



**GYMNASTICS BC
MEN AND WOMEN'S ARTISTIC GYMNASTICS**

**SELECTION PROCESS FOR:
2019 CANADA WINTER GAMES
February 14 – February 23, 2019
RED DEER, AB**

FINAL – SEPTEMBER 2018

1. INTRODUCTION

The first purpose of the selection process is to select the athletes, coach and manager best capable of ensuring the achievement of the performance objectives for the 2019 Canada Games.

MAG – Performance objectives		WAG – Performance objectives	
Team:	Top 3	Team:	Top 4
All Around:	1 Top 6	All Around:	1 Top 6
Apparatus Finals:	3 medals	Apparatus Finals:	3 medals

The program of the Canada Games includes:

- Team Finals (6 athletes per team, 6 athletes to compete, 4 scores to count);
- Individual All-Around Finals: top 36 athletes (maximum of 3 athletes per province, then up to 36 athletes);
- Apparatus Finals: top 8 on each event (maximum of 2 athletes per province, from the Team Finals)

MAG – Competition Rules	WAG – Competition Rules
<ul style="list-style-type: none"> • Current GCG MAG Program Technical Regulations • 2017 FIG Code of Points and current updates/newsletters/clarifications • The Canada Games rules will be those set for the Open category in effect for the 2019 Canadian Championships with some supplemental additions. <p>See the CWG Technical Package for more detailed information.</p>	<ul style="list-style-type: none"> • Current GCG WAG Program Technical Regulations and Directives • Current JO Code of Points • WAG Canadian regulations for JO10 for the 2019 Canadian Championships <p>See the CWG Technical Package for more detailed information.</p>

1.1 ELIGIBILITY CRITERIA FOR ATHLETES AND COACHES

MAG – Athlete Eligibility	WAG – Athlete Eligibility
<ul style="list-style-type: none">• MAG and WAG competitors must be born 2000 to 2007 inclusive. (Competitors must be minimum 12 years old and a maximum of 19 years old in 2019, during the year of the Games).• Be a registered member in good standing with GBC• Be willing to take part in all the activities of the Canada Games Preparation Plan, unless exempted by the MTC and Canada Winter Games Selection Committee • 6 athletes on the team, 1 alternate• Team + alternate to participate at all activities prior to the Games.• Only Team members will travel to the Games and receive Uniform	

Coach Eligibility
<ul style="list-style-type: none">• Be the usual male or female coach of an athlete on the Team;• Be a minimum NCCP Level 3/Competition Development 2 coach or the equivalent of the new NCCP Competition Stream Development Context (Certified Status) – certified no later than 90 days before the opening of the Games (i.e. by November 10, 2018);• Must meet the Safe Sport requirement in effect at the time of the 2019 Games.• Be a registered coach in good standing with GBC;• Be willing to take part in a leadership role in all the activities of the Canada Games Preparation Plan unless exempted by the MTC / WTC and the Canada Winter Games Selection Committee.

1.2 CONDITIONS FOR “TEAM ATHLETE” STATUS

An athlete will become or remain a Team athlete provided that:

- a) He/she is not injured or ill, at the time of departure for Red Deer, in a way which prevents him/her from continuing the normal training program for an athlete preparing for a major national level competition.
- b) He/she is able to perform his/her usual vault(s) and complete exercises with full difficulty on each apparatus where his/her contribution is expected, at the level demonstrated during the training camps and trials events;
- c) He/she or the Head Coach has notified the MTC / WTC in writing within 24 hours if one of the conditions in a), b) or is not met.

Failure to meet one of the above conditions as assessed by the Canada Winter Games Selection Committee may result in the selection being cancelled.

1.3 CANADA WINTER GAMES SELECTION COMMITTEE (CWGSC)

As most members of the WTC and MTC are currently coaching athletes involved in the Canada Games Selection Process, a Canada Winter Games Selection Committee is created to review petitions and resolve any issues. All members of this committee should be independent and unattached to club. The Chairperson (or his/her representative) will consult the Technical Committees for input but the final decision will reside with the CWGSC.

The Canada Games Selection Committee is composed of:

- GBC Technical Director or his/her representative;
- Chairperson of the Men's Technical Committee and of the Women's Technical Committee or their representative (must not have links to any athlete involved in the selection process)
- CWG Managers MAG and WAG; if a vote is required, only the manager from the other discipline has a vote.
- 2 Brevet / FIG or national judges (1 MAG judge, 1 WAG judge), not associated with a club
- 1 Athletes' representative.

Each member of the Committee has one vote (with the exception stated above). A majority of votes will govern. A tie has to be resolved by the Committee until there is a majority of votes.

2. TEAM ATHLETE SELECTION

Team BC athletes for the 2019 Canada Games will be selected after the second trials. Athletes may advance to the second trials through ranking after 1st trial or through petition. Two (2) identified training camps/competition are also mandatory for all athletes. Petition for athletes attending an international events will be considered. Other mandatory activities must also be attended (media op, Team BC meetings (multi-sport), team building activities, etc.).

Athletes will be given adequate notice to attend the activity. Athletes will be named to the team in ranked order.

Petitions will be accepted as described below.

2.1 TRIALS PROCESS

TRIAL #1

- Open to all, 2019 Canada Winter Games, age and category eligible athletes.
MAG: November 11, 2018 (Langley Gymnastics Foundation)
WAG: December 1 or 2, 2018 TBC (North Shore Invitational)

TRIAL #2

- Open to athletes qualifying via the 1st Trials or through the petition process
MAG: December 22, 2018 (Delta Gymnastics)
WAG: December 16, 2018, 2018 (Omega Gymnastics)

MAG – Trial #2 Rules	WAG – Trial #2 Rules
<p>Top 6 AA athletes after the 1st Trial, up to 10 apparatus specialists ranked top 4 on apparatus at 1st trial, next ranked AA athletes until 16 is reached, plus petitions</p> <p>A maximum of 16 athletes, excluding petitions, are eligible to participate at the 2nd Trial. (If 2 petitions were accepted by MTC, 18 athletes will be eligible to compete at the 2nd Trial).</p> <p>If an athlete identified after 1st trial is unable to compete at the 2nd Trial, he will be replaced by the next ranked AA athlete from 1st trial.</p>	<p>Top 10 AA athletes after the 1st Trial, up to 6 apparatus specialists ranked top 3 on apparatus at 1st trial, next ranked AA athletes until 16 is reached, plus petitions</p> <p>A maximum of 16 athletes, excluding petitions, are eligible to participate at the 2nd Trial. (If 2 petitions were accepted by WTC, 18 athletes will be eligible to compete at the 2nd Trial).</p> <p>If an athlete identified after 1st trial is unable to compete at the 2nd Trial, she will be replaced by the next ranked AA athlete from 1st trial.</p>

2.2 SELECTION OF THE TEAM ATHLETES AND ALTERNATE

The six (6) athletes and one (1) alternate will be selected to Team BC after the 2nd Trial (weight: 100%) the following way:

MAG TEAM

- Top 4 AA athletes, selected in ranked order from 1 to 4.
- The next two (2) athletes (#5 + #6) will be selected by contribution to the Team score. If there is a tie, in contribution to the team score, the athlete with the highest All Around score will be selected. If the tie remains, the athlete with the highest single contributing score will be selected.
- The two (2) specialists will need to compliment each other toward and All Around score.
- The Alternate will be selected based on the highest ranked All Around gymnast, not named to the team.

WAG Team

- Top 5 AA athletes, selected in ranked order from 1 to 5.
- In the case of a tie in the top 5 AA, the athlete with the highest score on any single apparatus will prevail.
- The athlete in 6th place and the alternate will be selected according to their contribution to the team. Points are earned by finishing in the top 4 positions on an apparatus.
 - 1st place finish on an apparatus: 4 points
 - 2nd place finish on an apparatus: 3 points
 - 3rd place finish on an apparatus: 2 points
 - 4th place finish on an apparatus: 1 point
- The athlete with the highest number of points accumulated on the apparatus where she competed (up 4 apparatus) will be selected. If there is a tie in points, the athlete with the highest All Around score will be selected. If the tie still remains, the athlete with the highest single contributing score will be selected.

2.3. TRIALS PROCESS

MAG – Trials Process	WAG – Trials Process
<p>1st Trial : November 11, 2018</p> <ul style="list-style-type: none"> • 3 or 6 apparatus / time • 90 minutes open warm up • 2-4 judges per apparatus • Draw for competition order done by GBC • One-touch and competition Rules, as applied at the 2019 CWG will be applied 	<p>1st Trial : December 1 or 2, 2018</p> <ul style="list-style-type: none"> • 4 apparatus / time • Canada Games Warm up format (Team competition) • 2-4 judges per apparatus • Draw for competition order done by GBC • Rules, as applied at the 2019 CWG will be applied (team competition)
<p>2nd Trial: December 22, 2018</p> <ul style="list-style-type: none"> • 16 athletes plus petitions • 3 apparatus / time • 90 minutes open warm up • 2-4 judges per apparatus • Draw for competition order done by GBC • One-touch and competition Rules, as applied at the 2019 CWG will be applied 	<p>2nd Trial: December 16, 2018</p> <ul style="list-style-type: none"> • 16 athletes plus petitions • 2-4 apparatus/ time • Canada Games Warm up format (All Around competition) • 2-4 judges per apparatus • Draw for competition order done by GBC • Rules, as applied at the 2019 CWG will be applied (team competition)

2.4. TRAINING CAMPS

Two (2) training camps/ competition will be organized as part of the Team BC Preparation Plan.

TRAINING CAMP #1a and 1b

MAG – September 1-3: Location: Surrey Gymnastics

WAG – August 24-26: Location: Kelowna or November 11-12: Location: Flicka Gymnastics

- Large pool of athletes and personal coaches **MUST** participate **in at least 1 of these camps** for team consideration (unless exempted by CWGSC due to National Team obligations with GCG)
- For MAG and WAG, attendance at Sport Science activities is mandatory for all athletes and, as requested for coaches

ACTIVITY #2 (Competition)

MAG – January 2019 – Location TBD

- Team, as selected plus alternate with team coaches and interested personal coaches.
- Funding to be determined at a later date. Athletes must participate unless exempted by MTC due to National Team obligations with GCG. CWG assigned manager and coach may not be exempted.
- Content of camp to be determined by Provincial Coach.

WAG – January 19-20, 2019 – Competition in Bellevue, WA (Battle in Bellevue)

- Mandatory for: 6 team athletes, 1 alternate, team coach, team manager. Personal coaches may attend. Funding to be determined at a later date. Athletes must participate unless exempted by WTC due to National Team obligations with GCG. CWG assigned manager and coach may not be exempted.
- This competition serves as verification for all athletes.

2.5 PETITION PROCESS

Petition for 1st trial

(MAG/WAG) Junior National Team Members and eligible Senior National Team Members do not have to compete at the 1st Trial. They must however present a written request to the CWGSC at least 1 month prior to the 1st trial (October 15, 2018). If no request is submitted, the athlete may be denied participation at the 2nd Trial.

WAG High Performance athletes or JO 10 athletes who placed in the top 10 AA at the 2018 Canadian Championships in their category may petition for 1st trial if they are injured or unable to compete due to National Team obligations. Medical petitions must meet the requirements listed below.

Petition to be selected as a team athlete (MAG and WAG)

Only Junior National Team Members and eligible Senior National Team Members may petition to be selected as a Team Athlete after the 1st trial to CWG if they are ill, injured or unable to compete at the 2nd Trial due to National Team obligations. No other petitions will be considered. Medical petitions must meet the requirements listed below.

The CWGSC has the discretionary ability to place those Junior NT members and eligible Senior NT members on the CWG team at the bottom of the list, provided they attended all other identified Canada Games team activities (training camps, competitions). This discretionary rule can only be used if the athlete petitioning was ill, injured or busy with National Team commitments at the time of the 2nd Trial; it cannot be used if the athlete is “unwilling” to compete at trials.

All team members including National Team petitioners/members should compete on all expected apparatus at the final team activity #2. If any athlete previously named to the team is not able to compete all expected apparatus at this final stage he/she may be replaced by the next ranked athlete. The CWGSC, in consultation with the team manager and personal coach have final decision.

Medical Petitions:

An injury or illness must be supported by a physician report and an official physician certificate (NOT FROM A THERAPIST) stating the nature of the injury or illness and why the athlete could not compete or continue to compete. It must also include the rehabilitation protocol, the training program (load that the athlete can do in January and February 2019) and the expected date of full recovery. The athlete and his/her coach have the responsibility to ensure that complete and accurate information is provided to the CWGSC. The CWGSC reserves the right to have the athlete examined by a physician appointed by GBC, at the expense of the athlete.

3. COACHING STAFF

The coaching staff is composed of:

- One Team Manager (same gender as the athletes) per discipline
- One coach per discipline (male or female)

3.1 SELECTION OF THE COACH

The coach will be selected using these criteria:

- Athlete's ranking points;
- Club Representation (re: manager's club)
- Number of athletes on the Team
- Spotting needs of the athletes on the Team
- Personal strengths and experiences
- Meeting all of GCG and GBC Safe Sport requirements

The club having athletes on the team that earned the most points by adding the athlete's ranking will have the privilege to submit the name of its coach to the CWGSC. The CWGSC will consult the MTC / WTC but will have final approval right. The Committees will need to ensure that between the Manager and the selected coach, the needs of all team members will be met (spotting needs, etc.).

In case of a tie, the club with the highest ranked athlete will be selected.

3.1.1 Athlete's All Around Ranking Table of points

The following table shows the relationship between athlete placement on the Team and the number of points a club earns.

Athlete's All Around ranking on the Team	WAG/MAG Points earned
6	1
5	3
4	5
3	7
2	10
1	13

3.1.2 SUBSTITUTION OR REMOVAL OF A COACH

Before departure, the CWGSC in consultation with the MTC / WTC may remove a coach or substitute a coach with another coach from the same club who has met the pre-requisites, if a coach:

- is not in attendance at every activity of the preparation plan unless exempted by the MTC / WTC / CWGSC;
- is not meeting the expectations associated with his/her roles, responsibilities and tasks during the training camp and mock meets
- no longer has an athlete on the Team.
- Is no longer meeting the GCG or GBC Safe Sport requirements.

3.1.3 APPEAL

An appeal will be dealt with in accordance with the GBC Operations Manual.

3.1.4 GENERIC DESCRIPTION OF THE ROLES, RESPONSIBILITIES AND TASKS OF COACHES

Main focus

The coach **MUST** be familiar with the content, training habits of all athletes on the team and be able and willing to attend to the needs of **all** team members since personal coaches will not be attending the Games.

Job description

- Abide by the GBC Code of conduct
- Contribute to good team cohesion and enthusiastic team spirit;
- Attend both trials, or submit a petition that has been accepted by the CWGSC
- Attend all training camps and identified team building activities, or submit a petition that has been accepted by the CWGSC
- Attend identified sport science initiatives
- Be available for competition clothing and track suit sizing.
- Be available for any media events related to the CWG preparation and competition.
- Review the content of the routines of all athletes and have written information regarding routines of all the athletes. Be familiar with training habits of all athletes on the Team and be able to address those needs.
- Represent himself / herself and Team BC with exemplary behavior at all time.
- Abide by the Canada Games Handbook and GBC Code of Conduct.
- Abide by the rules regarding the Team behavior at all times during travel, training and competition. Any other applicable rules and regulations stated in the appropriate Code of Points (WAG: JO; MAG: FIG) and Canada Games Technical Handbook;
- Establish/maintain a good relationship with coaches and judges from other provinces;
- Assist with non-gymnastic team activities (leisure and/or culture);
- Attend team functions as requested by the Team Manager;
- Organize and participate in non-gymnastics activity with athletes once the competition is completed.
- Submits a specific report no later than 10 days upon return home.

AS A FLOOR COACH:

A floor coach has the following roles and responsibilities, and is accountable for the statements, actions and behaviors of his/her athlete on the warm-up and competition floors:

- Ensure the athletes:
 - are aware of their roles, responsibilities and of the rules applicable to them;
 - wear the proper attire including competition number;
 - do not warm up on the podium outside allowable period;
 - abide by the competition order;
 - have the proper authorization to leave the competition area;

- Ensure:
 - the allowed number of coaches on the floor is abided by;
 - proper conduct and observance of warm up procedures;
 - he/she remains on the podium only when authorized;
 - all members of Team BC (athletes, manager, coach) are present wearing the proper uniform for all award ceremonies

- Responsible for:
 - proper line-up before the competition and before a rotation;
 - proper equipment adjustments including mats; ensuring no unauthorized use of mats, pieces of wood, etc.
 - timing the routine and intermediate falls on events where those rules are applicable.

- Refrain from:
 - making unauthorized signals, verbal commands, shouts (cheers), etc. to BC gymnasts
 - requesting information from Jury concerning the evaluation during the competition without consultation with the Team Manager.

- Abide by any other applicable rules and regulations stated in the FIG Code of Points, FIG Technical Regulations or CWG regulations.

3.2 SELECTION OF TEAM MANAGER

One MAG and one WAG managers are named by their respective Technical Committee.

The MAG and WAG team managers will be based on applications received by the deadline date set by the Technical Committees. An application will be considered complete when the "Agreement to Fulfill the Job Description Duties" letter is received. The club with the second (2nd) most athlete points will be eligible to name the Team Manager from their club, provided there was an application received, on time.

Applications must be sent to the GBC Technical Director no later than November 15th , 2018.

Minimum requirements:

A manager must:

- be an active coach in the discipline in which he/she applies (MAG or WAG)
- be a minimum NCCP Level 3 or Competition Development 2 certified coach;
- be a coach in good standing with GBC;
- have completed the Safe Sport requirements
- be willing to take part in all the activities of the Canada Games Preparation Plan unless exempted by the CWGSC / MTC / WTC;
- the WAG manager must be female (as chaperoning duties are part of the responsibilities);
- the MAG manager must be male (as chaperoning duties are part of the responsibilities).

- Meet the GCG and GBC Safe Sport requirements

The Manager will also be the second coach for the team at the Games; he/she must be able to actively coach the level of the athletes on Team BC. In addition to all responsibilities assigned to a floor coach (see above), he/she must assume the Manager's responsibilities.

3.2.1 GENERIC DESCRIPTION OF THE ROLES, RESPONSIBILITIES AND TASKS OF THE MANAGER

Advanced work:

- Attend all Team BC meetings organized by the Organizing committee (government);
- Attend all Canada Games functions, as required;
- Carry out the requirements outlined by Team BC in cooperation with the coaches and technical staff;
- Communicate the information from the meetings;
- Liaise with Mission staff;
- Assist in coordinating and organizing identified Canada Games activities (training camps, sport medicine, other as required by Team BC);
- Ensure training plans are submitted and followed;
- Coordinate the collection of information, forms or other required documents by Team BC;
- Assist with competition clothing and track suit sizing and distribute Team BC clothing;
- Attend media events on behalf of Team BC.

In preparation for or during the Trials:

- Liaise with Technical committees on dates, hosts and process for trials;
- Attend trials and collect or provide information to athletes, coaches and families as required.
- Ensure team members are properly registered with Team BC (in cooperation with staff)

Immediately before the Games:

- Act as team manager (see section 12 of GBC Operations Manual).
- Coordinate travel for any athletes coming from out of the lower mainland (in cooperation with GBC office staff)

During the Games:

- Abide by the GBC Code of conduct;
- Manage the Team throughout the week of the Games;
- Ensure all on-site scheduling, including lunch boxes, medical appointments, discipline problems, curfews, adherence to curfews and any other tasks required by Team BC
- Organize and participate in non-gymnastics activity with athletes once the competition is completed.

After the Games:

- Submit a report to GBC within ten (10) days of returning from the Games;
- Ensure that the team coach submits his / her report to GBC.



2019 Canada Winter Games Artistic Gymnastics Technical Package



Technical Packages are a critical part of the Canada Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committees by detailing tournament formats and scoring procedures, assist Chefs de Mission in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coaching certification by stating minimum requirements and generally contribute to athlete development by identifying each National Sport Organization's (NSO) version of athletes in the "training to compete" phase of its Long Term Athlete Development Model (LTAD), or other suitable phase of the model as justified by the NSO, discussed with the LTAD expert group, and approved by the Canada Games Council (CGC) Sport Committee.

Every Games' coach, manager, Sport Chairperson and Mission staff has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games or could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from the CGC Sport Committee through his or her Chef de Mission or NSO.

Technical Packages are developed 36 to 24 months prior to Games primarily by NSOs, following principles outlined in this document, guidelines and requirements of the CGC. As the overall governing body of the Games, the CGC has the ultimate authority over Technical Packages, but this authority is exercised only with the knowledge and understanding of the concerned NSO. Generally, Technical Packages are developed by sport, but in certain cases may be developed by discipline.

If an individual wishes to seek clarification or initiate a change to a Technical Package leading up to a Games, the request should be first directed to the NSO or the Chef de Mission. The NSO or Chef de Mission will evaluate the merits of the request and will, if it has merit, submit the requested change or clarification to the CGC's Sport Division for consideration. The NSO or Chef de Mission will submit the rationale for the request. Changes to age groups, eligibility requirements, team sizes or staff complements will not be considered after 36 months prior to the Games. Additions or changes to events/competition formats that result in a significant cost increase to the Host Society will not be considered after 24 months before the Games, unless approved by the CGC and the Host Society. Substantive changes to events or competition formats will not be considered after 18 months before the Games, unless approved by all participating Provincial/Territorial associations and the CGC. Minor corrections will be considered at almost any time, but will be increasingly difficult to achieve within six months of the Games. These time frames reinforce the importance of complete understanding of the Technical Package by Games' participants early.

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**2019 Canada Winter Games
Artistic Gymnastics Technical Package**

1. SPORT: GYMNASTICS - ARTISTIC

2. PARTICIPANTS:

2.1. Competitors:

6 Female, 6 Male

2.2. Staff:

2 coaches for male athletes, one of whom must be male and one of whom will also serve as the manager. One of the women's coaches may also be on the floor during the men's training, warm-up and competition.

2 coaches for female athletes, one of whom must be female and one of whom will also serve as the manager. One of the men's coaches may also be on the floor during the women's training, warm-up and competition.

2.3. AdditionalTeamStaff*:

- Apprentice Coach
 - See [WomeninCoachingCanadaGamesApprenticeshipProgram](#)
 - See [AboriginalApprenticeCoachProgram](#)
 - Apprentice coaches have same access as competitors and team staff.

- Venue Pass Holder
 - See [VenuePassHolderPolicy](#)
 - Venue pass holders do not have access to the field of play
 - Venue Pass Holder's access
 - Front of House (spectator areas)
 - Team Areas (athletes lounge, change rooms)

* Additional Team staff positions are administered by the Provincial/Territorial (P/T) Mission Team. Positions must be applied for based on each P/T Mission's process. For information pertaining to the process in your P/T contact your Chef de Mission.

3. CLASSIFICATION:

Male athletes must be a minimum of 12 years old during the year of the Games and a maximum of 19 years old during the year of the Games (2019).

Male athletes must be born 2000 to 2007 inclusive.

The MAG Age Dispensation Policy can be found in Appendix 5.

Female athletes must be a minimum of 12 years old during the year of the Games and a maximum of 19 years old during the year of the Games (2019).

Female athletes must be born 2000 to 2007 inclusive.

The WAG Age Dispensation Policy can be found in Appendix 5.

4. ELIGIBILITY:

4.1. Coaches:

The head coach on the official registration form must be certified under the National Coaching Certification Program (NCCP) Competition Stream, Development Context (Certified status) in Gymnastics. These coaches must be so certified not later than 90 days before the opening of the Games (November 10, 2018).

Assistant coaches on the official registration form must be certified under the National Coaching Certification Program (NCCP) Competition Stream, Development Context (Trained status) in Gymnastics. These coaches must be certified / trained not later than 90 days before the opening of the Games (November 10, 2018).

If a Provincial/Territorial team does not distinguish between a head coach and assistant coaches, at least one of the team's coaches must be Competition Development certified, while the others must be Competition Development trained.

For more information on the coach certification pathway, please see Appendix 2.

4.2. Competitors:

Excluded from the Canada Games are:

MEN:

- Athletes that have been Senior National Team members (as defined by Canadian Gymnastics Federation and approved by the Canada Games Council) at any time*;
- Athletes who do not meet the date of birth requirements as determined in section 3 of the Technical Package;
- Athletes that have held a C, SR1 or SR2 card (as defined by Sport Canada's Athlete Assistance program) at any time;
- Athletes that have competed for any nation at any Senior Pan American Games, Commonwealth Games, Olympic Games, or Senior World Championships.

WOMEN:

- Athletes that have been Senior National Team members (as defined by Canadian Gymnastics Federation and approved by the Canada Games Council) at any time*;
- Athletes who do not meet the date of birth requirements as determined in section 3 of the Technical Package;
- Athletes that have held a C, SR1 or SR2 card (as defined by Sport Canada's Athlete Assistance program) at any time;
- Athletes that have competed for any nation at any Senior Pan American Games, Commonwealth Games, Olympic Games, or Senior World Championships.

No athlete can be rendered ineligible within 90 days of the opening of the Games due to carding status or National Team status (i.e., no athlete will be excluded if they become National Senior Team members for the first time or are granted carding status after November 10th, 2018).

* Athletes who hold a C card (as defined by Sport Canada's Athlete Assistance program) or are in their first year of Senior National Team status may be deemed eligible on a case by case basis. Requests must be submitted to the respective Provincial/Territorial Chef de Mission and approved by the Canada Games Council's Sport Committee.

5. COMPETITION:

5.1. Regulations:

The following will govern the competition:

a) Men's Artistic Gymnastics

- Current GCG MAG Program Technical Regulations
- Current FIG Code of Points and current updates/newsletters/clarifications
- The Canada Games rules will be those set for the Open category in effect for the 2019 Canadian Championships with the following supplemental additions:
 - In preliminary competition only 1 vault will be performed
 - In event finals only 1 vault will be performed
 - Gymnasts will have the option of 125 cm to 135 cm vault table height
 - Gymnasts will have the option of lowering the Pommel Horse, or using a beat board to mount the apparatus
- The 2017-2020 FIG Code of Points for situations not covered by the first two documents

b) Women's Artistic Gymnastics

- Current GCG WAG Program Technical Regulations and Directives
- Current JO Code of Points
- WAG Canadian regulations for JO10 for the 2019 Canadian Championships

5.2. Program:

The Canada Winter Games program for Men's and Women's Artistic Gymnastics will consist of the following:

- Team (CI) (Format 6-6-4)
- Individual All-Around Final (CII) (Max 3 per Province/Territory)
- Apparatus Finals (CIII) (Max 2 per Province/Territory)

5.3. Participation:

5.3.1. Team (CI): Teams will consist of 6 athletes, with 6 athletes competing and 4 scores counting. All team athletes must compete in the Team competition unless injured or ill.

5.3.2. Individual All-Around Final (CII): The top 3 gymnasts per Province/Territory from the Team competition will compete in the Individual All-Around competition. The balance, for a total of up to 36 participants, will be based upon the scores obtained in the preliminary competition.

MAG: In the case of a tie in 3rd place within a Province/Territory, the gymnast with the higher sum of D-scores will be ranked higher. In case of further tie, the gymnast with the higher sum of E-scores will be ranked higher. In case of further tie, a draw will determine the athlete considered higher.

WAG: In case of a tie in 36th place, the following procedure will be used to break the tie:

- i) The gymnast with the highest individual event score will be ranked higher.
- ii) If the gymnasts are still tied, then the gymnast with the second highest individual event score will be ranked higher.
- iii) If the gymnasts are still tied, then the gymnast with the third highest individual event score will be ranked higher. If the tie remains unbroken then the tied gymnasts will enter the final.

5.3.3. Apparatus Finals (CIII): The top 8 gymnasts on each event – with a maximum of 2 per Province/Territory – from the Team Competition (C1) will compete in the Apparatus Finals (CIII) competition.

MAG

In the case of a tie in 8th position, or in case of a tie between two athletes from the same Province/Territory for the 8th position, the gymnast with the highest D-score on that apparatus from the Team Final will participate. If there is still a tie, all the remaining tied gymnasts will compete in the final on that apparatus.

WAG

In the case of a tie in 8th position, or in case of a tie between two athletes from the same Province/Territory for the 8th position, the gymnast with the highest All-Around

total will participate. If there is still a tie, all the remaining tied gymnasts will compete in the final on that apparatus.

5.4. TrainingSchedule:

Training schedules will take into consideration the time zone change for participants for the first day of training.

Published training schedules must be adhered to. Provincial/Territorial teams are not permitted to negotiate with other teams to exchange training times.

5.5. SeedingforMAGandWAG:

5.5.1. Team Competition (CI):

There will be up to two (2) subdivisions of competition for the MAG and WAG Team Competitions (CI). Groups will never be more than eight (8) athletes in any subdivision. In the event that there are more than 64 athletes in WAG or 96 athletes in MAG, a bye may be introduced into the rotation schedule.

MAG

A random draw for all participating teams will be conducted following a confirmation of participation by September 15, 2018, with the exception that the team or individual gymnasts for the Host Province/Territory will be automatically seeded into the final subdivision to start on the first apparatus. Therefore, the first team drawn will start on the second apparatus (Pommel Horse) in the final subdivision (subdivision 2), with subsequent teams drawn following Olympic Order until 6 teams have been drawn and the subdivision is full. The draw will proceed to identify the team that will start on the first event (Floor) in the first subdivision and will proceed with subsequent teams drawn following Olympic Order until all teams have been drawn. This may result in less than six rotations in the first subdivision. If possible, efforts will be made to equalize the size of the subdivisions so that a like number of teams are seeded in each subdivision.

In the event of a Province/Territory attending with fewer than 5 athletes, and therefore without a team, the individuals will be placed into a group comprised of individuals from another Province/Territory or in a group with a Province/Territory whose team is 5 or less.

WAG

A random draw for all participating teams will be conducted following a confirmation of participation by September 15, 2018, with the exception that the team or individual gymnasts for the Host Province/Territory will be automatically seeded into the final subdivision to start on the first apparatus. Therefore, the first team drawn will start on the second apparatus (Bars) in the final subdivision (subdivision 2), with

subsequent teams drawn following Olympic Order until the subdivision is full. The draw will continue to identify the team that will start on the first event (Vault) in the first subdivision and will proceed with subsequent teams drawn following Olympic Order until all teams have been drawn. This may result in less than four rotations in the first subdivision.

If the number of teams is more than eight (8) teams, a bye may be introduced into the final subdivision. A bye can also be added to the first subdivision if needed.

In the event of a Province/Territory attending with fewer than 4 athletes, and therefore without a team, the individuals will be placed into a group comprised of individuals from another Province/Territory or in a group with a Province/Territory whose team is 4 or less so long as the group does not exceed eight (8) athletes.

5.5.2. Format for Warm-Up and Rotations with Mixed Groups:

When there are mixed groups (team and individuals), the team will always compete first and individuals will compete last. For the Team (CI), warm-up and competition will be as follows:

- Team (6) + 1 individual = the 7 athletes warm up together and Team will start competition on every apparatus
- Team (6) + 2 or 3 individuals = Team will warm up and compete, and the 2 or 3 individuals will warm up and compete afterwards. Team competes first on every apparatus.
- Groups of individuals from different Provinces/Territories will drop by Province/Territory upon each rotation. Warm up may be split at the discretion of the Judges and coaches as needed if the group is comprised of 7 or 8 athletes.

5.5.3. Order of Passage for Team Competition:

Each team must submit their Order of Passage to the competition Head Table for the Team Competition (CI) by 13:00 of the day prior to the Team Competition (CI).

5.6. All-AroundFinals(CII):

- a) The qualified athletes will be divided into four/six equal groups according to their AA rank after the Team Final. The top athletes will start on Vault for WAG and Floor for MAG. For WAG, the second group will start on Bars, the third group on Beam, and the remaining athletes will start on Floor. For MAG the second group will start on Pommel Horse, the third on Rings, then Vault, Parallel Bars, and finally High Bar.
- b) The draw below will determine the Order of Passage within a group for the first apparatus.

MAG

FLOOR		POMMELS		RINGS		VAULT		P BARS		H BAR	
Comp. Order	Qualif Rank	Comp. Order	Qualif Rank	Comp. Order	Qualif Rank	Comp. Order	Qualif Rank	Comp. Order	Qualif Rank	Comp. Order	Qualif Rank
1	5	7	11	13	17	19	23	25	29	31	35
2	4	8	10	14	16	20	22	26	28	32	34
3	3	9	9	15	15	21	21	24	27	33	33
4	2	10	8	16	14	22	20	28	26	34	32
5	1	11	7	17	13	23	19	29	25	35	31
6	6	12	12	18	18	24	24	30	30	36	36

WAG

VAULT		UNEVEN BARS		BEAM		FLOOR	
Qualif Rank	Comp. Order	Qualif Rank	Comp. Order	Qualif Rank	Comp. Order	Qualif Rank	Comp. Order
1	7	10	6	19	2	28	7
2	6	11	2	20	1	29	1
3	2	12	7	21	5	30	3
4	5	13	8	22	7	31	2
5	3	14	3	23	4	32	6
6	1	15	5	24	8	33	5
7	8	16	1	25	9	34	9
8	4	17	9	26	6	35	4
9	9	18	4	27	3	36	8

- c) For WAG, the first two gymnasts on an apparatus will be placed at the end of the group for the next apparatus. For MAG, the first two gymnasts on an apparatus will be placed at the end of the group for the next apparatus.
- d) Two reserve gymnasts will be identified based on the AA rank after the Team (CI) competition in both MAG and WAG.
- i) The first MAG reserve gymnast will warm-up with the group of athletes starting the competition on P Bars. The second reserve gymnast will warm-up with the group of athletes starting the reserve competition on High Bar.
 - ii) The first WAG reserve gymnast will warm-up with the group of athletes starting the competition on Floor. The second reserve gymnast will warm-up with the group of athletes starting the competition on Beam.
- e) A Province/Territory may substitute a qualified athlete with another athlete from their Province/Territory (if they ranked ahead of the officially named reserves) up until 30 minutes before the start of the warm-up for the All-Around Final.

f) Tie-Breaking as per 5.3.

5.7. ApparatusFinals(CIII):

For all Apparatus the order of passage for Apparatus Finals will be seeded based upon their rank from the Team Competition (CI):

Competition Order	Rank on the Apparatus after Qualification
1	5
2	8
3	1
4	3
5	7
6	2
7	6
8	4

If there is a 9th athlete on an apparatus, he/she will compete first, i.e. before the athlete ranked in 5th place after the Qualification.

5.8. Judging:

The documents mentioned under section 5.1. are in effect.

6. SPORT SCORING

Male

The Team result comprises the 4 best results (out of a maximum of 6) on each event from Competition I. (6-6-4 format)

The Individual All-Around result is the total of the scores obtained by a gymnast on each of the 6 events during Competition II.

The Apparatus Final result is the final score obtained by a gymnast on a given apparatus during Competition III.

Please refer to Appendix 4.

Female

The Team result comprises the 4 best results (out of a maximum of 6) on each event from Competition I. (6-6-4 format)

The Individual All-Around result is the total of the scores obtained by a gymnast on each of the 4 events during Competition II.

The Apparatus Final result is the final score obtained by a gymnast on a given apparatus during Competition III.

Please refer to Appendix 4.

7. PROVINCIAL/TERRITORIAL RANKING:

Men and Women will be ranked together.

Artistic Team, Artistic All-Around Final (best 3), Artistic Apparatus Final, Trampoline Team and Trampoline Individual sport scoring will be added together to give an overall rank of teams in Gymnastics from 1 – 13.

1 st Place – 20 Points	5 th Place – 12 Points	9 th Place – 5 Points
2 nd Place – 18 Points	6 th Place – 10 Points	10 th Place – 4 Points
3 rd Place – 16 Points	7 th Place – 8 Points	11 th Place – 3 Points
4 th Place – 14 Points	8 th Place – 6 Points	12 th Place – 2 Points
		13 th Place – 1 Point

8. TIE BREAKING RULE – COMPETITION:

Male

Ties are not broken. Teams or athletes having the same total/score will receive the same ranking.

Female

Ties are not broken. Teams or athletes having the same total/score will receive the same ranking.

9. PROVINCIAL/TERRITORIAL RANKING – TIE BREAKING:

To determine the Provincial/Territorial points awarded in case of a tie in sport scoring for any day of the competitions, the following system will be used:

- The number of points for the tied positions are average by adding the points for the tied position and then dividing by the number of tied teams or competitors;
- Each Province or Territory then receives the averaged number of points.

Once the sport scoring calculations are completed and in the case of an overall tie in the Provincial/Territorial rankings, the Province/Territory with the greater number of first place rankings will be assigned the higher rank. If the tie persists, the procedure is repeated with second place team scores per Apparatus, then third, etc.

Example: Out of 6 ranks (C-1 x 1, C-2 x 1, C-3 x 4), the Province/Territory who finished first twice, will be ranked ahead of the Province/Territory who finished first once.

10. MEDALS:

Male

- GOLD:** 13 medals presented to the first place winner in the All-Around Competition, to the first place finisher in each event, and to the members of the first place men's team.
- SILVER:** 13 medals presented to the second place winner in the All-Around Competition, to the second place finisher in each event, and to the members of the second place men's team.
- BRONZE:** 13 medals presented to the third place winner in the All-Around Competition, to the third place finisher in each event, and to the members of the third place men's team.
- 4th TO 8th** A ribbon will be given for 4th to 8th places of the All-Around Final and the Apparatus Finals.

Female

- GOLD:** 11 medals presented to the first place winners in the Team Final and the Individual All-Around Final, and to the first place finisher in each Apparatus Final.
- SILVER:** 11 medals presented to the second place winners in the Team Final and the Individual All-Around Final, and to the second place finisher in each Apparatus Final.
- BRONZE:** 11 medals presented to the third place winners in the Team Final and the Individual All-Around Final, and to the third place finisher in each Apparatus Final.

4th TO 8th

A ribbon will be given for 4th to 8th places of the All-Around Final and the Apparatus Finals.

11. COMPETITIVE UNIFORM:

Male

Competition uniforms must follow GCG/FIG rules. For the Team Final, members of the same team and individual gymnasts of the same Province/Territory must wear matching singlet, longs/shorts.

For all medal ceremonies, the official track suit provided by the Provincial/Territorial team must be worn.

Female

Competition uniforms must follow GCG/FIG rules. For the Team Final, members of the same team and individual gymnasts of the same Province/Territory must wear a body suit that is uniform and of the same colour(s). For All-Around (CII) body suit choice may be at the discretion of the Province/Territory.

For all medal ceremonies, the official track suit provided by the Provincial/Territorial team must be worn.

12. EQUIPMENT:

Provinces/Territories must only use the equipment provided by the official supplier. They are not permitted to bring their own boards or other equipment.

13. APPENDICES:

The attached appendices are an integral part of this technical package.

Appendix 1 – Competitor Eligibility

Appendix 2 – Coach Certification Requirements

Appendix 3 – Performance Guidelines

Appendix 4 – Sport Scoring

Appendix 5 – Age Dispensation for Men’s and Women’s Artistic Gymnastics

APPENDIX 1 – COMPETITOR ELIGIBILITY

1. Competitors must meet all eligibility requirements outlined in the Technical Package.
2. The Canada Games are open to Canadian citizens or permanent residents.
3. The Canada Games are open to athletes who are members in good standing of their sport's Provincial/Territorial Sport Organization.
4. An athlete's permanent domicile or actual residence must be located, for at least the 180 days prior to the opening of the Games, within the recognized boundaries of the Province or Territory they are representing. An athlete can have only one domicile.
5. An athlete attending school on a full-time basis outside his or her Province or Territory of permanent residence during the year of the Canada Games shall be permitted to compete for either their Province or Territory of permanent residence or the Province or Territory in which the athlete attends school. To be eligible to compete for the Province/Territory where the athlete attends school, the student must be enrolled on a full-time basis during the current academic year.
6. An athlete who is training outside his or her Province or Territory of permanent residence may represent the Province or Territory in which they are training provided he or she can demonstrate a commitment to the Province or Territory she or he wishes to represent by:
 - i) Having been a member of a club or Provincial/Territorial Sport Organization in that Province/Territory for the entire previous or current competitive season,

- AND –
 - ii) Having represented that Province or Territory at an international, national or regional championship,

- AND –
 - iii) Not having received direct development funding from their Province or Territory of permanent residence within a year of the opening of the Games, unless the funding jurisdiction provides permission for the athlete to compete for another team.

- OR
 - iv) Other similar circumstances may be considered.
7. An athlete is permitted to try out for any Province or Territory of eligibility but can only try out for one Province or Territory per sport (i.e. an athlete may try out for swimming for one Province or Territory but cannot try out for swimming in another Province or Territory. An athlete may try out for one Province or Territory in swimming, and may try out for another Province or Territory in diving).

8. Athletes may only compete for one Province or Territory at a single Canada Games.
9. Athletes may not compete in two sports at one Canada Games if they are scheduled in the same week.
10. The eligibility of any athlete that is not clearly established by these rules and by the Technical Package shall be determined by the Sport Committee of the Council. Coaches or P/TSOs must bring forward any unclear cases to their Chef de Mission and to their NSO as early as possible before the competition for forwarding to the Sport Committee.
11. Where a team/Province/Territory/Chef wishes to challenge the eligibility of an athlete on another Provincial/Territorial team, it is expected that such a challenge will be made as soon as the protesting team knows that an athlete may be ineligible. Every effort must be made to ensure that protests on eligibility are lodged before an athlete competes.

Other

12. All teams are reminded of the Canada Games Council's regulations concerning advertising on uniforms: only the uniform manufacturer's name or trade mark logo may be worn on team competition uniforms to a maximum size of 60 square centimeters.
13. Canada Games rules do not allow team staff to practice as therapists, physicians or other medical or paramedical practitioners. The Host Society (organizing committee) is responsible for providing high quality medical care at a central clinic at the Athletes' Village and at competition and training venues. The Sport Medicine Council of Canada assists the Host Society by providing additional medical practitioners to ensure that French and English speaking and male and female persons are available, to ensure that sport specific medical expertise is available and to ensure that all regions of Canada are represented. Team staff will not be permitted to administer medical care to athletes.

APPENDIX 2- COACH CERTIFICATION REQUIREMENTS

To be confirmed by Gymnastics Canada.

APPENDIX 3 – PERFORMANCE GUIDELINES

The following Performance Guidelines have been established by the respective National Sport Organizations, at the request of the Canada Games Council and the Federal-Provincial/Territorial Sport Committee (FPTSC,) to reflect the expected training and/or performance parameters of a typical Canada Games athlete in the Training to Compete phase of LTAD. These Performance Guidelines have been developed as a tool for P/T teams to use at their discretion in the training and selection of their Canada Games teams. These Guidelines are not required selection criteria.

To be confirmed by Gymnastics Canada.

APPENDIX 4 – SPORT SCORING

MEN'S ARTISTIC

Team Competition

The teams will be ranked from 1st to 13th based on their results in Competition I – Team Competition. The following sport scoring points will be awarded to the teams based on their ranking.

Place	Points	Place	Points
1	75	7	45
2	70	8	40
3	65	9	35
4	60	10	30
5	55	11	25
6	50	12	20
		13	15

Individual All-Around Final

At the conclusion of the Individual All-Around competition, the 36 gymnasts will be ranked from 1st to 36th based on their results.

Place	Points	Place	Points
1	36	19	18
2	35	20	17
3	34	21	16
4	33	22	15
5	32	23	14
6	31	24	13
7	30	25	12
8	29	26	11
9	28	27	10
10	27	28	9
11	26	29	8
12	25	30	7
13	24	31	6
14	23	32	5
15	22	33	4
16	21	34	3
17	20	35	2
18	19	36	1

Note: In fairness to all Provincial/Territorial teams, only the top three (3) gymnasts per team will contribute points to the team total in the Individual All-Around Final even if the team has more than three (3) gymnasts competing in the Individual All-Around Final.

IndividualEventFinals: BasedontheIndividualEventFinalsresults(foreachevent)

Floor

Place	Points	Place	Points
1	8	5	4
2	7	6	3
3	6	7	2
4	5	8	1

Vault

Place	Points	Place	Points
1	8	5	4
2	7	6	3
3	6	7	2
4	5	8	1

PommelHorse

Place	Points	Place	Points
1	8	5	4
2	7	6	3
3	6	7	2
4	5	8	1

Rings

Place	Points	Place	Points
1	8	5	4
2	7	6	3
3	6	7	2
4	5	8	1

ParallelBars

Place	Points	Place	Points
1	8	5	4
2	7	6	3
3	6	7	2
4	5	8	1

HorizontalBar

Place	Points	Place	Points
1	8	5	4
2	7	6	3
3	6	7	2
4	5	8	1

WOMEN'S ARTISTIC

TeamCompetition

The teams will be ranked from 1st to 13th based on their results in Competition I – Team Competition. The following sport scoring points will be awarded to the teams based on their ranking.

Place	Points	Place	Points
1	75	7	45
2	70	8	40
3	65	9	35
4	60	10	30
5	55	11	25
6	50	12	20
		13	15

IndividualAll-AroundFinal

At the conclusion of the Individual All-Around competition, the 36 gymnasts will be ranked from 1st to 36th based on their results.

Note: In fairness to all Provincial/Territorial teams, only the top three (3) gymnasts per team will contribute points to the team total in the Individual All-Around Final even if the team has more than three (3) gymnasts competing in the Individual All-Around Final.

Place	Points	Place	Points
1	36	19	18
2	35	20	17
3	34	21	16
4	33	22	15
5	32	23	14
6	31	24	13
7	30	25	12
8	29	26	11
9	28	27	10
10	27	28	9
11	26	29	8
12	25	30	7

13	24	31	6
14	23	32	5
15	22	33	4
16	21	34	3
17	20	35	2
18	19	36	1

IndividualApparatusFinals: BasedontheIndividualApparatusFinalsresults(foreachapparatus)

Vault

Place	Points	Place	Points
1	12	5	6
2	10.5	6	4.5
3	9	7	3
4	7.5	8	1.5

UnevenBars

Place	Points	Place	Points
1	12	5	6
2	10.5	6	4.5
3	9	7	3
4	7.5	8	1.5

Beam

Place	Points	Place	Points
1	12	5	6
2	10.5	6	4.5
3	9	7	3
4	7.5	8	1.5

Floor

Place	Points	Place	Points
1	12	5	6
2	10.5	6	4.5
3	9	7	3
4	7.5	8	1.5

APPENDIX 5 – AGE DISPENSATION FOR MEN’S AND WOMEN’S ARTISTIC GYMNASTICS

The decision to set the minimum ages for participation in the Canada Games was made in the best interest of the young competitive gymnasts across Canada and is based on the following rationale:

1. Two of the main goals of the Canada Games are to foster participation from across the country and to contribute to the development of high performance athletes.
2. The Canada Winter Games competition is classified as a “junior” level competition by Gymnastics Canada Gymnastique and the Canada Games Council.
3. To encourage nationwide participation, Gymnastics Canada did not select a specific age category but chose to use a minimum age. This minimum age is intended to protect very young athletes from possible physical, psychological and/or emotional harm that could occur by competing at the Games.
4. The minimum age requirement is aligned on the minimum age set by the international gymnastics governing body (FIG) for junior competition.
5. The overall consensus of coaches and managers who attended past Canada Games is that it is the most challenging gymnastics competition in Canada for young athletes in terms of level, intensity and atmosphere. The multi-sport nature of this event, combined with the atmosphere and social reality of an “athlete’s village” and the wide range in age of all the athletes (up to 25 years of age depending on the sport) add to the pressure experienced by the athletes.

Gymnastics Canada does not currently require athletes to meet any performance standard to participate in the Canada Games. For this reason, the Council has requested that a process be put in place to provide a dispensation from the minimum age. This process supersedes the Technical Package.

The current process to review exceptional cases has been in place since the mid-nineties. It will be in effect for the 2019 Canada Winter Games.

If your Province/Territory wishes to request a special dispensation from the minimum age requirement for an athlete, the following documents must arrive at the national office no later than **January 5, 2019**.

1. A letter of support from the respective Gymnastics Association.
2. A letter of support from the respective Chef de Mission for the 2019 Canada Winter Games.
3. A letter from the athlete’s coach and a letter from the athlete’s doctor confirming that the athlete is at the appropriate level of physical and mental development to handle the level and intensity of the Canada Games competition.
4. A waiver signed by the athlete’s parents or guardians saving harmless GCG and the Canada Games Council from any injury which might result from the athlete competing against older athletes. The blank waiver is attached.

- 5. Recent competition results demonstrating that the athlete has obtained results comparable or superior to those of the age eligible athletes which have been selected to the respective WAG/MAG team for the Games.

Please note that the respective Program Director will review applications. The dispensation will be granted only if all the conditions have been met. The decision is final and will be communicated to the applicant within 7 working days of receipt of **all** the above documents.

TO: Gymnastics Canada Gymnastique

AND TO: Canada Games Council

WAIVER NOTICE AND FULL AND FINAL RELEASE

I acknowledge that participation in the event of artistic gymnastics carries with it potential hazards and I confirm that _____ is physically fit to participate in Artistic Gymnastics at the Canada Games and has trained specifically for this purpose.

I hereby RELEASE and FOREVER DISCHARGE GYMNASTICS CANADA GYMNASTIQUE and the CANADA GAMES COUNCIL, their Directors, Officials, Coaches and their other employees, servants or agents on behalf of myself and _____ from any and all responsibility and liability for injuries sustained by her/his participation in the Canada Games and hereby agree to assume full and complete responsibility for any injuries sustained by her/him during such participation.

I hereby waive any rights I and _____ may have to institute or prosecute an action or make any claim for damages or compensation against the said GYMNASTICS CANADA GYMNASTIQUE and CANADA GAMES COUNCIL, their Directors, Officials, Coaches and their other employees, servants or agents, as a result of any injuries she/he may suffer.

Dated at _____ this ___ day of _____ 201__.

Signature of Witness

Signature of Parent or Legal Guardian

Name (print) of Witness

Name (print) of Parent or Legal Guardian

CERTIFICATE OF INDEPENDENT LEGAL ADVICE

I hereby declare that I have been consulted by _____
(parent/guardian of athlete)

as to the rights that he/she is releasing by taking the following action, namely entering into the above waiver Notice and Full and Final Release; that I have advised him/her fully as to the effect of the said action and he/she understands the nature and effect of executing the above Waiver Notice and Full and Final Release and

I hereby further declare that I have given this advice to the said _____

as solicitor for him/her and his/her child _____ and in his/her interest and that

of _____ only in connection with this matter.

Signature of Solicitor

Name (print) of Solicitor