

2022 SASKATCHEWAN WINTER GAMES

TECHNICAL PACKAGE

Technical packages are a critical part of the Saskatchewan Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committee by detailing tournament formats and scoring procedures, assist the Districts and Provincial Sport Governing Bodies (PSGB) in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coaching certification by stating minimum requirements and generally contribute to athlete development by identifying each PSGBs version of developing young amateur athletes.

Every Saskatchewan Games' coach, manager, host sport directors, District sport contacts and District sport councils has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games and could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from the Saskatchewan Games Council or the respective PSGB.

Technical Packages are developed primarily by PSGBs, following principles, guidelines and requirements of the Saskatchewan Games Council. As the overall governing body of the Games, the Council has the ultimate authority for Technical Packages, but this authority is exercised only with the knowledge and understanding of the PSGB concerned.

Changes initiated by the PSGB must be directed to the Saskatchewan Games Council for approval. The proposed changes must have solid rational for enhancing the sport technical requirements. Changes to age groups, eligibility requirements and team sizes or staff compliments after 18 months prior to the games will not be considered.

Saskatchewan Games Athlete Eligibility

1. The Saskatchewan Games shall be open to Saskatchewan residents who are Canadian citizens or who have landed immigrant status for a minimum period of one year prior to the Games.
2. Each District team shall be comprised of eligible athletes whose Saskatchewan domicile or actual residence for at least six months prior to the Games, was located within the recognized boundaries of the District they are representing. In the event an athlete moves from one District to another, less than six months prior to the start of the Games, a special request may be made to the Saskatchewan Games Council to determine eligibility.
3. Students enrolled and attending secondary or post-secondary school on a full-time basis outside their District residence may elect to compete in a District play down in either their home District or academic resident District, but not both.

Students attending a secondary school outside their home District must be enrolled in a minimum of 60% of the eligible credits to be considered a full-time student.

Students attending a post-secondary school outside their home District must be enrolled in a minimum of the equivalent 3 full time classes per year to be considered a full-time student.

4. First Nation athletes who reside and attend school in one District but are members of a First Nation Reserve in another District may elect to participate in either District, but not both. If they try out for one District and are not selected for that team, they are not permitted to try out for that sport in another District.
5. Athletes who have shared custody in a split marriage must participate in the District in which they currently attend school. If an athlete is transferring schools to live with the other parent or guardian in another District in the year of the Games, then the school that the athlete previously attended will be the District they participate in.
6. Athletes residing outside Saskatchewan:

Individual Sports:

Athletes residing at an address outside Saskatchewan are eligible to participate in the Saskatchewan Games if they meet the following conditions:

- They reside near the Saskatchewan boundary and attend school on a full-time basis in a recognized Saskatchewan education system;
- In the year of the Saskatchewan Games they must be a registered member of the appropriate Saskatchewan Provincial Sport Governing Body and shall not be a member of another province;
- They are eligible for membership with a PSGB in Saskatchewan.

Team Sports:

If a team has members from outside the Province of Saskatchewan, the team will be eligible if these criteria are met:

- The majority of the team resides in Saskatchewan or attends school on a full-time basis in a Saskatchewan based education system, and the others live within reasonable commuting distance;
- In the year of the Saskatchewan Games they must be a registered member of the

appropriate Saskatchewan Provincial Sport Governing Body and shall not be a member of another province;

- They are eligible for membership with a PSGB in Saskatchewan.

7. District Team Eligibility

Sports using Club Team selection

When a team roster is comprised of athletes residing in different Districts, the following criteria will determine which District the team will represent:

- In the year of the Saskatchewan Games they must be a registered member of the appropriate Saskatchewan Sport Governing Body;
- Where a team has members from two or more Saskatchewan Games Districts, and is registered in a recognized league, it shall compete in the District where the majority of the players reside. Teams in this position may have members living in adjacent Districts within reasonable commuting distance.

8. The Games shall be open only to amateur athletes recognized as such by the applicable PSGB.
9. For each Games an athlete may participate in one sport only in each half, however an athlete may elect to try out for different sports in the District team selection process. Upon acceptance of selection to a District team in that half the athlete must remain with that team until the completion of the Games and is not eligible to try out for another sport.
10. Coaches, managers and athletes may participate in more than one sport. However, they may only participate in one sport in each half of the Games.
11. The age classification for participation in the Saskatchewan Games is based on the LTAD model for each sport. Recognizing the multi—sport environment that athletes are exposed to at the Games, each sport shall consider the maturity level of the athlete when establishing its age classification.
12. Eligibility of athletes for the Saskatchewan Games program must be clearly identified by the PSGB in each respective sport technical package.
13. Prior to the Games, the eligibility of any athlete not clearly established by these rules shall be determined by the Saskatchewan Games Council. During the Games the eligibility shall be determined by the Games Jury.
14. Coaches, managers and athletes of the District team must stay in the athletes' village during the Games.

**GYMNASTICS
TECHNICAL PACKAGE**

**2022 Saskatchewan Winter Games
February 20 – 26, 2022
Regina, Saskatchewan**

1.0 SPORT: GYMNASTICS

Men's Artistic Gymnastics (MAG)
Women's Artistic Gymnastics (WAG)
Rhythmic Gymnastics (RG)
Trampoline Gymnastics (TG)

1.1 Competition Site: City of Regina Fieldhouse

1.2 Competition Dates: February 20 – 23, 2022

1.3 Sanction: Gymnastics Saskatchewan

2.0 PARTICIPANTS:

2.1 Number of Competitors – 10 total participants

3 female Women's Artistic Gymnasts (WAG)
3 male Men's Artistic Gymnasts (MAG)
2 male or female Rhythmic Gymnasts (RG)
2 male or female Trampoline Gymnasts (TG)

2.2 Coaches and Managers – total 4 Coach/Managers

1 head coach
2 assistant coach
1 manager

Note: Sports that have both male and female competitors must ensure that at least one coach/manager is of the opposite gender.

3.0 CLASSIFICATION:

3.1 Year of Birth: 2009, 2010, 2011, 2012

4.0 ELIGIBILITY:

4.1 Athletes:

Athletes must be registered members of a club in good standing with Gymnastics Saskatchewan as of the November 15, 2021 membership deadline.

WAG athletes who have competed in JO level 7 or higher are ineligible to compete in the Games.

Athletes must be registered in the Interclub or Provincial Stream category; National athletes are ineligible to participate in the Games. Athletes who have attended a Canadian Championship in the past four years are ineligible to participate in the games.

All athletes must abide by the residency criteria and regulations as established by the Saskatchewan Games Council.

4.2 Coaches:

Coaches must be registered members in good standing with Gymnastics Saskatchewan. The head coach of each District must be fully certified NCCP Level 2 in any discipline. The assistant coach must be fully certified NCCP Level 1/Foundations in any discipline.

As a coach or manager of a District team you will be volunteering with children, who are vulnerable members of our society. As per the policy of the Saskatchewan Games Council, all coaches and managers are required to undergo a Criminal Record Check and a Vulnerable Sector Check.

As per the mandatory requirements for all sports in Saskatchewan the “Respect in Sport” online training program must be taken by all coaches. It is strongly recommended that managers take the online training to ensure that as youth leaders they recognize, understand and respond to issues of abuse, bullying and harassment.

5.0 PROVINCIAL REGISTRATION:

Gymnastics Saskatchewan
1734 Elphinstone St.
Regina, SK. S4T 1K1
Phone: 306-780-9229
Email: crussell@gymsask.com

6.0 PROVINCIAL TECHNICAL LIAISON:

Kristi Mandzuk, Gymnastics Saskatchewan
1734 Elphinstone St.
Regina, SK. S4T 1K1
Phone: 306-780-9229
Email: kmandzuk@gymsask.com

7.0 COMPETITION:

7.1 GENERAL

Competition will be held for Team, All Around and Event Finals on each apparatus:

WAG (female athletes only) will compete on Vault, Balance Beam and Floor Exercise.

MAG (male athletes only) will compete on Floor Exercise, Vault and Horizontal Bar.

RG (female or male athletes) will compete Free and Hoop routines.

TG (female or male athletes) will compete on Tumbling and Trampoline.

Note: Athletes may compete in more than one discipline to fill open spots on their District team. These athletes may not take the spot of any athlete who legitimately qualified for that discipline.

7.2 DAY 1 COMPETITION - TEAM

All athletes from each District will compete on Day 1 to select Team Champions. The team ranking will be decided by counting the top score on each event from each discipline (MAG, WAG, RG, TG) on each event. (10 scores to count)

The team with the highest total will be declared champion.

7.3 DAY 2 COMPETITION – ALL AROUND

Four all around champions will be declared, one for each discipline (MAG, WAG, RG, TG).

Individual all-around champions will be decided based on the scores on each event, in each discipline.

The individual with the highest score in each discipline will be declared champion.

7.4 DAY 3 COMPETITION – EVENT FINALS

Events finals will take place for the following events:

- MAG – Floor Exercise, Vault, Horizontal Bar
- WAG – Vault, Balance Beam, Floor Exercise
- RG – Free Exercise, Hoop
- TG – Trampoline, Tumbling

The top eight athletes on each event, based on a combined total score from Day 1 and Day 2, will compete in event finals.

Individual event finals results will be based on the highest score on each event from Day 3 competition. There are no carry over scores to event finals. Order of competition for finals will be based on a random draw.

8.0 RESULTS:

Points Ranking – rankings will be based on participant numbers (for individual competition) or number of teams (for team competition).

Teams will be ranked and awarded medals for 1st to 3rd place from the results from Day 1 competition.

Individual all-around winners will be ranked and awarded medals for 1st to 3rd place from the results of Day 2 competition.

Event winners will be ranked and awarded medals for 1st to 3rd place from the results of Day 3 competition.

9.0 TIE BREAKING PROCEDURE:

Ties will not be broken for awards.

10.0 SPORT PROTEST PROCEDURE:

Protests can be based on difficulty score/start value only. Protest fee is \$20.00 per protest.

11.0 EQUIPMENT:

All equipment must be approved by Gymnastics Saskatchewan.

MAG

- 40' x 40' Spring floor (shared with WAG), corner mats
- Runway, 2 coil beat boards, crash mats, tape measures
- Horizontal bar, free standing kit, weights, regulation mats

WAG

- Vault table, runway, 2 coil beat boards, trampboard, crash mats, tape measure
- Balance Beam, regulation mats, 1 beat board
- 40' x 40' Spring floor (shared with MAG), corner mats

RG

- 50' X 50' Rhythmic carpet
- Minimum 20' X 50' of warm up space carpeted
- Hoop may be of any size and weight (athletes to bring their own)

TG

- Rod tumbling floor 40 m long
- Competition trampoline, spotting mats, surround mats, end decks

Other

- Chalk bins and chalk
- Duct tape

- Sound systems (2) with microphones, with ability to plug in Iphone/Computer and speakers
 - Computerized scoring system, computers, printer, copier
 - Extension cords
 - Vacuums, mops, pails, cleaning supplies
 - Tables and chairs
 - Decorations, flowers
 - Medical supplies
 - Ice, ice bags, water
 - Score stands (10)
 - Minor official table supplies (10 boxes)
 - Meeting rooms for judges
-

12.0 SPORT JURY:

- Competition Chief Judge
 - Meet Director
 - Technical Director - Gymnastics Saskatchewan
-

13.0 OFFICIALS REQUIRED:

13.1 MAJOR OFFICIALS

All major officials will be assigned by Gymnastics Saskatchewan.

Total: 28 major officials required.

MAG 1 Chief Judge + 2 official per event – total 6 officials

WAG 1 Chief Judge + 2 officials per event – total 7 officials

RG 1 Chief Judge + 4 officials – total 5 officials

TG 1 Chief Judge + 6 officials – total 7 officials

TG, RG & WAG/MAG Scorer – 3

13.2 MINOR OFFICIALS

25 minor officials per session to be supplied by the host.

WAG – 9 minor officials per session

MAG – 8 minor officials per session

TG – 3 minor officials per session

RG – 5 minor officials per session

14.0 MEDICAL SERVICES:

The organizing committee shall ensure that a minimum of two emergency medical technicians (physiotherapist, EMT, athletic therapist, and/or doctor) are in attendance on site for all training, warm-up and competition sessions. A medical doctor and dentist should be available on call for the duration of the event. Ambulance services should be notified that the event is taking place. An emergency action plan for medical services must be in place.

15.0 MEDALS:

Team competition: 10 gold, 10 silver and 10 bronze

Individual all around: 4 gold, 4 silver, 4 bronze

Individual event:

Women – 3 gold, 3 silver, 3 bronze

Men – 3 gold, 3 silver, 3 bronze

RG – 2 gold, 2 silver, 2 bronze

TG – 2 gold, 2 silver, 2 bronze

No ties will be broken – please account for this in awards.

16.0 DISTRICT TEAMS SELECTION CRITERIA:

Districts shall attend a sanctioned qualifying competition before the entry deadline.

District teams (athletes, coaches and managers) shall be named no later than January 23, 2022.

17.0 PROVINCIAL SPORT CONTACT:

Kristi Mandzuk, Gymnastics Saskatchewan

1734 Elphinstone St.

Regina, SK. S4T 1K1

Phone: 306-780-9229

Email: kmandzuk@gymsask.com

18.0 OTHER INFORMATION REQUIRED

Specific technical rules and regulations are attached for each competition category.

Equipment specifications and requirements are attached for each competition category.

For more information, please contact Gym Sask at kmandzuk@gymsask.com

Technical Rules and Charts

Updated October 23, 2020



2022 SASKATCHEWAN GAMES SUMMARY

	WAG	MAG	TG	RG
ATHLETES	Athletes must be born in 2009, 2010, 2011, 2012			
	Gym Sask Registered: Interclub or Provincial	Gym Sask Registered: Interclub or JO 4-6 or P3	Gym Sask Registered: Interclub or Provincial	Gym Sask Registered: Interclub or Provincial
	XCEL Gold rules	JO Level 5 Rules	Provincial 1 Rules	LV 4A Requirements as of 2020 (with Modified apparatus)
	3 Gymnasts (female)	3 Gymnasts (male)	2 Gymnasts (male or female)	2 Gymnasts (male or female)
EVENT	Vault, Beam, Floor	Floor, Vault, Horizontal Bar	Tumbling, Trampoline	Free, Hoop
REQUIREMENTS	Max score = 10.0 See below for more information	Max Score = 11.5 See below for more information	<u>Tumbling</u> 1 pass compulsory 1 pass voluntary Min DD 0.5 Max DD 1.0 <u>Trampoline</u> 1 routine compulsory 1 routine voluntary Min DD 1.5 Max DD 3.6	<u>Free Requirements:</u> 5-7 Body Difficulties (Min 1 – Max 3 of each body group) Dance Steps Combination (Min 2) Pre-Acrobatic Series (Max 2, min 2 rotations) 3 Body waves – no repetition <u>Hoop Requirements</u> 5-7 Body Difficulties (Min 1 – Max 3 of each body group) Dance Steps Combination (Min 2) Min 3 Body waves – no repetition Min 1 risk (min 1 rotation)
DRESS CODE	Athletes from each District and each discipline must wear matching uniforms Male athletes: shorts and t-shirt, or singlet with shorts or longs Female athletes: leotard, long or short sleeves RG athletes: matching uniforms, can be creative No jewelry except stud earrings			
COACH	Each District will require a Head Coach (NCCP 2 in at least one discipline), Two Assistant Coaches (NCCP 1/Foundations in at least one discipline) and one manager. One must be the opposite gender.			
JUDGES	1Chief Judge 2 judges per event	1Chief Judge 1 judge per event	1Chief Judge 3 judges per event	1Chief Judge 5 judges per event
COMP	Day 1: Team Competition (top score from each discipline on each event) Day 2: All Around (1 All Around Champion from each discipline) Day 3: Event Finals (Top 8 from combined total of Day 1 & Day 2 will compete on each event, scores will not be carried over to Day 3)			

2022 SASKATCHEWAN GAMES WOMEN'S ARTISTIC GYMNASTICS

XCEL GOLD	VAULT	BALANCE BEAM	FLOOR EXERCISE
	Max score: 10.0	Max Score 10.0	Max Score 10.0
Restrictions	Use of mini-tramp is allowed with a deduction of 0.5 applied to final score of that vault.		
	<p style="text-align: center;">Vault</p> <ul style="list-style-type: none"> • Handspring • Handspring – 1/2 twist off • Yamashita • Yamashita - 1/2 twist off • ½ twist on – ½ twist off OR ¼ twist on – ¾ twist off • ¼ twist on – Repulsion (with flight to feet) off OR ½ twist on - Repulsion (with flight to feet) off • ¼ twist on – ¼ twist off – to land facing away from the table • Handspring – 1/1 twist • Yamashita – 1/1 twist • ½ twist on – ½ twist off OR ¼ twist of – 1 ¼ twist off • 1/1 twist on – Handspring or Yamashita off • 1/1 twist on – ½ twist off 	<p style="text-align: center;">Beam Routine:</p> <ul style="list-style-type: none"> • Any “A” or “B” value parts listed in the Xcel code of points • Any skill listed on Xcel GOLD chart • No “C” or higher Value Parts <p>Special requirements</p> <ol style="list-style-type: none"> 1. Minimum 1/1 Turn on one foot 2. Two different Group 2 skills (OR Leap/Jump from Gold additional “A” skills chart) <ol style="list-style-type: none"> a. One with a min. 120 degree cross or side split (isolated or in a series) 3. Two Acro elements <ol style="list-style-type: none"> a. With or without Flight (isolated or series) b. One must achieve or pass through inverted Vertical c. Series not required 4. Dismount 	<p style="text-align: center;">Floor Routine:</p> <ul style="list-style-type: none"> • Any “A” or “B” value parts listed in the Xcel code of points • Any skill listed on Xcel GOLD chart • No “B” VP Saltos • No “C” or higher Value Parts <p>Special Requirements</p> <ol style="list-style-type: none"> 1. Minimum of two directly connected acro flight elements 2. 2nd Acros Pass – either: <ol style="list-style-type: none"> a. A 2nd connection with minimum two directly connected Acro flight elements OR one ariel or Salto *SR #1/SR #2 may NOT be combined in the same pass 3. Dance passage <ol style="list-style-type: none"> a. Minimum two different elements from Group 1 (Leap/Jump/Hop) OR Group 1 – XCEL Gold skills chart (directly or indirectly connected), one of which is a Leap with a minimum of 120 degree cross or side split 4. Minimum 1/1 turn on one foot
EQUIP	Min 100 cm to Max 125 cm	110 cm or 125 cm	Up to 10 cm of additional mats for tumbling lines with salto (not mandatory). Stay in place or be removed.
MATS	Mandatory 10cm for landing. Max of 20cm	Mandatory 10 cm for landing. Max of 20 cm. Mats may not be placed under the beam	5 or 10 cm may be used for acro lines with salto. After the acro line, the mat may be removed, moved or can stay in place.
	Mandatory minimum FIG matting for landing of vault or beam dismount (min 10 cm, up to 20 cm safety mat)		
COACH	Coach is allowed on the landing mat		
TIME	Max 1:00		Max 1:00
WARM UP	15 Minute general warm-up Event warm up 1 minute per athlete; group warm up for Vault & Floor Individual warm up for Beam 7 or less athletes warm up in one group, 8 or more athletes warm up in two groups.		
MORE INFO	XCEL App can be downloaded from the Itunes Store or Google Play. Hard copy can be purchased from USAG		

2022 SASKATCHEWAN GAMES MEN'S ARTISTIC GYMNASTICS

JO 5	FLOOR	VAULT	HORIZONTAL BAR
Routine	<ol style="list-style-type: none"> 1. Run, punch dive roll 2. Kick leg up and cartwheel with ¼ turn to stand, tuck or pike back extension roll through handstand 3. Lower to arched prone support with head up and toes pointed, lift to straddle stand with head up and arms extended 4. Jump to straddle press to handstand with momentary hold, lower with straight legs to stand 5. Run, hurdle, forward handspring 6. Step forward and kick to handstand with a momentary hold 7. Straight arm forward roll, straight legged disson, step forward to ½ turn rearward 8. Run, hurdle, round-off back handspring, rebound to stand 	<p style="background-color: yellow;">CHOOSE ONLY 1 VAULT</p> <ul style="list-style-type: none"> • Front Salto Tucked – Max SV = 9.5 • Front Salto Piked – Max SV = 10.0 	<ol style="list-style-type: none"> 1. From a hang position in over-grip, pullover to support 2. Cast to back hip circle to undershoot forward 3. Swing backward, tap swing forward with ½ turn to mixed grip 4. Tap swing forward, swing backward and change hand to double over grip 5. Swing forward and kip to support. Momentary stop in support is allowed. 6. Cast to undershoot forward 7. Swing backward, tap swing forward 8. Swing backward, tap swing forward 9. Swing backward to up-rise and release hands dismounting to stand
SB	<ul style="list-style-type: none"> • SB#1: Replace #4 with a straddle press to handstand with momentary hold, lower with straight legs to stand (+0.5) • SB#2: Replace #6 with step forward and kick to handstand with full pirouette (+0.5) • SB#3: Replace #8 with run, hurdle, round-off, back handspring, back handspring, rebound to stand (+0.5) 		<ul style="list-style-type: none"> • SB#1: Replace #2 with a cast to free hip to circle to undershoot forward (+0.5) • SB#2: Following #6, add swing backward tap swing forward to swinging pullover (¾) giant swing backwards) to undershoot forward (+0.5) • SB#3: Replace #9 with swing backward, tap swing forward to salto backward (flyaway) tucked, piked or stretched dismount (+0.5)
??????	<ul style="list-style-type: none"> • Base routine = 9.5 • Special Bonus = 0.5 x 3 = 1.5 • Virtuosity = 0.1 x 3 = 0.3 • Stick Bonus = 0.2 <p style="text-align: center;">TOTAL MAX VALUE = 11.5</p>	<ul style="list-style-type: none"> • Base routine = 9.0 or 9.5 • Virtuosity = 0.1 x 3 = 0.3 • Stick Bonus = 0.2 <p style="text-align: center;">TOTAL MAX SCORE = 9.5 or 10.0 (depending on vault performed)</p>	<ul style="list-style-type: none"> • Base routine = 9.5 • Special Bonus = 0.5 x 3 = 1.5 • Virtuosity = 0.1 x 3 = 0.3 • Stick Bonus = 0.2 <p style="text-align: center;">TOTAL MAX VALUE = 11.5</p>
Notes	<ul style="list-style-type: none"> • Each Element box is worth 1.0 (Failure to complete more than half of a numbered element box will result in loss of 1.0 from Start Value) • Note – For #8, only completing a Round-off with no BHS will result in a 0.5 drop in Start Value 		<ul style="list-style-type: none"> • Each Element box is worth 1.0 (Failure to complete more than half of a numbered element box will result in loss of 1.0 from Start Value)
EQUIP	12m x 12m from outside border line No mats allowed	Beat Board, stacked mats	FIG horizontal bar or adjustable bar Additional 20cm mat on high bar is allowed with no deduction. Any extra matting is 0.5 deduction from final score
COACH			Coach must be present to act as a spotter on high bar or gymnast may not begin routine
WARM UP	15 Minute general warm-up Event warm up 1 minute per athlete; group warm up for Vault & Floor Individual warm up for Beam 7 or less athletes warm up in one group, 8 or more athletes warm up in two groups. SEE SUPPLEMENTAL GUIDE FOR MORE INFORMATION		

2022 SASKATCHEWAN GAMES TRAMPOLINE & TUMBLING

Prov 2	TUMBLING	TRAMPOLINE
DD	Minimum DD: 0.5 Maximum DD: <u>1.0</u> <i>No penalty if minimum DD is not performed</i>	Minimum DD: <u>1.5</u> Maximum DD: <u>3.6</u> <i>No penalty if minimum DD is not performed</i>
ROUTINE	<p>1st Pass Compulsory</p> <ul style="list-style-type: none"> • Round off • Back handspring • Back handspring • Back handspring • Back handspring • Straight jump <p>2nd Pass Voluntary (optional)</p> <ul style="list-style-type: none"> • 1 pass of 5 skills <ul style="list-style-type: none"> Skill requirements: <ul style="list-style-type: none"> ○ Maximum of <u>1</u> salto • Bonus of 0.4 for performing a whip (not as last element) <p><i>The deduction for not completing a skill requirement is <u>1.0</u> per requirement per Execution judge. If neither the skill requirement nor the min difficulty are met, then both appropriate deductions will be applied</i></p>	<p>1st Routine Compulsory</p> <ul style="list-style-type: none"> • Back Tuck • Tuck Jump • Seat Drop • ½ twist to Seat • ½ twist to Feet • Pike Jump • Front Drop • To Feet • Pike Straddle Jump • Front Pike <u>OR</u> Barani Tuck <p>2nd Routine Voluntary (Optional)</p> <ul style="list-style-type: none"> • 1 Voluntary routine of 10 skills <p><i>Repetition of a non-DD skill within a routine will result in a deduction of <u>0.2</u> from each execution judge.</i></p>
RESTRICTIONS -1.00 for each restricted el. from final score	Cannot perform any skills with a DD higher than <u>0.9</u>	All 10 skills must be different, if a skill is repeated routine will be terminated. "To Feet" is a skill
SPOTTERS		<ul style="list-style-type: none"> • At least one spotter on each side of the trampoline during warm-up and two on each side during competition <ul style="list-style-type: none"> • Track suit and gym shoes. No jewelry or baseball caps.
WARM-UP	20 Minute general warm-up. Athletes will march in by their flight and the judges will allot 1 minute per athlete of timed warm-up.	

**2022 SASKATCHEWAN GAMES
RHYTHMIC GYMNASTICS**

	FREE	HOOP
	5-7 Body Difficulties* (Min 1 – Max 3 of each body group) Dance Steps Combination (Min 2) Min 3 Body waves – no repetition Min 1 risk (min 1 rotation)	5-7 Body Difficulties* (Min 1 – Max 3 of each body group) Dance Steps Combination (Min 2) Min 3 Body waves – no repetition Min 1 risk (min 1 rotation)
	D SCORE (COMBINATON OF DIFFICULTY VALUES) + E SCORE (MAX 10) = TOTAL SCORE	
APPARATUS		<ul style="list-style-type: none"> • Wood or plastic hoop • Weight: no minimum • Diameter – Large enough to reach the gymnasts hip when vertically placed on the ground • Shape: not prescribed • The shape and weight of the hoop may be adjusted by wrapping with tape
TIME	1:15-1:30	
MUSIC	Voice and words are permitted in both routine with respect to ethics.	
WARM-UP	20 Minute general warm-up Each District will receive 2.5 minutes of mat time for warm-up prior to competition.	

***Reference the full guide for body difficulties and definitions of each skill.**