

EASTERN CANADIAN ARTISTIC GYMNASTICS AND T&T CHAMPIONSHIPS

Policy Manual and Technical Regulations

Revised November 2018

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EVENT PROTOCOL

1. TERMS OF REFERENCE / CADRE DE RÉFÉRENCE

1.1. The Eastern Canadian Artistic Gymnastics and T&T Championships (Easterns) are to be held annually in one of the six eastern provinces (Newfoundland, Prince Edward Island, Nova Scotia, New Brunswick, Quebec, Ontario). The purpose of this document is to articulate the responsibilities of the Organizing Committee (OC) and the sports governing bodies, the host province and the visiting provinces.

Les Championnats de l'Est du Canada en gymnastique artistique et en sports de trampoline se tiendront annuellement dans une des six provinces de l'est (Terre-Neuve et Labrador, Ile du Prince Édouard, Nouveau-Brunswick, Nouvelle-Écosse, Ontario et Québec). L'intention de ce document est de définir les rôles et responsabilités des comités organisateurs et des fédérations sportives incluant la province hôte et les provinces participantes.

1.2. Once in place, no changes shall occur to the Protocol Policies and Technical Regulations during the year unless unanimously agreed by the Federation of each Eastern Provinces.

Une fois en place et pendant la saison en cours, aucun changement ne pourra être apporté aux politiques ainsi qu'aux règlements techniques à moins qu'un vote unanime de l'ensemble des provinces participantes l'autorise.

1.3 The EASTERN CANADIAN ARTISTIC GYMNASTICS AND T&T CHAMPIONSHIPS Policy Manual and Technical Regulations will be updated after each meeting to reflect any discussion and motions submitted by the Federations. A technical representative from the Host Province of the upcoming Eastern Canadian Championships will manage all proposed changes and communicate these to the Federations for review (as per Section 1.2).

Le document des politiques et des règlements sera mis à jour après chaque rencontre en fonction des discussions et des propositions qui auront été soumises par les fédérations. Un représentant technique de la province hôte des Championnats de l'Est de la saison à venir aura la responsabilité de gérer les propositions de changement et de les transmettre aux autres provinces.

2. EASTERNS ASSEMBLY AND MANAGEMENT COMMITTEE / ASSEMBLÉE DES CHAMPIONNATS DE L'EST ET COMITÉ DE GESTION

2.1. At the Annual General Meeting of Gymnastics Canada Gymnastique the Technical Directors of the Eastern Provincial Associations shall meet (Easterns Assembly) to plan the forthcoming Eastern Canadian Championships. The host province of the forthcoming Easterns shall be responsible for organizing and conducting the Easterns Assembly.

Lors de l'assemblée générale annuelle de Gymnastique Canada, les représentants techniques des fédérations sportives de l'Est du Canada se rencontreront afin de planifier l'organisation de la

prochaine édition des championnats de l'Est. La province hôte des prochains championnats de l'Est aura la responsabilité d'organiser et d'animer la réunion des représentants techniques.

- 2.2. Men, T&T and Women's Technical representatives of each Province shall be invited to attend the Easterns Assembly. Each Provincial Technical Director or designate shall have the right to vote on behalf of his/her province.

Un représentant technique de chacune des disciplines au programme des championnats de l'Est sera invité à participer à l'assemblée annuelle. Un délégué par province sera identifié comme étant le membre votant représentant sa province.

- 2.3. Each province shall possess one vote. Motions will require a majority vote of those present to be carried.

Chaque province aura droit à un vote. Une majorité simple des votes sera requise afin d'approuver une proposition.

- ~~2.4. A debriefing session shall be held at the Easterns Assembly Meeting held at the Gymnastics Canada Gymnastique Annual General Meeting in June. Each province shall ensure that a men's, a women's and a T&T representative are in attendance. In preparation to this debriefing there will be a meeting during the Eastern Championships to discuss the issues that might come up during the event. These issues will then be added to the Assembly meeting agenda. Two delegates from each province per discipline will be able to participate to this meeting.~~

2.5 The Easterns Assembly Meeting and the meeting held at Eastern Canadian Championships will be Chaired by a technical representative from the Host province of the upcoming Eastern Canadian Championships. The Chair will designate a Secretary prior to the commencement of each meeting. The Secretary must be a provincial technical representative. It is the responsibility of the Chair to ensure minutes are recorded and that the minutes are shared with all provinces up to one month after each meeting

3. HOSTING OF EASTERNS

The responsibility for the hosting of Easterns shall be shared equally among the participating provinces on a rotating basis. The following schedule shall be in effect for the next five years:

| | | | |
|-------------|--|-------------|-----------------------------|
| 2003 | Nova Scotia (T&T) | 2004 | Quebec (Artistic + T&T) |
| 2007 | Atlantic Province – TBC | 2006 | Ontario |
| 2011 | New Brunswick (Artistic) + Ontario (T&T) | 2008 | Quebec (Artistic + T&T) |
| 2011 | Newfoundland (Artistic) + NS (T&T) | 2010 | Ontario (All sports) |
| 2013 | Quebec (T&T) + NS (Artistic) | 2012 | Quebec (All sports) |
| 2013 | Newfoundland (All sports) | 2014 | Ontario (All sports) |
| 2015 | NB (All sports) | 2016 | Québec (All sports) |
| 2017 | NScotia (TRS) & NBrunswick (Artistic) | 2018 | Ontario |
| 2019 | PEI (Artistic) + QC (T&T) | 2020 | Québec (All sports) |
| 2021 | Newfoundland (All sports) | 2022 | Ontario (All sports) |
| 2023 | New Brunswick (All sports) | 2024 | Québec (All sports) |
| 2025 | Nova Scotia (All sports) | | |

4. COMPETITION DATES

4.1. It is recommended that the Eastern Canadian Championships be held in late April or early May each year. The event can be hosted has proposed:

Friday: Arrival of the delegation and training
Saturday: Competition
Sunday: Competition and Banquet
Monday: Departure of the delegation

OR

Thursday: Arrival of the delegation and training
Friday: Competition
Saturday: Competition and Banquet
Sunday: Departure of the delegation

4.2. The dates for Eastern Canadian Gymnastics Championships shall be established in advance, at the June Assembly.

4.3. Training Day WAG-MAG

- The competition dates must include a training day to be held the day prior to the competition.
- The training day must be held at the competition venue using the same setup and equipment as the competition.
- The training day will be organized as: Training by Province (very small provinces may be grouped together) with a minimum of 2.5 hours offered per province (3 hours may be needed for large delegations). *Depending of the numbers of athletes and the arrival, 4 training session will be recommended.*
- Training time can be as follows: (To be determined by the host province)
 - Session #1: 8h00-11h00
 - Session #2: 11h00-14h00
 - Session #3: 14h00-17h00
 - Session #4: 17h00-20h00
 - Technical meeting: 20h15

4.4. Training Day T&T

- The training day will be organized as: Training by Province (very small provinces may be grouped together) with a minimum of 90 min offered per province.
- Training time can be as follows: (To be determined by the host province)
 - Session #1: 8h30-10h00
 - Session #2: 10h00-11h30
 - Session #3: 11h30-13h00
 - Session #4: 13h00-14h30
 - Session #5: 14h30-16h00
 - Technical meeting: 16h15
- To facilitate an even number of athletes per training session a province maybe divided in more than one group

5. COMPETITION SITE

5.1. The host province shall indicate at the June Eastern's Assembly the dates and the city in which they intend to hold the competition.

- 5.2. The host province shall provide to each of the other provinces written confirmation of the location and venue no later than October 31st.
- 5.3. Once confirmation has been distributed, the host province shall not alter the location without written approval from each of the visiting provinces.

6. ORGANIZING COMMITTEE

- 6.1. The host province shall establish an Organizing Committee, which shall act on behalf of the Provincial Federation/Association in organizing and operating any or all aspects of the event. The Organizing Committee may or may not be incorporated autonomously from the Provincial Federation/Association. However, regardless of the legal status of the Organizing Committee, the Provincial Federation/Association shall remain responsible for the preparations and hosting of the event.

7. INFORMATION BULLETINS

- 7.1. Official Languages: In respect of the participating provinces, and the rights of the athletes and coaches, the organizers will attempt to provide aspects of the organization in the two official languages. It is recognized that this can be a costly agreement and for this reason the following will be provided as a minimum in both languages:

- Technical Regulations
- Schedule
- Standard Forms (medical release, registration)

- 7.2. Three information bulletins shall be prepared and distributed to each province by the organizing committee.

7.3. INFORMATION IN THE BULLETIN

7.3.1. Bulletin #1

The first bulletin shall be distributed by email no later than **December**. As a minimum, the first bulletin shall include the following information:

- the exact date(s) of the event
- a list of key organizing committee members including phone, email and fax numbers
- the venue(s) to be used for the event
- the official residence (usually a hotel) together with room costs and a contact person at the hotel
- a tentative schedule of meetings and other special events
- the status of on-site transportation
- the amount to be charged for registration fees and for late fees
- request for provisional registration #'s by January 1st
- request for a list of judges to be submitted by each province prior to February 14th

7.3.2. Bulletin #2

The second bulletin shall be distributed by email no later than **February**. As a minimum, the second bulletin shall include the following information:

- all registration information and medical and waiver forms required for athletes, coaches, judges and delegates.

- the process for payment of registration fees and any other costs
- the deadline date for registration (two weeks prior to the first day of competition)
- the type of equipment to be used for the competition
- a draft schedule of the competition
- any pertinent information with respect to medical services
- draw for each category (determined the day after the registration deadline)
- time and location of the Technical Meeting
- information with respect to the hospitality events for athletes and adults
- information regarding availability of meals and/or food services
- information regarding opening ceremonies
- spectator admission costs

7.3.3. Bulletin #3

The third and last bulletin shall be sent out by email in a minimum of 2 weeks prior to the competition and shall include:

- Judging schedule.
- Confirmed registration for each province.
- Confirmed competition schedule.

8. REGISTRATION FEES AND LATE FEES

8.1. At each Eastern provinces meeting in June, the registration fees will be set for the next year edition. To modify the registration fees the hosting province has to send a request to each eastern province by the end of December. No province can modify the registration fees without the written approval of each provinces and no modification of the registration fees will be done after January 1st.

8.2. The registration fees are the following:

- Athletes: 90\$
- Coaches: 45\$
- Judges: 45\$
- Manager: 45\$ (One complimentary Chef will not be charged for each province)

8.3. Entries of the registration must be send by each province in a single document (club registration are not allowed, and will not be considered)

8.4. Late fees

A late fee of 500\$ will be charged if the registration package is not received by the Organizing committee on the day of the deadline registration. An additional 200\$ per day will be charged for each of the following day until the complete registration package is received.

9. MEDICAL SERVICES

9.1. The Organizing Committee shall ensure that an Emergency Medical Technician, together with a qualified Physiotherapist and/or Athletic therapist, are in attendance during all competitive sessions. **In addition, medical personnel must be on-site during all training sessions for all disciplines.**

9.2. A Medical Doctor and a Dentist shall also be available on an «on call» basis for the duration of the event.

9.3. The Organizing Committee shall notify the nearest hospital emergency ward and the local

ambulance service that the competition shall be in progress throughout the weekend.

10. ACCOMMODATION

- 10.1. The Organizing Committee shall ensure that the competition venue and the official residence/hotel are in close proximity to each other. The Organizing Committee shall reserve a block of rooms at the host hotel for visiting delegations.
- 10.2. The Organizing Committee shall reserve a hospitality room for the technical meetings on Thursday or Friday evening of Easterns large enough to accommodate up to 100 delegates (coaches, judges, managers, chefs). There should be two technical meetings, one for Artistic Gymnastics and one for T&T.
- 10.3. While the Organizing Committee will be responsible for identifying the official residence/hotel, each visiting province will be responsible for their reservations and room payment. A hotel that has doors that open only to inside hallways is required.
- 10.4. The Organizing Committee will make efforts to secure group rates at the residence/hotel and will make such costs (including taxes) known to the Provinces in the bulletins.
- 10.5. A phone number for Organizing Committee emergency contacts shall be made available at the hotel.
- 10.6. An information system at the hotel is recommended (Info Board).
- 10.7. A meal plan can be offered by the Organizing committee but the provinces are not obligated to take the meal plan offered. Every delegation is responsible of making their meal arrangements.

11. ON-SITE TRANSPORTATION

- 11.1. The Organizing Committee shall endeavor to negotiate a preferential rental rate with a local car/truck rental agency for the provision of vans and cars to each of the provincial teams. If such an arrangement is established, the Organizing Committee shall notify the visiting provinces accordingly.
- 11.2. It shall be the responsibility of each province to contact the identified agency and arrange for the required rental vehicles.
- 11.3. The Organizing committee is responsible of the transportation of the judges from and to the competition site and to the hotel.

12. HOSPITALITY

12.1. Social Event

The Organizing Committee shall arrange for and conduct a delegate/participant social as part of the event's activities, the cost of which shall be included in the registration fees. The social will take place the evening of the final day of competition.

- The site of the social should ideally be in the same residence/hotel or close by.

- Smoking shall not be permitted in the room. The Organizing Committee shall indicate this restriction either by posting appropriate signage or in the form of an announcement.
- No alcoholic beverages may be sold, served or consumed in the room itself if the athletes are present.

12.2. Meals

Judges:

- All meals for the judges assigned during a day of competition will be provided by the organizing committee

Coaches:

- The Organizing Committee shall provide lunch, dinner and snacks for coaches on-site during competition

13. OPENING CEREMONIES

Prior to the commencement of competition, there must be an Official Ceremony including:

- A march in of **a minimum of 3 athletes per province per discipline** dressed in competitive attire or official team or club tracksuits.
- An official welcome, either by assembled dignitaries or the Meet Director
- Oaths: coach, judge, athlete, oaths must be presented in French and English.
- Bilingual National Anthem

14. LIABILITY INSURANCE

It shall be the host province responsibility to ensure that adequate insurance is acquired for all parties involved in the event.

APPENDIX A

WAG TECHNICAL REGULATIONS

1. ELIGIBILITY AND REGISTRATION

- All delegates (athletes, coaches, judges, managers, chefs) must be registered with their provincial federation.
- The complete registration package (fees, list of athletes, coaches, judges, managers and chefs) of the provincial delegation must be submitted to the organizing committee by the registration deadline. (entries must be send by each province in a single document)
- WAG eligible categories

| L7 (up to 4/province) | L8 (up to 4/province) | L9 (up to 4/province) | L10 (up to 4/province) | ASPIRE (Up to 5/province) |
|--|--|------------------------------------|---------------------------------------|--|
| Tyro Born 07 & 08 (Age 11 & 12) | Tyro Born 07 & 08 (Age 11 & 12) | Born 06-07-08 (Age 11-12-13) | Born 04-05-06-07 (Age 12-13-14-15) | Level 1 Born 08, 09,10 (Age 9-10-11) |
| Novice Born 05 & 06 (Age 13 & 14) | Novice Born 05 & 06 (Age 13 & 14) | Born 04-05 (Age 14-15) | Born 03 and before (Age 16+) | Level 2 Born 08, 09 (Age 10 & 11) |
| Open/Senior Born 04 and before (Age 15+) | Open/Senior Born 04 and before (Age 15+) | Born 03 and before (Age 16+) | | |

- An athlete may compete in only one category.
- In the categories where more than 4 athletes are permitted to compete, the team members (ie. Those 4 athletes contributing scores to the team title) must be indicated on the official registration form. Prior to the start of competition an independent may replace a team athlete only in the event of an injury.
- Alternates
 - Attending alternate athletes should be listed on the registration form. An alternate can only compete when a team member is unable to compete as determined prior to the first event. Once the meet begins, an alternate cannot replace an injured athlete.
- Coaches
 - All women's coaches must be fully certified minimum NCCP Level 2, and must wear their provincial uniform on the floor. A maximum of two coaches per province may be on the floor with each category during the competition. «Tag team» coaching is permitted. Extra coaches may be on the floor during initial warmup sessions (not 30 sec. warmup), but all must be registered, paid and appropriately certified. A team deduction (as per FIG) will be applied to all teams not adhering to the 2 coach maximum.
- Additional personnel such as video operators, trainers and managers are not to be in the competition area during the competition.

2. MEETINGS

- The Organizing Committee must schedule a Technical Meeting for all coaches, managers, and officials on the day of the training. The items to be discussed during this meeting are the technical rules, and conduct of the competition. The persons in charge of this meeting are the meet director and the head judge of the competition. The document in effect is the following: The Eastern artistic Gymnastics and T&T policy and technical regulations manual.
- A room for the women's judges meetings is required during the complete duration of the competitions. Notice and location of these meetings will be circulated a minimum of two weeks prior to the competition.

3. EQUIPMENT

- The Organizing Committee shall provide suitable FIG competition equipment, plus whatever modified or extra equipment is required as per GCG technical regulations.
- Women's Equipment as per GCG Women's Program manual
 - plus 20 cm mats allowed for vault, uneven bars and beam dismounts
 - *5 and 10 cm mats available at each event*
 - minimum of one springboard at each event
- Provinces may bring additional springboards, but they shall remain at that event for use by all competitors. (No club is allowed to bring their springboard to a meet in Quebec.)

4. AWARDS

- Team awards
 - For award purposes, a team is defined as a minimum of three (3) and a maximum of four (4) athletes in a category except for the Aspire category where a team will be defined as a minimum of three (3) and a maximum of five (5). (Team athletes must be identified on the official registration form). The total of their highest three (3) scores on each event will determine a province's team score.
 - In the level 10, a team is defined as a minimum of four (4) athletes and a maximum of eight (8). The team will be composed of all the athletes registered in the Level 10 from the same province. The total of their highest four (4) scores on each event will determine a province's team score.
 - Medals will be presented to 1st, 2nd and 3rd place teams. Ribbons will be presented to the 4th, 5th and 6th place teams (when possible).
- Individual All Around Awards
 - Awards will be based on the total score of the 4 events.
 - An athlete must compete on all events to be eligible for an All Around award.
 - Medals will be awarded to 1st to 3rd place. Ribbons will be awarded for 4th to 8th place.
 - Medals and ribbons will be handed out by the bumping format
- Event awards
 - Medals will be awarded to 1st to 3rd place. Ribbons will be awarded for 4th to 8th place.
 - Medals and ribbons will be handed out by the bumping format
- Presentation
 - Awards will be presented at the conclusion of each competitive session.
 - Awards will be presented 8th to 1st for All-Around and 6th to 1st for team.

Charts of numbers of medals required.

(Do not forget to add a minimum of 10-15% to cover for the tie)

| | GOLD | SILVER | BRONZE | 4TH | 5TH | 6TH | 7TH | 8TH |
|---------------------|-------------|---------------|---------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| L7 Tyro | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| L7 Novice | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| L7 Senior | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| L8 Tyro | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| L8 Novice | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| L8 Senior | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| L9(11-13) | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| L9 (14-15) | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| L9 (16+) | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| Aspire Level 1 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| Aspire Level 2 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| L10 (12-15) | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| L10 (16+) | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| Team L7 Tyro | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team L7 Novice | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team L7 Senior | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team L8 Tyro | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team L8 Novice | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team L8 Senior | 4 | 4 | 4 | 4 | 4 | 4 | | |
| L9(11-13) | 4 | 4 | 4 | 4 | 4 | 4 | | |
| L9 (14-15) | 4 | 4 | 4 | 4 | 4 | 4 | | |
| L9 (16+) | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team Aspire Level 1 | 5 | 5 | 5 | 5 | 5 | 5 | | |
| Team Aspire Level 2 | 5 | 5 | 5 | 5 | 5 | 5 | | |
| Team L10 (all ages) | 8 | 8 | 8 | 8 | 8 | 8 | | |
| TOTAL | 119 | 119 | 119 | 119 | 119 | 119 | 65 | 65 |

5. RESULTS AND FORMS

- The Organizing Committee will provide whatever forms are required for the competition, including event score forms, judge's sheets, etc.
- On-going results will be posted near the corrals during the meet. Each province will receive an electronic copy of the results at the end of the meet. A mailbox system will be set up, and an official set of results for each province will be placed there after each session. Results will also be posted for public access and made available for media.

6. JUDGING

- Each province shall provide and cover the expenses of three (3) judges. **Each judging panels will be of 3 judges.** Only 3 judges per Province will be actively judging during a flight of competition.
- The judges must be available for all sessions and categories. Judges can not be assigned to the competition in dual roles (ie. As coach and judge).
- Provinces will submit their list of judges to the Organizing Committee by the registration deadline.

- The head judge on each event should have a minimum rating of National 1. The other judges should be experienced and capable of judging all categories at Easterns.
- The host province's Judging Chairs will designate Chief Judges for the meet. Besides overseeing the judging during the meet, it will be their responsibility to lead the judges meetings, assign judges to event panels and distribute the panels to the provinces.
- Judges meetings will be held one hour prior to the start of each session (or as set by the Chief Judge). All judges are required to attend these meetings.
- A panel will not include two judges from one province. Event Head Judge duties will be spread out among the provinces as much as possible.
- The Organizing Committee will provide two (2) line judges for floor.
- The Vault Head Judge will be responsible for identifying landing zones.
- When a province can't provide the required number of judges, the host province has the authority to either provide the additional required from within their province or contact the geographically closest province to provide the necessary officials. ~~The cost related to the replacement of one judge will be under the responsibility of the province sending the additional judge.~~
 - *The costs related to sending replacement judges will be the responsibility of the province requiring the replacement to meet their obligation.*
-
- No remuneration will be given to the judges for this competition. Each provinces is responsible for the expenses of their assigned judges (Transportation, meals and accommodation)
- **The host province is required to assign a Chief competition judge (CCJ) for the whole duration of each competition. The CCJ is in addition to the host province's quota and is not allowed to be assign to a judging panel.**

7. SCHEDULE

- The host province will complete the final competition and warm-up schedule and draw for competition order the day after the registration deadline, and forward the information to the provinces within a week. The warm-up and competition format should be Capital Cup for women. The format can be modified due to scheduling, organization and equipment installation.
- WAG: The warm-up format will be as stated in the Canadian JO program and in the Aspire manual
- Members of a provincial team will be kept in one group for competition.
- All team competition orders must be submitted with the registration. If this is not done, the Results Chair for the competition will draw for the competitive order for that team's athletes.

8. PROTESTS

- The following protest system will apply:
 - GCG protest forms will be available at the Chief Judge's table (Appendix NC 1: WP Manual, Articles 4.2.6 – 4.4.3)
 - A \$15 fee must be included with each protest regarding starting value. This will be refunded if the score is adjusted; otherwise the fee remains with the organizing committee.
 - Any further disputes must go to the Jury of Appeal with an additional \$15 fee.
 - A coach may only protest the starting value of a team member from his/her own province.
- The Jury of Appeal will consist of the Chief Judge of the Meet, the Event Head Judge, and the Meet Director or designate.

9. COMPETITION RULES (WAG)

- Competitive Categories
 - Ages as per GCG Competitive Structure (Levels 7-10 and Aspire) guidelines
 - Level 10 (12-15) + (16+)
 - Aspire 1 & 2
 - Level 9 (11-13) (14-15) (16+)
 - Level 8 Open, Novice, Tyro
 - Level 7 Open, Novice, Tyro

- Documents in Use, as per GCG Guidelines:
 - ~~Current FIG Code of Points~~
 - ~~Current FIG list of New Elements~~
 - Current GCG WP List of Canadian Elements
 - ~~Current GCG WP Code Supplement~~
 - Current Canadian JO Program manual
 - Current Aspire Program manual
 - **Current JO Code of points**

APPENDIX B

MAG TECHNICAL REGULATIONS

1. ELIGIBILITY AND REGISTRATION

- All delegates (athletes, coaches, judges, managers, chefs) must be registered with Gymnastics Canada Gymnastique and also with their provincial federation.
- The complete registration package (fees, list of athletes, coaches, judges, managers and chefs) of the provincial delegation must be submitted to the organizing committee by the registration deadline. (Entries must be send by each province in a single document)
- MAG's eligible Categories

| Category | Ages | Age Determining Date | |
|--------------|------------|---|---|
| Elite 4 | 11 - 13 | Must be a minimum of 11 yrs. old on Sept. 1 st of the competition season | Must turn 12 in the year of the competition. May turn 14 in the year of the competition |
| Elite 3 | 9 - 11 | Must be a minimum of 9 yrs. old on Sept. 1 st of the competition season | Must turn 10 in the year of the competition. May turn 12 in the year of the competition |
| Provincial 3 | U13 – 13+ | September 1st | Must turn at least 11 years old in the competition season |
| Provincial 4 | U13 - 13 + | September 1st | Must turn at least 11 years old in the competition season |
| Provincial 5 | 13 - 15 | September 1st | May turn 16 in the competition season |

| Category | Ages | Age Determining Date | Comments |
|----------|-------------|-----------------------------|---|
| Prov. 5 | 13 to 15 | Sept. 1 st . | May turn 16 in the competition season |
| Prov. 4 | U13 and 13+ | Sept.1 st . | Must turn at least 10 years old in the competition season |
| Prov. 3 | U13 and 13+ | Sept. 1 st . | Must turn at least 10 years old in the competition season |
| Elite 4 | 11 - 13 | Must be a minimum of 11 | Must turn 12 in the year of the competition. |
| Elite 3 | 9 - 11 | Must be a minimum of 9 yrs. | Must turn 10 in the year of the competition. |

- An athlete may compete in only one category.

- Team competition
 - a minimum of 3 athletes will be considered to form a team
 - In the categories where more than 4 athletes are permitted to compete, the team members (ie. Those 4 athletes contributing scores to the team title) **must be indicated** on the official registration form. Prior to the start of competition an independent may replace a team athlete only in the event of an injury.
 - The following rules of competition will be in effects for the team competition in each category.

| CATEGORIES | NUMBER OF ATHLETES / PROVINCE | TEAM COMPETITION FORMAT |
|-------------------------|---|--|
| Elite 4 | 2 Teams of 5 athletes | Top 4 scores out of 5 on every apparatus. Training Day – Physical abilities Day 1 – Optional routines AA: Physical abilities + Optional routines Team: Results from day 1 only |
| Elite 3 | 2 Teams of 5 athletes | Top 4 scores out of 5 on every apparatus. Training Day – Physical abilities Day 1 – Compulsory routines AA: Physical abilities + Compulsory routines Team: Results from day 1 only |
| Provincial 3 U13 | Team of 4 athletes + 2 individuals | Top 3 scores out of 4 |
| Provincial 3 13+ | Team of 4 athletes + 2 individuals | Top 3 scores out of 4 |
| Provincial 4 U13 | Team of 4 athletes + 2 individuals | Top 3 scores out of 4 |
| Provincial 4 13+ | Team of 4 athletes + 2 individuals | Top 3 scores out of 4 |
| Provincial 5 | Team of 4 athletes + 2 individuals | Top 3 scores out of 4 |

- Alternates
 - Attending alternate athletes should be listed on the registration form. An alternate can only compete when a team member is unable to compete as determined prior to the first event. Once the meet begins, an alternate cannot replace an injured athlete.
- Coaches
 - All men’s coaches must be fully certified minimum NCCP Level 2, and must wear their provincial uniform on the floor. A maximum of two coaches per province may be on the floor with each category during the competition. «Tag team» coaching is permitted. Extra coaches may be on the floor during initial warm up sessions (not 30 sec. warm up), but all must be registered, paid and appropriately certified. A team deduction (as per FIG) will be applied to all teams not adhering to the 2 coach maximum.

- Additional personnel such as video operators, trainers and managers are not to be in the competition area during the competition.

2. MEETINGS

- The Organizing Committee must schedule a Technical Meeting for all coaches, managers, and officials on the day of the training. The items to be discussed during this meeting are the technical rules, and conduct of the competition. The persons in charge of this meeting are the meet director and the head judge of the competition. The document in effect is the following: The Eastern artistic gymnastics and T&T policy and technical regulations manual **updated June 2018**
- A room for the men's judges meetings is required during the complete duration of the competitions. Notice and location of these meetings will be circulated a minimum of two weeks prior to the competition.

3. EQUIPMENT

- The Organizing Committee shall provide suitable FIG competition equipment, plus whatever modified or extra equipment is required as per GCG technical regulations.
- Men's Equipment as per current GCG Technical regulations
- Provinces may bring additional springboards, but they shall remain at that event for use by all competitors. (No club is allowed to bring their springboard to a meet in Quebec.)
- **Physical Abilities testing**
 - **The OC must provide the Dowel for the physical testing and also make copies and prepare the physical testing forms for the judges.**
 - **The physical ability testing will take place during the training period of each provinces. The OC must provide a volunteer during that period to enter the score in the scoring system.**

4. AWARDS

- Team awards
 - For award purposes, a team is defined as a minimum of three (3) and a maximum of four (4) athletes in a category. (Team athletes must be identified on the official registration form.)
 - The total of their highest three (3) scores on each event will determine a province's team score
 - Medals will be presented to 1st, 2nd and 3rd place teams. (athletes only)
 - **The scores from the physical ability testing will not be included in the team totals. The teams total will be based on 6 apparatus. (F-PH-R-V-PB-HB)**
- Individual All Around Awards
 - Awards will be based on the total score of the 6 events for boys. Elite 3-4: All-Around ranking includes Physical test results.
 - Medals will be awarded to 1st to 3rd place. Ribbons will be awarded for 4th to 8th place.
 - Medals and ribbons will be handed out by the bumping format
- Event awards
 - Medals will be awarded to 1st to 3rd place. Ribbons will be awarded for 4th to 8th place.

- Medals and ribbons will be handed out by the bumping format
- Presentation
 - Awards will be presented at the conclusion of each competitive session.

Charts of numbers of medals required.

(Do not forget to order a minimum of 10-15% more medals to cover for tie)

| | GOLD | SILVER | BRONZE | 4TH | 5TH | 6TH | 7TH | 8TH |
|---------------------|-------------|---------------|---------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| P3 U13 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 |
| P3 13+ | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 |
| P4 U13 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 |
| P4 13+ | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 |
| P5 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 |
| Elite 3 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 |
| Elite 4 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 |
| Team P3 U13 | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P3 13+ | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P4 U13 | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P4 13+ | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P5 | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team Elite 3 | 5 | 5 | 5 | 5 | 5 | 5 | | |
| Team Elite 4 | 5 | 5 | 5 | 5 | 5 | 5 | | |
| TOTAL | 79 | 79 | 79 | 79 | 79 | 79 | 49 | 49 |

5. RESULTS AND FORMS

- The Organizing Committee will provide whatever forms are required for the competition, including event score forms, judge’s sheets, etc.
- On-going results will be posted near the corrals during the meet. Each team head coach will receive a copy of the results at the end of the meet. A mailbox system will be set up, and an official set of results for each province will be placed there after each session. Results will also be posted for public access and made available for media. A complete set of results will be sent to each province within 2 weeks of the completion of the competition.

6. JUDGING

- Each province shall provide and cover the expenses **of two (2) judges.**
- The judges must be available for all sessions and categories. Judges cannot be assigned to the competition in dual roles (ie. As coach and judge).
- Provinces will submit their list of judges to the Organizing Committee by the registration deadline.
- The head judge on each event should have a minimum rating of National 1. The other judges should be experienced and capable of judging all categories at Easterns.
- The host province’s Judging Chairs will designate a Chair of the competition Jury (CCJ). Besides overseeing the judging during the meet, it will be their responsibility to lead the judges meetings, assign judges to event panels and distribute the panels to the provinces.
- Judges meetings will be held one hour prior to the start of each session (or as set by the CCJ). All judges are required to attend these meetings.
- A panel may not include two judges from the same province. Event Head Judge Duties will be spread out among the provinces as much as possible.
- The Organizing Committee will provide two (2) line judges for floor.
- The Vault Head Judge will be responsible for identifying landing zones.

- When a province can't provide the required number of judges, the host province has the authority to either provide the additional required from within their province or contact the geographically closest province to provide the necessary officials. The cost related to the replacement of one judge will be under the responsibility of the province sending the additional judge.
- No remuneration will be given to the judges for this competition. Each province is responsible for the expenses of their assigned judges (Transportation, meals and accommodation)
- **The host province is required to assign a Chief competition judge (CCJ) for the whole duration of each competition. The CCJ is in addition to the host province's quota and is not allowed to be assign to a judging panel.**

7. SCHEDULE

- The host province will complete the final competition and warm-up schedule and draw for competition order the day after the registration deadline, and forward the information to the provinces within a week. The warm-up and competition format should be Capital Cup for men. The format can be modified due to scheduling, organization and equipment installation.
- Members of a provincial team will be kept in one group for competition.
- All team competition orders must be submitted with the registration. If this is not done, the Results Chair for the competition will draw for the competitive order for that team's athletes.

8. PROTESTS

- Formal protests will not be accepted. Short inquiries to the event head judge are allowed at the end of rotations. The Chief Judge of the event and, if necessary, the Jury of Appeal, may be consulted if problems arise.

9. COMPETITION RULES (MAG)

- Competitive Categories
 - Age cutoff dates as per current GCG guidelines (sept 1st)
- Documents in Use, as per GCG Guidelines:
 - Current FIG Code of Points
 - Current men's Provincial Pathway
 - Current men's Elite Pathway

APPENDIX C

T&T TECHNICAL REGULATIONS

1. ELIGIBILITY AND REGISTRATION

- All delegates (athletes, coaches, judges, managers, chefs) must be registered with Gymnastics Canada Gymnastique and also with their provincial federation.
- The complete registration package (fees, list of athletes, coaches, judges, managers and chefs) of the provincial delegation must be submitted to the organizing committee by the registration deadline.

T&T Eligible categories

| TR - P1 Up to 4 athletes per gender, per category | TR - P2 Up to 8 athletes per gender | TR - P3 Up to 8 athletes per gender | TR - P4 Up to 8 athletes per gender |
|--|--|--|--|
| 12 & under | | | |
| 13 & Over | | | |

| TU - P1 Up to 4 athletes per gender, per category | TU - P2 Up to 8 athletes per gender | TU - P3 Up to 8 athletes per gender | TU - P4 Up to 8 athletes per gender |
|--|--|--|--|
| 12 & under | | | |
| 13 & Over | | | |

| DMT - P1 Up to 4 athletes per gender, per category | DMT - P2 Up to 8 athletes per gender | DMT - P3 Up to 8 athletes per gender | DMT - 4 Up to 8 athletes per gender |
|---|---|---|--|
| 12 & under | | | |
| 13 & Over | | | |

- Each team will be composed of a minimum of 3 athletes and a maximum of 4 athletes (ie. Those 4 athletes contributing scores to the team title) must be indicated on the official registration form. Prior to the start of competition an independent may replace a team athlete only in the event of an injury. Only categories with a minimum of 2 teams competing will be considered a team competition. Only one (1) Provincial team will be designated to represent each province in each category.
- Alternates
 - Attending alternate athletes should be listed on the registration form. An alternate can only compete when a team member is unable to compete as determined prior to the first event. Once the meet begins, an alternate cannot replace an injured athlete.
- Coaches
 - All T&T coaches must be fully certified minimum NCCP Level 2, and must wear their provincial uniform on the floor.
- **Spotters**
 - **As per FIG rules**
- Additional personnel such as video operators, trainers and managers are not to be in the

competition area during the competition.

- **Synchro competition**
 - Synchro trampoline will be held as “luck of the draw” among the finalists of each category. Pairs will compete one routine only which will be the compulsory routine for their level, with no finals.

2. MEETINGS

- The Organizing Committee must schedule a Technical Meeting for all coaches, managers, and officials on the day of the training. The items to be discussed during this meeting are the technical rules, and conduct of the competition. The persons in charge of this meeting are the meet director and the head judge of the competition. The document in effect is the following: The Eastern artistic gymnastics and T&T policy and technical regulations manual
- A room for the T&T judges meetings is required during the complete duration of the competitions. Notice and location of these meetings will be circulated a minimum of two weeks prior to the competition.

3. EQUIPMENT

- The Organizing Committee shall provide suitable FIG competition equipment, plus whatever modified or extra equipment is required as per GCG technical regulations.
- There must be 2 trampolines available for the competition (preferably identical).
- All the specified mats as per FIG regulations should be in place during the competition at all time and for all the apparatus.

4. AWARDS

- Individual event awards
 - Individual placing will be based only on the scores of the Finals for each event. (Fresh start format)
 - Medals will be given for all disciplines from 1st to 3rd place. Ribbons will be given for 4th to 8th places.
 - Ties will be broken as per FIG rules.
 - Individual Awards may be presented at the end of each round or at the end of the day
- Team awards
 - For 1st – 3rd places medals will be awarded to each individual team member and ribbons will be given for 4th to 6th places.
 - Team scores are calculated as follows:
 - TRA - The top 3 compulsory scores and the top 3 optional scores from preliminaries will be added together.
 - DMT - The top 3 preliminary scores from each pass will be added together.
 - TUM - The top 3 compulsory scores and the top 3 optional scores from preliminaries will be added together.
 - Team Awards will be presented at the end of each day

Charts of numbers of medals required.

(As per regulation - There is no tie in STR)

| TRAMPOLINE AWARDS | GOLD | SILVER | BRONZE | 4TH | 5TH | 6TH | 7TH | 8TH |
|--------------------------|-------------|---------------|---------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| P1 12 & under W | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P1 12 & under M | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P1 13 & over W | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P1 13 & over M | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P1 12 & under W Synchro | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| P1 12 & under M Synchro | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| P1 13 & over W Synchro | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| P1 13 & over M Synchro | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| P2 Women | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P2 Women Synchro | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| P2 Men | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P2 Men Synchro | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| P3 Women | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P3 Women Synchro | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| P3 Men | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P3 Men Synchro | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| P4 Women | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P4 Women Synchro | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| P4 Men | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P4 Men Synchro | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| Team P1 12 & under Women | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P1 12 & under Men | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P2 Women | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P2 Men | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P3 Women | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P3 Men | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P4 Women | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P4 Men | 4 | 4 | 4 | 4 | 4 | 4 | | |
| TOTAL | 62 | 62 | 62 | 62 | 62 | 62 | 30 | 30 |
| TUMBLING AWARDS | GOLD | SILVER | BRONZE | 4TH | 5TH | 6TH | 7TH | 8TH |
| P1 12 & under W | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P1 12 & under M | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P1 13 & over W | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P1 13 & over M | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P2 Women | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P2 Men | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P3 Women | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P3 Men | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P4 Women | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P4 Men | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |

| | | | | | | | | |
|--------------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Team P1 12 & under Women | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P1 12 & under Men | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P2 Women | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P2 Men | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P3 Women | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P3 Men | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P4 Women | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P4 Men | 4 | 4 | 4 | 4 | 4 | 4 | | |
| TOTAL | 42 | 42 | 42 | 42 | 42 | 42 | 10 | 10 |

| DOUBLE-MINI AWARDS | GOLD | SILVER | BRONZE | 4TH | 5TH | 6TH | 7TH | 8TH |
|---------------------------|-------------|---------------|---------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| P1 12 & under W | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P1 12 & under M | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P1 13 & over W | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P1 13 & over M | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P2 Women | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P2 Men | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P3 Women | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P3 Men | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P4 Women | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| P4 Men | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Team P1 12 & under Women | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P1 12 & under Men | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P2 Women | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P2 Men | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P3 Women | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P3 Men | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P4 Women | 4 | 4 | 4 | 4 | 4 | 4 | | |
| Team P4 Men | 4 | 4 | 4 | 4 | 4 | 4 | | |
| TOTAL | 42 | 42 | 42 | 42 | 42 | 42 | 10 | 10 |

5. RESULTS

- The Organizing Committee will provide whatever forms are required for the competition.
- On-going results will be posted near the corrals during the meet. A mailbox system will be set up, and an official set of results for each province will be placed there after each session. Results will also be posted for public access and made available for media. A complete set of results will be sent to each province within 2 weeks of the completion of the competition.
- The choosing of the scoring system used during the event is under the responsibility of the organizing committee. It is recommended that computers be available for each judging panel.
- All results shall be tabulated and checked by the recorders and then the head judge, prior to publication and posting. Unofficial results must be posted within 15 minutes of a completion of a competitive round.
- The results sheets must provide the following information:
 - All form scores
 - The difficulty score
 - The total score
 - The rank order

- All preliminary results must clearly indicate the final lists, and the competitive order for finals.

6. DIFFICULTY SHEETS

- Official Degree of Difficulty (D.D.) cards must be used. The OC must send DD Cards to provinces with Bulletin #2 and must also provide blank cards at the competition site on the training day. It is also recommended that Blank DD Cards be made available online for athlete's to access directly.
- D.D. Cards must be submitted to the registration table upon completion of the province's training on the training day.
- Athletes may not participate in specific warm-up, or competition, until their difficulty cards have been submitted.
- Since the routine for the synchro pairs is the compulsory, no DD card will be needed

7. COMPETITION RULES

- All GCG competition rules will apply unless specified below.
- A maximum of 10 athletes will advance to the final in each event.
 - The top athlete from each province will advance to the final. Once every provinces are represented, the finals spots will be attributed to the next ranked athletes to a maximum of 10 athletes competing in finals.
 - Fresh start format
 - In order to qualify for finals, athletes must have completed both routines in the preliminary round and they must have met the minimum requirements for their level of competition. They must have completed the minimum DD for their level and must not have received a penalty for missing requirements (for example DMT or TUM).
- The official categories for all disciplines are:
 - Level 1 - 12 & under
 - Level 1 - 13 & over
 - Level 2
 - Level 3
 - Level 4
- Age groups are determined as of December 31st of the year of EC
- Male and female athletes compete in separate categories.
- Routines and requirements for each level follow GCG rules.
- Synchro trampoline will be held as "luck of the draw" among the finalists of each category. Pairs will be competing one routine only which will be the compulsory routine for their level, with no finals.

8. DRESS CODE

- All team members are required to wear the official team tracksuit (pants and jacket) for all marches and awards ceremonies
 - General Warm up
 - Female: Leotard with or without sleeves, may wear form-fitting lycra shorts. No jewellery
 - Male: Singlet and gym shorts (or long pants for trampoline). No jewellery
 - Specific Warm up
 - All athletes must be in competitive attire.
 - All coaches must wear a Team tracksuit or T-shirt (Team shorts are acceptable). Coaches on the competition floor may not wear jewellery.
- Please refer to the GCG and FIG rules

- Competition
 - ~~As per FIG and CCG rules (note: NO SHORTS for female competitors)~~
 - All athletes competing as a team for team awards must have the same competition attire (including same colour pants or shorts for men in order to be eligible for team awards.
 - **Female:**
 - **Levels 1-3: Shorts are optional with no deduction**
 - **Level 4: Shorts are optional but will receive a deduction as per FIG rules**

9. COMPETITION FORMAT AND SCHEDULE

- All competitive rounds shall proceed in the following manner:
 - At least 30 minutes prior to the start of the event, all judges, including recorders and difficulty judges, shall be in place on the judging panel for the purposes of trial scoring, reviewing instructions for the Chair of the Judges Panel (CJOP), discussing interpretations, etc.
 - Athletes should be called to the marshalling area 10 minutes prior to the start of the competition. On cue, they shall march in, in the competition order, and present themselves before the COJP and judging panel at their apparatus.
 - The march should be done prior to the specific warm-up (one touch) for TR if there are separate warm-up equipment or sessions. If not, march in should be done prior to the general warm-up (and it shall be the same way for DMT and TUM)
 - After receiving instructions from the COJP, athletes shall march to their designated waiting area.
 - Athletes shall remain in the waiting area for the duration of the competition round, unless competing on 2 events at one time.
 - At the completion of a competitive round, athletes shall return to the athletes corral. Once the athletes have marched out, the COJP may dismiss the judging panel.
- Athletes may at no time approach the judging panel and /or the recorder's table during competition.
- Athletes waiting their turn or flight must remain quiet and considerate of those athletes competing.
- Four spotters must be positioned around the trampoline whenever it is in use. The spotters should be appropriately dressed in a team tracksuit or competitive attire. Spotters should be, in the head judge's opinion, of sufficient size as to be able to render assistance if necessary.
- A spotter is required at the DMT whenever it is in use. A certified level 2, or higher, coach is required as a spotter whenever inversion skills are being performed.

10. JUDGING

- A judge who is qualified at every event that the province has athletes competing shall be available for the duration of the competition.
- It is up to each province to coordinate their required number of judges to attend. If a province is unable to meet their quota they are to contact the OC and they will use their discretion if they are able to meet the requirement with their host judges from their province.
- The names of the above judges must be submitted as part of the entry forms, along with their qualification.
- All judges, including difficulty judges, shall dress in appropriate attire, as per FIG Rules,
- The COJP will report any infractions to the Meet coordinator who may then refuse participation to any judge who fails to comply with the dress standards set out above.
- No remuneration will be given to the judges for this competition. Each province is responsible for the expenses of their assigned judges (Transportation, meals and accommodation)
- **The host province is required to assign a Chief competition judge (CCJ) for the whole duration of each competition. The CCJ is in addition to the host province's quota and is not allowed to be assigned to a judging panel.**
- **The following proposition was made at the 2018 meeting that took place during Easterns:**

The quotas of judges to be sent by each province should be the following: (This chart will be updated every year at the AGM based on the numbers of participant from the last edition of Easterns)

| Number of participants per province | Number of judges required to attend per province |
|-------------------------------------|--|
| From 1 to 20 | 1 |
| From 21-40 | 2 |
| From 41-60 | 3 |
| From 61-80 | 4 |
| From 81-100 | 5 |
| From 101-120 | 6 |
| From 121-140 | 7 |
| From 141-160 | 8 |

- When a province can't provide the required number of judges, the province **must** either provide the additional required **judge(s)** from within their province or contact the geographically closest province to provide the necessary officials. The cost related to the replacement of the judge(s) will be under the responsibility of the province **requesting** the additional judge(s).
- If a province can provide more judges or would like to provide more judges than the minimum quotas it should inform the Eastern committee as soon as possible so it can reorganize the quotas per province needed.

11. MINIMUM QUALIFICATION FOR JUDGES

- Minimum recommended level Provincial 3
- Higher qualified judges will be given priority to be sent (level & experience)
- A “Judging Chair of the competition” to oversee and provide leadership to judges for the competition – arranged by host province and recommended to come from the host province
- Considerations of someone being appointed who is already being sent to judge (FIG or National level)

The provinces starting a STR program or with a small contingent of athletes should sent a minimum of one judge no matter what their qualifications are so they can join a panel during the competition. We think that offering this possibility will help those provinces develop the judge expertise and contribute to the growth of the STR program within their own provinces.

12. FLOOR MARSHALL

- The Floor manager must be on the floor during the competition and must:
 - Maintain a positive competitive environment, free of horseplay, distractions, and hazardous activities.
 - Control and limited access to the competition floor to only competing athletes, officials, coaches and meet volunteers.
 - Attempt to keep the competition on schedule
 - Ensure the smooth flow of events on the competition floor, including warm-ups, march-ins and march-outs, and competitions.

13. VIDEO

- It is the responsibility of the host province to provide video taping of all rounds of competition, and have the necessary equipment available to properly display the footage for judges to review if required.

14. SCORE FLASHING

- Each form score and difficulty score must be flashed for each round of competition. In synchronized trampoline, the synchro score must also be flashed for each pair of competing athletes.

APPENDIX D TENTATIVE SCHEDULES

T&T

DAY 1
TRAINING

DAY 2
PRELIMINARIES + TEAM AWARDS

DAY 3
FINALS + INDIVIDUAL AWARDS + BANQUET

WAG-MAG

DAY 1 (TRAINING)

WAG: Training only

MAG: Elite 3-4 – Physical abilities during the training of each province

DAY 2 (COMPETITION)

| WAG | | MAG | |
|------------|-----------------|------------|-------------|
| 8h00-11h00 | Level 7 (11-12) | 8h00-11h00 | Elite 1-2-3 |

| | | | |
|-------------|---|-------------|-------------------|
| | Level 8 (11-12) | | |
| 12h00-16h00 | Aspire 1 & 2 Level 9 (11-13) | 11h30-16h00 | Level 3 (U13) |
| 16h30-20h00 | Level 10 (13-15) & (16+) Level 9 (14-15) & (16+) | 16h30-20h00 | Level 5 + Elite 4 |

DAY 3 (COMPETITION - BANQUET)

| WAG | | MAG | |
|-------------|-------------------------|-------------|---------------|
| 8h00-12h00 | Level 7 (13-14) & (15+) | 11h30-15h00 | Level 3 (13+) |
| 12h30-18h00 | Level 8 (13-14) & (15+) | 15h00-18h00 | Level 4 (All) |