



Gymnastics for All

Event Handbook

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Table of Contents

Gymnastics for All Introduction	2
GfA Definitions	3
GfA Program Structure	4
GfA Regulations	5
GfA Events	6
Club Events	7
Provincial/Territorial and Regional Events	8
Canadian Gymnaestrada	9
CG Objectives	9
CG Benefits	9
CG Event Format	10
CG Eligibility	11
Group Eligibility	11
Participant Eligibility	12
FIG GfA Events	13
FIG World Gymnaestrada	13
WG Objectives	13
WG Event Format	14
WG Eligibility	16
Group Eligibility	16
Participant Eligibility	17
FIG World Gym for Life Challenge	17
WGFLC Objectives	17
WGFLC Event Format	18
WGFLC Eligibility	20
Group Eligibility	20
Participant Eligibility	20
Long-Term Planning Suggestions	21
References	23



Gymnastics for All Introduction

Gymnastics for All (GfA) is recognized as an official sport discipline by the Fédération Internationale de Gymnastique (FIG). As explained by the FIG, “the Gymnastics for All movement strives to bring nations together through a world of movement and physical activity, contributing to global health, fitness, and friendship. Anyone, regardless of age, shape, or ability can take part in Gymnastics for All activities as part of a daily fitness routine.” (FIG Gymnastics for All - History)

Consistent with the International Federation’s commitment to inclusive gymnastics programming, activities, and events, Gymnastics Canada (GymCan) also recognizes “Gymnastics for All” (GfA) as an integral part of the organization across Canada. The focus of GfA is Fun, Fitness, Fundamentals, and Friendship:

- Gymnastics for All is considered the foundation of all gymnastic disciplines.
- Gymnastics for All offers a wide variety of participation opportunities for people of any age, gender/gender identity, physical ability, or background.
- Gymnastics for All activities contribute to personal health, fitness, and well-being (physical, social, cognitive, and emotional).
- Gymnastics for All activities develop the fundamentals of movement in a fun, inclusive environment.
- Gymnastics for All promotes personal/group achievement, celebrates diversity, and creates meaningful friendships!

While GfA activities may easily be incorporated into an individual’s daily fitness routine, GfA can also be showcased through group demonstrations, performances (e.g. Canadian Gymnaestrada and World Gymnaestrada) and competitive team events (e.g. World Gym for Life Challenge).



GfA events offer participants an incentive to improve physical ability, sharpen mental skills, learn, and perfect new techniques, indulge in creative expression, celebrate different cultures, and demonstrate their hard work to an appreciative audience. It is the ideal endeavour for all gymnastics enthusiasts.

Clubs wishing to start a demonstration team or performance group are encouraged to refer to the “Getting Started Guide” (*currently in development – publish date May 2021*) which supplements this handbook for more detailed instructions and resources.



GfA Definitions

There are many ways to describe the unique aspects of a GfA event. The following terms will be used throughout this manual:

Term	Definition
<ul style="list-style-type: none"> ● Routine ● Demonstration ● Performance 	A choreographed presentation of skills, artistic dance elements, and aesthetic movements performed for an audience by a group of gymnasts.
<ul style="list-style-type: none"> ● Display ● Show 	A presentation of multiple group routines performed for an audience.
<ul style="list-style-type: none"> ● Gala/Showcase 	A presentation of specifically selected group routines performed for an audience.
<ul style="list-style-type: none"> ● Gymnaestrada 	An inclusive gymnastics festival celebrated on a stage and in the streets.
<ul style="list-style-type: none"> ● Gym for Life Challenge 	Similar to a Gymnaestrada event but with the added opportunity for groups to participate in a contest and have their performance evaluated.
<ul style="list-style-type: none"> ● Participant 	A registered group member (gymnast, coach, group leader, chaperone, supporter).
<ul style="list-style-type: none"> ● Gymnast ● Performer 	An active participant in the group routine.
<ul style="list-style-type: none"> ● Coach 	Prepares and oversees technical and aesthetic aspects (individual and group) of the routine while overseeing the safety and well-being of the group in training and event performances.
<ul style="list-style-type: none"> ● Group Leader 	Manages the administrative group logistics (i.e. group communications, event registration, travel, etc.). Responsible for all direct communication between event organizers and the group before, during, and after the event.
<ul style="list-style-type: none"> ● Chaperone 	Supervises underage gymnasts during events (outside of the warm-up and performance halls).
<ul style="list-style-type: none"> ● Supporter 	A person (generally a family member) with no official role within the group. Registration as a supporter grants access to the participant package (transportation, accommodations, performance hall entry, etc.) but restricts access to the field of play (training and performance gyms).
<ul style="list-style-type: none"> ● Adjudicator ● Feedbacker 	An individual or group of individuals committed to sharing their unique knowledge and expertise in performance gymnastics to highlight the successes of a group performance and offer ideas, suggestions, and support for continued development.





GfA Program Structure

GymCan's Gymnastics for All Council is a consultative group dedicated to providing input and direction to the discipline of Gymnastics for All in Canada. Chaired by GymCan's Sport Development Program Manager, the GfA Council consists of one representative per Provincial/Territorial Organization (P/TO). Representatives are appointed by their P/TO.



In keeping with GymCan's mission, vision, and operational objectives, the GfA Council works in collaboration with various stakeholder groups and subject matter experts to lead, regulate, guide, plan, and implement the programs and activities of the GfA discipline.



The purpose of the **Gymnastics for All Event Handbook** is to ensure a common understanding of the opportunities, structure, and functioning of Gymnastics for All events in Canada. Any modifications to this document must be approved by the appropriate procedure.



GfA Regulations

In the spirit of creativity, inclusion, and diversity, very few technical rules or regulations exist for GfA events. The few regulations that do exist are normally event-specific and relate to the length of the performance time and the minimum number of gymnasts required on the performance floor.

In Canada, recommendations regarding the minimum age for participation are also a factor when determining a gymnast's eligibility for national and/or international GfA events. The age recommendations are based on *Sport for Life's* stages of [Long Term Development](#) and consider all aspects of a gymnast's development (psychological, emotional, physical, social) in relationship to their readiness to travel and perform on a national/international stage.

All other aspects of a GfA event are typically defined by the event organizer and may vary depending on the physical space and logistics (i.e., size of the performance floor, location of venue, type of venue - indoor/outdoor, apparatus available etc.).

Group performances may include a combination of gymnastics, dance, and other performance components. Groups may be inspired to include FIG recognized gymnastics disciplines and apparatus and/or non-traditional gymnastics sports/apparatus. Props and costumes are permitted and encouraged.

Examples of FIG recognized gymnastics disciplines and apparatus include:

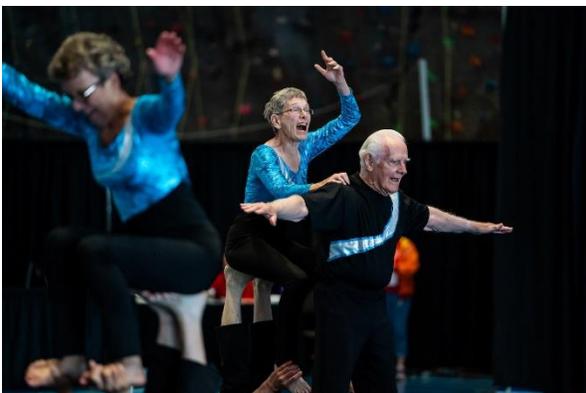
- Acrobatic gymnastics (sprung floor)
- Aerobic gymnastics (wood sprung floor)
- Men's artistic gymnastics (sprung floor, pommel horse, rings, vault, parallel bars, high bar)
- Rhythmic gymnastics (rope, hoop, clubs, ball, ribbon, carpet)
- Trampoline gymnastics (trampoline, double mini-trampoline, tumble track)
- Women's artistic gymnastics (vault, uneven bars, balance beam, sprung floor)

Gymnastics disciplines continue to evolve and so do the apparatus. For a full listing of FIG recognized disciplines and apparatus, please refer to the [FIG Apparatus Norms](#).

Examples of non-traditional gymnastics:

Non-traditional forms of gymnastics	Non-traditional apparatus and props
Rope skipping	Scarves
Cheerleading	Pool noodles
Acrobatic dance	Benches
Aboriginal hoop dancing	German wheels
Circus adagio	Unicycles





No matter the discipline, apparatus, or venue, Gym for All events offer groups of any size the chance to come together and showcase their creativity and love of gymnastics!



GfA Events

There are many events and activities offered across the country and beyond which belong under the GfA umbrella. Each initiative is unique to the interests and goals of the participants, community, and host organizers. While these performance opportunities may differ at the club, provincial/territorial, regional, national, and international levels, the overarching purpose of each is always rooted in the GfA focus of Fun, Fitness, Fundamentals, and Friendship.

This manual will focus on the showcase event aspect of Gymnastics for All which include:

- Club events (displays, guest performances, club shows, etc.)
- Provincial/Territorial gymnastics events
- Regional gymnastics events
- Canadian Gymnaestrada
- FIG World Gym for Life Challenge
- FIG World Gymnaestrada
- International gymnastics events (National Gymnastics Federation's Gymnaestrada, EuroGym, Golden Age Gym Festival, etc.)

Please refer to the (*currently in development – publish date May 2021*) for detailed instructions on how to start a demonstration team and/or performance group in your club.



Club Events

It is very common for a club to offer a GfA event to their members. There are many benefits to these events as they provide a valuable opportunity for:

- Gymnasts to perform with their peers in a fun and exciting environment while showcasing their skills and abilities in front of an audience;
- Family and friends to see their gymnasts' progress and celebrate their accomplishments from year to year (or session to session);
- Clubs to promote their programs within the community and to a wider public,
- New member recruitment;
- Fundraising;
- Building gym culture/community.



Some examples of GfA events hosted and/or organized by a club include:

1. Club displays or demonstrations:

- Often held in conjunction with a community event, holiday celebration, Canadian Gymnastics Week, etc.;
- Usually held in a community space (i.e., shopping mall, school, community centre, etc.);
- Some clubs have a dedicated demonstration team or performance group scheduled to perform a pre-choreographed routine as part of their regular session/season calendar.

2. Club shows:

- Often organized to celebrate the end of a session, or the end of the gymnastics year;
- Usually held in the gym club or a community gym/arena with spectator seating available;
- Depending on the type of club and goals/interests of the members, might include group performances, individual demonstrations, large group/mass choreographed routines, etc.

3. Special guest performances:

- Often integrated into a special event (i.e., part of an opening ceremony, medal presentation, half-time show, Canada Day outdoor celebration, etc.);
- Usually held in a competitive arena, concert hall, stadium, etc.



Provincial/Territorial and Regional Events

Across Canada, the Provincial/Territorial Gymnastics Organizations (P/TOs) recognize the importance of the Gym for All discipline. Many organizations offer an annual P/T Gymfest or Gymnaestrada so their clubs and members can come together in celebration of all forms of movement while sharing group performances and learning from one another. In some cases, neighbouring P/TOs work collaboratively to organize regional events (i.e. Western Gymnaestrada) so their clubs and members have an even larger GfA event to work towards every 2 years.

Provincial/territorial and regional events offer a wide variety of benefits to all involved. These often include:

- Providing gymnasts at all levels, abilities, ages, etc. with the opportunity to perform on a provincial/territorial and/or regional stage;
- Providing participants with the chance to watch different group routines, cheer on their peers and find inspiration, motivation and new ideas from other club performances;
- Allowing groups to learn about and experience “team travel” (i.e. hotel accommodations, meal planning, event transportation, and scheduling, etc.);
- Promoting and increasing awareness of gymnastics within the community and wider public;
- Delivering educational workshops to coaches and gymnasts;
- Providing feedback to groups preparing to attend the Canadian Gymnaestrada (CG) and/or World Gymnaestrada (WG);
- Facilitating connections and collaborations between groups wishing to attend the CG and/or WG (combining groups is an option since it allows for a more diverse presentation and increases the number of gymnasts involved in the performance).

Although the event format and program for a P/T Gymnaestrada or Gymfest may vary, most events share some common elements such as:

- Group performances for registered clubs (individual routines are not typically included);
- Educational workshops for registered participants (coaches and gymnasts);
- A theme for the event to help inspire the preparation of group performances (music, choreography, etc.);
- A special opening and/or closing ceremony/gala to feature the theme of the event, the participating groups/clubs, showcase local talent(s), etc.



Contact your P/TO for more information regarding the GfA event opportunities in your area.



Canadian Gymnaestrada

The Canadian Gymnaestrada (CG) is a nation-wide GfA event hosted by GymCan every 4 years. The event provides a national platform for groups of 10 or more gymnasts from across the country to come together and share their passion and love of gymnastics. By featuring performances in both indoor and outdoor venues, the event format not only draws local spectators in, but it also brings the event out to the local community.

Canadian Gymnaestrada Objectives

The Objectives of the Canadian Gymnaestrada are to:

- Promote the value and diversity of gymnastics to a wider public;
- Encourage the growth of Gymnastics for All across Canada;
- Celebrate creativity, innovation, and inclusion;
- Showcase regional/national culture, traditions, music, etc.;
- Inspire joy in exercise and physical activity;
- Foster collaboration and friendship between groups from across the country;
- Deliver educational workshops for gymnasts and coaches;
- Establish the Canadian delegation for the following year's World Gymnaestrada.

Canadian Gymnaestrada Benefits

Every four years, the Canadian Gymnaestrada offers participants many benefits by:

- Providing gymnasts at all levels, abilities, ages, etc. the opportunity to perform on a national stage;
- Providing participants with the chance to become spectators at a national event, gaining inspiration, motivation, and new ideas from other group performances;
- Allowing groups to learn about and experience out-of-province “team travel” (i.e. booking travel/flights, hotel accommodations, meal planning, event transportation and scheduling, etc.);
- Featuring leaders and educators from the GfA community as workshop facilitators/presenters for coaches and gymnasts;
- Embracing a culture of continued development and improvement by providing feedback to groups and if applicable, helping them prepare for the World Gymnaestrada (WG);
- Facilitating connections and collaborations between groups wishing to attend the WG (combining groups is an option since it allows for a more diverse presentation and increases the number of gymnasts involved in the performance);
- Promoting and educating groups about the upcoming FIG World Gymnaestrada and World Gym for Life Challenge;
- Providing groups with the chance to try on the Team Canada uniform kit and determine specific sizing requirements in preparation for joining the Canadian delegation at the World Gymnaestrada.





Canadian Gymnaestrada Event Format

The Canadian Gymnaestrada typically takes place over the span of 4 days (this does not include arrival and departure days). The event is made up of the following components:

- **Rehearsals**
 - Typically occur one day prior to the start of indoor performances;
 - Groups rehearse their full performance with music and apparatus in the indoor venue.
- **Educational and practical workshops for coaches and gymnasts**
 - Typically occur one day prior to the start of indoor performances;
 - Facilitated by participating group coaches, choreographers, leaders, etc., and/or experts from the local community.
- **Opening ceremony**
 - Typically held in the indoor venue and includes:
 - Introduction of participating clubs and P/TOs;
 - Speeches and presentations from dignitaries, sponsors, organization leaders, etc.;
 - Special performances featuring local performers/talents, and a selection of routines from local gym club(s) and/or attending groups.
- **Indoor Group Performances**
 - Each performance area is approximately 400 m² (20m x 20m) with seating capacity for a minimum of 2000 spectators;
 - Groups must have a minimum of 10 active gymnasts on the performance floor;
 - Indoor groups perform twice in the indoor venue;
 - The maximum duration of an indoor group performance is dependent on the number of active participants:
 - Groups with 10 to 19 gymnasts are limited to a maximum 5-minute performance.



- Groups with 20 to 35 gymnasts are limited to a maximum 10-minute performance.
 - Groups with 36 or more gymnasts are limited to a maximum 15-minute performance.
- **City Group Performances**
 - City groups perform twice, once in the indoor venue and once in the outdoor venue;
 - The outdoor performance is hosted in conjunction with the local community's Canada Day celebrations;
 - The outdoor performance area is dependent on the space provided by the local community (preferred size is a minimum of 12m x 12 m, covered with a clearance of 6m);
 - The maximum duration of the city group performance is dependent on the number of active participants:
 - Groups with 10 to 19 gymnasts are limited to a maximum 3-minute performance.
 - Groups with 20 or more gymnasts are limited to a maximum 5-minute performance.
 - **Showcase/Closing Gala**
 - Features a selection of performances from attending groups;
 - Typically takes place on the evening of the second indoor performance day.



Canadian Gymnaestrada Eligibility

Group Eligibility

Any **Group** wishing to attend the Canadian Gymnaestrada must:

1. Meet all eligibility requirements defined by their P/TO;
2. Submit all required registration information (fees, forms, [risk management requirements](#), etc.) according to the deadlines outlined within the official Canadian Gymnaestrada Information Bulletins;



3. Have at least one designated coach with a minimum of NCCP Competition 1 **certified** (or equivalent). All coaches must possess the appropriate discipline(s) certifications and may not coach beyond their formal NCCP certification level. If a club or P/T registers more than one group, they must designate a different coach for each registered group;
4. Have a designated group leader. If a club or P/TO registers more than one group, only one group leader is required for all the groups registered by that club or P/TO;
5. Appoint one chaperone for every ten gymnasts below the age of 18 at the time of the event. A group may appoint a maximum of two chaperones for every ten gymnasts below the age of 18 participating in the CG. Gender equity is required as per the underage group members. This means at least one of the group's support personnel (coach, group leader, chaperone) must be the same gender or identified gender in relation to each underage participant.

Participant Eligibility

Any **individual** wishing to participate in the Canadian Gymnaestrada must:

1. Be a registered member in good standing with their provincial/territorial gymnastics organization;
2. Adhere to [GymCan's Safe Sport Policies](#);
3. Meet the minimum age for national event participation as recommended by GymCan in accordance with the organization's [Long Term Athlete Development Model](#). The minimum recommended age to participate in the CG is 9 years old. Age is defined as the age of the participant on December 31st of the event year. Gymnasts younger than 9 may be permitted to participate by GymCan on a case-by-case basis;
4. Adhere to the "[The Rule of Two Guidelines for Gymnastics Canada](#)" for all interactions with individuals who are under the age of majority. Groups are required to work together to ensure they are always maintaining the gold standard.

Please review the applicable "Canadian Gymnaestrada Information Bulletin" for more details regarding the event.



FIG GfA Events

Internationally, the Fédération Internationale de Gymnastic (FIG) offers two signature events within the discipline of GfA: The World Gymnaestrada and The World Gym for Life Challenge. These events are open to participants from all FIG member federations on a four-year cycle and alternate every two years.

Example:

- World Gym for Life Challenge 2017
- World Gymnaestrada 2019
- World Gym for Life Challenge 2021
- World Gymnaestrada 2023

FIG World Gymnaestrada

The World Gymnaestrada (WG) is a week-long festival that attracts the largest gathering of gymnasts (typically over 20,000 participants) from around the globe. Every four years, gymnasts come together to perform group routines of 10 or more people in exhibition halls and/or large mass group performances of 200+ people in sports stadiums.

In accordance with the international GfA regulations for the World Gymnaestrada, “the FIG does not permit any discrimination for race, colour, gender, sexual orientation, language, religion, political, or other opinion, national or social origin, property, birth, disability, physical attributes, athletic ability, or other status.” (FIG Rules - Gymnastics for All Manual, 2019, p. 9)

World Gymnaestrada Objectives

As defined by the FIG, the objectives of the World Gymnaestrada include:

- Promoting the value and diversity of gymnastics;
- Encouraging the growth of Gymnastics for All worldwide;
- Providing incentives for meaningful work within FIG Member Federations;
- Inspiring enjoyment in exercise and encouraging personal activity;
- Demonstrating the unlimited possibilities of different ideas of Gymnastics for All;
- Presenting the most recent findings and developments;
- Bringing together gymnasts from all over the world as a contribution towards the friendship of nations;
- Presenting the diversity of gymnastics to a wider public;
- Offering an interesting and exciting event in gymnastics for the participants and the audience.

(FIG Rules - Gymnastics for All Manual, 2019, p. 9)



World Gymnaestrada Event Format

There are many activities and events offered to participants during the week of the World Gymnaestrada including:

- **Opening ceremony**
 - Usually takes place on the first day of the event (Sunday afternoon or evening);
 - Delegation members march into the stadium led by their nations' flags (Olympic Games-style);
 - Ceremony includes special performances created by the LOC, dignitary speeches, and the official raising of the flags (FIG, WG, and host nation flags).

- **Group performances**
 - Held in the main venue and involve the majority of WG participants as performers and spectators;
 - The main venue typically contains no less than 8 sports/exhibition halls or gyms so several performances can take place at the same time;
 - Each performance area is approximately 400 m² (20m x 20m) with seating capacity for a minimum of 1000 spectators;
 - Groups must have a minimum of 10 active gymnasts on the performance floor;
 - Groups perform three times over the week of the Gymnaestrada;
 - Performances are limited to 10 or 15 minutes in duration;
 - Each national federation is awarded up to a maximum of 15 group performance spots:
 - The total number of spots allocated to a national federation may vary between cycles, depending on the size of the delegation and the total number of groups/participants from all FIG member federations wishing to perform.
 - All national federations are required to submit their estimated group and participant numbers 1.5 years prior to the event.
 - The FIG reviews the total estimated number of groups and participants from all members and sends confirmation of the total performance spots allocated to each national federation approximately 1 year prior to the event.
 - Canadian groups may be asked to share a spot depending on the total number allocated by the FIG. Combining group routines is at the discretion of the Gym for All Council according to the recommendations of the Canadian Gymnaestrada adjudicators.

- **Large group performances**
 - Held in large stadiums (indoor or outdoors);
 - The performance area is approximately 7000 m² (100m x 70m) with ground markers set at 2 metres apart with seating capacity for a minimum of 4000 spectators;
 - A minimum of 200 active gymnasts is required to register a Large Group;
 - One or more national federations may work together to create a performance;
 - Large groups perform three times over the week of the Gymnaestrada;
 - Performances are limited to 15 minutes in duration;
 - Each national federation is awarded up to a maximum of 4 large group performance spots;



- The total number of spots allocated to a national federation may vary between cycles depending on the size of the delegation and the total number of groups/participants from all FIG member federations wishing to perform.
- All national federations are required to submit their estimated large group and participant numbers 1.5 years prior to the event.
- The FIG reviews the total estimated number of large groups and participants from all members and sends confirmation of the total performance spots allocated to each national federation approximately 1 year prior to the event.

- **National/continental performances**

- Held in one or two exhibition/sports halls in the main event venue (the number of halls required depends on the number of national performance applications submitted and approved);
- One performance area must be approximately 800m² (40m x 20m) with seating capacity for a minimum of 4000 spectators (the second hall may be slightly smaller in size and capacity);
- One nation (or a combination of nations) takes center stage to present a 1.5 hr show featuring gymnastics, folklore, cultures, music and/or other characteristics that are unique to their country or continent:
 - These special shows are limited in availability so all FIG member federations/continental unions must apply 1.5 years prior to the event.
 - The FIG reviews all submissions and sends confirmation to the selected national federations/continental unions approximately 1 year prior to the event.
 - National performances are not guaranteed to all federations. Canadian groups wishing to apply for a spot in a National performance must indicate their interest at the Canadian Gymnaestrada (one year prior to the WG). If Gymnastics Canada is awarded a National performance slot, groups will be selected at the discretion of the Gym for All Council according to the recommendations of the Canadian Gymnaestrada adjudicators.

- **FIG Gala**

- Held in a large exhibition/sports hall in the main event venue;
- The performance area is approximately 800m² (40m x 20m) with seating capacity for a minimum of 4000 spectators;
- Groups selected to perform in the FIG Gala will work exclusively with the FIG Gala choreographers and committee members and must be prepared to work directly with a multi-federation production (pre-event and on-site);
- The Gala is a specially choreographed and selected show presented by the FIG to highlight the diversity of Gymnastics for All;
- A member of the FIG GfA Committee and the FIG Gala Choreographer work together to develop the idea, theme, concept, and management of the 1.5 hr FIG Gala:
 - With limited performance spots, FIG members federations must apply on behalf of their interested group(s) a minimum of 2 years in advance.
 - The application must include group details, performance title, apparatus requirements, music, theme/concept, video/photos, etc.



- The selected groups are notified by the FIG via their national federation at least 14 months prior to the World Gymnaestrada.
 - Canadian groups wishing to apply for the FIG Gala must have successfully performed in a WG FIG Gala or WG National Performance within the last 2 cycles. Applications will be reviewed by a panel of experts and approved by the GymCan Gymnastics for All Council prior to official submission to the FIG.
- **Educational Forum**
 - Usually Held in the main event venue and/or on the city stages;
 - Provides a platform for the LOC, FIG, and national federations to share research, technical practices, interactive workshops, and other learning opportunities with the participants of the WG;
 - The theme, format, and schedule vary each cycle, but participants are always encouraged to consider sharing their knowledge by leading a workshop or educational session;
 - FIG member federations are asked to submit their proposal(s) a minimum of 1 year in advance on behalf of their workshop facilitator or “expert”.
- **Open-air stage performances (“City Performances”)**
 - City performances are not a formal component of the World Gymnaestrada;
 - The FIG regulations state that an LOC may organize special side events during the event as long as they do not conflict with the nature of the event (example, no competitive events are permitted) and do not require additional days to be added to the week-long festival;
 - Typically, the LOC will use this opportunity to invite groups to perform on city stages across the community, expanding the reach of the event and bringing the celebration of Gymnaestrada to the local population.
- **Closing ceremony**
 - Marks the end of the event and takes place on the last day of the week-long festival;
 - The ceremony includes dignitary speeches, lowering of the flags, special Large Group performances and other presentations organized by the LOC;
 - Additionally, the national federation that has been awarded the next WG presents a welcome performance.

World Gymnaestrada Eligibility

Group Eligibility

Any **Group** wishing to attend the WG must:

1. Have performed at the Canadian Gymnaestrada (one year prior to the WG);
2. Submit all required registration information (fees, forms, [risk management requirements](#), etc.) according to the deadlines outlined within the official GymCan Information Bulletins for the Canadian Delegation;
3. Have at least one designated coach with a minimum of NCCP Competition 1 **certified** (or equivalent). All coaches must possess the appropriate discipline(s) certifications and may not



coach beyond their formal NCCP certification level. If a club or P/T registers more than one group, they must designate a different coach for each registered group;

4. Have a designated group leader. If a club or P/T registers more than one group, only one group leader is required for all the groups registered by that club or P/TO;
5. Appoint one chaperone for every ten gymnasts below the age of 18 at the time of the event. A group may appoint a maximum of two chaperones for every ten gymnasts below the age of 18 participating in the WG. Gender equity is required as per the underage group members. This means at least one of the group's support personnel (coach, group leader, chaperone) must be the same gender or identified gender in relation to each underage participant.

Participant Eligibility

Any **individual** wishing to participate in the WG as part of the Canadian Delegation must:

1. Be a registered member in good standing with their provincial/territorial gymnastics organization;
2. Adhere to [GymCan's Safe Sport Policies](#);
3. Meet the minimum age for international event participation as recommended by GymCan in accordance with the organization's [Long Term Athlete Development Model](#). The minimum recommended age to participate in the WG is 10 years old. Age is defined as the age of the participant on December 31st of the event year. Gymnasts younger than 10 may be permitted to participate by GymCan on a case-by-case basis;
5. Have personal accident and medical insurance coverage for out of country travel;
6. Adhere to the Coaching Association of Canada's recommendation regarding "[The Rule of Two](#)" for all interactions with members of the Canadian Delegation who are under the age of majority. Groups are required to work together to ensure they are always maintaining the gold standard.

Please review Section 2 of the [FIG Gymnastics for All Manual](#) posted on the FIG website for more details regarding the event.

FIG World Gym for Life Challenge

In answer to the growing interest world-wide to participate in FIG GfA festivals, the first FIG World Gym for Life Challenge was held in Dornbirn, Austria in 2009. The addition of the World Gym for Life Challenge (WGFLC) has allowed the FIG to offer their member federations the option to attend an international GfA event every two years.

World Gym for Life Challenge Objectives

Building on the inclusive philosophy of the World Gymnaestrada, the objectives of the WGFLC include:

- Promoting the value and diversity of gymnastics;
- Encouraging the growth of Gymnastics for All worldwide;
- Providing incentives for meaningful work within FIG Member Federations;



- Inspiring enjoyment in exercise and encouraging personal activity;
- Demonstrating the unlimited possibilities of different ideas of Gymnastics for All;
- Bringing together gymnasts from all over the world as a contribution towards the friendship of nations;
- Presenting the diversity of gymnastics to a wider public;
- Providing a second FIG event for gymnastic groups;
- Offering gymnastic groups the opportunity to participate in a contest and to have their performances evaluated;
- Offering an interesting and exciting event in gymnastics for the participants and the audience;
- Presenting interesting workshops for gymnasts and coaches.

(FIG Rules - Gymnastics for All Manual, 2019, p. 37)

World Gym for Life Challenge Event Format

There are many activities and events offered to participants during the week of the WGFLC:

- **Opening Ceremony**
 - Takes place on the first day and marks the start of the event;
 - Participating national federations are presented according to the LOC directions (march-in and formations);
 - Ceremony includes special performance created by the LOC, dignitary speeches, and the official raising of the flags (FIG, WGFLC and host nation flags).
- **The Contest**
 - Held in the main indoor venue with 1 or 2 performance areas;
 - Each performance area is approximately 600 m² (20m x 30m) with seating capacity for a minimum of 3000 spectators;
 - Indoor performances incorporate any gymnastics elements (with or without apparatus), up to a maximum of 5 minutes in duration;
 - The minimum group size permitted is two active gymnasts; there is no maximum.
 - Participation in the WGFLC includes:
 - **Rehearsal** in the performance venue prior to the start of the event.
 - **Warm-up** in the official warm-up gym prior to the group performance.
 - **Contest performance** in the main venue. Each group presents a performance once for evaluation and can participate in only one of the following categories:
 - Gymnastics and Dance, small group (20 or less gymnasts);
 - Gymnastics and Dance, large group (21 or more gymnasts);
 - Gymnastics on or with large apparatus, small group (20 or less gymnasts);
 - Gymnastics on or with large apparatus, large group (21 or more gymnasts).
 - **Evaluation** by a panel of experts selected by the FIG Gym for All Committee (4 experts per panel). After each performance the evaluators individually assign a score which add up to a total score based on the following criteria:
 - Entertainment value



- Innovation, originality, and variety
 - Technique, quality, and safety
 - Overall impression
 - **Results** are determined according to a cumulative score assigned by the evaluators. All scores submitted by the evaluators are counted and used to create a ranking list in each category.
 - **Awards** are presented to all participating groups. Every gymnast receives a medal according to their group's award level (gold, silver, bronze).
 - **Feedback** sessions with an expert are offered to all groups following the awards.
- **WGFLC Gala**
 - The Gala is organized on the last day of the event in the main performance hall.
 - All groups awarded gold (14 gold) plus two wild card groups will participate in the World Gym for Life Gala (16 group performances total). The two wildcards are awarded at the discretion of the FIG GfA Committee.
 - The Gala includes:
 - **Evaluation** of all 16 group performances made by the expert panel along with one evaluator representative from each participating federation. Instead of assigning a total score per group, each evaluator will identify their preference for the top three rankings:
 - #1 = Best group (10 points),
 - #2 = second best group (6 points), and
 - #3 = third best group (2 points).
 - Evaluators will base their individual ranking preference on the same evaluation criteria used for the contest:
 - Entertainment value
 - Innovation, originality, and variety
 - Technique, quality, and safety
 - Overall impression
 - **Results** are determined by adding the ranking values assigned to each group by the evaluators to establish the total scores.
 - **Award Ceremony** the group with the highest total score will be named the champion of the WGFLC and will be awarded the "Bruno Grandi Trophy". The announcement of the champion group will be followed with the presentation of the group's national flag and playing of their national anthem.
 - **Workshops**
 - A variety of GfA related workshops are scheduled by the LOC and offered to all registered participants (i.e., dance, fitness, health, etc.);
 - Each participating federation is asked to propose a facilitator to present a workshop;
 - Indoor venue and outdoor options available.
 - **Show Performances**
 - Groups are invited to perform on local community stages during the event ("City Stages");



- Show performances may be scheduled in an indoor and/or outdoor venue and the size of the performance area depends on the space available within the local community;
 - A show performance incorporates any gymnastics elements (with or without apparatus), up to a maximum of 10 minutes in duration;
 - Groups may decide to create a different “show” routine or repeat their “contest” routine.
- **Closing ceremony**
 - Takes place on the last day and marks the end of the event.
 - The ceremony includes:
 - Declaration of the WGFLC Champion group;
 - Dignitary speeches;
 - Presentation of the host of the next WGFLC.

World Gym for Life Challenge Eligibility

Group Eligibility

Any **Group** wishing to attend the World Gym for Life Challenge must:

1. Have performed at a minimum of one of the following events:
 - Canadian Gymnaestrada (within the most recent cycle, i.e. 3 years prior to the WGFLC)
 - World Gymnaestrada (within the most recent cycle, i.e. 2 years prior to the WGFLC)
 - Provincial Gymnaestrada (within 2 years prior to the WGFLC)
2. Submit a video sample of their planned performance to Gymnastics Canada (GymCan) at the time of the Intent to Participate registration deadline (registration date published in the official Information Bulletins for the Canadian Delegation);
3. Submit all required registration information (fees, forms, [risk management requirements](#), etc.) according to the deadlines outlined within the official Information Bulletins for the Canadian Delegation;
4. Have at least one designated coach with a minimum of NCCP Competition 1 **certified** (or equivalent). All coaches must possess the appropriate discipline(s) certifications and may not coach beyond their formal NCCP certification level. If a club or P/T registers more than one group, they must designate a different coach for each registered group;
5. Have a designated group leader. If a club or P/T registers more than one group, only one group leader is required for all the groups registered by that club or P/TO;
6. Appoint one chaperone for every ten gymnasts below the age of 18 at the time of the event. A group may appoint a maximum of two chaperones for every ten gymnasts below the age of 18 participating in the WGFLC. Gender equity is required as per the underage group members. This means at least one of the group’s support personnel (coach, group leader, chaperone) must be the same gender or identified gender in relation to each underage participant.

Participant Eligibility

Any **individual** wishing to participate in the WGFLC as part of the Canadian Delegation must:



1. Be a registered member in good standing with their provincial/territorial gymnastics organization;
2. Adhere to [GymCan's Safe Sport Policies](#);
3. Meet the minimum age for international event participation as recommended by GymCan in accordance with the organization's [Long Term Athlete Development Model](#). The minimum recommended age to participate in the WGFLC is 10 years old. Age is defined as the age of the participant on December 31st of the event year. Gymnasts younger than 10 may be permitted to participate by GymCan on a case-by-case basis;
4. Have personal accident and medical insurance coverage for out of country travel;
5. Adhere to the Coaching Association of Canada's recommendation regarding "[The Rule of Two](#)" for all interactions with members of the Canadian Delegation who are under the age of majority. Groups are required to work together to ensure they are always maintaining the gold standard.

Please review Section 3 of the [FIG Gymnastics for All Manual](#) posted on the FIG website for more details regarding the event.

Long-Term Planning Suggestions

Year 1 (Club event)

- Read GymCan GfA Event Handbook to confirm understanding of GfA discipline and event opportunities;
- Start building interest and awareness of GfA events;
- Start networking with clubs that have attended P/T GfA events in previous years (reach out to P/TO for help connecting with groups if required);
- Start incorporating group performances into club programs;
- Establish GfA program's short and long-term goals by consulting with club stakeholders;
- Develop a multi-year plan including club events, P/T events, CG and WG, if applicable (according to the established long-term goal);
- Investigate potential sources of local and P/T resources and develop fundraising framework;
- Educate all stakeholders regarding eligibility and funding requirements (training fees, estimated event costs, fundraising goals, etc.);
- Organize a Year End club show and invite all members to perform (include choreographed routines, costumes, props, etc. but be resourceful and minimize added costs);
- Assess the success of the show (gymnast experience, coach satisfaction, spectator appreciation, funds raised, etc.).

Year 2 (Provincial/Territorial – "P/T" or Regional event)

- Contact P/TO to learn more about P/T or Regional GfA event opportunities;
- Continue building interest and awareness of GfA events;
- Start networking with clubs that have attended the Canadian/World Gymnaestrada in previous cycles (reach out to P/TO for help connecting with groups if required);
- Continue incorporating group performances into club programs;
- Continue sharing the GfA program's short and long-term goals with club stakeholders;
- Form a small management team (coach, group leader, chaperone);
- Review multi-year plan to ensure club is on track to attend P/T event, CG, and WG, if applicable (according to the established long-term plan);



- Monitor and maintain training schedule, fundraising framework, team agreements, etc.;
- Continue educating all stakeholders regarding eligibility and funding requirements (training fees, estimated event costs, fundraising goals, etc.);
- Fundraising for CG and WG (if applicable) should start in Year 2;
- Organize a Year End club show and attend P/T GfA event;
- Assess the success of the Year End Show and P/T event (gymnast experience, coach satisfaction, spectator appreciation, team travel cohesion, budget management, etc.).

Year 3 (Canadian Gymnaestrada – “CG”)

- Contact P/TO or visit the GymCan website to access the CG 1st Information Bulletin and registration forms (available the September before the event);
- Continue networking with clubs that have attended the CG/WG in previous cycles;
- Continue sharing the GfA program’s short and long-term goals with club stakeholders;
- Continue working with small management team on preparations for CG and WG;
- Review multi-year plan to ensure club is on track to attend CG and WG, if applicable (according to the established long-term plan);
- Monitor and maintain training schedule, fundraising framework, team agreements, cancellation policy, partnership agreement (if planning a joint performance with another club or clubs at the CG);
- Follow the CG registration requirements (deadlines, forms, fees, etc.) as published in the Information Bulletins;
- Continue educating all stakeholders regarding eligibility and funding requirements (training fees, registration fees, travel and accommodations costs, fundraising goals, etc.);
- Continue fundraising for CG and WG (if applicable);
- Organize a Year End club show, attend P/T GfA event and CG;
- Assess the success of the Year End Show, P/T event, and CG (gymnast experience, coach satisfaction, spectator appreciation, team travel cohesion, budget management, etc.).

Year 4 (World Gymnaestrada – “WG”)

- Contact GymCan to receive the WG 1st Information Bulletin and registration forms (available the September before the event);
- Continue networking with clubs that have attended WG in previous cycles;
- Continue sharing the GfA program’s short and long-term goals with club stakeholders;
- Continue working with small management team on preparations for WG (if group is sharing a performance spot with another group or multiple groups, be sure to connect and collaborate with the management team from the other club(s));
- Review multi-year plan to ensure club is on track to attend WG (according to the established long-term plan);
- Monitor and maintain training schedule, fundraising framework, team agreements, cancellation policy, partnership agreement (if planning a joint performance with another club or clubs at the WG);
- Follow the WG registration requirements (deadlines, forms, fees, etc.) as published in the Information Bulletins for the Canadian Delegation;
- Continue educating all stakeholders regarding eligibility and funding requirements (training fees, registration fees, travel and accommodations costs, fundraising goals, etc.);
- Continue fundraising for WG;
- Organize a Year End club show, attend P/T GfA event and WG;
- Assess the success of the Year End Show, P/T event, and WG (gymnast experience, coach satisfaction, spectator appreciation, team travel cohesion, budget management, etc.).



References

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https://www.gymnastics.sport/publicdir/rules/files/en_Gymnastics%20for%20All%20Manual,%20Edition%202019.pdf

