



2024 Canadian Championships

DIRECTIVES

Gatineau, QC

June 5-9, 2024



<p>GYMCAN</p>	<p>Gymnastics Canada RA Centre, 2451 Riverside Drive, Ottawa, ON, K1H 7X7 Website: GymCan Trello Board</p> <p>Andrew Price – Chief Executive Officer aprice@gymcan.org</p> <p>Kalie McKenna – Operations Director kmckenna@gymcan.org</p> <p>Katia Perin – Communications Manager comms@gymcan.org</p> <p>Ed Van Hoof – National Team Head Coach, MAG evanhoof@gymcan.org</p> <p>Greg Jackson – Program Manager, MAG mag@gymcan.org</p> <p>Christian Gallardo – National Team Head Coach & National Team Lead, WAG cgallardo@gymcan.org</p> <p>Jenny Trew – Program Manager, WAG wag@gymcan.org</p> <p>Karen Cockburn – National Team Director, TG kcockburn@gymcan.org</p> <p>Niki Lavoie – Program Manager, TG & Emerging Disciplines nlavoie@gymcan.org</p>
<p>ORGANIZING COMMITTEE</p>	<p>Gymnastique Québec 4545, avenue Pierre-de-Coubertin Montréal, QC, H1V 0B2 http://www.gymqc.ca/</p> <p>Unigym Gatineau 850, boul. de la Gappe, bureau 178 Gatineau, QC, J8T 0B4 https://www.unigymsgatineau.com/</p> <p>Event President: Jean-Paul Caron jpcaron@unigymsgatineau.com</p> <p>Competition Director: Jay Harper Jay@unigymsgatineau.com</p>
<p>DATES</p>	<p>June 5-9, 2024</p>

LOCATION	Gatineau, QC
VENUE	<p>Competition venue WAG & MAG: Centre Slush Puppie 500 Bd de la Cité Gatineau, QC, J8T 0H4</p> <p>TG & ACRO: Complexe Branchaud-Brière 499 Bd Labrosse Gatineau, QC, J8P 4R1</p> <p>Training venue Unigym Gatineau 850, boul. de la Gappe, bureau 178 Gatineau, QC, J8T 0B4</p> <p>www.unigymsgatineau.com Parking is available at the venue.</p>
ONLINE STORE	Link will be provided shortly
INVITED MEMBERS	All Provincial/Territorial Gymnastics Organization registered participants who meet the Gymnastics Canada eligibility requirements according to this document and to their Discipline's specific Rules and Technical Regulations are invited to participate.
EQUIPMENT SUPPLIER	<p>The official supplier for the event is Spieth America.</p> <p>WAG:</p> <ul style="list-style-type: none"> • Ergo Jet Vault • All-American Uneven Bars • Beam • Moscow floor <p>MAG:</p> <ul style="list-style-type: none"> • Moscow floor • Pommel Horse • Berlin Ring Frame • ErgoJet Rio Vault Table • Melbourne Parallel Bars • Stuttgart Horizontal Bar <p>TG:</p> <ul style="list-style-type: none"> • 4 Eurotramp Trampoline (2 on the competition floor and 2 in the warm-up gym) • 2 Double mini-trampoline - Eurotramp • 1 Tumbling – Spiethway Germany <p>ACRO:</p> <ul style="list-style-type: none"> • 2 Spieth Moscow floor <p>*Note: clubs are NOT authorized to bring their personal equipment.</p> <p>**Note: clubs who wish to purchase equipment after Canadian National Championships should contact the Spieth America office for a quote at 705-325-2274 or customerservice@spiethamerica.com</p>
EVENT FORMAT, PURPOSE	<p>AG Purpose:</p> <ol style="list-style-type: none"> 1. Provide a prestigious annual competitive opportunity for developing High Performance gymnasts, showcase top provincial talent, provide national rankings, and declare Canadian champions for each category of competition.

2. To rank participants and declare champions in; Aspire, Novice, Junior, and Senior All-Around and Apparatus Finals
3. To rank HP athletes as part of the system to have access to
 - a. Sport Canada Athlete Assistance Program (AAP) – “Carding”.
 - b. National Team and Espoir Status.
 - c. International competitions (NT and Espoir) and Training camps.
4. Specific Programs Rules are available on their respective [Trello boards](#)

Eligible categories at Canadian Championships:

WAG: CCP 9, CCP 10, Novice, Junior, and Senior

MAG: National Open, Aspire, Junior, and Senior categories

Format:

Men’s Artistic Gymnastics

- ‘Podium’ Training.
- Open and Junior Team.
- All-Around Finals:
 - Open: Day 1
 - Aspire, Junior, and Senior: Two days combined.
- Apparatus Finals: Two days combined.

Women’s Artistic Gymnastics

- ‘Podium’ Training.
- All-Around Finals: Two days combined.
- Apparatus Finals: Two days combined.
- Novice, Junior and Senior Awards.

TG:

PURPOSE

1. To identify Junior and Senior athletes for the competitive year and to rank athletes as part of the system to have access to National team status and Sport Canada Athlete Assistance Program (AAP Carding-Trampoline).
2. Second trial for National Team selection (all disciplines).
3. Mobility Opportunity

ATHLETES

National level athletes in the categories listed below in trampoline individual (TRA) and synchronized (SYN), tumbling (TUM), and/or double mini trampoline (DMT) who are in good standing with their provincial/territorial federation/association and GymCan are eligible to register.

TRA & DMT: L5 (14U), L5 (15-16), L5 (17+), L6 (14U), L6 (15-16), Junior (13-16), L7 (17+), Senior (17+)

SYN: L5 (11+), L6, Senior (15+), Mixed (Following L5 Rules)

TUM: L5 (14U), L5 (15-16), L5 (17+), L6 (14U), L6 (15-16), Junior (13-16), L7 (17+), Senior (17+)

NOTE: All athletes must have met the minimum score for finals applicable to their regular competitive category in order to participate in finals.

	<p>ACRO: PURPOSE</p> <p>To provide a prestigious annual competitive opportunity at the national level for developing high performance gymnasts and showcase top provincial talent in the five categories of acrobatic gymnastics:</p> <ul style="list-style-type: none"> • Women’s Pairs (WP), Men’s Pairs (MP), Mixed Pairs (MxP), Women’s Trio (WT), Mixed Trios (MxT), Women’s Group (WG) and Men’s Groups (MG), <p>To establish national rankings and declare Canadian Champions in:</p> <ul style="list-style-type: none"> • USDP Levels 7-10, Youth, FIG 11-16 (AG1), FIG 12-18 (AG2), FIG 13-19 (Junior) and FIG Senior <p>To play a role in the selection process for major international events:</p> <ul style="list-style-type: none"> • World Championships and World Age Group Championships <p>Categories:</p> <ul style="list-style-type: none"> • WP, MP, MxP, WT, MxT, MG, WG <p>Levels:</p> <ul style="list-style-type: none"> • USDP Level 7-10 • Youth • FIG 11-16 (AG1), 12-18 (AG2), 13-19 (Junior), FIG Senior <p>Level 7 1 Combined Routine to be performed 2 times. Ranking to be based upon the sum of the scores (C+C)</p> <p>Level 8-10 1 Balance Routine and 1 Dynamic Routine. Ranking to be based upon sum of the scores (B+D)</p> <p>Youth 1 Combined Routine to be performed 2 times. Ranking to be based upon sum of the two scores (C+C)</p> <p>FIG 11-16, 12-18, 13-19 1 Balance, 1 Dynamic and 1 Final. Ranking determined as per FIG rules.</p>
<p>REQUIREMENTS FOR COACHES, JUDGES AND SUPPORT STAFF</p>	<p>All athletes, coaches, judges, team managers must be registered members of the GymCan year in force.</p> <p>All participating provincial/territorial organizations and their members commit themselves to respect the GymCan and discipline specific program technical rules and regulations, especially the ones concerning the age and nationality of gymnasts and that participants must not have any outstanding invoices owing to GymCan.</p> <p>All gymnasts must be in possession of a valid Canadian passport to be eligible for selection to international assignments.</p> <p>COACHES According to the discipline specific technical regulations, all coaches wishing to access the training, warm-up or competition floor must be NCCP Competition 3 Certified or Level 3 Certified (theory, technical and practical) if coaching a national level athlete or group. A coach without the required certification must request an exemption by completing the coach exemption request form. Refer to Coach Exemption Form Appendix D.</p> <p>*Exception: ACRO REQUIREMENT</p> <ul style="list-style-type: none"> • NCCP Competition 1 Trained in Acrobatic Gymnastics • NCCP Competition 2 Certified in Artistic Gymnastics (MAG or WAG); or • Acrobatic Gymnastics coaching certification from an FIG Academy or country recognized by GymCan as a country with reputable coach education training

- (please note: we will be phasing out NCCP Artistic qualifications as eligible for Acro); or
- Receive an exemption from the PM

NCCP COACH EXEMPTION REQUEST FORM:

EN: <https://forms.office.com/r/JRuY9Ds5X3>

FR: <https://forms.office.com/r/ARYGiKPfJy>

All coach exemption requests must be submitted by May 10, 2024.

All coaches, judges, support staff (head of delegation, chef de mission, team manager, and chaperone) and integrated support team (IST) who participate in GymCan national competitions must have completed the requirements included in Table 1 below. Failure to do so will result in withholding of your accreditation and denied access to the field of play, and training venues.

More information to come shortly on how to upload proof of completion of required safe sport requirements.

Table 1: Safe Sport Requirements

Requirements	Comments
Completed Enhanced Background Check, Canada-wide and/or International Police Checks http://sterlingbackcheck.ca/cac_ace	Must be issued within 12 months of the date of the event being attended. Cost is the responsibility of the individual. Required for coaches, support staff, volunteers, judges and IST. Note: Volunteers that sign up for positions that require them to be on the field of play, must also complete the background check. A link will be provided to those that require this.
Complete <i>Respect In Sport</i> online e-learning module package https://gymnasticscanada.respectgroupinc.com/koala_final/	Cost is the responsibility of the individual. Check with your respective province/territory as some may cover the cost. Required for coaches, support staff, volunteers, judges and IST
True Sport Clean101 UNTRACKED e-learning course http://cces.ca/truesportclean101untracked	Free module. Required for coaches and IST.
CAC Making Headway online learning module. www.coach.ca/concussion	Free module – will be included in coach NCCP records on the Locker. Required for coaches and IST.
OSIC Confirmation Form [ENTER LINK TO OSIC PORTAL]	All participants will be required to sign/re-sign the OSIC form through an online portal. More information to follow. Required for athletes, coaches, judges, IST, team managers, volunteers, and staff.

REGISTRATION

Registration and payment deadlines

Registration deadline	May 10, 2024
Music & Difficulty Sheets	May 10, 2024
Safe sport requirements and OSIC form (online link to follow)	May 10, 2024
Coach exemption form (GymCan)	May 10, 2024
100% registration payment (GymCan)	May 10, 2024
PTO statutory declaration deadline (GymCan)	May 10, 2024
Media Release Form (GymCan)	May 10, 2024
Refund request deadline (GymCan)	May 17, 2024

Registration Fees

Registration fees WAG, MAG, ACRO	\$220/person - athletes, coach, support staff (\$175 to LOC, \$45 to GymCan)
Registration fees TG	\$180 + \$20 per additional disciplines
Accommodation	See linked list of official hotels.
Late individual entry penalty	\$50/person

Registration process for the PTOs

- ✓ #1- The completed registration is submitted **electronically through SportzSoft for WAG, MAG, TG**. PTO's will receive the link to access the event in a separate email.
- ✓ #2- 100% payment of the **Registration fees** for WAG, MAG and TG are made using SportzSoft.
- ✓ **ACRO ONLY** - Please submit Registration payment form (see Appendix C) to Mary Degrasse at mdegrasse@gymcan.org.

Checklist

* 100% of the registration and GymCan fee is to be received by GymCan before the set deadline. Methods of payment accepted:

- Credit card: complete the credit card payment form included in Appendix C, or contact Mary Degrasse: 613-584-6920.
- Bank transfer option, see Appendix C.

Registration and payment must be submitted and completed by the PTO.

Definition of late individual entry penalty

A PTO will be charged the late individual entry penalty if a delegate is registered after the set registration deadline.

Refund Policy

No registration will be accepted after May 10, 2024, unless special approval is given by the discipline's program lead, in conjunction with the Member Services Manager. Late fees will apply.

Requests for refunds can be written to Mary Degrasse at mdegrasse@gymcan.org. After May 24, 2024, there will be no reimbursement of the registration fee. If a gymnast is declared unable to compete after this deadline, and ineligible for a refund, the PTO still has the responsibility to inform GymCan of this as soon as possible.

Please send notification to your respective program manager.

WAG: Jenny Trew at wag@gymcan.org

MAG: Greg Jackson at mag@gymcan.org

TG: Niki Lavoie nlavoie@gymcan.org

	ACRO: Niki Lavoie at nlavoie@gymcan.org																																								
JUDGES	<p>WAG: GymCan is funding 17 judges to Canadian Championships.</p> <p>MAG: GymCan is funding 18 judges to Canadian Championships.</p> <p>TG:</p> <table border="1" data-bbox="435 321 1515 688"> <thead> <tr> <th></th> <th>TRA</th> <th>TUM</th> <th>DMT</th> <th>PTO Total</th> </tr> </thead> <tbody> <tr> <td>BC</td> <td>2</td> <td>2</td> <td>3</td> <td>7</td> </tr> <tr> <td>Alberta</td> <td>2</td> <td>3</td> <td>2</td> <td>7</td> </tr> <tr> <td>Saskatchewan/Manitoba</td> <td>0</td> <td>1</td> <td>1</td> <td>2</td> </tr> <tr> <td>Ontario</td> <td>2</td> <td>2</td> <td>2</td> <td>6</td> </tr> <tr> <td>Québec</td> <td>2</td> <td>1</td> <td>1</td> <td>4</td> </tr> <tr> <td>Nova Scotia/New Brunswick/Newfoundland</td> <td>1</td> <td>0</td> <td>0</td> <td>1</td> </tr> <tr> <td>TOTAL</td> <td>9</td> <td>9</td> <td>9</td> <td>27</td> </tr> </tbody> </table> <p>ACRO: GymCan is funding 2 judges.</p>		TRA	TUM	DMT	PTO Total	BC	2	2	3	7	Alberta	2	3	2	7	Saskatchewan/Manitoba	0	1	1	2	Ontario	2	2	2	6	Québec	2	1	1	4	Nova Scotia/New Brunswick/Newfoundland	1	0	0	1	TOTAL	9	9	9	27
	TRA	TUM	DMT	PTO Total																																					
BC	2	2	3	7																																					
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Ontario	2	2	2	6																																					
Québec	2	1	1	4																																					
Nova Scotia/New Brunswick/Newfoundland	1	0	0	1																																					
TOTAL	9	9	9	27																																					
SCHEDULE	Provisional schedule (see appendix A1, A2, A3)																																								
AWARDS	<p>Special Awards</p> <p>WAG: Athlete dress code for award ceremonies: provincial or national team tracksuit.</p> <p>All categories:</p> <ul style="list-style-type: none"> Both All-Around and Apparatus Finals are awarded based on the combined scores from Day 1 and Day 2. <p>Novice:</p> <ul style="list-style-type: none"> Top 8 All Around gymnasts for all age groups. Top 8 gymnasts on each apparatus. <p>Junior & Senior:</p> <ul style="list-style-type: none"> Top 8 All Around gymnasts for all age groups. Top 3 gymnasts on each apparatus. <p>CCP 9 (11-14) & (15+):</p> <ul style="list-style-type: none"> Top 3 Team Top 8 All-Around gymnast Top 8 gymnast on each apparatus <p>CCP 10 (12-15) & (16+):</p> <ul style="list-style-type: none"> Top 3 Team Top 8 All-Around gymnast Top 8 gymnast on each apparatus <p>MAG: Athlete dress code for award ceremonies: provincial tracksuit.</p> <p>Team Awards: Open: Top 3 Teams from Day 1 Junior: Top 3 Teams from Day 1</p> <p>National Open: All-Around: Top 3 from Day 1 results only. Apparatus Finals: Top 3 from both Day 1 and Day 2 combined results.</p>																																								

	<p>Elite categories:</p> <ul style="list-style-type: none"> • Both All-Around and Apparatus Finals are awarded based on the combined scores from Day 1 and Day 2. • All-Around: Top 3 gymnasts for each age group within their category. • Apparatus Finals: Top 3 gymnasts for each respective age group within their category. <p>TG: <u>Award Ceremonies</u> Awards will be presented as per the schedule immediately following competition. We ask your cooperation to ensure that athletes are ready on time.</p> <p>All disciplines and categories - Top 6 athletes <u>Dress code for athletes:</u> Competitive Track Suit</p> <p>ACRO: <u>Award Ceremonies</u> Awards will be presented as per the schedule immediately following competition. We ask your cooperation to ensure that athletes are ready on time.</p> <p>All disciplines and categories - Top 6 athletes <u>Dress code for athletes:</u> Competitive Track Suit</p>
<p>MUSIC</p>	<p>Music will be played from a computer set list created by SportzSoft or KSIS program. If back up is needed ipod/ipad, tablet or phone with proper AUX port will be accepted. Music must be submitted through SportzSoft or KSIS by the music deadline date to allow it to be checked.</p> <p>Only mp3 files are supported as other files may not be playable on all platforms of Windows and wav files are too large to work with when there are so many competitors. Please label music .mp3 files as per FIG Code of Points when uploading to SportzSoft or KSIS. Lyrics: coaches are responsible to ensure lyrics meet FIG requirements.</p> <p>Please upload music to SportzSoft or KSIS by May 10, 2024.</p>
<p>LOCAL TRANSPORTATION</p>	<p>Local transportation will not be offered.</p>
<p>TRAVEL</p>	<p>Boulevard Travel is pleased to offer their exclusive “Sports Air Program” to all members. Sports Air Program with Air Canada and WestJet for Groups – minimum 10 tickets to be eligible.</p> <ol style="list-style-type: none"> 1. Air fare – We have exclusive air fares with both Air Canada and WestJet. These fares are negotiated to ensure the absolute best price with the best flexibility in the industry. 2. Free tickets – our programs both include 1 free ticket for every 15th paid (16th paying taxes only) 3. Name change – free and/or discounted name changes after ticketing 4. Payments – NO deposits, NO airline payments until ticketing 5-14 days prior to departure. Signed contract with commitment dates required. Service fees due at time of acceptance. 5. Baggage – 1 free standard checked bag per person per direction 6. Seating – blocked for all groups 7. Travel documents / Reporting – Boulevard Travel has developed a number of customized platforms to help with reporting and document delivery which makes travel extremely easy.

	<p>For any individual travelers and booking on WestJet, Boulevard will offer their WestJet Corporate Program:</p> <ul style="list-style-type: none"> All members benefit from an instant 3%, 6%, or 8% discount at time of purchase. This program is for individual travel purposes only and not group/team travel. <p>To secure the best available rate and to discuss booking details, please contact: Boulevard Travel (403) 237-6233</p> <ul style="list-style-type: none"> Sharon Phelps, Senior Group & Sport Travel Consultant sharonp@boulevardtravel.com <p>Direct: (403) 802-4270</p> <ul style="list-style-type: none"> Corinne Palin – Group Account Manager corinnep@boulevardtravel.com Direct: (403) 802-4284
HOST HOTELS	<p>See the list of host hotels that can be accessed here.</p> <p>To facilitate your stay in Gatineau, the local organizing committee (LOC) has negotiated and blocked rooms for the provinces and Gymnastic Canada.</p> <p>Room blocks are guaranteed until April 30, 2024, and are available for delegations only (PTOs, clubs, GymCan). After this date, non-reserved rooms will be released.</p> <p>The number of available rooms within each block are limited. Proceed with your reservations as soon as possible.</p>
MEALS	<p>All hotels are located close to many restaurants. Please ask your hotel for specific lunch and dinner options.</p>
ACCREDITATION	<p>GymCan accreditation protocol will apply. A system of colour categories will be in place. GymCan reserves the right to withdraw accreditations if rules are not respected.</p> <p>Provincial accreditations will be distributed to PSO Leads during the coach orientation meeting. Accreditation must be worn for access to competition, training and hospitality sites.</p> <p>For competition and training areas, the LOC will restrict access to athletes and coaches according to schedule.</p>
MEDICAL	<p>There will be medical on site throughout the competition by LOC.</p> <p>The GymCan athletic therapist on-site will only treat National Team injuries.</p> <p>Should a PSO/PTO be planning to bring their own physio therapist, please email the LOC by May 10th so that space can be designated on the floor.</p>
ANTI-DOPING	<p>All participants should be aware that doping tests may be conducted by the Canadian Centre for Ethics in Sport (CCES) in accordance with Canada's anti-doping program. To avoid an inadvertent positive test and the consequences of an anti-doping rule violation, athletes are encouraged to take the following steps:</p> <ul style="list-style-type: none"> Check the Global DRO website (www.globaldro.com) to determine if any prescriptions, medications or treatments are banned from the WADA Prohibited List. Review the medical exemption requirements (www.cces.ca/medical) if you are using a banned substance for a legitimate medical reason. Do not use supplements or take precautions when doing so. Supplements cannot be verified by CCES or Global DRO. A lack of industry and government regulations makes it impossible to confirm the ingredients included. For more information: www.cces.ca/supplements Review the steps of a sample collection process: https://cces.ca/sample-collection-procedures

	<p>For additional resources and general information on doping control, please contact CCES :</p> <ul style="list-style-type: none"> • E-mail: info@cces.ca • Telephone (toll-free): 1-800-672-7775 • Website: www.cces.ca/athletezone
ENVIRONMENTAL INITIATIVE	The organizing committee is committed to reducing its carbon footprint by planning and organizing the competition in an eco-responsible manner. Bring your own reusable bottle.
SOCIAL EVENTS	<p>Social Welcome: For all coaches, judges, support personnel following Orientation/Technical meetings.</p> <p>Closing Banquet: More information to follow.</p>
SOCIAL MEDIA	<p>Facebook: www.facebook.com/gymcan1</p> <p>Instagram: @gymcan1</p> <p>YouTube: www.youtube.com/user/gymcan1</p>
TICKETS	<p>Buy your tickets online at:</p> <p>Unigyngatineau.com</p>
APPENDICES	<p>Appendix A1, A2, A3: Draft schedule</p> <p>Appendix B: Statutory declaration</p> <p>Appendix C: Payment details</p> <p>Appendix D: Coach Exemption</p> <p>Appendix E: Media Release</p>



APPENDIX A1 – WAG & MAG PROVISIONAL SCHEDULE

Wednesday, June 5, 2024

	Unigym Gatineau	SLUSH PUPPY		Meetings & Awards	
		WAG	MAG		
8:00	Open Training MAG-WAG 8:00-10:30	Podium Training Junior/Novice 8:00-10:00			
8:30					
9:00					
9:30					
10:00		Podium Training Senior 10:15-12:15	Aspire/Junior (15-16) Training 10:00-12:30		
10:30					
11:00	Warm-up CCP9 (11-14) Subdivision 1 11:25-12:45			CCP Judge lunch & meeting 11:30	
11:30					
12:00				WAG Tech meeting 12:30	
12:30				MAG Tech meeting 13:00	
13:00	Warm-up CCP9 (11-14) Subdivision 2 13:40-15:00	Competition CCP9 (11-14) Subdivision 1 13:00-15:00	Junior (17-18) Training 13:00-15:30		
13:30					
14:00					
14:30					
15:00	Warm-up CCP10 (12-15) 16:20-18:00	Competition CCP9 (11-14) Subdivision 2 15:15-17:15	Senior Training 15:30-18:00		
15:30					
16:00				WAG Team Awards CCP9 (11-14)	
16:30				CCP Judge supper 17:15-18:20	
17:00	Open Training MAG-WAG 18:00-20:30	Competition CCP10 (12-15) 18:15-21:30	National Open Training 18:30-21:00		
17:30					
18:00					
18:30					
19:00					
19:30					
20:00					
20:30				WAG Team Awards CCP10 (12-15)	
21:00					
21:30					
22:00					

Thursday, June 6, 2024

	Unigym Gatineau	SLUSH PUPPY		Meetings & Awards	
		WAG	MAG		
8:00	Warm-up CCP9 (15+) Subdivision 1 8:10-9:30	Open Training Senior 8:00-9:30	Open Training 8:00-9:30		
8:30					
9:00					
9:30		Competition CCP9 (15+) Subdivision 1 9:45-12:15	Junior Day 1 Warm-up 9:45-11:15		
10:00					
10:30	Warm-up CCP9 (15+) Subdivision 2 11:10-12:30			MAG Judges meeting 10:45	
11:00					
11:30			Junior Day 1 Competition 11:15-14:15		
12:00					
12:30		Competition CCP9 (15+) Subdivision 2 12:45-15:15		CCP Judge lunch 15:15-16:15	
13:00					
13:30					
14:00					
14:30	Warm-up CCP10 (16+) Subdivision 1 14:53-16:00			WAG Team Awards CCP9 (15+)	MAG Team Awards - Junior Day 1
15:00					
15:30		Competition CCP10 (16+) Subdivision 1 16:15-18:35	Senior Day 1 Warm-up 16:15-17:45		
16:00					
16:30	Warm-up CCP10 (16+) Subdivision 2 17:22-18:30			MAG Judges meeting 17:15	
17:00					
17:30	Open Training MAG-WAG 18:30-20:00	Competition CCP10 (16+) Subdivision 2 18:45-21:00	Senior Day 1 Competition 17:45-20:45	CCP Judge supper 17:15-18:20	
18:00					
18:30					
19:00					
19:30					
20:00					
20:30					
21:00				WAG Team Awards CCP10 (16+)	
21:30					
22:00					

Friday, June 7, 2024

	Unigym Gatineau	SLUSH PUPPY		Meetings & Awards	
		WAG	MAG		
8:00		Novice/Junior Day 1 Warm-up 8:00-9:30	Aspire/Junior (15-16) Day 1 Warm-up 8:00-9:30		
8:30					
9:00				WAG HP Judges meeting 9:00	MAG Judges meeting 9:00
9:30		Novice/Junior Day 1 Competition 9:40-11:10	Aspire/Junior (15-16) Day 1 Competition 9:30-12:00		
10:00					
10:30					
11:00					
11:30					
12:00		CCP9 (11-14) AA & AF 11:30-15:30		MAG Team & All-Around Awards	
12:30					
13:00			Open Day 1 Warm-up 13:00-14:30	CCP Judges meeting 12:00-13:00	
13:30					
14:00	Open training WAG/MAG			MAG Judges meeting 14:00	
14:30					
15:00			Open Day 1 Competition 14:30-17:30		
15:30					
16:00		Senior Day 1 Warm-up 16:00-17:40			
16:30					
17:00				HP Judges meeting 17:00	MAG Team & All-Around Awards
17:30		Senior Day 1 Competition 18:00-20:30			
18:00					
18:30					
19:00					
19:30					
20:00					
20:30					
21:00					
21:30					
22:00					

Saturday, June 8, 2024

	Unigym Gatineau	SLUSH PUPPY		Meetings & Awards	
		WAG	MAG		
8:00	Open training WAG/MAG	CCP10 (12-15) AA & AF 8:00-12:00			
8:30					
9:00					
9:30					
10:00					
10:30			Junior (17-18) Day 2 Warm-up 10:30-12:00		
11:00				WAG Individual Awards	MAG Judges Meeting
11:30				CCP Judges lunch 12:00-12:45	11:30
12:00					
12:30			Novice/Junior Day 2 Warm-up 12:30-14:10	Junior (17-18) Day 2 Competition 12:00-15:00	
13:00					
13:30					
14:00					
14:30			Novice/Junior Day 2 Competition 14:20-16:20		MAG Individual Awards
15:00					
15:30					
16:00			Senior Day 2 Warm-up 16:00-17:30	WAG Individual Awards	
16:30				CCP Judges supper 16:30-17:15	
17:00					
17:30				MAG Judges Meeting 17:00	
18:00					
18:30		CCP10 (16+) AA & AF 17:00-21:00	Senior Day 2 Competition 17:30-20:30		
19:00					
19:30					
20:00					
20:30				MAG Individual Awards	
21:00					
21:30					
22:00				WAG Individual Awards	

Sunday, June 9, 2024

	Unigym Gatineau	SLUSH PUPPY		Meetings & Awards	
		WAG	MAG		
8:00	Open training				
8:30			Aspire/Junior (15-16) Day 2 Warm-up 8:30-10:00		
9:00					
9:30					MAG Judges meeting 9:30
10:00		CCP9 (15+) AA & AF 8:30-12:30		Aspire/Junior (15-16) Day 2 Competition 10:00-12:30	
10:30					
11:00					
11:30					
12:00					WAG Individual awards
12:30					
13:00			Senior Day 2 Warm-up 13:00-14:40	Open Day 2 Warm-up 13:00-14:30	HP Judges lunch 12:20-14:40
13:30					
14:00					MAG Individual awards
14:30					MAG Judges meeting 14:00
15:00		Senior Day 2 Competition 14:50-16:50	Open Day 2 Competition 14:30-17:30		
15:30					
16:00					
16:30					
17:00				WAG Individual awards	
17:30					
18:00				MAG Individual awards	
18:30					
19:00					
19:30					
20:00					
20:30					
21:00					
21:30					
22:00					



APPENDIX A3 – TG PROVISIONAL SCHEDULE

2024 TG Canadian Championships Schedule (Basic Draft)							
WEDNESDAY, JUNE 5th							
	TUMBLING Competition Gym		TRAMPOLINE Training Gym OR Tramp 1	TRAMPOLINE Competition Gym or Tramp 2		DMT Competition Gym	
TRAINING & MEETINGS	9:00 - 10:45	TRAINING QC, NB, NS, NL					
	10:45 - 12:30	TRAINING ON					
	12:30 - 14:15	TRAINING AB					
	12:00 - 13:30	JUDGE CHAIRS OF CANADA MEETING					
	14:30 - 15:30	JUDGES TECHNICAL MEETING					
	14:15 - 16:00	TRAINING BC, SK, MB					
	16:15 - 16:45	ORIENTATION MEETING (Coaches)					
	19:00 - 20:00	COACHES COUNCIL & ATHLETES MEETINGS					
	20:00 - 21:00	TTPC MEETING					
2024 TG Canadian Championships Schedule (BASIC Draft)							
THURSDAY, JUNE 6th							
	TUMBLING Competition Gym		TRAMPOLINE Training Gym OR Tramp 1	TRAMPOLINE Competition Gym or Tramp 2		DMT Competition Gym	
BLOCK 1	8:00 - 8:45	GENERAL WARM-UP (BLOCK 1)					
		TUMBLING TRAINING	8:45 - 12:45	SYNCHRO PRELIMS	8:45 - 12:45	PRELIMS	
BLOCK 2	12:45 - 13:30	GENERAL WARM-UP (BLOCK 2)					
		TUMBLING TRAINING	13:30 - 16:30	PRELIMS	13:30 - 16:30	PRELIMS	
BLOCK 3	16:30 - 16:45	OPENING CEREMONIES					
	16:45 - 17:30	GENERAL WARM-UP (BLOCK 3)					
		TUMBLING PRELIMS					

2024 TG Canadian Championships Schedule (Basic Draft)

FRIDAY, JUNE 7th

FRIDAY, JUNE 7th							
		TUMBLING Competition Gym		TRAMPOLINE Training Gym OR Tramp 1	TRAMPOLINE Competition Gym or Tramp 2	DMT Competition Gym	
	8:00 - 8:45	GENERAL WARM-UP (BLOCK 4)					
BLOCK 4	8:45 - 11:45	PRELIMS	8:45 - 11:45	PRELIMS		8:45 - 11:45	PRELIMS
	11:45 - 12:30	GENERAL WARM-UP (BLOCK 5)					
BLOCK 5	12:30 - 15:30	PRELIMS	12:30 - 15:30	PRELIMS		12:30 - 15:30	PRELIMS
	15:30 - 16:15	GENERAL WARM-UP (BLOCK 6)					
		FINALS			FINALS		
BLOCK 6	16:15 - 19:15	PRELIMS	16:15 - 19:15	SYNCHRO FINALS		16:15 - 19:15	PRELIMS Q2's
	19:15 - 20:00	AWARDS - BLOCK 6					

2024 TG Canadian Championships Schedule (Basic Draft)

SATURDAY, JUNE 8th

SATURDAY, JUNE 8th							
		TUMBLING Competition Gym		TRAMPOLINE Training Gym OR Tramp 1	TRAMPOLINE Competition Gym or Tramp 2	DMT Competition Gym	
	8:00 - 8:45	GENERAL WARM-UP (BLOCK 7)					
		FINALS			FINALS		
BLOCK 7	8:45 - 11:45	PRELIMS Q2's	8:45 - 11:45	FINALS		8:45 - 11:45	FINALS
	11:45 - 12:15	AWARDS - BLOCK 7					
	12:15 - 13:00	GENERAL WARM-UP (BLOCK 8)					
		FINALS			FINALS		
BLOCK 8	13:00 - 16:00	FINALS	13:00 - 16:00	FINALS		13:00 - 16:00	FINALS
	16:00 - 16:45	AWARDS - BLOCK 8					
	16:45 - 17:30	GENERAL WARM-UP (BLOCK 9)					
		TEAM FINALS			TEAM FINALS		
BLOCK 9	17:30 - 20:00	FINALS	17:30 - 20:00	FINALS		17:30 - 20:00	FINALS
	20:00 - 20:45	AWARDS - BLOCK 9 & SPECIAL AWARDS					

2024 TG Canadian Championships Schedule (Basic Draft)

Sunday, JUNE 8th

		TUMBLING Competition Gym		TRAMPOLINE Training Gym OR Tramp 1	TRAMPOLINE Competition Gym or Tramp 2		DMT Competition Gym
	8:00 - 8:45	GENERAL WARM-UP (BLOCK 10)					
BLOCK 10	8:45 - 11:45	FINALS	8:45 - 11:45	FINALS	8:45 - 11:45	FINALS	
	AWARDS - BLOCK 10						
	12:15 - 13:00	GENERAL WARM-UP (BLOCK 11)					
BLOCK 11	13:00 - 17:00	TEAM FINALS	13:00 - 17:00	TEAM FINALS	13:00 - 17:00	TEAM FINALS	
	AWARDS - BLOCK 11						
	17:00 - 17:30						

2024 TG Canadian Championships Schedule (Basic Draft)

MONDAY JUNE 9th

TTPA MEETING 9:00 - 13:00



APPENDIX A4 – ACRO PROVISIONAL SCHEDULE

Day	Time	Draft Program
1	Thursday June 6 th	Training Meetings (orientation, judges meeting)
2	Friday June 7 th	Morning: USDP Levels (Routine #1) Afternoon: FIG Levels (Balance)
3	Saturday June 8 th	Morning: USDP Levels (Routine #2) Afternoon/evening: Youth & FIG Levels (Dynamic) Awards
4	Sunday June 9 th	Youth & FIG Finals/Combined routines Awards

**National Level Judge Course TBC – June 5th and 6th from 9:00am – 4:00pm*



APPENDIX B STATUTORY DECLARATION

2024 Canadian Championships Statutory Declaration Medical Form & Risk Waiver Release

PTO's, please submit your declaration electronically to ascalera@gymcan.org by the May 10th deadline.

I, (enter name), _____ from (Federation name) _____, declare that the (enter name of Federation) _____ has collected and filed all signed Gymnastics Canada's (GymCan) Medical Form, and Assumption of Risk waivers form for every gymnast registered and participating at the 2024 Canadian Gymnastics Championships.

Provinces are also responsible to have all the medical form & risk waiver forms available on site (hard copies or scanned copies).

Signature

Name:

Title:

Date:



APPENDIX C – REGISTRATION FEES PAYMENT FORM

INFORMATION

Event – Événement : _____

Club name – Nom du club : _____

Address – Adresse : _____

E-mail – Courriel : _____

Telephone - Téléphone: _____

PAYMENT OPTION: Credit Card

AUTHORIZATION - AUTORISATION

I authorize payment of the amount of \$ _____ on my credit card (Visa or Mastercard only)

J'autorise le paiement d'un montant de _____ \$ sur ma carte de crédit (Visa ou Mastercard seulement).

Signature of the cardholder – Signature du détenteur : _____

Date : _____

1. CREDIT CARD PAYMENT - PAIEMENT

Full name of card holder – Nom sur la carte:	
Type of card – Type de carte	p VISA p MASTERCARD
Card number – Numéro :	
Expiry date – Expiration :	
CVV (3 numbers behind the card – 3 chiffres derrière la carte)	
E-mail of card holder – Courriel du détenteur :	

If preference is to provide credit card payment by phone, please contact: Mary Degrasse 613.854.6920
mdegrasse@gymcan.org

See bank transfer payment option below.

2. BANK TRANSFER PAYMENT

Please indicate your club name and RG EC as reference when processing payment.

LEGAL NAME:

CANADIAN GYMNASTICS FEDERATION

NAME OF FINANCIAL INSTITUTE:

BANK OF MONTREAL

ADDRESS:

945 SMYTH ROAD, OTTAWA, ON, K1G 1P5
CANADA

INSTITUTION NUMBER:	(3 NUMBERS)	001
BRANCH NUMBER:	(5 NUMBERS)	23746
ACCOUNT NUMBER:	(7 NUMBERS)	1026808
SWIFT/IBAN NUMBER:		BOFMCAM2
ROUTING INFORMATION FOR INTERNATIONAL WIRES:		CC000123746

Please return excel & payment to: ascalera@gymcan.org.

GymCan Use

Account code:



APPENDIX D COACHES EXEMPTION FORM

TO BE COMPLETED BY MAY 10, 2024

All risk management requirements must be received before an authorization can be approved.

The coach exemption form can be found below:

EN: <https://forms.office.com/r/JRuY9Ds5X3>

FR: <https://forms.office.com/r/ARYGiKPfJy>

Payment is no longer required, and forms must be completed through the online links.



APPENDIX E – MEDIA RELEASE FORM

- I, Grant permission to Gymnastics Canada [1] to use my or my minor child's name, likeness, voice and/or words * (in the form of digital or print photographs, audio or video recordings, transcripts or testimonials) for television, radio, films, newspaper, magazine, websites, social media, or in any other medium for the purpose of publicizing and/or promoting Gymnastics Canada and its events and/or or appealing for funds to support the activities of Gymnastics Canada. I hereby disclaim on my own behalf or on behalf of my child any and all claims to ownership of, copyright in and/or moral rights in any such content.
- I acknowledge that I have read this consent form in its entirety, or it has been read (or translated) to me, and I have had the opportunity to ask questions about it. I understood the terms and conditions of this document on behalf of myself, or my minor child. I agree that I am signing this document voluntarily and to abide by such terms and conditions.
- I do not consent to the use by Gymnastics Canada of my or my child's name, likeness, voice and/or words for promotional purposes.

[1] In this document, "Gymnastics Canada" refers collectively and individually to Gymnastics Canada, the provincial and territorial organizations and the clubs who are part of hosting any Gymnastics Canada events in Canada.

* The permissions granted in this form may be withdrawn at any time by contacting comms@gymcan.org

While Gymnastics Canada will make every effort to respect the privacy of our athletes and volunteers who decline consent, there is often media coverage of regional and national events in which you or your athlete participates. We cannot completely avoid the possibility that you or your athlete are depicted in such instances. If this is a concern for you, please speak to event staff who will make all reasonable efforts to accommodate your concerns.

I am:

- A parent/Guardian of _____ (name)
- Over 18 years of age

Print Name

Signature

Date

Signed at: _____ (City, Province)

Return to comms@gymcan.org by May 10, 2024.