

March 2018

Contents

Canadian and World Stage	1
GCG Judges' Course	4
KSIS Online Event Management System	4
2017-2018 Events	4
Koop Cup	4
IMPORTANT: Penalties	5

Ontario Rhythmic Athletes on Canadian and World Stages

2018 Elite Canada



February 1-4, 2018, elite athletes from around the country came together for a 2018 Elite Canada Championships in rhythmic Gymnastics. The event was hosted by 2 Ontario clubs, Glimmer Athletics and Excellence RG, in Markham Pan Am Centre. Ontario athletes in Novice, Junior and Senior categories once again dominated the podium capturing gold, silver, and bronze medals in all levels.

Elite Canada was open to all novice athletes born in 2006, making them in their last year of novice category before entering junior level next season. Julia Zagrubka of York Stars RGC captured gold all around medal with a total score of 35.850, followed by Emili Ribakov of Trillium RGC in the second place with 35.700, and Selena Pang of Ottawa RGC taking bronze with a total of 32.250.

In the junior competition, Michel Vivier (Viva RGC) won gold in all around final with a total score of 114.450, followed by Natalie Garcia (Mississauga Newnorth RGC) in second place with the total of 105.200, and Izabella Helbin (Silhouettes of York RGC) captured the bronze medal with 97.050 points.

In the senior competition, Sophie Crane (Jusco RGC) continued Ontario's dominance winning all around title with 112.300 points. Carmel Kallemaa (Glimmer Athletics) and Athna Tsaltas (Kalev Estienne) both finished in second place and Vivienne Lee Motkine captured bronze medal in all around competition.

To view the full results, [click here](#).

2018 Miss Valentine

February 15-18, 2018 athletes from Glimmer Athletics, Mississauga Newnorth, and Ritmika RGC, travelled to Estonia to participate in an international tournament in rhythmic and aesthetic gymnastics, Miss Valentine. Over a thousand athletes took part in this event. For full results, [click here](#).

Moscow Junior International & Grand Prix



February 13-15, 2018 Canada's top juniors, Michel Vivier (Viva RGC) and Natalie Garcia (Mississauga Newnorth RGC), travelled to Moscow, Russia to take part in Moscow Junior International Tournament. Canadian team won bronze medal with a total of 89.950 points.

On February 15-18, 2018, Athena Tsaltas (Kalev Estienne) placed 33rd in Moscow Grand Prix with a total of 46.500 points. Her best routine was hoop with 12.800 points.

For complete results [click here](#).

Baltic Hoop

March 2-3, 2018 Vivienne Lee Motkine (Trillium RGC) took part in 19th International FIG Tournament "Baltic Hoop" in Riga Latvia. Motkine placed 30th among the top athletes from more than 20 countries. Her best routine was ball with 12.250 points.

Aphrodite Cup

March 16-18, 2018 athletes from Jusco RGC, Kanata RGC, Mississauga Newnorth RGC, Silhouettes of York RGC, Viva RGC, and York Stars RGC took part in 2018 Aphrodite Cup in Athens, Greece.

Two of Canada's top seniors Katherine Uchida (Jusco RGC) and Sophie Crane (Jusco RGC) placed 5th and 8th respectively in the FIG AA tournament. Uchida captured gold in the hoop finals with 15.200 and placed 8th in ribbon finals with 11.100. Crane placed 7th in ball finals with





11.500 points. Renna Cukier and Gabrielle Assadoulaev from York Stars RGC ranked 18th and 25th in AA FIG competition.

Junior category was divided by year of birth. Haley Miller (Kanata RGC) ranked 10th in AA FIG competition within athletes born in 2003 with total 46.950 points and ranked 7th in clubs and ribbon finals. Izabella Helbin of Silhouettes of York placed 13th within the same age category with total score of 43.200 points. In 2005 age category, Cynthia Zhang of Kanata RGC ranked 7th in AA competition with 39.850 and

Christina Savchenko of Jusco RGC placed 9th with 39.600 points.

A total of 18 Ontario athletes participated in non-FIG event. Some of the top highlights:

- In senior category, Alissa Godovanny captured bronze in hoop, and Iva Dolic captured silver with ball and bronze with ribbon.
- In 2003 junior category, Gabriela Georgieva (Kanata) captured gold in hoop and silver in clubs routines.

For complete results for FIG and Non-FIG events [click here](#).

Deriugina Cup and Kiev Grand Prix

March 15-18, 2018, Carmen Whelan (Silhouettes of York), Natalie Garcia (Mississauga Newnorth) and Michel Vivier (Viva RGC) travelled to Kiev, Ukraine to take part in 23rd Deriugina Cup and Grand Prix. Whelan came 19th with a total of 53.950. Canadian juniors came 11th in the team event with a total of 77.950 points.

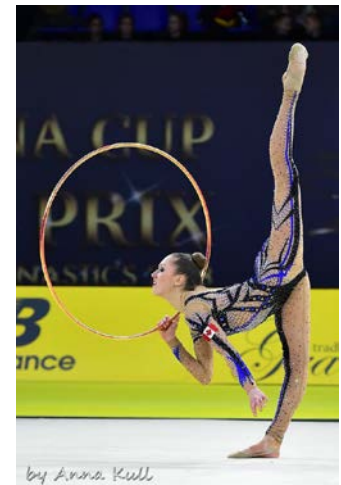
For complete results [click here](#).

Sofia International Tournament and World Cup

March 27-April 1, 2018. Natalie Garcia (Mississauga Newnorth), Michel Vivier (Viva RGC), Haley Miller (Kanata RSGC), and Sophie Crane (Jusco RGC) represented Canada in Sofia International Tournament in Sofia, Bulgaria. Canadian juniors placed 12th in team event. Sophie Crane of Jusco RGC finished 22nd in all around competition with her best performance in hoop with 13.300 points.

Katherine Uchida of Jusco RGC was Canada's top individual gymnast, finishing in 25th place in World Cup with 52.850 points. Uchida's best performance came on hoop, where she scored 15.100 points. Carmen Whelan of Silhouettes of York struggled through the competition and finished 46th overall.

For complete results [click here](#).



Congratulations to all athletes, coaches, and judges for amazing results!



Ontario's Carmen Whelan, Katherine Uchida and Sophie Crane will represent Canada at the Commonwealth Games in Gold Coast, Australia from April 11 - 13, 2018. Gymnastics Ontario wishes them the best of luck!!!

GCG Judges' Course

Over 30 Ontario coaches and judges took part in GCG judges' course. Many of the Ontario coaches took this learning opportunity and listened to the course content expanding their knowledge of the current Code of Points. Gymnastics Ontario is currently waiting for the final exam results, once received all participants will be notified.

2017 - 2018 Events

Provincial Level GO Events:

- Provincial Qualifier 2 – May 4-6, 2018 hosted by Ritmika RGC
- Provincial Championships – June 9-10, 2018 hosted by Olympium RGC

National Level GO and GCG Events:

- Elite Ontario – April 14-15, 2018 hosted by Olympium RGC
- Eastern Regional Championships – April 20-22, 2018 – QC
- Canadian National Championships – May 16-20, 2018 – BC

Invitational Events

- Spring Classic – April 7-8, 2018 hosted by Silhouettes of York RGC
- Spring Blossom – April 13-15, 2018 hosted by Olympium RGC
- Koop Cup – April 26-29, 2018 hosted by Kalev Estienne
- Jusco Invitational – May 11-13, 2018 hosted by Jusco RGC
- York Stars Invitational – May 26-27, 2018 hosted by York Stars RGC
- Viva Cup – June 3, 2018 hosted by Viva RGC
- RhythmFest – June 9-10, 2018 hosted by Olympium RGC

For more information about all GO, GCG and invitational competitions please visit [GO RG Calendar](#).

2018 Koop Cup

April 26-29, 2018 Kalev Estienne is hosting "2018 Koop Cup". This event will include 500 athletes from over 16 countries competing in rhythmic and aesthetic gymnastics disciplines. The event will include international RG and AGG invitational, FIG invitational, and IFAGG invitational.



"The Koop Cup International originated in 1991 to honor Mrs. Evelyn Koop, also known as 'The Godmother of Rhythmic Gymnastics' in Canada and has been a bi-annual event ever since. Two decades later we are not only celebrating 27 years of the Koop Cup International but 67 years of Rhythmic Gymnastics in Canada."

KSIS Online Event Management System

Many of the Canadian Clubs including all Ontario Clubs who are hosting events this season opted to use KSIS Online Competition Management System. This wide use of the program led to discounted prices and a cap of maximum fees per event.

- There is no hosting fee for an event with 50-60 participants
- \$2CAD per entry for all other events
- Max fee for any tournaments is \$400CAD

To help Ontario clubs utilize the program to its full potential and run competitions with minimal paper use, Gymnastics Ontario purchased tablets that may be borrowed from the federation. All equipment must be returned to GO office in the same condition it was picked up. Clubs are responsible for any damaged or lost items. To book the scoring equipment for your next event please contact RG Program Manager.

[For more information about KSIS please click here.](#)

IMPORTANT: Penalties to Be Applied at All Official Events

Gymnastics Ontario would like to remind all coaches that all applicable penalties will be taken by the time, line, and coordinator judge for individual and group exercises at the official events. This includes:

1	For each additional or missing second on the time of the exercise	0.05
2	For music not conforming to regulations	0.50
3	For each additional music with words	1.00
4	For each crossing of the boundary of the floor area by the apparatus or one or two feet or by any part of the body touching the ground outside the specified area or any apparatus leaving the floor area and returning by itself	0.30
5	For any use of non-conforming apparatus (Individual and Group exercises)	0.50
6	For using any apparatus not previously placed	0.50
7	For excessive delays in routine preparation which delay the competition	0.50
8	For unauthorized retrieval of the apparatus	0.50
9	For an unauthorized use of replacement apparatus (original apparatus still in the floor area)	0.50
10	Dress of the Individual and Group gymnast not conforming to the regulations (one time per exercise)	0.30
11	For emblem or publicity not conforming to official norms	0.30
12	Bandages or support pieces not conforming to the regulations	0.30
13	For early or late presentation by the gymnast(s)	0.50
14	For gymnast(s) warming up in the competition hall	0.50
15	For Group gymnasts communicating verbally with each other during the exercise	0.50
16	Entry of the group to the floor area is not conforming to the rules	0.50
17	For coach communication with the gymnast(s), musician, or judges during the exercise	0.50
18	Wrong apparatus chosen according to start order; penalty deducted one time from the final score of the exercise performed in the wrong order	0.50
19	For Group gymnast leaving the Group during the exercise	0.30
20	For "use of a new gymnast" if a gymnast leaves a group for valid reason	0.50