

2022 GYM SASK WINTER DISTRICT CHAMPIONSHIPS

Hosted by Gymnastics Saskatchewan

FEBURARY 12TH – 19TH, 2022



Objective

Gym Sask will be hosting the 2022 Winter District Championships, in place of the cancelled Saskatchewan Winter Games. The 5 athletes that qualified in the trials event for the 2022 Saskatchewan Winter Games are invited to participate in this event.

The 2022 Winter District Championships will follow the rules set out in the Saskatchewan Games Technical Package. However, the competition format will be modified slightly. Instead of 3 days of competition Gym Sask will offer 2 days of competition. Day 1 will be the Team Competition. Day 2 will be the individual all around and event competition. The level will be Xcel Gold with athletes born in 2009, 2010, 2011 and 2012. Athletes must be registered with Gym Sask in either Inter-Club or Provincial stream by **November 15, 2021**.

Competition Venue

The event will be hosted virtually in each club's home gym. Clubs are allowed to arrange to get together with other clubs and video tape the event together to give the athletes a chance to compete outside of their own gym and with other athletes. Clubs may do this on their own, Gym Sask will not arrange for this.

Registration Fees

FREE for qualified athletes.

Equipment

All equipment must be in accordance with the technical regulations and/or virtual competition guidelines, unless an equipment exemption that have been previously approved for clubs will be in effect.

Virtual Competition Guidelines

The virtual guidelines for this event can be found at the end of this document.

Competition Schedule

Day 1 competition: Team Event (one set of videos recorded)

Day 2 competition: Individual All Around & Event (second set of videos recorded)

Day 1 and Day 2 should be different videos recorded on different days

Video Uploading & Labeling

Video recording will take place from February 12th – 19th. **All videos must be uploaded by February 19th at 10:00pm.** All videos must be uploaded to Google Drive, Gym Sask will then download the video from Google Drive and upload to Vimeo for judges, videos will be in an order of passage.

Videos MUST be labeled as follows:

- APPARATUS_ATHLETE LAST NAME_ATHLETE FIRST NAME
- Example: VAULT_MANDZUK_KRISTI

- Please include BOTH vault videos in ONE recording.
- Videos that are not labelled correctly will not be accepted.

All videos must be uploaded by February 19th at 10:00pm using the following email address:
virtualprovincials2021@gmail.com.

Please put the videos into the following folders:

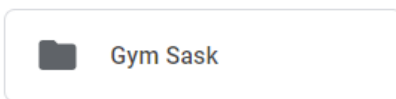
Main Folder "Club Name"

Sub folders "Vault, Bars, Beam, Floor"

Please share the Main folder with the above email address. Please **DO NOT** share each video individually as the videos get lost. If you do not share the videos like the processed outlined I will not accept them.

Main Folder example:

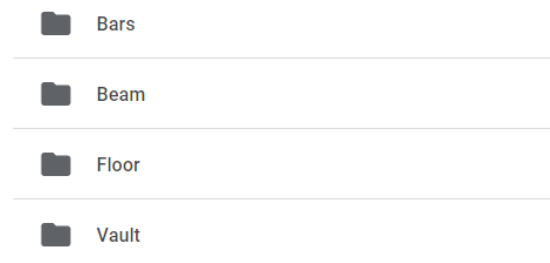
Folders



Sub folders example:

My Drive > Gym Sask ▾

Name ↑



Judging

Judges will be able to judge the routines and enter scores in Sportzsoft on their own time within the following time frames:

Day 1: Judging will take place between Feb 20th and Feb 21st – judges must have scores entered by 7:00pm

- Feb 22nd clubs will have until 8:00pm to send inquiries to the Competition Head Judge & Gym Sask Technical Director.

Day 2: Judging will take place between Feb 23rd and Feb 24th – judges must have scores entered by 7:00pm

- Feb 25th clubs will have until 8:00pm to send inquiries to the Competition Head Judge & Gym Sask Technical Director.

Final scores will be sent out no later than Monday February 28th.

Awards

Awards will be mailed out to clubs.



Gymnastics Saskatchewan Virtual Competition Information

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

VIRTUAL COMPETITIONS

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

For virtual competitions athletes will be expected to warm up and compete according to Gym Sask and Gym Canada competition guidelines.

EQUIPMENT VERIFICATION

All clubs must use the same video angle that was sent in previously to the Gym Sask Technical Director.

RECORDING REQUIREMENTS

- Ensure the video will capture the whole routine (in landscape/horizontal view) so that the whole body is in view at all times and filmed from as close to a normal judges' position as possible. The video should be taken in 1080p.
- **VAULT:**
 - Capture a minimum of 4 steps before vault and contact with the springboard. Ensure that height above the vault and landing area are captured.
 - Level 6 & higher & Xcel: Capture a minimum of 4 steps before vault and contact with the springboard. Ensure that height above the vault and landing area are captured.
 - Record both vaults in one video without stopping.
- **BARS:** Entire matted area under bar set, including mount position for a board or glide kip mount, matted area behind high bar to include all landing surfaces. Ensure the video captures the entire body below and above the bars.
- **BEAM:** Entire length of beam and dismount landing area and allow for steps. Ensure the entire body and highest expected skill height is in video.
- **FLOOR:** ensure that all tumbling lines are visible on the video.
- Videos should be taken from the position of the D1 judge
- If you require assistance on where the D1 position is please contact a judge in your gym or the Gym Sask Technical Director
- **You are only allowed ONE video take for the competition; this event is meant to be as competition like as possible. Multiple attempts are not allowed.**
- **Videos must be submitted without edits.**

COMPETITION SIMULATION

STEP 1

Clubs have the flexibility to record routines any time during the allotted competition dates. All gymnasts must warm up according to the technical regulations.

STEP 2

Competition simulation

- Warm up and the virtual competition simulation must be monitored by an onsite designated person, if required for the event.
- Coaches will hold up a whiteboard/paper with athlete's name into the recording device before the athlete competes routine. Recording should stop after the athlete completes routine and presents to the camera.

- Falls must be timed on bars, beam, and floor by an onsite designated person or coach. Time deduction must be noted on recording.
- Beam and floor routines must be timed by an onsite designated person or coach. Time deduction must be noted on recording.
- Judges will apply other neutral deductions (failure to move springboard, line deductions, etc) as they judge the routines.

*It is recommended clubs have a volunteer or another coach on site to assist them with the timing of falls and general assistance.

JUDGING

Judges will be assigned by the Saskatchewan Judging Chair.

Routines will be judged by the assigned judges on their own time in the allotted dates. Each judge will enter their scores for trials into Sportzsoft (the same as Virtual Provincials).

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 designate Competition Head Judge.

PROTESTS

- Protests for will not be allowed for virtual events

UNIFORMS

- Athletes must wear their suits they were given for the 2022 Saskatchewan Winter Games.

EQUIPMENT REQUIRED BY CLUBS

- iPad/Tablet for recording with ability to upload videos to Dropbox or YouTube or other platform
- Tripod for recording a steady video – sample link: https://www.amazon.ca/gp/product/B01GD63ATC/ref=ppx_yo_dt_b_asin_title_o01_s00?ie=UTF8&psc=1 (Make sure you order the proper size for the tablet your gym has).
- Vault, Bars, Beam & Floor with proper matting and additional equipment (if required)
- If a club does not have the required competition equipment; a request must be sent into the Gym Sask Technical Director for an exemption to compete on the equipment (form will be created in the future)
- Whiteboard/Paper to write athletes name & level on to show to camera for judges