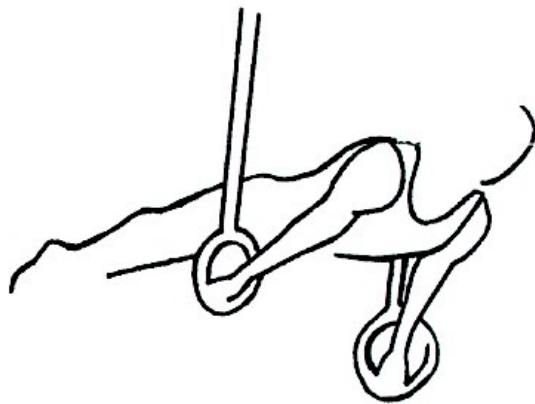




**Gymnastics Ontario**

**Men's Artistic Technical Rules and Regulations**

**Section I:  
Technical Rules and Regulations**



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## **Disclaimer**

This document is currently being extensively reviewed by the Men's Technical Committee to eliminate redundancy and outdated information. A new reformatted version is scheduled to be published for the 2021-2022 competitive season.

## **Technical Rules and Regulations**

### **1.0 Introduction**

In principle, rules and definitions are based on the FIG Code of Points and the Canadian Supplement to the Code of Points. This document is not intended to apply to competitions conducted under FIG rules. FIG judging requirements are not included. Judges preparing to judge at National and International competitions should refer to the FIG Code of Points and the Gymnastics Canada (GCG) Men's Program Manual for complete judging requirements.

Recognition goes out to all those involved in the creation of the Ontario Provincial Levels system. Thank you for your dedication, vision and hard work. Acknowledgement should also be made to those committee members that will provide on-going support to the program throughout the season.

### **1.1 Program Description**

The Ontario Levels Program consists of three Gymnastics Ontario Provincial Levels (1–3), two Provincial Levels (4&5) under the GCG Provincial Pathways Program, and six Elite levels (Open, Elite 3 & 4, Junior, & Senior) from the GCG Elite Pathways Program.

Physical Evaluation Program: There is no specific physical evaluation program developed for the Provincial levels. Clubs are encouraged to utilize the Elite Pathways Physical Preparation Flexibility and Physical Tests.

### **1.2 Philosophy**

The provincial levels system should be used as a tool for competitive gymnasts of all ages and abilities. The system encourages both participation and excellence. It should challenge those athletes with limited potential, and allow them to move up to higher levels when they are ready to do so. It can also act as a feeder system for the athletes who show potential to move into a national program. By providing a seamless progression in the required difficulty as one moves up from level to level the program strives to be progressive, yet responsible.

### **1.3 Typical Athlete Profile**

**Level 1:** These are entry level competitive athletes. The athletes in this category are learning how to compete a few basic elements through compulsory routines. The age of the athletes in this category ranges from 8 to 13 years old.

**Level 2:** The athletes in this category are adding more A-value elements to their repertoire of gymnastics elements. These athletes also perform compulsory routines. The age of the athletes in this category ranges from 8 to 13 years old.

**Level 3:** This category is intended for boys who are ready for more progressive skills. It is an introduction to B-value elements. They will vault over the vaulting table and perform saltos on floor exercise. Optional Routines are created with a maximum of 6 value elements counting for difficulty. The age of the athletes in this category range from 10 to 17 years old.

### **1.4 Competitive Age**

The competitor's age will be based on the athlete's age as on **December 31<sup>st</sup> of the year of Ontario Championships.**

For the 2020-2021 competitive Season, an athlete must be born in the year 2013 to be eligible to in a Provincial level competition. An athlete who is below the minimum age for a category may not participate in that category and/or Age Group.

Please see the table below:

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<b>Birth Year</b>	
2000	Must turn 21 In the year 2021
2001	Must turn 20 In the year 2021
2002	Must turn 19 In the year 2021
2003	Must turn 18 In the year 2021
2004	Must turn 17 In the year 2021
2005	Must turn 16 In the year 2021
2006	Must turn 15 In the year 2021
2007	Must turn 14 In the year 2021
2008	Must turn 13 In the year 2021
2009	Must turn 12 In the year 2021
2010	Must turn 11 In the year 2021
2011	Must turn 10 In the year 2021
2012	Must turn 9 In the year 2021
2013	Must turn 8 In the year 2021
2014	Not Allowed to Compete

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## **2.0 Men's Competitive Structure**

### **Competitive:**

1. Ontario Provincial Levels 1 and 2
2. GCG Provincial Pathways Levels 3, 4, 5, and Open
3. GCG Elite Pathways Program
4. FIG Junior and Senior

## 2.1 Age Eligibility Chart

Level	Age Category
P1	8
	9
	10-11
	12-15
P2	8-9
	10-11
	12-15

Level	Age Category
P3	10-12
	13-17
P4	Under 13
	13 +
P5	13-17

## 2.2 Change of Category

### 2.2.1 All Athletes

- I. A gymnast may move to a different level category during the competitive season provided that the athlete's club submits the "MAG Athlete | Competitive Category Changes Form" (available at Gymnastics Ontario Website) to the MAG Program Manager four (4) weeks before competing or registering for a competition. The gymnast must fulfill the following criteria:
  - The gymnast is age-eligible to compete in the level he is moving to, and
  - The gymnast did not make the team Ontario for Tour selection.
  - Additionally, items II OR III (below) must be observed:
- II. A gymnast may move to a higher level.
  - If a gymnast moves to a higher level category, he must compete at the Provincial Championships on the highest level he had competed in that season.
- III. A gymnast may move to a lower level:
  - A coach who wishes to move a gymnast to a lower level category must submit a written petition, and
  - The petition must receive approval from the Men's Technical Committee, through the Men's Artistic Program Manager.
- IV. If the request is approved:
  - Clubs administrators must make all necessary changes in the (1) Uplifter, (2) Ontario Cups registrations, (3) pay for any registrations and/or fee adjustment(s) if necessary, and (4) notify ALL Ontario Cup host clubs about the level change.
  - The gymnast may not change categories again during the season without the approval of the Men's Technical Committee.

## **2.3 General Eligibility Rules**

Provincial Stream Eligibility for the 2020-21 Competitive Season

<b>Category</b>	<b>Age Requirement</b>	<b>Competitive Requirements</b>
Level 1	8 to 15 years old	Compulsory program
Level 2	8 to 15 years old	Compulsory program

## **3.0 Program Activities General Information**

**\*\*For Additional Information on Hosting Please Refer to Meet Directors Manual\*\***

### **3.1 Invitationals**

#### **3.1.1. General Eligibility Rules**

No Athlete under the age of 5 may participate

#### **3.1.2. General Safety Standards**

- I. A safe and controlled competitive environment must be provided for the participants and others involved in the competition.

#### **3.1.3. Competition Requirements**

- I. Gymnastics Ontario Provincial stream requirements and / or Interclub rules must be adhered to in correspondence to the age groups.

#### **3.1.4. Judging Requirements**

- I. There must be a minimum of two (2) active Gymnastics Ontario judge on each apparatus panel.

#### **3.1.5 Coaching Requirements**

- I. All coaches must have a minimum of NCCP fully certified Level Two Men's Artistic Gymnastics. If trampolines are being used as part of the competition, then all coaches must also have a minimum of NCCP Level Two Technical Trampoline.

#### **3.1.6 Sanctioning Process**

- I. Sanction request must be submitted to Gymnastics Ontario (attention: Men's Artistic Program Manager) at least six (6) weeks prior to the event. Sanction requests will be reviewed by the Men's Artistic Program Manager and the Men's Technical Chairperson and if the minimum guidelines are respected the host can expect a written response to their request within two (2) weeks. Incomplete sanction requests will not be reviewed and will be returned to the club.

#### **Sanction request must include:**

- ✓ A completed sanction request form (a copy can be found in the back of this manual)
- ✓ A copy of the draft Call to Meet
- ✓ A complete set of the competitive requirements being used.

A calendar of sanctioned interclub stream competitions will be circulated monthly.

#### **3.1.7 Competitive Attire**

- I. All athletes must wear shorts no longer than ½ their thigh length. A singlet or tucked in t-shirt must be worn. Athletes may compete either bare foot or wearing gymnastics slippers.

## **3.2 Provincial Stream Competitions**

The following general rules will be followed at all provincial level competitions.

#### **3.2.1. General Eligibility Rules**

- I. All competitors, coaches and officials are required to be members in good standing of G.O. Coaches must be fully certified NCCP Level 2 in order to be on the floor at Provincial Competitions. Only athletes registered with member clubs in good standing of Gymnastics Ontario are eligible to compete for official stand-



ing in GO Ontario Cups and Ontario Championships.

- II. Out-of-province athletes will receive duplicate medals at GO Provincial Cups and at Ontario Championships. They will not bump Ontario athletes.
- III. No registered athlete may change his/her club affiliation during the competitive season without the completion of the Application for Athlete Transfer Form (which can be found at the back of this manual).

### **3.2.2. General Safety Standards**

- I. Safety standards apply to all sanctioned competitions, as per the rules and regulations outlined in the current FIG Code of Points, the GO Meet Director's Manual and the GO Safety Manual (Appendix A), with modifications as listed in this manual.
- II. The Meet Director shall be responsible for the general running of the competition and must reference the current FIG Code of Points, GCG Men's Artistic Technical Rules and Regulations, the GO Meet Director's Manual, as well as all sections of this manual (including the GO Safety Guidelines and the GO Men's Artistic Judging Policies).
- III. The Meet Director must ensure that qualified medical personnel are in attendance (as per the GO Meet Directors' Manual and the GO Safety Guidelines).

### **III.1.3. Competition Requirements**

- I. There are four (4) Provincial stream competitions (including Ontario Championships) during the competitive season. Provincial level 1 to 5 athletes will compete one (1) routine (as per GO rules and regulations) at each qualifying competition.
- II. Marshalls will march each team to their next apparatus.
- III. An athlete's corral area will be provided, if space allows. If not, benches will be provided for coaches and athletes at each apparatus.
- IV. Only the athletes who are competing and their coaches will be allowed on the competition floor; outside the athlete's corral. If not, benches will be provided for coaches and athletes at each apparatus.
- V. All teams (Coaches and Athletes) are expected to remain in the athlete's corral or on the benches provided until it is announced that either the rotation or competition has been completed.

### **3.2.4. Judging Requirements**

- I. Provincial Level 1 and 2 Judges will judge Provincial stream categories. At the discretion of the Judging Chairperson and the Men's Program Manager, they may judge National/HP stream categories.
- II. Provincial Level 3 and 4 Judges may judge both Provincial and National/HP stream categories
- III. The chairperson of the competition jury must be at least an active National 1 Judge
- IV. The apparatus head judge must be at least an active Provincial Level 3 Judge.

### **3.2.5. Coaching Requirements**

- I. Individuals must be fully certified NCCP Level 2 Coaches in order to coach Provincial Level athletes in their gymnasiums.
- II. Coaches must be fully certified NCCP Level 2 in order to gain access to the competitive floor for warm-up or competition for all Ontario Cups, Ontario Championships, training camps and other GO activities.
- III. All coaches must have completed Online Risk Management

### **3.2.6. Sanctioning Process**

- I. Please see Bid Process forms.

### **3.2.7. Competitive Attire**

- I. Members (coaches and gymnasts) of the same club must be in Club uniforms at all Ontario Cups and Ontario Championships.
- II. Acceptable gymnastics attire is outlined under Competition Regulations.
- III. A coach or athlete not dressed appropriately, will be asked to leave the floor area and will not be permitted back on the floor to coach or to participate in the March-In and/or the Awards Ceremony until he/she has complied with the dress code.

### **3.2.8. Warm ups**

- I. Competition warm-ups may not begin prior to 8:00 am and competitions may not be scheduled later than 10:00 pm.
- II. For Provincial levels 1 - 5 a general warm up of 20 minutes will be provided and the athletes will be permitted an apparatus warm up of up to 10 minutes, or in a continuous rotation format or one touch of 30-45 seconds per athlete.

### 3.2.9. Use of Cameras or Video Equipment

I. The use of photographic flash equipment is forbidden during any competition.

\*\* In the event that Parents need to be told 3 times to turn off their flash, their athlete's score will receive a 1.0 deduction and the parent will be asked to leave the competition and / or camera will be confiscated for the duration of the competition.

II. Coaches are not permitted to use cameras or video equipment during the competition while they are on the floor in a coaching capacity.

### 3.2.10. Meet Entry Fees for Ontario Cups and Ontario Championships

I. Meet Entry Fees for Provincial Cups

a. Fees

- i. The fee for Provincial Stream Athletes for Ontario Cups for the 2020-21 season is \$240.
- ii. This fee includes the registration fee of \$80 for each of the Ontario Cups.
- iii. All Ontario Cup registration fees are to be paid directly to each of the Hosts by October 17<sup>th</sup> 2020.
- iv. Clubs will be charged a \$25 per athlete fee for all athletes whose registration fee has not been paid by the registration deadline.
- v. Athlete may not compete until payment has been issued.

b. Refunds

- a) Refunds will be issued only if the athlete has not competed at all three Ontario Cups.

II. Meet Fees for Ontario Championships (fee's updated yearly)

a. Fees

- i. The fee for Provincial Stream Athletes for Ontario Championships for the 2020-21 season is \$115.
- ii. This fee includes registration for one (1) Ontario Championships
- iii. All Ontario Championships registration fees are to be paid directly to the Host a minimum of seven (7) days prior to Ontario Championships.
- iv. Clubs will be charged a \$25 per athlete fee for all athletes whose registration fee has not been paid by the registration deadline.
- v. Athletes may not compete until payment has been issued.

a. Attendance / Refunds

- i. Ontario Championships meet fees are non-refundable.

### 3.2.11. Meet Results and Reports

I. A copy of all official score sheets (both event and all-around) must be provided via email to the GO Men's Artistic Program Manager at the conclusion of the last flight of competition or e-mailed to GO within forty-eight (48) hours of the completion of the competition. The official score sheets need to show the following; Athlete's Name, Level, Club, Event, Start Value, Event Ranking, All-Around Score and All-Around Ranking.

II. Duplicates of all official score sheets must be retained by the host club, for at least one (1) year.

III. The Meet Director must submit a post-meet report, within two (2) weeks of the competition to Gymnastics Ontario c/o Men's Artistic Program Manager.

## 3.3 National Stream Competitions

### 3.3.1. General Eligibility Rules

I. All competitors, coaches, judges and officials are required to be members in good standing of GO. Coaches must be fully certified NCCP Level 3 in order to be on the floor during National/HP level competitions. Only athletes registered with clubs who are member clubs in good standing of Gymnastics Ontario are eligible to compete for official standing at GO Ontario Cups and Ontario Championships.

II. Out-of-province athletes will receive duplicate medals at GO Ontario Cup's and at Ontario Championships. They will not bump Ontario athletes.

III. No registered athlete may change his/her club affiliation during the competitive season without the completion of the Application for Athlete Transfer Form (which can be found at the back of this manual).

### 3.3.2. General Safety Standards

I. Safety standards apply to all sanctioned competitions, as per the rules and regulations outlined in the current FIG Code of Points, the GCG Provincial and Elite Pathways Program documents, the GO Meet Director's Manual, and the GO Safety Manual, with modifications as listed in this manual.

II. The Meet Director shall be responsible for the general running of the competition and must reference the cur-

rent FIG Code of Points, GCG Provincial and Elite Pathways Program documents, the GO Meet Director's Manual, as well as all sections of this manual (including the GO Safety Guidelines and the GO Men's Artistic Judging Policies).

- III. The Meet Director must ensure that qualified medical personnel are in attendance (as per the GO Meet Directors' Manual and the GO Safety Guidelines).
- IV. The use of photographic flash equipment is forbidden during any competition. \*In the event that Parents need to be told 3 times to turn off their flash, their athlete's score will be annulled.

### **3.3.3. Competition Requirements**

- I. There are four (4) National/HP stream competitions (including Ontario Championships) during the competitive season.
- II. Marshalls will march each team to their next apparatus.
- III. Only the athletes who are competing and their coaches will be allowed on the competition floor; outside the athlete's corral. If not, benches will be provided for coaches and athletes at each apparatus.
- IV. All teams (Coaches and Athletes) are expected to remain in the athlete's corral or on the benches provided until it is announced that either the rotation or competition has been completed.
- V.

### **3.3.4. Judging Requirements**

- I. Judges will be selected beginning with the most qualified judges (starting with FIG and continuing down to Provincial Level 3)

### **3.3.5. Coaching Requirements**

- I. Coaches must be fully certified NCCP Level 3 Theory and Technical in order to gain access to the competitive floor for warm-up and competition for GO and GCG sanctioned National Stream activity.

### **3.3.6. Sanctioning Process**

- I. Please see Bid Package forms.

### **3.3.7. Competitive Attire**

- a. All National/HP stream athletes must be dressed as per FIG. (Long pants with footwear on pommel horse, rings, parallel bars and horizontal bars. Shorts with or without footwear on vault and floor exercise.) All gymnasts must compete in a singlet. Athletes not dressed appropriately will be asked to leave the competitive floor area until they comply.
- b. Athletes not wearing their club tracksuit will not participate in the March-In and/or the Awards Presentation.
- c. Coaches must wear their club tracksuit at all Ontario Cups and at Ontario Championships. A coach not dressed appropriately will be asked to leave the floor area and will not be permitted back on the floor to coach or to participate in the March-In and/or the Awards Ceremony until he/she has complied with the dress code.

### **3.3.8. Meet Entry Fees for Qualifying Competitions and Ontario Championships**

#### National Stream Meet Entry Fees for Ontario Cups

- i. The fee for National Stream Athletes (Open, Junior & Senior) for Ontario Cups for the 2020-21 Season is \$100.00
- ii. All National Qualifier registration fees are to be paid directly to the Host Club by October 24<sup>th</sup>, 2020.
- iii. Clubs will be charged a \$25 per athlete fee for all athletes whose registration fee has not been paid by the registration deadline

#### Attendance / Refunds

If an athlete has missed all three Ontario Cups, then a refund is available by filling out the online form available via the Gymnastics Ontario website.

#### National Stream Ontario Championships Meet Entry Fees

- i. The fee for National Stream Athletes for Ontario Championships for the 2020-21 season is \$115.00
- ii. This fee includes registration for one (1) Ontario Championship
- iii. All Ontario Championship registration fees are to be paid directly to the Host Club by October 24<sup>th</sup>, 2020.
- iv. Clubs will be charged a \$25 per athlete fee for all athletes whose registration fee has not been paid by the registration deadline.

- v. Athletes may not compete until payment has been issued.
- Attendance / Refunds  
Ontario Championships meet fees are non-refundable.

### **3.3.9. Meet Results and Reports**

- I. A copy of all official score sheets (both event and all-around) must be provided via email to the GO Men's Artistic Program Manager at the conclusion of the last flight of competition within forty-eight (48) hours of the competition. The official score sheets need to show the following; Athlete's Name, Level, Club, Event, Start Value, Event Ranking, All-Around Score and All-Around Ranking.
- II. Duplicates of all official score sheets must be retained by the host club for one (1) year.
- III. The Meet Director must submit a post-meet report within two (2) weeks of the competition to Gymnastics Ontario (c/o Men's Artistic Program Manager).

### **3.3.10. Coaches' Responsibilities at All Gymnastics Ontario Sanctioned Competitions**

- I. Coaches are responsible for their athletes at all competitions.
- II. Coaches must ensure that athletes do not use any piece of equipment (including the floor area) until their scheduled warm-up or competition has begun.
- III. When the competition has ended, athletes must sit with their parent(s)/guardian(s) or remain seated with their coach until they are summoned for the Medals Presentation.
- IV. Before March-In and/or the Awards Presentation coaches must ensure that their athletes have complied with the dress code and should also remind their athletes to sit in the straddle position on the floor.

## **4.0 Program Activities**

### **4.1 Invitationals**

#### **4.1.1 Interclub Manual**

The Interclub rules and regulations are standard for all invitational meets. Please see the Interclub Manual for program description and rules and regulations.

### **4.2 Qualifiers and Ontario Championships**

#### **4.2.1 Selection Process for Ontario Championships**

- Athletes need to receive a score at two out of the three Ontario cups.
- Petitions are not accepted for missed Ontario Cups
- In the event that a National Team member is on a National Team assignment (Competition, Training Camp, etc), during an Ontario Cup, that event will count as one of their Cups.

#### **4.2.2. Schedules and Competitive Order**

- I. The starting event for each group is drawn prior to the competition; groups are then rotated in Olympic order where possible.
- II. Wherever possible clubs with multiple levels of athletes in the same flight will rotate together.

#### **4.2.3. Scoring Protocol for all Provincial Level Competitions**

- I. All judges will be seated together
- II. See judging guidelines for further information

#### **4.2.4. Athlete Late Arrival**

- I. If an athlete(s) is (are) late due to extenuating circumstances they are permitted to warm up and compete in the remaining rotations.
- II. A sufficient general warm-up will be provided, as determined by the Coach, Competition Chief Judge and Meet Director, not to exceed 15 minutes.

#### **4.2.5. Inquiries and Protests**

- I. One (1) coach per club may approach the event Head Judge to inquire about their gymnast's D-score after the score has been flashed, but may in no way interfere with the judging of a routine in progress.

- II. For further clarification, the coach may approach the Chair of the Competition Jury (CCJ), who will in turn approach the judging panel. Protests will only be considered with regards to the D-score (E.G.R.'s, Difficulty, etc), but not the Execution Score.
- III. A protest must be given to the competition Meet Director or CCJ in writing no later than fifteen (15) minutes after the completion of the rotation.
- IV. The Protest Fee is \$20.00

#### **4.2.6. Petitions for Ontario Championships**

- I. No petitions will be accepted for Ontario Championships.

#### **4.2.7. Awards for Ontario Cups**

- I. Each Ontario Cup host club will receive the G.O. medals and ribbons to be presented.
- II. Medals will be presented to the top three (3) gymnasts per Provincial stream competitive category and ribbons to gymnasts who are ranked from fourth (4<sup>th</sup>) to eighth (8<sup>th</sup>), on each apparatus, as well as for all around placing, at all Ontario Cups. Ties are not broken (1, 2, 2, 3, 4, ...).
- II.5. If there are more than thirty (30) athletes registered in one of the competitive categories that category will be split in half by age (taking the oldest and youngest athlete's median).
- III. Awards are presented starting from 1<sup>st</sup> to 8<sup>th</sup> place.
- IV. Competitions where three (3) or fewer athletes compete in a competitive category, awards shall consist of AA medals only.

#### **4.2.8. Awards for Ontario Championships**

- I. Ontario Championships medals and ribbons are supplied by GO, at the expense of the host club.
- II. Medals will be presented to the top three (3) gymnasts per competitive category and ribbons to the gymnasts who are ranked from fourth (4<sup>th</sup>) to eighth (8<sup>th</sup>) in the province, on each apparatus, as well as for all around placing. Ties are not broken (1, 2, 2, 3, 4, ...).
- III. Competitions where three (3) or fewer athletes compete in a competitive category, awards shall consist of AA medals only.
- IV. Awards are presented starting from 1<sup>st</sup> to 8<sup>th</sup> place.

#### **4.2.9. Announcers at Provincial Stream Competitions**

- I. There will be announcers at each competition.
- II. The Role of the Announcer is to:
  - a. To announce the Beginning of General Warm-up and give a 2-minute warning before its completion.
  - b. To introduce the athletes and clubs
  - c. To announce each athlete name on the floor exercise during the competition.
- III. Timed Warm up will be announced and the warm-ups will be completed at the same time, so that all events are starting at the same time. It will then be announced when competition will begin.

### **4.3 Provincial Tours**

#### **4.3.1 Athlete Selection Process**

- I. A selection meet will be usually be held in conjunction with an Ontario Cup.
- II. A Provincial Tour Team will typically consist of six (6) Athletes, one (1) Non-Traveling Alternate and one (1) Team Coach/Manager. One (1) Judge may also be selected.
- III. The top six (6) Athletes based on their AA Scores are selected to make team.
- IV. Petitions, including medical petitions, are not accepted for Provincial tour selections. Athletes must compete at the Tour Selection meet.

#### **4.3.2 Judges Selection Process**

- I. If the MTC and Gymnastics Ontario determines if the Provincial Tour should include a judge(s), selection would be based on the following:
  - a. Maintenance Exam Score
  - b. Judging Records (must have judged minimum of two competitions and Ontario Championships that year or have coached juniors or seniors at Ontario Championships)
  - c. The number of years a judge has been active as a Provincial, National or FIG Judge
  - d. The judge's attitude and conduct
  - e. A rotational basis in fairness to all eligible judges

#### **4.3.3. Awards for an Independent Provincial Tour Selection Competition**

- i. Each Provincial Tour host club will receive the G.O. medals and ribbons to be presented. The cost of which

will be incurred by the host club. \*For more information please see hosting agreement.

- ii. Medals will be presented to the top three (3) gymnasts per provincial tour category and ribbons to gymnasts who are ranked from fourth (4<sup>th</sup>) to sixth (6<sup>th</sup>), on each apparatus, as well as for all around placing. Drop placing occurs in the event of a tie.
- IV.5. One (1) set of medals is to be distributed per tour selection regardless of number of athlete entries in the competition.
- iii. Awards are presented starting from 1<sup>st</sup> to 6<sup>th</sup> place.

#### **4.3.4 Team Coach/Manager Selection Process**

- I. Eligible coaches will be ranked by the points they accumulate from their named athlete's, taken from the latest competition registration form received by Gymnastics Ontario up to three (3) days before the event.
- II. Coaching points are not transferable to another coach from the same club.
- III. In the event that two coaches have been listed on the registration form, only the first named coach will be awarded points.
- IV. In the event that the named Team Coach/Manager cannot accept their role, the Team Coach/Manager position will be awarded to next coach on the Team Coach/Manager ranking list
- V. The coach with the highest total points will be named as the Team Coach/Manager.
- VI. In the event of a tie, the coach with the highest ranking athlete will be named.
- VII. Points based on athlete placing:
  - 1<sup>st</sup> place athlete - 6 points
  - 2<sup>nd</sup> place athlete - 5 points
  - 3<sup>rd</sup> place athlete - 4 points
  - 4<sup>th</sup> place athlete - 3 points
  - 5<sup>th</sup> place athlete - 2 points
  - 6<sup>th</sup> place athlete - 1 point

### **4.4 National Tours**

#### **4.4.1 Selection Process:**

- I. A selection meet will usually be held in conjunction with an Ontario Cup.
- II. A National Tour Team will typically consist of 6 Athletes 1 Non-Traveling Alternate and one (1) Team Coach/Manager. One Judge may also be selected.
  - III. The top six (6) Athletes based on their AA Scores are selected to make team.

#### **4.4.2 Judges Selection Process**

- I. If the MTC and Gymnastics Ontario determines the National Tour should include a judge(s) selection would be made on the following:
  - I. Maintenance Exam Score
  - II. Judging Records (must have judged minimum of two competitions and Ontario Championships that year or have coached juniors or seniors at Ontario Championships)
  - III. The number of years a judge has been active as a National or FIG Judge
  - IV. The judge's attitude and conduct
  - V. A rotational basis in fairness to all eligible judges

#### **4.4.3. Awards for an Independent National Tour Selection Competition**

- a. Each National Tour host club will receive the G.O. medals and ribbons to be presented. The cost of which will be incurred by the host club. \*For more information please see hosting agreement.
- b. Medals will be presented to the top three (3) gymnasts per national tour category and ribbons to gymnasts who are ranked from fourth (4<sup>th</sup>) to sixth (6<sup>th</sup>), on each apparatus, as well as for all around placing. Drop placing occurs in the event of a tie.
  - One (1) set of medals is to be distributed per tour selection regardless of number of athlete entries in the competition.
- c. Awards are presented starting at 6<sup>th</sup> place to 1<sup>st</sup> place.

#### **4.4.4 Team Coach/Manager Selection Process**

- I. Eligible coaches will be ranked by the points they accumulate from their named athlete's, taken from the latest competition registration form received by Gymnastics Ontario up to three (3) days before the event.

- II. Coaching points are not transferable to another coach from the same club.
- III. In the event that two coaches have been listed on the registration form, only the first named coach will be awarded points.
- IV. In the event that the named Team Coach/Manager cannot accept their role, the Team Coach/Manager position will be awarded to next coach on the Team Coach/Manager ranking list
- V. The coach with the highest total points will be named as the Team Coach/Manager.
- VI. In the event of a tie, the coach with the highest ranking athlete will be named.
- VII. Points based on athlete placing:
  - 1<sup>st</sup> place athlete - 6 points
  - 2<sup>nd</sup> place athlete - 5 points
  - 3<sup>rd</sup> place athlete - 4 points
  - 4<sup>th</sup> place athlete - 3 points
  - 5<sup>th</sup> place athlete - 2 points
  - 6<sup>th</sup> place athlete - 1 point

#### **4.5 Eastern Canadian Championships**

**4.5.1** Eligible levels are determined by the Eastern Canadian Championships organizing committee each year.

1. Categories always not eligible are:

1. Level 1 and Level 2
2. Athletes 10 years old and under as of August 31, 2020.

#### **4.5.2 Selection**

- Selection will be based on results from Ontario Championship.
- Petitions are not accepted for Eastern Championships.

#### **4.5.3 Team Coach/Manager Selection Process**

- I. Eligible coaches will be ranked by the points they accumulate from their named athlete's, taken from the latest competition registration form received by Gymnastics Ontario up to three (3) days before the event.
- II. Coaching points are not transferable to another coach from the same club.
- III. In the event that two coaches have been listed on the registration form, only the first named coach will be awarded points.
- IV. In the event that the named Team Coach/Manager cannot accept their role, the Team Coach/Manager position will be awarded to next coach on the Team Coach/Manager ranking list
- V. The coach with the highest total points will be named as the Team Coach/Manager.
- VI. In the event of a tie, the coach with the highest ranking athlete will be named.
- VII. Example: Points based on athlete placing:
  - 1<sup>st</sup> place athlete - 6 points
  - 2<sup>nd</sup> place athlete - 5 points
  - 3<sup>rd</sup> place athlete - 4 points
  - 4<sup>th</sup> place athlete - 3 points
  - 5<sup>th</sup> place athlete - 2 points
  - 6<sup>th</sup> place athlete - 1 point

#### **4.7 Canada Winter Games**

##### **4.7.1 Selection Process**

##### **I. ATHLETE SELECTION:**

- a. The Ontario CWG team will consist of six athletes selected at the second CWG Trials.

##### **i. COACH SELECTION:**

1. Eligible coaches will be ranked by the points they accumulate from their athlete's placing on the final CWG Team. The coach with the highest total points will be the coach named as the Team coach. The coach with the second highest total points will be the coach named as the Coach/Manager.

Points for the: points equal to number of team members!

- 1<sup>st</sup> place athlete on the final CWG Team - 6 points
- 2<sup>nd</sup> place athlete on the final CWG Team - 5 points

- 3<sup>rd</sup> place athlete on the final CWG Team - 4 points
- 4<sup>th</sup> place athlete on the final CWG Team - 3 points
- 5<sup>th</sup> place athlete on the final CWG Team - 2 points
- 6<sup>th</sup> place athlete on the final CWG Team - 1 point

\*\* In the event of a tie the coach with the higher placing athlete will be selected.

#### 4.7.2 Competitors

- I. Six athletes
- II. Two Coaches, one of whom must be male. Team coach is selected through the coaching selection process above. Second coach (designated manager) is the coach with the second highest point total selected through coaching selection process above.

#### 4.7.3 Classification

Male athletes must not have reached 20 years of age in the year of competition.

#### 4.7.4 Eligibility

- I. Coaches:
  - Any staff listed as coaches on the official registration form must be fully certified (theory, technical and practical) under the National Coaching certification Program to at least Level 3 in Artistic Gymnastics. These coaches must be so certified no later than 90 days before the opening of the Games (i.e. November 15<sup>th</sup>, 2018)
- II. Competitors:
  - Excluded from the Canada Games are:
    - Athletes that have been National Senior Team members (as defined by Canadian Gymnastics Federation and approved by the Canada Games Council) at any time;
    - Athletes that have competed for any nation at any senior Pan American Games, Commonwealth Games, Olympic Games or senior World Championships.
    - No athlete can be rendered ineligible within 90 days of the opening of the Games due to carding status or national team status (i.e., no athlete will be excluded if they become National Senior Team members for the first time or are granted carding status after November 15<sup>th</sup>, 2018)

### 4.8 Canadian Championships

#### 4.8.1 Team Selection

Funded and non-funded Ontario members of the Canadian Championships' delegation shall be selected according to the following criteria:

- I. The GO registration fee and competition meet fees were submitted to the GO office.
- II. The athlete has competed at Ontario Championships
  - i. Or is a current member of the GCG National Team and has competed at an Ontario Cup.
  - ii. Or is a member of a GCG identified group; 2020 Hopefuls, Aspire, etc and has competed at an Ontario Cup
- III. All GCG requirements have been met by athletes and coaches.
- IV. For National Open Team Selection; Top six from the All-Around results at Ontario Championships plus two athletes selected by the GCG Team Scoring Software; seventh position will be selected based on contribution to Team Score, eighth position will be selected based by potential to medal in an Apparatus Final.
- V. Any coach wishing to be eligible for selection as Open Team Coach to the Canadian Championships must be fully certified at NCCP Level 3 prior to Ontario Championships.

#### 4.8.2 Selection for Funding

- I. All financial support for Ontario Team members is subject to change depending on funding levels. (Being selected for the team does not guarantee funding.)
- II. Current GCG National Team members will be funded
- III. The Ontario Open and the respective Team Coaches will be funded.
- IV. Funded positions in each competitive category will be determined by the All-Around ranking at Ontario Championships, provided that all requirements in 4.8.2.I. were also met.



- V. Any National Team member that cannot attend Ontario Championships due to a conflict with a GCG assignment must contact the GO MAG Program Manager via with confirmation of the GCG assignment.

#### **4.8.3 Team Coach/Manager Selection Process**

- I. Eligible coaches will be ranked by the points they accumulate from their named athlete, taken from the latest competition registration form received by Gymnastics Ontario up to three (3) days before the event.
- II. Coaching points are not transferable to another coach from the same club.
- III. In the event that two coaches have been listed on the registration form, only the first named coach will be awarded points.
- IV. In the event that the named Team Coach/Manager cannot accept their role, the Team Coach/Manager position will be awarded to next club on the Team Coach/Manager ranking list.
- V. The coach with the highest total points will be named as the Team Coach/Manager.
- VI. In the event of a tie, the coach with the highest-ranking athlete will be named.
- VII. Example: points based on athlete placing:
  - 1st place athlete - 6 points
  - 2nd place athlete - 5 points
  - 3rd place athlete - 4 points
  - 4th place athlete - 3 points
  - 5th place athlete - 2 points
  - 6th place athlete - 1 point

### **5.0 Regulations for Gymnasts**

#### **5.1 Requirements for Gymnasts**

It is suggested that all gymnasts be informed about the FIG Code of Points, the current Canadian Supplement to the Code of Points and the Provincial Levels System.

#### **5.2 Competition Attire**

During all GO sanctioned competitions or while representing Ontario, gymnasts shall be attired according to the stipulations of the current FIG Code of Points.

##### **5.2.1 Acceptable gymnastics attire:**

3. On Floor and Vault: Singlet and shorts with socks, gymnastics shoes or bare feet will be permitted. Length of shorts cannot exceed  $\frac{1}{2}$  of thigh length.
4. On Pommel Horse, Rings, Parallel Bars and Horizontal Bars: Singlet, single coloured "longs" and socks with or without gymnastics shoes are permitted.

##### **5.2.2 Rules during Warm-Ups, Competition and Award Ceremonies**

- I. All gymnasts must wear acceptable gymnastics attire as listed above.
- II. Regardless of competition level, all gymnasts under 10 years of age, will be permitted to compete in singlet and shorts on all of the events.
- III. For the health and safety of all gymnasts, long hair must be tied back and secured such that the gymnast's vision will not be obstructed at any time.
- IV. Headbands, hats of any kind and/or hair nets will not be permitted.
- V. While on the competition floor, gymnasts may not wear jewellery including but not limited to; bracelets, necklaces, earrings, piercing hoops or watches. Small piercing stud type earrings may be worn at the discretion of the Head Judge.
- VI. All gymnasts are required to wear ***their singlets at all times on the competition floor.***
- VII. Athletes are not to wear Team Ontario or Team Canada competitive attire at any Gymnastics Ontario Qualifier.

##### **5.2.3. Penalties if Failure to Comply**

3. During competition, a penalty of 1.0 will be deducted without warning, from the gymnast's final score for each infraction.
4. During the award ceremonies, the gymnast will be expelled from the ceremonies until they comply with the above attire regulations.
5. While representing Ontario, athletes will be expelled from the competition until they comply with the above attire regulations.

### **5.3 Team Ontario Delegation Dress Code**

Competitive attire for all Men's Artistic Ontario teams consists of G.O. uniform and tracksuit. All team members (including the coach and manager) must wear the GO track top on official travelling days and at any official type functions (as requested). The GO tracksuit is to be worn for March-In, any Awards Presentations and by coaches/managers on the competitive floor. The tracksuit may be purchased through the Gymnastics Ontario office.

It is the responsibility of the Team Coach/Manager to enforce this dress code. If a team member does not follow the stated dress code, the Team Coach/Manager may refuse that athlete the right to participate in any activity that the team member is not appropriately dressed for.

#### **5.4 Common Section**

For additional information on Athlete Policies and Guidelines please see Section E of the Technical Rules and Regulations: entitled "Athlete Policies and Guidelines".

#### **6.0 Regulations for Coaches**

All coaches are expected to operate following the G.O. Code of Conduct and to demonstrate fair and ethical behaviour.

#### **6.1 General Requirements**

All coaches must know the FIG Code of Points, the current Canadian Supplement to the Code of Points and the Provincial System and act according to its rules. They must conduct themselves in a fair and sportsmanlike manner at the apparatus and during the competition which includes the warm-up, march-in, competition and awards ceremony. They must also dress in appropriate attire during warm-up and competition (refer to the Gymnastics Ontario Technical Rules and Regulations Document for the coaches' dress code)

#### **6.2 Coaches are Permitted**

##### **6.2.1 Standing in a Position to Spot, Spotting and Lifting**

For **all Levels**: on Horizontal Bar, it is required to have a coach present to act as a spotter and be proximal to the apparatus. Where possible, coaches should stand where the view of the judges is not obstructed. The Chair of the Apparatus Jury will not permit the performance to begin unless a spotter is present. A deduction of 0.3 will be taken off the final score for the apparatus if the coach leaves during the performance of the routine.

For **Open**: the presence of a second spotter at Horizontal Bar is permitted without penalty

##### **6.2.2 Signals, Verbal Commands or Similar to a Competing Gymnast**

Coaches are cautioned to refrain from giving signals and/or verbal commands that are considered coaching. These types of behaviours include technical cues such as: "straighten your legs", "jump higher", "stretch through your shoulders", "don't arch", "wide shoulders/arms", etc. When observed the Chief Judge may issue an FIG 0.3 behavioural deduction.

#### **6.3 Coaches are not Permitted:**

- I. To block the view of the judges, however there is no deduction for this offence. Judges should request that the coach moves.
- II. To change the height of the apparatus without permission
- III. To speak to the judges about a performance while another athlete is performing their routine.
- IV. To interfere with the rights of other participants
- V. To delay the competition
- VI. To display flagrant, undisciplined and abusive behaviour

#### **6.4 Sanctions**

- Warning from Chair of the Competition Jury (CCJ)
- Removal from the competition floor
- Possible further sanction from Gymnastics Ontario

#### **6.5 Coaching NCCP Regulations**

**\*\* All Coaches must have completed online Risk Management\*\***

Coaching Requirements	
<b>Interclub</b>	<ul style="list-style-type: none"> <li>• NCCP Level 1 Certified or Gymnastics Foundations Trained</li> <li>• Completion of NCCP Level 2 Technical or Competition 1 (Introduction) Trained</li> <li>• Completion of NCCP Theory 2 or Introduction to Competition “B”</li> <li>• Completion of Risk Management Program – Both Risk Management (Part A) and Respect in Sport (Part B)</li> <li>• <b>Must be Certified Level 2 to be on a Competitive floor</b></li> </ul>
<b>Provincial</b>	<ul style="list-style-type: none"> <li>• NCCP Level 2 Certified or Competition 1 (Introduction) Trained</li> <li>• Completion of Risk Management Program – Both Risk Management (Part A) and Respect in Sport (Part B)</li> <li>• NCCP Level 2 Certified in either Artistic or Rhythmic Gymnastics</li> <li>• Completion of NCCP Theory 2 or Introduction to Competition “B”</li> </ul>
<b>National</b>	<ul style="list-style-type: none"> <li>• NCCP Level 2 Certified</li> <li>• Completion of NCCP Level 3 Technical</li> <li>• Completion of NCCP Theory 3 or 4 out of 6 Competition Development Modules</li> <li>• Completion of Risk Management Program – Both Risk Management (Part A) and Respect in Sport (Part B)</li> </ul>

## 6.6 Common Section

For additional information on Coaching Policies and Guidelines please see Section F of the Technical Rules and Regulations: “Coaches Policies and Guidelines”.

## 7.0 Regulations for Judges

### 7.1 General Requirements

1. All judges must be a minimum of 14 years of age and have knowledge of the current FIG Code of Points, the GCG Provincial and Elite Pathways documents, and the Ontario Provincial Level 1 to 3 rules. They are to act professional at all times and according to the rules. Judges must conduct themselves in a fair and unbiased manner. Judges are required to dress in appropriate judging attire. (Refer to the Gymnastics Ontario Judging Policies and Guidelines Section G.)

### 7.2 Responsibilities

1. Judges are responsible to know the rules and conduct themselves in a professional manner at all times. All judges are required to attend a judging maintenance clinic on an annual basis at which time must take a written and video examination. Judges must attain the required score on the exam for their Level. Anyone who does not pass the examination the first time will be allowed a second attempt. If they are still unsuccessful after a second attempt, then the judge will be required to drop down one Level for that season. For further information on each judging level please refer to Men’s Judging Policies and Guidelines Section G.

### 7.3 Evaluation of the Routines

1. For all levels of Provincial competition, the members of the judging panel will be responsible for both D-jury and E-jury unless 4 or more judges are assigned to the event.
2. In optional routines the D-jury will determine the Start Value of the routine based only on Difficulty, Element Group Requirements and the Connection Bonus Points for extra difficulty. These elements are added together to create the Start Value as per the current FIG Code of Points.
3. For Optional routines the E-score is determined by the E-jury judges who will judge each routine in tenths of points. Execution errors for poor technique, poor body position, etc. are evaluated according to the current FIG Code of Points unless otherwise stipulated in these rules.

4. The Chair of the Apparatus Jury will be responsible to identify Program Bonus as identified in Article 7 for stuck routines or Virtuosity. The stick bonus will be applied to the average E-score deductions and virtuosity will be added to the D-score.
5. The Chair of the Apparatus Jury takes deductions of a disciplinary nature from the Final Score.

### 7.3.1 Routine Evaluation

Provincial Level 3 are optional routines based on the additive 2017-20 Code system. There are 2 components of this system: a Difficulty Score (D-score) and an Execution Score (E-score).

#### 1. D-score

The D-score is calculated based on adding together the following three components:

1. The values of the difficulties presented in the routine up to a specified maximum number.
2. The 0.5 for each Element Group Requirement, which was achieved in the routine.
3. The values of any eligible Bonus Connection points that were performed.

To calculate the total D-score first determine if the required Element Group skills have been performed in the routine and credit the gymnast 0.5 for each one met (Plus the value of the skill itself).

Second, credit the gymnast with the values of the most difficult skills recognized for value in the routine, including the value of the dismount, to fulfill the maximum number of skills permitted. As an example: if a Level 5 gymnast has met the 4 Element Group Requirements then the judge must find and credit the gymnast with 4 more skills for a total of 7 skills. If the gymnast has met only three Element Groups then the judge finds 5 more skills to make up the maximum 7 elements.

Third, add in any Bonus for Connection difficulty.

A final D-score is then flashed to the audience and the competition participants.

#### 2. E-score

Subtracting points for deficiencies in technical or aesthetic executions determine the E-score. The definitions of those deductions are as per the 2017 Code of Points except for the following adjustments:

Small error	=	0.10
Medium error	=	0.20
Large error	=	0.30
Fall	=	0.50

Individual judges present their E-score out of the maximum 10.0 pts and then a final E-score out of 10.0 pts is flashed to the audience and the competition participants. ***The maximum number of skills for difficulty is also the expected number of elements within the routine. Routine's with less than the expected number of elements will be deducted for being short the required number of elements.***

#### 3. Final Score

Adding the D-score and E-score together creates the gymnast's Final overall score and this amount is the flashed to the audience and the competition participants.

### 7.4 Responsibilities of the Apparatus Head Judge

The main responsibilities of the chief judge during competition are outlined in the Judges Section of the Technical Rules and Regulations (Section G). For the Levels Program, the apparatus head judge is responsible for enforcing or applying the regulations outlined below:

- I. Athlete Duties (attire)
- II. Coach (spotters) present at the Horizontal Bar
- III. Presence of the Yurchenko (Safety) collar

The Apparatus Head Judge will be responsible to identify Program Bonus as identified in Article 7 for stuck routines or Virtuosity.

The Apparatus Head Judge Jury takes such deductions of a disciplinary nature from the Final Score.

## 7.5 Judging Panels

Judging panels should be established as follows (as a minimum):

Interclub Levels: **One (1) Judge per panel, with minimum Level 3, and a CCJ minimum Level 4.**

Provincial Levels: Two (2) to four (4) judges per panel of any judging certification, with one a minimum of level 3.

## 7.6 Scoring Regulations

When there are two or three judges per event, all scores will count. The average of all (2 or 3) scores will be calculated and the score will be calculated to 3 decimal places. The average will be truncated to the third decimal and not rounded.

	SV	E1	E2	E3	AVG
Gymnast	2.70	9.4	9.3	9.5	9.40

When there are four judges the highest and lowest scores are eliminated and the two middle scores are averaged. The score is calculated to 3 decimal places.

	SV	E1	E2	E3	E4	AVG
Gymnast	2.70	9.4	9.5	9.3	9.6	9.45

In the above example the E-score for judge E3 and E4 are dropped and the scores from E1 and E2 are averaged.

## 8.0 Equipment Regulations

- I. The chart following this section describes the specific equipment requirements for each level within the program.
- II. Soft Safety mats (20 cm) are permitted without penalty on all apparatus except Floor Exercise and Pommel Horse; however, normal landing deductions will apply. The use of a safety mat on Floor Exercise or Pommel Horse will result in an FIG apparatus deduction from the Final Score on that apparatus. A similar deduction will be applied for use of any non-permitted supplementary equipment.
- III. Sting mats (5cm and 10cm) are permitted for use on all apparatus (except Floor and Pommel Horse). A 10cm sting mat is mandatory as a minimum on Horizontal Bar and Vault.
- IV. For all Levels, a Yurchenko Collar is mandatory for all Round off entry vaults. Failure to do so will result in a zero score.
- V. For all Levels a Board may be used to mount the Parallel Bars.

## 8.1 Measurement of Equipment and Specifications

- I. The landing mats to be used on Pommel Horse, Vault, Rings, Parallel Bars and Horizontal Bar must conform with the specifications of the FIG and therefore must be 20cm in height. For High Bar and Vault an additional 10cm sting mat is required. Soft safety mats may be substituted.
- II. The following are the acceptable FIG equipment measurements for competition in Ontario: (FIG Standard Height in Brackets).

Floor Exercise: 12m x 12m Measured from the outside of the Border Line  
Pommel Horse: From the surface of the mat to the top of the horse body (105cm)  
Rings: From the surface of the mat to the inside bottom of the ring (260cm)  
Vault: From the floor to the centre top of the Table body (135cm)  
Parallel Bars: From the surface of the mat to the top of the rail (180cm)  
Horizontal Bar: From the surface of the mat to the top of the bar (260cm).

- III. Please refer to the equipment specifications chart for the apparatus specifications of each category.

## 8.2 Equipment Standards for Provincial Stream

- FIG Specifications:** ▶ The safety or quality of equipment at a competition, should it lie in question, is to be decided at the discretion of the Meet Director, MTC members and the Chief Judge.
- Mats:** ▶ **Horizontal Bar, Parallel Bars and Rings:** Require a minimum eight inch (20 cm) landing mat plus up to an additional twelve inch (30 cm) safety mat, may be used by all categories without deductions. Additional mats at the rings and high bar are also permissible for all categories without deductions. If enough mats are not available at the horizontal bar, then for the lower age categories, the bar may be lowered to a height sufficient to allow the tallest gymnast to swing.  
▶ **Vault:** requires a minimum 20 cm landing mat. An additional twelve-inch (30 cm) safety mat may be used.  
▶ **Pommel horse:** The required thickness of mats under the pommel horse is a minimum of 10 cm.  
▶ **Mushroom:** The required thickness of mats under the mushroom is a minimum of 5cm.
- Beat Boards:** ▶ Any beat board by a commercial equipment manufacturer is permitted.
- Floor:** ▶ Recognized floor exercise mats (12 m x 12 m) by a commercial equipment manufacturer must be used to form an even, uninterrupted floor area. The use of an air or spring floor is mandatory for all Ontario Cups and for Ontario Championships.
- Pommel Horse:** ▶ All provincial stream categories may use a regulation beat board on top of mats for mounts. Pommels may be of wood or plastic provided they meet FIG standards. It is recommended that the horse be anchored or weighted down.  
▶ **Pommel Horse** - FIG standards (maximum 105 cm, measured from the top of the regulation landing mat to top of pommel).  
▶ **Pommel horse without pommels** – between 100 cm – 110 cm (measured from the top of the regulation landing mat to top of horse). The holes of the horse must be covered with athletic tape.
- Mushroom:** ▶ A Mushroom by a commercial equipment manufacturer is required.  
▶ Levels 1 and 2 compete routines on mushroom.
- Rings:** ▶ FIG standards (260 cm, measured from the top of the regulation landing mat to inside diameter of ring). A FIG Standard Ring Frame is mandatory for all Provincial and National Competitions.
- Vault:** ▶ At all GO competitions, a FIG approved vaulting *table* must be used.  
▶ Minimum heights are measured from the floor to the top of the vault table.
- Parallel Bars:** ▶ Unless otherwise noted in the current rules, FIG standards (maximum 180 cm, measured from top of regulation landing mat to top of bar).
- Horizontal Bar:** ▶ as per FIG (260 cm, measured from top of regulation landing mat to top of bar).

### **8.3 Overview of Levels Requirements and Equipment Specifications**

Please see the specific rules for each competitive level at the end of this document.

The gymnast is entitled to the Base Value for Difficulty if he has met the minimum Difficulty Requirements. No attempt has been made to ensure that the values and numbers add up to these Base Values

### **9.0 Provincial Levels Program**

Please see the specific rules for each competitive level at the end of this document.

### **11.0 MEN'S ANNUAL ASSEMBLY (MAA)**

#### **11.1. Composition**

- a. One (1) representative from each Club that has a Men's program that have registered provincial and/or national/ HP stream men's artistic gymnasts (as of November 1<sup>st</sup> of the same season as the MTA).
- b. Any club that does have any provincial or national/HP level athletes (as of Nov. 1<sup>st</sup>) will be a non-voting member of that year's Men's Technical Assembly.
- c. Men's Technical Assembly members are selected by their respective Club.
- d. All members of the elected Men's Technical Committee (MTC)
- e. The Gymnastics Ontario Men's Artistic Program Manager.

#### **11.2 Mandate**

The mandate of the Men's Annual Assembly is:

- a. to approve changes to technical rules and regulations governing men's artistic gymnastics in Ontario
- b. to provide input and recommendations regarding athlete, coaching and judging programs, as well as to elect the Men's Technical Committee.
- c. The MAG Annual Assembly occurs once per year.

### **11.3 Quorum and Voting Procedures**

- a. Each individual will register upon entering the Assembly venue.
- b. Club voting delegates will receive one or more voting cards, colour-coded to represent the level of athletes at their club (ie. National, Provincial, Interclub) that have been registered with Gymnastics Ontario for that season. Voting delegates may only vote on motions that affect the voting card that they carry (ie. National, Provincial, Interclub). The entire Assembly will vote on joint/general motions that affect all streams.
- c. Any voting delegate who needs to leave during the Assembly must return their voting card to the Program Manager (or designate) or complete a Proxy Form to pass their voting card to another club representative.
- d. Notification must be given to the Program Manager (or designate) if a voting delegate must leave the room at any time during the Assembly to ensure accuracy in the counting of votes.
- e. If, after 3 voting attempts, the number of votes do not balance with the registered list, but there is a quorum, the Assembly will continue and the actual vote count will be recorded in the minutes of the meeting.

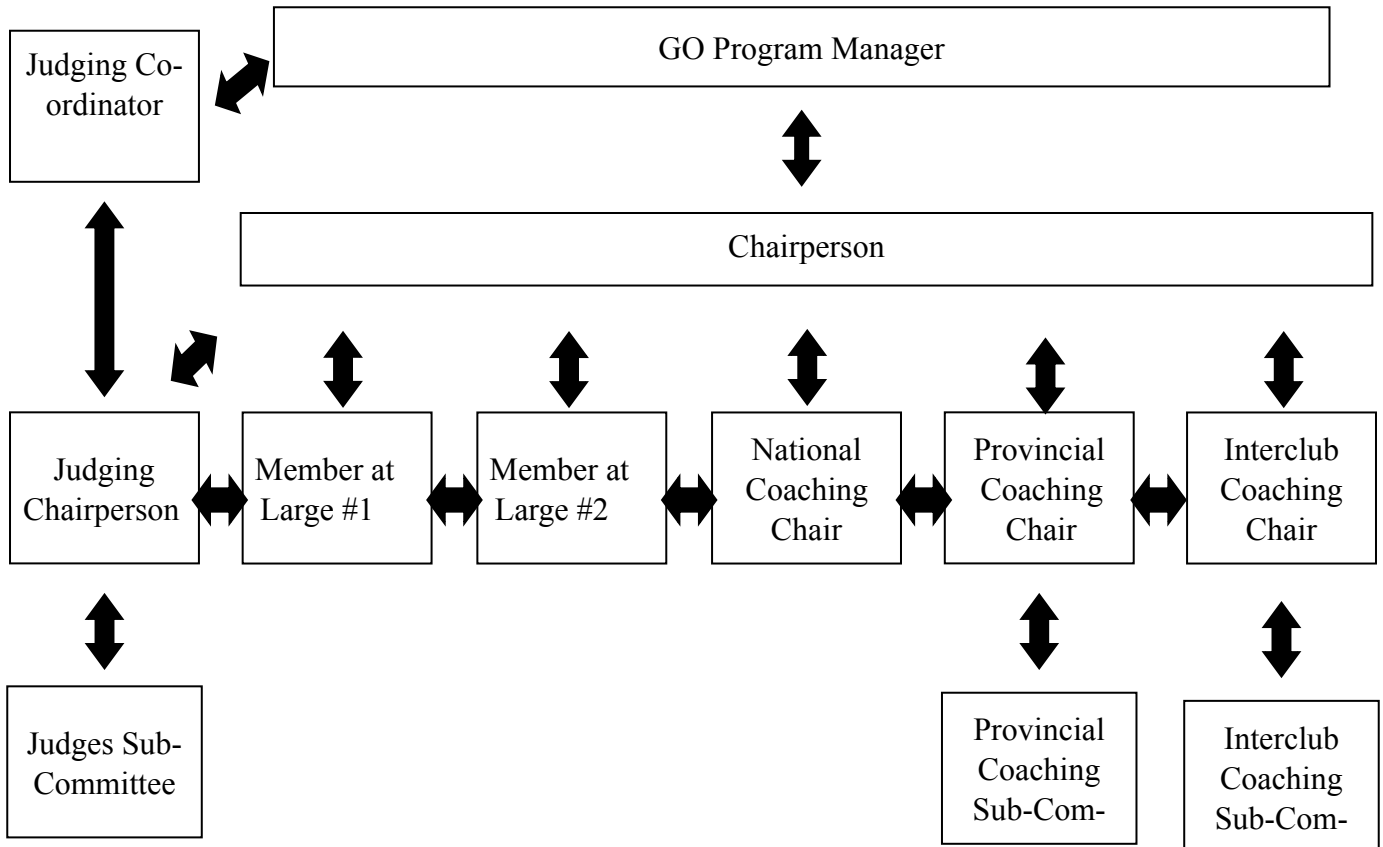
### **11.4 Motion Procedures**

The following is the process for the discussion of motions:

- a. A motion is put forth.
- b. The motion must be seconded to proceed.
- c. The mover of a motion speaks first.
- d. The Program Committee may respond with a clarification/interpretation/position.
- e. Voting Delegates (excluding the mover) who wish to speak are permitted to speak only once to each motion.
- f. The mover of the motion speaks last.
- g. Voting occurs.

**12.0 THE MEN'S TECHNICAL COMMITTEE (MTC)**

**12.1. Composition**





## 12.2 Mandate

Listed below are the committee and sub-committee mandates. Portfolio's may be altered or enhanced at the discretion of the Program Manager and Program Committee.

- a. Set, elaborate and enforce judging and coaching operating and professional guidelines.
- b. Elaborate and enforce competition rules.
- c. Develop, implement and evaluate the long and short term goals of the program.
- d. Ensure efficient consultation and communication with all constituent groups.
- e. Set the roles, responsibilities and terms of office for all sub-committees.
- f. Ensure that decision making processes are in place and followed.

## 12.3 Quorum and Voting Procedures

The GO MAG Program Manager must be present to complete any business of the Committee.

Quorum and Voting procedures are as per "*Voting Procedures - Program Committee Meetings*" in the "*Gymnastics Ontario Technical Rules and Regulation - Section B - Voting and Election Procedures*" (<https://www.gymnasticsontario.ca/men/mag-ontario-rules-regulations/>).