



WOMEN'S ARTISTIC GYMNASTICS

OPERATIONS MANUAL (Formerly P&P Manual) 2018-2019

September 2018

Women's Artistic Gymnastics 2018-19 Season Information Summary

1. General Information

The information in this first section summarizes the major elements in the 2018-19 season. Please refer to the Operations Manual for detailed information and rules in effect.

Program information, including Technical Committee minutes are available on the GBC Website.

Gymnastics BC WAG Program Page:

<https://www.gymbc.org/womens-artistic-gymnastics-wag>

Gymnastics Canada - WAG program page:

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

Adult SafeSport Requirements

Any adult travelling with Team BC and Team Canada must meet the Gymnastics Canada requirements below. This is to ensure the safety of our athletes. These items must be completed prior to registration for all events.

Individuals who fail to meet the SafeSport requirements will not be allowed on the competition floor at national competitions and training camps, or to travel with athletes internationally

Role	Requirements
Coaches	<ul style="list-style-type: none"> • Police Check (From local police, RCMP – it must include a vulnerable sector check) • Respect in Sport • True Sport Clean 101 • Making Headway • Professional Chartered or Registered Coach designation (See below) – recommended for competitive coaches, mandatory for National Team coaches
Judges	<ul style="list-style-type: none"> • Police Check (From local police, RCMP or Sterling Back Check) • Respect in Sport
IST staff	<ul style="list-style-type: none"> • Police Check (From local police, RCMP – it must include a vulnerable sector check)
Team BC Staff: Chef, Managers, Chaperones	<ul style="list-style-type: none"> • Police Check (From local police, RCMP – it must include a vulnerable sector check) • Respect in Sport

Below are the links to the courses:

Police Check: Judges can use http://sterlingbackcheck.ca/cac_ace
In BC, coaches must make the request at their Police Station/RCMP so it includes the vulnerable sector check.

CAC Making Headway Concussion e-learning course (free):

<http://www.coach.ca/concussion-awareness-s16361>

Respect in Sport online course:

<https://gymnasticscanada.respectgroupinc.com/>

True Sport Clean101 UNTRACKED e-learning course (free):

<http://cces.ca/truesportclean101untracked>

Professional Chartered or Registered Coach designation

Additional Requirements for NT Coaches for eligibility to Major Games
Registered with CAC Professional Coaching Program (renewed yearly)
(Recommended for all competitive coaches)

<http://www.coach.ca/professional-coaching-s16900>

Distribution Lists:

Send your contact information to be added to their Distribution Lists:

All Technical Programs: Andrée Montreuil (Technical Director) - amontreuil@gymbc.org

MAG - John Carroll (Men's Technical Coordinator) - jcarroll@gymbc.org

WAG - Nancy Beyer (Women's Technical Coordinator) nbeyer@gymbc.org

TG - Debbie McBoyle (Trampoline Gymnastics Coordinator) - dmcboyle@gymbc.org

All - Melissa Mungall (Communications & Marketing Manager) – mmungall@gymbc.org

2. 2018-2019 Women's Technical Committee Members (WTC)

WTC Chair	Alana Jensen	alana.flipcity@gmail.com
Judging Chair	Crystal Gilhooly	crystalgilhooly@hotmail.com
Members at large	Jennifer Dober	jdober@deltagymnastics.com
	Heather Ivanitz	heather@okanagangymnastics.com
	Nikki Jarvis	compadmin@langleygymnastics.ca
	Dorina Stan	dorinavali@hotmail.com
	Doug Odin	doug.flipcity@gmail.com
GBC Staff (non-voting)	Nancy Beyer	nbeyer@gymbc.org
	Andrée Montreuil	amontreuil@gymbc.org

2.1 Meetings

WTC Meetings (subject to change)

September 12, 2018

October 2, 2018

November 12, 2018

January 27, 2019

March 3 and 24, 2019

April 14 and 23, 2019

WAG Technical Assembly and AGM - Thursday April 11, BC Championships – Optional

WAG Coaches and Judges Retreat – Summer of 2019

Team BC Selection Meetings for WTC and coaches of qualified Team BC athletes:

- Sunday March 24, Westerns Selection meeting
- Sunday April 14, Canadians Selection meeting

Team BC Uniform sizing (planned dates – TBC)

- North Shore Holiday Classic – December 1-2, 2019
- Omega Invitational – February 9-10, 2019
- Christy Fraser – February 16-17, 2019
- Surrey Classic / Carol Lenz – March 2-4, 2018 (MAG and WAG)

3. Program Information

3.1 Program Rules

The following programs are in effect in BC.

JO Compulsory 2013-2021- no change to the program. The Compulsory program information can be found in the USAG Blue Binder and in the GBC JO Program Chart 2018-19 (available on the WAG program page).

JO Optional Program 2018-2022 – NEW! USA Gymnastics has updated the requirements for JO 6-10 gymnasts. The new USAG “Orange” binder can be purchase on the USA Gymnastics Website (item #3117) <http://usagym.sportgraphics.biz/>

NEW! The JO program is used “as is” in Canada, except for a few changes in JO 9. Those changes are outlined in the GBC JO Program Chart 2018-19 (available on the WAG program page).

Aspire 1 and Aspire 2 – There are no significant changes. The current version of the Aspire Program Manual is available on the Gymnastics Canada - WAG program page. (It is also available on the Gymnastics BC WAG program page).

High Performance – Novice, Junior and Senior – Gymnastics Canada has updated the Canadian model for HP categories. The current version of Canadian HP Manual is available on the Gymnastics Canada - WAG program page. (It is also available on the Gymnastics BC WAG program page).

3.2 WAG Deadline to Change categories

Athletes must declare their category by March 1, 2018.

A written petition to the WTC and \$25 cheque is required for all category change requests after March 1. Petitions will be considered on an individual basis and may not be granted. Changes will not be accepted after the BC Champs registration deadline.

All Competitive Mobility (see operations manual)

- **NEW!** JO 1-5 can move within JO 1- 5 levels without petition at any time. JO 1-5 who participate at BC Championships – Compulsory are locked into their category from March 1 until BC Champs.
- JO 6+ Movement downward at any time can only occur through petition.
- JO 6+ Movement upward can only occur prior to March 1 or after BC Champs.

Athletes moving up categories immediately following BC Champs can do so without petition.

3.3 BC Championships

NEW! 2019 BC Compulsory Championships (hosted by Langley Gymnastics)

Date: April 5 - 7, 2019
 Location: Langley Event Centre
 Information: Directive #1 will be available in December
 Categories: JO Levels 1 to 5, born 2012 minimum – as athletes will be ranked
 Minimum score: Meet minimum qualifying All Around score of 32.0, before March 10, 2019.

There are no trials for the event. All athletes who wish to participate at 2019 BC Compulsory Championships must meet a minimum All Around score of 32.0 (in the category they want to compete at BC Champs). The minimum score must be met at least once, at any GBC sanctioned competition, before **March 10, 2019**. A copy of the results where athletes have qualified must be submitted to the GBC Technical Director.

The purpose of this rule is to ensure that these young, mostly inexperienced athletes have competed at least once before attending BC Championships – Compulsory, so they have a general understanding of how competitions run and what is expected of them.

2019 BC Optional Championships (hosted by Flip City Gymnastics)

Date: April 12 - 14, 2019
 Location: Port Coquitlam
 Information: Available later in the season
 Categories: **NEW!** JO Levels 6 to 10
 Aspire 1 and Aspire 2
 HP Novice, Junior and Senior

Minimum score: **NEW!** JO 6 athletes meet minimum qualifying All Around score of 32.0, before March 10, 2019.

There are no trials for the event. All athletes who wish to participate at 2019 BC Compulsory Championships must meet a minimum All Around score of 32.0 (in the category they want to compete at BC Champs). The minimum score must be met at least once, at any GBC sanctioned competition, before March 10, 2019. A copy of the results where athletes have qualified must be submitted to the GBC Technical Director

3.4 National Competition and Team BC

2019 Elite Canada

Date: January 30 – February 3, 2019
 Location: Gatineau, QC
 Categories: HP Novice, Junior, Senior
 Screening: **NEW!** No screening is required for 2019

2019 Canada Winter Games (CWG)

Date: February 14 – February 23, 2019
 Location: Red Deer, AB
 Rules: JO 10
 Ages: 12-19 years old
 Tech Package: Available on the GBC Website
<https://www.gymbc.org/files/Events/Canada-Winter-Games-Selection.pdf>

Canada Winter Games – Team BC Manager Application deadline: November 15, 2018
<https://www.gymbc.org/files/Events/Manager-Application.pdf>

Canada Games Trial #1 (hosted by FLICKA Gymnastics /North Shore Invitational)

Date: December 1 or 2, 2018
 Location: Lower Mainland

Canada Games Trial #2 (hosted by GBC / Omega Gymnastics)

Date: December 16
 Location: Omega Gymnastics
 Registration Fee: \$75.

Preparation competition for Team BC members: The Battle in Bellevue 2019

Date: January 18-19, 2019
 Location: Bellevue, WA, USA
 Funding: To be confirmed
 Requirements: JO 10 Rules
 USAG number (45 days prior to competition)
 Valid passport

2019 Western Canadian Championships

Date: April 25-28, 2019
 Location: Regina, SK
 Trials: Twisters March 23-25
 Training camp: April 22, TAG Sport Centre
 Technical Rules: Available on the GBC Website
NEW! Minimum 32.0 pts required for Aspire athletes

2019 Canadian Championships

Date: May 21 – 26, 2019

Location: Ottawa, ON

Trials: **NEW!** JO 9 and 10 Athletes will compete twice at BC Championships
2 day trials (50% - 50%)

IMPORTANT: Please see Operations Manual for full details on new selection process

Training camp: **NEW!** May 8 (JO Teams) and May 17 (HP) – TAG Sports Centre

Technical Rules: Gymnastics Canada WAG Technical Rules, Section 3 and Section 5

Work plan: From GCG; uploaded to the GBC Website when available

Team BC info: Athletes and coaches must arrange their own travel to Ottawa and, until further notice, transportation between airport and hotel.
GBC will book team accommodation.

Women's Artistic Gymnastics (WAG)

Important Note

This document is currently under review. Please consult the Gymnastics BC Technical Director with any questions regarding document accuracy or current status.

In the event that any policy contained in this document is contradicted by another policy of the Association, the latter shall prevail.

Clarification of Decision Making Authority

In an effort to provide greater clarity and transparency around the decision making process and level of authority related to the various rules, policies and procedures contained in this document, the following updates have been made.

Items will now be marked to indicate whether it is considered a rule, a policy or a procedure. They will also be marked with which body has authority over the decision making process. Generally, rules will be under the authority of a Technical Committee or an appropriate staff member, policies will be under the authority of the Board of Directors and procedures will be under the authority of staff. Additionally, any relevant supporting documents will be referenced to provide clarity.

Where an item does not indicate authority, it is assumed to be informational or under the authority of staff.

Example:

2.1 Athlete Competition Attire for BC Competitions

Type: *Rule*

Decision by: *Committee*

Reference Document: *None*

PART 1: GENERALITIES

1.1 Policy and Procedure Manual - Additional Sections

The P&P Manual is comprised of many sections. If you don't find the information in the present section, please consult the other sections.

1.2 Program Objectives and Goals

Type: Policy

Decision by: Board

Reference Document: None

The goals and objectives of the GBC WAG Programs are to:

- Coordinate and supervise the technical aspects of the provincial, national and international gymnastics events where GBC participates
- Determine the technical rules and procedures as they are applied in the Province of BC, in respect with the GCG and FIG rules
- Organize competitions, clinics, training camps and seminars to help in the development of athletes, coaches and officials.

1.3 Terms of Reference:

Type: Policy

Decision by: Board

Reference Document: Committee Policies and Procedures – WAG Terms of Reference

Women's Artistic Gymnastics (WAG) Technical Committee (WTC)

Composition

The WTC is composed of 7 voting members and up to 4 non-voting members.

Voting Members

- Chair (also a member of the GBC Board of Directors)
- Provincial Judges Chair
- Up to 6 Member at Large
- No more than 2 people from any one club can be voting members of the committee

Non-Voting Members

- GBC Technical Director
- GBC WAG Technical Coordinator
- GBC Provincial Coach
- Past Chair: the past chair may remain on the committee as a non-voting member for one year after leaving the chair position

Attendance Policy

Voting members for all committees will be expected to attend all scheduled meetings. Any member missing three (3) meetings will lose his / her voting privileges. Extenuating circumstances will be taken into consideration.

Vote and Quorum

Each voting member has one vote. All motions will be decided by majority vote. The quorum is 50% of voting members.

Duties of the WTC

Ensuring consistency and compliance with the Gymnastics BC Strategic Plan, the WTC will determine and implement the goals and objectives for the development of women's artistic gymnastics in BC:

- a. Adopt and make sure the technical policies are respected;
- b. monitor, regulate and evaluate all activities related to the women's program;
- c. work within the budget approved by the Board;
- d. report all decisions made by the WTC to the GBC Board of Directors and the WAG Technical Assembly;
- e. present all policy changes to the GBC Board for ratification prior to implementation;
- f. adhere to all policies and procedures of GBC;
- g. assist the GBC staff as necessary;
- h. make sure that the decision process and a line of communication are established, respected and maintained;
- i. approve members of Team BC, within the scope of the selection criteria;
- j. through the Chair, create ad-hoc committees for special projects;
- k. hold at least five (5) meetings per year;
- l. promote sound risk management practices

GBC WAG Technical Assembly

The GBC WAG Technical Assembly will provide feedback regarding the general direction of the program for the following years. The WTC will consider the motions and discussions during the assembly to determine annual WAG calendar and policy, however the WTC is not bound by those motions.

Elections

Members of the WTC are elected at the GBC WAG Technical Assembly by all GBC Full Member Clubs in attendance (1 vote per club), except for the Judging Chair who is elected at the Judging AGM. GBC staff members serve for the length of their time in the applicable position.

The WTC Chair and Judging Chair are elected on even numbered years for a 2-year term. All other members are elected for a 1-year term.

PART 2: ATHLETES

2.1 Amateur Status

Type: Policy

Decision by: Board

Reference Document: None

All athletes competing in a GBC sanctioned event must abide by the regulations of GBC, GCG and FIG and the International Olympic Committee governing amateur status.

2.2 GBC Membership

Type: Policy

Decision by: Board

Reference Document: None

An athlete must be registered in the appropriate category and be in good standing to participate in GBC sanctioned events. It is the club's responsibility to ensure that any category/level change is confirmed with GBC by the set deadlines as determined by staff.

All JO 1-10, Aspire and High Performance categories are considered competitive. Interclub categories fall under "Gymnastics For All".

If an athlete participates in a GBC sanctioned event without being registered in the appropriate program (competitive or Interclub member), the athlete's club will be fined.

NOTE: refer to Part 4: WAG Competitive Structure; for complete outline of all fines.

2.3 Moving to BC from another Province

Type: Policy

Decision by: Board

Reference Document: None

Canadian athletes moving from another province during a competitive season may represent their new club at any provincial event. It is the club's responsibility to register the members appropriately and within the deadlines. Membership is non-transferable between provinces.

2.4 Athletes Transferring Clubs

Type: Policy

Decision by: Board

Reference Document: Registration Handbook

Please refer to current GBC Registration Handbook, available on our Website.

<https://www.gymbc.org/files/Clubs/Registration/GBC-Reg-Handbook.pdf>

2.5 Athlete Competition Attire for BC Competitions

Type: Rule

Decision by: Committee

Reference Document:

In all WAG competitions in BC, gymnasts must in general principle follow the FIG Code of Points regulations in section 2.3.2 related to attire/appearance. The following are modifications and reminders related to those regulations:

- a) Bodysuit with or without sleeves (see section 2.3.2 for specifics about the bodysuit;
- b) Hair should be secured away from the face so as not to obscure her vision of the apparatus;
- c) Handguards, body bandages, and wrist wraps are permitted; they must be securely fastened, in good repair and should not detract from the aesthetics of the performance. Tape can be of any colour, except in the HP program where the tape must be beige of skin-coloured;
- d) They must refrain from wearing hip or other padding; Padding can be considered as a protector such as sponge on hips and ankles and is not allowed. 'Chinese ankle guards' are acceptable if not too large.
- e) Elastic waistbands traditionally worn as training aids are incorrect attire.
- f) No jewelry, except stud earring/s – no hoops.

2.6 Respect of Others

Type: Policy

Decision by: Board

Reference Document: Conduct and Discipline

Conduct shall at all times reflect honesty, good sportsmanship, courtesy and respect toward others. All members are encouraged to co-operate together for the betterment of the sport. Unsportsmanlike conduct, misconduct, harassment or any form of discrimination are not acceptable and subject to disciplinary action as outlined in the GBC Disciplinary Policy.

2.7 WAG Funding Opportunities

2.7.1 Athlete Assistance Program (AAP)

Type: Rule

Decision by: Committee

Reference Document: None

The BC Athlete Assistance Program (BC AAP) is an athlete-centered program of financial assistance funded by the Province of BC and administered by the Sport and Recreation Branch of the Ministry of Tourism, Sport and the Arts. The program seeks to recognize high performance or post-secondary athletes who are participating in programs offered through a provincial sport organization or post-secondary institution and competing in recognized national or international competitions to relieve some of the pressures associated with training and competition needs.

The intent of the program is to provide support to those trampoline athletes who are in the position to compete for Team BC and are just below those receiving Sport Canada Athlete carding.

AAP funding is provisional to monies being made available by the Ministry.

Objectives

- To focus support to athletes in the "training to compete" and "training to win" stages
- To contribute to improved performances of Team BC athletes
- And; to increase the number of BC athletes reaching federal carding status thus expanding BC representation on national teams and at eligible major international multi-sport games.

In order to qualify for Athlete Assistance the athlete must:

- be in good standing with GBC
- be registered to compete in the current competitive year
- have competed and ranked at the preceding Canadian Championships or Canada Games
- Fill out and return the completed AAP application form. Incomplete applications will be returned to the athlete. Applications not received by GBC by the stated deadline will not be considered
- HP athletes must attend BC Championships in one of the following ways: compete or take part in a demonstration with full or partial routines
- Athletes accepting AAP funding agree to support and participate in all initiatives of GBC Programming (i.e.: attend Technical Committee designated camps, attempt to qualify for appropriate Team BC events, etc.)
- Athletes accepting AAP funding agree to abide by the Team BC Code of Conduct or otherwise be subject to funding repercussions
- AAP funding is processed in the fall of each year

Athlete Appeal Procedure

In the event an athlete wishes to dispute the AAP selection process he/she may ask, in writing, the Technical Committee to review their decision. If the athlete is still in disagreement with the Technical Committee's final decision they may appeal through the Gymnastics BC appeal procedure as found in the Governance Section of the Policy and Procedure Manual.

Athletes Unable to attend BC Championships

HP athletes unable to attend BC Championships must present a request for exemption to the WTC 14 days prior to BC Championships. Reasonable exemptions may include athletes assigned by GCG for an international assignment. Athletes who are approved for exemption must make themselves available to compete or demonstrate at one of the other trial competitions in that season or fulfill another obligation such as a special appearance on behalf of GBC at special event etc. The WTC may grant exceptions in some years due to competition schedule and location.

AAP Grouping

- The amount of funding available in a given year will determine which groups will receive funding. None of the groups are guaranteed funding
- Funding will be equal for all athletes in a given group
- HP Novice, Junior and Senior athletes are ranked according combined scores from day 1 and day 2 at Canadian Championships or Day 2 or 3 at Canada Games.
- JO 9 and 10 athletes are ranked according to day 2 at Canadian Championships.
- Medical petitions will not be accepted

Group 1: Senior HP AA 1-12 or apparatus medalist
 Junior HP AA 1-6 or apparatus medalist
 Novice HP AA 1-3 or apparatus medalist
 AA 1-3 or Apparatus medalist at Canada Games

Group 2: Senior HP AA 13-18 or apparatus finalist
 Junior HP AA 6-12 or apparatus finalist
 Novice HP AA 4-8 or apparatus 4-8
 JO 9 AA 1-3 or apparatus medalist
 JO 10 (both age groups) AA 1-3 or apparatus medalist

Group 3: Junior HP AA 13-18
 Novice HP AA 9-12
 JO 9 AA 4-6
 JO 10 (both age groups) AA 4-6
 Aspire 2 AA 1-3 at Westerns

Group 4: Senior HP AA 19-24
 Junior HP AA 19-24
 Novice HP AA 13-20
 JO 9 AA 7-12
 JO 10 (both age groups) AA 7-12
 Aspire 2 apparatus medalist at Westerns

Group 5: JO 9 AA 13-20
 JO 10 (both age groups) AA 13-20

2.7.2 HP Development Funding

Type: *Rule*

Decision by: *Committee*

Reference Document: *None*

High Performance athletes and their coaches can request funding from GBC for non-funded / cost shared GCG training camps and international or certain national competitions. Athletes/coaches can apply for every eligible activity.

Individuals who request funding must completed the form in Appendix 1 and submit their receipts by May 15th each year. It is the responsibility of the individual to provide correct and compete information, not WTC to collect it. Payments / reimbursements will be processed by GBC in June.

Athletes/coaches must be in good standing with GBC to be eligible. Athletes and coaches must follow the Code of Conduct and GBC travel policy (when applicable) to be considered for funding.

Amounts reimbursed will be based on the list of priorities below.

Priority #1 will be paid out completely before consideration is given to priority #2, and so on. If there are not enough funds remaining to pay the maximum amount, each individual in that priority group will be reduced by the same amount.

HP Development Funding Priorities:

HP Novice, Junior and Senior athletes and their coaches are eligible to apply for funding based in the following priorities:

- Priority #1: GCG Team Preparation Camps (outside BC) not funded or partially funded by GCG: max \$500
- Priority #2: National Training camps (outside BC) not funded or partially funded by GCG: max \$300
- Priority #3: International Competitions (outside Canada). These are international assignments where athletes have been invited by GCG to represent Canada on a self-funded basis. 50% of flight to a maximum of \$800
- Priority #4: International competitions (inside or outside Canada) These are international assignments where athletes have been approved by GCG or GBC and will represent team BC/Canada. Up to 50% of flight/accommodation to a maximum of \$500
- Priority #5: Elite Canada - Remaining money – if any - is divided equally between athletes who competed at Elite Canada (100% participation) and are named to the HP stream. Athletes who are named to HP stream through petition only are not eligible for funding for this priority.

2.7.3 WAG Aspire Camp Funding (up to \$1500)

Type: Rule

Decision by: Committee

Reference Document: None

His funding may be available for Aspire and JO coaches and athletes who attend GCG camps beyond BC borders. Applications will be considered by the WTC on a case by case basis. Priority will go to targeted athletes (invited by GCG) as well as by level and rank if necessary.

Individuals who request funding must completed the form in Appendix 2 and submit their receipts by May 15 each year. It is the responsibility of the individual to provide correct and complete information, not WTC to collect it. Payments / reimbursements will be processed by GBC in June.

2.7.4 WAG Team BC Competition Funding

Type: Rule

Decision by: Committee

Reference Document: None

Financial assistance may be available to enable coaches and gymnasts to attend an identified competition to gain valuable team competition experience above and beyond Westerns and Canadians Championships. Funding is available to 3 levels of athletes and coaches for competitions, excluding CWG years. The WTC will determine the event where Team BC will be competing.

In Canada Games year, this fund will be applied to the preparation of the CWG team for travel for camps or competitions.

If competition opportunities are not available in a given year, the WTC may opt to send selected athletes to training camps, based on results at BC Championships.

The following categories:

- JO 9 - Top 4 (up to \$300 per athlete)
- JO 10 - Top 4 (up to \$300 per athlete)
- Aspire 2 - Top 4 (up to \$300 per athlete)
- Coaches (\$1800 Shared)
- 1 Judge (\$600)

As a general rule:

- GBC will determine the competition or camp the team will attend.
- The WTC will determine the selection process (for example, results at BC Championships).
- Athletes and Coaches will represent Team BC and will need to wear the Team BC bodysuit and tracksuits
- Athletes and coaches will be registered by GBC. The cost of registration will be subtracted from the total bursary.
- Unless prior arrangements are made, the clubs will be in charge of booking flights and accommodation for coaches and athletes and applying for re-imburement.
- No chaperoning support is funded by GBC.

Gymnasts from different clubs may travel together or choose to meet at the event for competition/camp. All gymnasts are required to travel with a designated chaperone or team coaches.

2.7.5 Excellence Funding - Canadian Championships

Type: Rule

Decision by: Committee

Reference Document: None

A total of three (3) grants will be awarded to the top WAG athletes and their personal coach(s) at the Canadian Championships in recognition of their excellence. The \$500 grant will be sent to the club and is to be split 50%-50%

between the athlete and her personal coach(s). If less than three (3) athletes meet the required standard, the money is not awarded to any other athlete.

The grant will be awarded based on results of the All-Around Competitions and Apparatus finals. Team competition is not used.

WOMEN		
Priority	Category	Rank
1	HP Senior	1AA
2	HP Senior	2AA
3	HP Senior	3AA
4	HP Junior	1AA
5	HP Junior	2AA
6	HP Junior	3AA
7	HP Novice	1AA
8	HP Novice	2AA
9	HP Novice	3AA
10	JO 10 (both age groups)	1AA
11	JO 10 (both age groups)	2AA
12	JO 10 (both age groups)	3AA
13	JO 9	1AA
14	JO 9	2AA
15	JO 9	3AA
16	HP Senior	4AA
17	HP Senior	5AA
18	HP Senior	6AA
19	HP Junior	4AA
20	HP Junior	5AA
21	HP Junior	6AA

WOMEN		
Priority	Category	Rank
22	HP Novice	4AA
23	HP Novice	5AA
24	HP Novice	6AA
25	HP Senior	1 apparatus
26	HP Junior	1 apparatus
27	HP Senior	2 apparatus
28	HP Junior	2 apparatus
29	HP Senior	3 apparatus
30	HP Junior	3 apparatus
31	HP Novice	1 apparatus
32	JO 10 (both age groups)	1 apparatus
33	JO 9	1 apparatus
34	HP Novice	2 apparatus
35	JO 10 (both age groups)	2 apparatus
36	JO 9	2 apparatus
37	HP Novice	3 apparatus
38	JO 10 (both age groups)	3 apparatus
39	JO 9	3 apparatus

2.8 Integrated Performance System (IPS) / CSI Targeted Athletes

Type: Procedure

Decision by: 3rd Party

Reference Document: None

Gymnastics has been recognized by "Via-Sport" and by the Canadian Sport Institute Pacific (CSI) as a targeted sport. This means a sport for which there is a strong potential for BC athletes to be named to the National Team. GBC programs benefit from extra funding used to improve programming that benefits all National level athletes, in addition to providing specialized services to targeted athletes.

The list of targeted athletes is determined following Canadian Championships. In some categories/instances, National Team members are identified by Gymnastics Canada at a different time of the year. The athletes awaiting National Team status will be put on the list with the mention "to be confirmed". Confirmation is made by Gymnastics Canada directly with CSI. The list is in effect from September 1st to August 31st. The list of targeted athletes is available on the GBC Website.

2.9.1 General Eligibility Requirements

To be identified, athletes must:

- be in good standing with Gymnastics BC and Gymnastics Canada
- be registered with a BC club
- meet qualification requirement as set out by Gymnastics Canada for National Team Program
- meet qualification requirements as set out in the chart below

Category	Eligibility Criteria
Canadian Development	On stream to make Senior National team in one to three year, as verified by GCG : <ul style="list-style-type: none"> - Senior National Team or Junior National Team (non-Sport Canada carded), OR - HP Senior and HP Junior with Top 10 AA or Top 6 on apparatus at the preceding Canadian Championships, Youth National Team
Provincial Development Level 1	<ul style="list-style-type: none"> - HP Novice with Top 8 AA or on apparatus at preceding CC or L9 and L10 top 6 AA or top 3 on apparatus at preceding CC
Provincial Development Level 2	<ul style="list-style-type: none"> - Member of Canada Games Team BC are eligible for 1 year after the games provided they keep the appropriate commitment to the sport OR - Officially short listed for Canada Games 1 year prior to the games OR - Aspire 2 top 3 AA or apparatus medalist at Westerns Canadian Championships - Athletes identified by the Joint Technical / IPS Committee (Aspire category, or other identified athletes)

2.9.2 Coaches' Participation in the IPS program:

Type: Rule

Decision by: Committee

Reference Document: None

- Funding for the coaches of CSI targeted athletes is strongly linked to the participation in the IPS program. Targeted coaches will be required to fulfill a series of identified activities to receive full funding to CC.
- These activities include (but is not limited to):
 - IST Camps (minimum of 1 camp attendance per competitive season (July 1 to June 30))
 - Completion of their target athletes' benchmark Report by January 1
 - Completion and submission of the athlete's CC preparation plan and revised benchmarks no later than CC training camp BC Champs.
 - Completion and submission of the CC post-competition report form

2.9.3 Athletes' Participation in the IPS program:

Type: Rule

Decision by: Committee

Reference Document: None

- Since GBC funding is strongly linked to the participation of targeted HP athletes in the IPS program, all athletes will be required to fulfill a series of identified activities to receive their full athlete portion of funding to CC.

- These activities include (but is not limited to):
 - IST Camps (minimum of 1 camp attendance per competitive season (mandatory for Targeted athletes only) (July 1 to June 30))
 - Attendance at CC preparation camp (mandatory for all athletes)
 - Completion and submission of the athlete's benchmarks no later than September 30 of the competition season. (mandatory for Targeted athletes only)
 - Completion and submission of the athlete's CC preparation plan and revised benchmarks no later than deadline. CC training camp BC Championships.
 - Completion and submission of the CC athlete post-competition report form. (All athletes)

2.10 External Sport Credit Program for Students

Type: Procedure

Decision by: 3rd Party

Reference Document: http://www.bced.gov.bc.ca/graduation/ext_credentials/athlete_programs.php.

The BC education system provides an opportunity to athletes that are 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.

For more information please visit:

http://www.bced.gov.bc.ca/graduation/ext_credentials/athlete_programs.php.

Student athletes: letters of 'External Credit' achievement will be automatically generated from the Gymnastics BC office for the following team involvement achievement:

Grade 10 credits - Zone Team participants at BC Winter Games

Grade 11 credits- Team BC participants at Western Canadian Championships
- Team BC participants at Western Canada Cup
- Team BC participant at Western Canada Summer Games

Grade 12 credits- Team BC participant at Canadian Championships
- Team BC participant at Canada Winter 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. The student/athlete must bring a copy of the letter to his/her school counsellor upon receipt.

NEW! Student Coaches or Judges: Students who have achieved a certain level as a coach or judge may also be eligible for external sport credit. The student coach or judge must meet the minimum criteria and fill out the form and provide proof of completion to GBC. Please consult the External Credit Application document on the GBC WAG Program Page. GBC will verify the information and provide a confirmation letter to the student.

PART 3: COACHES

3.1 Generalities

Type: Policy

Decision by: Board

Reference Document: Coaching Operations Manual

To coach any gymnastics discipline, a person must:

- be registered with Gymnastics BC as a coach
- meet GBC SafeSport Requirements:
 - complete the screening requirement (Police Record and Vulnerable sector check), as per BC Provincial Law
 - complete the "Respect in Sport" online program
 - complete the Making Ethical Decisions (MED) online program
- hold the minimal NCCP level required according to the athletes training under his/her supervision
- Follow the GBC and GCC Code of Conduct

3.2 Requirements for the Coaching Staff

Type: Policy

Decision by: Board

Reference Document: Coaching Operations Manual

For ALL gymnastics related activities, there must be present at ALL times in the gym:

- A coach that is a minimum Gymnastics Foundations certified (specific certification level required is determined by the level of athletes that are training)
- One (1) adult 19 years or older (as per provincial law)
- One (1) person that holds a valid certificate in First Aid from one of the following courses:
 - Red Cross Standard First Aid Course
 - Workers Compensation Board Level 1 OR
 - St John's Ambulance Standard First Aid Course

Any other certification must be approved by the GBC Technical Director.

These responsibilities may be held by one person or a combination of persons.

3.3 Minimum NCCP Certification

Type: Policy

Decision by: Board

Reference Document: Coaching Operations Manual

Note: Exemptions managed and administered by staff

The minimum certification requirements are applicable for regular training (normal every day training) and for competitions. Coaches that do not meet the minimum standard must apply for an exemption

3.4 Dress Code for Coaches

Type: *Rule*

Decision by: *Committee*

Reference Document: *None*

In order to maintain a professional image, coaches are required to abide by the regulations for attire while on the competition floor during warm-up and competition:

- Appropriate team/club uniform, excluding hats, shorts, midriff tops, ripped or torn clothing or similar; T-shirt, polo shirt or training jacket; appropriate indoor sport footwear.

Coaches dressed inappropriately will receive a warning from the Competition Head Judge or host club or GBC staff. The coach will have 30 minutes to comply; if the situation is not corrected after 30 minutes, a penalty may be applied.

3.5 Behaviour

Type: *Policy*

Decision by: *Board*

Reference Document: *Conduct and Discipline*

At all times, Coaches should

During a competition, a coach should:

- Attend the technical meeting and collaborate with the organizing committee, judges and other coaches for the warm up, for the march-in and for the award ceremonies.
- Remain with his/her athletes as long as they are on the training or competition floor.
- Respect all participants.
- Show sportsmanship, personal and professional integrity.
- Abide at all times by FIG and GCG rules and the GBC Code of ethics

Towards the officials, a coach should:

- Respect their work and try to promote good communication.
- Address the Competition Head Judge or the D1 on the apparatus if he/she has any questions about his/her athlete. In the case of a disagreement, the coach must remain calm and polite and address his or her concerns to the Competition Head Judge.

NOTE: refer to GBC Coaching, NCCP and Certifications; for additional information

NOTE: refer to GBC Team BC for a complete copy of the Code of Conduct

PART 4: COMPETITIVE STRUCTURE

4.1 GBC Registration

Type: Policy

Decision by: Board

Reference Document:

All athletes, coaches and clubs must register with GBC at the beginning of the competitive season. Any athlete competing in the Junior Olympic Program (JO 1-10) HP Novice Junior Senior and Aspire must be registered with GBC as a competitive member.

Officials must be registered members with GBC at the time of the judging course or for their first meet of the season.

To register for an event, clubs must complete and return the official registration forms accompanied by payment to the host club (or GBC when applicable) by the deadline.

Member Category	Requirements	Fines in case of non-adherence <i>(Fines are charged on-top of registration fees)</i>
Athletes	Registered with GBC as competitive athlete	<ul style="list-style-type: none"> Excluded from ranking \$100 fine to be invoiced to the club
Coaches	Registered with GBC	<ul style="list-style-type: none"> \$ 200 fine
	Not meeting minimum NCCP Certification	<ul style="list-style-type: none"> The fine is equal to the course cost of the missing NCCP level. The coach will automatically be registered for the next available NCCP Course and will be expected to complete the missing level within 12 months of being fined. The fine will be applied to the course registration provided that it is completed within the 12 month period. The coach will lose the money if the course is not taken within 12 months Excluded from the competition: Coaches may apply for an exemption by contacting GBC's Education Manager at least 30 days before the event. The exemption may only be given once per individual
Clubs	Registered with GBC	<ul style="list-style-type: none"> \$200 fine

4.2 Athlete Mobility and Switching Categories

Type: Rules

Decision by: Committee

Reference Document: None

4.2.1 Confirmation of Competitive Level

All competitive levels must be confirmed with GBC by March 1 of the current competitive season. Athletes are allowed to move up levels unrestricted following BC Championships. Athletes may not move down levels without acceptance of written petition to the WTC.

4.2.2 Changing Levels

Generally, athletes should follow the normal progression, going from lower level categories towards higher level categories (for example, moving from JO 1 to JO 2 to JO 3, etc.).

Clubs must inform GBC Member Service Manager in writing before they compete in a new level at least 10 days before a competition.

NEW! JO 1 to JO 5:

There are no mobility requirements for athletes registered in JO Levels 1 to 5. Athletes registered in these levels can move up at any time during the season.

NEW! Athletes JO 1-5 who are registered for BC Compulsory Championships are locked into their category from March 1 until BC Championships.

JO 6 to JO 10, Aspire and HP categories:

Mobility restrictions apply to JO Level 6-10, Aspire and HP categories. Athletes must follow the normal progression going from lower level towards higher level categories (ex. JO 6 moves to JO 7). Clubs must inform GBC Member Service Manager in writing before they compete in a new level at least 10 days before a competition.

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 category. For example, if an athlete was registered in the JO 6 category during the previous season, she is not authorized to compete or register in the JO 5 category during the following season. She must register and compete at least in the JO 6 category.

Gymnasts who want to qualify for Team BC events (Westerns or Canadian Championships) must be registered in the appropriate category by the first trial to Canadian Championships (or March 1, whichever is first). Once an athlete has competed in a trial event, she is locked into that category up to and including BC Championships (or a final trials meet that may take place after BC Championships).

Category Change Request to WTC

Athlete must request permission to change category in the following cases:

- If she wishes to change category **after the March 1 deadline**,
- If she has already competed at a trial event
- if she does not follow the normal progression (downward), before or after the March 1 deadline

To request a change of category, the club, on behalf of the athlete, must submit a written request to the WAG Technical Coordinator. The request must include the name of the athlete, club, initial category, category petitioned, and reason for requesting the category change. The request must be accompanied by a non-refundable cheque of \$25.00, for administration fee, payable to GBC.

Requests are not automatically granted and are determined on a case by case basis.

When the Aspire categories are not invited to a competition, **Aspire 1** athletes may compete in JO 7 or higher. **Aspire 2** athletes may compete in JO 8 or higher. When the HP categories are not invited at a competition, **HP Novice, Junior or Senior** may only compete in **JO10** unless they are too young. In this case they may compete in JO9.

Athletes moving up after BC Champs:

Athletes may move up levels after BC Championships (or a final trials meet that may take place after BC Championships) without WTC permission.

Exceptions to mobility:

BC Winter Games (BCWG)

Athletes from lower levels may move up to JO 7 to fill zone teams for BCWG and revert back to lower levels without petition. However, please note that there are several restrictions regarding mobility for athletes who compete at the BC Games. Please refer to the BC Games Technical Package for more information.

4.2.3 Age Groups

Athletes compete according to their level and birth year. Host clubs may combine 2 or more birth years or split one birth year according to registration numbers. As a guideline, there should not be more than 24 athletes in a grouping award purposes.

4.3 BC Provincial Structure

Type: Rule

Decision by: Committee

Reference Document:

Canadian Program		High Performance
Canadian Junior Olympic Program	Canadian Aspire Program	FIG and Canadian Models
Optional	Level 10 2010 ↓ (07/CC)	Senior 2003 ↓
	Level 9 2011 ↓ (08/CC)	Junior 2004 – 2007
	Level 8 2011 ↓	HP Novice 2006 - 2008
	Level 7 2012 ↓	Aspire 2 2008 - 2009
	Level 6 2013 ↓	Aspire 1 2008 - 2010
Compulsory	Level 5 2013 ↓	L1 – L5: Athletes under the age of 7 (2011 and younger) must use the Gold, Silver, Bronze awards.
	Level 4 2013 ↓	
	Level 3 2013 ↓	
	Level 2 2014 ↓	
	Level 1 2014 ↓	
Gymnastics for All – Recreational Programs		

4.3.1 Objectives of Each Program

Canadian Junior Olympic Program

Canada has adopted the USA Junior Olympic Program in 2015. The Canadian Junior Olympic Program (CJO) is similar to the US JO program (with a few differences/adjustments). The program allows for upward mobility through 10 levels based on the 10.0 scoring system. The first 5 levels are compulsory which emphasize the clean performance of basic elements with specific technical criteria. JO 6 to 10 compete optional routines based on the JO Code of points.

Canadian Aspire Program

The Canadian Aspire Program (CAP) has been established to assist in the development of young athletes as they prepare for higher level competition. The program is dedicated to mastering strong basic skills on all four apparatus upon which to build contemporary advanced elements in the years to come. Although the athletes will not compete “compulsory” routines, their optional routines will be created from a set of indicated skills, connections and requirements listed for each apparatus. The emphasis is on the quality, not on

the quantity of the elements performed. The CAP is an excellent start for all gymnasts as they work to fulfill their potential and eventually compete in the higher levels of the Canadian Junior Olympic (JO) Program or the Canadian High Performance (HP) Program.

Canadian High Performance Stream

The Canadian High Performance Stream (HP) is the preferred pathway for athletes aspiring towards National Team. It is the pathway that will lead a gymnast towards the pursuit of excellence and achievement of medals at the highest international level.

The objective for the HP Stream is to provide technical leadership support and guidelines for athlete development through Novice, Junior and Senior HP categories with the goal of sustaining international success from within our National Teams.

4.3.2 Competition Pathways

Category	Program/Rules	Competition Opportunities
HP Novice*, Junior, Senior	FIG Code of Points Canadian Models	<ul style="list-style-type: none"> • BC Optional Championships • Elite Canada • Canadian Championships (2 age groups) • Westerns (*as part of the JO 10 team) • Canada Winter Games
CJO 10	JO 10 rules	<ul style="list-style-type: none"> • BC Optional Championships • Westerns (2 age groups) • Canadian Championships (2 age groups) • Canada Winter Games
CJO 9	JO 9 rules Canadian Composition Additional Difficulty Bonus Changes in Special Requirements on UB	<ul style="list-style-type: none"> • BC Optional Championships • Westerns (2 age groups) • Canadian Championships (1 age group) • Canada Winter Games
JO 8	JO 8 rules	<ul style="list-style-type: none"> • BC Optional Championships • BC Games in JO 8 category • Westerns
JO 7	JO 7 rules	<ul style="list-style-type: none"> • BC Optional Championships • BC Games in JO 7 category
JO 6	JO 6 rules	<ul style="list-style-type: none"> • BC Optional Championships • BC Games in JO 7 category • Zone Championships
JO 1-5	JO 1-5 rules	<ul style="list-style-type: none"> • BC Compulsory Championships • Zone Championships • Club invitations
Aspire 1 Aspire 2	Canadian Aspire Program (Gymnastics Canada)	<ul style="list-style-type: none"> • BC Optional Championships • BC Games (Aspire 1 – JO 7; Aspire 2 – JO 8) • Westerns (both categories)

PART 5: PROVINCIAL EVENTS

Type: Rule

Decision by: Committee

Reference Document:

5.1 Sanctioning Information – Club Invitational Meets

Any GBC member club wishing to host a GBC sanctioned competitive event shall complete and submit the "Application Form for Sanctioned Events". The application must be completed in full and returned with payment to the GBC office. The application will be considered once both the form and payment have been received at the GBC office. Deadline for submitting the form/ for the subsequent competitive season is May 31.

NOTE: refer to GBC Section 9: BC Events, Sanctioning and Hosting Protocols

5.2 Coaches Responsibilities

All athletes must be supervised by a coach when they are on the field of play (warm up or competition).

Coaches must have the proper NCCP certification to be allowed access to the training and competition floor. In normal circumstances, a maximum of 2 coaches / club / category are authorized on the competition floor during competition. The club may have more coaches on the floor during training and warm up, but is restricted to 2 coaches once the actual competition begins.

5.3 Protests

Protests are not allowed for any categories but coaches may inquire about the score.

5.4 Awards - Tie Breaking

There is no tie-breaking rule. If there is a tie, the following position is skipped. For example, if there is a tie for 2nd place, there will be no 3rd place awarded. The next athlete in rank order will get the 4th place award.

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

5.5 Warm-Up Procedure

NOTE: refer to the BC JO Charts, GCG Aspire Document or GCG HP Document for more information about warm up.

5.6 **NEW!** BC Championships

General Information

Two provincial championships will be hosted.

- **NEW!** BC Compulsory Championships
- BC Optional Championships

Directives are developed by the host club and GBC and are distributed to GBC member clubs when available. The work plan includes information regarding registration process, deadline, fees, reimbursement policy, schedule, etc.

Clubs are responsible to register all of their participating athletes and coaches, including qualified JO 5 and 6 athletes and their coaches.

To compete at either BC Championships in any category, athletes must be 7 years old in the year of the Championships.

Eligible minimum birth year by season	2018/2019	2019/2020	2020/2021
Athletes born in	2012	2013	2014

5.6.1 **NEW!** BC Compulsory Championships

5.6.1.1 Competition Information

Date: April 5 - 7, 2019
 Location: Langley Event Centre
 Information: Directive #1 will be available in December
 Categories: JO Levels 1 to 5, born 2012 minimum – as athletes will be ranked
 Minimum score: Meet minimum qualifying All Around score of 32.0, before March 10, 2019.

5.6.1.2 Eligibility and Awards

For this first edition of the BC Championships – Compulsory, all categories will be invited. Eligible categories will be reviewed in 2020.

Athletes who wish to participate at 2019 BC Compulsory Championships must meet a minimum All Around score of 32.0 (in the category they want to compete at BC Champs). The minimum score must be met at least once, at any GBC sanctioned competition, before March 10, 2019. A copy of the results where athletes have qualified must be submitted to the GBC Technical Director.

The purpose of this rule is to ensure that these young, mostly inexperienced athletes have competed at least once before attending BC Championships – Compulsory, so they have a general understanding of how competitions run and what is expected of them.

Categories	Eligibility for BC Champs	Awards
JO 1 - 5	Minimum AA score of 32.0 at a sanctioned competition in BC prior to registration	<ul style="list-style-type: none"> • Team: Club awards (1-3) for each level • Top 3 scores on each apparatus to count – All athletes from a club in a given level are eligible • All-Around / Apparatus Finals: by competitive age groupings • Medal 1-3, Ribbon 4-10, Plaque AA Champion

5.6.1.3 Age Groupings for JO 1 to 5

Following athlete registration, athletes will be grouped by category and birth year. Each competitive grouping will ideally be approximately 24 athletes. Groupings will not be changed once the official schedule for BC Championships is circulated.

5.1.1 BC Championships – Optional

5.1.1.1 Competition Information

Date: April 12 - 14, 2019
Location: Port Coquitlam
Information: Available later in the season
Categories: **NEW!** JO Levels 6 to 10
Aspire 1 and Aspire 2
HP Novice, Junior and Senior

Minimum score: **NEW!** JO 6 athletes meet minimum qualifying All Around score of 32.0, before March 10, 2019.

5.1.1.2 Eligibility and Awards

There are no trials for the event. All athletes who wish to participate at 2019 BC Compulsory Championships must meet a minimum All Around score of 32.0 (in the category they want to compete at BC Champs). The minimum score must be met at least once, at any GBC sanctioned competition, before March 10, 2019. A copy of the results where athletes have qualified must be submitted to the GBC Technical Director

JO 7-10, Aspire and High Performance

There is no trial process for the JO 7-10, Aspire and High Performance athletes to register for BC Championships.

JO 6 - There are no trials for the event. However, JO 6 athletes meet minimum qualifying All Around score of **32.0**, before **March 10, 2019**. The minimum score must be met at least once, at any GBC sanctioned competition, before March 10, 2019. A copy of the results where athletes have qualified must be submitted to the GBC Technical Director.

BC Championships – Awards

Categories	Eligibility for BC Champs	Awards
JO 6	Minimum AA score of 32.0 at a sanctioned competition in BC prior to registration	<ul style="list-style-type: none"> • Team: Club awards (1-3) • Min 3 athletes per club, all birth years combined. Top 3 scores on each apparatus to count • All-Around / Apparatus Finals: by competitive age groupings • Medal 1-3, Ribbon 4-10, Plaque AA Champion
JO 7 – 10	All registered in category	<ul style="list-style-type: none"> • Team: Club awards (1-3) • Min 3 athletes per club, all birth years combined per level. Top 3 scores on each apparatus to count • All-Around / Apparatus Finals: by competitive age groupings • Medal 1-3, Ribbon 4-10, Plaque AA Champion
Aspire 1 Aspire 2	All registered in category	<ul style="list-style-type: none"> • Club Team Award (1-3) • Min 3 athletes per club, combined award for each category. Top 3 scores on each apparatus to count • All-Around / Apparatus Finals, by category • Medal 1-3, Ribbon 4-10, Plaque AA Champion
HP Novice	All registered in category	<ul style="list-style-type: none"> • No team awards • AA competition • Medal 1-3, Ribbon 4-10, Plaque AA Champion
HP Junior and Senior combined	All registered in category	<ul style="list-style-type: none"> • No team awards • AA competition combined (Senior rules) • Medal 1-3, Ribbon 4-10, Plaque AA Champion

Note: If there is only one competitor, only All Around award will be given. If there are two or more competitors, all awards will be given.

5.1.1.3 Age Groupings for JO 6 to 10

JO 6 to 8: Following athlete registration, athletes will be grouped by category and birth year. Each competitive grouping will ideally be approximately 24 athletes. Groupings will not be changed once the official schedule for BC Championships is circulated.

JO 9-10: Athletes will be split according to the GCG Directives, to keep intact the selection process to Canadian Championships.

5.1 BC Winter Games

Type: *Rule*

Decision by: *3rd Party*

Reference Document: *BC Games*

Next Games information:

Date: February 20-23, 2020

Location: Fort St John

Categories: JO 7, JO 8

BC Winter Games are held every other year on even numbered years.

The BC Games Technical Package is posted on the GBC WAG Program Page in the year of the Games.

Zones must host their Trials before the set deadline. Zones must provide the Provincial Advisor and GBC Technical Director with their trials procedures by December 15, prior to the Games.

It must include:

- Date of the selection meet
- Selection process for the top athletes (3 per category, ranking of potential wildcards)
- Selection process for the team coaches and ranking of potential extra staff

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. For the BC Games, athletes must be registered in the zone where they reside (not zone of club).

PART 6: TEAM BC EVENTS

Type: Rule

Decision by: Committee

Reference Document: Team BC

The information below is only a summary.

Please refer to Policies and Procedures Manual Section 10 – Team BC for more information.

6.1 Definition of Team BC

Team BC events will include any competition where GBC assists financially or coordinates team travel or identifies a team that will represent BC. It includes competitions such as:

- Canadian Championships (CC)
- Western Canadian Championships (WCC)
- Canada Winter Games (CWG)
- Any other meets where GBC assists financially or coordinates team travel or identifies a team which will represent BC

6.2 Team BC Uniforms

Athletes attending a Team BC event, such as Western Canadian Championships or Canadian Championships, must wear the official BC uniform. Uniform sizing will take place early in the competitive season. All sizing and orders must be completed by the set date identified at the beginning of this document. There will be NO refunds for uniform pieces once the order has been placed with the supplier.

6.3 GCG/GBC SafeSport Requirements for National Events and Westerns

Any adult travelling with Team BC and Team Canada must meet the Gymnastics Canada requirements below. This is to ensure the safety of our athletes. These items must be completed prior to registration for all events.

Individuals who fail to meet the SafeSport requirements will not be allowed on the competition floor at national competitions and training camps, or to travel with athletes internationally. See the beginning of this document for further details.

Eligibility and Requirement for Team BC Member

According to their status, individuals must meet eligibility requirements to be named to Team BC.

- Athletes must meet the residency rules as determined by each specific event's Technical Rules
- Athletes and coaches must be named by their Technical Committee
- Athletes must meet the minimum score set out by the Technical Committees at the trial competitions
- All members of Team BC must complete and return all requested waivers and medical forms by the set deadline
- Athletes and coaches must pay the required fees by the set deadline.
- Athletes, coaches, managers and chaperones must attend all identified training camps or request an exemption from the Technical Committee (and provide reasons) at least 2 weeks prior to the camp,
- All members of Team BC must comply with all GBC rules of conduct, travel and cost sharing policies

- Athletes and coaches must purchase the designated team uniform.
- If athletes are receiving GBC funding to attend an event, they are expected to wear Team BC uniform, unless prior arrangements have been made with the appropriate Technical Committee
- All participants must abide by the Safe-sport rules.
- All coach, chef, managers, chaperones and judges must meet the GCG and GBC Safe-sport requirements that applies to them in order to travel with the team.

Athletes who fail to meet any of the above criteria may be removed from the team by the WTC, Support Staff or GBC staff.

6.4 Team BC Coaches

To be assigned, coaches must meet all professional requirements as required by GBC or GCG (NCCP certification, Safe-sport requirements, etc.). Coaches traveling with Team BC (team or personal coaches) must abide by Section 10 – Team BC Handbook. As team coaches, they must show leadership and professionalism at the training camp and at the Team BC competition.

All coaches must meet the GCG and GBC Safe-sport requirements that applies to them in order to travel with the team. WAG Team Coaching Staff must have at least one female coach for teams with 2 coaches. Teams with only 1 team coach must have female coach or assigned female chaperone.

6.5 Team BC Staff

The Team BC staff is a group of volunteers who help coordinate all aspects of team management during events. The table in the P&P Section 10 (Team BC) describes the selection process for the Team BC staff as well as their responsibilities toward the Team before, during and after the event.

The mission staff may include a Chef de Mission, Managers, Chaperones and Coaches. All staff members, including coaches, must collaborate with the various duties and responsibilities.

Chef, managers, chaperones and judges must meet the GCG and GBC Safe-sport requirements that applies to them in order to travel with the team.

6.6 Team BC Travel Policy

Depending on the event, GBC may offer group or individual transport or a combination of both.

Group Transport:

- When transport (flights, bus or other) is organized by GBC, all team members must travel together. This includes athletes, coaches, Chef, managers and chaperones.
- Team members will be invoiced for the cost of travel
- Any individual requesting changes to their flight will be billed with any extra cost incurred because of the change. If they are unable to travel due to

sickness or injury, they will be responsible for the fee charged by the airline (the fee will not be charged if GBC is not billed).

Individual Transport:

- When transport (flights, bus or other) is organized by each individual / club each individual is responsible for the cost of transportation. Specific instructions will be provided prior to departure in order for all Team BC members to assemble at the Team accommodation at a designated time.
- Unless prior arrangements have been made with GBC, ground transportation between the airport and host accommodation is the responsibility of the individual / club.
- If an athlete below the age of 19 years old is requesting individual transport, the athlete's family, coaches or club must ensure that he/she is not traveling alone.

6.6.1 Team BC Accommodations

Unless otherwise stated, all Team BC athletes and coaches will stay in the designated team accommodations (hotel or residence). Arrangements will be the responsibility of Gymnastics BC. Specific instructions will be provided prior to departure in order for all Team BC members to assemble at the Team accommodation at a designated time. Requests for accommodation exemptions must be approved by the WTC and Technical Director.

6.7 Funding for Athletes and coaches

Type: Rule

Decision by: Committee

Reference Document: None

Note: Based on approved budgets, staff allocate block funding to each program. The Committee determines funding within their block

For some events, such as the Canadian Championships and Westerns, GBC establishes its budget at the beginning of the season. GBC will pay 100% of the cost for the staff (Chef, Managers and Chaperones), judges and Team or assigned coaches. GBC will also pay for other expenses like van rental. The remainder of the GBC budget will be split between the participating disciplines. There are three possible funding schemes for events:

- All athletes are funded equally
- Athletes' funding is tier based (the best athletes receive more funding)
- Athletes are self-funded

For other events, GBC will determine, at the beginning of the year, the percentage of total cost or amount that will be subsidized to athletes and coaches. It will be communicated to all clubs as soon as possible. Coaches or athletes who do not follow the guidelines set forth by GBC may lose their funding.

- Funding for athletes is linked to their participation in mandatory activities. For example, IPS targeted athletes must participate in selected activities in order to receive maximum funding.
- Only athletes who have met the minimum scores will be considered for funding to attend Canadian Championships.

- Funding may be limited for athletes who 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.

HP athletes:

- If performing all apparatus: Team BC tier funding
- If not performing all apparatus: Reduced funding or no funding

JO/Aspire level athletes:

- If performing all apparatus: Team BC tier funding
- If injured and alternate is available Athlete is replaced
- If injured and no alternate Reduced funding or no funding

6.7.1 Expenses for Team BC Members Living Outside of the Lower Mainland*Type: Rule**Decision by: Committee**Reference Document: None*

Athletes, coaches or mission staff living outside the Lower Mainland may be reimbursed, reasonable costs, if they need to travel for identified Team BC training camps or for the competition. It is the responsibility of the athlete's club and coaches to contact GBC and make arrangements. All expenses must be approved by GBC staff a minimum of 14 days before the activity.

6.8 Athlete Selection for Team BC Events*Type: Rule**Decision by: Committee**Reference Document: None***6.8.1 Registration to Team BC Trial Events**

- 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.
- All eligible athletes will be granted entry to a trial event. Late fees may apply. GBC will resolve any issue arising between a club and the host club in regards to late registration.

6.8.2 Official Naming of Team Members

The WTC will officially name qualifying members after their selection meeting. No member will be confirmed before this official announcement.

6.8.3 Minimum Scores for Team Selection

Type: Rule

Decision by: Committee

Reference Document: None

Athletes must meet minimum scores in order to be named to Team BC. Official minimum scores will be determined prior to the first trial on a yearly basis.

All JO and Aspire athletes must meet the minimum traveling score in order to be considered for selection. If the top 4 athletes for team selection do not meet the minimum standard, the WTC may review the standard and make appropriate adjustments.

Any athlete within 0.2 of the standard may request a review to the WTC for consideration. This kind of review MAY or MAY NOT be heard. If they still do not meet the minimum traveling score, JO and Aspire athletes may not attend the event, even at their own expense.

HP athletes who do not meet the minimum score at BC Champs can still attend but will not receive any funding.

6.8.4 Injury and Injury Reporting

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

- Prevents the athlete from performing routines for more than 5 consecutive training days
- Prevents the athlete from performing routines within 7 days prior to the departure for the competition
- Prevents the athlete from performing on all apparatus at the required training camp or mock competition when applicable.
- Failure to immediately report injury or illness to GBC representative (technical coordinator/director) may result in revocation of funding for coach and athlete.

6.9.5 Verification

Verification of readiness is required for all Team BC athletes at the corresponding CC team training camp. This includes HP, team members and individuals.

Members of the verification committee are determined by the WTC and will be comprised of 3 people, (1 judge, 1 WTC member and 1 GBC staff member). All must be independent and not affiliated with the club(s) of the athletes being verified. The verification committee members must be on site at the training camp and will consult with the corresponding team coaches.

The verification committee reserves the right to remove and/or replace an athlete who is unable to compete safely or is unable to perform to the level reasonably required and previously demonstrated during selection. This committee may also recommend removal or reduction of funding for an athlete who cannot verify on all apparatus.

In these rare cases committees will endeavour to consider the rights of all parties and consult the team coaches. Priority will go to the team first and the individual second. Alternates will be used if time permits.

6.9 Western Canadian Championships (WCC)

6.9.1 General Information

General information about dates and location of the Western Canadian Championships is indicated at the beginning of this document. The WCC Technical Rules are updated each year by the host province and posted on the GBC Website when it becomes available.

Directives and work plans are developed by the host province and are posted on the GBC Website when they become available. The work plan includes information regarding Team registration deadline, fees, reimbursement policy, schedule, etc.

6.9.2 Eligibility

Type: *Rule*

Decision by: *Committee*

Reference Document: *None*

- HP Senior and HP Junior are not eligible for Team BC for WCC. HP Novice may attend WCC selection in JO 10 ONLY unless they are too young and must compete in JO 9.
- **Aspire 1 and 2 will have to meet minimum standard of 32.0 points** to attend Westerns. In the event we do not have 5 aspire 2 athletes meeting 32.0 points we will fill with the Westerns team with Aspire 1 who do meet the 32.0 points. In the event we do not have 5 Aspire 1 athletes reaching 32.0 points we will fill with Aspire 2 who do meet the 32.0 points. If we are not able to fill teams with athletes with 32.0 points or greater, we will not fill teams.
- Petitions: There are no medical petitions for WCC.
- The numbers of wildcards depends on overall registration from the participating provinces. A maximum of 2 wildcard per category, per Province may be available. The host province will confirm the number of available wildcards following the official registration.

Categories

Type: Rule

Decision by: Westerns Committee

Reference Document: None

Category	Age	Maximum number of athletes	Team or competition format	Apparatus finals	Awards
JO 10	12-15 years	7	4 scores/7 per apparatus to count Format 7-7-4	Top 6	Team + AA Day 1 Apparatus Finals Day 2
JO 10	16+ years	7	4 scores/7 per apparatus to count Format 7-7-4	Top 6	Team + AA Day 1 Apparatus Finals Day 2
JO 9	11-13 years	7	4 scores/7 per apparatus to count Format 7-7-4	Top 6	Team + AA day 1 Apparatus Finals Day 2
JO 9	14+ years	7	4 scores/7 per apparatus to count Format 7-7-4	Top 6	Team + AA day 1 Apparatus Finals Day 2
JO 8	12 years & under	5	3 scores/5 per apparatus to count Format 5-5-3	No	Team + AA + Apparatus Finals
JO 8	13+ years	5	3 scores/5 per apparatus to count Format 5-5-3	No	Team + AA + Apparatus Finals
Aspire 1	As per GCG rules	5	3 scores/5 per apparatus to count Format 5-5-3 (minimum score required 32.00 to be selected as Team BC member)	No	Team awards only if min 2 teams Aa + apparatus finals
Aspire 2	As per GCG rules	5	3 scores/5 per apparatus to count Format 5-5-3 (minimum score required 32.00 to be selected as Team BC member)	No	Team awards only if min 2 teams AA + apparatus Finals

6.1.1 Westerns Athlete Selection Process

Type: Rule

Decision by: Committee

Reference Document: None

- Athletes are selected using All Around scores at the trial competition.
- Petitions: There are no petitions for Western Canadian Championships.
- If any Western province does not send a full team, wildcard spots become available. Availability of wildcards is only known after provinces officially register for Westerns with the host. There is a maximum of 2 wild cards per level per province.

6.1.2 Funding for the event for athletes and coaches

Type: Rule

Decision by: Committee

Reference Document: None

- GBC will fund team support staff, including named Team coaches, judges, manager and chaperones.
- All athletes are self-funded.
- Independent/Personal coaches are self-funded.

6.1.3 Coach Selection and responsibilities

Type: Rule

Decision by: Committee

Reference Document: None

- **All Team coaches are expected to chaperone and/or assist the support staff throughout the event with their respective teams (ex. during meal times, bed time, transport, etc).** The WTC may extend an additional chaperone/driver in some years to support the teams sufficiently.
- See Section 10 - Team BC Handbook for more information on the role and responsibilities of team and personal coaches.
- JO 9: 2 Team coaches per team
- JO 10: 2 Team coaches per team
- JO 8, Aspire 1 and 2: One Team coach per age group
- Max 2 funded coaches per club
- Coaches will be selected JO 10, JO 9, JO 8, Aspire 2, Aspire 1

6.1.4 Staff Selection and responsibilities

Type: Procedure

Decision by: Staff

Reference Document: None

- Chaperones and managers must apply annually via application form
- 1 non coaching manager for entire team / driver
- 1 non coaching chaperone for entire team / driver
 - Priority will go to coaches or staff before parent volunteers
- WTC may extend an additional chaperone/driver in some years to support the teams sufficiently.

6.2 Canadian Championships (CC)

6.2.1 General Information

General information about dates and location of the Canadian Championships is indicated at the beginning of this document.

Directives and work plans are developed by Gymnastics Canada and are posted on the GBC Website when they become available. The work plan includes information regarding Team registration deadline, fees, reimbursement policy, schedule, etc.

6.2.2 Categories

Type: Rule

Decision by: Gymnastics Canada

Reference Document: None

Rules / Categories:

Level JO	Age in Competition year	Team size	Team	Competition
Level 10	12–15 yrs old	6	3 scores / 6 per apparatus to count Format: 6-6-3	Day 1: Team Day 2: AA and Apparatus finals
	16+ yrs old	6		
Level 9	11-13 yrs old	6		
HP Novice	11-13 yrs old	Must qualify for HP status at Elite Canada	No team competition	Day 1: Preliminary Day 2: AA and Apparatus finals)
HP Junior	12-15 yrs old			
HP Senior	15+ yrs old			

6.2.3 Athlete Selection Process for JO 9 and 10

Type: Rule

Decision by: Committee

Reference Document: None

Athletes will be selected following **2 days of** competition at BC Championships, each day counting for 50% of the athlete's total.

There are no medical petitions for Canadian Championships.

JO 10 Senior:

- The top 5 ranked All Around athletes (combined over both days) will be selected to the team. If there is a tie in 5th place, the tie will be broken using the top 3 All Around scores (combined)
- The 6th place will be awarded to an apparatus specialist if she meets the following criteria:
 - Athlete must have at least **2 points** to be eligible
 - 1st place apparatus = 3 points;
 - 2nd place apparatus = 1 point
 - Ties get equal amount of points
 - If the athlete with the most points is not already selected on the team, she will be selected to the team as the 6th member.
 - If the athlete with the most points is already on the team, the next athlete that meets the criteria with the second highest amount of points will be selected to the team as the 6th member and so on. If no athlete meets the criteria for specialist or all specialists are already on the team, the 6th All Around athlete will be selected as the 6th member.

- In the case of a tie for points for the 6th position the athlete with the highest AA will be selected.

JO 9 and JO10 Junior:

- The top 6 ranked All Around athletes will be selected to the team. If there is a tie in 6th place, the tie will be broken using the top 3 apparatus scores.

6.2.4 HP Novice, Junior and Senior athletes

Type: Rule

Decision by: Committee

Reference Document: None

- Through their status, participation of HP athletes at Canadian Championships is guaranteed.
- All HP athletes must attend all Team BC activities (training camps) and room with the contingent unless exempted by WTC.
- HP athletes (excluding National Team members) must wear the team BC body suit for qualifications unless otherwise requested by GCG.

6.2.5 Coach Selection and responsibilities

Type: Rule

Decision by: Committee

Reference Document: None

- **All coaches (male and female) are expected to chaperone and/or assist the support staff throughout the event with their respective teams (ex. meal times, transportation, meetings, special events...**
- See Section 10 - Team BC Handbook for more information on the role and responsibilities of team and personal coaches.
- Team JO 9 and 10: 2 coaches per team, determined by points. The point system is in section 6.4, Independent coaches can travel on a self-funded basis.
- HP categories: One coach per club for up to 3 HP athletes. A second HP coach may be funded if the club has 4 HP athletes or more.

6.2.6 Staff Selection and responsibilities

Type: Procedure

Decision by: Staff

Reference Document: None

- Chaperones and managers must apply annually via application form
- All Staff members must meet the SafeSport requirements
- One (1) Manager and two (2) Chaperones, one of which must not have coach duties are assigned to Canadian Championships.
- Priority will go to coaches or staff before parent volunteers
- WTC may extend an additional chaperone/driver in some years to support the teams sufficiently.

6.2.7 Funding for the event for athletes and coaches

Type: Rule

Decision by: Committee

Reference Document: None

Athlete Funding:

- Funding allocated to Canadian Championships vary every year according to location, number of athletes, etc.
- For Canadian Championships, a tier funding system based on results will determine the level of funding received by athletes.
- Minimum standards for Canadians and the tiers for athlete funding will be reviewed and circulated by February of each year. This tier funding includes HP athletes.
- All HP athletes are expected to compete at BC Championships
- To be eligible for funding for CC, HP athletes may use scores from BC Championships or EC. (see annual funding matrix)
- HP Athletes who successfully petitioned to HP status but did not actually compete at EC, (ex. medicals or other), must compete at BC Championships to be eligible for funding unless exempted by WTC. WTC may grant an exemption to accept another event in exceptional circumstances.
- NT members may be exempted from BC champs by WTC.
- If HP athletes (and their coaches) do not meet the minimum traveling score they may still attend Canadian Championships at their own expense.
- JO athletes cannot attend CC if they have not met the travelling score.

Injury Illness

- Prior to departure, if an athlete is unable to perform on any apparatus because of illness or injury she will be removed and the next ranked athlete will be taken if available and time permits
- On site, if an athlete is unable to perform due to injury or illness in so that she no longer an contribute to the team she may be
 - removed from Team (if alternate readily available)
 - moved within the line-up as determined by the team coaches
 - moved to independent status (if applicable)

Failure to immediately report injury or illness to GBC representative (technical coordinator/director) may result in revocation of funding for coach and athlete.

Coaches Funding:

- Maximum of 2 funded coaches per club (HP and JO combined)
- If a club decides not to send a personal coach, arrangements must be made with the CC coaching staff prior to departure to guarantee that the athlete will have a coach present on the field of play for Day 2. Arrangements must be communicated and approved by the WTC.
- Independent coaches are not funded.

6.3 Elite Canada (EC)

Please refer to the GCG Technical Rules for more information.

Athletes competing at Elite Canada are representing their club, not their province. All WAG athletes wanting to attend Elite Canada must comply with GCG screening policy when required. BC will run screening activities according to the GCG regulations. GBC is required to and will submit the names of athletes who have successfully completed the screening process on behalf of BC clubs. Clubs are responsible to register athletes.

6.4 Canada Winter Games (CWG)

Type: Rule

Decision by: Canada

Reference Document: None

2019 Canada Winter Games (CWG)

Date: February 14 – February 23, 2019

Location: Red Deer, AB

Code used: JO 10

Tech Package: <https://www.gymbc.org/files/Events/Canada-Winter-Games-Selection.pdf>

See additional information regarding trials and Team BC manager application process at the beginning of this document.

6.5 Point System for the selection of Team BC Coaches

Type: Rule

Decision by: Committee

Reference Document: None

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	Club Points
7	1
6	3
5	5
4	7
3	9
2	12
1	15

The club with the most points will name the primary coach and the next ranked club will name the assistant coach. An "Independent athlete" does not carry any points for her coach. Subsequent positions will not be adjusted upwards in the ranking lists.

Once points are awarded, the clubs will be placed in an order based on those points.

Example:

Club A	15 pts.	Ranked 1 st
Club B	12 pts	Ranked 2 nd
Club C	9 pts	Ranked 3 rd

- In the case of a tie between 2 clubs the club with the athlete with the highest rank prevails
- If the team changes, team coaches do not change, unless the team coach does not have any athletes remaining on the team. A coach cannot be 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

6.1 GBC Travel Policy for Out of Province Invitational Events (Non Team BC Events)

Type: *Rule*

Decision by: *Board*

Reference Document: *Travel Policy*

Please refer to the Gymnastics BC Travel Policy for details

Appendix 1 – WAG HP Development Funding Application

Athlete or Coach Name:		Club:	
Address:	City:	Province:	Postal:
Who Should The Payment Be Made Out To?			

Event Information (Only One Event Per Form, Please Attach Receipts)

Event priority: 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5	Event Name:	Category:
Represented: <input type="checkbox"/> BC <input type="checkbox"/> Canada	Team Result:	Result: AA ____; V ____; UB ____; BB ____; FX ____

Have you received funding from Gymnastics Canada or your club for this event?
 No Yes – please specify the source and amount:

Please return the completed form with copies of your receipts or stamped invoices before May 15th of each year.

It is the responsibility of the individual to provide all required information and receipts. Only complete requests, submitted by the set deadline will be considered.

Email: nbeyer@gymbc.org

Or fax: 604-333-3499

Or mail: #268 - 828 West 8th Ave, Vancouver, BC V5Z 1E2

Applications will be processed in June.

Appendix 2 – ASPIRE CAMP FUNDING APPLICATION

Athlete or Coach Name:		Club:	
Address:	City:	Province:	Postal:
Who Should The Payment Be Made Out To?			

Event Information:

Event Date:	Event Name:	Category:
Chosen by Video submission: YES _____ NO _____		

Please return the completed form with copies of your receipts or stamped invoices before May 15th of each year.

It is the responsibility of the individual to provide all required information and receipts. Only complete requests, submitted by the set deadline will be considered.

Email: nbeyer@gymbc.org

Or fax: 604-333-3499

Or mail: #268 - 828 West 8th Ave, Vancouver, BC V5Z 1E2

Applications will be processed in June.

Appendix 3 – TEAM BC COMPETITION AND CAMP FUNDING APPLICATION

Athlete or Coach Name:		Club:	
Address:	City:	Province:	Postal:
Who Should The Payment Be Made Out To?			
Event Information:			
Date:	Event Name:	Category:	
Team Rank:	Results: AA _____; V _____; UB _____; BB _____; FX_____		

Please return the completed form with copies of your receipts or stamped invoices before May 15th of each year.

It is the responsibility of the individual to provide all required information and receipts. Only complete requests, submitted by the set deadline will be considered.

Email: nbeyer@gymbc.org

Or fax: 604-333-3499

Or mail: #268 - 828 West 8th Ave, Vancouver, BC V5Z 1E2

Applications will be processed in June.