



Men's Artistic Gymnastics Operations Manual

March 2023

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1. Generalities

This document is to be read in conjunction with the following documents:

- Gymnastics BC [Complaint Management Handbook](#)
- Gymnastics BC [Coaching Education Operations Manual](#)
- Gymnastics BC [Committee Policies and Procedures](#)
- Gymnastics BC [Registration Handbook](#)
- Gymnastics BC Team BC Staff Handbook
- Gymnastics Canada [MAG Technical Regulations](#)
- Gymnastics Canada [Elite Pathways](#)
- Gymnastics Canada [Provincial Pathways](#)
- Gymnastics Canada [Provincial 1 & 2 Pathways](#)
- F.I.G. Men's Artistic Gymnastics Code of Points

Throughout this document, sections may have bubbles next to them. These bubbles are to indicate whether the section is referencing a board policy or third-party, not.

1.1 Program Objectives

The Gymnastics BC (GymBC) Men's Artistic Gymnastics (MAG) Program's goals and objectives are to,

- a) Coordinate and supervise technical aspects of the provincial, national, and international gymnastics events where GymBC participates.
- b) Determine technical rules and procedures as they are applied in the Province of BC, in respect with Gymnastics Canada (GCG) and FIG rules.
- c) Organize competitions, clinics, training camps, and seminars to aid in the development of our athletes, coaches, and officials.

1.2 Men's Technical Committee Policy

The Men's Technical Committee (MTC) is composed of seven (7) voting members and up to three (3) non-voting members.

- Chair; is also a member of the GymBC Board of Directors.
- Judging Chair
- Coaching Chair
- Athlete Representative
- Three (3) Members-at-Large
- GBC Men's Program Coordinator (non-voting)
- GBC Men's Provincial Performance Advisor (non-voting)

Further information regarding the Men's Technical Committee may be found in the [Committee Policies and Procedures](#) document (Section 7.3).

1.3 Integrated Performance System (IPS) 3rd party

Gymnastics has been recognized by viaSport and by the Canadian Sport Institute Pacific (CSI-P) as a *targeted sport*; this means gymnastics is a sport in which there is a strong potential for BC athletes to be named to national teams. GymBC programs benefit from funding used to benefit all national-level athletes, in addition to providing specialized services to the list of targeted athletes.

The list of targeted athletes is determined following Canadian Championships. In some categories or instances, national team members are identified by Gymnastics Canada at a different time of the year. Athletes named to a national team at a different time will be added to the list when they are confirmed as a national team member. The list is in effect from 1 September to 31 August.

The targeted athlete list selection criteria can be found by selecting Gymnastics BC [here](#) on the CSI-P website.

1.4 Training Camps

The men's program has two streams of training camps: provincial and elite. Athletes wishing to attend a training camp must be accompanied by their regular, primary coach. Should that coach not be able to attend, that athlete's secondary coach—who is familiar with the athlete's training program—must attend. If no coach is able to accompany the athlete, accommodations may be made, though this is not guaranteed.

Camps will normally be held in zones 3, 4, and 5. Travel to these training camps will not be provided by GymBC. Athletes and coaches are encouraged to contact their zone chair to request funding for provincial and elite camps.

1.4.1 Provincial Camps

These camps are open to all athletes in Provincial 2, 3, 4, 5, and National Open. They will be split by age and category. At these camps, athletes will work through the MAG Passport. Athletes completing certain sections of the Passport will be invited to be a targeted athlete with CSI Pacific.

1.4.2 Elite Camps

These camps are open to all athletes in Aspire, Junior, and Senior. Priority will be given to targeted athletes, who will also have a subsidized registration fee if they have completed the CSI Pacific requirements.

2. Athletes

2.1 Amateur Status Policy

All athletes competing in a GymBC sanctioned event must abide by the regulations of GymBC, GCG, F.I.G., and the International Olympic Committee governing amateur status.

2.2 GBC Membership Policy

An athlete must be registered in the appropriate category and be in good standing to participate in GBC sanctioned events. It is each club's responsibility to ensure that its athletes are registered in the correct levels and categories by the set deadlines as determined by the GBC staff. More information regarding membership and registration may be found in the [Registration Handbook](#).

In MAG, athletes participating in a club's pre-competitive program are considered recreational athletes.

Interclub categories fall under "Gymnastics for All".

If an athlete participates in a GBC sanctioned event without being registered as a competitive member, the athlete's club will be fined.

2.3 Competition Attire

2.3.1 Warm-Up

Men's gymnastics longs or shorts along with a shirt or singlet must be worn during all warm-up sessions (no bare chests will be allowed during warm-up times).

2.3.2 Competition

Competitive singlet (no bare chest will be tolerated on the competition floor; a deduction may be taken without warning), gymnastics longs or shorts. As per Gymnastics Canada regulations, dark coloured longs (including black and dark blue)

are not allowed. Competition longs and shorts must be one solid colour. Competition footwear must be as per FIG regulations.

No loose jewellery should be worn during competition or warm-up. Stud earrings are allowed.

2.3.3 Team Competition

Members of a team must wear identical uniforms for team competitions.

2.4 Funding

2.4.1 Athlete Assistance Program (AAP)

Athletes who meet the requirements below may apply to receive AAP funding. AAP funding is processed in the fall of each year.

2.4.1.1 Requirements

To qualify for the Athlete Assistance Program, athletes must,

- a) be in good standing with GymBC;
- b) be registered to compete in the current competitive year;
- c) fill out and return the completed AAP application form;
- d) attend BC Championships in one of the following ways:
 - a. compete
 - b. judge
 - c. coach
 - d. take part in a demonstration with full or partial routines
- e) be properly attired in club or Team BC uniform as per GymBC and GCG regulations at provincial and interprovincial events;
- f) have competed and ranked at the preceding Canadian Championships, Elite Canada, Western Canadian Championships, Canada Games, and/or represented Canada internationally as selected by the national team program; and
- g) agree to support and participate in all initiatives of GymBC programming (e.g., attend technical committee designated camps, attempt to qualify for appropriate Team BC events, etc.).

Athletes accepting AAP funding agree to abide by the Gymnastics BC [Code of Conduct](#) or otherwise be subject to funding repercussions. Athletes who have a valid injury or illness petition at the time of BC Championships must still participate in some capacity to be eligible for AAP funding, unless the nature of the injury or illness prevents them from being present.

2.4.1.2 Appeal Process

In the event an athlete wishes to dispute the AAP selection process they may ask, in writing, the technical committee to review their decision.

2.4.1.3 Absentee Requests

All exemption requests must be submitted to the MTC 14 days prior to any BC Championships event. Reasonable exemptions may include athletes assigned by GCG for an international assignment. Athletes who are approved for exemption must make themselves available to fulfill another obligation, such as a special appearance on behalf of GymBC.

2.4.1.4 Grouping

Athletes will be placed into five groups according to the following list,

- 1) Senior National Team (carded)
- 2) Junior National Team (carded) & Senior National Team (uncarded)
- 3) Junior National Team (uncarded)
- 4) Aspire Squad Members
- 5) Athletes ranked according to the point system

Athletes will be placed into Groups 1 to 4 based on Gymnastics Canada's national ranking list.

Athletes will be placed into Group 5 based on the Gymnastics BC points chart ranking outlined below. Each athlete will earn a certain number of points for the competitive season. This ranking will act as the final grouping for athlete assistance consideration. Events considered for points include,

- All international events representing Canada;
- All international events attended by National Team members;
- National Team selection competitions;
- National and Provincial multi-sport games;
- Canadian Championships, Western Canadian Championships, and BC Championships; and

- Coaching and officiating courses.

Each member within a group will receive the same amount. Group 4 and 5 will receive the same monetary amount per athlete.

2.4.1.5 Injury Petitions

If an athlete is unable to compete at any of the required events (as listed above), due to illness or injury, they have the option to petition to the MTC. A written petition must be submitted to GymBC by August 31 of the competition season for consideration. Petitions will be handled on an individual basis. An injury petition for an individual athlete cannot be applied for two years in succession.

The funding allocation for an injury application will be 70% of the athlete's previous year's grouping. For example; if a Group 2 athlete was funded \$1,000 in year 1 and applied for an injury card in year 2, they would be eligible for up to \$700 if Group 2 athletes received \$1,000 again in year 2.

2.4.1.6 Points Chart

The following two charts will be used for athlete ranking for AAP Group 5 and for the MAG GymBC Annual Awards. Points in this section will be collected between July 1 – June 30, each year.

| | |
|-------------|---|
| 20 points = | Take National judging course |
| 18 points = | Become Comp 2 Certified |
| 12 points = | Take Provincial judging course |
| 12 points = | Take Comp 2 coaching course |
| 12 points = | Become Comp 1 Certified |
| 10 points = | Judge at least one session at a competition |
| 8 points = | Take Comp 1 coaching course |
| 8 points = | Take Club judging course |
| 5 points = | Take Entry judging course |
| 5 points = | Take Gymnastics Foundations coaching course |

| POINTS | International | | | National | | | | Westerns | | Provincial | |
|-------------|--|-----------------------------|-----------------------------|------------------------|----------------------|--------------------------|-------------------------|-----------------|----------------|------------------------|-----------------------|
| | Final at Tier 1 Competition | Final at Tier 2 Competition | Final at Tier 3 Competition | SR/JR AAF at CC/EC/CWG | SR/JRAF at CC/EC/CWG | E4/Open AAF at CC/EC/CWG | E4/Open AF at CC/EC/CWG | AAF at Westerns | AF at Westerns | AAF at BC Champs/Games | AF at BC Champs/Games |
| 100 | 1-3 | | | | | | | | | | |
| 75 | 4 | | | | | | | | | | |
| 50 | | 1 | | 1 | | | | | | | |
| 45 | 5 | | | | | 1 | | | | | |
| 44 | | 2 | | 2 | | | | | | | |
| 40 | 6 | 3 | | 3 | | | | 1 | | | |
| 39 | | | | | | 2 | | | | | |
| 36 | 7 | 4 | | 4 | | | | | | | |
| 35 | | | 1 | | 1 | 3 | | | | | |
| 34 | 8 | 5 | | 5 | | | | 2 | | | |
| 33 | | | 2 | | | | | | | | |
| 32 | 9 | 6 | 3 | 6 | 2 | | 1 | | | | |
| 31 | | | | | | 4 | | | | | |
| 30 | 10 | 7 | 4 | 7 | 3 | | | 3 | | 1 | |
| 29 | | | | | | 5 | 2 | | | | |
| 28 | 11 | 8 | 5 | 8 | 4 | | | | | | |
| 27 | | | | | 5 | 6 | 3 | | | | |
| 26 | 12 | 9 | 6 | 9 | 6 | | | 4 | | | |
| 25 | | | | | 7 | 7 | 4 | | 1 | | |
| 24 | | 10 | 7 | 10 | 8 | | 5 | 5 | | 2 | |
| 23 | | | | | | 8 | 6 | | | | |
| 22 | 13-24 | 11 | 8 | 11 | | | 7 | 6 | 2 | | |
| 21 | | | | 12 | | 9 | 8 | | | | |
| 20 | | 12 | 9 | | | | | 7 | 3 | 3 | |
| 19 | | | | | | 10 | | | | | |
| 17 | | | 10 | | | 11 | | 8 | | | |
| 16 | | | | | | 12 | | | | | |
| 15 | | 13-24 | 11 | | | | | | 4 | | 1 |
| 13 | | | | | | | | | 5 | | |
| 11 | | | 12 | | | | | | 6 | | |
| 10 | | | | | | | | | 7 | | |
| 8 | | | 13-24 | | | | | | 8 | | |
| 75 Points = | Team Canada Member: Tier 1 Competition (Olympic Games, World Championships, Pan-Am Games, Commonwealth Games) | | | | | | | | | | |
| 25 Points = | Team Canada Member: Tier 2 Competition (Major international competition: Pacific Alliance, World Cup, Junior Pan Am Championships, etc.) | | | | | | | | | | |
| 10 Points = | Team Canada Member: Tier 3 Competition (Other international events: Dual Meets, etc.) | | | | | | | | | | |
| 10 Points = | Team BC Member: Canada Winter Games | | | | | | | | | | |
| 7 Points = | Team BC Member: All other inter-provincial or international competitions (Canadians, Westerns, etc.) | | | | | | | | | | |

2.4.2 Team BC Members

At the beginning of the competition season, Gymnastics BC establishes its budget for all Team BC events. Upon establishing this budget, funding may be made available to athletes to subsidize their costs at Team BC events.

Funding for athletes is linked to their participation in mandatory activities. These mandatory activities are listed in each section below.

2.4.2.1 Canadian Championships

Mandatory Activity: Canadians Preparation Camp

Funding for travel and accommodations will be provided for athletes, coaches, and judges attending the preparation camp.

Funding for Canadian Championships may be offered by Gymnastics BC. When offered, it will adhere to one of the following schemes:

- Flat Funding – everyone gets the same amount
- Tier Based – funding amounts are based on athletes' competition category
- Self Funded – no funding provided

Funding will be reflected on the invoice sent to clubs after the event. The following restrictions apply to receiving funding:

Tier based funding, when used, will follow the below scheme. Each tier is based on the athlete's competitive category and his ranking within that category.

-
- | | |
|---------------|--|
| Tier 1 | <ul style="list-style-type: none"> • Senior National Team members (carded & non-carded) • Junior National Team members (carded) • Senior or Senior Next Gen athletes meeting the GCG recommended score on four to five apparatus |
| Tier 2 | <ul style="list-style-type: none"> • Junior National Team member (non-carded) • Senior or Senior Next Gen athletes meeting the GCG recommended score on three apparatus |
| Tier 3 | <ul style="list-style-type: none"> • Senior/Junior meeting qualifying score • Top 4 National Open team members (for Canadian Championships meeting a minimum score of 67.00 All Around) • Senior or Senior Next Gen athletes meeting the GCG recommended score on two apparatus |
| Tier 4 | <ul style="list-style-type: none"> • Remaining National Open team members |
-

Tier 5 Self-funded

- Any additional athletes offered a self-funded opportunity (e.g., Junior meeting the travelling score but not the funded score)
 - Senior or Senior Next Gen athletes meeting the GCG recommended score on one apparatus
-

- Athletes qualifying via apparatus score will only be permitted to compete on the apparatus where they met the qualifying score. Failing to follow this rule will result in sanctions (e.g., loss of funding to the event, loss of travel assistance to the next event or Canadian Championships, etc.). An athlete failing to qualify on an intended apparatus due to medical reasons may petition the MTC for an exemption. If approved, the exemption would allow the athlete to compete on the apparatus petitioned for.
- Senior and Senior Next Gen athletes who compete on less apparatus than they gained funding for are subject to receiving a fraction of that original funding. (i.e., their club will be additionally invoiced for the difference between the two funding levels.)
- Only athletes who have met the minimum funding scores will be allowed to receive funding for Canadian Championships.
- National Team athletes and their coaches may attend if they did not meet the qualifying score.
- Official minimum scores will be determined prior to the start of the competition season, on a yearly basis, and published no later than January 1 of the competition year.

2.4.2.2 Western Canadian Championships

Mandatory Activity: Westerns Preparation Camp

Funding for travel and accommodations will be provided for athletes, coaches, and judges attending the preparation camp.

Funding for Western Canadian Championships may be offered by Gymnastics BC. When offered, it will adhere to one of the following schemes:

- Flat Funding – everyone gets the same amount
- Tier Based – funding amounts are based on athletes' competition category
- Self Funded – no funding provided

Funding will be reflected on the invoice sent to clubs after the event.

2.4.2.3 Injured Athletes

Funding will be limited if athletes have qualified for a Team BC event but are injured and cannot demonstrate full routines prior to departure. This policy is not intended for athletes who are injured on-site.

National Team Athletes

| | |
|---------------------------------|----------------------------------|
| Performing on all apparatus | Team BC member funding |
| Not performing on all apparatus | Team BC member funding, less 20% |

If a Junior or Senior athlete has been accepted as a National Team member and has not competed all events at Elite Canada, he will be required to compete all events at a major meet within BC (on a date later than Elite Canada) to receive funding for the Canadian Championships (for himself and his coach).

National Level Athletes (incl. Aspire for CC and WCC, and P4, P3, and P2 for WCC)

| | |
|--|--|
| Performing on all apparatus | Team BC member funding |
| Alternate available | Athlete will be replaced |
| No alternate available and not performing on all apparatus | Team BC member funding, less 40% (for Canadian Championships) or less 20% (for Western Canadian Championships) |

2.4.3 Additional Funding

2.4.3.1 International Competitions & National Training Camps

Additional funding may be made available to athletes for international competitions and national training camps. This funding is made available on a case-by-case basis. Any athlete wishing to apply for funding must submit their request (or have their coach submit their request) in writing to Gymnastics BC. An intent to participate should be submitted as soon as possible and must include the event name, dates, and approximate costs. This must be followed by a confirmation of participation when it has been confirmed by GCG. All receipts must be submitted to the GymBC men's program coordinator. If no receipts are provided, then no funding will be disbursed. The further in advance that notice is given will result in a greater chance of more funding.

2.4.3.2 Elite Canada

Depending on the program's budget, subsidies may be distributed to athletes attending Elite Canada. This is determined on a year-by-year basis and is not guaranteed.

2.4.3.3 Excellence Funding—Canadian Championships

A total of three (3) grants of \$500 (\$250 to the coach, \$250 to the athlete) will be awarded to the top BC athletes at the Canadian Championships. The grant money will be sent to the club and is to be split 50/50 between the athlete and his personal coach(es). If less than three (3) athletes meet the required (listed) standard, the money is not awarded to any other athlete.

| Priority | Category | Rank |
|----------|---------------|-----------------------------------|
| 1 | SR | 1 st AA |
| 2 | SR | 2 nd AA |
| 3 | SR | 1 st AF (>1 apparatus) |
| 4 | SR | 3 rd AA |
| 5 | JR16 | 1 st AA |
| 6 | JR16 | 2 nd AA |
| 7 | SR | 1 st AF |
| 8 | JR14 | 1 st AA |
| 9 | SR | 4 th AA |
| 10 | SR | 5 th AA |
| 11 | JR16 | 3 rd AA |
| 12 | JR16 | 4 th AA |
| 13 | JR14 | 2 nd AA |
| 14 | JR14 | 3 rd AA |
| 15 | National Open | 1 st AA |
| 16 | SR | 6 th AA |
| 17 | JR16 | 5 th AA |
| 18 | JR16 | 6 th AA |
| 19 | National Open | 2 nd AA |
| 20 | National Open | 3 rd AA |
| 21 | JR | 1 st AF |

2.4.3.4 Excellence Funding—Western Canadian Championships

A total of two (2) grants of \$500 (\$250 to athlete; \$250 to coach(es)) will be awarded to the top BC athletes at the Western Canadian Championships. The grant money will be sent to the club and is to be split 50/50 between the athlete and their personal coach(es). If less than two (2) athletes meet the required (listed) standard, the money is not awarded to any other athlete.

| Priority | Category | Rank |
|----------|----------|--------------------|
| 1 | Aspire | 1 st AA |
| 2 | P4 | 1 st AA |
| 3 | P5 | 1 st AA |

2.4.3.5 Zones Policy

All other funding for within BC, such as for travel to Gymnastics BC training camps, clinics, courses, etc., may be provided by each zones committee. Further information on zone committees may be found in the [Committee Policies & Procedures](#) document.

2.5 External Sport Credit Program for Students 3rd-Party

The BC education system provides an opportunity for athletes who are elementary and high school-aged to earn credits toward their high school graduation depending on their depth of involvement in gymnastics. Gymnastics BC administers this program for the government.

Letters of *External Credit* achievement will be automatically generated from the Gymnastics BC office for the following team involvement achievement,

| | |
|------------------|--|
| Grade 10 Credits | <ul style="list-style-type: none"> • Zone Team participant at BC Games |
| Grade 11 Credits | <ul style="list-style-type: none"> • Team BC participant at Western Canadian Championships |
| Grade 12 Credits | <ul style="list-style-type: none"> • Team BC participant at Canadian Championships • Team BC participant at Canada Games |

Students can expect to receive a letter (or letters) for their accomplishment sometime between January and May of the year following the season of competition. Letters are sent only for the first year of achievement. Be sure a copy of the letter is taken to your high school counsellor upon receipt.

Students who have achieved a certain level as a competitive athlete, coach, or judge may also be eligible for external sport credit. GymBC will send a letter to students who have achieved the standard and request a letter from the GymBC External Credits coordinator.

For more information, please visit the [Government of BC](#) website.

3. Coaches

3.1 Dress Code

Coaches must dress according to GCG's attire guidelines,

- Club or Team BC t-shirt/polo
- Club or Team BC track pants (full length or $\frac{3}{4}$) with or without track jacket
- Sneakers
- No hats, shorts, midriff tops, ripped or torn clothing or similar

Team BC attire may only be worn at Team BC events. Coaches dressed inappropriately will receive a warning from the Competition Head Judge or host club. The coach will have 30 minutes to comply; if the situation is not corrected after 30 minutes, a penalty may be applied.

3.2 Funding

3.2.1 Team BC Members

Funding for coaches is linked to their participation in mandatory activities. These mandatory activities are listed in each section below.

3.2.1.1 Canadian Championships

Mandatory Activity: Canadians Preparation Camp

Selected Team BC coaches may receive up to the full funding for the event. Personal or individual coaches are not funded by GymBC and a club must request to send personal/individual coaches to GymBC immediately following BC Championships.

Travel funding will be available for Team BC named coaches with the following restrictions:

- One (1) coach per club for up to five (5) athletes (Aspire)
- One (1) coach per club for up to three (3) athletes (Junior or Senior)
- Two (2) coaches for six (6) or more athletes (Aspire or Open team members)
- Two (2) coaches per club for four (4) or more athletes (Junior or Senior)

Clubs will be allowed to send more coaches; however, these coaches will not be funded by GymBC.

3.2.2 International Competitions & National Training Camps

Additional funding may be made available to coaches for international competitions and national training camps. This funding is made available on a case-by-case basis. Any coach wishing to apply for funding must submit their request in writing to Gymnastics BC. An intent to participate should be submitted as soon as possible and must include the event name, dates, and approximate costs. This must be followed by a confirmation of participation when it has been confirmed by GCG. All receipts must be submitted to the GymBC men's program coordinator. If no receipts are provided, then no funding will be disbursed. The further in advance that notice is given will result in a greater chance of more funding.

4. Competitive Structure

4.1 Confirmation of Competitive Categories

All competitive levels must be confirmed with GymBC by March 1 of the current competitive season. An athlete may not change levels after this deadline for GymBC events or club invitationals. All athletes will be allowed to change categories after BC Championships.

There are two exceptions to this rule,

- a) **Elite Canada**—if a gymnast competes at Elite Canada in the Junior or Senior category and does not reach the GCG qualifying score to compete in that category at Canadian Championships, they will be allowed to move to the National Open category.
- b) **BC Winter Games**—a gymnast who is age eligible and competing in a recognized category (Provincial 1–5, Aspire, or Junior) may compete at the BC Winter Games. The athlete may compete in their usual category at any event prior to or following the BC Games and the zone trial events.

4.1.1 Changing Categories

4.1.1.1 Upwards

Athletes should follow the normal progression going from lower level (Level 1, for example) towards higher level categories (Provincial 5, for example).

Prior to March 1, athletes may compete in any level, as long as their choice of category follows the normal progression from their previous year's category. For example, if an athlete was registered in Level 2 during the previous season, he is not authorized to compete or register as a Level 1 during the following season; he must register and compete in at least the Level 2 category.

4.1.1.2 Downwards

Any athlete that wants to register in a category that would not follow the normal progression from year to year (downward) must submit a written request to the MTC at least 30 days before the first trial event of the season. This also includes competitions after June 1. Requests are not automatically granted and are determined on a case-by-case basis. A non-refundable administration fee of \$25.00 is required. Cheques must be made payable to *GymBC–MTC*.

4.1.2 Age Groups

Athletes may not compete in an age category younger than their competitive age group.

For all GymBC events, athletes must register and compete in their appropriate age groups. GymBC events include (but are not limited to): BC Championships, Trials to Westerns, Canadian Championships, or any other GymBC coordinated event.

For trial events, failure to register an athlete in their correct category and/or age group will result in the athlete's disqualification from the trial event.

4.2 BC Provincial Structure

In the below table, ages have been indicated so that the table does not have to be redone every year. Please consult the GymBC Registration Handbook, sent to all clubs at the beginning of the season, or the GCG Program Documents (Provincial or Elite Pathways) to have exact birth year for each age group.

| Provincial | | | | | | Elite | | | |
|------------|---|-----|-------|-------|------|--------|----|-------|-------|
| 1 | 2 | 3 | 4 | 5 | Open | Aspire | JR | SR | |
| 7+ | | 13+ | 13+ | | 15+ | | | 21+ | |
| | | | | | | | | 18-20 | |
| | | | | | | | | 16-18 | |
| | | 12 | 10-12 | 10-12 | | | | | 14-15 |
| | | | | | | | | | 12-14 |
| | | | | | | | | | |
| 11 | 8 | | | | | | | | |
| 10 | | | | | | | | | |
| 9 | | | | | | | | | |

All athlete ages are as per their program document. See each separate program's age category chart. GBC may merge categories if the number of registered participants is insufficient.

4.2.1 Provincial 2 Groupings

Competition hosts may combine the Provincial 2 age groups as follows:

- 8 & 9 may be combined should there be less than 3 athletes in one or more age group
- 10–12 may be combined if the sum of all athletes in age groups 10–12 (combined) is less than 8

4.2.2 Age Calculation

Age is calculated by the birth year subtracted from the second year of the competition season (e.g., 2022-2023 competition season: 2023 will be used for calculating age). Athletes born January 1 to December 31 of the same year are considered the same age.

4.3 Program Objectives

4.3.1 Canadian Provincial Pathways

The Canadian Provincial Program is divided into six levels. The first two levels are designed to offer a basic, developmental gymnastics program to ensure the correct path of development and safety of all participants.

Levels 3, 4, and 5 introduce optional routine choices so each individual may show their strengths on each apparatus. The content is under Gymnastics Canada's jurisdiction and is defined in the [GCG Provincial Pathways](#).

The 6th level is the National Open category which participates at the Canadian Championships. The content is under Gymnastics Canada's jurisdiction; available through the link provided above.

4.3.2 Canadian Elite Pathways

Gymnastics Canada offers an Elite Program (Aspire, Junior, and Senior). The content is under Gymnastics Canada's jurisdiction and is defined in the [GCG Elite Pathways](#).

Refer to the GBC or GCG website for all current program documentation.

5. Provincial Events

5.1 Protests

Protests are not allowed for any categories; however, coaches may inquire about the difficulty and execution scores.

5.2 Awards—Tie-Breaking

There is no tie-breaking rule. If there is a tie, the following position is skipped. For example; if there are two athletes tied for second place, there will be no third place awarded. The next athlete in rank order will receive the fourth-place award.

5.3 Warm-Up Procedure

In Appendix A at the end of this document.

5.4 BC Championships

5.4.1 Eligibility

All athletes registered in the following categories are eligible to compete in the Men's Artistic Gymnastics BC Championships (BC Championships),

| | |
|-------------------|------------------------------------|
| Provincial | 1-5 & National Open |
| Elite | Aspire, JR14, JR16, SR-NG, & SR21+ |

Athletes who are not required to compete at BC Championships (National Team members) must be present and must demonstrate at least one event during a showcase session (if the schedule allows). Otherwise, these athletes must be in attendance as judges, coaches, or award presenters. No registration fee is required. If they prefer, they can register to compete in an appropriate category (registration fees required).

5.4.2 Schedule & Category Groupings

A schedule will be drawn up by GymBC and will be approved by the host and Technical Committees.

The Technical Committee strongly recommends that the host organizing committee groups athlete categories in the following manner, especially when hosting Team BC Trial Events,

- SR, JR, Aspire, National Open, & Provincial 5
- Provincial 4 & Provincial 3
- Provincial 2 (and possibly Provincial 3)
- Provincial 1 & Provincial 2

5.4.3 Competition Order

GBC will be responsible for the draw of the competition order. In each rotation, the order will drop one place.

5.4.3.1 Categories Involved in Trials

The categories will be assigned to groups, and then athletes will be randomly drawn into groups. Athletes from one club must be grouped into no more than two (2) groups per category. There will be a draw for the starting event.

5.4.4 Awards

There are no MAG team awards presented at BC Championships. Only individual awards are presented to athletes at BC Championships.

5.4.4.1 Individual Awards (Level 2+)

| | | |
|----------|---|-----------------------------|
| Medals | 1 st , 2 nd , 3 rd | All Around & each apparatus |
| Rosettes | 4 th , 5 th , 6 th | All Around |
| Ribbons | 4 th , 5 th , 6 th | Apparatus |
| Plaques | 1 st AA | Each category |

5.4.4.2 Individual Awards (Level 1)

| | | |
|---------|--|------------|
| Medals | Gold (90 th percentile) Silver (75 th percentile) Bronze (everyone else) | All Around |
| Ribbons | Gold (E-score ≥9.0) Silver (E-score = 7.5–8.9) | Apparatus |

Bronze (E-score <7.5)

All-Star Recognition: at the BC Championships, the athlete that receives the top score on each apparatus, in their competition sub-division will receive special recognition at the end of the awards ceremonies. The host will provide a certificate to reward the athletes.

5.4.4.3 Restrictions

If there is only one competitor, only an all-around award will be given. If there are two or more competitors, all awards will be given.

5.5 BC Games

BC Winter Games (BCWG) are held every other year, in even-numbered years. Each zone must host Zone Trials before the set deadline. Zones must provide the Provincial Advisor and GymBC Men's Program Coordinator with their trial procedures by December 15, prior to the games. It must include,

- the date of the selection meet;
- the selection process for the top four (4) athletes (4 boys, plus ranking of potential wildcards);
- the selection process for the team coaches and ranking of potential extra staff; and
- the zone's uniform (who is responsible, etc.).

It is each zone's responsibility to ensure a fair process for the selection of athletes and coaches. Each zone must hold trials to determine their team members. Please refer to the BC Games Technical Package.

6. Team BC

6.1 Athlete Selection

6.1.1 Eligibility

For all trial events, the following requirements must be met:

- Athletes must fulfill the requirements for Team BC membership.
- Athletes must be registered and in good standing with GymBC.
- Athletes must register with the host organizing committee of the trial competition within the set deadline and in the appropriate category (completed forms including payment). It is the club's responsibility to register the athletes in the correct category. Any athlete registered in the wrong category will be excluded from any selection process.
- An athlete that cannot attend a trial because he is away at a competition representing Canada, must petition to be considered for a team. His petition will automatically be accepted and he will be considered for the team.

6.1.2 Late Registration for Trial Events, Camps, & Clinics

For Team BC trial events and GymBC training camps and tests, late registration will be possible in the 7 days following the deadline. Late fees will be required and can be up to \$20 above the normal registration fee. After 7 days, registration may not be possible. Registration after the late deadline will depend on the event, the space available, and will be determined on a case-by-case basis. Full payment must be received by the start of the event in all cases. Detailed information will appear in all information packages.

All eligible athletes will be granted entry to a trial event. Late fees may apply. GBC will resolve any issue.

6.1.3 Cancellation Fees & Non-Attendance

Deadline for cancellation is 48 hours before the start of the event. Cancellation due to medical will be accepted up until the event. An administration fee of up to \$20 will be retained depending on the event for all cancellation including medicals.

6.1.4 Breaking Ties for Team Selection

If there is a tie for the team selection, the athletes' potential contributing scores to the team will be considered in the selection process.

6.1.5 Minimum Scores for Team Selection

The MTC will review the traveling scores each year to consider adjustments to the Code of Points. Athletes who do not meet the traveling score have the right to submit a petition to the MTC within 30 minutes of result availability, provided petitions are allowed for said event. The Qualifying Standards will be published for each upcoming competition no later than January 1 of the year of competition.

6.1.6 Injuries

Team BC members must immediately notify GBC in writing of any injury which has one of the following effects,

- Prevents the athlete from performing routines for more than five (5) consecutive training days.
- Prevents the athlete from performing routines within seven (7) days prior to the departure for the competition.
- Requires them to wear a cast.

The MTC may request that the athlete verify routines prior to leaving for the competition. He will need to demonstrate that he can perform routines with comparable Difficulty scores to the routines he performed to earn a position on the team. The MTC may remove the athlete from the team if the athlete is not able to perform routines to that level.

If a club fails to report an injury, the club may be required to pay all costs associated with the athlete's competition, including their portion of the expenses for coaches and team managers.

6.1.7 Medical Petitions

The Men's Technical Committee will consider medical petitions in writing from an athlete's coach or club no later than the start of the competition. The MTC will decide to accept or reject a petition. A medical certificate must accompany the petition.

If an athlete is injured during warm-up or competition, the athlete must immediately petition to the MTC. The GymBC office must receive a medical certificate within seven (7) days.

If an athlete qualified for Canadian Championships using one of the first trials only (not BC Championships) because of injuries (and his petition was accepted by the MTC), the Men's Technical Committee may request that the athlete verify routines seven (7) days prior to leaving for the competition. He will need to demonstrate that he can perform routines with comparable Difficulty scores to the routines he performed to earn a position on the team. He will need to reach the minimum score. Failure to demonstrate his routines to judges appointed by the MTC will result in disqualification of the athlete from the team. The MTC may remove the athlete from the team if the athlete is not able to perform routines at the appropriate level.

6.1.8 Western Canadian Championships

Qualification Standards and team size information will be presented each season in a document agreed to by the GBC Men's Technical Committee. This document will be published by January 1 of the competition year.

For further information, please consult the Western Canadian Championships Policy Manual.

6.1.8.1 Eligibility

Any athlete wishing to be considered for a position on Team BC for Western Canadian Championships must compete in the identified trial competition, in the appropriate category.

Specialized selection rules for each year (e.g.: qualifying score, team size, etc.) will be available in the qualifying standards document as prepared by the MTC in the fall of each competitive season. This document will be published, by 1 January of the competition year.

6.1.8.2 Categories

- Provincial Level 2 (10+)
- Provincial Level 3 (12+)
- Provincial Level 4 (11+)
- Provincial Level 5 (13-17)
- Aspire

6.1.8.3 Support Staff

- One (1) manager
- Two (2) team coaches per team
- As many chaperones as deemed necessary by the Men's Technical Committee on a year-by-year basis.
- Team coaches and all support staff will be officially determined following the Western trials.

6.1.8.4 Medical Petitions

There are no medical petitions permitted for Western Canadian Championships. An Aspire athlete may be permitted to petition onto a team if there are spots remaining, due to lack of numbers. The petitioned athlete must have an All-Around score from a previous event in the current competition season.

6.1.9 Canadian Championships

Qualification standards and team size information will be presented each season in a document agreed to by the GymBC Men's Technical Committee. This document will be published by January 1 of the competition year.

For further information, please consult the GCG MAG Technical Regulations.

6.1.9.1 Categories

- Aspire
- National Open (Team of 8 athletes)
- Junior 14-15
- Junior 16-18
- Senior NextGen
- Senior 21+

6.1.9.2 Selection Process

Non-carded athletes must compete in a minimum of two (2) identified qualifying competitions (one Trial event and BC Championships). Selection to the National Open team for Canadian Championships is based on a combined score from three potential trials:

- 40% from 1st or 2nd trial
- 60% from BC Championships

6.1.9.3 Support Staff

- One (1) manager.
- Two (2) team coaches for full Junior team.
- Two (2) team coaches and one (1) chaperone for a full National Open team.
- One (1) coach per high performance club (possible petition to the MTC).
- As many chaperones as deemed necessary by the Men's Technical Committee on a year-by-year basis.
- Team coaches and all support staff will be officially determined following BC Championships.

6.1.10 Elite Canada

Athletes competing at Elite Canada are representing their club, not their province. Clubs are responsible for registering their own athletes.

6.1.10.1 Categories

- Aspire
- Junior 14-15
- Junior 16-18
- Senior NextGen
- Senior 21+

6.1.11 Canada Games

Please consult the Canada Games Council's Technical Package, created in conjunction with GCG.

The MTC will determine and provide the selection process for Canada Games no later than September of the Canada Games competitive season.

6.2 Coach Selection

6.2.1 Points System

Coaches will be selected according to the points they earn for their club from their athletes' placement at the designated trial competition. The following table shows the relationship between athlete placement and the number of points a club earns.

| Athlete's Ranking | Points |
|-------------------|--------|
| 1 | 15 |
| 2 | 12 |
| 3 | 10 |
| 4 | 7 |
| 5 | 5 |
| 6 | 3 |
| 7 | 1 |

Each club will be placed in ranked order based on its points. For example,

| | | |
|--------|---------|------------------------|
| Club A | 15 pts. | Ranked 1 st |
| Club B | 12 pts. | Ranked 2 nd |
| Club C | 10 pts. | Ranked 3 rd |

- In the case of a tie between two clubs, the club whose athlete(s) has the highest rank prevails.
- If the team composition changes, team coaches do not change, unless the team coach does not have any athletes remaining on the team. A coach cannot be a team coach if he/she does not have an athlete on the team.
- In the event that the team coach does not have any athletes remaining on the team, the team coaches will be re-assigned. All re-assignments will be based on points allocated at the time of the final ranking of athletes after the last trial. For example; if Club A no longer has athletes on the team, the next coach would be from Club B, even if the new team configuration gave more points to Club C.
- The club with the most points will name the primary coach and the club with the next amount will name the assistant coach, if the team configuration allows for two team coaches.

In the event of an independent athlete being selected to a team, the athlete's points will not count toward the selection of coaches, nor will the subsequent positions be adjusted upwards in the ranking lists.

6.2.2 Individual Coaches

Individual coaches are those who have not been named as a team coach but wish to be accredited for the competition since they have athletes attending.

- Individual coaches are responsible for their own travel and accommodation arrangements unless otherwise arranged with GymBC.

- Individual coaches must attend all training camps and follow the guidelines set out by GymBC and team coaches.
- Individual coaches must purchase a Team BC uniform. Sharing with another member who is at the same event is not permitted.
- Individual coaches must collaborate with Team BC staff (chef, managers, chaperones, and other coaches).
- Individual coaches must follow the GymBC Code of Conduct.
- Individual coaches are not permitted accreditation at Canada Games (as per the Canada Games Council's Technical Regulations).

7. Officials

7.1 Eligibility

Current or past competitive gymnasts must be a minimum of 14 years old during the year they take the Entry Level course.

All others interested in judging must be a minimum of 16 years old during the year they take the Entry Level course.

Must be registered with GymBC in order to judge in BC.

7.2 Regulations

7.2.1 Judges' Committee

Each Entry level or higher judge who is a member in good standing with GymBC will have one (1) vote at the Judges' Assembly to elect the Judging Chair on odd-numbered years. No proxy votes are allowed.

7.2.2 Judging

All GymBC judges must receive sanctioning from the Provincial Judging Chairman to judge out of province competitions.

7.2.3 Petitioning a Judging Level

A petition for a rating may be submitted, in writing, to the Provincial Judging Chair by 1 September of that competition season. GCG has guidelines in place for coaches and gymnasts to bypass certain levels depending on their experience.

7.2.4 Obtaining Judges for Competitions

To secure any of the listed judges, hosts may either contact them directly or through the current Judging Chair. This procedure is for invitational competitions only. For all provincial sanctioned meets, the Judging Chair is responsible for

contacting the necessary number of judges. Provincially sanctioned competitions are

- BC Championships
- Trials to Canadian Championships
- Trials to BC Winter Games
- BC Winter Games
- Trials to Western Canadian Championships
- Western Canadian Championships
- Trials to Canada Games

7.2.5 Judging Courses

Judges' courses (Provincial to National) will be held on demand with a minimum of one (1) Provincial course every two (2) years. It is intended that courses be held in the fall prior to the competition season.

The Entry and Club level judging courses are now Gymnastics Canada online courses. Interested participants can access the course through the GCG website

- [Online Entry Level Judging Course.](#)
- [Online Club Level Judging Course.](#)

7.2.6 Judging Experience Requirements for New Judges

Following the completion of an Entry level judging course, all Entry level judges will be required to shadow judge, at no expense to a competition's organizing committee, at two (2) competitions before they are considered fully certified Entry level judges. For those shadow judging experiences, Entry level judges must try to judge at multiple levels.

7.3 Responsibilities

7.3.1 Competition Head Judge

7.3.1.1 Pre-Competition

- Arrive 60 minutes prior to session start
- Take roll call
- Collect and distribute the score sheets

- Present general comments/clarifications of the competition session
- Review special regulations/protocols
- Answer questions that come up. If the questions cannot be answered, it will be their responsibility to clarify with the Judging Chair and/or the Men's Program Coordinator
- Provide instruction to the judges on logistics for the session (e.g., warm-up procedures)

7.3.1.2 During Competition

- Through the competition make record of the progress of the competition
- Ensure that the panels are maintaining the flow of competition
- Report specific comments/protests/questions that take place during the session
- Resolve judging disputes, inquiries, etc. in consultation with the apparatus jury
- If also a panel judge, seek assistance from other experienced judges at competition while indisposed
- Assist the floor marshals with control of the floor, if necessary
- In a combined session with WAG, maintain communication with the WAG Competition Head Judge and confirm the arrangements that have been made for sharing of the competition floor or other apparatus
- Inform the scoring room of any changes and verify when all results are final

7.3.1.3 Directly Following Competition

- Organize a judges and coaches debrief
- Present a report of trends, concerns, and incidents noted during the competition to the assembled coaches and judges at the meeting immediately following each session
- Solicit feedback from each apparatus chair regarding general trends noted during the competition
- Remain for Award Ceremonies as a presenter, if requested.

7.3.2 Apparatus Head Judge

Other than the normal judging duties and responsibilities of the Apparatus Head Judge, the following will also be expected:

- During—or directly following—the judges' meeting, the Apparatus Head Judge will meet with the panel and provide an overview of the regulations and clarifications. They will answer event specific questions or refer them to the Competition Head Judge
- Ensure that they have received the apparatus score sheets
- Ensure that all scores from the panel are reasonable and justifiable
- Assist with competition protocol and the floor managers, if requested
- Provide a brief report to the Competition Head Judge at the conclusion of each competition session of any trends, questions, concerns, etc. that may have arisen or been evident during the competition

7.4 Judging Record

Each judge must submit an annual judging record to GymBC and the current Judging Chair by August 31 of each year. The judging record must also be submitted to the GCG Judging Chair for judges of National level or higher.

7.5 Sanctioned Event Policy

Judges can only officiate at sanctioned events if they are current members in good standing with Gymnastics BC.

7.6 Honoraria

This section is intended for all judges, evaluators, and host committees to provide them with guidelines on how honoraria are calculated.

Rates apply to all registered judges officiating at GBC sanctioned events including GBC hosted meets, club invitationals, high school meets, Northern BC Winter Games, and BC Winter Games. Judges must be paid either in cash or by cheque within 15 days of the event.

7.6.1 Calculation of Honorarium

All judges' honoraria are paid per session. A session is defined as,

- A subdivision of athletes in one or more categories competing on six (6) apparatus at most once each.
- A maximum of 48 athletes (for BC Championships).
- No longer than 4.5 hours from beginning of the judges' meeting to the conclusion of the competition session.

If a session exceeds 48 athletes or 4.5 hours, the judges will have \$10 added to their honorarium rate listed below. If the session exceeds 76 athletes or 5.5 hours, an additional \$10 will be added.

The size of a session is determined after the registration process is closed. Scratches on the day of the competition will not be accounted for.

7.6.1.1 Rates Per Session

| Level | Rate |
|------------------------|-------------------|
| F.I.G. | \$100 |
| National | \$80 |
| Provincial | \$60 |
| Club | \$50 |
| Entry | \$50* |
| Competition Head Judge | \$15 [†] |

*After two shadow judging sessions completed.

[†]In addition to their session rate.

7.6.2 Meals

The host committee must provide meals for the officials that are assigned to sessions occurring directly before and/or directly after a mealtime. Meals that can be eaten by the judges at home do not need to be provided.

If meals are not provided, a per diem is given by the host committee at the same rate as GBC's:

| | |
|-----------|-----------|
| Breakfast | Max. \$12 |
| Lunch | Max. \$13 |
| Dinner | Max. \$25 |

Judges must be informed ahead of time of any meal plan.

7.6.3 Transportation

Judges are asked to carpool if they live more than 40 km (one way) from the competition venue. The Judging Chair, in collaboration with the host committee, will agree ahead of time on the number of cars allowed.

The host committee must pay the GBC rate for travel expense for all judges that must travel more than 40 km (one way) from their home to the competition venue. Parking, tolls, and ferries must be reimbursed by the host committee upon presentation of receipts.

Any other transportation expense, including car rental(s), must be pre-approved by the host committee.

The Gymnastics BC Expense Form can be found [here](#).

7.7 Funding International Judging Assignments

Additional funding may be made available to judges assigned to international competitions by Gymnastics Canada. This funding is made available on a case-by-case basis. Any judge wishing to apply for funding must submit their request in writing to Gymnastics BC. An intent to participate should be submitted as soon as possible and must include the event name, dates, and approximate costs. This must be followed by a confirmation of participation when it has been confirmed by GCG. All receipts must be submitted to the GymBC men's program coordinator. If no receipts are provided, then no funding will be disbursed. The further in advance that notice is given will result in a greater chance of more funding.

7.8 Recruitment & Development of Judges

7.8.1 GBC Member Club Expectations

It is the responsibility of GBC member clubs running MAG competitive programs to take an interest in the development of Entry and Club level judges.

Clubs should encourage both coaches and age-eligible athletes to become judges through GGC's online courses.

For invitational competitions, clubs should attempt to provide judges based on the following athlete to judge ratios:

- 1-5 competing athletes = provide 0 judges per competition

- 6–10 athletes = provide 1 judge per competition
- 11–15 athletes = provide 2 judges per competition
- 16+ athletes = provide 3 judges per competition

It is expected that a club-provided judge will be available for a minimum of three quarters ($\frac{3}{4}$) of the sessions for that competition to count as one judge. Two people can combine to count as one judge.

7.8.2 Judge Development

It is expected that every club will participate in the development of judges. When a course is offered in a club's region, the club is expected to send at least one attendee.

Every effort will be made to combine courses with camps, meets or other events, especially in the regions outside of Zones 3, 4, and 5.

A. Warm-Up Procedures

A.1. Provincial Pathways Program

For levels 1, 2, 3, and 4, a short warm-up will usually be used unless a separate warm-up gym is provided. The host club must communicate this in its invitation.

A.1.1. General Warm-Up

- 15–20 minutes
- Athletes are not allowed on the competition floor before the assigned time.
- Athletes may not go on apparatus during the general warm-up.

A.1.2. Following March In

There will be a group warm-up time based on the level of gymnasts competing, as follows:

- Level 1
 - One (1) turn on Pommel Horse, Rings, Parallel Bars, and Horizontal Bar
 - Two (2) runs on Vault
 - Three (3) minutes on Floor Exercise
- Level 2
 - Two (2) turns on Pommel Horse, Rings, Parallel Bars, and Horizontal Bar
 - Two (2) runs on Vault
 - Three (3) minutes on Floor Exercise
- Level 3 & 4 and Aspire
 - One (1) minute per gymnast on Pommel Horse, Rings, Horizontal Bar
 - 90 seconds on Parallel Bars
 - Two (2) runs on Vault
 - 3–5 minutes on Floor Exercise (dependent on group size)

A.2. Elite Pathways Program

Provincial 4 may also be grouped with this warm-up procedure

A FIG warm-up format should be used for these levels at all BC competitions (BC Championships, trial meets, and club invitationals). The host club must communicate the warm-up procedure to participating clubs in its invitation.

A.2.1. General Warm-Up

- 75-90 minutes
- Athletes will monitor their own general and apparatus warm-up for the allotted time.
- Clubs may offer specific warm-up times for Pommel Horse and Vault since there are different apparatus possibilities (e.g., pommels may be on or off the horse, horse height may be lower than FIG, vault height, etc.)

A.2.2. Following March In

Athletes will be permitted:

- a) A group 30 seconds per gymnast on Floor Exercise
- b) 30 seconds per gymnast on Pommel Horse, Rings, and Horizontal Bar
- c) 50 seconds per gymnast on Parallel Bars
- d) Two (2) runs on Vault

The monitoring of these various warm-up procedures fall under the duties of the apparatus head judge.

A.3. Competition Order

Once the draw for the groups and starting order is completed, all groups will drop one athlete for each subsequent apparatus. For all meets, rotations are done by dropping one athlete; clubs are not taken into consideration.

A.4. Draws

Gymnastics BC will do the official draws for all trial competitions. For multiple categories in one competition session, the groups will be organized by category first, then an apparatus order will be drawn and finally a draw within each group will be performed to determine the order of passage on each apparatus. Every effort will be made to keep clubs grouped within three groups unless there are athletes in more than three categories. Coaches and judges will work cooperatively and efficiently, always considering safety first.