GYMNASTICS FOR ALL (GFA)

OPERATIONS MANUAL
2026-27

October 2, 2026

Gymnastics For All
2026-27 Season Information Summary

1. GENERAL INFORMATION

The information in this first section summarizes the major elements in the 2026-27 season.

Program information is available on the GymBC Website.

Gymnastics Canada GFA Program Page:
https://gymcan.org/discipline/gymnastics-for-all/

2. GFA COMMITTEE

2.1 2026-27 GFA Committee Members

GFA Chair	Catou Tyler	catoutyler@gmail.com
Committee Members	Keara Urquhart	keara.urquhart@gmail.com
	Erin Sandland	esandland@deltagymnastics.com
	Jenn Watts	jwatts@deltagymnastics.com
	Carrie Campbell	supervisor@wrgym.org
	Mary Morice	mkmorice.mm@gmail.com
	Meaghan Smith	gfaheadcoach@whistlergymnastics.com
	Ashley Sherrard	asherrard@deltagymnastics.com
	Boby Wagner	nahanniyoga@gmail.com
GymBC Staff (non-voting)	Taphatna Duncan	gfa@gymbc.org

2.2 2026-27 Committee Meetings

October - exact date TBC	
November - exact date TBC	
December – exact date TBC	
January – exact date TBC	
February – exact date TBC	
March – exact date TBC	
April – exact date TBC	
May – exact date TBC	
June – exact date TBC	GFA Summit, in conjunction with GFA Challenge
Summer 2027	Typically, in conjunction with the GFA Recreational Conference

Meeting dates are subject to change.

2.3 GFA Assembly

September 25, 2026

3. 2026-27 GFA EVENTS

GFA Recreational Conference
Date: Summer 2027
Location: TBC

BC Gymnaestrada
Date: May 14-16, 2027
Location: Whistler Gymnastics Secondary School

Gymnastics For All

Important Note

Please consult the GymBC Recreation Program Manager 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.

PART 1: GENERALITIES

1.1. Operations Manual - Additional Sections

The Operations Manual (OM) 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(s): *None*

The goals and objectives of the GymBC GFA Program is to:

- Coordinate, supervise and support the technical aspects of GFA programs in BC, including emerging programs and initiatives;
- Continue to increase numbers of recreational gymnastics participation throughout the province;
- Promote gymnastics as a foundation sport and means to develop physical literacy;
- Determine the technical rules and procedures as they are applied to all GFA activities;
- Organize clinics, training camps and seminars to help in the development of athletes and coaches;
- Work with a selected host club to support the organization of a yearly provincial Gymnaestrada;

1.3. Terms of Reference

Type: Policy
Decision by: Board
Reference Document(s): Committee Policies and Procedures – GFA Terms of Reference

Gymnastics For All Committee (GFAC)

Composition
The GFAC is composed of the Chair and (up to) 15 voting members and up to 2 non-voting members.

Voting Members
Voting members are comprised of the Chair (also a member of the GymBC Board of Directors) and members-at-large. Members-at-large may be assigned a specific portfolio. Portfolios are dependent on the particular program focus areas for the year.

Non-Voting Members:

- GymBC Recreational Program Manager
- GymBC Technical Director (if applicable)

Attendance
Voting members for all committees will be expected to attend all scheduled meetings. Any member missing more than one (1) meeting will lose their voting privileges. Extenuating circumstances will be taken into consideration.

Voting and Quorum
Each voting member may cast one (1) vote. All motions will be decided by majority vote.

The quorum for all GFAC meetings shall be the majority of the directors in office.

Duties of the GFAC

a. determine and implement goals and objectives for the development of GFA in BC;
b. report all decisions made by the GFAC to the GymBC Board of Directors and the GFA Assembly;
c. adopt and ensure that all technical policies are respected;
d. adhere to all policies and procedures of GymBC;
e. assist the GymBC staff as necessary;
f. provide input and support for recreational events on a yearly basis (Gymnaestrada, conferences, etc);
g. provide a Provincial base of programming that all clubs can use;
h. create ad-hoc committees for special projects;
i. monitor, regulate and evaluate all activities related to the GFA programs;
j. ensure decision processes and lines of communication are established, respected and maintained;
k. hold a minimum of 3 meetings per year, not including the GFA Assembly;
l. promote sound risk management practices.

GFA Assembly
The GymBC GFA Assembly will provide the general direction of the program for the following year. The GFAC will consider the motions and discussions during the assembly to determine the direction, however the GFAC is not bound by those motions.

Elections
The Chair is elected for a 2-year term by the GFA Assembly. All other members are elected at the GFA Assembly for a 1-year term.

Responsibility of the Chair of the GFA Committee
The Chair of the GFA Committee is an ex-officio Director on the Gymnastics BC Board of Directors. As such, the chairperson is expected to attend the GymBC Board of Directors meetings. If the Chairperson cannot commit to attend Board meetings, the GFA Committee, in collaboration with the GYMBC Technical Director will assign a GFAC member to attend the Board meetings. If the elected Chairperson is planning on attending Board meetings, the assignment of a replacement is not required.

PART 2: GYMNASTICS FOR ALL PROGRAMS

2.1 CanGym

Reference Document(s): None

GymCan has released Fundamentals and Active start materials.

To request access to the materials, use the link provided below.

Request Materials Here: Click Here

2.2 CanJump

Reference Document(s): None

The CanJump program was developed by the Alberta Gymnastics Federation and is supported by Gymnastics Canada. The program is an innovative recreational program dedicated to teaching trampoline and tumbling to children of all abilities, ages 6 years and up, in a fun, challenging and rewarding atmosphere. This new approach to the badge system allows individuals to progress at their own pace.

The program offers all three TG disciplines: individual trampoline, double mini trampoline and tumbling. Individual trampoline focuses on the participant performing a combination of skills, one after the other with no breaks or extra jumps in between. In double mini trampoline participants will start by running up to the double mini, jumping into the mount area, perform 1 or 2 skills which land back on the double mini followed by a dismount skill onto a landing mat. Tumbling consists of performing a series of tumbling skills in a straight line using a competitive TG tumbling floor or on a line of mats.

2.3 Interclub

Reference Document(s): https://www.gymbc.org/disciplines/gymnastics-for-all/

The GymBC Interclub program is designed to expand the scope of participation in recreational gymnastics in BC. Interclub provides a training framework and offers opportunities for athletes to attend sanctioned events, at which they perform gymnastics routines to showcase personal ability.

Designed for all levels of recreational gymnasts, Interclub does not require a minimum or maximum skill level to participate. Artistic movement is encouraged and there are no skill restrictions, provided that the skills are being taught in a safe, progressive manner by a qualified coach.

The GymBC Interclub program is specifically designed for recreational athletes and is not meant to be used as a developmental competitive or pre-competitive program. Canadian Competitive Program compulsory routines are not permitted in the interclub program.

Interclub is offered in the WAG and MAG disciplines. As of the 2020-21 season, only the "Performance" category is available. Performance Plus will be available at the event of individual events.

For full program eligibility and rules, please refer to the Interclub Program Manual, which is available for download on the GymBC website.

Coaching requirements can be found in the Coaching Operations Manual, which is available for download on the GymBC website.

2.4 Adult Gymnastics

Reference Document(s): https://www.gymbc.org/disciplines/gymnastics-for-all/

Adult gymnastics programs throughout B.C. provide opportunities for people of all ages to maintain and learn gymnastics skills. Recreational adult classes offered by clubs are typically recreational, however, adults seeking a bigger challenge and an opportunity to perform in a social setting may enroll in an adult meet.

Gymnastics BC's Provincial Adult Program gives performance opportunities to adults of all ages. The program is competitive, however, is focused more on the social aspect of participation rather than a strict scoring rubric.

Different age categories are available, as to not discourage older performers to participate. Rules are loose and lenient, and judging is casual. Competitors typically receive fun gifts and special awards for their efforts.

Adults (18+) are eligible to compete if they have not competed in the formal competitive structure in the current year. There are no gender restrictions, therefore performers are encouraged to partake, in all 14 events.

For full program eligibility and rules, please refer to the Adult Gymnastics Program Manual, which is available for download on the GymBC website.

2.5 Recreational Acrobatic Gymnastics

Reference Document(s): None

At the recreational level, pyramid and partner work CANNOT exceed 2 gymnasts high. Skills involving balancing on knees and shoulders are permitted.

Coaching requirements can be found in the Coaching Operations Manual, which is available for download on the GymBC website.

2.6 Recreational Parkour

Reference Document(s): None

The Recreational Parkour program is currently under revision.

More information regarding the program will be released as it becomes available.

PART 3: GYMNASTICS FOR ALL EVENTS

3.1 BC Gymnaestrada

***Reference Document(s)*:** https://www.gymbc.org/events/bc-gymnaestrada/

In partnership with a member club, the BC Gymnaestrada is the largest recreational gymnastics event in the province. During the weekend, participants take part in workshops, activities and perform their routines.

For participant eligibility and more information on upcoming events, please visit the Gymnaestrada page of the website, or contact the Recreation Program Manager (gfa@gymbc.org).

3.2 GFA Recreational Conference

The GFA Recreational Conference is an annual event designed for recreational gymnastics coordinators and coaches, program directors, club managers and owners.

It is typically held in the summer of each year, and offers members the opportunity to learn from renowned speakers.

For information on the upcoming event, please visit the GymBC calendar, or contact the Recreation Program Manager (gfa@gymbc.org).