



Gymnastics For All – Rules and Regulations

2023-2024

December 2023

GYMNASTICS FOR ALL RULES AND REGULATIONS

2023-2024

All rules and regulations for general gymnastics in Saskatchewan are under the jurisdiction of Gymnastics Saskatchewan's CEO with Gymnastics Saskatchewan program staff and the Gymnastics For All Committee.

All general gymnastics programs and competitions sponsored or sanctioned by Gymnastics Saskatchewan shall be governed by the rules and regulations established in this document, by GymCan and/or the International Gymnastics Federation (FIG).

Only gymnasts, coaches and judges who are registered members in good standing of Gymnastics Saskatchewan are eligible to take part in Gymnastics Saskatchewan programs and events in and/or out of province.

1. GYMNAST PROGRAMS

Gymnastics Saskatchewan offers programs for general gymnastics participants. The following policies have been developed and will apply to all non-competitive programs in Saskatchewan.

1.1 Recreational Programs

CANGYM (Artistic)

Gymnastics Saskatchewan endorses Gymnastics Canada's CANGYM program as the recreational program for use by all member clubs. CANGYM manuals and badges are available from the Gymnastics Saskatchewan office.

CANJUMP (Trampoline & Tumbling)

Gymnastics Saskatchewan endorses Gymnastics Canada's CANJUMP program as the recreational program for use by all member clubs. CANJUMP manuals and badges can be ordered through the Alberta Gymnastics Federation.

SASK RHYTHM (Rhythmic)

Gymnastics Saskatchewan endorses the SASK Rhythm program that was developed in Saskatchewan. SASK Rhythm program has been created to help organize fundamental skills into systematic progressions while giving gymnasts a pathway for meaningful participation in the sport throughout the lifespan.

MASS ROUTINES (Inter-Club Performance or Gymnaestrada Gymnast)

Gymnastics Saskatchewan offers pre-choreographed group routines. Meant to be performed at Galas and Gymnaestradas, clubs learn the routine in their own club and then come together with other clubs to perform it as a mass in a large group. The Mass Routines offered at this time are choreographed for different ages and stages according to the Long-Term Athlete Development Model:

- Active Start Mass Duck (2023)
- Fundamentals **Mass Beach Towel (2024)**
- Specialization Mass Co-Resistance (2021)
- Gym For Life Mass Noodle (2022)

FUN MEET (all disciplines)

Clubs are encouraged to host and to take part in fun meets. These events are in-club or inter-club activities organized by clubs. The Gymnastics Saskatchewan Fun Meet guidelines and recommendations are available from Gym Sask. Recreational events should be open to all, evaluation should not include scores and all participants should receive the same participation awards.

2. GYMNAST REGISTRATION & ELIGIBILITY

2.1 Active Start & Recreational

There are no levels in these two categories. Clubs will provide programming to learn and practice various skills and routines with the opportunity to perform without being formally evaluated. Clubs may utilize evaluation protocols to move participants from one level to another.

All gymnasts must declare their category of registration with Gymnastics Saskatchewan each fall by the membership deadlines established annually. For the 2023-2024 season, the first registration deadline is October 15, 2023.

2.2 Performance Category

The Inter-Club Performance or Gymnaestrada Gymnast category should be used for any gymnast who takes part in an annual program and performs in Gala, Mass Routine or Gymnaestrada events.

The Recreational Gymnast (6 years+) category should be used for gymnasts who take part in a session program (not annual) and who will not perform in any sanctioned Gala or event.

2.3 Petitions for Inclusion

If a participant or small group wishes to be included in an event that they are not currently eligible for, a petition may be submitted to the Gym For All Committee. Please use the form in the Appendix.

3. COACHES PROGRAM REGULATIONS

GENERAL

All coaches must be certified through the National Coaching Certification Program (NCCP) and must also have completed the Respect In Sport program (RIS). Information on coaching certification (NCCP and RIS) can be found on the Gym Sask website www.gymsask.com.

All coaches involved in Gymnastics Saskatchewan programs and events must meet the minimum certification requirements as stated in Gymnastics Saskatchewan coaching policies.

ACTIVE START CERTIFICATION

The Gymnastics Foundations Active Start course will be required for any coaches who are coaching participants under 6 years old. Recreational directors should also consider becoming Gymnastics Foundations Active Start Certified.

REQUIREMENTS AT FUN MEETS, PERFORMANCES & GYMNAESTRADA'S

The following certifications are required if a coach is actively coaching gymnasts in club, and/or on the floor at fun meets, performances and Gymnaestradas in and out of Saskatchewan:

- Active Start (0-5 years old) – Certified Gymnastics Foundations (or old NCCP Level 1 Certified)
- Recreational program (6+ years old) – Certified Gymnastics Foundations (or old NCCP Level 1 Certified)
- Canadian Gymnaestrada & World Gymnaestrada – NCCP Level 2 Certified (or Competition 1 Certified) in at least 1 of the 4 Gym Sports (MAG, RG, TG or WAG)

Non-certified coaches in training can help coach at any level if they are under the supervision of a Certified coach and have been granted a temporary certification exemption.

For more regulations related to coaches, please consult the Coach Technical Manual: [Coach-Technical-Manual-2022-2023-FINAL.pdf \(gymsask.com\)](#)

4. CANADIAN GYMNAESTRADA, WORLD GYMNAESTRADA AND FIG GYM FOR LIFE PROGRAM REQUIREMENTS

Program Requirements are under the jurisdiction of various gymnastic organizations: International Gymnastics Federation (FIG) and Gymnastics Canada in Saskatchewan, all program requirements are to be reviewed and revised annually, or as required, by the CEO in consultation with the Gymnastics For All Committee.

5. EVENT HOSTING INFORMATION

A Land Acknowledgement statement should be shared at the beginning of every event. **See Provincial Championships Event Hosting | Gymnastics Saskatchewan (gymsask.com) (p. 18-19) for this and other required protocols for all Gym Sask sanctioned events.**

5.1 Sanctions

Member clubs must apply for sanction to host events that involve more than their own club. Each host club will circulate all event details including: age and category requirements, apparatus and technical requirements, costs, schedule, and any other details important to hosting the event.

5.2 Venue Notes

For Sanctioned Galas and Gymnaestradas that host Mass Routines, the performance area must be a gymnasium with a minimum performance area of 50 feet X 84 feet (full size high school basketball court), with a surrounding area of minimum 3 feet and seating for at least 200 people.

5.3 Provincial Gymnaestrada

The Provincial Gymnaestrada will be held yearly. This is a one or two day event and will alternate between adjudication and workshops (depending where it lands in the GFA cycle) for gymnasts and coaches, practices for (and a) Gala performance event. The event can have a theme to direct the attending clubs to create routines focused on the selected theme, provided this is determined by December 1st. Clubs are encouraged to submit a Sanction Request to co-host this event with Gymnastics Saskatchewan. Attending clubs are encouraged to provide volunteers for the weekend to assist the host club. The recommended date for the event is between March and May.

The Provincial Gymnaestrada schedule is as follows:

- 2024 – Gala event
- 2025 – Workshop based
- 2026 – Adjudication based – Canadian Gymnaestrada year
- 2027 – Workshop based (TBD - hosted by Team Sask Gymnaestrada) – World Gymnaestrada year

ELIGIBILITY

The event is open to all general gymnastics performance gymnasts.

It is recommended that gymnasts participating have a minimum of 2 years of experience.

The host club may use this event as their club year end event provided the length of the show is reasonable (2 hours would be acceptable).

Club Teams who are attending Canadian Gymnaestrada must attend the adjudication-based Provincial Gymnaestrada in the year of Canadians. Club Teams who are attending World Gymnaestrada must attend the workshop-based Provincial Gymnaestrada in that year.

REGISTRATION FEES

Group registration fees are \$80 per group of 5 or more. Individual registration fees are \$30. A licensing fee of \$20 per group of 5 or more and \$10 per individual will be forwarded to Gymnastics Saskatchewan by the host club.

ADJUDICATION

This event will use the same adjudicating template as Canadian Gymnaestrada.

WORKSHOPS

Workshops should provide various opportunities for participants to learn new gymnastics and gymnastics-related (e.g., dance, yoga, etc.) skills. Qualified instructors should be obtained for all workshops. Workshop themes and instructors must be approved by Gymnastics Saskatchewan. Reminder: Non-gymnastics activities (arts and crafts, costuming, etc.) will not be sanctioned.

GALA

The Gymnaestrada's theme may guide routine choices. The theme will be selected by the host club in consultation with Gymnastics Saskatchewan and distributed to all clubs by Dec 1 of that season.

Groups may perform up to two routines plus the mass routine appropriate for the age level of the group. The number of routines allowed for each club may be restricted if the number of entries requires it.

The Gala will feature all 4 Mass Routines. The participation in the mass routine is required by all groups, with exception to clubs attending their first ever Provincial Gymnaestrada.

All registered gymnasts are required to take part in the mass routine for their ability level:

- Active Start Mass Duck (2023)
- Fundamentals Mass Beach Towel (2024)
- Specialization Mass Co-Resistance (2021)
- Gym For Life Mass Noodle (2022)

EQUIPMENT

Coaches are required to bring electronic copies of all music.

The event facility hosting must have: large floor size, seating for minimum 300 spectators, change room, practice area and a sound system. Requests for large apparatus (e.g., landing mats, mini tramp) will be addressed on a case-by-case basis. Hosts may choose to work with local clubs to meet such requests.

In addition to the suggested hosting requirements as stated in the Operational Policies and Procedures Manual, the host club must provide a program, practice schedule and someone to operate the sound system during practice and the gala performance.

5.4 Challenge Cup

The Challenge Cup will be held yearly. Clubs are encouraged to submit a Sanction Request to co-host this event with Gymnastics Saskatchewan.

GENERAL ELIGIBILITY AND RULES

Challenge Cup is open to all gymnasts registered with Gymnastics Saskatchewan. It may be opened up to any other Provincial federation upon approval of Gymnastics Saskatchewan.

There are 3 categories at a Challenge Cup event. Groups with only one athlete above the training limit may register in the category of the majority as seen fit by the coach.

1. Performance – involves only those gymnasts who train 4 and less hours per week
2. Competitive – involves only those gymnasts who train 5 hours or more per week
3. Mature – involves those gymnasts who are over 20 years old and train less than 2 hours a week and may be coming out of retirement

There are 4 age groups per category. Age groups are determined by the age of the gymnasts in the group the day of the event. Groups with only one athlete above the age limit may register in the age category of the majority as seen fit by the coach. Categories are:

- Age under 12 years old
- Age 12 to 14 years old
- Age 15 to 17 years old
- Age 18 years and older

Groups must have 6 to 11 gymnasts to be eligible for the awards. Groups not meeting the criteria may perform in the Challenge Cup and be evaluated but cannot be declared “winner”. Exception: the age group 15 to 17 and 18 & older category that may present groups of 5 and still be eligible for awards. All groups may perform in the evening Gala regardless of size and may perform routines of their choice.

Groups can only perform in one category. Groups cannot perform with a winning routine from previous years.

Choreography must be original. Where technical elements may be taken from other choreographers for RG, dance, cheerleading, etc., the combinations and full routine must not be.

Challenge Cup is not for beginners, gymnasts should have a minimum of 4 years of experience in all age categories except the under 12 category which should have 2 years of experience (including the current season). Exemptions may be requested to the host club.

Gymnasts may only perform with one group/team to be eligible for Challenge Cup awards. Coaches may choose to allow an athlete to perform on two teams but will need to declare which team is eligible.

Group registration fees are \$80 each with a licensing fee of \$20 per group. No individual registrations will be allowed.

Coaches must be Certified Gymnastics Foundations (or NCCP Level 1) and complete the Respect in Sport and Make Ethical Decisions online exam to coach at Challenge Cup.

Routines **may** be a maximum of 2 minutes and 30 seconds for all age categories and routines. There is no minimum time limit.

Music is to be submitted electronically prior to the event. Music must be properly cut to fit the routine, including properly timed to match the ending. Music must adhere to ethical standards (i.e., no swears, subject matter is appropriate for a general audience).

APPARATUS REQUIREMENTS

- All groups can perform one free and one apparatus routine, for a total of maximum two routines per group. Groups may choose to participate in one routine only.
- Routines may include long skirts for the 15 to 17 and 18 and older age categories only (for free routine only).
- Free routine for all age group may include short extension of the costume such as a “sleeve flag”.

- A single prop may be used to enhance the free routine but will not count towards adjudication.

TECHNICAL REQUIREMENTS

Each routine must display the following requirement by each gymnast in the group.

Coaches must declare what elements the group will be performing, and the order in which they appear.

Coaches will be required to complete the script form for each group and each routine to be submitted with their registration. Changes will be accepted no later than 48 hours prior to the scheduled start of the event.

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| <ul style="list-style-type: none"> • 4 formations • 8 count dance series • 2 exchanges (executed by all members of the group, apparatus routine only) • 1 balance (visibly held for “2” seconds on flat foot) • 1 pivot (360 degrees on 1 leg) | <ul style="list-style-type: none"> • 1 jump/leap • 1 body wave movement • 1 group collaboration • 2 optional body skills |
|---|--|

- Skills must be performed at the same time by all gymnasts, or in immediate succession (cannon).
- Age appropriate apparatus handling should be a major part of all apparatus routines, and will be evaluated by the technical panel.
- For all of the age categories originality will be part of the technical adjudication as well as the artistic adjudication.
- 2 optional body skills will be adjudicated and must be a balance, pivot, jump/leap, or wave movement. It is suggested that declared elements be selected from the Body Skills list provided to registered participants but are not required to be.

Under 12 age category:

- May select from Beginner & Intermediate Skills
- Majority from Beginner Skills

12 to 14 age category:

- May select from Beginner & Intermediate Skills

15 to 17 age category:

- May select from Beginner, Intermediate & Advanced Skills
- Majority from Intermediate & Advanced Skills

18+ age category:

- May select from Intermediate & Advanced Skills
- Majority from Advanced Skills

ADJUDICATION

Adjudicators will be made up of both rhythmic and non-rhythmic backgrounds (i.e. 2 rhythmic judges and a dance adjudicator).

There will be two panels of three adjudicators.

The following components will be evaluated by the artistic panel of adjudicators:

- Team unity
- Choreography (theme & composition)
- Originality
- Music appropriateness for age level and routine
- Aesthetic maturity

The following components will be evaluated by the technical panel of adjudicators:

- Technical merit (skill components – body & apparatus elements)
- Execution

CLARIFICATIONS

- First 2 exchanges (tosses) in routine will be adjudicated
- Other exchanges may count as collaborations
- Balances must not be on knee
- Collaborations and exchanges follow FIG regulations (adapted from 2022-2024 RG Code of Points)

- Collaboration – a single/series of actions involving cooperative work where each gymnast enters into a relationship with one or more apparatus and one or more partners. Collaborations requires harmonious coordination between the gymnasts, performed:
 - All gymnasts together or in subgroups (couple, trio etc.)
 - With a variety of traveling, directions and formations
 - With or without direct contact with partners (body or apparatus)
 - With or without rotation
 - With possible lifting of one or several gymnasts
 - With possible support on the apparatus or gymnasts
 - Exchange – An exchange of apparatus by high and/or long throw/roll where all gymnasts must participate in two actions:
 - Throwing/rolling one's own apparatus to a partner
 - Receiving apparatus from a partner
- All athletes must perform the scripted technical skills in order to receive credit for the skills
 - Balances on toes will be awarded extra if executed properly
 - No knee drops allowed
 - Apparatus handling during skill will count towards a higher execution of apparatus handling marks
 - Dropped exchanges will count at a lower execution mark

COACHES MEETING

A coaches meeting will be scheduled to take place during Challenge Cup. The agenda will include recommendations for technical regulation modifications for the next Challenge Cup.

GALA PERFORMANCE

A Gala Performance will be held in the evening for Challenge Cup. Teams may perform up to two routines, depending on the total number of routines. Groups are requested to perform at least one different routine from any routines presented earlier in the day at the Challenge Cup adjudication.

6. FUNDING PROGRAMS

CLUB GRANTS

Gymnastics Saskatchewan may, as deemed necessary or acceptable, allocate grants to clubs for a variety of programs or projects as established by the CEO in an annual budget or for a special circumstance. Clubs approved to receive grant funds must comply with required reporting procedures (receipts, reports, descriptions) prior to receiving funding.

TARGET GROUP INITIATIVES

Clubs and outside organizations who have the desire and opportunity to provide gymnastics programs for special needs groups such as youth at risk, gymnasts with cognitive or physical disabilities, Indigenous, and other target group populations may contact Gymnastics Saskatchewan for funding assistance. All groups receiving funding must be or become members of Gymnastics Saskatchewan either through an Associate Membership or as individual members through an affiliated club.

Funding for Target Group Programs will be allocated by Gymnastics Saskatchewan based on a number of factors: the number of applications received, the number of participants in each program, the duration of the program and the funding requested and available.

COACH MENTORSHIP GRANTS

Gymnastics Saskatchewan is dedicated to offering coach mentorship to Gymnastics Foundations and Competition stream coaches. The purpose of this program is to connect each applicant with a suitable mentor coach who will address their specific coaching needs, offer continued learning for coaches (outside of the NCCP) and provide participants with opportunities to connect with other coaches. This mentorship program will have two application streams so that virtual learning opportunities may be targeted towards Gymnastics Foundations or Competitive stream coaches.

Who can apply?

This mentorship program is open to any Gym Sask member coaches who are currently employed with a Saskatchewan club, are a minimum of NCCP Gymnastics Foundations Trained, and are in good standing with Gym Sask and their local club.

For more information about the program and how to apply: <http://gymsask.com/coach-mentorship-grants/>



PETITION FORM

Purpose

This form is to be used for the following:

EXEMPTION REQUESTS

A participant is not able to attend a required camp, trial or competition due to medical or other foreseeable circumstances.

SELECTION APPLICATIONS

A participant wishes to be selected for an event when for some reason **they do not or are** not able to fulfill the requirements/procedures expected as stated in the Technical Regulations.

SELECTION APPEALS

A participant was not selected for an event after participation in a trial or selection event and the coach of the gymnast or the club representative wishes to contest the recommendations made by the technical committee.

REFUND REQUESTS

A participant is injured prior to or other unforeseeable circumstance prevents them from attending a required or optional Gymnastics Saskatchewan camp, trial, workshop or competition and requests their entry fee (or other monies) be refunded.

Submission Requirements

- ✓ A different format may be used as long as all the information required is supplied.
- ✓ Multiple requests may be made on one form provided that they relate to the same event.
- ✓ All information must be provided by the participant, their coach of record or club representative and forwarded to Gymnastics Saskatchewan's Program Manager.
- ✓ The exemption/ petition will be considered by the Technical Committee only when all relevant documents have been received.
- ✓ The following timelines must be observed for each situation:
 - EXEMPTION REQUESTS: By the scheduled start of the event.
 - SELECTION APPLICATIONS: Any time between the release of the Registration Form and 15 minutes after the completion of any selection event.
 - SELECTION APPEALS: Within 24 hours after a Team Selection announcement.
 - REFUND REQUESTS: At least 24 hours prior to the event's scheduled start

Decisions

- ✓ The Technical Committee is responsible to provide a recommendation to the Program Manager for each application.
- ✓ You will be notified by Gymnastics Saskatchewan's Program Manager or their designate of the result of your request in the best time frame possible.



PETITION FORM

Participant's name: _____ Representing (club name): _____

Coach of Record (if applicable): _____ Current Level: _____

Forms Completed By: _____ Event for Consideration: _____

Type of Petition(s):

- ☐ **EXEMPTION REQUEST**
- ☐ **SELECTION APPLICATION**
- ☐ **SELECTION APPEAL**
- ☐ **REFUND REQUEST**

Injury / Medical Reasons:

For all petitions related to injuries or other medical reasons, a Physician or Professional Health Practitioner's note must be submitted including:

- ✓ a diagnosis
- ✓ a prognosis
- ✓ any limitations or interventions recommended
- ✓ anticipated timelines for full recovery and/or resumption to full training or competing

Reasons for Application:

Additional Documents & Information:

You may attach any additional documents that you see fit and that you feel could help the Technical Committee make a recommendation.

| | | |
|--|------------------------------|-----------------------------|
| Office Use Only | | |
| Petition received date: _____ | Petition granted date: _____ | Petition denied date: _____ |
| Notes: | | |
| Signature: _____ | Position: _____ | Date: _____ |