



Trampoline and Tumbling Technical Regulations

2023/-2024

Last update December 20, 2023

TRAMPOLINE AND TUMBLING TECHNICAL RULES AND REGULATIONS 2023-2024

All technical rules and regulations for Trampoline Gymnastics in Saskatchewan are under the jurisdiction of Gymnastics Saskatchewan's Technical Director in consultation with the Trampoline Technical Committee (TG Technical Committee). Trampoline Gymnastics refers to the four disciplines of individual trampoline, synchronized trampoline, double mini trampoline and power tumbling.

All Trampoline Gymnastics programs and competitions sponsored or sanctioned by Gymnastics Saskatchewan shall be governed by the rules and regulations established by GymCan (GC) 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. ATHLETE DEVELOPMENT AND COMPETITIVE PROGRAMS

Gymnastics Saskatchewan offers programs for Trampoline Gymnastics in recreational, pre-competitive and competitive categories. The following policies have been developed and will apply to pre-competitive and competitive Trampoline Gymnastics in Saskatchewan.

1.1 Inter-Club Programs

FAST CAT

Gymnastics Saskatchewan is using the FAST Cat Levels 1, 2, 3 and 4 for inter-club gymnasts. The program has been borrowed (with its agreement) from Alberta Gymnastics FAST program and adapted to address the needs in our province. This program is an introduction to easy skills and our competitive programs and can also be used for talent identification for future development. Program materials and regulations for these categories are available on the Gymnastics Saskatchewan website.

1.2 Competitive Programs Provincial and National Stream

Gymnastics Saskatchewan and GymCan have instituted several different levels of competition to provide safe and enjoyable competition opportunities for gymnasts of various levels of ability and commitment.

Level 1

This level is designed for beginner competitive and developing gymnasts who have limited training experience. Coaches teaching inverted or somersaulting skills must be Level II/Comp 1 NCCP certified on Trampoline. Gymnasts compete with compulsory and/or optional routines/skills in preliminaries and finals competitions.

Level 2

This level is designed for gymnasts who are ready to progress to more difficult skills. Basic somersaulting skills are often linked together throughout the routine. Gymnasts compete with compulsory and/or optional routines/skills in preliminaries and finals competitions.

Levels 3 and 4

These levels are designed for gymnasts who are prepared for higher level competition with a greater degree of difficulty. Advanced single somersault skills are performed. Gymnasts compete with compulsory and/or optional routines/skills in preliminaries and finals competitions.

Levels 5, 6, 7 Junior and Senior

These levels of competition are designed for gymnasts who have mobilized to compete at national levels with optional and/or compulsory routines with increased difficulties.

1.3 Sask First Training and Competition Program

Competitive TG gymnasts are eligible to be selected to this program. It is designed to enhance training and competition opportunities for current national and high-performance gymnasts and for those with high performance potential. Following an annual selection camp, gymnasts and their personal coaches will be eligible for certain funded training and competition opportunities.

2. GYMNAST REGISTRATION & ELIGIBILITY

All gymnasts must be registered with a member club in Saskatchewan unless approved by the Gymnastics Saskatchewan CEO. All gymnasts must declare their level of competition upon registration with Gymnastics Saskatchewan each fall by the membership deadline of October 31st.

2.1 Competition Eligibility, Mobility and Upgrades

Gymnasts wishing to move down a level after competing in a competition must obtain approval from the TG Technical Committee 1 week prior to the event registration deadline for the next competition.

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

Inter-club gymnasts may only participate in inter-club level & fun events without having to upgrade to a higher membership fee.

Gymnasts registered as athletes in another discipline may participate in TG programs at a lower or the same membership category (Recreational, Inter-club, Provincial Stream, National Stream) with no additional affiliation fees however they must register their TG level with Gymnastics Saskatchewan prior to their first TG event. These gymnasts must pay any additional membership upgrades if they are going to compete in a TG event at a level or category higher than their current membership category.

2.2 Levels & Age Groups

Competitions, training, testing and/or talent identification programs will be offered for the following levels and age groups:

Inter-club – Fast Cat

Provincial – Levels 1-4

National – Levels 5-7, Junior, Senior

In Saskatchewan, males and females of the same category in L1-L4 will compete in the same event and be ranked against each other for awards at all competitions regardless of gender. Male and Female L4 athletes will have separate results for mobilization purposes but will be ranked together for awards. National level athletes will be separated into male and female for competitions and awards.

In Saskatchewan, all age groups within a level will be combined. Age groups will not be split for competition or awards unless there are more than 30 in a level. If there are more than 30 in a level, age splits will be made according to the median age.

Mixed synchronized trampoline is approved for all competitions in Saskatchewan.

Age eligibility is determined by the athlete's age as of December 31st of the **competition year**.

Level	Minimum Age	Maximum Age
1-4	9	None
5	11	None
6	11	16
7	17	None
Junior	13	16
Senior	17	None

3. OFFICIALS PROGRAM REGULATIONS

The following regulations govern trampoline and tumbling judges in Saskatchewan.

3.1 General

Provincial judging rules, regulations and procedures are under the jurisdiction of Gymnastics Saskatchewan's Technical Director and Program Coordinator in consultation with the Trampoline & Tumbling Technical Committee.

National judging certification programs and policies are the responsibility of Gymnastics Canada.

All judges attending a judging course and/or acting as active judges for Gymnastics Saskatchewan and/or their club must be registered members in good standing of Gymnastics Saskatchewan.

3.2 Certification Levels

The following are the judging certification levels in Saskatchewan and Canada:

Inter-club 5

Provincial 4, 3, 2, & 1

National 3, 2 & 1

FIG Brevet 4, 3, 2, & 1

3.3 Judging Certification Clinics

All clinics for Fast Cat and Provincial judging certification are under the jurisdiction of Gymnastics Saskatchewan and the TG Technical Committee. All clinic registration fees for Provincial 1-5 and all refresher courses are the responsibility of the individual judge.

Gymnastics Saskatchewan may pay/share expenses, pending approved budget allocations, for current National and International level judges to attend approved courses/clinics and qualifying competitions in order to maintain and/or upgrade their level.

3.4 Judging Program Eligibility and Requirements

CANADIAN JUDGING LEVELS

JUDGING LEVELS WITH CORRESPONDING APPLICABLE CATEGORIES

- **Provincial Level** – At this level, there are five categories of judges for all events (TRI, TRS, DMT, TUM):
 - Provincial 5 – Judge in training (Pre-National Level athletes)
 - Provincial 4 – Execution and DD (Pre-National Level athletes)
 - Provincial 3 - Chair, Execution and DD (Pre-National Level athletes)
 - Provincial 2 – Chair, Execution and DD (Levels 5 and 6 in Trampoline, DMT and Tumbling in province)
 - Provincial 1 – Chair, Execution and DD (all National Levels including Junior and Senior in province)

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- **National Level** – At this level, categories differ for different events:
 - Individual Trampoline:
 - Trampoline National 3 – Chair, Execution and DD (Level 5 athletes)
 - Trampoline National 2 – Chair, Execution and DD (Level 6 athletes)
 - Trampoline National 1 – Chair, Execution and DD (Junior/Senior Level athletes)
 - Synchronized Trampoline:
 - Trampoline National 2 – Chair, Execution and DD (Levels 5 and 6 athletes)
 - Trampoline National 1 – Chair, Execution and DD (Junior/Senior Level athletes)
 - Double-Mini Trampoline –
 - DMT National 3 – Chair, Execution and DD (Level 5 athletes)
 - DMT National 2 – Chair, Execution and DD (Level 6 athletes)
 - DMT National 1 – Chair, Execution and DD (Junior/Senior Level athletes)
 - Tumbling:
 - Tumbling National 2 – Chair, Execution and DD (Level 5 and 6 athletes)
 - Tumbling National 1 - Chair, Execution and DD (Junior/Senior Level athletes)

INTER-CLUB & PROVINCIAL REQUIREMENTS

Prerequisite:

- Minimum age 16 years as of January 1, 2023, and 15 years old if a trampoline sport gymnast
- Minimum age 12 for Level 1-4 gymnasts to take Fast Cat clinic (permission from Judging Chair)

Requirements for new judges:

- All written exams require a mark of 80% to pass, all execution video exams require a mark of 85% to pass within range of answer key, all DD video exams require a mark of 90% to pass.
- Judges must take at least one event specific exam for written, execution and DD in the same event.
- If a judge only passes 2 parts of written, execution and DD, he or she can challenge the 3rd part; however, if the judge fails more than 1 part, they have to redo the course.
- Inter-club 5 Requirements:
 - Attend Fast Cat clinic.
- Provincial 4 Requirements:
 - Attend Provincial 4 Clinic
 - Written exam (Common Rules and Event Specific)
 - Video exam for Execution (Event Specific)
 - Video exam for DD (Event Specific)
 - Assessment of Shadow Execution (Scores to be evaluated)
 - Assessment of Shadow DD (Scores to be evaluated)

- 15 hours of competition judging experience
- Provincial 3 Requirements:
 - Complete Provincial 4 Requirements
 - Written exam for CJP (Event Specific)
 - Video exam for CJP (Event Specific)
 - Practical experience as CJP (mentored)
 - 15 hours of competition judging experience
- Provincial 2 Requirements:
 - Complete Provincial 3 Requirements
 - Attend Provincial 2 Clinic or National Readiness Preparation Clinic
 - Written exam (National Readiness Exam – Event Specific)
 - Video exam for Execution (Novice)
 - Video exam for DD (Novice)
 - Video exam for CJP (Novice)
 - Practical experience as CJP (mentored) of National Novice panel
 - 15 hours of competition judging experience
- Provincial 1 Requirements:
 - Complete Provincial 2 Requirements
 - Video exam for Execution (Open/Youth/Senior)
 - Video exam for DD (Open/Youth/Senior)
- Practice judge 10 hours in club to maintain level. 5 of these hours must be in a gym setting with a returning judge or mentor judge (and 5 may be done using videos).
Observation hours online form must be completed by February 1st or first meet of the year.
- Judge a minimum of two competitions per year one of which can be FAST Cat

Requirements for returning judges:

- Judge a minimum of two competitions per year one of which can be FAST Cat
- Attend a Provincial Review Clinic (approximately 4 hours) and pass the recertification exam with minimum 60%.
- At the Provincial Review Clinic, a judge has the opportunity to move up in Provincial level if requirements are met, or add events.

NATIONAL REQUIREMENTS

Contents:

- Three separate courses for trampoline, tumbling and double-mini.
- Courses offered by Gymnastics Canada

Prerequisite:

- Minimum age 18
- Minimum 2 years at Provincial Level 1 and/or 2 and must be recommended by the Provincial Judging Chair

Requirements (in addition to Provincial Level requirements)

- Attend National Judging Course and certify as per Gymnastics Canada regulations.
- Judge at Saskatchewan Championships
- Judge at a minimum of 1 national stream competition annually (national stream equalling minimum 5 gymnasts per event, judge must judge the events of which they hold national certification)

FIG BREVET

International Judges shall be governed under the Gymnastics Canada Judging Policy. These judges shall conform to Gymnastics Canada technical rules and regulations governing judging clinics, exams, competitions, etc. All National and International Judges registered with Gymnastics Saskatchewan, whether through a club or as individual members, shall actively take part in provincial competitions, programs and clinics as requested by the TG Technical Committee. Re-certification is as per Gymnastics Canada policy.

3.5 Judging Assignments

All judges, after taking the appropriate course(s), will be placed in a pool of independent judges.

All judging assignments for every event/competition in Saskatchewan will be administered by the TG Gymnastics Saskatchewan Judging Chair in direct consult with the host club's organizing committee to ensure competitions run properly, efficiently and at the minimal necessary costs to the host club.

Every effort will be made to minimize the costs to the host club while also ensuring judges are getting the necessary experience to learn and progress. The priority for assignments will be based on expenses to the host club followed by needed experience, based on the availability of individual judges.

Judging assignments for all out of province designated meets will be assigned and monitored by the Provincial Judging Chair.

3.7 Expenses and Payment of Judges

The expenses for judges to attend competitions and events are the responsibility of host club. **Host clubs are responsible for honoraria and associated travel expenses (mileage, hotels if necessary and per diem if meals are not provided at the competition) for all judges assigned to invitational competitions.**

Mileage rates paid to the judges will be determined by the host club. The host clubs must notify the judges in advance as to what the mileage rate will be. Athletes and coaches, who are competing/coaching at the competition, but will also be judging will NOT receive mileage. Accommodation expenses incurred because of the schedule will be covered but these expenses must be approved by the Gym Sask judging chair.

The judging chair will keep track of the hours judged by each judge and will submit that information to the host club within 48 hours of the completion of the competition. For designated trials sessions, which are not a regular session of a club meet, Gymnastics Saskatchewan will pay judges expenses and honoraria.

For Provincial Championships

- All honoraria will be paid by the host club.
- All expenses will be paid by Gymnastics Saskatchewan.

- 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 at the rate given by the host hotel. Judges must provide a receipt.

Judges are expected to submit expense forms within 2 weeks of the event's conclusion to the host club.

Expenses of judges travelling as part of Team Saskatchewan to designated meets shall receive funding based on the current Gymnastics Saskatchewan funding document as approved by the CEO and Technical Director.

CLINICS

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.

Gymnastics Saskatchewan will pay expenses and honoraria for National level judges for conducting judge certification clinics as organized by Gymnastics Saskatchewan. Judges shall receive the following honoraria for conducting courses:

5 hour course:	\$200
8 hour course:	\$300
12 hour course:	\$450
16 hour course:	\$600

COMPETITION HONORARIA

	NO HONORARIA	VIRTUAL COMPETITIONS
Shadow Judges		
FAST CAT & Provincial 5	\$25 per session	
Provincial 4 & 3 judges	\$15 per hour	\$1.25/routine
Provincial 2 & 1 judges	\$20 per hour	\$1.25/routine
National judges	\$30 per hour	\$1.75/routine
FIG judges	\$35 per hour	\$2.00/routine

Judges required to do assessments as a shadow judge, shall be paid their honorarium. There will be a minimum of 3 hours honorarium paid for all competitions.

EXPENSE RATES

Gymnastics Saskatchewan expense rates for judges are as follows:

Travel for personal vehicle	53 cents per km (carpooling strongly encouraged)
Shared accommodation	as required
Meals	\$61/full day

3.8 Judging Uniforms

The judging uniform for all Gymnastics Saskatchewan sanctioned competitions is as follows: closed toe shoes, navy slacks, white dress shirt, and navy blazer, dark tie if desired, skirts must be a minimum of knee length.

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 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 (RIS) and Making Ethical Decisions (MED) programs. Information on coaching certification (NCCP, RIS and MED) 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 coach during training, warm-up and competition at any sanctioned event: appropriate training suit (long pants and jacket); top: appropriate T-shirt, polo shirt (i.e., club or provincial shirt, no logos other than gymnastics logos) and/or training jacket; appropriate indoor sport footwear. Excluded items: hats, shorts, midriff tops, tank tops, ripped or torn clothing.
- 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.
- 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.

COMPETITIONS

The following certifications are required if a coach is actively coaching gymnasts 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 – Certified Level 2 or 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 Competition 1 training (Level 2 Technical).
- A maximum of 1 time per Saskatchewan Championships will be given to any individual for Competition 1 (Level 2) Certification.
- Some Level 2 and Level 3 Certification exemptions are considered for GCG events by GCG but require HP Committee endorsement and a letter from Gymnastics Saskatchewan

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

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.

Note: Non-regulated equipment may be used for some Regional and Provincial programs with the approval of the TG Technical Committee.

TUMBLING STRIP

MINIMUM REQUIREMENTS – PROVINCIAL LEVEL

Length of Sprung Floor	Minimum 2500 cm + 100 cm long x 200 cm wide x 30 cm max height
Type of Sprung Surface	Sprung surface which must be padded. If construction is of several units these must be fixed firmly together so as not to separate in use and showing no space between them.
Approach Run-up	Minimum 1000 cm + 100 cm (Width a Minimum of 100 cm)
Location	Minimum 300 cm from walls or obstructions
Lines on Tumbling Strip	5 cm wide in contrasting colour. Outer edges 150 cm apart with a centre line
Landing Area	Width minimum 300 cm +/-1 cm Length minimum 600 cm +/-1 cm Thickness minimum 30 cm +/-1 cm The landing area must be the same height as tumbling strip, must be held together so there are no cracks.
Landing Zones	Lines 5 cm wide in contrasting colour, outer edges 200 cm x 400 cm
Ceiling Height	500cm metres above entire strip and approach run.
Springboard	At least one Budapest or coil board
Camera Location	Clear view of the tumbling strip at least 250 cm from side in middle
Judges Table	Seating for 8 people at least 2.5 m from the strip Situating ideally 16 M from the start of the strip. The table is ideally situated 5 meters away from the landing strip. The table needs to be elevated 50 cm from the floor.

TRAMPOLINE MINIMUM REQUIREMENTS

For in province competition, in-ground or above ground trampolines are acceptable.

Number of Trampolines	One trampoline, two identical tramps and beds if Synchro Tramp
Interior Frame size	Length 505 cm +/- 6 cm, width 291 cm +/- 5 cm. All frames must have round edges with a min 15 cm radius for each edge.
Height of Bed from Floor	115.5 cm +/- 5 mm - In ground or above ground bed
Trampoline Bed	Length 428 cm +/- 6 cm, width 214 cm +/- 5 cm
Type of Bed	Web .55 cm +/- 1.5 cm wide not more than 1.6 cm apart or String .3 cm +/- .1 cm wide not more than 1.0 cm apart
Jumping Zones	Please refer to diagram in appendix I
Safety Padding	The frame and springs must be entirely covered by shock absorbing padding not more than 5 cm thick and at least 3 cm thick. It must not protrude on the trampoline.
Safety Platforms	At both ends of the trampoline and firmly attached 300 cm x 120 cm.
Mat on End Deck	Must cover entire deck and up to the springs, minimum 7.5 cm thick at bedside and 21 cm at end.
Spotter Mats	Ideal: 200 cm x 150 cm x 15 cm with handles on side
Other Mats	There must be mats at least 200 cm x 20 cm surrounding the trampoline and end deck.
Ceiling Height	800 cm high
Judges Tables	Seating for 8 (9 If using Time of Flight) people elevated at least 1 m off the floor and no higher than 2 meters of the floor. The table is ideally situated 5 meters away from the trampoline.
Walls and Protrusions	No protruding equipment within 200 cm of the sides of the trampoline and end decks
Camera Location	Clear view of the entire trampoline bed at least 250 cm from the side
Spotting	At least one spotter on each side of the trampoline during warm-up and two on each side during competition

DOUBLE MINI-TRAMPOLINE (DMT)
MINIMUM REQUIREMENTS

Type	A double-mini trampoline with adequate tension to allow heavier gymnasts to use it; there must be frame pads to cover the springs and frame.
Frame	No metal bars or other firm fixing are allowed across the ends of the DMT other than at floor level. Frame must have rounded edges with each being a minimum radius of 15 cm.
Bed and Height	Light coloured webs or strings Length 285 cm +/- 5 cm, width 92 cm +/- 1 cm Mounting end 45 cm +/- 10 cm Dismount end 70 cm +/- 10 cm
Webs Under Tension	Width of Web .4-1.3 cm wide, no more than 1.3 cm apart Width of strings under tension 3mm - +/- .1 cm
Penalty Zones in Red	End markers 13 cm +/- 2 cm Centre zone 39 cm +/- 1 cm Distance of the centre zone from the Mounting end 90 cm +/- 2 cm
Landing Area	600 cm x 300 cm, 30 cm thick, shock absorbing mat
Landing Zone	Outside of lines width 200 cm x 400 cm – lines 5 cm
Landing Zone (C) in Canada	100 cm wide at the front and 100 cm wide at the far end, length 250 cm starting 50 cm from the front edge of the zone.
Run-up	Minimum 2000 cm long +/- 250 cm; width 100cm; Thickness 2.5 cm +/- .5 cm.
Spotting Mats	Length 200 cm – 50 cm; Width 150 – 50 cm; Thick 15cm – 5 cm.
Ceiling Height	600 cm; ideal 800 cm
Beat Board	One, to be used as a ramp for smaller gymnasts.
Judges Table	Seating for 8 people Table to be elevated 50 cm from the floor. The table is ideally situated 5 meters away from the mini and the landing zone.
Spotting	At least one certified coach at the end of the DMT at all times
Extra Mats	20 cm X 200 cm thick mats around mini-tramp and landing area

Walls	There must be no protruding equipment within 200 cm of the sides of the mini-tramp and landing mat.
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Camera Location	Clear view and must be 250 cm away perpendicular to the DMT.
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GENERAL EQUIPMENT REQUIREMENTS

Video Camera	1 Video Camera or iPad per event. They must have the capability to tape the entire competition for each event.
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Sound System	There must be a sound system with a microphone to give announcements and for awards.
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Score Flashers	Must be able to show the individual judge's execution and difficulty scores, flash the time-of-flight score and change of routine indicator (i.e., red and green flags).
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Seating	Spectator seating must be far enough away that it does not interfere with the competition. There must be adequate supervision to ensure that spectators stay off the equipment area. An area must be available for non-competing gymnasts to go.
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GENERAL PROTOCOL REQUIREMENTS

Start Lists	Start Lists must be sent out a minimum of one week before the start of the competition to the head coaches and competition head judge. Coaches are responsible to verify the levels of each gymnast in each event and make any necessary corrections before the first day of competition.
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Results	Calculators should be available for all scorers. Pens, pencils, score sheets and judges slips/chits must be available. Computer results programs must be able to calculate if there are 3, 4 or 5 execution judges. Results must be posted within 30 minutes of the completion of each group. Copies of results must be sent to the Gymnastics Saskatchewan office.
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COMPETITION INFORMATION

6.1 Warm-up

All competitors shall have the right to a minimum general warm-up period of 20 minutes. Gymnasts may not start the general warm-up on the warm-up or competition floor before the set time. Once the general warm-up starts, gymnasts may warm-up on the artistic gymnastics floor, the tumbling strip and runway only. They may **not** use the trampolines or double minis for any reason during the general warm-up. Gymnasts may perform on the artistic floor and tumbling strip any acro tumbling skills without flight and single saltos.

The following touch warm-ups are permitted:

Level 1	45s per athlete, min 3 touch
Level 2	45s per athlete, min 3 touch
Levels 3 & 4	1 minute per gymnast – minimum 4 touch
Level 5	1.5 minutes per gymnast – minimum 6 touch
Level 6 & 7	2 minutes per gymnast – minimum 6 touch
Junior	2.5 minutes per gymnast – minimum 8 touch
Senior	3 minutes per gymnast – minimum 8 touch

Hosts shall take into consideration the number of gymnasts competing when establishing warm-up times. Competition warm-ups may not begin prior to 8:00 am and competitions may not go later than 10:00 pm.

6.2 Time of Flight (TOF) and Horizontal Displacement (HD)

Shall be included in event scores for all levels.

6.3 Dress Code

GENERAL

The following dress codes apply to all Provincial and National level gymnasts and spotters. It is recommended that Fast Cat gymnasts follow the dress code but are not required to.

- All athletes, regardless of gender, must wear a tank-style singlet or leotard with long or tank-style sleeves.
- Shorts can be black or match the singlet/leotard.
- All athletes are permitted to wear shorts, length of shorts must not be longer than half thigh.
- Athletes, from the same club, choosing to wear shorts must have the same uniform i.e. All athletes wearing shorts with a leotard must have the same colour shorts. Everyone wears black shorts, or everyone wears shorts matching the leotard. All athletes, from the same club, wearing shorts with a singlet must have the same shorts.
- Athletes wearing a singlet are permitted to wear “longs” or gym trousers in a single colour except black and any other deep colour. Longs are only permitted on the trampoline.
- No obvious logos
- Unitard could be mid-thigh length.
- No jewelry may be worn by competitors, spotters and coaches acting as spotters. Taping of jewelry is not adequate. Medic alert bracelets can be worn but must be taped. Support pieces must not create big contrast with skin colour. No underwear may be visible.
- When warm up is conducted in the competition gym all competitors and coaches must dress in competition attire or equivalent.

- In Individual and Synchronized Trampoline at club events athletes must wear their club competition attire in Preliminaries. Athletes have the right to choose their competition attire in Finals.
- The right to wear the current or any past National Team competition attire is reserved only to athletes that are currently or have been member of a Canadian Team (Worlds, WAGC, International competitions).
- Silicone socks/shoes are not permitted.

TEAMS

- Members of a team must wear uniform dress.
- Members of a team or a synchronized pair must wear uniform dress.
- Members of a mixed synchronized team must wear similar dress.

SPOTTERS

- Track suit and gym shoes. No jewelry or baseball caps.

FEMALE GYMNASTS (AS PER FIG)

- Leotard with long sleeves or tank style sleeves
- Shorts

MALE GYMNASTS (AS PER FIG)

- Male gymnasts can wear gym trousers or shorts in a single color except black or any other deep dark color.
- Sleeveless singlet

Any violation of the above may result in disqualification from the round in which the offence occurs. This decision is made by the Judging Chair.

6.4 Finals Regulations

All athletes, regardless of gender, will be combined for finals for levels 1-4 but separated for L5+ (including Provincial Championships). L4 will be split for results ONLY to capture mobility requirements. The scores will be combined for awards.

Finals are required for all events at all levels at Provincial Championships.

For level 3-5 three passes will be competed at Tumbling events.

For level 4-6 DMT, finals are required at all events. For Level 7, junior and Senior a minimum of three passes will be performed at invitationals. Including finals is up to the host club.

Finals Scores will be cumulative not fresh start for all levels.

6.5 Saskatchewan (Provincial) Championships

Gymnastics Saskatchewan will offer annually a Saskatchewan Provincial Championship competition during which Provincial Champions will be declared for Levels 1-6, Junior and Senior on each apparatus. Males and females will be combined for levels 1-4 but separated for levels 5+.

QUALIFICATION

Qualification is open to all competitors who are registered members in good standing at Levels 1-7, Junior or Senior on any TG event.

To be eligible to compete in Saskatchewan Championships, all gymnasts must:

- participate in at least two competitions in the discipline of TG in the current competitive season, one of which must be in-province, prior to the Championships.

AWARDS

Each event and category will receive medals for 1st-3rd and ribbons for 4th-8th. Ribbons are not required to be presented on site if the host does not have a dedicated award ceremony area. There will be a team award for the top team in each of DMT, TRA and TUM.

Gymnastics Saskatchewan, or its designated host, will hold qualifying and trial meets for the selection of Provincial Teams for competitions such as: Elite Canada, Canadian Championships, Canada Winter Games, and others as required. Bids to host these trials shall be circulated to member clubs as required. Awards for all selection and trial meets shall be the responsibility of the host club. The host club must cancel all recreational classes and birthday parties when hosting selection trials and training camps.

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

7.1 Gymnasts

7.1.1 General

- Gymnasts wishing to participate in a selection meet must be registered with Gymnastics Saskatchewan in the appropriate category. All petitions for gymnasts must be submitted by the gymnast's coach to the Technical Director prior to the entry deadline for the event.
- Once a gymnast or alternate has been selected to a Provincial Team, they must continue to train at suitable training level, execute full routines with appropriate content, follow any reasonable requests of the TG Technical Committee, and notify the Technical Director of any injuries.
- Final team selection is the responsibility of the TG Technical Committee and approved by the Technical Director.

7.1.2 Verification

- 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 TG Technical Committee; verification will allow for judges, gymnasts and coaches to work together, provide a competition-like environment, and ensure that Gymnastics Saskatchewan is sending gymnasts who are ready to compete.

7.1.3 Selection to Canadian Championships

Selection to Canadian Championships will be based on the following criteria:

- To receive Team Sask funding and be selected to compete any of the four events at Canadian Championships, gymnasts must have competed in at least 2 "Provincial Cup" competitions in or out of province, have met the designated qualifying score in the current competitive season and have met the required Gymnastics Canada mobility score for their competition level.

7.1.3 Selection to Western Canada Cup

Eligibility: Athletes must attend the trials competitions and achieve the designated qualifying score at least once. The qualifying events will be the final in-province meet, that is sanctioned for L3 & L4 for all events, prior to Provincials and Provincial championships. If the final in-province meet is after the registration deadline an alternate competition will be designated by the technical committee.

Athletes must be L3 on at least 2 events.

The team will consist of **up to** 12 athletes. Final numbers will be determined by TG technical committee after provincials.

Trial Events:

- Both compulsory and optional routines must be completed for a score to count.
- Each event's score from preliminaries can be used, however, only scores that meet the minimum DD will be considered. **For DMT the athlete's scores from finals may be used as well.**

Petitions:

- All petitions for selection applications or appeals should be sent to the Technical Director along with all supporting documents (and video) for consideration by the TG Technical Committee.

7.1.4 Club Athletes to Western Canada Cup

Eligibility: All athletes who intend to compete at Western Canada Cup **MUST** compete in at least one in-province meet in the current competition season.

7.1.5 Selection to Other Team Saskatchewan Competitions other than Sask First events

Eligibility: Athletes must attend the trials competition. Gymnastics Saskatchewan will predetermine the events and the number and level of athletes selected to attend and inform coaches and clubs. All athletes named to Team Sask must be a competing at a minimum of Level 3.

Trial Event:

- Both compulsory and optional routines must be completed for a score to count towards ranking.
- Each event's compulsory routine plus one voluntary routine score from preliminaries or finals can be used towards ranking however, only scores that meet the minimum DD's will be considered.
- All petitions for selection applications or appeals should be sent to the Technical Director along with all supporting documents (and video) for consideration by the TG Technical Committee.

7.1.5 Selection to Canada Games, and other Team Sask competitions

The TG Technical Committee shall establish selection and qualifying criteria for Canada Games and other major competitions as required and as they arise. Such criteria shall be circulated to all clubs with National Stream and High-Performance gymnasts a minimum of 2 months prior to the first selection meet for the specific event.

7.1.6 Injuries and Medical Petitions

GENERAL

- If a gymnast is injured prior to the start of the first day of a trials competition, petitions for gymnasts must be submitted by the gymnast's coach, in writing to the TG Technical Committee, 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 TG Technical Committee according to previous results, routine content, quality of execution, and potential to place at the event in question.
- If a gymnast is injured during or after the final trials meet, verification of full routines shall be evaluated by a National judge or a designate a minimum of 1-2 weeks prior to the travel departure day.
- Selection appeals for all competitions will be reviewed by the TG Technical Committee in consultation with the coach involved, and a final decision will be made by the Technical Director.
- Decisions on granting petitions will be made 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.

7.2 Coaches

All coaches travelling with registered Gym Sask members to competitions or named to the Provincial Team must have the required certification:

Saskatchewan (Provincial) Championships and Sanctioned Invitationals

- | | |
|---------------------|--|
| ▪ Tramp/DMT Coaches | NCCP 2 Trampoline Certification |
| ▪ Tumbling Coaches | NCCP 2 Trampoline and/or Artistic full |

Western Canada Cup

- | | |
|---------------------|--|
| ▪ Tramp/DMT Coaches | NCCP 2 Trampoline full certification |
| ▪ Tumbling Coaches | NCCP 2 Trampoline and/or Artistic full |
| certification | |

Canadian Championships

- | | |
|---------------------|--|
| ▪ Tramp/DMT Coaches | NCCP 3 Trampoline full certification |
| ▪ Tumbling Coaches | NCCP 3 Trampoline and/or Artistic full |
| certification | |

Elite Canada

- | | |
|---------------------|--|
| ▪ Tramp/DMT Coaches | NCCP 3 Trampoline full certification |
| ▪ Tumbling Coaches | NCCP 3 Trampoline and/or Artistic full |
| certification | |

Canada Winter Games

- | | |
|--------------------|------------------------------------|
| ▪ Trampoline Coach | NCCP 3 (assistants can be Level 2) |
|--------------------|------------------------------------|

All coaches named to a Provincial Team must be members in good standing of Gymnastics Saskatchewan and must be selected by Gymnastics Saskatchewan's Technical Director in consultation with the TG Technical Committee.

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

The number of coaches selected will be determined according to the team's needs, annual budget allocations, program, gymnast and coaching development requirements.

Each gymnast's club will be given points for their ranking in each event after all trial events are completed:
1st = 10, 2nd = 9, 3rd = 8, 4th = 7, 5th = 6, 6th = 5, 7th = 4, 8th = 3, 9th = 2, 10th = 1

Clubs with the most points shall then name a coach(es) for consideration by the TG Technical Director in consultation with the TG technical committee. The only coaches eligible to be named are the coaches of record of the gymnast who scored points. If a 2nd or more funded coaching spot is available to a club and they do not have another coach of record, the open spot will be allocated to the next highest points scoring club with a coach of record eligible to attend.

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 TG Technical Committee and is subject to approval by the Technical Director. All coaches accredited to the floor, whether funded by Gymnastics Saskatchewan or by their club, or personally, shall be considered Team Coaches and part of the team delegation and they shall assume duties and responsibilities required for the team operations.

7.3 Team Managers

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

- Western Canada Cup
- Canadian Championships
- Games programs/competitions
- Other events where Team Sask athletes are participating.

A team manager's first responsibility is to supervise and support gymnasts and team members and not act as a coach on the floor.

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

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 he/she does not or is 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 Technical Director.
- ✓ 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 Technical Director for each application.
 - ✓ You will be notified by Gymnastics Saskatchewan's Technical Director or their designate of the result of your request in the best time frame possible.
-

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:

0.3	0.2		0.3	
0.2	0.1	0.0	0.1	0.2
0.3	0.2		0.3	

