

Last updated: February 11, 2021

# Gymnastics Saskatchewan Virtual Competition Information

*This is a living document and will be updated as needed.*



## INTRODUCTION AND PURPOSE

The purpose of the following document is to provide guidelines for virtual competitions for Saskatchewan Acrobatic Gymnastics club invitational in the 2021 competition season.

The goal of hosting virtual events is:

- To provide athletes with a competitive experience when in-person competitions may not be permitted/feasible
- To provide a competitive goal for athletes to work toward
- To provide clubs with another way to retain and develop athletes during these challenging times
- To provide athletes the opportunity to receive judge feedback on their performance

Any questions may be directed to Jamie Benson at [jbenson@gymsask.com](mailto:jbenson@gymsask.com).

## ELIGIBILITY

All athletes, coaches, and judges participating in a sanctioned club invitational must be registered members of Gymnastics Saskatchewan.

Coaches must be registered, of the appropriate level, and have up-to date safe sport requirements.

## VIRTUAL COMPETITION REGISTRATION

Registration will be submitted to host club by participating clubs in one document and with one payment for each virtual event.

The final list of registered athletes, coaches & judges must be submitted to Gym Sask for verification 2 weeks prior to the virtual event.

## PROGRAM STANDARDS

Participating clubs should be abiding by the current technical regulations as much as possible. Any major deviations must be approved by the ACRO Program Manager beforehand.

The Blocks competition will follow the USAG XCEL Blocks Code of Points (2018 version):

[https://usagym.org/pages/acro/pages/overview\\_blocks.html](https://usagym.org/pages/acro/pages/overview_blocks.html)

The Tumbling competition will follow the Gym Sask Acro Tumbling & Agilities Program:

Link to program will be included soon

## EQUIPMENT STANDARDS & WARM-UP

Blocks apparatus regulations:

- Blocks must be at least 10 inches tall from base to top
- Blocks cannot be connected to or on a flat square base

Tumbling & Agilities apparatus regulations:

- Sprung gymnastics floor (12x12 meters), preferably with a 1-meter border
- 10 cm mat is permitted for flight elements

Acrobatic routine apparatus regulations:

- Sprung gymnastics floor (12x12 meters), preferably with a 1-meter border

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Warm-up:

- Up to 15 min general warm-up
- Up to 5 min to warm-up tumbling
- 1 min Bronze & Silver blocks warm-up
- 2 min Gold and higher blocks warm-up

## DRESS CODE

- Clubs are encouraged to have their athletes wear their competition leotard when competing
- If athletes do not have a competition leotard this year, they are permitted to wear a leotard of their choice and will not receive a deduction

## EQUIPMENT REQUIRED BY CLUBS

- iPad/Tablet for recording with ability to upload videos to Dropbox or YouTube or other platform
- A tripod is recommended for a steady video
- Whiteboard/Paper to write athletes name & level on to show to camera for judges

## RECORDING REQUIREMENTS

- Filming must take place indoors and under coach supervision
- Ensure the video will capture the whole routine (in landscape/horizontal view) so that the whole body is always in view and filmed from as close to a normal judges' position as possible
- Filming should be taken from the position of the CJP
- The video should be taken in 1080p

BLOCKS:

- The camera should be placed to the front of the gymnast with blocks facing forward
- Filming must commence finish with the gymnast presenting to the videographer

TUMBLING:

- The camera should be placed centered to the floor, approximately 3-5 meters from the boundary line to ensure there is sufficient distance to capture the full floor
- If the full floor cannot be captured all at the same time, panning slowly while keeping the gymnast in the frame will be accepted
- Filming must commence and finish with the gymnast presenting to the videographer

ACRO ROUTINE:

- The filming should be done centered to the floor, approximately 3-5 meters from the boundary line to ensure there is sufficient distance to capture the full floor and all the athletes in the routine without having to move the camera from side to side or up and down
- Filming must capture athletes walking on and off the floor

## VIRTUAL EVENT FORMAT

### Step 1 - Format

Competitions will run over 7 consecutive days. Clubs have the flexibility to record routines any time during these days. Extenuating circumstances for medical reasons will be considered as long as the gymnast's routines are in the 7-day window. These requests must be sent to the host club. Judging will occur Saturday to Monday.

**According to current regulations, all routines must be recorded with only 1 coach, 1 athlete and 1 video person in the entire facility.**

### Step 2 – Competition Recording

- Athletes will arrive during their designated recording time slot, dressed in their competition attire and will be given the prescribed time to warm-up

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- Athletes/Coaches can choose which routines to record first (Blocks or Tumbling)
- Coaches will hold up a whiteboard/paper with athlete's name and level into the recording device before the athlete competes each routine
- Athletes must start and finish their routines with a presentation

### Step 3 – Video Submission

Routines and tariff sheets should be uploaded to a shared cloud or other video collection service (host club's choice) before midnight on the day they were recorded. If they are not uploaded by this time frame, routine recordings should not be accepted by the host club for competition. The host club must monitor this carefully. It is up to the participating club to ensure they have the proper technology and ability to submit all video submissions at the correct time.

All routines should be submitted as separate videos and labelled according to the host club's direction.

- Suggested Format: Last Name\_First Name\_Level\_Event(Blocks/Tumbling)

### JUDGING

Two to three judges will be assigned to the event by the Acro Gymnastics Saskatchewan Judging Chair, Acro Program Manager and/or the Acro Technical Committee.

Routines will be judged by the assigned judges on their own time on Saturday to Sunday. Each judge will have their own Google Spreadsheet to input their own scores, which will include SV, execution, neutral deductions, and final score. Judging and scores must be completed and entered in the google spreadsheet by Sunday at 11:59pm.

Judges must abide by the following:

- Judge routine only once, continuously in real time
- Not consult with another coach/judge with the exception of the designated Competition Head Judge
- Judge each level for the same competition on the same day & time

The Competition head judge or delegate will enter the SV and final scores from each judge into the master spreadsheet once all the scores are recorded. The Competition Head Judge will verify results by Monday at 11:59pm.

Preliminary results will be sent out by the host club to participating clubs by Tuesday at 11:00am, clubs will have until Tuesday at 4:00pm to inquire about scores to the competition head judge & CC the host club. Results & video link of all participating athletes will be sent out by the host club by Wednesday at 12:00pm to participating clubs and Gym Sask.

### PROTESTS

- Protests for will not be allowed for virtual events

### JUDGE PAYMENT

Payment of judges will be determined at a later date, if the need for virtual competitions continues into full virtual acrobatic routines.

### AWARDS

Clubs will mail out or deliver awards to each participating club. Host clubs are welcome to have team or any additional awards.