

2026-27

INTERCLUB PROGRAM GUIDELINES

GYMNASTICS BC

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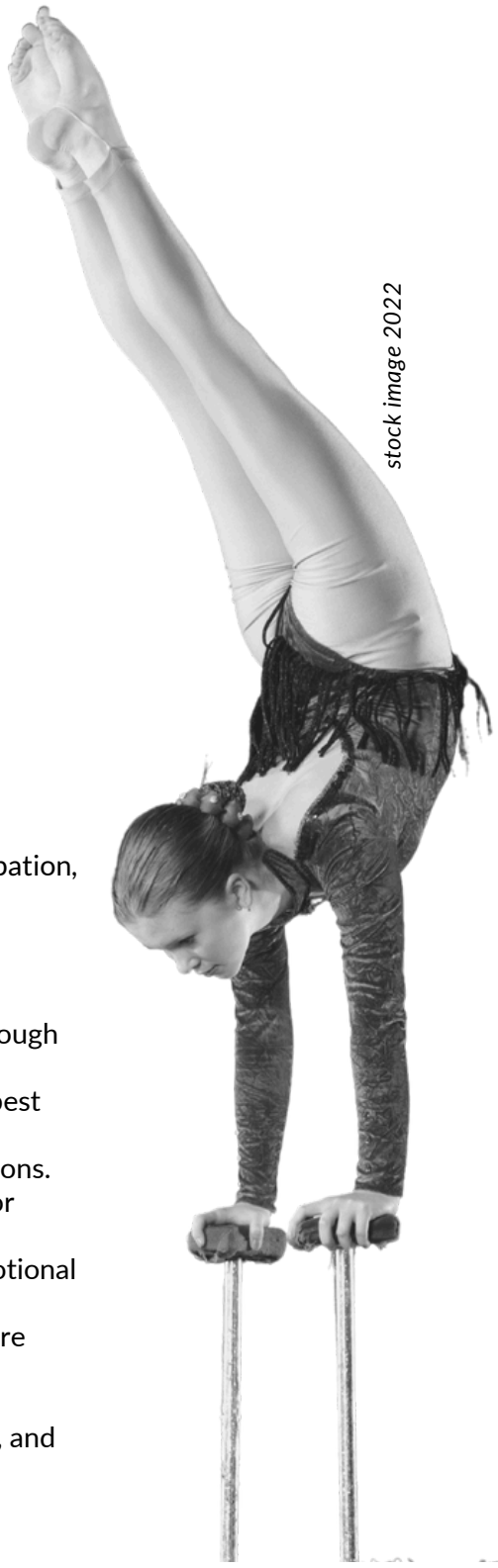
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ABOUT GYMNASTICS BC

VISION
Inspiring quality, inclusive gymnastics for life.

MISSION
Shaping the future of gymnastics by strengthening pathways for participation, performance, and lifelong engagement.

OUR VALUES
Integrity: We act transparently, remain accountable, and earn trust through our actions.
Collective Responsibility: Together, we own outcomes and act in the best interest of the whole.
Intentional: We are thoughtful, purposeful, and deliberate in our decisions.
Adaptive Stewardship: We care for the system today while evolving for tomorrow.
Safety: We nurture an environment where physical, psychological, emotional and cultural safety are valued.
Culture of Belonging: We create the conditions and opportunities where everyone is included, respected, and inspired to contribute.
Innovation: We challenge the status quo to find better ways forward.
Elevate: We are committed to enhancing standards, inspiring potential, and continuously improving sport at every level.

IMAGE ACKNOWLEDGEMENTS

Unless otherwise specified, all images in this manual are courtesy of Luke O'Geil (lukeogeil.com)



OVERVIEW

The Gymnastics BC (GymBC) Interclub program is a Gymnastics For All (GFA) program designed to expand the scope of recreational gymnastics participation 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, Interclub does not require a minimum or maximum skill level to participate. The program focuses on the opportunity for gymnasts to **perform** and take pride in **personal achievement**.

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. Athletes and coaches have **creative license** in routine development and performances.

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. CCP compulsory routines are not permitted in the program.

INTERCLUB CATEGORIES

CATEGORIES BY DISCIPLINE

	WAG	MAG	TG
PERFORMANCE	X	X	TG CATEGORY CURRENTLY UNDER REVIEW*
PERFORMANCE PLUS	X	X	

CATEGORY SELECTION

Clubs and coaches are responsible for determining the category that their athletes will perform in.

While understood that every club will have a different philosophy, budget and event goals, categories have been designed to create an opportunity for athletes to proudly showcase skills and routines in an environment shared with peers of similar age and ability levels.

Provided eligibility requirements are met, athletes may move freely from one category to another.

It is recommended that the following aspects be taken into consideration when selecting an athlete's category:

- Athlete age
- Athlete training (hours and stage of Long-Term Athlete Development)
- Athlete skill level (see suggested skill chart in this document)
- Personal goals of each individual athlete
- **Any adaptive needs (if applicable)**

CATEGORY OVERVIEW

	PERFORMANCE	PERFORMANCE PLUS
AGE ELIGIBILITY	Born in 2020 or earlier	Born in 2018 or earlier
LEVEL	all abilities	intermediate
RECOMMENDED TRAINING HOURS	up to 6 hrs per week	up to 8 hrs per week
ROUTINE FEEDBACK	**positive feedback** on each apparatus	gold, silver or bronze ribbon or medal that corresponds to the score on each apparatus

ATHLETE ELIGIBILITY

- There are no exceptions to the age eligibility (pg. 4).
- Athletes must be registered with GymBC as Interclub members.
- in BC, acrobatic gymnastics is considered a GFA discipline. Acrobatic gymnasts must register as Interclub athletes to participate in Interclub events.
- **Adaptive participants are welcome to participate in either category; however, it is recommend that coaches assess individual readiness to be scored before placing an adaptive participant in Performance Plus.**

COACH ELIGIBILITY

- All coaches must be registered with GymBC.
- Coaches must be a minimum of NCCP Gymnastics Foundations certified.
- CITs should be under the direct supervision of a minimum NCCP Gymnastics Foundations certified coach – CITs should not be directly responsible for the safety of Interclub athletes.
- **For all daily training and events, a coach's certification must match the level of the skill performed by the athlete(s) under that coach's responsibility.**

ATTIRE

- WAG participants should wear a bodysuit/leotard, with or without fitted shorts or leggings. The bodysuit may be short-sleeved or long-sleeved.
- MAG participants should wear a singlet with shorts or pants.

Note: T-shirts are a safety concern, as the shirt may not stay tucked in and cover an athlete's eyes while executing skills. There is also potential for shirts to get caught on apparatus (eg. bars).





ROUTINE GUIDELINES

- Floor Routine duration Requirements:
  Performance: 30-45 Seconds
  Performance Plus: 40-60 Seconds
- Music is optional for WAG and MAG floor exercise and can contain lyrics.

SAFETY

- Although there are no skill restrictions in Interclub, coaches must be aware that advanced skills require more physical preparation, safe repetitions and athlete ability/readiness.
  - Careful consideration should be made to this when teaching advanced skills with increasing difficulty.
  - It is the responsibility of the coaches to refrain athletes from doing any skill above their physical, mental and emotional readiness.
- Participants should be capable of performing all components of their routine with a reasonable level of mastery and competence consistent with the safety and teaching principles of the NCCP.
- Training principles should be consistent with the the FUN, Fitness and FUNdamentals athlete (stage 2) of the Gymnastics Canada LTD.

SPOTTING

- A light spot is permitted during performances.
- While an athlete may perform a skill sooner with assistance, doing so independently and displaying personal achievement should be the primary goal.
- **PERFORMANCE PLUS:** Athletes will be given a deduction on the respective apparatus score if they receive a spot (a touch must occur for the deduction to be taken).



HOSTING GUIDELINES FOR INTERCLUB EVENTS

GYMBC SANCTION

- Clubs must follow the GymBC sanctioning policy.
- Interclub events must be sanctioned but no late fees will be applied.

WORKPLAN

The event invitation should contain the following information:

- Format of the event, including categories offered.
- Apparatus offered (i.e. WAG, MAG, TG, ACRO, Adaptive, and/or any other).
- Athlete recognition plan and special awards.
- Registration form requesting the following data: athlete's name, club, date of birth, category, selected apparatus; coaches' names and certification.

Entry Fees: Clubs should make efforts to keep fees reasonable. When Interclub events are combined with another sanctioned event, fees should be reduced.

GENERAL

- Host clubs are welcome to set their own formats and offer various apparatus. There are no format requirements and creativity is highly encouraged.
- Interclub events should be athlete-centered and aimed at providing a positive and memorable experience for athletes.
- It is recommended that a host club explore the possibility of offering a separate adaptive session (to allow for a quieter environment) if registration numbers are sufficient to do so.
- There should be no more than 50 participants in one flight or session.
- Each flight or session should last no more than three hours.
- General Warmup Requirement: 15 minutes.
- Apparatus Warmup Requirements: 30 second warmup per athlete (Bars, Beam and Floor). Timed warmup (30 seconds per athlete) or minimum 2 touch for Vault. Clubs that have athletes requiring longer apparatus warmups can put forth a request to the host club for an extension.
- It is the host club's responsibility to:
  - Verify that all athletes and coaches participating are current GymBC members.
  - Ensure that adjudicators are properly trained, familiar with their role, and provide each adjudicator with a copy of the Adjudicator Guidelines (pg.14-17) and the Interclub Adjudicator Training PowerPoint.

AWARDS

It is highly recommended that a host club place considerable emphasis on the awards ceremony, highlighting each participant's performance.

BOTH CATEGORIES

Each athlete is to receive an individual award (ribbon or medal) to recognize their overall participation.

Special performance awards are to be awarded for outstanding performances on each apparatus (see further details on pg. 9).

PERFORMANCE CATEGORY ONLY

Each athlete is to receive a certificate with **positive** feedback on each routine.

It is recommended that the Meet Director read each certificate before distribution, to ensure only positive (not constructive) comments are included.

PERFORMANCE PLUS CATEGORY ONLY

Each athlete is to receive a score for each routine, as well as a bronze, silver or gold ribbon, medal, or embossed sticker that corresponds to the score of each routine.



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SPECIAL AWARDS

- Special awards highlight athletes with outstanding or creative performances. Special awards should not automatically designated to the athletes' with the highest skill sets.
- It is expected that the Meet Director will check adjudicator recommendations for special awards to ensure that they are distributed fairly.
- The host club may also recognize athletes that stand out based on the spirit of their event (e.g. overcoming challenges, being a great teammate).
- For each Interclub session offered, the special awards listed in the chart below are required.

WAG	NAME OF AWARD	AWARDS DESCRIPTIONS
VAULT	Vigorous Vaulter	Dynamic vault
BARS	Super Swinger	Amplitude of swings
BEAM: SKILLS	Brilliant Beam	Confidence in skills
BEAM: ARTISTIC PRESENTATION	Beautiful Balance	Artistry of routine
FLOOR: SKILLS	Terrific Tumbler	Amplitude and precision in tumbling skills
FLOOR: ARTISTIC PRESENTATION	Dazzling Dancer	Artistry of routine

MAG	NAME OF AWARD	AWARDS DESCRIPTIONS
VAULT	Vigorous Vaulter	Dynamic vault
BARS	Super Swinger	Amplitude of swings
FLOOR: SKILLS	Terrific Tumbler	Amplitude and precision in tumbling skills

ADJUDICATOR GUIDELINES - GENERAL

ADJUDICATOR ELIGIBILITY

- Interclub Adjudicators should be either 18 years of age **OR** hold a NCCP foundations certification.
- A minimum of one adjudicator is required per apparatus.
- Adjudicators should be mature and be familiar with gymnastics but do not need to be trained judges (although it can be an asset for the advanced categories).

ROLE OF THE ADJUDICATOR

The adjudicator's role is to provide positive, unbiased performance feedback, in the form of either a positive comment or numeric score following their performance on each apparatus.

ADJUDICATOR RESPONSIBILITIES

1. Welcoming of Athletes at the Table
    - Greet athletes and coaches in a welcoming and approachable manner, using a friendly tone and attentive body language.
    - Explain the warm-up format and performance order, and ensure all athletes are present.
    - Wish all athletes "Good luck."

2. General Guidelines
    - To signal that it is time to begin, raise your hand, make eye contact with the athlete, and call their first name aloud in a clear, welcoming tone.
    - At the end of the routine, thank the athlete in a friendly tone.
    - Maintain a calm, attentive, and supportive presence to help athletes feel comfortable.
    - Direct your attention to the athlete's performance from start to finish.
    - Avoid distractions.



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ADJUDICATOR GUIDELINES - PERFORMANCE

PROCESS

After each performance, the adjudicator should provide a positive comment written on the participant's certificate. Please:

- Provide meaningful comments to the athletes.
- Pay attention to what the athletes seem proud of – a special skill that they might have been working on, no fall, something teammates congratulate them on, etc.
- Only provide positive feedback: Constructive comments should not be included as it does not fit in the philosophy of the Interclub Performance category.

ADJUDICATOR GUIDELINES - PERFORMANCE PLUS

PROCESS

1. Score each routine for **quality of movement**. The difficulty performed in the routine has no bearing on the score.
2. Apply any bonus points, then deductions incurred in the routine.
3. Determine and record the final score and corresponding bronze silver or gold award.

The final score corresponds to the following awards:

- **GOLD** = 8.5- 10.0 points
- **SILVER** = 7.0 - 8.0 points
- **BRONZE** = 5.0- 6.5 points

Performance Plus athletes may also receive an all-around ribbon or medal based on the average of all their scores, using the following criteria:

- **All Around Gold** - Average score is greater than or equal to 8.5 points
- **All Around Silver -** Average score is greater than or equal to 7.0 points
- **All Around Bronze** - Average score is less than 7.0

If your club uses KScore, please email info@kscore.ca for support to set up all around awards.

SCORING RUBRIC - WAG/MAG PERFORMANCE PLUS

QUALITY OF MOVEMENT	DEFINITION
9.0 points Excellent **8.0 points** Very Good **7.0 points** Good **6.0 points** Fair	**CONSIDER:** • Toes pointed • Arms straight • Legs together, straight • Quality of splits in leaps, jumps • Body alignment and tightness • Precision of movement • Quality of saltos, leaps, jumps, dismounts, swings, etc. ***Do not consider falls in the quality of movement***

BONUS	2 BONUS CRITERIA @ 0.5 EACH = MAX 1.0
Award 1.0 point	Meets **BOTH** bonus criteria
Award 0.5 point	Meets one bonus criteria OR meets both bonus criteria partially
No Points Awarded	Does not meet any bonus criteria

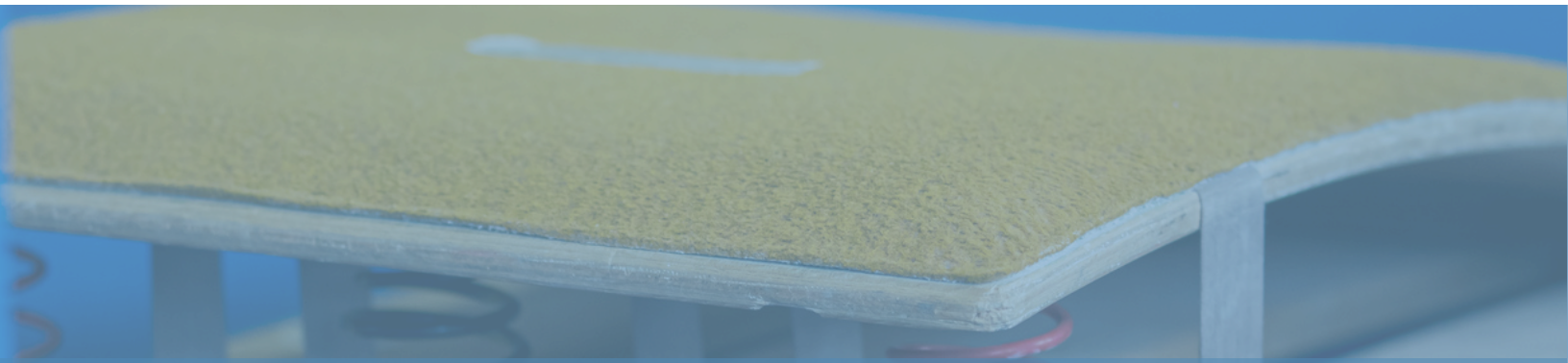
APPARATUS	VALUE	BONUS CRITERIA: MAX 1.0 PER APPARATUS
Vault	0.5	Acceleration and speed maintained from the run, to the hurdle, to the board and over the vault
	0.5	Dynamics (height and distance travelled)
Uneven Bars and High Bar	0.5	No stops between skills
	0.5	General amplitude of the swings
Beam	0.5	Confidence of skills performed in the routine
	0.5	Artistry (originality of choreography, variations in rhythm)
Floor	0.5	Speed and power in the acro lines
	0.5	**WAG**: Artistry (originality of the choreography, choreography and music go well together, expression. **MAG**: Presentation (routine flow, originality of choreography)
Pommel Horse/Mushroom	0.5	Maintains rhythm throughout the routine
	0.5	General amplitude of the swings
Rings and Parallel Bars	0.5	Hold elements with good form for 2 seconds
	0.5	General amplitude of the swings

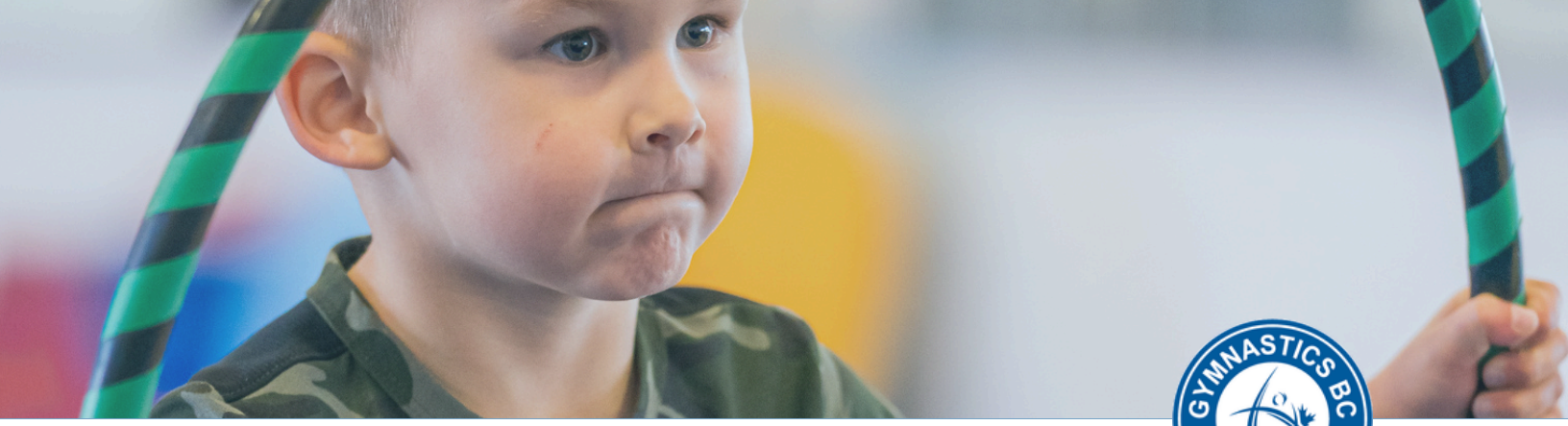
DEDUCTIONS	VALUE	MAX DEDUCTION OF -1.0 PER APPARATUS
Falls and/or Spotting*	- 0.5	One fall or spot
***touch must occur**	- 1.0	Two or more falls or spots

MAG SUGGESTED ROUTINE ELEMENTS

- This chart consists of suggested skills and is not inclusive of all possible skills that could be performed.
- Please see page 6 for information on safety.

APPARATUS	SUGGESTED SKILLS (all ability levels)	
Floor	• Cartwheel • Roundoff • Rolls (including front, back, log, shoulder rolls) • Handstand • Roundoff with flight • Walkovers	• Back extension • Handsprings • Saltos • Acro series with flight (front and back handsprings) • Aerials
Pommel Horse/ Mushroom	• Front support walk from one end of the other • Straddled front support swings • Squat through series • Leg cut 1/4 turn dismount • Front support walk around entire horse	• 1/2 turn travel from front rear support to front support • Hop from front support on pommels to front support on one end • Single leg cuts (leg-in, leg-out series) • 3-5 mushroom circles in a row
Rings	• L-hang hold: bent legs • Long hang swing series • Piked inverted hang hold • Skin the cat hold • Chin up hold • Long swing series feet above ring height in front swing or on both sides • Tucked L-sit hold	• Assisted to cross support hold and slow reverse muscle up to hang • Back tuck, pike, layout dismount • Piked inlocate from swing series • Straight body inverted hang hold





MAG SUGGESTED ROUTINE ELEMENTS - CONT.

APPARATUS	SUGGESTED SKILLS (all ability levels)	
Vault	• Straddle on/over • Handspring with mini-tramp to back on mat stack • Straight jump on/off with springboard • Handspring to back with spring board (with or without vault)	• Handspring over vault with mini-tramp • Handspring over using spring board • Handspring with any twisting using mini-tramp
Parallel Bars	• Cross support walk from end to middle • L-sit hold: bent or straight legs • 1/2 turn through front support • Upper arm swing skills • Support swing skills • Static skills • Cross support swings • Flank dismount	• Long swing kip to upper arm or straddle sit • Shoulder stand from straddle sit • Front roll to upper arm swings • Flank off dismount (rear vault dismount)
High Bar	• Beat swing series to long hang • Underswing dismount • Hanging pull over • Back hip circle • Swing 1/2 turn • Toe on 1/2 turn dismount • Long swing pull over • Flyaway	

Certificate
OF ACHIEVEMENT

THIS CERTIFICATE IS AWARDED TO

_____

VAULT _____

UNEVEN BARS _____

BEAM _____

FLOOR _____

WAG INTERCLUB PERFORMANCE

Certificate
OF ACHIEVEMENT

THIS CERTIFICATE IS AWARDED TO

_____

FLOOR _____

POMMEL HORSE _____

RINGS _____

VAULT _____

HIGH BAR _____

PARALLEL BARS _____

MAG INTERCLUB PERFORMANCE

Certificate
OF ACHIEVEMENT

THIS CERTIFICATE IS AWARDED TO

_____

ACRO PAIR, TRIO OR GROUP

BALANCE _____

DYNAMIC _____

COMBINED _____

_____

ACRO INTERCLUB PERFORMANCE

Certificate
OF ACHIEVEMENT

THIS CERTIFICATE IS AWARDED TO

_____

	QUALITY OF MOVEMENT				BONUS			DEDUCTIONS			FINAL SCORE (/10)	AWARD
VAULT	6.0	7.0	8.0	9.0	+0	+0.5	+1.0	-0	-0.5	-1.0		Gold Silver Bronze
UNEVEN BARS	6.0	7.0	8.0	9.0	+0	+0.5	+1.0	-0	-0.5	-1.0		Gold Silver Bronze
BEAM	6.0	7.0	8.0	9.0	+0	+0.5	+1.0	-0	-0.5	-1.0		Gold Silver Bronze
FLOOR	6.0	7.0	8.0	9.0	+0	+0.5	+1.0	-0	-0.5	-1.0		Gold Silver Bronze

WAG INTERCLUB PERFORMANCE PLUS

Certificate
OF ACHIEVEMENT

THIS CERTIFICATE IS AWARDED TO

_____

	QUALITY OF MOVEMENT				BONUS			DEDUCTIONS			FINAL SCORE (/10)	AWARD		
FLOOR	6.0	7.0	8.0	9.0	+0	+0.5	+1.0	-0	-0.5	-1.0		Gold	Silver	Bronze
POMMEL HORSE	6.0	7.0	8.0	9.0	+0	+0.5	+1.0	-0	-0.5	-1.0		Gold	Silver	Bronze
RINGS	6.0	7.0	8.0	9.0	+0	+0.5	+1.0	-0	-0.5	-1.0		Gold	Silver	Bronze
VAULT	6.0	7.0	8.0	9.0	+0	+0.5	+1.0	-0	-0.5	-1.0		Gold	Silver	Bronze
HIGH BAR	6.0	7.0	8.0	9.0	+0	+0.5	+1.0	-0	-0.5	-1.0		Gold	Silver	Bronze
PARALLEL BARS	6.0	7.0	8.0	9.0	+0	+0.5	+1.0	-0	-0.5	-1.0		Gold	Silver	Bronze

MAG INTERCLUB PERFORMANCE PLUS



GYMNASTICS BC

providing positive and diverse gymnastics experiences

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