



Rhythmic Gymnastics
Section I
Technical Rules & Regulations
2019 - 2020

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1 General

1.1 Goals of the Program

- To assist clubs in maintaining and growing athlete membership.
- To provide a competitive opportunity for all gymnasts at all levels.
- To provide a challenging program that is within each gymnast's potential.
- To provide a more competitive program for athletes.
- To provide a logical development of body technique and apparatus skills.

1.2 Documents in Effect

All current documents are posted on the [RG Rules and Regulations page](#) on Gymnastics Ontario website.

Ontario Development Program (ODP) – governed by GO, for gymnasts ages 7-8

ODP AGG Child Clarification – governed by GO

RG Interclub Stream Program – governed by GO, for gymnasts ages 9+

AGG Interclub Rules – governed by GO

AGG Interclub Chart – governed by GO

GCG RGI RGG Development Program – governed by GCG, for gymnasts ages 9+, used for Eastern Regional Championships

GCG RGI RGG Development Program – ON Modifications – includes ON specific modifications to the GCG Program, for gymnasts ages 9+, used at all invitational and Gymnastics Ontario events (exception Eastern Regional Championships)

Gymnastics Ontario Development Program Free Requirements – governed by GO, applied to all invitational and Gymnastics Ontario events (exception Eastern Regional Championships)

GCG Development Program Free Routine – governed by GCG, used for all GCG events and Eastern Regional Championships

GCG Compulsory Apparatus Chart – governed by GCG

CAGG Children Rules – governed by CAGG, for gymnasts ages 9-14

IFAGG Short Program – governed by IFAGG, for gymnasts ages 14+

IFAGG Competition Rules – governed by IFAGG, for gymnasts ages 14+

1.3 General Regulations

Please refer to the General Technical Rules and Regulations posted on Gymnastics Ontario website for updates and clarifications.

2 Membership

2.1 Athletes

Eligibility and Mobility

- All athletes must be members in good standing of Gymnastics Ontario in order to participate in a GO sanctioned event.
- All athletes must be a Canadian citizen or Landed Immigrant to be eligible for awards, support and opportunities provided by GO.

- Athletes participating in the Interclub, Provincial or National stream programs MUST be registered each year with Gymnastics Ontario in a corresponding level as “RG-Interclub/Provincial/National-Athlete”. Registrations should be received by Gymnastics Ontario no later than October 15th of the current season.
- Athlete may participate/compete in any of the programs offered by Gymnastics Ontario (Interclub, Provincial, National Individual, Group and/or Aesthetic Group competition). No additional membership fee is required; however, the gymnast must be registered in each level in which they wish to compete.
- All athletes MUST declare their competitive level (RGI, RGG, AGG) for the current season to the Program Manager by the set deadline.
- Upgrades/downgrades/level changes of gymnasts will be accepted without Technical Committee approval until December 31st each season. After December 31st, all upgrades/downgrades will require an approval from Gymnastics Ontario Rhythmic Technical Committee. Requests should be submitted to the Program Manager at Gymnastics Ontario **before** February 1st **or before the 1st competition the athlete attends (whichever comes first). Once athlete competes, she will no longer be allowed to change levels. Level changes after the first competition due to extenuating circumstances might be considered by Technical Chair and GO.**
- The Rhythmic competition season is from January 1st to December 31st. Age eligibility of athlete level is in accordance with the year of birth of the athlete (January 1st – December 31st).

Athlete Policies & Guidelines

Please see General Technical Rule and Regulations, Section E: Athlete Policies and Guidelines.

Age Categories

Athletes may participate in any of the offered competitive streams in RGI, RGG, and/or AGG. An athlete may participate in 1 Individual program, 1 RG group and 1 AGG, they may not participate in 2 RG groups. Basic categories and age divisions are below. For complete technical requirements and technical rules please refer to [RG Technical Rules and Regulations webpage](#).

RG Individual Program (RGI)

Ontario Development Program (ODP) RGI					
ODP I			ODPP		
Age 7-8			Age 7-8		
Interclub Stream					
Level 2	Level 3	Level 4	Level 5	Level 5Star	Level 6
Age 9-10	Age 9-11	Age 11-13	Age 13-15	Age 13+	Age 15+
Provincial Stream					
Level 2	Level 3	Level 4	Level 5	Level 6	
Age 9-10	Age 9-11	Age 11-13	Age 13-15	Age 15+	
National Stream					
Novice		Junior		Senior	
Age 10-12		Age 13-15		Age 16+	

RG Group Program (RGG)

Ontario Development Program (ODP) RGG			
ODP I		ODP P	
Age 7-8		Age 7-8	
Interclub Stream Group			
Level 2	Level 3	Level 4	Level 5

Age 9-11	Age 11-13	Age 13-15	Age 15+		
Provincial Stream Group					
Level 3	Level 4	Level 5	Level 6		
Age 9-11	Age 11-13	Age 13-15	Age 15+		
National Stream Group					
Novice	Junior	Junior Dev	Open	Senior	Senior Dev
Age 10-12	Age 13-15	Age 12-15	10+	Age 16+	13+

Aesthetic Group Gymnastics (AGG)

Ontario Development Program (ODP) AGG				
ODP I			ODP P	
Age 7-8			Age 7-8	
Interclub Stream AGG				
Level 2	Level 3	Level 4	Level 5	Level 6
Age 9-11	Age 12-14	Age 14-16	Age 16+	Age 30+
Provincial Stream AGG				
Child	Pre-Novice	Novice	Junior	Senior
Age 9-10	Age 10-12	Age 12-14	Age 14-16	Age 16+

2.2 Coaches

Coaching Requirements

- All coaches must be members in good standing of Gymnastics Ontario.
- Coaches must be registered as **“RG – Provincial – Coach” or higher** in order to attend competitive events. Registrations should be received by Gymnastics Ontario no later than October 15th of the current season.
- To coach Provincial and Interclub Stream athletes in their gymnasiums and to gain access to the competitive floor for warm up and competition, coaches must have the following:
 - Registered with Gymnastics Ontario as RG – Provincial – Coach
 - Be fully certified NCCP 2 Rhythmic Gymnastics OR be a minimum Competition 1 (Introduction) Certified
 - Risk Management Certification
- To coach National Stream athletes in their gymnasiums and to gain access to the competitive floor for warm up and competition, coaches must have the following:
 - Registered with Gymnastics Ontario as RG – National – Coach
 - Be fully certified NCCP 3 Rhythmic Gymnastics
 - Risk Management Certification
- **If coaches require an exemption, they must request an exemption in writing to the RG Program Manager prior to the competitive season (Jan. 1st).**

For complete details regarding coaching certification, please visit Gymnastics Ontario website, [GO Coaching Requirements](#).

Coaches' Policies & Guidelines

Please see General Technical Rule and Regulations, Section F: Coaches Policies and Guidelines for complete coaching model and requirements, ID Cards, etc.

2.3 Judges

Judging Requirements

- All judge must be members in good standing of Gymnastics Ontario.
- Judges must be registered with Gymnastics Ontario as “RG – Interclub/Provincial/National/Brevet – Judge” for the season in order to be eligible to attend courses, clinics and workshops, and to be assigned to partake in any of the competitions. Registrations should be received by Gymnastics Ontario no later than October 15th of the current season.
- Unattached judges must submit “Unattached Participant Registration Form” found on [GO website, Forms section](#) to Gymnastics Ontario no later than October 15th of the current season.

Judges’ Policies & Guidelines

Please see Section G: RG Judging Policies & Guidelines for complete information on judging requirements.

3 Competitions

3.1 Types of Competitions

This is an overview of the types of the competition available to the levels and terminology:

“Invitational Event”

- An approved competition hosted by a club.
- The host decides what competitive streams and levels to include in this event:
 - ODP, Interclub, Provincial, National, AGG.

“Gymnastics Ontario Event”

- Provincial Qualifiers, Elite Ontario, Ontario Championships, Eastern Regional Championships.
- Clubs may apply to host a Gymnastics Ontario event on the preassigned dates.

3.2 Competition Hosting

Please refer to RG Meet Director’s Manual for complete list of requirements.

Invitational Events:

- Clubs wishing to host an Invitational competition must complete the “Bid to Host - Invitational” form found on the GO website in the Forms section.
- Clubs wishing to invite international participants must complete the “Authorization to host an International Event” found on Gymnastics Canada website in addition to the “Bid to Host – Invitational” and submit a complete package to Gymnastics Ontario RG Program manager.
- There is no deadline to apply to host an Invitational event however the request for a Bid to Host approval MUST be submitted to Gymnastics Ontario RG Program Manager several months in advance of the proposed event. Once approved, the competition will be posted on the GO Calendar.

Gymnastics Ontario Events:

- All clubs wishing to host Gymnastics Ontario Events (Qualifiers, Championships, Elite Ontario, and Eastern Regional Championships) must complete the “Bid to Host – GO Official Event” form found on the GO website in the Forms section. Only fully completed and received by the deadline bid packages will be considered for hosting.

- If selected, the host will receive an agreement that must be signed and returned by the stated deadline.
- Hosts of all Gymnastics Ontario events MUST provide a 2-tier set up, with the top tier being able to accommodate up to 8 officials. Two-tier set up is highly recommended for all invitational events.

3.3 General Competition Requirements

All requirements follow FIG COP and the posted GO Provincial programs posted on the GO website, with the following exceptions / additions:

- If a gymnast's apparatus gets stuck in the ceiling during her routine, the gymnast must use a replacement apparatus. The gymnast will no longer be given a choice to re-start her routine.
- If a gymnast's music stops playing while she is performing, the gymnast must stop and leave the floor. The coach must have a back up music available and the athlete will be informed when she will compete.
- Apparatus is measured immediately prior to competing; at the moment the gymnast is announced as "on deck". Once the measurement is completed, the gymnast must move immediately with the apparatus to the "on deck" position in the competition hall.
- Athletes will not be allowed to enter a warm-up gym without their registered coach for the competition present.

3.4 Competition Fees

Invitational events:

- Registration fees are determined by the host club.
- Refunds are determined by the host club.

GO Official events:

- Registration fees are set by Gymnastics Ontario and are \$40 per routine for 2019-2020 season.
- No refunds will be granted after the registration deadline.

3.5 Ontario Championships

The Ontario Championships are the culmination of the season for competitive Provincial Stream gymnasts, and as such should offer the highest possible level of competitive experience for the athletes. If a club submits a bid to host an invitational/RhythmFest along with their bid to host Ontario Championships, their request will receive priority.

Provincial Stream individual athletes must qualify in advance to participate in the Ontario Championships. The Ontario Championships will include all RG Provincial Stream levels 2 and higher, and all events – Individual, Group, and AGG.

There will be two (2) Provincial Qualifying Competitions hosted by member rhythmic clubs for Individuals.

Eligibility

All registered Provincial stream athletes may enter one or more of the Provincial Qualifiers.

Individual competition:

Individual gymnasts must compete all routines for their level in BOTH Qualifiers to be eligible to be included in the ranking for eligibility for Provincials.

The All-Around scores from each of the two Qualifiers will be totaled for each gymnast, in level 2 and higher category. Athletes placing in the top 60% of the total entries in each level/category will advance to the Ontario Championships. If the gymnast does not compete all routines for their level at both qualifiers, or if she does not completely finish ALL routines, she will not be eligible for Championships regardless of the number of athletes in the category. (for example, if a gymnast fully completes 2 of the 3 routines in her category, but only finishes part of her third routine, then she is not eligible for Championships).

If the number of athletes who do not qualify is 5 or less, then all will advance to Ontario Championships.

Note: There will be very few levels that all athletes will not advance because this will mean automatically, all levels with 13 or less athletes registered for PQ1 and PQ2 plus some levels where there are petitions will also leave less than 5 who didn't qualify.

AGG & RG Group competition:

The Group event at Ontario Championships is an open event. RG Groups and Aesthetic Groups may compete at one, both or neither qualifiers if they so choose, however, ALL Provincial level (RG & AGG) groups with athletes aged 9 and older will be able to register to compete at the Ontario Championships.

Petitions

In order to qualify and compete at Championships gymnasts must attend 2 qualifiers unless they have been granted a medical exemption by GO (medical note from a physician ONLY) or granted a petition for other extenuating circumstances. Please refer to Section C: General Competition Information.

For athletes who were granted a petition, only athletes with scores as high as the top 10 in their category can be granted a petition and proceed to the ON Championships.

Protests

No protest of scores or marks will be allowed or accepted at any GO sanctioned rhythmic gymnastics competition.

3.6 Elite Ontario

Elite Ontario is a Provincial Championship for the National Stream. All National Stream athletes who want to be eligible to receive funding for Canadian Championships MUST take part in this event. Currently there is no qualification requirements to enter Elite Ontario.

Protests

No protest of scores or marks will be allowed or accepted at any GO sanctioned rhythmic gymnastics competition.

3.7 Awards

The following Ontario Rhythmic Awards will be presented for Provincial Qualifiers, Ontario Championships, and for Elite Ontario: Host clubs must budget for the cost of the awards, however, medals and ribbons for Elite Ontario and Ontario Championships will be designed and ordered by Gymnastics Ontario that is to be consistent with all gymnastics disciplines. Open and High Performance (HP) categories in Junior and Senior levels are awarded separately at Elite Ontario.

Medals: Medals for places 1, 2 and 3 are awarded for individuals and groups. For all Gymnastics Ontario competitions (Provincial Qualifier 1 and 2, Ontario Championships and Elite Ontario), if there are 3 or fewer athletes in a category, only All Around (AA) medals will be awarded to the athletes e.g. AA Gold, Silver & Bronze). No apparatus awards will be given. Large medals will be awarded for AA at Championships/Elite Ontario ONLY. Host clubs must include this information in their Call to Meet and in their Bulletins / Programs. **A diploma must be presented to the top 3 AA athletes at Ontario Championships/Elite Ontario.**

Ribbons: Ribbons must be of different colors and will be awarded regardless of number of participants.

Ties: In the event of a tie, the individuals and/or groups will share the tied ranking and the next ranking will be omitted.

NOTE: ODP Gymnasts (individual and group) and AGG Child 7&8 will not be ranked nor have scores publicly displayed. The same form of recognition, for example, a very small medal, is to be given to all athletes in the ODP category. The feedback forms will go directly in the coaches' box for their coach to pick up at the end of the competition. No scores will go into scoring program.

Note that at Ontario Championships, "champion" will be declared provided there are 2 or more athletes in Individual categories.

For Invitational's, host clubs may choose to follow the above rule or provide awards for individual events and AA regardless of the number of athletes. The club must state how they will award in the Call to Meet and in all bulletins / programs.

Provincial Stream Group and Aesthetic Group categories will be awarded All-Around medals as indicated, regardless of the number of groups competing, and will be declared Provincial Champion.

Eligibility

Eligibility for participation, ranking and awards at Provincial Qualifiers, Ontario Championships and Elite Ontario

Canadian Citizen or PR or DN who have not represented another Federation	Dual Nationality (DN) or PR who represented another Federation	Visitors HC "hors concours" (out of competition)
Must be a member of GO	Must be a member of GO	Must be a member of GO
Scored	Scored	Scored
Ranked	Ranked – shared. All gymnasts below move up one rank	Ranked amongst HC only

AA Awards (1 st to 8 th)	AA Awards (1 st to 8 th) shares placement	AA Awards amongst HC only
AA Champion	Cannot be named Champion. The next ranked moves up to share first & is named Champion	
Apparatus Awards (1 st to 8 th)	Apparatus Awards shares placement (1 st to 8 th)	

4 Selection to Ontario Teams

4.1 General

There are certain competitive events for which Gymnastics Ontario assumes full jurisdiction over the selection, travel & accommodation, etc. for what is known as “Team Ontario”. These events usually involve primarily National Stream athletes, but there are now some occasions where specified Provincial Stream athletes receive these benefits.

Team Ontario events are funded on a cost-share basis. Team Ontario members are expected to travel and stay as one team at these events, regardless of which Club they represent. G.O. may appoint Team Managers to travel and stay with the Team and are responsible for looking after the needs of the athletes outside the confines of the competition/warm-up areas. Specific details are communicated to member clubs on a per-event basis by the G.O. office.

The G.O. team tracksuit must be worn as designated at all Team Ontario events (the GCG tracksuit is not permitted on Ontario Team events).

4.2 Eastern Regional Championships

Provincial Individual Levels 3-6 B & C Individual & Groups (3-4) (5) are included in Eastern Regional Championships. This event is currently an “Open” event.

In all cases, GCG Technical Regulations will apply for Eastern Regionals, i.e., the Ontario only modifications do not apply.

4.3 Tour Teams

As indicated above, Tour Teams usually involve National Stream athletes. However, this type of activity may be offered for Provincial Stream athletes.

Specific athletes are usually identified in advance and are invited to a Tour Selection Camp/Competition, from which top-performing athletes are selected to form Team Ontario. Team Coaches are appointed by G.O. to accompany the teams, and all team members must participate in the cost-share program for the team. Specific details are communicated to member clubs on a per-event basis by the G.O. office.

Selection Procedures

In all cases RG Tour Team will consist of one athlete per each category, that is:

- One Top Junior athlete (non-national team)

- One Top Novice athlete
- One Top Provincial athlete based on the achieved score

If Gymnastics Ontario is able to support more than three athletes in any given season then the selection would start over, that is 2nd ranked junior, 2nd ranked novice, 2nd ranked Provincial athlete, and so on until the maximum number of spots is filled.

In case of a tie, a gymnast with the highest cumulative execution score for the same competition (Easterns for National athletes, combined PQ1 and PQ2 for Provincial athletes) will be awarded a spot; the other gymnast will be awarded the next spot if available.

In case of top ranked athlete denying her spot on the team, priority will be given to the next highest ranked gymnast within the category. In order to maintain a good gymnast quality on the team, selection will go down only until 5th ranked gymnast (inclusive) in each category.

List of qualified athletes and alternates will be communicated to all clubs via email. Individuals will be given up to a maximum of 5 days to make a decision on whether to accept or deny a spot. Finalized GO RG Tour Team list (including a coach and a judge) will be announced 7 days after via email and GO website announcement.

GO Tour Team Coach Selection will be based on Gymnastics Ontario Coach Selection Policy.

RG Tour Selection Procedure below assumes that up to 9 athletes can be given GO funding:

Age requirements:

- Provincial athletes between the ages of 11 – 12 in the competitive season
- Novice athletes between the ages of 11 – 12 in the competitive season
- Junior athletes between the ages of 13 – 14 in the competitive season

National Stream Athletes:

- Top 3 age eligible Novice athletes from Eastern Regional Championships
- Top 3 age eligible Junior athletes from Easter Regional Championships

Provincial Stream Athletes:

- Top 3 age eligible athletes with the highest cumulative scores from PQ1 and PQ2 in level 4. Level selection (sub-categories A, B, C) will depend on the competition requirements for the age category and will be announced as soon as it becomes available. **If there are no age eligible athletes in level 4 then level 3 athletes might be considered.**

RG Tour is to take place in the end of the season at the TC assigned event.