

Saskatchewan Inter-Club Program Technical Regulations 2023-2024



December 11, 2023

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**SASKATHEWAN INTER-CLUB PROGRAM TECHNICAL RULES AND REGULATIONS
2023-2024**

Our Mission

Gymnastics Saskatchewan provides high-quality, safe, inclusive and positive opportunities for the growth, development and enjoyment of gymnastics in Saskatchewan.

All technical rules and regulations for women's gymnastics in Saskatchewan are under the jurisdiction of Gymnastics Saskatchewan's Technical Director in consultation with Gymnastics Saskatchewan staff and the Women's Technical Committee (WTC).

All women's 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 (GYM CAN) 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. INTER-CLUB GYMNAST PROGRAMS

Gymnastics Saskatchewan offers programs for women's gymnastics in recreational, inter-club and competitive categories. The following policies have been developed and will apply to all women's inter-club and competitive programs in Saskatchewan.

Please see the flow chart in the appendix at the end of the document

1.1 Saskatchewan Inter-Club Program

Developmental Program Compulsory Exercises

Gymnastics Canada has adopted the Developmental Program Compulsory Exercises (formally known as the JO Program), now referred to as the Canadian Provincial Program (CPP) to provide direction and foster competition for different age groups of girls and young women of various levels of ability and commitment. Gymnastics Saskatchewan uses this tool as a guide to provide programming for female gymnasts in Saskatchewan.

Xcel Program

XCEL is an alternative competitive program offering individual flexibility to coaches and gymnasts. The goal of XCEL is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding competitive gymnastics experience.

Gym Sask will continue to use the modified Inter-Club program for the 2023-2024 season. This program will be called **the Saskatchewan Inter-Club Program** and will use a combination of the USAG Development Program Compulsory Exercises (formally known as the JO Program) and Xcel levels. The following levels will be included in the Saskatchewan Inter-Club Program: Developmental Levels 1-4 (formally known as JO 1-4) and Xcel Bronze and Silver. In Saskatchewan these levels will be called "Inter-Club Level 1, Inter-Club Level 2, Inter-Club Xcel Bronze, etc. We will follow the USAG Developmental Program Compulsory rules but use a different name. Gym Sask has adjusted the minimum age for athletes to enter these Inter-Club levels, for the 2023-2024 season athletes must be born in 2017 and older, there is no age maximum on Inter-Club levels although this program is designed for developmental and younger athletes.

Athletes in the Saskatchewan Inter-Club program will be able to attend in province invitationals only. Athletes in Inter-Club Level 1-4 & Xcel Bronze and Silver athletes born in 2017 & 2016 will NOT be ranked against each other, will NOT have scores flashed and will be given ribbons based on a range of scores. They will be called up in a random order during the awards ceremony.

Athletes born in 2015 and older in the Inter-Club Xcel Bronze and Inter-Club Xcel Silver will be able to be ranked against each other, will have scores flashed, and will be eligible to receive medals as per the Xcel code of points.

Athletes in the Saskatchewan Inter-Club Program will not be eligible to attend provincials.

Clubs who wish to only participate in the Saskatchewan Inter-Club Program must be registered with an Inter-Club Membership in Amilia.

Inter-Club Level 1-4: The introductory levels focus on basic skills and excellent execution through short compulsory exercises.

Inter-Club Xcel Bronze & Silver: The introductory XCEL levels focus on basic skills and excellent execution through short optional exercises.

1.2 Eligibility

A participating club must be registered with Gymnastics Saskatchewan as an Inter-Club or Competitive Club to be eligible to take part in an Inter-club level 1-4 and/or Inter-Club Xcel Bronze and Silver meet.

1.3 Athletes

Any athlete registered in the Saskatchewan Inter-Club Program with *Gymnastics Saskatchewan* is encouraged to participate in other disciplines. Athletes may register in other gymnastics disciplines at a different level. The athlete is not required to pay more than one Gym Sask registration fee. Only the highest fee must be paid to

Gymnastics Saskatchewan as the athletes' membership registration. Recreational gymnasts are eligible to transfer to Inter-Club at any time, pending they meet the age requirements and pay the upgraded membership fee to Inter-Club Artistic Gymnast.

- March 1st is the final date for movement **DOWN** a level.
- There is no deadline to move up a level. The Gymnastics Saskatchewan office must be notified of any change.
- Inter-Club gymnasts are eligible to move up to a Provincial gymnast at any time, pending they meet the age requirements and pay the upgraded membership fee to Provincial Artistic Gymnast.
- Inter-club level athletes WILL NOT be eligible to attend Provincial Championships.
- Inter-Club level athletes WILL NOT be eligible to attend out of province competitions.

1.4 Levels & Age Categories

Please see the Eligibilities Chart in the Appendix.

Gymnastics Saskatchewan reserves the right to combine age groups subject to provincial registration; categories may be combined prior to the competition season.

Athletes in the Saskatchewan Inter-Club Program should train 1 to 3 times a week, 1 to 3 hours per class and **NOT more than 6 hours per week**.

1.5 Athlete Competition Attire

- Proper competition attire must be worn during all competitions.
- Gymnasts must be attired according to the stipulations of the current FIG Code of Points unless otherwise specified below or in the respective program manual.
- In a team competition, all athletes from the same club/province must wear the same leotard
- During all GymCan/Gym Sask competitions, gymnasts may wear shorts, capris or leggings as part of their uniform.
 - must be skin-tight
 - they can be either the same color as the leotard or black (should coordinate with the leotard)
 - no obvious logo may appear on the shorts/capris/leggings
- Gymnasts may make an individual choice to wear shorts/capris/leggings in either an individual or team competition.
- They have the option of wearing gymnastic slippers and/or socks

1.6 Technical Information

1.6.1 Skills

The routines must be performed in the order indicated by the USA Gymnastics Development Program Compulsory Exercises or the Xcel Code of Points.

1.6.2 Timing

Timing will follow the USA Gymnastics Development Program Compulsory Exercises or the Xcel Code of Points. Please refer to those books for the information.

1.7 Coaching

In order to maintain the privilege of membership in Gymnastics Saskatchewan, all coaches shall act in accordance with the establish 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 the Respect In Sport program (RIS). Information on coaching certification (NCCP and RIS) 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.

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

Event	Coach Certification	Level of Athlete
Invitationals, Fun Meets & Mock Meets	Gymnastics Foundations Certified or Level 1 Certified	Recreational or Levels 1 & 2, XCEL Bronze
	Competition 1 Trained or Level 2 Technical	Levels 3-6, XCEL Silver/Gold/Platinum
	Competition 2 Trained or Level 3 Trained	Levels 7 & 8, XCEL Diamond
	Competition 3 Trained or Level 3 Certified	Levels 9, 10, High Performance, Aspire 1 & 2

COACHING CERTIFICATION TEMPORARY EXEMPTIONS

WAG 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 Competition 1, 2 or 3 training.
- A maximum of 1 time per Saskatchewan Championships will be given to any individual for Competition 1 Certification.
- Some exemptions are considered for Gym Can events but require a letter from Gymnastics Saskatchewan.

For more regulations related to coaches, please consult the Gymnastics Saskatchewan Coach Technical Manual.

1.8 Judging

Please refer to the Women's Judging Manual located here: [LINK](#)

For Inter-club programs a coach can stand beside the apparatus at all times, but if he/she spots or touches the athlete during the element up to the value of the element plus 0.50 will be deducted from the score. If a coach touches the athlete to assist on the landing only a 0.50 deduction will be taken.

There is no deduction for a coach reminding a gymnast what skill is next.

Text errors will not be taken in Inter-club but if an athlete moves up to the provincial level text errors will be taken there.

1.9 Scoring

For Inter-Club Levels 1-4 and 2017 & 2016 born Xcel Bronze & Silver athletes there will be **NO FLASHING OF SCORES**.

Results are handed out to coaches at the end of the meet for Inter-Club Level 1-4. Results should not be posted at the event or on the club website. Each coach can decide to share the results with parents and athletes as/if they see fit.

For 2015 & older Inter-Club Xcel Bronze and Silver athletes **SCORES WILL BE FLASHED**.

Results will be handed out as normal and athletes will be ranked on events and all around.

1.10 Awards

For Inter-Club Levels 1-4 and 2017 & 2016 born Xcel Bronze and Silver level athletes, the athlete placings are determined using the following system:

ALL AROUND		
Gold	Silver	Bronze
36.000 or higher	33.200-35.999	33.199 or lower

All Around medals are awarded to each participant (Gold, Silver and Bronze) based on their personal score.

Clubs may distribute their own medals or can purchase medals from Gym Sask through e-mail or over the phone.

Clubs can also purchase participation ribbons (red, blue and white). Ribbons for each event are distributed according to the following scores:

VAULT, BARS, BEAM & FLOOR

Red (1 st)	Blue (2 nd)	White (3 rd)
9.000 or higher	8.300-8.999	8.299 or below

Tabulators at each event will have an envelope with a certificate for each athlete in the rotation. When the athlete's score is done being calculated the tabulator will place a ribbon in the envelope with the athletes certificate based on the range of scores above. The athlete's envelope will travel from event to event with rotation so when the competition is done the ribbons are already sorted and just need to be attached to athlete's certificate. The ribbons should be labeled with a sticker on the back (Vault, Bars, Beam or Floor) so the athlete knows which event they received each ribbon from. A participant certificate template is provided at the end of this document.

The order that athletes are called up to receive their all-around awards should be mixed up so less emphasis is placed on ranking. No podium should be used when presenting athletes with all around medals. The announcer should announce the age group and then call up the athletes by club and in random order and have the athletes stand side by side. Envelopes with certificates and ribbons attached should be given to coaches to distribute to their athletes before they leave the building.

For 2015 & older Inter-Club Xcel Bronze & Silver athletes awards will be given out as usual. Athletes will be ranked against each other and will be given medals and ribbons based on their placing for events and all around.

1.11 Warm Up

General Warm-Up	15 minutes Athletes may not start the general warm-up on the warm-up or competition floor before the set time. Once the general warm-up starts, athletes may warm-up on the WAG floor, mats and runway only. They may not use the boards and/or get on the table, bars or beam for any reason during the general warm-up. If it is part of the team choreography warm-up, athletes may perform on the floor a) basic floor acro tumbling b) beam acro on a line. The use of diagonals is prohibited.			
	V	UB	BB	FX
Time / per gymnast	Level 1-2: 15 seconds each or 2 vaults each Xcel Bronze: 30 seconds Level 3 & Xcel Silver: 45 seconds Level 4: 1 min	Level 1-3, Xcel Bronze & Silver: 45 seconds each Level 4: 1 minute	Level 1-3, Xcel Bronze & Silver: 45 seconds each Level 4: 1 minute	Level 1-2 & Xcel Bronze: 90 sec for the group : Athletes grouped up to a maximum of 7 in a group Level 3, Xcel Silver: 45 seconds *Max 4 mins SK only Level 4: 1 minute
Group or Individual	Group warm-up	Group warm-up	Group warm-up	Group warm-up
Rotation size	<ul style="list-style-type: none"> • 7 or less warm up in one group; • 8 + gymnasts warm up in 2 groups: ex. 4 – 4, 5 – 4, 5 – 5 			

1.12 Equipment

Inter-Club Levels Apparatus Height:

Level	Vault	Bars	Beam	Floor
1	Two 20 cm mats (16")	175 cm to the floor (height is measured from the upper edge of the rail)	100 cm, 110 cm or 125 cm	One strip of floor
2	Mat stack placed lengthwise - minimum of 40 cm (16 inches) in height (± 2.5 cm or 1 inch). Any combination of competition landing mats, skill cushions, and/or port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 10 cm (4-inch) skill cushion or the port-a-pit, plus four additional 20 cm (8") skill cushions to allow for 60 cm (24"), 80 cm (32"), 102 cm (40") and 123 cm (48") heights (± 2.5 cm or 1 inch). A tape line must be placed at 81 cm (32") from the front edge of the landing surface, placed so that the far edge of the tape is at 81 cm (32"). The tape line should also extend down the side of the mat.	175 cm to the floor (height is measured from the upper edge of the rail)	100 cm, 110 cm or 125 cm	One strip of floor or diagonal on the floor
3	Minimum 5' <u>Width</u> , 5' <u>Length</u> (10' Length - placed sideways), minimum 32" – 48" maximum <u>Height</u> (± 2.5 cm or 1-inch), including base mat. Any combination of competition landing mats, skill cushions and/or port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 10 cm (4-inch) skill cushion or the port-a-pit, plus two additional 20 cm (8") skill cushions to allow for 102 cm (40") and 123 cm (48") heights (± 2.5 cm or 1 inch).	175 cm to the floor (height is measured from the upper edge of the rail)	100 cm, 110 cm or 125 cm	One strip of floor or diagonal on the floor
4	Vault Table	HB: 255cm LB 175cm (height is measured from the upper edge of the rail)	100 cm, 110 cm or 125 cm	12m X 12m
Bronze	Minimum of 40 cm (16 inches) in height (± 2.5 cm (1 inch)) placed lengthwise. Any combination of manufactured competition landing mats, skill cushions and/or port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 10 cm (4-inch) skill cushion or the port-a-pit). The maximum height of the mat stack is 120 cm (approximately 48" ± 2.5 cm (1 inch)). <ul style="list-style-type: none"> The mat stack may be placed on top of a solid foam pit. An additional mat (minimum of 10 cm (4")) must be placed on the floor behind the mat stack. All mats used in forming the mat stack must be a minimum of 5' wide and 10' long. An unfolded panel mat (or any manufactured matting to facilitate a firm surface) may be placed on top of the uppermost surface of the mat stack/resi pit if necessary to provide a more stable landing surface. This mat must cover the entire uppermost surface. The top surface may be either a "squared" (standard 8" mat corners) or "curved" (similar to a table trainer) on the front edge. 	HB: 255cm LB 175cm (height is measured from the upper edge of the rail)	100 cm, 110 cm or 125 cm	12m X 12m
Silver	Minimum of 60 cm (24 inches) in height (± 2.5 cm (1 inch)), placed sideways. Any combination of competition landing mats, skill cushions and/or port-a-pit may be used; however, the top	HB: 255cm LB 175cm (height is measured from	100 cm, 110 cm	12m X 12m

<p>layer of matting MUST be a minimum of a 10 cm (4-inch) skill cushion or the port-a-pit. The maximum height of the mat stack is 120 cm (approximately 48", ± 2.5 cm (1 inch)).</p> <ul style="list-style-type: none"> The mat stack may be placed on top of a solid foam pit. An additional mat, minimum 6' x 12' x 4" (10cm) must be placed on the floor behind the mat stack. All mats used in forming the mat stack must be 5' wide and a minimum of 5' long, ± 2 inches. An unfolded panel mat (or any manufactured matting to facilitate a firm surface) may be placed on top of the uppermost surface of the mat stack/resi pit if necessary to provide a more stable landing surface. This mat must cover the entire uppermost surface. The top surface may be either a "squared" (standard 8" mat corners) or "curved" (similar to a table trainer) on the front edge. A sting mat may be used on top of the mat stack. <ul style="list-style-type: none"> EXCEPTION: A sting mat is NOT allowed on top of an inflatable mat. 	<p>the upper edge of the rail)</p>	<p>or 125 cm</p>	
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Additional Matting:

Level	Vault	Bars	Beam	Floor
1	N/A	Mandatory 10 cm, up to 30 cm allowed. A 20 cm safety mat is allowed in place of the 10cm mandatory supplementary landing mat. The supplementary or safety mat MAY extend beyond the low bar.	Supplementary mats are not mandatory for Level 1-4 dismount. Coach may use a large 10 or 20 cm mat under the beam provided the entire area under the beam is covered and even (no chance of rolling an ankle on uneven surface if falling).	No additional mats permitted
2	N/A			5 or 10cm allowed; supplementary mat must be placed at the beginning of the routines and can be removed, moved or left in place (intent is to have least amount of movement of mats/coach around the floor)
3	An additional mat (minimum of 6' x 12' x 10 cm (4")) must be placed on the floor behind the mat stack.			Box or beat board is allowed for mount
4, Bronze, Silver	Mandatory 10cm, up to 20cm allowed. A 20cm safety mat is allowed in place of the 10cm mandatory supplementary mat.			

Supplementary matts allowed for level 3 in Saskatchewan, different from USAG manual.



WAG AGE ELIGIBILITY CHART

Updated – December 11, 2023

SASKATCHEWAN INTER-CLUB LEVELS					
INTER-CLUB LEVEL 1 2017 & older 68	INTER-CLUB LEVEL 2 2017 & older 106	INTER-CLUB LEVEL 3 2017 & older 28	INTER-CLUB LEVEL 4 2017 & older 3	INTER-CLUB XCEL BRONZE 2017 & older 101	INTER-CLUB XCEL SILVER 2017 & older 110
2017 – 20 2016 – 24 2015 – 13 2014 – 6 2013 – 4 2012 - 1	2017 – 13 2016 – 32 2015 – 20 2014 – 23 2013 – 10 2012 – 5 2011 – 2 2010 - 1	2017 – 1 2016 – 5 2015 – 9 2014 – 8 2013 – 3 2012 - 2	2016 – 2 2014 - 1	2017 – 7 2016 – 20 2015 – 32 2014 – 24 2013 – 14 2012 – 4	2015 – 10 2014 – 26 2013 – 36 2012 – 16 2011 - 12 2010 – 6 2009 – 3 2008 - 1

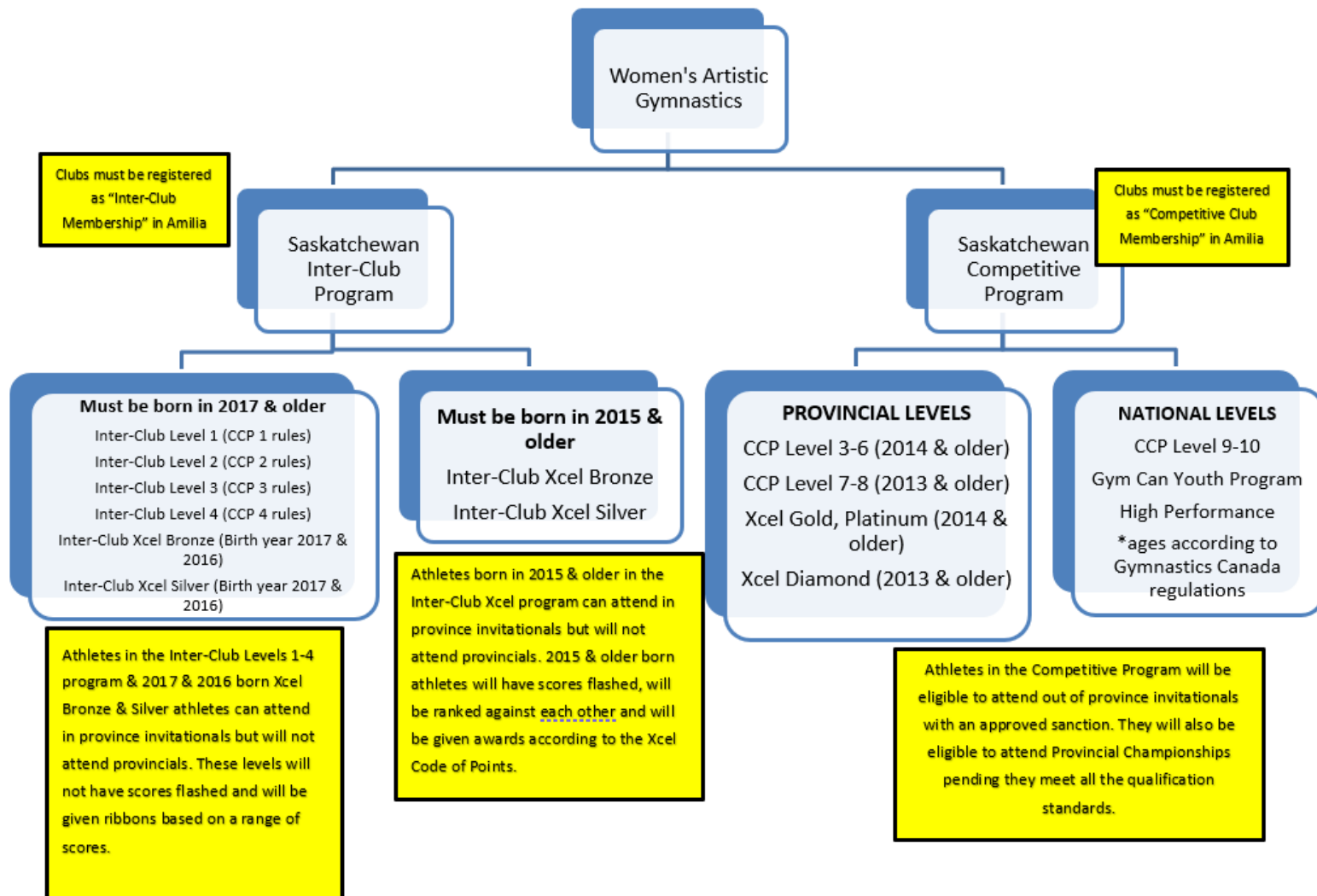
- Inter-club level 1-4 will use the USAG Developmental Compulsory rules and routines
- Inter-Club level 1-4 & Inter-club Bronze & Silver born in 2017 & 2016 **will not** have scores flashes, not be ranked against each other, and will be presented ribbons based on score range according to the Saskatchewan Inter-club Manual
- Inter-Club Xcel Bronze & Silver born in 2015 & older will use the USAG Xcel Code of Points rules and regulations, they will have scores flashed, be ranked against each other and will be presented regular awards

SASKATCHEWAN PROVINCIAL LEVELS								
LEVEL 3 2015 & older 55	LEVEL 4 2015 & older 23	LEVEL 5 2015 & older 5	LEVEL 6 2015 & older 18	LEVEL 7 2014 & older 14	LEVEL 8 2014 & older 14	XCEL GOLD 2015 & older 118	XCEL PLATINUM 2015 & older 34	XCEL DIAMOND 2014 & older 9
2015 – 11 2014 – 11 2013 – 17 2012 – 13 2011 - 3	2015 - 1 2014 - 11 2013 – 6 2012 – 3 2011 - 2	2015 – 1 2014 – 2 2012 – 1 2010 - 1	2014 – 1 2013 - 6 2012 – 9 2010 – 2	2013 – 2 2012 – 6 2011 – 4 2010 – 1 2008 - 1	2010 – 3 2009 – 2 2008 – 5 2007 – 3 2006 - 1	2015 – 1 2014 – 8 2013 – 21 2012 – 28 2011 – 32 2010 – 16 2009 – 5 2008 – 3 2007 - 4	2012 – 6 2011 – 7 2010 – 13 2009 – 3 2008 – 3 2007 – 1 2004 - 1	2012 – 1 2010 – 2 2009 – 2 2008 – 2 2007 - 2

Clubs will make their own age categories for invitationals based on registration numbers.

Guidelines:

- Recommended to not have over 20 athletes per category, with equal numbers in age divisions
- Max of 60 athletes per session when combining age categories
- Age categories may be single birth years if there are enough athletes, if birth years need to be combined please try to keep it to a maximum of 3 birth years per category





Certificate of Achievement

CONGRATULATIONS

ON YOUR ACHIEVEMENT AT THE:

