

Changes and additions from the DRAFT version to this document, Version 1, will be highlighted in blue.

## OBJECTIVE

The purpose of the following document is to outline the process for **Trampoline Gymnastics virtual competitions hosted by Gymnastics Ontario**. Below contains all the information needed for all roles involved in virtual competitions.

## PRIORITIES

1. Adapt the competition environment to meet current public health measures and guidance.
2. Create a competition environment that meets the needs of athletes to set goals, perform, and receive feedback through judges' scores.
3. To provide spectators the opportunity to support their athletes.
4. These competitions will not be held for purpose of profit but to ensure our sport and members are being supported by providing athletes with competitive opportunities.

## GUIDING DOCUMENTS

All member clubs must follow **all Provincial COVID Guidelines** and abide by their local public health unit requirements.

Gymnastics Ontario recognizes the importance of providing competitions for the athletes and requires flexibility when allowing for virtual sanctioned competitions during the 2020-2021 season. While certain aspects of participating in a gymnastics competition must be followed to ensure the safety of the athlete, other items will be allowed to deviate from the Trampoline Gymnastics Program Rules and Policies to allow clubs to still participate in these competitions.

## VIRTUAL COMPETITION PROTOCOLS

The protocols are broken down into the following principles:

1. Competitive Season Structure
2. Virtual Event Format
3. Equipment Standards
4. Video Recording Standards
5. Judging & Scoring
6. Penalties
7. Technical Issues

**Appendix A: Checklists for Equipment and Camera Placement Standards**

# GYMNASTICS ONTARIO – VIRTUAL COMPETITION PROTOCOLS – TRAMPOLINE GYMNASTICS 2020-2021 COMPETITIONS HOSTED BY GYMNASTICS ONTARIO

## Principle

### 1. Competitive Season Structure

**Each TG Virtual Event will offer three (3) competitive events:**

- **TRI** (preliminary round only)
    - All levels = 2 routines
  - **DMT** (regular Ontario Cup competition structure)
    - L1 = 2 passes
    - L2 to Senior = 4 passes
  - **TUM** (regular Ontario Cup competition structure)
    - L1 to L2 = 2 passes
    - L3 to L4 = 3 passes
    - L5 to Senior = 4 passes
- SYN will not be offered at TG Virtual Events hosted by Gymnastics Ontario

### Provincial & National Level: TG Virtual Events (host: Gymnastics Ontario)

Event Details	ON TG Prov/Nat Invitational #1	ON TG Prov/Nat Invitational #2	ON TG Mobility Meet
Levels	L1 to Senior	L1 to Senior	L4 to L7/Junior
Mobility Opportunity	Yes	Yes	Yes*
Registration & Level Changes	April 5-25, 2021	May 3-24, 2021	June 7-27, 2021
	No registrations or level changes will be accepted once registration closes.		
Video Submission (competition)	May 10-16, 2021	June 7-13, 2021	July 12-18, 2021
Judging	Expected to be completed approximately 1 week after final day of video submission		
Broadcast and unofficial results	Available approximately 3 days after Judging is complete		

\*ON TG Mobility Meet – due to tight timelines, mobility from the July Mobility Meet may not be eligible for level changes at Elite Canada – Gymnastics Canada will provide Ontario with further guidance on this when Elite Canada dates are set. Mobility from the July Mobility Meet will likely be eligible for level changes at Canadian Championships (awaiting confirmation from GymCan).

### Interclub Level: TG Virtual Events (host TBD\*\*)

\*\*Gymnastics Ontario will host the ON TG Interclub Invitational if no club bids are received. If hosted by a club, the registration fee may be set by the club.

	<ul style="list-style-type: none"> <li><b>Event Details</b></li> </ul> <table border="1"> <thead> <tr> <th colspan="2" data-bbox="703 239 1127 323"><b>ON TG Interclub Invitational</b></th> </tr> </thead> <tbody> <tr> <td data-bbox="363 323 703 369"><b>Levels</b></td> <td data-bbox="703 323 1127 369">All Interclub levels</td> </tr> <tr> <td data-bbox="363 369 703 411"><b>Mobility Opportunity</b></td> <td data-bbox="703 369 1127 411">No</td> </tr> <tr> <td data-bbox="363 411 703 495"><b>Registration &amp; Level Changes</b></td> <td data-bbox="703 411 1127 495">TBC April 26-May 16, 2021</td> </tr> <tr> <td data-bbox="363 495 703 579"><b>Video Submission (competition)</b></td> <td data-bbox="703 495 1127 579">May 31-June 6, 2021</td> </tr> <tr> <td data-bbox="363 579 703 695">Judging</td> <td data-bbox="703 579 1127 695">Expected to be completed approximately 1 week after final day of video submission</td> </tr> <tr> <td data-bbox="363 695 703 779">Unofficial results</td> <td data-bbox="703 695 1127 779">Available approximately 3 days after Judging is complete</td> </tr> </tbody> </table>	<b>ON TG Interclub Invitational</b>		<b>Levels</b>	All Interclub levels	<b>Mobility Opportunity</b>	No	<b>Registration &amp; Level Changes</b>	TBC April 26-May 16, 2021	<b>Video Submission (competition)</b>	May 31-June 6, 2021	Judging	Expected to be completed approximately 1 week after final day of video submission	Unofficial results	Available approximately 3 days after Judging is complete
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<p><b>2. Virtual Event Format</b></p>	<p>Within each home club, athletes will <b>record and upload</b> their routines <b>within the specified Video Submission timeframe</b>. The video submissions will then be judged and broadcast in a standard competition format.</p> <p><b>Step 1: Competition Registration</b></p> <p>For each competition, complete <b>2</b> items for full registration:</p> <ol style="list-style-type: none"> <li><b>1) Competition registration and payment must be completed online through Uplifter:</b> <a href="https://gymnasticsont.uplifterinc.com/pages/events/TG-Events/">https://gymnasticsont.uplifterinc.com/pages/events/TG-Events/</a> <ol style="list-style-type: none"> <li>Athlete registration fee: \$25 + HST / competition.</li> <li>No refunds.</li> </ol> </li> <li><b>2) Excel athlete level registration form to be emailed to TG Program Manager.</b> Excel form should be emailed once all athletes from the club have been registered for the event in Uplifter.</li> </ol> <ul style="list-style-type: none"> <li><b>TRI: difficulty cards are required for TRI L7 and TRI Senior.</b> Difficulty cards for TRI L7 and TRI Senior must be emailed to the TG Program Manager at least 1 week prior to the first day of <b>competition (video submission)</b>.</li> <li>DMT and TUM: difficulty cards are not required.</li> <li><b>TG Virtual Event Deadlines:</b> <ul style="list-style-type: none"> <li><b>Registration and Level change deadline</b> is 2 weeks ahead of competition. <b>No registrations or level changes will be accepted after this date.</b></li> <li><b>DD cards deadline</b> (TRI L7 and TRI Senior) is 1 week ahead of competition.</li> </ul> </li> </ul>														

### Step 2: Video Recording and Submissions

- Videos must be **recorded and submitted within the Video Submission (competition) timeframe.**
- **Start Lists** and a **Category List** for each competition, **to be used for athlete cards and labelling routine videos**, will be provided by email to clubs at least one week prior to the start of competition (video submission timeframe).
- A **Competition Passcode** and **Dropbox Link** (unique to the competition) will be provided by email to clubs at the **beginning** of the competition timeframe. **The Passcode must be on the athlete card as verification of recording date.**
- **Routines must be submitted to the Dropbox Link within the Video Submission (competition) timeframe.** Please see section 7. *Technical Issues* for more information. **Note:** It is the club's responsibility to ensure all videos have been labelled and uploaded correctly.
  - Please upload a **folder** that contains all your video files instead of uploading individual files.
- Each routine must be saved as a separate video recording in **MP4 format.**
- Each routine **must** be labelled accordingly, using the Start Lists and Category List unique to the competition:  
**TGevent\_Gender\_Category\_EXorHD(TRIonly)\_Routine#\_StartOrder#\_LastName\_FirstName\_ClubName**  
Example1: TRI\_M\_L2\_14+\_HD\_R1\_08\_Smith\_John\_xxxxxTrampolineClub  
Example2: DMT\_F\_L1\_12U\_R1\_05\_Smith\_Jane\_xxxxxTrampolineClub
  - **TGevent** (3 options): TRI / DMT / TUM
  - **Gender** (2 options, one letter only): F / M
  - **Category:** these specific abbreviations **will be unique to the competition and provided in advance, based on the registration** (may consist of two parts: Level\_AgeSplit).
  - **EXorHD(TRIonly):** as 2 videos are required for TRI, each file needs to be marked as EX for side view or HD for top view. See section 4. *Video Recording Standards* for more details on the 2 required videos.
  - **Routine#** (always use R before the #, how many routines each athlete will have is dependent on TG event): R1 / R2 / R3 / R4
  - **StartOrder#** (only use the actual number, **MUST** be 2 digits): start orders **will be unique to the competition and provided in advance.**
- Please refer to section 4. *Video Recording Standards* for more details.
- Please see section 6. *Penalties* for more information.

### Step 3: Virtual Competition Judging

- Routines will be judged virtually. Please refer to section 5. *Judging & Scoring* for details.

	<p><b><u>Step 4: Competition Broadcast</u></b></p> <ul style="list-style-type: none"> <li>• The videos uploaded by clubs will be compiled into a presentation to broadcast via Dropbox.</li> <li>• A link to the competition broadcast will be available on the Gymnastics Ontario website. The GO Program Manager will notify participating clubs when the link is available for viewing.</li> </ul> <p><b><u>Step 5: Results, Score Inquiry/Protests &amp; Awards</u></b></p> <ul style="list-style-type: none"> <li>• <b>Unofficial scores</b> will be published at the same time as the competition broadcast.</li> <li>• Any <b>inquiries/protests</b> must be received by the TG Program Manager by email within 72 hours of the unofficial scores being posted. Any inquiries/protests received after this time will not be accepted.             <ul style="list-style-type: none"> <li>○ An inquiry/protest may only be submitted for review of a CJP decision or the Difficulty component of the score.</li> <li>○ Inquiries/protests will not be accepted for review of Execution, Horizontal Displacement, or Time of Flight score components.</li> </ul> </li> <li>• <b>Final results</b> will be posted on the GO website following review of all eligible inquiries/protests; at least 72 hours after the unofficial scores were initially posted.</li> </ul> <p><b>Awards Options:</b></p> <ul style="list-style-type: none"> <li>• Clubs will receive competition certificate templates to <b>input athlete's information, print off and present to gymnasts.</b></li> <li>• Clubs can also choose to order awards at the clubs' expense to present to their athletes. Contact our partner, EC Gold, at <a href="mailto:msomji@ecgold.net">msomji@ecgold.net</a>. Please visit <a href="http://shoptrophies.com/gymnastics-ontario">http://shoptrophies.com/gymnastics-ontario</a> to place an order.</li> </ul>
<p><b>3. Equipment Standards</b></p>	<p><b>General</b></p> <ul style="list-style-type: none"> <li>• Must compete on equipment complying with Ontario competition norms for types, sizes, etc.</li> </ul> <p><b>Trampoline</b></p> <ul style="list-style-type: none"> <li>• All lines on the trampoline must be clearly visible (all HD lines must be present, as per FIG Apparatus Norms, page 94, item 2.5).</li> <li>• Time of Flight will be applied by using video as a marker.</li> </ul> <p><b>Double-mini Trampoline</b></p> <ul style="list-style-type: none"> <li>• Must have a clearly marked landing zone and area as per FIG Apparatus Norms, pages 99 and 102.</li> <li>• If not performing on a standard landing area, the landing area and all zones must be clearly defined with contrasting tape colour to landing mats (all lines must be visible on camera view).</li> </ul>

	<ul style="list-style-type: none"> <li>• Landing area must be FIG standard height, as per FIG Apparatus Norms. If landing area is into a pit, the landing area should be firm and level.</li> </ul> <p><b>Tumbling</b></p> <ul style="list-style-type: none"> <li>• Full rod floor + legal run up with the appropriate start line clearly marked.</li> <li>• All lines on the track must be clearly visible (middle line and outer lines).</li> <li>• Must have a clearly marked landing area as per FIG Apparatus Norms, pages 103-104.</li> <li>• If not performing on a standard landing area, the landing area must be clearly defined with contrasting tape colour to landing mats (all lines must be visible on camera view).</li> <li>• If landing area is into a pit, the landing area should be firm and level (mats should be level and top mat should be level with the edge of the rod floor).</li> </ul>
<p><b>4. Video Recording Standards</b></p>	<p><b>General Camera Placement</b></p> <ul style="list-style-type: none"> <li>• Whenever possible, record in horizontal (landscape) orientation.</li> <li>• <b>The camera must capture the routine in its entirety <u>without being moved up and down</u>. The athlete must be in full view at the top and bottom of each element</b> (apparatus must also be visible).             <ul style="list-style-type: none"> <li>○ The video must capture the <b>athlete card</b>, athlete presenting to the camera, performing the routine in its entirety (including all TRA pre-bounces, DMT at least mid-run, TUM full run), and must conclude after the athlete re-presents to the camera AND fully exits the equipment.</li> </ul> </li> <li>• <b>Camera should be stable.</b> Utilize a tripod, tabletop, or other solid surface to minimize shaking. Note: for DMT and TUM, camera must be able to follow the athlete side to side.</li> </ul> <p><b>Trampoline Camera Placements</b> (2 cameras/videos are required for each TRA routine)</p> <ul style="list-style-type: none"> <li>• Camera/Video 1 requirements (side view, label EX):             <ul style="list-style-type: none"> <li>○ Camera is to be placed centrally, parallel to the trampoline; a minimum of 5 metres distance from the side of the trampoline and between 2-3 metres above the level of the trampoline bed.</li> <li>○ <b>Camera 1 is required for all levels (Provincial, National, Interclub).</b></li> </ul> </li> <li>• Camera/Video 2 requirements (top view, label HD):             <ul style="list-style-type: none"> <li>○ Camera is to be placed in top-view, <b>high enough</b> that the trampoline bed and lines are clearly shown, placement of the athlete’s feet on each contact with the trampoline bed is clear, <b>and the judges can see which athlete is performing and when the routine begins.</b></li> <li>○ <b>Camera 2 is required for Provincial and National levels only. Interclub TRI does not require this view.</b></li> </ul> </li> </ul>

#### **Double-mini Trampoline Camera Placement**

- The camera is to be placed centrally, parallel to the DMT at the middle of the spotter zone; at 5 metres distance from the side of the DMT and a height of 2 metres from the floor.
- Camera must be parallel to the runway and must follow the athlete from at least mid-run through the hurdle and landing.
- It is recommended, when possible, that the videos for DMT passes be recorded with the athlete moving from left to right of the camera.

#### **Tumbling Camera Placement**

- The camera is to be placed between two-thirds and three-quarters of the way down the track (where the judges would normally sit); at 5 metres distance from the side of the track and a height of 2 metres from the floor.
- Camera must be parallel to the track and must follow the athlete from start to finish; run through landing.
- It is recommended, when possible, that the videos for TUM passes be recorded with the athlete moving from left to right of the camera.

#### **Video Recording**

- When submitting videos, clubs are responsible for ensuring that permission has been granted for those visible to have their image used and published. Where those visible in video submissions are under 18 years old, permission must be sought from their parents/guardians. Gymnastics Ontario will not accept any responsibility for misuse of image rights.
- Filming must take place under coach supervision. Coach must be registered and have up-to-date NCCP requirements.
- **It is highly recommended to test video recording, file transfer to computer, and video playback quality prior to competition.**
- For clarity, it is advised that gymnasts are filmed against a clear light background wherever possible.
- **Video must be in MP4 format and of sufficient quality for routine evaluation.**
- All video recordings must be clearly audible.
- **Athletes must be in competitive attire for competition.**
- Wherever possible, coaches and safety spotters should be positioned in such a way as to not obstruct the video recording. Safety spotters are required for above-ground trampolines.
- **Videos must be recorded and submitted within the Video Submission (competition) timeframe.**
- **Start Lists and a Category List for each competition, to be used for athlete cards and labelling routine videos, will be provided by email to clubs at least one week prior to the start of competition (video submission timeframe).**

- A Competition Passcode and Dropbox Link (unique to the competition) will be provided by email to clubs at the beginning of the competition timeframe. The Passcode must be on the athlete card as verification of recording date.
- Each routine recording must start with the athlete card shown to the recording device(s) prior to performing the routine.
- The athlete card should include the following 4 items:  
1) Athlete’s Name (first and last), 2) TGevent\_Gender\_Category,  
3) Routine#, 4) Competition Passcode.
- Following the athlete card, each routine must commence with the athlete presenting to the camera.
- The camera must capture the routine in its entirety without being moved up and down. The athlete must be in full view at the top and bottom of each element.
- Each routine recording will conclude when the athlete has re-presented to the camera AND fully exits the equipment.
- Please see section 6. Penalties for more information.

Note: Clubs are recommended to send a sample video to the TG Program Manager or one of the TG Judging Chairpersons ahead of their first virtual competition, to ensure they meet the equipment and video recording standards.

**GO Moderator Responsibilities – removed – Gymnastics Ontario hosted virtual competitions will not be performance on demand.**

## 5. Judging & Scoring

### General

- All video recordings will be organized and judged by competitive category (level and age split).
- As in a live competition, judges will view each routine only once.
  - DD judges may review again if necessary.
- Scores/ranking will not be finalized until at least 72 hours after the initial posting of the unofficial scores to allow for inquiries/protests.
- Judging panels for Provincial and National level virtual competitions will be complete panels:
  - TRI: 4 EX, 2 DD, 2 HD, 1 TOF, 1 CJP = 10
  - DMT/TUM: 5 EX, 2 DD, 1 CJP = 8
- Judging panels for Interclub level virtual competitions, minimum panels:
  - TRI/DMT/TUM: 3 EX, 1 CJP/DD = 4

### Judging Roles & Responsibilities

- The Judging Chairperson(s) will assign a CJP to each competitive category for the following tasks:
  - Run the Zoom meeting for all judges at the same time.
  - Enter scores into the scoring program.
  - Report to TG Program Manager and Judging Chairperson(s) if judging block went longer than its assigned time.



	<ul style="list-style-type: none"> <li>• TRA Time of Flight (TOF): the TRA Judging Chairperson will assign a judge to each trampoline competitive category to determine the TOF of each routine using Dartfish (or other approved program).</li> <li>• All judges will be required to keep records of their judging chits, clearly organized by competitive category and athlete name, for a minimum of two (2) weeks following the competition results being posted.</li> <li>• DD judges will be required to submit a list of athletes who have achieved the required mobility element for the category to the TG Program Manager within 24 hours of judging the category. Competitive categories with a required mobility element for the 2020-2021 season:             <ul style="list-style-type: none"> <li>○ TRI L4 (Women and Men)</li> <li>○ DMT L4 (Women and Men)</li> </ul> </li> </ul> <p><b>Judging Honorarium</b></p> <ul style="list-style-type: none"> <li>• All judges for virtual competitions will be compensated at their regular judging honorarium rate.</li> <li>• CJP, DD, EX, and HD Judges will be assigned to judging blocks of no more than 3.5 hours at a time. Judges will be compensated for the scheduled time of their judging block.             <ul style="list-style-type: none"> <li>○ CJP's must report to the TG Program Manager and Judging Chairperson(s) if their judging block goes longer than its assigned time as judges will be compensated for each additional 15 minutes beyond the scheduled time.</li> </ul> </li> <li>• TOF Judges will track their time for compensation in 15-minute intervals (0.25 of an hour).</li> <li>• Following the competition, judges will claim their honorarium by submitting a completed Gymnastics Ontario expense form(s) to the TG Program Manager and Judging Chairperson(s) for their total hours. Expense forms will be processed by Gymnastics Ontario and a cheque will be mailed to the judge.</li> </ul>
<p><b>6. Penalties</b></p>	<p>Penalties for submission of non-authentic videos, non-compliance of any of the above rules will result in the athletes' video/routines being voided and a score of "0" will be recorded. It may also result in sanctions to the coach and/or club.</p> <p>Routines recorded and submitted outside the assigned time or incorrectly labelled will be considered void.</p>

<b>7. Technical Issues</b>	<p><b>It is highly recommended to test video recording, file transfer to computer, and video playback quality <u>prior</u> to competition.</b></p> <p><b>Uploading</b></p> <ul style="list-style-type: none"><li>• Any technical issues with uploading of routines to the Dropbox link should be brought to the attention of the GO TG Program Manager via email immediately (within 24 hours of the <b>deadline</b> at the latest).</li></ul> <p><b>Judging</b></p> <ul style="list-style-type: none"><li>• A Judge who is experiencing technical issues must inform the CJP immediately. The CJP will make reasonable decisions on how to proceed with judging the affected category, dependent on the situation and the judge’s role.</li><li>• The CJP will inform the TG Program Manager and the Judging Chairperson(s) by email, immediately after judging of an affected category is complete, of the technical issues and what decisions were made to complete judging.</li></ul>
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## **Appendix A: Checklists for Equipment and Camera Placement Standards**

### **GENERAL EQUIPMENT AND CAMERA PLACEMENT STANDARDS**

- Must compete on equipment complying with Ontario competition norms for types, sizes, etc.
- Whenever possible, record in horizontal (landscape) orientation.
- **The camera must capture the routine in its entirety without being moved up and down. The athlete must be in full view at the top and bottom of each element** (apparatus must also be visible).
  - The video must capture the athlete card, athlete presenting to the camera, performing the routine in its entirety (including all TRA pre-bounces, DMT at least mid-run, TUM full run), and must conclude after the athlete re-presents to the camera AND fully exits the equipment.
- **Camera should be stable.** Utilize a tripod, tabletop, or other solid surface to minimize shaking. Note: for DMT and TUM, camera must be able to follow the athlete side to side.

**TRAMPOLINE EQUIPMENT AND CAMERA PLACEMENT STANDARDS**

<input type="checkbox"/>	<p>All lines on the trampoline must be clearly visible (all HD lines must be present, as per FIG Apparatus Norms, page 94, item 2.5).</p> <ul style="list-style-type: none"> <li>- Large rectangle measures 215 cm * 108 cm with the lines continuing to the end of the bed.</li> <li>- Small central square measures 108 cm * 108 cm.</li> <li>- Red cross, center of the bed, measures 70 cm * 70 cm.</li> </ul>
<input type="checkbox"/>	<p><u>Camera 1</u> (side view, label EX)</p> <ul style="list-style-type: none"> <li>- Placed centrally, parallel to the trampoline.</li> <li>- A minimum of 5 metres distance from the side of the trampoline.</li> <li>- Between 2-3 metres above the level of the trampoline bed.</li> </ul>
<input type="checkbox"/>	<p><u>Camera 2</u> (top view, label HD)</p> <ul style="list-style-type: none"> <li>- Placed just high enough so that the trampoline bed and lines are clearly shown and placement of the athlete's feet on each contact with the trampoline bed is clear.</li> </ul>

**DOUBLE-MINI TRAMPOLINE EQUIPMENT AND CAMERA PLACEMENT STANDARDS**

<input type="checkbox"/>	<ul style="list-style-type: none"> <li>- Must have a clearly marked landing zone and area as per FIG Apparatus Norms, pages 99 and 102.</li> <li>- If not performing on a standard landing area, the landing area and all zones must be clearly defined with contrasting tape colour to landing mats (all lines must be visible on camera view).</li> </ul> <p>Reminder: the outer edge of the line marks the boundary of the zone.</p>
<input type="checkbox"/>	<ul style="list-style-type: none"> <li>- Landing area must be FIG standard height, as per FIG Apparatus Norms.</li> <li>- If landing area is into a pit, the landing area should be firm and level.</li> </ul>
<input type="checkbox"/>	<p><u>Camera</u></p> <ul style="list-style-type: none"> <li>- Placed centrally, parallel to the DMT at the middle of the spotter zone.</li> <li>- At 5 metres distance from the side of the DMT and a height of 2 metres from the floor.</li> <li>- Must be parallel to the runway and must follow the athlete from at least mid-run through the hurdle and landing.</li> </ul>



