

Rhythmic Gymnastics

Technical Regulations



2023-2024

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**RHYTHMIC GYMNASTICS
TECHNICAL RULES AND REGULATIONS
2023-2024**

All technical rules and regulations for rhythmic gymnastics in Saskatchewan are under the jurisdiction of Gymnastics Saskatchewan's Technical Director or CEO in consultation with the RG Technical Committee.

All rhythmic gymnastics programs and competitions sponsored or sanctioned by Gymnastics Saskatchewan shall be governed by the rules and regulations established in this manual, by Gymnastics Canada Gymnastique (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 competitions in and/or out of province.

1. GYMNAST DEVELOPMENT AND COMPETITIVE PROGRAMS

Gymnastics Saskatchewan offers programs for rhythmic gymnastics in recreational, Inter-Club and competitive categories. The following policies have been developed and will apply to all rhythmic programs in Saskatchewan.

1.1 Inter-Club Programs

RHYTHM CAT

Gymnastics Saskatchewan has developed the Rhythm Cat program in response to the growing need in rural and urban centers for a gymnastics program that fits between the recreational/performance and competitive levels. The Rhythm Cat program offers competition development in both individual and group environments. Categories are defined by the age of the gymnast. Rhythm Cat manuals are available on the Gymnastics Saskatchewan website. Rhythm Cat stream gymnasts may be eligible to compete as an individual and/or group member in club invitationals.

Clubs are encouraged to host Rhythm Cat Invitationals to allow for a minimum of two opportunities per season for Rhythm Cat athletes to compete.

1.2 Provincial Competitive Programs

This program is designed for gymnasts wanting to compete at the provincial and regional levels. A number of levels and age categories are offered based on the RGI and RGG program by Gymnastics Canada to provide safe and enjoyable competition opportunities for gymnasts of various levels of ability and commitment. The most up to date program documents can be found on the GymCan website.

Provincial stream gymnasts may be eligible to compete as an individual and/or group member in the following competitions.

- Club Invitational Competitions
- Provincial Championships
- Western Regional Championships

1.3 National Competitive Programs

These levels of competition are designed for gymnasts aspiring, or ready, to compete at national levels with increased skill difficulties. National and International competition rules are based on the FIG (International Gymnastics Federation) Code of Points. All National stream gymnasts may be eligible to compete as an individual and/or group member in the following competitions.

- Club Invitational Competitions
- Provincial Championships
- Western Regional Championships
- Canadian Championships (pending GymCan qualification)
- Elite Canada (pending GymCan qualification)

2. GYMNAST REGISTRATION & ELIGIBILITY

All gymnasts must declare their level of performance or competition upon registration with Gymnastics Saskatchewan each fall by the membership deadline.

2.1 Eligibility, Mobility and Upgrades

GENERAL

Demonstration for gymnasts not age eligible or not registered in a given category is not permitted. These gymnasts must be redirected towards different programs.

Competition or performance out of province in a category or an age that a gymnast is not eligible to be in province, is not permitted. For all levels, inter-club and competitive gymnasts attending out of province events must inform Gym Sask of their intention and receive approval by submitting a Travel Sanction Request form. **Level 1B and Inter-Club athletes will not be sanctioned to travel outside of the province.**

2.1.1 Inter-Club (Rhythm Cat)

INDIVIDUAL

- All gymnasts must be registered members and members of a club in good standing of Gymnastics Saskatchewan in order to participate in a sanctioned competition.
- Inter-Club stream gymnasts must be 7 years of age in the competition year in order to compete in sanctioned competition.
- A gymnast must compete in the level corresponding to his/her birth year.

2.2.3 Competitive (Provincial & National)

INDIVIDUAL

- All Gymnasts must be registered with a member club of Gymnastics Saskatchewan.
- Provincial stream gymnasts compete in designated age-appropriate categories as defined by Gymnastics Canada. Gymnasts move through the ability levels of each of the Provincial and National stream programs according to age eligibility.
- In conjunction with Rhythmics Manitoba, the Masters level has been added as a “de-training” level and a way for older athletes to stay in the sport in a competitive way.
- Upgrade of level is allowed at any time during the year. Gymnasts may move from the Provincial to National stream program.
- Gymnasts participating in Provincial competitive events may not participate in Inter-Club events.

GROUP

- Group member eligibility must follow the Gymnastics Canada Technical rules.
- Gymnasts competing individually and as a member of a group may not compete in a group whose age or level category is lower than the gymnast’s individual age or level category.
- Appeals must be made to the RTC for any non-standard group compositions (i.e., a provincial level athlete wanting to compete in a National level group and Inter-Club athlete wanting to compete in a provincial level group).

2.2 Levels & Age Groups

Inter-Club

Rhythm Cat has 5 levels. Please refer to the program manual for details related to age and levels for individual and group events.

PROVINCIAL COMPETITIVE

There are 6 levels in the Provincial Stream Program, as well as the Master’s level. Provincial Stream athletes in Levels 2-6 are eligible to attend Provincial Championships. The master level athletes should still be judged and receive scores at Provincials, but with no flashing of scores.

NATIONAL COMPETITIVE

There are 3 levels in the National Stream Program – Novice, Junior Open and Senior Open. National Stream athletes are required to compete in Provincial Championships unless special permission is received from Gymnastics Saskatchewan's Technical Director or CEO.

3. OFFICIALS PROGRAM REGULATIONS

3.1 General

The rhythmic judging program in Saskatchewan is managed and led by the Technical Coordinator in consultation with national judges from outside of the province. Any questions or concerns regarding the judging program should be directed to the RG Technical Coordinator.

All judges must register as an Independent RG Judge with Gymnastics Saskatchewan before attending their first course of the season. The Technical Coordinator will be responsible for judge education and panel assignments for in-province invitationals, Western Championships, GymCan events, provincial trial events, and provincial championships. Judges may be sanctioned to attend out of province invitationals if they have taken the required courses and submitted a travel request to the Technical Coordinator.

National judging certification programs and policies are the responsibility of Gymnastics Canada and can be found on their website.

3.2 Certification Levels

The following are the Judging levels in Saskatchewan.

Rhythm Cat
Provincial 2
Provincial 1
National 3
National 2
National 1
Brevet

ELIGIBILITY

- The minimum age to judge at the Rhythm Cat level is 13 years for previous competitive gymnasts and 15 years old for all others.
- 15 years old as of December 31, 2022 or those with no former gymnastics experience may enter the program at Provincial 2.
- Eligibility for any of the National levels is governed by Gymnastics Canada and is at the recommendation of the RG Technical Committee.
- The minimum age for National judges is 18 and they must have a minimum of 2 years at the Provincial level before attempting to upgrade to National.

3.3 Judging Certification Clinics

All clinic registration fees are the responsibility of the individual judge. Course fees shall be established annually by Gymnastics Saskatchewan to offset costs of materials, facilities and clinician honoraria.

3.4 Certification Program Requirements

3.4.1 Inter-Club/Rhythm Cat

The requirements for Rhythm Cat judges are as follows:

- Attend and complete a Rhythm Cat course offered by Gymnastics Saskatchewan, including passing the exam.

The Head Judge for all Rhythm Cat competitions must be at minimum Provincial level.

3.4.2 Provincial

The requirements for provincial judges are as follows:

- Complete the provincial course offered by Gymnastics Saskatchewan, including passing the exam.

All provincial judges start at the Provincial 2 level. To upgrade to Provincial 1, judges must certify in all four modules and receive special permission from the RG Technical Coordinator in order to judge at Western Championships.

3.4.3 National

All National and International judges shall be governed under the Gymnastics Canada Judging regulations.

3.5 Judging Assignments

GENERAL

All Saskatchewan invitational panel assignments will be made by the RG Technical Coordinator, keeping in mind the following priorities:

- 1) Location (to reduce cost to host clubs)
- 2) Experience (highest level)
- 3) Experience (comfort with judging execution vs difficulty)
- 4) Upgrading requirements (in regards to National level)

JURY COMPOSITION

Meets that are being used to qualify gymnasts for Provincials must follow these judging jury requirements.

Note: If the total number of judges is not available, the panels can be modified accordingly with RTC approval.

Title	Duties
Coordinator/Head Judge (C) 1 judge	This judge will apply the penalties for leaving the floor area, timing of the exercises, and all the other penalties concerning the discipline (apparatus, leotard, placement on the floor area, etc.)
Difficulty Judges (DB)- Four in Total First Subgroup: DB (DB1, DB2) Second Subgroup: DA (DA1, DA2) Minimum requirement for a panel is 1 DB and 1 DA judge.	DB1, DB2 work independently and then give a common score. This subgroup evaluates the number and technical value of Difficulty of Body, Dynamic elements with Rotation, and recognition of body waves. DA1, DA2 work independently and then give a common score. This subgroup evaluates the number and technical value of Difficulty of Apparatus and the presence of required fundamental apparatus technical elements.
Artistry (A) Panel – 4 in total Minimum requirements for a panel is 1 A judge, but 2 is highly suggested.	A1, A2, A3, A4 evaluate the artistic faults by deduction and without consulting the other judges. The highest and lowest scores are eliminated, and the remaining 2 scores are averaged for the final A-score.

Execution Judges (E)- 4 in total Minimum requirements for a panel is 1 E judge, but 2 is highly suggested.	E1, E2, E3, E4 evaluate the technical faults by deduction, without consulting the other judges. The highest and lowest scores are eliminated, and the remaining 2 scores are averaged to give the final E-score.
Minor Officials Line judges 2 per jury Timer 1 or 2 per jury (suggested)	

3.6 Expenses and Payment of Judges

GENERAL

The expenses of judges to attend all Saskatchewan competitions/events **are the responsibility of THE HOST CLUB AS FOLLOWS:**

- The host club will pay for all mileage and accommodations of judges.
- Judges MUST carpool, mileage will not be paid if there is only 1 judge per car unless pre-approved by the host club.
- The host club MUST book accommodations for judges, if judges choose to stay alone or book their own room, the host club may pay ½ a room night + tax cost at the rate given by the host hotel. Judge must provide receipt.
- Athlete & coaches who are also judges should not receive mileage. Honorarium will be paid. If Accommodation expenses incurred because of the schedule will be covered by the host, these expenses must be approved by the host club first.
- Host clubs should expect to budget around \$2000-\$4000 in total to cover all judge expenses for 4-6 judges for an in-province invitational (not including hospitality). An increased registration fee is advised to help cover these costs.
- Host clubs are NOT expected to cover travel expenses for qualified, out of province, non-Saskatchewan judges that may attend an invitational and offer to judge. It is considered a courtesy to offer these judges a small honorarium and hospitality for their time.

The only exception is Provincial Championships, which is as follows:

Provincial Championships

Host club responsibility:

- Pay honorarium for ALL disciplines as per Gym Sask rates.

Gym Sask responsibility:

- Gym Sask will pay for all mileage and accommodations for ALL disciplines.
- Judges MUST carpool, mileage will not be paid if there is only 1 judge per car unless pre-approved by Gym Sask.
- Gym Sask MUST book accommodations for judges, if judges choose to stay alone or book their own room, Gym Sask will pay ½ a room night + tax cost at the rate given by the host hotel. Judge must provide receipt.
- Athlete & coaches who are also judges will not receive mileage. Honorarium will be paid. If Accommodation expenses incurred because of the schedule will be covered by the host, these expenses must be approved by the RG Technical Coordinator.

Expenses of judges travelling as part of Team Saskatchewan to designated meets such as Elite Canada, Western Regional and Canadian Championships shall be funded by Gymnastics Saskatchewan as approved by the Technical Director or CEO. No hourly honoraria is paid by Gymnastics Saskatchewan to judges for attending Team Sask, National or Western events.

HONORARIA

Judges and evaluators shall be paid based on their certification level, not the level of the competition/event.

Shadow Judges	NO HONORARIA
Rhythm Cat	\$ 15 per hour
Provincial	\$ 20 per hour
National	\$ 30 per hour
Brevet	\$ 35 per hour

Honorariums should apply from the time the judges meeting begins until the end of the competition. Judges must receive an unpaid 30 min break during the competition day.

EXPENSE RATES

Please refer to the Gym Sask expense claim form for the current season.

Gymnastics Saskatchewan may pay/share expenses for National level judges to attend courses/clinics and qualifying competitions in order to maintain and/or upgrade their level.

3.8 Judging Uniforms

The judging uniform for all judges for Gymnastics Saskatchewan sanctioned competitions (Rhythm Cat or Competitive stream) is: navy or black slacks or skirt, white top, navy or black blazer, and dark-coloured soft-soled shoes. Judges may not wear denim, or any type of cardigan or casual wear.

Open toed shoes or sandals or shoes with spiked or narrow heels are not allowed at events where competition carpets are present.

Nationally sanctioned competitions require uniforms as designated by GymCan.

3.9 Professionalism of Judges

Judges are held responsible in matters concerning professionalism, fair play, attendance, promptness and proper dress. All judges shall abide by the Code of Conduct as prescribed by Gymnastics Saskatchewan and Gymnastics Canada.

For more regulations related to officials, please consult the Gymnastics Saskatchewan Operational Policies and Procedures Manual.

4. COACHES PROGRAM REGULATIONS

GENERAL

In order to maintain the privilege of membership in Gymnastics Saskatchewan, all coaches shall act in accordance with the established Gymnastics Saskatchewan, Gymnastics Canada and Coaches Association of Canada Code of Conduct.

All coaches must be certified through the National Coaching Certification Program (NCCP) and must also have completed MED and the Respect In Sport program (RIS). Information on coaching certification can be found on the Gym Sask website. All coaches involved in Gymnastics Saskatchewan programs and competitions must meet the minimum certification requirements as stated in Gymnastics Saskatchewan coaching policies.

Coaches on the competition floor shall adhere to the following dress codes and rules of conduct:

- The following attire is required for each rhythmic coach during all sanctioned events including galas and competitions (during training, warm-up and performance/competition): Appropriate bottom: long pants, capris or skirt no more than 1" above the knee; appropriate top: club or provincial shirt, polo shirt, blouse, professional type blazer or dressy type jacket or track suit jacket. Clothing choice must exclude hats, shorts, midriff tops, tank

tops, ripped or torn clothing; no logos other than gymnastics logos; appropriate indoor footwear. High heel shoes are not recommended.

- In case of inappropriate clothing, a Gymnastics Saskatchewan representative will issue a verbal warning; if the situation is not corrected in the following 30 minutes, a \$40.00 penalty will be levied; upon a second occurrence at the same meet, the coach may be asked to leave the floor.
- When attending competitions as a Team Sask coach, all coaches must be wearing Gymnastics Saskatchewan apparel during competition. In the case that this requirement is not met, a Gymnastics Saskatchewan representative will issue a verbal warning; if the situation is not corrected in the following 30 minutes, a \$40 penalty will be levied and the Team Sask coach will not receive any funding reimbursement for that event (travel, meal per diem, etc).
- In the event that more than one Team Sask coach is attending a competition, all coaches must be wearing matching apparel during competition. In the case that this requirement is not met, the same penalties apply as above.
- Improper or unsportsmanlike behavior at a competition (athlete, coach, judge and official) which is considered unacceptable according to the FIG Code of Points, or the Code of Conduct as outlined in the Policy Manual or the rules generally accepted in the Canadian society will be immediately sanctioned by the Chief Judge; and/or the CEO, Technical Director, or a member of the Gym Sask Board of Directors or their representative. They will also determine if the offence is to be brought forward as a formal complaint under the Discipline Policies.
- Improper or unsportsmanlike behavior, including standing behind a judge(s) while an athlete is being evaluated by judges, unfounded or derogatory comments about the judges or the judging, etc. are subject to a sanction. Such an offense may be sanctioned by a verbal or written warning and/or a written reprimand. A series (three or more) of these minor offenses in the same competition will be treated as a serious offence.
- The sanctions in case of a serious offence are:
 - first offence during the entire competition: yellow card;
 - second offence during the same competition: \$200.00 fine;
 - third offence during the same competition: \$300.00 fine, red card and possible removal from gym floor.
- A very serious infraction to the Code of Conduct may be sanctioned by immediate removal of access to training, warm-up and competition floor. Additional sanctions may be imposed as per the Dispute Resolution Policy.
- If a coach is given a Yellow Card for one offense and then commits another offense he/she will then be given a Red Card. It is not necessary to have repeated the same offense. If a coach has deliberately caused a disruption, he/she may be Red Carded immediately.
- All coaches named to a Provincial team must be members in good standing of Gymnastics Saskatchewan and must be endorsed by their respective technical committees

COACH REQUIREMENTS

For all regulations pertaining to coaches please refer to the Coach Technical Manual on the Gym Sask website.

For minimum coach requirements please see the charts on the next two pages.

NCCP Coaching Status	Description	Responsibilities & Requirements	Athlete Levels they Can Coach
Pre-Coach in Training (Pre-CIT)	<ul style="list-style-type: none"> Apprentice coach following the GCG Pre-CIT program Intended for 13 to 15 years old 	<ul style="list-style-type: none"> Pre-CIT can act as an assistant to a Certified Coach. Must be under the direct supervision of a Certified Coach (in the same group) Must complete Respect in Sport (RIS) online 	<ul style="list-style-type: none"> Recreational programming Outside User Group programming
Gymnastics Foundations Coach in Training (CIT)	<ul style="list-style-type: none"> Have completed 1 or 2 GF courses and RIS Must be 15+ years old 	<ul style="list-style-type: none"> CIT may have the opportunity to lead warm-ups and coach sections of the lesson. Must be under the direct supervision of a Certified Coach (in the same group) Must complete Respect in Sport (RIS) online 	<ul style="list-style-type: none"> Recreational programming Outside User Group programming
NCCP Gymnastics Foundations Trained Coach (all disciplines)	<ul style="list-style-type: none"> Completed 3 Gymnastics Foundations courses (GF Intro, GF Theory, GF Discipline Specific) Must be 15+ years old 	<ul style="list-style-type: none"> Can coach his/her own recreational group with a Certified Coach present in the gym. Coaches are REQUIRED to take the GF Active Start course if they are coaching participants under 6 years old. Must complete Respect in Sport (RIS) online & recommended to complete Make Ethical Decisions (MED) online exam 	<ul style="list-style-type: none"> Recreational programming Outside User Group programming
NCCP Gymnastics Foundations Certified Coach (all disciplines)	<ul style="list-style-type: none"> Must be 16+ to certify Completed discipline specific portfolio review and video evaluation GF Workbook can be completed for 3 personal development points on certification 	<ul style="list-style-type: none"> Required to be a Head Coach of a Recreational Club Can coach without supervision. (Coaches under 18 required the presence of an adult in the venue.) This is the only certification that coaches may choose to skip if they know they are going to continue to the competitive stream and become certified in Competition 1. Completed both online courses (RIS and MED) 	<i>Includes levels listed above</i> <ul style="list-style-type: none"> Fun Meets & GFA Performances Inter-Club Events <ul style="list-style-type: none"> Rhythm Cat (GF Rhythmic)

NCCP Coaching Status	Description	Responsibilities & Requirements	Athlete Levels they Can Coach
NCCP Competition 1 (or Level 2) Trained Coach (all disciplines)	<ul style="list-style-type: none"> NCCP coaching courses which have replaced the Level 2 courses Comp 1 Theory modules integrated into the discipline specific course & offered separate online Must be 16+ years old 	<ul style="list-style-type: none"> Required to coach at all sanctioned Gym Sask in province competitions. No exemptions will be granted for Competition 1 training. 	<i>Includes levels listed above</i> <ul style="list-style-type: none"> RG Provincial 1-6, Masters Levels
NCCP Competition 1 (or Level 2) Certified Coach (all disciplines)	<ul style="list-style-type: none"> Completed Comp 1 evaluation (portfolio review & on-site or video evaluation) 	<ul style="list-style-type: none"> Required to be a Head Coach of a Competitive club Required to participate in Saskatchewan Championships, trials/selections, or inter-provincial competitions, Westerns, and Saskatchewan Games. 	<i>Includes levels listed above</i> <ul style="list-style-type: none"> Levels as listed above attending Saskatchewan Championships, inter-provincial competitions, Westerns, Saskatchewan Games Western, Canadian & World Gymnaestrada
NCCP Level 3 (Rhythmic) Trained Coach	<ul style="list-style-type: none"> Completed Level 3 Technical course & Competition Development Theory modules These courses will eventually be phased out as the Comp courses are developed but they are currently offered periodically by Gym Canada and other provinces. 	<ul style="list-style-type: none"> Required to coach National Stream athletes Will be required to complete True Sport Clean 101 and CAC Making Headway eLearning module to attend Gym Canada events 	<i>All levels listed above</i> <ul style="list-style-type: none"> RG National Novice, Junior & Senior
NCCP Level 3 (Rhythmic) Certified Coach	<ul style="list-style-type: none"> Completed Level 3 Technical course, Comp Dev Theory modules and Practical component (hours & other activities by discipline) RG: supervisor sign off & assignment 	<ul style="list-style-type: none"> Required to coach at Elite Canada, Canadian Championships, Canada Games, Slonny Cup, Planet, and other National level competitions. 	All levels in their respective discipline
NCCP Competition 4 Trained & Certified Coach (all disciplines)	<ul style="list-style-type: none"> Coaches must complete the Advanced Coaching Diploma as well as a sport-specific component through Gymnastics Canada Certification will include an assessment, evaluation at a National training camp, and developing a National Team Athlete 	<ul style="list-style-type: none"> Required to coach at international competitions 	All levels in their respective discipline

RIS = Respect in Sport (online education program)

All coaches who are at least 13 years old are required to complete the Respect in Sport (RIS) online program designed and implemented by Gymnastics Canada. The RIS is a tool to assist coaches in identifying and dealing with abuse, neglect, harassment and bullying. Coach affiliation status will be given only to coaches who have completed the program.

MED = Making Ethical Decisions (online exam) Comp-Intro version

All certified coaches are required to complete the MED online exam. This exam helps coaches identify the legal, ethical and moral implications of situations that present themselves in the world of individual and team sport. By taking the Gymnastics Foundations Theory course, you will have gained the knowledge and information required to complete the Online Evaluation.

Non-certified apprentice coaches (CITs) can help coach at any level, if they are under the supervision of a Certified coach. Coaching certification exemptions may be required.

COMPETITIONS

The following certifications are required if a coach is actively coaching gymnast on the competition floor at competitions in and out of Saskatchewan:

- Inter-Club/Recreational – Certified Gymnastics Foundations (or Level 1 Certified)
- Invitational – Level 2 Technical or Competition 1 Trained
- Saskatchewan Championships & Sask Winter Games – Certified Level 2 or Competition 1 Certified
- Western Championships – Competition 1 Certified
- Canadian Championships – Certified Level 3
- Canada Games, Western Canada Games – Certified Level 3 (assistants may be Level 2 Certified or Competition 1 Certified)

COACHING CERTIFICATION TEMPORARY EXEMPTIONS

Coaches may apply for temporary exemptions for certification requirements. The following rules will be applied or the coach will not be sanctioned to be coaching in the requested capacity or allowed on the competition floor:

- No exemptions will be given for Gymnastics Foundations Introduction.
- A maximum of 18 months will be given once to any individual for Gymnastics Foundations Certification.
- No exemptions will be given for RG Level 2 Technical.
- A maximum of 1 time per Saskatchewan Championships will be given to any individual for RG Level 2 Certification.
- Some Level 2 and Level 3 Certification exemptions are considered for Gym Can events by Gym Can but require HP Committee endorsement and a letter from the Technical Director.

5. EQUIPMENT

The following information is to provide general equipment guidelines for programming, competitions and events in Saskatchewan. For apparatus specifications, height adjustment and regulations refer to the equipment manufacturer's specifications and the provincial, national and FIG program documents.

5.1 Competition Apparatus & Auxiliary Installations

NORMS FOR NATIONAL SENIOR APPARATUS

Rope:	Material:	Hemp or similar suitable material
	Length:	Proportionate to the height of the gymnast
	Thickness:	Uniform diameter or reinforced in the center (i.e. progressively thicker)
	Ends:	Both ends may have 1 knot, but cannot have handles. The ends, may be

		wrapped with an anti-slip material in a length corresponding to the width of a hand
	Color:	Any color provided it is of a visible color.
Hoop:	Material:	Wood or plastic
	Weight:	Minimum 300 grams
	Diameter:	Inner diameter must be between 80-90 cm
	Shape:	Not prescribed (i.e. round, flat-surfaced, etc.) The hoop may be wrapped in an even manner with tape, respecting the inner diameter dimensions
	Color:	Optional
Ball:	Material:	Rubber or plastic, antistatic
	Weight:	Minimum 400 grams
	Diameter:	18-20 cm
	Color:	Optional
Clubs:	Material:	Wood, or plastic
	Length:	40-50 cm
	Weight:	Minimum 150 grams per club
	Shape:	Form similar to that of a bottle with a body (thick end), neck, and a head (small end). The head may be wrapped in an anti-slip material respecting the diameter dimensions. The neck may also be covered with adhesive tape.
	Color:	Optional
Ribbon:		
	Ribbon Material:	Satin or similar material
	Weight:	Minimum 35 g without the stick
	Width:	4-6 cm
	Length:	Senior Competitors – Total length: 7 m in one piece. The end at which the ribbon is attached to the cane is folded and doubled in a length of 1m. Finished ribbon is minimum 6 m long
	Color:	Optional
	Stick Material:	Wood, bamboo, plastic or fiberglass
	Shape:	Cylindrical, conic. The bottom end of the stick may be covered in an adhesive, non-slip, tape for a maximum length of 10 cm
	Length:	50-60 cm
	Color:	Optional, may be wrapped with adhesive tape
	Fixture Material:	Cord, nylon-thread or similar item, or moveable ring with a swivel
	Length:	7cm maximum

NORMS FOR NATIONAL JUNIOR APPARATUS

All apparatus norms are the same as SENIOR except for the following: Ribbon Material: Finished ribbon is minimum 5 m long. The end of the ribbon attached to the stick is folded and doubled for 1 m and stitched down both sides. At the top, a reinforcement of 5 cm is permitted. This extremity may end in a cord or have a small eyelet to permit attachment to the stick.

NORMS FOR NATIONAL PRE-NOVICE & NOVICE

Pre-Novice and Novice gymnasts are permitted to compete with the following apparatus:

Ribbon:	Minimum 5 m in length
Hoop:	Pre-novice - Minimum 70 cm in diameter, weight minimum 200 grams

	Novice - Minimum 75 cm in diameter, weight minimum 200 grams.
Ball:	Minimum 16 –20 cm in diameter, weight minimum 300 grams
Clubs:	Minimum 36 cm in length, weight minimum 100 grams per club

NORMS FOR PROVINCIAL GYMNASTS

Ball	Level 1, 2, 3	Minimum 14 to 16 cm in diameter	Weight 270-400 grams
	Level 4, 5,6	Minimum 16- 20 cm in diameter	Weight minimum 300 grams
Hoop	Level 3	Minimum 70cm in diameter	Weight minimum 200 grams
	Level 4	Minimum 75cm in diameter	Weight minimum 200 grams
	Level 5-6	Minimum 80cm in diameter	Weight minimum 300 grams
	Group:	Minimum 70cm in diameter	Weight minimum 200 grams
Clubs	Level 5, 6	Length: 40-50 cm	Weight minimum 150 grams per club
Ribbon	Level 4	Minimum 4 m.	
	Level 5-6	Minimum 5 m.	

APPARATUS CONTROL

- Instrument for the measurement of the ball's diameter being between 16 and 20 cm.
- 1 cm hole for checking the diameter of the ribbon stick.
- Laboratory scale for measuring weights of ball, clubs, ribbon, and hoop.
- Measuring tape for the measurement of the length of the ribbon, stick, clubs, and the hoop diameter.

5.2 Music regulations

Gymnasts shall provide their own musical accompaniment at competitions by approved electronic means. Music for each routine of an athlete must be in accordance with the FIG Code of Points and Gym Can program.

6. COMPETITION REQUIREMENTS

COMPETITION AREA HEIGHT

Rhythm Cat Competitions: The facility must be a gymnasium sized room with a minimum performance area of 50 feet X 50 feet, with a surrounding area of minimum 3 feet and seating for at least 200 people.

Provincial/National Level Competitions: Should have a minimum ceiling height of 8 meters (26.7feet) (10 to 12 meters preferably), without obstruction.

COMPETITION AREA DIMENSIONS

Working surfaces of 13 m by 13 m (exterior of the line) are compulsory and a safety zone (also carpeted) of 50 cm width at the minimum must be provided along the edge of the floor area.

A carpeted competition floor area as stipulated above must be provided along with a carpeted warm-up area. The working surface must correspond to any [FIG standards](#):

- The carpet must be located on a surface that is solid, even, and without gaps.
- If the surface is composed of several parallel carpet rolls, the seams of the performance carpet shall be perpendicular to the direction of the judges' table.
- Carpet must have equal elasticity on the surface as well as dampening. When in use it should not have any motion energy.
- Elasticity and dampening must be balanced in such a way that they guarantee the gymnast stability and freedom of movement. It must not restrict turns and slide movements.
- Must not produce disturbing sound during the execution and must provide a balance between anti-skid and slide movements.

The safety distance between the working surface and the spectators must be at least 4 meters.

EVENT SCHEDULE

- Competition/event day should not run longer than 10 hours in one day.
- Event hosts must provide a realistic schedule and run all competitions on time to avoid long delays that may cause stress on athlete warm-ups.
- A 12-hour break should be given between the end of the first day's competition and the beginning of the second day, if the same judges are assigned.

INVITATIONAL COMPETITIONS AND EVENTS

Members clubs must apply for sanction to host Invitational competitions. Each host club will circulate all event details including: age and category requirements, apparatus and technical requirements, costs, schedule, judging requirements and any other details important to hosting the event.

SELECTION OR TRIAL MEETS

In the case of rhythmic gymnastics, the RTC will designate the qualifying meet/meets where athletes must achieve the qualifying score to make the team.

7. Saskatchewan (Provincial) Championships

Gymnastics Saskatchewan will offer annually a Saskatchewan Provincial Championship competition during which Provincial Champions will be declared for each level.

QUALIFICATION

To be eligible for Saskatchewan Championships, all gymnasts must be registered in the appropriate competitive level with Gymnastics Saskatchewan and gymnasts must have taken part in minimum one in or out of province Gymnastics Saskatchewan sanctioned competition in the same level they are registering for.

Eligible levels that may participate in provincial championships include: Provincial Levels 2-6, Masters, and National levels ONLY.

PETITIONS

Petitions may be accepted if received in writing by the RG Technical Committee no later than the date of the registration deadline for Saskatchewan Championships. Petition forms can be found on the Gym Sask website.

REGISTRATION

Clubs are responsible to submit entries for Provincial Championships verifying each gymnast's eligibility.

AWARDS

Awards will be handed out for 1st – 8th place for individual event, all around and group categories. Medals will be awarded for AA 1-3rd placements, and ribbons may be awarded for all other awards.

In addition to individual awards, the following special awards will be awarded at Provincial Championships:

- Marta Kroupa Award for Top Individual Provincial Level
- Victoria Buriana Memorial Provincial Group
- Victoria Buriana Memorial Award for Top National Individual Level
- Nadya Mihaylova Award for Top National Group

In the case that there is only one group or gymnast in the specified category, the above special awards will not be given.

8. SELECTION TO PROVINCIAL TEAMS AND CONDITIONS OF PROVINCIAL TEAM PARTICIPATION

8.1 Gymnasts

8.1.1 General

- Gymnasts are selected to provincial teams based on the AA scores obtained in the designated qualification competitions specific to the event.
- Once a gymnast or alternate has been selected to a provincial team, they must continue to train at a suitable training level, execute full routines with appropriate content, follow any reasonable requests of the RG Technical Committee, and notify them of any injuries. If the gymnast does not disclose any limitations that would prevent them from training and competing at the level for which they were selected, any Gym Sask funding they received or were eligible to receive may be withdrawn.
- Final team selection for Western Regional Championships, Canadian Championships and any Games event is the responsibility of the Technical Director and/or CEO.
- Gymnasts and alternates must be prepared to verify the requirements at mandatory training camps or team competitions held before competitive events or as required by the RG Technical Committee; verification will allow for judges, gymnasts and coaches to work together, provide a competition environment, and ensure that Gymnastics Saskatchewan is sending gymnasts who are ready to compete.
- Provincial Team gymnasts and their parents are expected to adhere to the Gymnastics Saskatchewan Code of Conduct and any other travel and team participation information provided to them.
- Provincial Team gymnasts must be prepared to travel and stay as team for all Team Sask events. All provincial teams will generally travel with a minimum of one coach and one manager. At the discretion of Gymnastics Saskatchewan, a manager may not accompany small teams and the coach will be required to take on manager/chaperone duties.

8.1.2 Selection to Western Regional Championships

The 2024 Western Regional Championships will be a club based event. There will be no Team Saskatchewan selected to attend, nor will there be selection and/or qualification criteria. Clubs will be responsible to register and organize their own eligible athletes to attend.

8.1.3 Selection to Canadian Championships

INDIVIDUAL CHAMPIONSHIPS

Any Saskatchewan gymnast that meets the following Gym Can qualification requirements will be named a member of Team Saskatchewan.

GROUP CHAMPIONSHIPS

When eligible, National stream groups will be sanctioned to attend Canadian Championships by Gymnastics Saskatchewan through their respective club. These groups will not be a part of Team Saskatchewan nor receive funding for travel. If a minimum of four groups are competing at the same level, the Elite Canada performance-based funding formula will apply.

8.1.4 Selection to Elite Canada

Participation at Elite Canada is based on Gym Can qualification structure. If any Saskatchewan gymnasts are registered in this category and are eligible to compete, gymnasts may qualify for funding assistance.

8.1.6 Injuries and Medical Petitions for Team Saskatchewan Gymnasts

All appeals and petitions for team selection must be submitted by the gymnast's coach, to the Technical Director or CEO, prior to the qualifying competition, stating the reason for the petition, an explanation, justification and a doctor's certificate (if applicable). The doctor's certificate should include prognosis diagnosis and estimated time for recovery.

Petitioned gymnasts are ranked by the RG Technical Committee according to previous results, routine content, quality of execution, and potential to medal at the competition. Petitioned gymnasts are not automatically ranked below gymnasts who participated in the designated trials.

Decisions on granting petitions will be made by the RG Technical Committee in the best interest of the gymnast concerned, taking into consideration the needs and performance of the provincial team as a whole and the regulations in place.

8.2 Coaches

All coaches named to a Provincial Team must have the required NCCP certification. All coaches named to a Provincial Team must provide a current police record check to Gym Sask as per the current screening policies.

Gymnastics Saskatchewan will determine the number of coaches funded to Team Sask events based on budget allocations, number of gymnasts qualifying, and experience and/or qualifications.

Gymnastics Saskatchewan may assist in accrediting additional coaches to the floor if the individual or club accepts financial responsibility. All such requests must come to the Technical Director or CEO. All coaches accredited to the floor, whether funded by Gymnastics Saskatchewan or by their club, or personally, shall be considered Team Coaches, part of the team delegation and they shall assume duties and responsibilities requested for the team operations.

8.3 Team Managers

Team managers will be selected by Gymnastics Saskatchewan's CEO or designate for the following competitions:

- Western Regionals and Canadian Championships
- Games programs/competitions
- Other events where Team Sask athletes are participating

Priority will be given to responsible adults who can provide proper supervision and support to gymnasts, coaches and officials. A team manager's first responsibility is to supervise and support gymnasts and team members, not to act as a coach on the floor. Team Manager selection should prioritize NCCP certified coaches first to align with the Gym Can "Rule of Two".

All team managers must provide a current police Record Check as per Gym Sask Screening Policies.

GYMNASTICS SASKATCHEWAN COMPETITIVE MASTERS PROGRAM

This program has been designed to align with Rhythmic Gymnastics Manitoba Masters Program, and is intended for gymnasts wishing to maintain a competitive environment with less time commitment.

Individual Program

- One routine
- Apparatus - Choice (including free)
- Scoring – 1 award (final score from one routine)
- Routine length as per FIG Rhythmic Gymnastics Code of Points 1:15 – 1:30

Masters Level 5

13 – 16 years old (Born 2011, 2010, 2009, 2008)

Masters Level 6/RGM Masters

17 & up years old (Born 2007 and older)

Group Program (Age requirement is open)

- One routine, may contain groups of two or more (no maximum number of gymnasts)
- Apparatus - Choice (including free and mixed apparatus)
- Duo/Trio routine length is 1:15 – 1:30
- Groups of 4 or more routine length is 2:00 – 2:30
- Groups of 2 and 3 compete against each other. Groups of 4 or more compete against each other.

Dress of the gymnast

- Not required to conform to FIG rules for dress of the gymnast. No penalty.
- However, the following rule applies:
 - The neckline of the front and back must be no further down than half of the sternum and the lower line of the shoulder blades.

Music

- Music is not required to conform to FIG regulations. No penalty.
- Music may contain words however may not include profanity or offensive words/phrases (Penalty for violation of this rule a deduction of 2.0 points from the final score, taken by the judge coordinator).

Difficulty

- Maximum 6 difficulties (any value) for individuals and groups.
- No minimum or maximum required of each body group for individual.
- No repetition of difficulties as per code of points.
- Minimum of one exchange difficulty for groups.
- Additional difficulties may be performed in the routine however only 6 may be included on the form. No penalty for additional difficulties performed.
- Free difficulty requirements as per Gym Can Provincial Technical Program.

Execution

- Based on the FIG Rhythmic Gymnastics Code of Points

Athlete eligibility clarification – The RGM Masters program will be considered a Provincial Stream level and will follow regulation 4.4.1 in the Gym Can RG Technical Rules and Regulations regarding Age Categories/Levels:

- If the gymnast participates in both individual and group, the gymnast may not compete in a group in a lower age category or level than her individual category or level.