



## 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

Clubs must send in a sample routine recording from the proper camera angle to The Gym Sask Technical Director ([kmandzuk@gymsask.com](mailto:kmandzuk@gymsask.com)) by **NOVEMBER 22<sup>ND</sup> (if you have not previously participated in a virtual competition)** to be verified for the whole year. All future invitational recordings must be taken from the approved positions. Please include one link of all four events.

### 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.
  - JO 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.
- **BAR:** 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.**

### 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.

Last updated: November 5<sup>th</sup>, 2021

- 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.

### STEP 3

Videos must be submitted by 10:00pm on Saturday December 4<sup>th</sup> using the following email address: [virtualprovincials2021@gmail.com](mailto:virtualprovincials2021@gmail.com) (I will be using the same email address for Sask Winter Games as we did Provincials).

Please put the videos into the following folders:

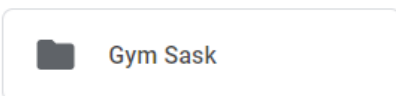
Main Folder "Club Name"

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 ↑

▫ Bars

▫ Beam

▫ Floor

▫ Vault

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## 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

- Clubs are encouraged to have their athletes wear their competition leotard when competing
- If athletes do not have a club leotard that is allowed for this event 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
- 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](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