



WESTERN CANADIAN ARTISTIC GYMNASTICS CHAMPIONSHIPS ("WESTERNS")

POLICY AND PROCEDURE MANUAL & TECHNICAL RULES AND REGULATIONS

**FINAL
AUGUST 8, 2018**

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I. EVENT PROTOCOL

1. EVENT HISTORY

YEAR	CITY	PROVINCE
1976	Winnipeg	MB
1977	Vancouver	BC
1978	Regina	SK
1979	Edmonton	AB
1980	Winnipeg	MB
1981	Vancouver	BC
1982	Regina	SK
1983	Lethbridge	AB
1984	Winnipeg	MB
1985	Saskatoon	SK
1986	Calgary	AB
1987	Vancouver	BC
1988	Winnipeg	MB
1989	Regina	SK
1990	Calgary	AB
1991	Delta	BC
1992	Winnipeg	MB
1993	Regina	SK
1994	Grande Prairie	AB
1995	Winnipeg	MB
1996	Richmond	BC
1997	Saskatoon	SK
1998	Vancouver	BC
1999	Calgary	AB
2000	Winnipeg	MB
2001	Regina	SK
2002	Calgary	AB
2003	Langley	BC
2004	Whitehorse	YK
2005	Winnipeg	MB
2006	Saskatoon	SK
2007	Edmonton	AB
2008	Prince George	BC
2009	Winnipeg	MB
2010	Regina	SK
2011	Grande Prairie	AB
2012	Langley	BC
2013	Winnipeg	MB
2014	Saskatoon	SK
2015	Okotoks	AB
2016	Richmond	BC
2017	Brandon	MB
2018	Spruce Grove	AB

2019	Saskatoon	SK
2020	TBD	BC
2021	TBD	MB
2022	TBD	SK
2023	TBD	AB
2024	TBD	BC
2025	TBD	MB
2026	TBC	SK

2. TERMS OF REFERENCE

- a) The Western Canadian Artistic Gymnastics Championships are held annually in one of the western provinces or territories.
- b) The purpose of this document is to articulate the responsibilities of the host province/territory, the local organizing committee, and the visiting provincial teams.

3. WESTERNS MANAGEMENT COMMITTEE

- a) The Management Committee for Westerns is made up of each CEO/Executive Director, or their designate, from each of the provinces/territories of BC, AB, MB, SK, YK and NWT.
- b) In June of each year (generally at the Gym Canada AGM), the Management Committee shall meet to review the Westerns Policy and Technical Manual.
- c) Technical representatives from each province/territory are welcome to attend this meeting.
- d) Each province/territory will have one vote.
- e) Approval of motions or changes to the Policy Manual and Technical Regulations require a majority vote.
- f) The host province of the upcoming Westerns will chair this annual Management Committee meeting and ensure that all documentation is prepared and circulated prior to the meeting.
- g) Upon receipt of the Assembly's recommendations (see below) and upon the final decisions of the Management Committee, the host of the upcoming Westerns will update the Policy Manual and Technical Regulations and circulate it for approval by the Management Committee by October 1st.
- h) No changes shall occur to the Policy Manual and Technical Regulations during the year (October - April) unless agreed upon by the Management Committee.

4. WESTERNS ASSEMBLY

- a) The Westerns Assembly is made up of MAG and WAG technical representatives/coaches as assigned by their province/territory.
- b) The Westerns Assembly shall meet annually at the current Western Championships to review the event, provide feedback, propose and ratify technical changes, rules and regulations pertaining to the event.
- c) Each province/territory shall have one vote for MAG and one vote for WAG.
- d) Approval of motions or changes to the Technical Regulations for MAG and WAG shall require a majority vote.
- e) The host province of the current year's Westerns will chair this Westerns assembly meeting, ensure that all decisions, recommendations, updates to the Policy Manual and Technical Regulations are made and circulated to the Westerns Assembly and Management Committee no later than one month after the conclusion of the Western Championships.

3. HOSTING

- a) The hosting of Westerns will be shared equally among the provinces of BC, AB, SK, MB on a rotation basis.
- b) The territories of YK and NWT may express their interest to host the competition. This will be discussed and decided upon by the Management Committee, pending a review of costs.
- c) Provinces/territories may trade hosting years should the possible hosting of national/major events such as Canada Games cause hardship for provincial or club hosts in their assigned year to host.
- d) The following rotation schedule is currently in place:
 - 2019 SK
 - 2020 BC
 - 2021 MB
 - 2022 SK
 - 2023 AB
 - 2024 BC
 - 2025 MB
 - 2026 SK

4. REGISTRATION FEES

- a) The registration/entry fee for coaches, judges and athletes will be \$140.00 per person for 2019 Westerns. A \$30.00 late fee will be charged for all entries after the deadline.
- b) There will be no registration fee for Team Managers, Team Chef de Mission or medical personnel.
- c) The registration/entry fee for Westerns will increase by a minimum of \$5.00 per delegate annually.
- d) Refunds will only be issued if a medical certificate is provided. There will be a \$15.00 admin fee held back on all refunds.
- e) Deadline for refunds is one week prior to the competition.

5. COMPETITION DATES

- a) Westerns shall take place a minimum of three weeks prior to the week of Canadian Artistic Championships.
- b) The dates for Westerns shall be determined one year in advance, pending the confirmed dates of Canadian Championships.

6. COMPETITION SITE

- a) One year prior, the host province/territory shall confirm the date, location, host hotel and facility at which they intend to host the upcoming Westerns. This information will be provided in writing to the Westerns Assembly and Management Committee at the current Westerns.
- b) Training facilities, if available, and schedule permitting, may be made available the day prior to competition for those athletes/teams requiring training time prior to the event. Hosts are not required to provide training time but are encouraged to fit training time for provincial teams into the event schedule.

7. ORGANIZING COMMITTEE

- a) The host province/territory may establish a club or other local organizing committee (LOC) to organize and operate the hosting of Westerns.
- b) The LOC may be incorporated autonomously from the provincial/territorial federation; however, the provincial/territorial federation shall be ultimately responsible for the preparations and operation of Westerns.

8. INFORMATION BULLETINS

- a) Two information bulletins shall be prepared and distributed to provinces/territories by the LOC.
- b) Bulletin #1 shall be distributed no later than December 15th. At minimum, bulletin #1 shall include the following information:
 - All registration information, waiver forms for all delegates
 - Registration fees and late fees
 - Process and deadline for refunds
 - Deadline date for registrations
 - List of the key members of the LOC
 - Exact dates of the event
 - Competition venue
 - Tentative schedule
 - Host hotel(s) contact person, room costs
 - Request for a list of judges to be submitted by March 15
- c) Bulletin #2 shall be distributed no later than one week following the registration deadline. At minimum, bulletin #2 shall include the following information:
 - Brand of equipment to be used for the competition
 - Final schedule including warm up time, general and specific
 - Competition order forms
 - Information on medical services
 - Draw for each category
 - Time and location of the Technical and Westerns Assembly meetings

- Information on the closing party, and availability of additional tickets
- Information related to availability of meals, restaurants, food services
- Details pertaining to Opening/Welcome Ceremonies
- Spectator admission costs

9. MEMBERSHIP

- a) All delegates (coaches, officials, managers, athletes, chef) must be registered members in good standing of their respective provincial/territorial federation.

10. MEDICAL

- a) The LOC shall ensure that a minimum of two EMT/First Responders are in attendance during all training and competition sessions.
- b) The LOC is encouraged to provide physiotherapy, massage and/or other sport medicine services for athletes.
- c) The LOC shall ensure that an Emergency Action Plan is available at the competition venue.

11. INSURANCE

- a) It shall be the host province's responsibility to ensure that adequate liability insurance is acquired for the protection of all parties involved in the event.

12. ACCOMMODATION

- a) The LOC shall reserve a block of 200 rooms at the host hotel(s) for visiting delegates. The LOC will make every effort to secure reduced group rates.
- b) Where a host hotel(s) is secured by the LOC, all provincial/territorial teams must book at the selected host hotel(s).
- c) Each visiting province/territory will be responsible to make their own reservations, and for payment of hotel costs.
- d) A phone number for LOC emergency contacts will be made available at the hotel.

13. TRANSPORTATION

- a) Provinces/territories will be responsible for all transportation needs for all their participants, and delegates including coaches, athletes, officials.

14. CLOSING CELEBRATION

- a) The LOC shall arrange for and conduct a delegate/participant social as part of the event's activities, the cost of which shall be included in the registration fee. The social will take place on Saturday evening.
- b) No alcohol may be served, sold or consumed in the athlete area of the social.
- c) A meal is not required, but light snacks should be provided.

15. HOSPITALITY

- a) The LOC shall provide a hospitality room for coaches and officials and PSO staff for the duration of the event.
- b) Meeting rooms shall be made available before and after each competition at the venue for officials. Meeting rooms shall be separate from the hospitality room.

16. PROTOCOL AND AWARDS

- a) Team awards – to be eligible for team awards, a team must be comprised of enough members to meet the minimum number of counting scores.
- b) Awards for MAG and WAG will be presented, as detailed in the Technical Regulations, as follows:
 - Medals 1st – 3rd Team
 - Medals 1st - 3rd All Around, 1st – 3rd Apparatus
 - Ribbons 4th – 6th All Around, 4th – 6th Apparatus
- c) Awards for Team and All Around will be presented at the end of each category's session. Finals awards can be presented at the end of each apparatus or at the end of the session.
- d) When a tie occurs, both will receive the awards and the next place will be missed.
- e) Special awards – see Appendix
 - Kyle Shewfelt Award, MAG Elite 4 AA Champion: a plaque is purchased by Gymnastics Canada and sent to the host.
 - Chuck Sebestyen Awards, WAG JO10 16+ Team Champion: the host shall purchase and provide a plaque.
 - The Sebestyen family would appreciate the opportunity to present the award or identify a delegate to present it. Contact Patti Sebestyen (403) 452-2259 or email bb3pms@shaw.ca

Awards Worksheet

MAG		GOLD SILVER BRONZE MEDALS	RIBBONS 4 TH 5 TH 6 TH
ELITE 3	APPARATUS	6	6
	ALL AROUND	1	1
	TEAM	5	0
ELITE 4	APPARATUS	6	6
	ALL AROUND	1	1
	TEAM	5	0
PROVINCIAL 4	APPARATUS	6	6
	ALL AROUND	1	1
	TEAM	5	0
PROVINCIAL 5	APPARATUS	6	6
	ALL AROUND	1	1
	TEAM	5	0
NATIONAL OPEN	APPARATUS	6	6
	ALL AROUND	1	1
	TEAM	5	0
TOTAL MAG		60	35

WAG		GOLD SILVER BRONZE MEDALS	RIBBONS 4 TH 5 TH 6 TH
JO 10	APPARATUS	8	8
2 AGE GROUPS	ALL AROUND	2	2
2 TEAMS	TEAM	14	0
JO 9	APPARATUS	8	8
2 AGE GROUPS	ALL AROUND	2	2
2 TEAMS	TEAM	14	0
JO 8	APPARATUS	8	8
2 AGE GROUPS	ALL AROUND	2	2
2 TEAMS	TEAM	10	0
ASPIRE 2	APPARATUS	4	4
	ALL AROUND	1	1
	TEAM	5	0
ASPIRE 1	APPARATUS	4	4
	ALL AROUND	1	1
	TEAM	5	0
TOTAL WAG		88	40

MAG + WAG TOTAL	149 MEDALS	75 RIBBONS
BUFFER 20%	30 MEDALS	15 RIBBONS
TOTAL OF EACH COLOR	179 MEDALS OF EACH	90 RIBBONS OF EACH

17. ADDITIONAL PERSONNEL

- a) Additional personnel such as trainers, managers, etc. are asked to remain off the Field of Play area during competition.

18. RESULTS

- a) The LOC shall provide/organize electronic scoring for the event.
- b) Paper forms for protests, and paper copies of results shall be provided by the LOC.
- c) Scores and changes will be posted near the athlete waiting areas.
- d) Coaches will have up to 5 minutes after the publication of the draft results to verify them and communicate any error to the Competition Head Judge or Master Scorer. A designated area for verification of results must be clearly indicated. The Competition Head Judge and Master Scorer should be on site for verification to ensure any protests or errors can be dealt with in a timely fashion.
- e) Final results will be posted online. A copy of the results shall be sent to Gym-Score Depot immediately following the event.

19. MEETINGS

- a) The LOC must provide space and schedule a Technical Meeting for all coaches, managers and officials prior to the start of the first competition, to review the technical rules and conduct of the competition. A LOC designate shall act as Chair.
- b) The LOC must provide space and schedule a Westerns Assembly meeting at the end of the event for an opportunity for discussion by Westerns Assembly representatives on policies, procedures, concerns and recommended technical regulation changes. A LOC or host province's representative shall act as Chair.
- c) Notice and location of these meetings will be circulated in bulletin #2.

20. EQUIPMENT AND VIDEO

- a) It is recommended that all or a portion of the event be live streamed.
- b) The LOC shall ensure that the competition equipment is to FIG/GCG regulations.

21. COACHES

- a) All coaches must be minimum NCCP Level 2/Competition 1 certified.
- b) All coaches must have completed Respect in Sport certification.
- c) All coaches must have submitted a Police Record Check as per their provincial/territorial federation regulations.
- d) The following attire is required for each coach during training, warm-up and competition: Provincial Team uniform - track suit (long pants and jacket), Provincial Team T-shirt or polo shirt (i.e. no logos other than gymnastics logos) and indoor sport footwear (runners).

- e) Prohibited items: flip flops, sandals, hats, shorts, midriff tops, tank tops, ripped or torn clothing.
- f) Coaches wearing inappropriate or non-Provincial Team attire will be asked by the Meet Director, Competition Head Judge, or their representative, to leave the competition floor.

22. SCHEDULE

- a) The recommended schedule for Westerns is:

DAY	MAG	WAG
Thursday Morning, Afternoon	Training per Province Elite 3, Elite 4 Physical Testing	Training per Province JO 9, 10, Aspire 1, 2 only
Thursday Evening	Technical Meeting	Technical Meeting JO 8 Team and AA and AF
Friday Morning	Elite 3 Training (all provinces)	JO 9 Team and AA
Friday Afternoon	Provincial 4 Team and AA Elite 4 Team Team and AA	JO 9 Team and AA JO 10 Team and AA
Friday Evening	Provincial 5 Team and AA National Open Team and AA	JO 10 Team and AA
Saturday Morning	Elite 3 Team and AA and AF	Aspire 1, 2 Team and AA and AF
Saturday Afternoon	Elite 4 AF Provincial 4 AF Provincial 5 AF National Open AF	JO 9 AF JO 10 AF
Saturday Evening	Westerns Assembly Closing Social	Westerns Assembly Closing Social

- b) MAG Physical Testing will take place during each province's training time.
- c) WAG sessions may be rearranged depending on the number of athletes registered. Double panel or single panels using 8 apparatus may be used if the schedule does not allow for all categories being completed in the allotted time.

23. ATHLETE NUMBERS

- a) The LOC may provide athlete numbers for the competition, though this is not mandatory.
- b) The maximum size for an athlete number to wear pinned to the back of a suit is 6" x 4".

24. COMPETITION DRAW

- a) The competition draw will be completed by the LOC following the registration deadline.
- b) The Team starting event is drawn for the first session, then rotates Olympic order for the subsequent sessions.

25. ONSITE COMMUNICATION

Each PTO will provide the host with a list of names to the LOC (limited to coaches, judges and staff) who will be added to an email distribution list for the duration of the event. Communication regarding schedule, finalists, final OOP, results, information regarding the social, transportation, etc. will be sent to everyone on the list.

A public folder like Dropbox, Google doc or OneDrive containing all up to date event documents (bulletin, schedule, orders of passage, results, maps, etc. should be made available for the coaches, judges and staff while onsite.

II. MEN'S (MAG) TECHNICAL REGULATIONS

1. GENERAL

- a) Westerns for MAG may include teams and individual athletes from BC, AB, SK, MB, YK and NWT.
- b) Individual entries are permitted. One week prior to the registration deadline all provinces/territories shall declare their team sizes and indicate the number of individuals in each level they would like to send if space permits.
- c) The age groups will be in accordance with the most recent GCG MAG Technical Regulations and Age Charts for the current year.
- d) Athletes will compete in accordance with the current GCG MAG Technical Regulations and will be judged using current GCG rules and FIG Code of Points in effect for their respective categories.
- e) The competitive categories and competition format will be:

CATEGORY	MAXIMUM NUMBER OF ATHLETES	TEAM OR COMPETITION FORMAT	APPARATUS FINALS	AWARDS
ELITE 3	10 – 2 TEAMS OF 5	TOP 3 SCORES/APPARATUS TO COUNT (5-5-3)	NO	TEAM DAY 1 + highest single Flexibility and Strength test score from team AA DAY 1 + PHYSICAL TESTING APPARATUS DAY 1
ELITE 4	10 – 2 TEAMS OF 5	TOP 3 SCORES/APPARATUS TO COUNT (5-5-3)	TOP 6	TEAM DAY 1 + highest single Flexibility and Strength test score from team AA DAY 1 + PHYSICAL TESTING APPARATUS DAY 2
PROVINCIAL 4	10 – 2 TEAMS OF 5	TOP 3 SCORES/APPARATUS TO COUNT (5-5-3)	TOP 6	TEAM AND AA DAY 1 APPARATUS DAY 2
PROVINCIAL 5	10 – 2 TEAMS OF 5	TOP 3 SCORES/APPARATUS TO COUNT (5-5-3)	TOP 6	TEAM AND AA DAY 1 APPARATUS DAY 2
NATIONAL OPEN	5 – 1 TEAM OF 5	TOP 3 SCORES/APPARATUS TO COUNT (5-5-3)	TOP 6	TEAM AND AA DAY 1 APPARATUS DAY 2

- f) For apparatus finals, there is no maximum number of athletes from a province/territory allowed to qualify for finals. If there is a tie for 6th place, all gymnasts will compete.
- g) Team awards will only be presented if there are a minimum of two teams in each category.
- h) Two teams per province for Elite 3, Elite 4, Provincial 4 and Provincial 5 are allowed.
- i) Two provinces may combine to create a joint team provided there is already at least one other team from one province in the same category.

2. EQUIPMENT

- a) The LOC shall ensure that extra MAG equipment is secured from local clubs:
 - Floor strip for physical testing
 - Wooden sticks for physical testing
 - FIG boards

3. COACHES

- a) The maximum number of coaches allowed on the floor during competition is three per province/territory. Tag team coaching is permitted so that all coaches can be involved with their athletes.
- b) All coaches must be minimum NCCP Level 2/Competition 1 certified.
- c) All coaches must have completed Respect in Sport certification.
- d) All coaches must have submitted a Police Record Check as per their provincial/territorial federation regulations.
- e) The following attire is required for each coach during training, warm-up and competition: Provincial Team uniform - track suit (long pants and jacket), Provincial Team T-shirt or polo shirt (i.e. no logos other than gymnastics logos) and indoor sport footwear (runners).
- f) Prohibited items: flip flops, sandals, hats, shorts, midriff tops, tank tops, ripped or torn clothing.
- g) Coaches wearing inappropriate or non-Provincial Team attire will be asked by the Meet Director, Competition Head Judge, or their representative, to leave the competition floor.

4. ATHLETES

- a) An alternate athlete may only compete when a team member is unable to compete as determined prior to the start of competition on the first apparatus. Once the competition begins, an alternate cannot replace an injured gymnast.

5. JUDGING

- a) The host provincial federation shall supply 4 judges for Westerns.
- b) The other provincial/territorial federations except for YK and NWT, shall supply 3 judges each for Westerns.
- c) If a province cannot supply enough judges, they are responsible to contact the other provincial federations a minimum of 8 weeks prior to the event, to hire and pay expenses for any additional judges their province needs.
- d) The D1 on each apparatus should be minimum nationally certified. The other judges shall be qualified as determined by their federation.
- e) Each province/territory is entitled to at least one D1 position, provided they have at least one nationally certified judge in attendance.
- f) There will be a minimum of 2 judges per apparatus for Team and AA competition. For apparatus finals it is recommended that 4 judges per panel be assigned, one per province.
- g) The host province/territory's Judging Chairman, in consultation with the GCG Judging Chairman, will designate a Jury Chairman for the meet. Besides overseeing the judging during the meet, it will be his/her duty to assign the judges to apparatus panels and send this list to the provinces/territories as soon as possible. Note, panels should

consider geographical representation when possible. It is preferred that judges not be assigned more than 2 apparatus over the course of the competition.

- h) The LOC shall supply 2-line judges for floor exercise and 1-line judge for vault.
- i) A judges' meeting, run by the Chief Judge, shall be held one hour prior to the start of each competition. All judges must be in attendance. The Head Judge will be informed of all decisions made at this meeting.

6. COMPETITION ORDER

- a) As often as possible, the gymnasts of a province/territory within a category must be kept together when they compete. The host province will complete the draw for competition order the day after the registration deadline. Because the number of athletes in each category varies each year, the LOC can create groups to make a reasonable competition (group size and number of judging panels).
- b) If the numbers do not warrant all 4 rotational groups, the LOC can organize 3 rotational groups. However, in doing so, the 6-apparatus rotation will be enforced.
- c) The Order of Passage for the Team competition is set by the coaches for P4, P5 and Open. An official representative from the province/territory must submit the Order of Passage by the end of training on Thursday. If not received, the Master Scorer will draw the competition order.
- d) For the Elite categories, the representative from the province/territory will set the order for first apparatus. Second apparatus will drop 1 or 2.
- e) Draw for finals:

RANKING AFTER DAY 1	COMPETITION ORDER APPARATUS FINALS
1 ST PLACE	5 TH
2 ND PLACE	4 TH
3 RD PLACE	6 TH
4 TH PLACE	2 ND
5 TH PLACE	1 ST
6 TH PLACE	3 RD

7. PROTESTS

- a) No formal protests will be accepted. Inquiries are permitted after the completion of the apparatus.

8. PHYSICAL TESTING

- a) During the Thursday training times, the National Coaching Team will conduct Physical Testing for the Elite 3 and Elite 4 gymnasts on Floor and Parallel Bars. These test results are a part of the All Around competition score and will be added to the 6 apparatus scores.
- b) The highest single Flexibility score and the highest single Strength score for each team will be added to the team total from the Final Team scores.
- c) A copy of each gymnast's testing sheet should be given to the province/territory to distribute to personal coaches.

9. COMPETITIVE WARM-UP

- a) Team and All Around – all categories and all sessions will have a 75-minute general and apparatus warm-up, with a one-touch during the competition (as per GCG Pathways document).
- b) Apparatus Finals – all categories will have a 75-minute general and apparatus warm-up and a one-touch 30 second warm up for every gymnast at each rotation.

III. WOMEN'S TECHNICAL REGULATIONS

1. GENERAL

- a) Westerns for WAG may include teams and individual athletes from BC, AB, SK, MB, YK and NWT.
- b) The competitive categories and competition format will be:

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	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	NO	TEAM AWARDS ONLY IF MIN 2 TEAMS AA + APPARATUS FINALS

- c) The current GCG rules as they apply to programs and categories offered at Westerns will be in effect. Gymnasts will be judged according to the rules for their category. See section 9.0 Equipment and Warm up for exact rules as they are applied at Westerns.
- d) Gymnasts must compete on all four apparatus to be eligible for an All Around award.
- e) There are no restrictions as to how many gymnasts from each province/territory can qualify for apparatus finals, or how many finals a gymnast can participate in.
- f) All gymnasts tied for 6th position will compete. If there is a tie, no alternate will be named.
- g) In apparatus finals, there is no carry over from Day 1 competition.
- h) Alternates will do the general warm up but not the timed warm up.

2. EQUIPMENT

- a) The GCG Equipment Specifications and Measurements Procedures will be used for general specs references. See section 9.0 Equipment and Warm up for exact rules as they are applied at Westerns.

3. ELIGIBILITY AND REGISTRATION

- a) When a province/territory does not send a full team, the additional open spots are “wildcard” spots and are distributed equally among the provinces/territories with full teams, to a maximum of 2 wildcard spots per province/territory per category. Wildcard assignments are done by consensus, but if a consensus cannot be reached, a draw will be done for these spots.
- b) Gymnasts may compete in only one level and age category.
- c) Gymnasts may compete in an older age category but not a younger one.

4. COACHES

- a) The maximum number of coaches allowed on the floor during competition is three per province/territory. Tag team coaching is permitted so that all coaches can be involved with their athletes. There is no restriction on the number of coaches wishing to assist during warm up.
- b) All coaches must be minimum NCCP Level 2/Competition 1 certified.
- c) All coaches must have completed Respect in Sport certification.
- d) All coaches must have submitted a Police Record Check as per their provincial/territorial federation regulations.
- e) The following attire is required for each coach during training, warm-up and competition: Provincial Team uniform - track suit (long pants and jacket), Provincial Team T-shirt or polo shirt (i.e. no logos other than gymnastics logos) and indoor sport footwear (runners).
- f) Prohibited items: flip flops, sandals, hats, shorts, midriff tops, tank tops, ripped or torn clothing.
- g) Coaches wearing inappropriate or non-Provincial Team attire will be asked by the Meet Director, Competition Head Judge, or their representative, to leave the competition floor.

5. JUDGING

- a) Each province/territory, with the exception of YK and NWT, shall supply and pay the cost of 4 judges for each session of competition.
- b) At least one of the required judges from each province/territory should be National High Performance level or higher.
- c) Ideally all judges should be National JO 10 or higher, although each province/territory may send one JO 10 Provincial level judge (every judge must have taken the 2018 clinics and have passed the JO 10 exam)
- d) When possible, the Chief Judge (D1) on each apparatus should be a minimum of National High Performance.
- e) The host province/territory will designate a Competition Head Judge for the meet. As well as overseeing the meet, it will be his/her duty to assign the judges to apparatus panels and send this list to the

provinces/territories as soon as possible. It is highly encouraged that the CHJ be floating to allow for better management of the competition.

- f) A judges meeting will be held prior to the start of each session. The first meeting will be 60 minutes. The CHJ will confirm the duration of the following judges meeting. All judges must attend meetings.
- g) The LOC will be required to provide 2-line judges for floor exercise.

6. COMPETITION ORDER

- a) The members of a team must be kept together when they compete in the team competition.
- b) Each PSO will submit the order that the gymnasts will compete in for each apparatus. The Order of Passage for JO 8 must be submitted to the Master Scorer by Thursday morning to the email address provided, and for the other categories, by Thursday evening at the Technical Meeting. If not received, the Master Scorer will draw the order.

7. APPARATUS FINALS

- a) The list of finalists must be circulated Friday following competition.
- b) The LOC must be notified of any scratches prior to general warm up.
- c) A finalized list with changes will be distributed prior to the apparatus warm up.
- d) Gymnasts may wear their provincial/territorial or an optional bodysuit.
- e) Draw for finals:

RANKING AFTER DAY 1	COMPETITION ORDER APPARATUS FINALS
1 ST PLACE	5 TH
2 ND PLACE	4 TH
3 RD PLACE	6 TH
4 TH PLACE	2 ND
5 TH PLACE	1 ST
6 TH PLACE	3 RD

8. PROTESTS

- a) The GCG Women's Program Rules for National Competition – Judging will be in effect.

9. EQUIPMENT AND WARM UP

a) Equipment and Warm Up

WAG Equipment and Warm up Clarifications – April 16, 2018 – To be updated and circulated to Westerns Provinces by March 15, 2019

EQUIPMENT

	Vault	Uneven Bars	Beam
JO 8	Any height	FIG height, no max width	2006 -: 110 or 125 cm 2005+: 125 cm
JO 9	Any height*	FIG height, no max width*	125 cm
JO 10	Any height*	FIG height, no max width	
Aspire 1	115 or 125 cm	FIG height, max 180 cm width	115 or 125 cm
Aspire 2	115 or 125 cm		

*JO 10: Not all age eligible gymnasts are trying to go to Canadian Champs. Some age eligible JO 10 may not have qualified and are already preparing for next season. This is the same arrangement that was made at Gymnix.

- Mats: same as per CJO. In general, mandatory minimum 10 cm sting for dismount (as per FIG). All mat combinations are allowed on V, UB, BB, up to 20 cm, including 20 cm safety mats for dismount. On UB, safety mats can be used under the rails. Additional matting and go beyond low bar.
- Boards: Springs can be changed on SA Sport boards. Boards can be placed on the 10 cm supplementary mat or landing mat.
- Beam: All JO athletes (JO 8-10) gymnasts are expected to dismount on the side with the shorter landing mat. To be identified by the host on Thursday training.
- Floor: Coaches can step on the FX mat to add, move or remove a sting mat without deduction.

WARM UP

	Vault	Uneven Bars	Beam	Floor
JO 8	Group - 90 sec	Group - 90 sec	Group - 90 sec Max 5 sec between athletes Groups of 7+ can be spit for warm up and competition	Group - 90 sec Minimum 8 min Maximum 10 min
JO 9	Group – 2 min	Group – 2 min	2 min or 90+30 sec. Max 5 sec between athletes Groups of 7+ can be spit for warm up and competition	Group – 2 min Minimum 8 min Maximum 10 min
JO 10	Group – 2 min	Group – 2 min	2 min or 90+30 sec. Max 5 sec between athletes Groups of 7+ can be spit for warm up and competition	Group – 2 min Minimum 8 min Maximum 10 min
Aspire 1	Group – 2 min. Minimum 10 min	Group – 2 min	Group – 90+30 sec Max 5 sec between athletes Groups of 7+ can be spit for warm up and competition	Group – 1.5 min Minimum 5 min, Maximum 10 min
Aspire 2	Group – 2 min. Minimum 10 min	Group – 2 min	Group – 90+30 sec Max 5 sec between athletes Groups of 7+ can be spit for warm up and competition	Group – 1.5 min Minimum 5 min, Maximum 10 min

- Except for L10, the equipment (width, height) may be different for each team member. Provinces will always be given the option to warm up as a team (the time belongs to the entire team) or as individuals (time belongs to each athlete).
- If athletes in a given rotation use different equipment specs (width, height), coaches must discuss and agree on how the warm up will be conducted, before approaching the judges table.
- Competition order can be modified on Vault, Bars and Beam to accommodate equipment changes. Athletes using the same equipment specs will be allowed to warm up and compete as sub-groups (all athletes using vault at 125 cm warm up and compete, then all gymnasts using vault at 115 cm warm up and compete).
- On UB, if there is only one gymnast at a given height/width, she can warm up the low bar elements with other gymnasts, then use the equivalent remaining time to warm up high bar elements. She can also raise the bars and take the entire time; in that case, judges will then be lenient because she does not have the option to share the warm up time with other athletes.

IV. APPENDIX

ORDER OF PASSAGE MAG

ORDER OF PASSAGE WAG

KYLE SHEWFELT AWARD PRESENTATION SCRIPT

CHUCK SEBESTYEN AWARD PRESENTATION SCRIPT

SAMPLE SCRIPTS

WESTERN CANADIAN CHAMPIONSHIPS

MAG COMPETITION ORDER - MEN'S ARTISTIC GYMNASTICS

PROVINCE: _____ **CATEGORY:** _____

Each Team must submit their Competition Order at the end of their scheduled training period on Thursday.

Submit at the Competition Venue to the Master Scorer **by email** _____

#	Athlete Name	Competition Order					
		Floor	Pommels	Rings	Vault	P. Bars	High Bar

Coach/Manager _____

Date _____

Received (Master Scorer) _____

WESTERN CANADIAN CHAMPIONSHIPS

WAG COMPETITION ORDER - WOMEN'S ARTISTIC GYMNASTICS

PROVINCE: _____ **CATEGORY:** _____

Each Team must submit their Competition Order at the end of their scheduled training period on Thursday. JO 8 Competition order must be submitted Thursday morning.

Submit at the Competition Venue to the Master Scorer **by email** _____

#	Athlete Name	Competition Order			
		Vault	Uneven Bars	Beam	Floor

Coach/Manager _____

Date _____

Received (Master Scorer) _____

KYLE SHEWFELT AWARDS PRESENTATION SCRIPT

A proud Canadian, Kyle began his gymnastics career at the age of six when his mother enrolled him in an Alberta Gymnastics program. Kyle's passion for the sport quickly ignited and he soon realized it would be a lifelong pursuit.

Kyle is Canada's most successful male artistic gymnast in history. He is a three-time Olympian (2000, 2004, 2008) and multiple World Championships, Commonwealth Games and World Cup medalist. His stirring performance at the 2004 Athens Olympics earned him Canada's first and only Olympic medal in the sport of artistic gymnastics – a Gold in the Floor Exercise. It motivated thousands of participants to flip into gyms across the nation.

We are proud to present this award on behalf of Kyle Shewfelt. Congratulations.

CHUCK SEBESTYEN AWARDS PRESENTATION SCRIPT

Chuck Sebestyen began coaching gymnastics in Saskatchewan in the early 1950's. His coaching exploits include the Saskatchewan Men's Canada Games Team, the University of Saskatchewan Men's and Women's Teams, the St Mary's and Marian Gym Clubs in Saskatoon, Pan Am Games coach for Team Canada and national coach at the 1964 Olympic Games in Tokyo Japan.

Chuck was also a national level judge and conducted many clinics for coaches and judges throughout North America. He was a very proud father of several daughters who were internationally ranked national team gymnasts.

Chuck was the founder of the provincial organization in Saskatchewan – the SGA or now called Gymnastics Saskatchewan. He has been inducted into the Saskatoon Sports Hall of Fame and Saskatchewan Sports Hall of Fame. Chuck passed away 20 years ago.

In his honor, and on behalf of his family, we are proud to present this award to the JO 10 16+ Team Champions. Congratulations.

SAMPLE ANNOUNCER SCRIPTS (2018)