

Athlete Eligibility

Athletes must be a minimum of 14 years and a maximum of 22 years in the year of the Games. Athletes must be born 2001-2009 inclusive.

Athletes must be a minimum of Level 5 in order to trial for the team.

Team Selection

The designated team size is 2 male and 2 female athletes, plus one alternate of each gender.

Potential team members will be required to attend two trial competitions, one in November and one in December. Each trial will consist of two free optional routines.

Team will be comprised of the athletes with the highest combined score of two optional routines after the two trials.

The final team will attend a training camp in January.

CWG Rules

Canada Winter Games will be governed by the 2022-2024 TG FIG Code of Points, 2023 GymCan competition regulations and 2023 TRA Competition System. The Canadian requirement for the L7 category will be used to score all events.