro or tape markings are allowed within the Floor Exercise area. Gymnasts are permitted to apply chalk to feet or hands.
- Use of tape or excessive chalk is not permitted on the vault table.
- On the Vault Runway, athletic tape or Velcro strips may be used in front of the vault board or hand mat and to mark a gymnast's starting point. The tape or Velcro must be removed by the end of the rotation.
- The judge must issue a warning before taking a deduction.

2. REGULATIONS FOR THE COACHES

The following regulations apply for both HP and CCP. Any differences are outlined.

2.1. THE COACH IS GUARANTEED THE RIGHT TO:

- a) Assist the gymnast or team under his/her care by submitting written requests related to the raising of apparatus and the rating of new vault or element.
- b) Assist the gymnast or team under their care on the podium during the warmup period on all apparatus.
- c) Help the gymnast or team prepare the apparatus for the competition, i.e. prepare the safety collar for vault, position springboards and landing mats for bars and beam and prepare the uneven bar rails for each gymnast.
- d) Be present on the podium (in Canada the mats surrounding the apparatus will be considered as the 'podium') after the gymnast has presented to the judges to remove the springboard or for purposes of safety as outlined below.
- e) Assist or advise the gymnast during the intermediate fall time period on all apparatus and between the first and second vault.
- f) Be present at all apparatus to help in case of injuries or defects of the apparatus.
- g) Inquire to the Competition Head Judge concerning the evaluation of the content of the exercise of the gymnast.

2.2. THE COACH MAY NOT DO THE FOLLOWING:

- a) Change the height of the apparatus or springboard (including spring configuration) without permission of the Competition Head Judge.
- b) Speak to any judging panel member except the D1/CJ about the performance of their own athletes during the competition. (Questions must be directed to the D1/CJ).
- c) Interfere with the rights of other participants.
- d) Delay the competition or display flagrant, undisciplined, and abusive behaviour.

2.3. STANDING ON PODIUM FOR GYMNAST SAFETY

- a) Coaches are not allowed to block the view of the judges. However, due to spotting and safety concerns, there is no deduction for this offence. Judges can request that the coach move where possible.
- b) Podium: In Canada the podium is defined as ‘the mats surrounding the apparatus’ Unauthorized remaining of the coach on the ‘podium’ is a deduction of 0.50 from the gymnast's final score on that apparatus. Please see rules specific for each program.
- c) On Bars, for both programs, the coach is allowed under the rail for the entire exercise. (This is different than the Development Program Code). Please refer to the appropriate Code of points for more information.

2.4. ENCOURAGEMENTS OF ATHLETE

While the FIG Code of Points specifies that a coach may not speak directly to the gymnast, give signals, shout or cheer, coaches’ support for their athletes in Canada is valued and allowed. General cheering and words of encouragement are accepted. However, technical verbal cues by the coach (or teammates) to their gymnasts are not permitted (e.g. ‘tap’ etc.) and may result in a deduction of 0.5.

FIG	CCP
FIG deduction not applied. In Canada, encouragements are allowed, technical cues are not. Possible deduction = 0.50	No limitations. No deductions.

2.5. COACHES ATTIRE DURING WARM-UP AND COMPETITION

To maintain a professional image, coaches are required to abide by the following regulations for attire while on the field of play during warm-up and competition...

- o T-shirt, polo or long-sleeved sportswear tops, track pants and appropriate indoor footwear. Hats, shorts, midriff tops, ripped & torn clothing or similar are not permitted.

2.6. VIDEO

Coaches are not allowed to film routines in competition from the FOP. This includes filming with their phone or iPad. If they want to film, they must step out of the Field of Play. This is a FIG rule that is applied for HP and CPP at national competitions.

2.7. EQUIPMENT SET - UP AND VERIFICATION

- a) It is the responsibility of the Organizing Committee to set-up the equipment according to the equipment specifications for each program.
- b) At Canadian Championships, Elite Canada, and Canada Winter Games, the PM-WAG and the Canadian Head Judge (or designates) will ensure that the equipment is correctly set up.
- c) The Canadian Head Judge or Assistants will check the equipment at the beginning of each training and competition day.
- d) The verification of apparatus will include the lines on the regular and supplementary mats for Vault.
- e) The D1/CJ is responsible for ensuring the correct equipment specifications prior to the warm-up for each competition session.

2.8. VERIFICATION OF RESULTS

Coaches have up to 5 minutes after the publication of the draft results to verify them and communicate any error to the Canadian/Competition Head Judge (or designate). After 5 minutes, the results will be considered as accurate.

3. Inquiries, Protests and Appeals (FIG and CCP) – Valid in Canada Only

A judging inquiry is allowed on:

- the FIG D Score or E Score
- the CCP Start Value or Final Score
- Neutral deductions

For simplicity, the FIG terminology will be used in this section (D1, D and E Scores, etc.)

3.1. Canadian Three-Stage Review Process

Canada has a 3-stage system that takes place on-site and will follow the process outlined.

Stage 1: Inquiry

- An inquiry is the first stage of seeking information about a score.
- An inquiry occurs when a coach approaches the D1 of an apparatus and/or the Competition Head Judge (CHJ) and, in-person, asks a question or seeks clarification about a D and/or E score of their own athlete during a national level competition.
- This request is made verbally to the D1 following the end of a rotation, a session or a competition, provided that the judges are available.
- A coach may also inquire about a change to the technical organization (e.g. order of passage, warm-up procedures, etc.) with the D1 or CHJ. A coach must IMMEDIATELY voice any concerns and have the concerns addressed BEFORE the changes are carried through otherwise, the coach will not have the option to protest or appeal the change later during the competition.
- The D1, on behalf of the Apparatus Jury (i.e. the D and E panel of the respective apparatus), responds to the inquiry. The D1 will give a brief verbal explanation of the inquiry. Any additional discussion should not be expected and will be at the discretion of the D1. Response to an inquiry must not in any way delay the competition. Coaches should not expect justifications to cover every 0.10 p. deduction.
- During the consideration of the verbal inquiry, the D panel has several options:
 - The Coach's question may be answered immediately by the D1 as the judging script is consulted and the score is clarified for the Coach.
 - The D1 may choose to consult further with the D2 and other members of the panel and then reply more fully to the Coach.
 - If the E score is under discussion, then E panel members should be consulted.
 - A video review can take place at this time if the D panel wishes to review the technical component of an element (e.g., check on completeness of a twist) or a neutral deduction (e.g., time or line).
- For the two other types of inquiries, please see section 3.9 under 'Other'.

Stage 2: Protest

- A protest is the second stage when the Coach is not satisfied with the information provided at the Inquiry stage and seeks a formal review. A coach may make a judging protest or a technical protest for their own athlete at National level competitions.
- The appropriate protest form (see Appendix) must be completed by the coach and submitted to the CHJ or designate. The form must be submitted to the CHJ, no later than 15 minutes after the completion of the rotation. In the case of the last rotation, the coach has 5 minutes after the completion of the rotation to file a protest.
- The written protest fee is \$60.00 per athlete, per apparatus. If the protest is not granted, GymCan will invoice the club for the total amount after the competition.
- An official protest entitles the coach to request and be granted a video review of the gymnast's routine or part of the routine.
- The Judging Jury (see section 3.4) will respond to the protest and may, in consultation with the Canadian Head Judge or designate, do one of the following, depending on the content of the protest:
 - use the official GymCan video(s),
 - speak with the coach who submitted the inquiry, the timer or the line judge involved.
- If a video review is requested, the Judging Jury will follow the video review process as outlined in section 3.2.
- The rationale for the decision is communicated in writing.

Stage 3: Appeal

- An appeal is the final stage of the review process after a formal protest has been denied.
- At this stage, a form requesting reconsideration must be completed by the coach and submitted to the Canadian Head Judge or designate.
- With this submission of the form, the Coach agrees to remit to GymCan the \$60 fee should the appeal be denied by the Competition Jury.
- The Competition Jury will respond to the appeal. Please refer to Section 3.5 for additional information about the Competition Jury and its mandates.

3.2. Video Review

When an official apparatus reference video is available, the judges may review the video when addressing an inquiry or protest. The review of the video will take place in a secluded area. Coaches will not be included in this review.

The D1, D2 and the CHJ or designate will review the official video.

Only the skill(s) in question will be observed a maximum of three times and only at regular speed.

The video may also be used to confirm if time or line deductions are warranted.

3.3. Conduct of Judges and Coaches during the Inquiry, Protest and Appeals Process

All parties involved are expected to behave in a professional manner at all times. Improper conduct, including language or body language, will not be tolerated.

- In the case of improper conduct by a judge, the coach will notify the Canadian Head Judge, who will address the concern.
- In the case of improper conduct by a judge, it will be referred to the Chair of the Judging Excellence Committee.
- In the case of improper conduct by a coach – *Article 3 of the Code of Points* "Behavior of a coach with no direct impact on the result/performance of the gymnast/Team" will be implemented by the Chair of the Competition Jury or designate.

SPECIAL NOTE: Where matters pertain to participant safety and welfare, potential violations of GymCan Code of Ethics and Conduct, or any major behavioural issue from a member, GymCan policies and processes will be implemented. The CHJ must report directly to the Women's Program Manager. Please consult the GymCan Code of Ethics and Conduct for more information: <http://gymcan.org/gymnastics-canada/policies>

3.4. Judging Jury

The Judging Jury is composed of:

- The Canadian Head Judge or designate (Chair of Jury);
- D1 and D2 when the D Score is being addressed (Apparatus Chief Judge in CCP).
- D and E Panels when the E score is being addressed (All panel members in CCP).
- The timer and/or line judge may be heard at the discretion of the Chair of the Jury.

The roles and responsibilities of the Judging Jury are to:

- Render a decision on a judging protest when the majority of the Judging Jury is in agreement.
- Abide by all FIG or GymCan rules, directives or requirements.

3.5. Competition Jury

The Competition Jury is composed of:

- the PM – WAG or designate (Chair of Jury).
- the Canadian Head Judge or their designate.
- the National Team Coach (HP) or designate (CCP)
- the Competition Jury may consult any other relevant individual, including the Competition Head Judge, the Director of the Competition/Floor Manager and/or the Apparatus Chair (D1) of the Apparatus (depending on the matter under protest or consideration).

The roles and responsibilities of the Competition Jury are:

- Consider rendering a decision on judging inquiries/protests forwarded to them if extenuating circumstances exist.
- Render a final decision on all technical protests.
- Ask a panel to reconsider a D Score or an E score if the Competition Jury feels the D/E score (protested or not) is incorrect.
- Adjust a D Score or E score if, after discussion with the D panel, a majority of the 3 members of Competition Jury plus 2 D Panel Judges feel that the D Score or E score was inappropriate.
- Arbitrate differences of opinion between GymCan, the organizers, participants, representatives of the media, etc. on organizational matters.
- Determine provisional rules, guidelines, and procedures for situations which are not covered by the WP HP and CCP Manuals, Code of Points of each program, or other WAG documents.
- Assist the Canadian Head Judge with matters related to the behaviour of athletes, coaches and judges.
- Examine appeals on judging and technical protests and render a final decision.
- Abide by all applicable FIG, CCP or GymCan rules, directives or requirements.
- The rationale for decisions made by the Competition Jury will be communicated in writing at the time the decision is announced.

3.6. Request to Reconsider a Score by the Competition Jury

- The Competition Jury may request that a D Score or E score be reconsidered by the Apparatus Jury. Such a request must be handed in, in writing, on the appropriate form, to the D1 Judge by the Canadian Head Judge or designate.
- The request will be discussed by the Apparatus Jury and the Competition Jury as soon as possible.
- The Competition Jury may ask a panel to reconsider a D Score or an E score if the Competition Jury feels that a D/E score (protested or not) is incorrect.

- The Competition Jury may adjust a D Score or E score, if, after discussion with the D panel, a majority of the 3 members of the Competition Jury plus 2 D Panel Judges feel that the D Score or E score was not appropriate.
- The Chair of the Jury will notify the coach immediately in writing of the adjustment if any.

3.7. Technical Protest to the Competition Jury

A technical protest is allowed on:

- Equipment failure (gymnastics or audio)
- Special occurrences related to the organization that alter the competition conditions (like the order of passage, warm-up procedures, etc.).
- Deductions/penalties for athlete conduct as listed by the FIG Code of Points, the HP/CCP Manuals or other WAG program documents: non-identical leotards, incorrect leotard, incorrect advertising, jewelry, padding, missing start number, non-observance of warm-up time and order, non-observance of competition order, signals, verbal commands and similar, unexcused delay or interruption of the competition, unauthorized leaving of the competition area, unsportsmanlike behaviour.
- Any other deductions/penalties for coach conduct as listed by the FIG/CCP Code of Points or WAG documents: attire, unexcused delay or interruption of the competition, number of coaches on the floor, number of coaches near the apparatus, signals, verbal commands and similar, unsportsmanlike behaviour.

3.8. Review of Penalty for Improper Conduct

- Any athlete, coach, or judge penalized for improper conduct may be heard at the discretion of the Competition Jury.
- The Competition Jury will attempt to reach a decision by consensus. If it is impossible, each member will have an equal voice in the decision.
- A simple majority will prevail. If the decision is tied, the Chair of the Competition Jury may not break the tie.

3.9. Other

Inquiries about Another Athlete/Coach

- This inquiry must be made in writing by a coach about an athlete or a coach of another club/team to the Canadian Head Judge.
- This type of inquiry can only be made on the presumption that the rules were not applied or were applied incorrectly.
- This type of inquiry must be made within the same time deadlines as another type of inquiry.
- The inquiries of this type will be recorded by the Canadian Head Judge for a period of 24 months. The abuse of this procedure will lead to sanctions

Inquiry by Panel Member

- Occasionally, a judge performing the E panel tasks may inquire in writing (note forwarded to the D1 Judge) once the E Score has been flashed. Such inquiry about the D Score may also be made verbally to the D1 at the end of a rotation.
- Occasionally, the D1 may discuss the D Score of an exercise with the E panel members, if necessary, before the D Score or the score is flashed or at the end of a rotation.
- The result of one of the above 2 actions may lead to an adjustment to the score in which case the D1 Judge will secure the authorization of the Canadian Head Judge or their designate. The final decision to adjust a score should occur before the beginning of the next rotation and before the score sheets are sent to the scoring room as much as possible. The D1 Judge will notify the coach immediately in writing of such adjustment. The coach will have the option to protest the new score within the usual time frame.

3.10. Summary Chart for Verbal and Written Inquiries

ACTION	DONE	TO	COST	DEALT WITH BY	COMPOSED OF
Inquiry: Request by the coach for information	Verbally	D1	0	Panel Judges respective apparatus	D and/or E panel members
Protest of Score: Request by the coach for reconsideration; disagreement with decision	In writing on form	Canadian Head Judge	\$60.00 Per protest	Judging Jury * 1	Chair: CHJ or designate D and/or E panel members
Technical Protest: Request reconsideration; disagreement with decision	In writing on form	Canadian Head Judge	\$60.00	Competition Jury * 2	Chair: GymCan WAG PM CHJ NTC Any other appropriate personnel as needed
Appeal: Request by the competition Jury for reconsideration; disagreement with decision	In writing on form	Canadian Head Judge	\$40.00 Per appeal	Competition Jury * 2	Chair: GymCan WAG PM CHJ NTC (HP) or Designate (CCP) Any other appropriate personnel as needed

A verbal response or any verbal explanation will be given to the same coach at every stage – inquiry or protest for a given matter. It is up to the coaches of the same club to share the information.

- * ¹ Occasionally, the Chair of the Judging Jury may forward a protest to the Competition Jury if they believe the D Score or E score is incorrect once it has been reconsidered by the panel.
- * ² Occasionally, the Competition Jury may ask a panel to reconsider a score or may, under special circumstances, modify a score.

PM Program Manager
 NTC National Team Coach
 CHJ Canadian Head Judge or Competition Head Judge

REQUEST FOR BAR HEIGHT ADJUSTMENT

DEMANDE D'AJUSTEMENT DES BARRES

FOR WAG NATIONAL L LEVEL GYMNASTICS COMPETITIONS – POUR COMPÉTITIONS NATIONALES
GAF

The following form must be completed and submitted to the Canadian Head Judge or designate during one of the official training sessions before the competition.

Le formulaire doit être complété et remis au Juge en chef Canadien ou désigné lors d'une session d'entraînement officielle précédant la compétition.

Note: Both rails need to be raised by 5 cm – les deux barres doivent être montées de 5 cm.

Club _____

Province _____

Athlete's Name
Nom de l'athlète _____

Category
Catégorie _____

Head Coach Name
Nom de l'entraîneur-chef _____

Signature _____

Permission Granted – Accordée Denied -

Refusée Rationale if denied – Explication si refusée

Signature CHJ _____ Date: _____

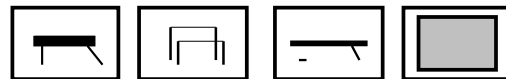
Form to be returned by CHJ to WAG PM at end of competition – Remettre le formulaire au juge en chef à la fin de la compétition



WAG PROTEST FORM - FORMULAIRE DE PROTÊT GAF

Athlete #: _____ Name / Nom: _____

Category/Catégorie :	Competition Date/Date de Compétition:
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High Performance:

D Score / Note D _____ E Score / Note E: _____ Neutral deductions: _____

CCP:

Start Value: _____ Neutral deductions: _____ Final Score: _____

Reason for Protest / Justification du protêt:

Signature: _____ Time / Heure: _____

By submitting this form, I agree to be invoiced \$60 by GymCan should the protest be denied./ En soumettant ce formulaire, j'accepte d'être facturé 60\$ par GymCan si mon protêt est refusé.

Received by / Reçu par: _____ Time / Heure: _____

Accepted / Accepté:

Denied / Refusé:

Comments including rationale for decision / Commentaires incluant la justification de la décision:

Signature, Function / Fonction

Time / Heure

The competition head judge must receive a copy of the completed form before it is returned to the person who signed the protest.

Le Juge en chef de la compétition doit recevoir une copie du formulaire complété avant qu'il soit retourné au demandeur.



REQUEST FOR EXCEPTION TO FIG RULES/GYMCAN ATTIRE RULES DEMANDE D'EXCEPTION AUX RÈGLES FIG/RÈGLES SUR LA TENUE GYMCAN

FOR WAG NATIONAL LEVEL GYMNASTICS COMPETITIONS – POUR COMPÉTITIONS
NATIONALES GAF

The following form must be completed and submitted to the Canadian Head Judge or designate during one of the official training sessions before the competition. / Le formulaire doit être complété et remis au Juge en chef canadien ou désigné lors d'une session d'entraînement officielle précédant la compétition.

Club _____ Province _____

Athlete's Name/Nom de l'athlète _____

Category/Catégorie _____

Please explain the request or desired exception re Athlete's Attire (e.g. colour of bandage, knee brace)/ Veuillez expliquer la demande ou l'exception souhaitée concernant la tenue vestimentaire de l'athlète (ex: bandage de couleur, genouillère)

Head Coach Name/
Nom de l'entraîneur-chef _____ Signature _____

Permission Granted – Accordée Denied - Refusée

Rationale if denied/Explication si refusée

Signature CHJ _____ Date: _____

Form to be returned by CHJ to WAG PM at end of competition/Remettre le formulaire au juge en chef de la compétition ou au GP à la fin de la compétition.