



## Queen City Invitational 2022 Virtual Competition Guidelines

Queen City has added a Virtual hybrid option to our competition. The submitted routines will be judged with the in-person routines within each session at the competition.

As a provincially sanctioned event, we will be adhering to Gymnastics Saskatchewan's Virtual Competition Guidelines.

<http://gymsask.com/wp-content/uploads/2022/01/Virtual-Cometition-guidelines-Jan-11-2022.pdf>

### **Video Recording**

- All recording will be in accordance with Gymnastics Saskatchewan Virtual Guidelines.
- With the challenges that COVID has brought forth for our athletes, clubs have the flexibility to record routines **any time from February 7 – 21, 2022**. All gymnasts must warm up according to the technical regulations.
- Remember to hold up a whiteboard/paper with athlete's full name, club & level into the recording device before the athlete competes their routine.

### **Video Submission Deadline**

Videos must be submitted by **5pm on February 22<sup>nd</sup>** using the following email address:

[Office1qcgc@gmail.ca](mailto:Office1qcgc@gmail.ca)

Set up your videos in a **Google Drive** into the following folders:

**Main Folder** - "Club Name"

**Sub-folders** - "WAG – Vault, Bars, Beam, Floor", "MAG – Floor, Pommel, Rings, Vault, P Bars, H Bar"

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 preceding outlined information we will not accept them.