

ALBERTA GYMNASTICS

Men's Artistic

Technical Handbook

2026-2027

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1.0 GENERAL INFORMATION

1.1 INTRODUCTION

Purpose

This handbook was written in response to the need for increase communication concerning technical information, to set criteria upon which the technical assembly will make decisions, as well as to increase organizational ability in the staging of competitions, clinics and other activities associated with Men's gymnastics in the Province of Alberta.

Handbook Review

The importance of this document is to keep all information current. This shall be the direct responsibility of the Program Manager and the Men's Program representative or his/her appointee(s), who shall review and revise, as necessary, the handbook. All suggestions for additions, deletions and changes must be made in writing to the Men's Technical Assembly (MTA). Changes will be ratified at any decision-making assembly meeting (See 1.2.5).

Acknowledgement

The Men's Technical Handbook is the result of dedicated work by several individuals who volunteered their time and energy. It is their hope that the information provided through this manual will help the development of Men's Artistic Gymnastics in the Province of Alberta.

1.2 MEN'S TECHNICAL ASSEMBLY (MTA)

1.2.1 Mission

The Men's Technical Assembly (MTA) will promote and thereby increase public awareness of our sport, promote (and assist with achieving) the highest standards of excellence from our coaches, judges, and athletes (in training and competition) and continually expand our program in both numbers and expertise.

Goals:

- To provide the necessary tools to be successful in the sport.
- To be a leader in the growth of the sport in Canada.
- To support growth and development through competitive experience.
- To place National Team Members in each age class.
- To place among the top three teams at Canada Winter Games.

1.2.2 Composition

The MTA is composed of a person elected by the registered MAG Clubs to the position of Program Representative, Judging Representative, and Athlete Representative. Each club who has registered competitive athletes is eligible to have one voting representative attend any assembly meeting (1 vote per club). Working with the assembly is the AGF Men's Program Manager and any individuals requested by the Program Manager to fulfill specific or non- specific duties.

1.2.3 Responsibilities:

The Men's Technical Assembly shall:

i. Establish specific program goals and objectives
ii. Consider and adopt program guidelines, rules and regulations that will define the conditions of participation within their respective program area

iii. Provide direction to the AGF Program Manager relative to the conduct of the program and activities
iv. Elect a Program Representative to the AGF Board of Directors and Gymnastics Canada (GymCan) Program Assembly, usually AGF staff or the Chairperson
v. Coordinate and supervise technical aspects of all provincial and national activities of the Alberta Gymnastics Federation (AGF)
vi. Establish technical regulations for Alberta in accordance with the technical rules of the GymCan and FIG
vii. Offer progressive competitive opportunities appropriate to all age and ability levels
viii. Plan programs for competitions, clinics and other events to train and upgrade gymnasts, coaches, judges, and other officials
ix. Monitor progress of coaches, judges, and officials
x. Formulates an annual plan and a corresponding budget for consideration by the Board of Directors and shall operate its programs in a manner consistent with the budgetary directives of the AGF Board of Directors.

The Men's Technical Assembly will also ensure the development and maintenance of programs including:

a. The provision of competitive opportunities for the athletes of member clubs
b. The development and implementation of processes by which athletes can be selected to represent Alberta at major competitive events
c. The development and implementation of rules and regulations governing participation in the competitive program
d. The provision of leadership development opportunities for coaches of competitive athletes and judges
e. To provide input to GymCan with regard to technical matters relevant to their respective discipline
f. To perform and other functions necessary to eh provision of programs specific to the individual disciplines

1.2.4 Voting Privileges:

i. At the commencement of each assembly meeting, one voting delegate from each member club represented shall be identified. Each voting delegate shall have one vote.
ii. Proxy votes shall not be permitted under any conditions at an annual/general meeting of members (AGF By-Law #6, article 6.11).
iii. Quorum for Technical Assembly meetings shall be comprised of at least one-third of the total members in good standing (AGF By-Law #6, article 6.14).
iv. If at the time appointed for the holding of the given meeting the required quorum cannot be achieved, the meeting shall then stand adjourned for thirty (30) minutes at the same date and place. The members then present and entitled to vote shall be deemed as meeting the required quorum and shall be competent to transact the particular business for which the meeting was convened.
v. Voting decisions will be based on a majority rules and in the event of a tie the Men's Program Representative will cast the deciding vote.
vi. Assembly meetings shall be convened a minimum of two times a year one of which shall be in conjunction with the Federation's Annual Awards Gala.
vii. All assembly meetings will be chaired by the MTA Program Representative who will appoint a recording secretary (AGF Representative) for the purpose of taking minutes of the meeting.
viii. Each club will receive one vote at the Annual Assembly Meeting
ix. Clubs who do not have active participants in the MAG program for the current year will not be eligible to vote
x. For conflict of interests please refer to AGF Bylaws Article 12 for guidelines.
xi. Participation by phone is acceptable at committee meetings and at annual assembly meetings

1.2.5 Decision Making Meetings:

a. Decision Making meetings will be held at the following events:
   - The Annual Technical Assembly Meeting held if applicable in conjunction with the AGF Awards Gala.
   - Provincial Championships.
   - A scheduled meeting around to the Gymnastics Canada (GymCan) Annual General Meeting (June).

b. Decision Making Meetings are the only meetings where changes to the MAG Technical Handbook can be made.

i. The Annual Technical Assembly Meeting will be considered the foremost meeting for the program and will be conducted in accordance with the AGF Bylaws.
   - Notice AGF Bylaw 6.4 Notice
     - A printed or electronic noticestating day, hour and place of meeting, and if special business is to be transacted not less than 21 days and not more than 50 days will be circulated.
   - Proxies AGF Bylaw 6.11 Proxy
   - Elections AGF Bylaw 7.7 Term of Office
   - Voting AGF Bylaw 6.9

1.2.6 Elections:

i. The voting delegates present at the respective Annual Technical Assembly Meeting shall elect the Men's Program Representative and the Provincial Stream Representative on even years, while the Judging Representative(s) will be elected on odd years.

ii. Nominations will NOT be accepted from the floor at the time of the AGM. However, if there are sufficient nominees received prior to the deadline and an election is not required, the nominees will be acclaimed. If there are more nominees than positions, an election will occur. If sufficient nominees are not received prior to the deadline, a vote will be held for the vacant positions remaining, provided that two-thirds (2/3) of the eligible votes cast at the AGM agree. *E.g. 4 positions are available, 3 nominations received by stated deadline (acclaimed), leaves 1 position open for election.

1.2.7 Current MTA Representatives

Technical Chairperson – Colin Plomp
Judging Representative – Chris Grabowecky

Working Committees/Groups:

<u>Team Selection:</u>

- Daniel Krawchenko (Ortona Gymnastics Club)
- Cameron Taylor (Gymtastics Gym Club)
- Scott Rayment (Calgary Gymnastics Center)

<u>Audit:</u>

- Colin Plomp (Aerials Gymnastics)
- Travis Oxley (Gymtastics Gym Club)
- Kelly Baird (Dynamyx Gym Club)

Working with AGF

<u>Handbook:</u>

- Travis Oxley (Gymtastics Gym Club)
- Scott Rayment (Calgary Gymnastics Center)
- Chris Grabowecky (Judging)

*AGF MAG manager is to assist within each committee where needed

1.2.8 MTA Representative Job Descriptions:

Men's Program Representative

i. To Chair all MTA meetings with the assistance of the AGF Men's Program Manager.
ii. Assist AGF Men's Program Manager with setting the agendas for the MTA meetings.
iii. To accompany the AGF Men's Program Manager and act as the Men's Technical Representative at the GymCan Annual AGM Meeting in June or thereabouts.
iv. Act as the Men's Program Representative to the AGF Board of Directors and assume the responsibilities involved with this role. If the Men's Program Representative is unable to attend, he will appoint another member of the MTA to attend in their absence.
v. Assume roles not established by the MTA but by other appointed AGF bodies.
vi. Any disciplinary actions regarding members of the AGF Men's Program will be handled as per normal AGF procedures.
vii. Assist in developing and implementing budgetary items under the MAG program

Men's Judging Representative

i. The Men's Judging Representative (MJR) is responsible for organizing the education programs for
ii. judges at various levels.
iii. The MJR will work with the AGF Program Manager to ensure all updates and information are distributed accordingly to the registered judge's province wide.
iv. To act as the MJR at all MTA meetings. If the MJR is unable to attend, he may appoint another National or higher-level judge to attend in their absence.
v. The MJR will keep judges' lists and records for all competitions that are sanctioned by AGF.
vi. Compile an annual list of judges and their ratings that will be submitted to GymCan.
vii. To establish the panels for AGF sanctioned events.
viii. May assist clubs to set panels for invitational meets.
ix. Assist in developing and implementing judging budgetary items under the MAG Program.

Working Group:

i. Working Groups may be created to help with specific upcoming events that will require more focus.
ii. These members can be voted in or volunteer themselves to help participate.

Athlete Representative:

i. The Men's Program Athlete Representative is responsible for attending MTA meetings
ii. Attend virtual meetings hosted by GymCan in relation to the Athlete representatives across Canada
iii. Act as a non-voting member at Alberta MTA meetings
iv. Act as the voice for the MAG athlete across Alberta

1.3 MEN'S AGF TECHNICAL HANDBOOK

1.3.1 Purpose

The purpose of the Men's Technical Handbook is to ensure consistency in the provincial Men's Program.

1.3.2 Technical Rules

The compulsory and optional competitions are governed by the following documents which are available through the AGF Office and AGF Webpage:

- FIG Men's Code of Points 2025-2028
- GymCan Canadian Provincial Pathways Program – most updated version
- GymCan Canadian Elite Pathways Program – most updated version

** Contact the AGF office for availability and prices on other documents.

** Contact the AGF office or Program Manager with questions on current interpretations of these regulations.

1.3.3 Validity

Please refer to Section 1.2.5 (Decision Making Meetings).

1.3.4 Modification

At the conclusion of each season the Technical Assembly shall conduct a review of the rules and regulations and shall prepare any recommendations for presentation at the Annual Technical Assembly.

1.4 ELIGIBILITY

- All athletes and coaches representing Alberta must be registered members of AGF and comply with the AGF's Regulations for Alberta Team Representatives (See Section 6.1.2).
- All coaches participating in a sanctioned event must be registered members and in good standing with the AGF and must comply with the current AGF NCCP certification requirements and adhere to all Code of Conduct and Code of Ethics manuals.
- All judges participating in a sanctioned event must be registered members and in good standing with the AGF, adhere to all Code of Conduct and Code Ethics manual requirements, and must comply with the current AGF requirements which include:
    - Registered member with AGF (annual requirement);
    - Police check clearance (required once every 3 years);
    - PIPA agreement (annual requirement) and;
    - Respect in Sport certification complete (required only once);
    - Must be a minimum of 14 years of age.

2.0 COMPETITIVE PROGRAMS

2.1 AGF COMPETITIVE STRUCTURE

2.1.1 Purpose

The men's competitive structure is divided into 2 streams:

- **Elite Pathways**
- **Provincial Pathways**
  - All Provincial Pathway Categories use birth year to determine age.

- The Provincial Stream caters to the beginner level gymnast. This stream coincides with GymCan's standards and are as follows:
  - P1
  - P2
  - P3
  - P4
  - P5
  - National Open

- P1 athletes may compete at Provincial Championships
- Provincial 2, 3, 4, and 5 compete in Provincial Championships and Western Canadian Championships
- National Open will be part of Canadian Championships but are not part of Elite Canada.
- Please refer to GymCan Provincial Pathways document for regulations.

2.2 PROVINCIAL STREAM PROGRAM

2.2.1 Introduction

The purpose of the Provincial Stream Program is to provide a beginner level competitive gymnastics program. These competitors may or may not move to the National Stream Level. Provincial Stream competitions will also accommodate the late beginners in our programs

2.2.2 Eligibility

The purpose of the Provincial Stream Program is to provide a beginner level competitive gymnastics program. These competitors may or may not move to the National Stream Level. Provincial Stream competitions will also accommodate the late beginners in our programs. Any male gymnast who registered with AGF and has competed at the AGF National Stream Provincial Championships must petition to the MTA to compete at Provincial Stream meets.

- See section 5.2 for NCCP requirements for coaches at AGF section events.

2.2.3 Age Standards

	Competition Categories	
Categories	**2026 - 2027 Season**	**2027 - 2028 Season**
National Open	**2012 and earlier**	**2013 and earlier**
Provincial 5	**2013 and earlier**	**2014 and earlier**
-Provincial 4	**2014 – 2015 – 2016 - 2017**	**2015 – 2016 – 2017 - 2018**
	2013 and earlier	**2014 and earlier**
Provincial 3	**2014 – 2015 – 2016 - 2017**	**2015 – 2016 – 2017 - 2018**
	2013 and earlier	**2014 and earlier**
Provincial 2	**A (2019)**	**A (2020)**
	B (2018)	**B (2019)**
	C (2017)	**C (2018)**
	D (2016)	**D (2017)**
	E (2014 - 2015)	**E (2015 - 2016)**
Provincial 1	**A (2019 – 2020)**	**A (2020 – 2021)**
	B (2017 – 2018)	**B (2018 – 2019)**
	C (2015 – 2016) **D (2013 - 2014)**	**C (2016 – 2017)** **D (2014 - 2015)**

*Alberta allows for boys aged 7 to compete in the Provincial 1 category

ii. Requirements

- Provincial Level 1 - 5 – must perform the GymCan Provincial Pathway document.
- National Open – must adhere to the GymCan Provincial Pathway document.

2.2.4 AGF Sanctioned Events

- Training Camps for Provincial Program Athletes

MEN'S PROVINCIAL STREAM CHAMPIONSHIPS

There will be Provincial Stream Championships for the following categories:

- Prov. 1
- Prov. 2
- Prov. 3
- Prov. 4
- Prov. 5
- National Open

- All age groups will compete at the Provincial Stream Championship Meet(s).
- Levels 1, 2, 3, 4, 5, and National Open will compete on all 6 events using Provincial Stream rules.
- Provincial Stream Provincial Championships P1-P5 and National Open will be based on a **one-day** competition.

Team Alberta Event: Western Canadian Championships

Please find all current technical rules for Westerns Policy Manual on the AGF resource web page. The following categories compete at Westerns:

- Provincial 2 (C,D,E) , Provincial 3, Provincial 4, and Provincial 5
- Alberta will send two (2) teams of 5 (Team A and Team B) for each category.
- Top 5 placing AA athletes in each level will receive AGF funding. Other athletes will be self-funded.
- Score for who will make the team is determined using the best score from any sanctioned trials.
- There are no qualifying scores for Westerns.

I. As per the current Westerns Manual, National Open athletes may attend Westerns as P5 athletes. These athletes will be self-funded and may fill any available positions on the Alberta P5 Team. Their participation is dependent on the number of eligible P5 athletes within the province, as Alberta-eligible P5 athletes will fill team positions before any National Open athletes are added.

II. National Open athletes/clubs interested in attending Westerns as part of the P5 Team must declare their interest no later than one week prior to the final Alberta Team Trials for the Westerns competition. Declared athletes will be assigned to any remaining available spots. If the number of interested National Open athletes exceeds the available positions, placement on the P5 Team will be determined based on athlete rankings and results. Any petitions may be submitted by email to the Team Selection Committee and the Program Manager.

III. National Open athletes who qualify as members of the P5 Team will forfeit their enhancement funding for the Westerns competition. Alberta athletes affected by the placement of a National Open athlete—for example, those placing 2nd in an individual event or 4th in a team event—will become eligible to receive the funding amount forfeited by the athlete or team that placed ahead of them, depending on team composition.

Coaches NCCP Requirements are as follows:

NCCP requirements for coaches at Western Canadian Championships must align to standards of their own province. Refer to section 5.2.

2.2.5 Competitive Format

- The Provincial Level – Levels 1 - 5 will complete the stated GymCan routines.
- Provincial Levels Warm-up (Capital Cup) 20-minute general - No equipment
  - 5-10 athletes 10 minutes event warm-up
  - 10+ athletes 11–15-minute event warm-up (Head judge discretion)
- National Open warm-up (Optional for P4 & P5) based on session organization)
  - 90 minute General Warm-up
  - 1 touch allowed

2.2.6 Awards for Sanctioned Competitions
Number of Awards Presented

- If any category has more than 25 athletes registered in the category, the category will be broken into two (divided by age)
- Any category that has 3 athletes or less may be combined for awards
- P5, Open, Jr, & Sr will only receive Top 3 medals

1 - 3 Athletes	All Around – Top 3 medals Event – Top 3 Medals
4 - 5 Athletes	All Around – Top 3 medals + 4-5 Ribbons Event – Top 3 Medals
6 - 9 Athletes	All Around – Top 3 medals + 4-8 Ribbons Event – Top 3 Medals + 4-8 Ribbons
10 Athletes or more	All Around – Top 3 medals + 4-8 Ribbons Event – Top 3 Medals + 4-8 Ribbons

Team Awards

- All levels are eligible for Team Awards
- A minimum of 3 athletes must be competing for team awards to take place.
- 3 scores count per event.
- Age groups are combined

2.3 ELITE PATHWAY PROGRAM

2.3.1 Introduction

The purpose of the Elite Pathway Program is to provide a high-level competitive gymnastics program for our athletes.

- Please refer to the most updated GymCan Elite Pathways document for all regulations.

2.3.2 Eligibility

- To compete in Novice at Elite-Canada or Canadian Championships, athletes must achieve the following screening activities set by GymCan:

	FX	PH	SR	VT	PB	HB	AA
Novice							63.0
Junior 15-16							65.0
Junior 17-18							67.0
Senior 19-20	12.1	11.7	11.7	12.5	11.7	11.6	69.0
Senior 21+	12.3	12.0	12.0	13.0	12.0	11.8	71.0

- Senior 21+ Vault
  - Need to score an average of 13.0 for 2 vaults (vault specialist) in the same competition
  - AA athlete – only 1 vault required

2.3.3 Elite Pathway Rules

Elite Path	Rules And Regulations
Senior	Senior FIG rules
Junior	Junior FIG rules
Novice	Modified FIG rules; 7 skills and supplementary rules

2.3.4 Age Standards

Elite Pathway Age Determination

2.3.5 National Age Group and Senior National Team Member

Category	Season: Sept 1, 2026 -Aug 31, 2027	Season: Sept 1, 2027 -Aug 31, 2028
Senior 21+	2006 or earlier	2007 or earlier
Senior 19-20	2007-2008	2008-2009
Junior 17-18	2009-2010	2010-2011
Junior 15-16	2011-2012	2012-2013
Novice 13-14	2013-2014	2014-2015

Junior and Senior GymCan National team members will be automatically selected to the Provincial Team to represent Alberta at Canadians. National Team members do not have to attend the Canadian Championships preparation training camp(s). Senior National team members must appear at Provincials as a judge, coach and/or awards presenters. Eligibility to receive Enhancement Funding is contingent on an appearance at Provincials.

2.3.6 AGF Sanctioned Events for Elite Pathway Programs

ALBERTA TRIALS

- Alberta Trials will be open to all Elite Pathway Categories
- Scores posted at Alberta Trails will be used for the purpose of qualification to Canadians as well as Open and Junior Team selection for Canadian Championships

PROVINCIAL CHAMPIONSHIPS

- There will be Provincial Championships for all Elite Pathway Categories.
- Please refer to the GymCan Elite Pathway document for regulations.
- Provincial Championships will be closed to any gymnast from outside the province.

Competitive Format

- Please refer to the most current GymCan Elite Pathway Program document

Awards for Sanctioned Competitions

- See Section 2.2.6

2.3.7 National Stream Events

Canadian Championships

Canadian Championships are held each year for all Elite Stream and National Open athletes.

- Alberta Team Selection for Canadian Championships
    - Open Team Criteria
        - Top 4 AA based on Trials
        - 4 athletes that best compliment the top 4 AA based on apparatus scores
    - Jr Team Criteria
        - Top 4 AA based on Trials
        - 2 event specialists chosen by the Team Selection committee
- Please refer to the Elite Pathway Methodology (page 4) or in the GymCan Elite

pathways document for competition format.

- To participate as an Alberta team member at Canadian Championships, the gymnast must attend:
  a) Provincials (as an athlete, judge, coach, or awards presenter), **and**
  b) One of the Sanctioned Trials.

Please email mag@abgym.ab.ca in order to receive a formal exemption from this rule and to complete the exemption request form before approval.

Qualifications standards for the 2025-2026 Competitions season

Qualification to Elite Canada and Canadian Championships, in order to be eligible to compete on the first day of Elite Canada an athlete must meet one of the standards for his category and have his name submitted by his P/T Association on the confirmation of qualification form.

For qualifications standards please refer to the GymCan Elite Pathways document for recommendations regarding attendance. Can be found on AGF website under MAG program tab.

- Ranking scores may be obtained at the following events:
  - Elite Canada
  - Alberta Trials
  - Provincials
  - Westerns, provided it is before the Registration deadline

- Non-National Team members who wish to qualify for the Alberta team to Canadians MUST attend at least one of the following events in addition to meeting the qualifying score:
  - Alberta Provincial Championships
- Competition events, standards, and awards are as per GymCan /FIG guidelines.

Please email mag@abgym.ab.ca in order to receive a formal exemption from this rule and to complete the exemption request form before approval.

Participation of Non-Alberta Residents on Team Alberta

- Non-Alberta residents are welcomed to participate in competition under Team Alberta PTO with approval of AGF MAG representatives. (Program Manager and/or Technical Chair)
- Non-residents scores may count toward team competition within the Junior and Senior categories at Canadians at the discretion of the Team Selection committee.

Coaches NCCP Requirements for this event are as follows:

NCCP requirements for coaches at Canadian Championships must possess current NCCP Competition 3 MAG Certification.

Elite Canada (National Team Selection Meet)

- Elite Canada is the competition, along with the Canadian Championships, that is used to determine the National team members.
- Competition is held in the Novice, Junior, and Senior categories; as per GymCan rules.

Coaches NCCP Requirements for this event are as follows:

NCCP requirements for coaches at Canadian Championships must possess current NCCP Competition 3 MAG Certification.

Team Excel Funding

- Team Excel exists to support the goals of the Strategic Plan as it pertains to the development of National Programs and International Excellence at the High Performance age 13-16 level in Men's Gymnastics.
  i. Any national selected training camp or competition

*******PLEASE NOTE THAT ANY WEATHER-RELATED ISSUES IN REGARD TO AGF SANCTIONED EVENTS WILL BE ADDRESSED ON A CASE-BY-CASE BASIS.*******

3.0 EVENTS UPDATE

3.1 AGF SANCTIONED COMPETITIONS AND EVENTS

- **2025-2026 MAG Calendar of Events. Please visit the AGF website for the Published Calendar**

3.1.1 Appeals

- Must occur after the completion of the competition of the apparatus.
- Appeals must come from the gymnast's registered coach.
- Appeals in which abusive language is used will not be considered.
- Appeals must first be brought to the attention of the D Judge of the panel.
- In case of significant discrepancy in skill credit by the panel, the Head Judges will be consulted.
- Only D-jury scores may be appealed. A coach may inquire about E-jury scores, but any changes are at the discretion of the Head Judge and are not subject to appeal.

3.1.2 Competition Warm-up Format

Provincial Stream – Refer to 2.2.5

Elite Stream

- Competition warm-ups may not begin prior to 8:00 am and competitions may not finish later than 10:00 pm
- All athletes will receive a general warm up and apparatus warm-up prior to the start of the competition as per FIG: Approximately 30 minutes general and 10 minutes per apparatus.
- Novice competitions should be scheduled to take place in the first daytime session whenever possible.
- Each gymnast is entitled to a one touch warm-up prior to the start of their rotation.
- 50 sec. on all apparatus, except Vault.
- Gymnasts are entitled up to a maximum of two warm-up vaults. Note: Climbing onto and jumping off the vault counts as a warm-up vault

*Taken from GymCan MAG Technical Handbook

3.1.3 Competitive Order

Draw for competitive order and starting events for all AGF sanctioned competitions will be completed by random draw at the AGF office immediately following the competition registration deadline. All participating clubs and the event host will be notified of the draw results as soon as the draw has been completed.

The competition schedule, and a current list of competitors in each session should be provided to the Judging Representative directly. Any changes and updates must be provided or communicated to the Judging Representative immediately.

3.1.4 Meet Entry Fees

For sanctioned events, the following entry fees must be paid by all competitors by the registration deadline. Registrations not received by the registration deadline will be subject to the late registration fees listed below. AGF will usually NOT accept any registrations, or registration changes ONE WEEK prior to the event (extenuating circumstances may be considered).

Training camp	• $55.00 per competitor (all age categories)
Trials	• $75.00 per competitor (all age categories)

When AGF utilizes Scores for ranking purposes (i.e., Alberta Team Qualification) from an invitational event the registration fee will be determined by the host club based on their expenses etc.

Provincial Championships
- $150.00 per competitor (all age categories)
- $50.00 per coach

LATE FEES: An additional $35.00 will be charged for late entries.

3.1.5 Competitive Registration

Each competitive gymnast, coach, and judge must be registered with the Alberta Gymnastics Federation. Any gymnast not registered will not be allowed to compete in any AGF sanctioned meets during that competitive season.

3.1.6 AGF Hosting Manual

All rules, regulations, and guidelines when hosting an AGF sanctioned event and/or clinic (coaching, judging, or Respect in Sport) must be adhered to by the host club and Director. All inquiries regarding hosting can be directed through the AGF office.

3.1.7 Meet Results

It is the responsibility of the event host to send a copy of the event and all-around results to the following, within one week of the meet:

- AGF office
- All competing clubs
- All original copies of the event score sheets and final results must be sent to the Judging Representative immediately following the event via the AGF office (All physical preparation testing results must be forwarded to the AGF office).
- Coaches / Judge meeting following last competitor in each session in any sanctioned event to go over any common deductions etc. that judges are seeing.

3.1.8 Training Camps

- Select Camps will be offered to athletes that are eligible to attend Western Canadian Championships and/or Canadian Championship. These camps will be attended by invitation only where athletes that meet a minimum of one of the Alberta Standards Criteria in their level will receive an invite to attend the camp.
  - The standard score criteria can be found in the AB standards document linked below:
    - https://abgym.ab.ca/app/uploads/2024/11/AGF-Standards-Document-2024-2025.pdf
- Athletes can meet Standards Criteria at Elite Canada or at sanctioned events with a cut off being 1 month prior to the camp date.

**Please refer to the Alberta Standards Document on the Men's Program page of the AGF website

4.0 JUDGING

4.1 JUDGING PRE-REQUISITES/QUALIFICATIONS

To participate in sanctioned or non-sanctioned events, judges must complete the following requirements:

- Must be 14 years of age
- Must be an AGF registered member
- Judges 18 years of age and older must obtain Criminal Record Checks every 3 years or be able to supply one that is no more than 3 years old.
- Must complete the online Respect in Sport for Officials Course

For further inquiry please email mag@abgym.ab.ca

4.1.1 Entry

Pre-requisite

- Must be 14 years of age
- Must be an AGF registered member or become one after course completion

Qualifications

- Must complete the GymCan online course.
- Certified to judge Provincial Levels 1 and 2
- Certified to judge as an E panel judge for Provincial Level 3 and 4.

4.1.2 Regional

Pre-requisite

- Must have a minimum of 1-year experience at the Entry Level and have judged at least 2 competitions. One of these competitions should be a sanctioned event (first trials, second trials, or provincials). It is recommended to have experience judging all 7 compulsory events.
- It is possible to be exempt from the entry level course requirement by having experience as a coach or gymnast. Must receive permission from the judging representative.
- C1 Technical Gymnastics is recommended.
- Must be an AGF registered member or become one after course completion.

Qualifications

- Must complete an approved AGF or GymCan club level course.
- Certified to judge as a D Panel Judge for provincial Level 3 and 4 categories.
- Certified to judge, Provincial 5, and National Open as an E Panel Judge

4.1.3 Provincial

Pre-requisite

- Must be 17 years of age.
- Must have 1-year experience at the Regional Level and have judged at least 6 competitions as a Regional Judge.
- Must have competition experience judging D score on all 6 events.
- It is possible to be exempt from the regional level course requirement by having been a Junior/Senior athlete, having previous experience as a coach or gymnast, and must receive permission from the judging chair.
- Must be an AGF registered member or become one after course completion.

Qualifications

- Must complete an AGF or GymCan sanctioned course.
- Certified to judge up to Open Level as a D Panel judge.
- Certified to judge all levels as an E Panel Judge.
- Able to organize a competition, and to Head Judge Provincial age group meets.

4.1.4 National

Pre-requisite

- As per National requirements.
- Must be an AGF registered member.

Qualifications

- Must have passed the National Level judging course.

4.2 GENERAL

4.2.1 Responsibilities

Judges must make every effort to uphold high professional ethics as they relate to judging at a competition. Judges and coaches are encouraged to communicate informally prior to, during and/or after competitions regarding any technical concerns.

Unless otherwise specified, judges are required to meet 1 hour prior to the start of the competition.

4.2.2 Uniform

The uniform for judges at all AGF sanctioned meets will be a dark blue suit.

4.2.3 Travel

- Travel and meals will be compensated for by AGF in accordance with the AGF Expense Claim Policy.
- For judges attending in dual roles (ie. also as a coach and/or athlete)
  - If the judge is judging over 50% of the competition, AGF will make and cover the costs of all hotel arrangements. If the judge chooses to stay with their club, AGF will reimburse 50% of the hotel costs.
  - No mileage/flights will be covered by AGF
- If the judge is judging less than 50% of the time, no hotel cost will be covered
- All travel arrangements must be approved by the AGF Men's Program Manager and panel coordinator prior to the competition, failure to do so may result in no travel compensation.
- Expenses for Invitationals must be pre-approved by the judge completing the panels in conjunction with the Host Club.

4.2.4 Judges' Education Program

GymCan is in the process of updating the current Judge Program with an education program for all levels of judges and all Provinces/Territories. AGF will review this program on an ongoing basis and will inform all members in a likewise fashion.

4.2.5 FIG Judges' Enhancement Funding

FIG judges are able to receive up to $2000 within the year to go toward attending national/international educational and development opportunities. The use of the funds must be approved by the Judging Chair before allocation. The enhancement budget may not be able to support the funding of every FIG judge for every given year which will result in only select judges receiving the funding each year. Judges will not receive more than $2000 for the year unless approved by the AGF Manager and Judging Chair.

4.3 AGF JUDGES LIST

- Each judge is responsible for maintaining an accurate record of annual judging activities to be

submitted to the Judging Chair by September of the following season.

- The purpose of this list is to ensure that all gymnastics competitions in an AGF organized or sanctioned event are judged by qualified officials. The Men's Judging Representative will be responsible for maintaining an up-to-date list. The list will be forwarded to the Program Manager at the end of each season.
- The Judging Chairperson will submit to GymCan an annual list of judges and their ratings.

4.4 HONORARIA/EXPENSES

Judges will be paid honoraria for judging at sanctioned meets according to the AGF scale, providing they are registered with AGF/ GymCan.

Judges who attend Western Championships and/or Elite Canada and/or Canadian Championships on behalf of Alberta may receive up to $150 per day of competition, provided they are actively working during all sessions. If judges only work partial sessions, the honorarium will be calculated accordingly. Judges attending these events must be assigned by either GymCan or AGF.

Please see Appendix 2 – MAG Judging Honorarium Scale. Please refer to section 6.2 for the expense policy

4.5 JUDGING ASSIGNMENTS

- At Provincial Championships the highest ranked judges in the province shall be assigned based on availability. There should be a National Judge as Head Judge on each panel.
- For compulsory competitions the highest-ranking judges should be assigned based on availability. All judges that are assigned to Nationals are required to judge at one compulsory competition. If it is a qualifying meet for Nationals, then there shall be at least two judges per panel.
- Regional and Provincial Judges should be used as the Second Judge at Club invitationals to gain experience.
- Seniority will be considered along with the judge's provincial involvement when judges are equally qualified to attend a competition.
- The judging assignments should also consider assignments that were given out in the previous years. Thus, if two judges have equal ratings and one of them goes to Westerns one year then the other judge shall go the following year.
- Missed assignments, tardiness in filling out reports, and improper dress will be considered when assignments are given out.
- To upgrade levels, you must have the permission of the Provincial Judging Representative and/or the National Judging Chairman.
- Any official who feels he is receiving unfair treatment and/or assignments should write a letter to the Men's Program Manager and/or Men's Technical Assembly concerning the grievance.

4.5.1 Alcohol, Drugs, and other Mood-Altering Substances

Members are prohibited from reporting to any AGF Activities under the influence of alcohol, non-prescription or illegal drugs or mood-altering substances, including without limitation recreational cannabis. Consumption (vaping, smoking, eating, or ingesting by any other means) of cannabis, any other mood-altering substance, and any illegal substance, is prohibited at all times during AGF Activities. Alcohol may be consumed by adults from time to time at AGF-related business, social, and recreational events, provided consumption is professionally reasonable and kept to a minimum. Under no circumstances will adults operate a motor vehicle if their abilities to do so are in any way impaired.

Where minors are present, adults shall take reasonable steps to manage the responsible consumption of legal intoxicants in adult-oriented social situations associated with AGF Printed documents are uncontrolled. Current versions are available from AGF. 8 Activities. Under no circumstances shall any adult provide, promote, or condone

the use or consumption of alcohol, drugs (other than properly prescribed medications) or performance-enhancing substances by a minor. Minors are prohibited from consuming (vaping, smoking, eating, or ingesting by any other means) alcohol, tobacco, cannabis, any other mood-altering substance, and any illegal substance at all times.

5.0 COACHING

5.1 COACHING PROGRAMS AVAILABLE IN ALBERTA

Numerous programs, teaching and coaching aids are available to all clubs and coaches who are members of the Alberta Gymnastics Federation. These programs are widely accepted in the gymnastics community throughout Alberta, as well as the rest of Canada. Utilization of these programs will benefit coaches in the development of club programs and provide information on improved training programs for recreational and competitive gymnasts.

National Coaching Certification Program (NCCP)

The NCCP is designed to train and upgrade coaches in a high-quality educational format.

5.1.1 NCCP Technical Courses

For the most current information pertaining to NCCP courses and Coaching Certification, please call the AGF office or refer to the AGF website.

5.1.2 AGF Certification Requirements

AGF requires all Head Coaches or Program Directors of competitive clubs to be NCCP C2 Certified or higher in Artistic Gymnastics.

For information pertaining to the Coach in Training Program (CIT), please contact the AGF office by emailing education@abgym.ab.ca. Alberta labour laws for adolescent minors must also be followed.

5.1.3 Additional Insurance Requirements

Recreational trampoline use is permitted if a minimum Gymnastics Foundations Trampoline certified coach who is at least 18 years old is supervising. Coaches must coach within the scope of what they have been formally trained. (e.g., A coach must be C1 Artistic/Level 2 Trampoline certified to independently coach inversions on the trampoline).

5.1.4 AGF "Respect-in-Sport" Certification Requirements and MED

All AGF member coaches must be certified in the "Respect-in-Sport" program within sixty (60) days of their employment. There will be no 'grandfathering' of this course. For more information on this course please contact the AGF Office

5.1.5 Police Record Check and Intervention Check

Coaches that attend provincially sanctioned events need to provide their Respect in Sport certification as well as a Police Record Check that is valid within the last 3 years and must remain valid until the end of the event.

AGF appointed coaches and volunteers who plan on holding positions with the provincial teams for the current year must have submitted to the AGF office a document that proves that the coach or volunteer has applied for a current Police Record Check with Vulnerable Sector and Intervention Check. The completed Police Record Check and Intervention Check must be received by the AGF office prior to the event/competition registration deadline.

Team coaches who are attending Elite Canada and Canadians need to update their Record Checks with Vulnerable sector every 3 years in order to attend.

Notwithstanding this, the Alberta Gymnastics Federation may at any time request that an individual in a designated category provide an updated PRC/IRC if the Alberta Gymnastics Federation has grounds to believe that the results of the PRC/IRC obtained previously are no longer accurate.

AGF has created a webpage to explain all necessary checks and can be found at https://abgym.ab.ca/team-alberta/.

5.2 QUALIFICATIONS FOR AGF SANCTIONED EVENTS

All MAG competitive coaches must be aware that coaches wishing to participate on the training and/or competition floor at any AGF sanctioned event must have a minimum of their NCCP C1 MAG Gymnastics Coach training. AGF sanctioned events include but are not limited to, training camps, PTO organized events, special travel opportunities, Team Alberta Activities. See details below:

The detailed qualifications for MAG coaches are as follows:

If you are coaching **P1 – P2**, you must be C1 MAG certified to be on the floor as a solo coach or C1 MAG trained under the supervision of a C1 MAG certified coach.
If you are coaching **P3 – Novice**, you must be C2 MAG certified to be on the floor as a solo coach or C2 MAG trained under the supervision of a C2 MAG certified coach.
If you are coaching **Jr, Open, or Sr**, you must be C3 MAG certified to be on the floor as a solo coach or trained under the supervision of a C3 MAG certified coach.

Exemption may be given to those who complete the exemption form (Appendix 6) a minimum of 1 month before the competition and with the approval of the MAG Technical Chair and AGF MAG Manager. Exemptions will only be approved for extenuating circumstances and/or if the coach has displayed effort to obtain their certification in order to meet the requirements.

Online Exemption Form can be accessed HERE

5.3 SELECTION OF PROVINCIAL TEAM COACHES

5.3.1 Selection of Team Coaches

Gymnasts making a provincial team will be assigned the following points:

TEAM A

1st place	5 points
2nd place	4 points
3rd place	3 points
4th place	2 points
5th place	1 point

TEAM B

1st place	5 points
2nd place	4 points
3rd place	3 points
4th place	2 points
5th place	1 point

OPEN

1st place	8 points
2nd place	7 points
3rd place	6 points
4th place	5 points
5th – 8th place athletes are chosen based on individual events	2 points

- The club with the greatest representation of athletes based on points will have the opportunity to recommend the coach for the team. If there is a tie, the club with the highest placing gymnast of the two shall be entitled to recommend the coach. The Men's Technical Assembly must then ratify the recommendation. The MTA, at its discretion, may appoint a coach other than the club's recommended appointee.
- If a gymnast withdraws from a provincial team before the competition and a replacement is a competitive member of another club, there shall not be a change of point allotment for the selection of the team coach from the original assignment of points.
- The appointed team coach is responsible for all provincial team athletes for the duration of the entire competition including all events the athlete will compete in. The appointed coach also has the authority to allow any personal coach on the competition floor or training gym, in accordance to the rules of the competition.
- If an athlete is placed in a separate group from that of the provincial team athletes (i.e. alternates to Canadian Championships) the athlete's personal coach will be allowed access to the floor for this competition in accordance to the rules of the competition.

5.3.2 Requirements/Guidelines

- Coaches of the provincial team should be at least 19 years of age.
- Coaches should have coached for a minimum of 3 years at the competitive level.
- The coach selected should be actively working with the club athletes who have been selected to the provincial team.
- The coach must agree to work with their assigned team athletes equally and fairly and must

be prepared, if necessary, to be responsible for the provincial team members throughout the entire trip (not just on the competition floor).

- All provincial team coaches for National Championships will be required to be NCCP Competition 3 Certified.
- The coach must stay in the same residence or hotel as the team unless otherwise assigned by the Organizing Committee or AGF.
- The Men's Technical Assembly must approve the coach.
- The coach should travel with the gymnasts whom he or she is assigned to coach, unless the AGF Board of Directors, or their designate, approves of alternative arrangements.
- Any coach that is registered by AGF, as part of any Alberta contingent must be certified in the Respect in Sport course and possess current Standard First Aid and CPR Certification.
- Team coaches act as ambassadors/advocates on behalf of the athletes, in terms of ensuring that the technical elements are being executed in accordance with the prescribed rules and regulations in effect.
- The Team Coach(es) are responsible for the overall supervision and management of the Team's activities before, during, and after the competition.

5.3.3 Alcohol, Drugs, and Other Mood-Altering Substances

Members are prohibited from reporting to any AGF Activities under the influence of alcohol, non-prescription or illegal drugs or mood-altering substances, including without limitation recreational cannabis. Consumption (vaping, smoking, eating, or ingesting by any other means) of cannabis, any other mood-altering substance, and any illegal substance, is prohibited at all times during AGF Activities. Alcohol may be consumed by adults from time to time at AGF-related business, social, and recreational events, provided consumption is professionally reasonable and kept to a minimum. Under no circumstances will adults operate a motor vehicle if their abilities to do so are in any way impaired.

Where minors are present, adults shall take reasonable steps to manage the responsible consumption of legal intoxicants in adult-oriented social situations associated with AGF Printed documents are uncontrolled. Current versions are available from AGF. 8 Activities. Under no circumstances shall any adult provide, promote, or condone the use or consumption of alcohol, drugs (other than properly prescribed medications) or performance-enhancing substances by a minor. Minors are prohibited from consuming (vaping, smoking, eating, or ingesting by any other means) alcohol, tobacco, cannabis, any other mood-altering substance, and any illegal substance at all times.

6.0 STANDINGS GUIDELINES & PROCEDURES

6.1 GENERAL

6.1.1 AGF Code of Ethics / Code of Conduct (See AGF's policies and procedures)

- It is the responsibility of all AGF members to review the Code of Ethics / Code of Conduct Manual. Copies may be obtained either through the club or by contacting the AGF office.
- If you would like to file a report of violation, please visit the AGF webpage below. https://abgym.ab.ca/safe-sport/report-a-concern/

6.1.2 Regulations for Alberta Team Representatives

Athletes

- Please refer to the ALBERTA GYMNASTICS FEDERATION Code of Ethics and Code of Conduct Manual for regulations pertaining to athletes.
- Upon being named to a team, all athletes will receive the *AGF Team Manual: Parents and Athletes*, which also contains the *AGF Discipline Policy Manual*. Please familiarize yourself with this manual.

Officials/Judges

- Please refer to the ALBERTA GYMNASTICS FEDERATION Code of Ethics and Code of Conduct Manual for regulations pertaining to officials.
- All officials are responsible to support and enforce these above regulations as well as to report any violations. Officials contributing to, or having knowledge of, violations will be subject to disciplinary action with the athlete(s).
- All officials are responsible to attend meetings and functions as assigned.
- Officials should inform, when possible, the team manager when leaving residence or team.

Coaches

- Please refer to the ALBERTA GYMNASTICS FEDERATION Code of Ethics and Code of Conduct Manual for regulations pertaining to coaches.
- All coaches are responsible for their specific team for the duration of the tour, on and off the floor.
- Responsible for setting competitive dress for the team. All team coaches must wear AGF uniforms.
- The coach is the agent for their athlete(s).
- Responsible to set and enforce curfew for team in co-operation with the team manager (refer to Team Manager Manual).
- All coaches should have possession of the *AGF Team Manual: Team Manager* and the *AGF Team Manual: Parents & Athletes*. These manuals contain the *AGF Discipline Policy Manual*

6.0.2 AGF TEAM UNIFORM POLICY

Please see Appendix 4 for a complete breakdown of the Team Alberta uniform policy. See AGF Policies and Procedures for clarification regarding religious attire in gymnastics settings. Current FIG Code of Points and applicable human rights legislation shall preside over all competitive activities in Canada. Please refer to the appropriate FIG/GymCan policy and procedures for all competitive related scenarios.

6.2 AGF EXPENSE POLICY

6.2.1 Summary

The AGF's Expense Claim Policy applies to expenses that may be incurred by individuals while carrying out duties on behalf of the AGF including meetings, clinic workshops, judging assignments, etc. This policy does not apply to expenses for events such as major competitions; allowable expenses for major competitions are considered on a project-by-basis in relation to the AGF's annual budget, link to online below: (Can also be found under the MAG Program Page on the AFG Website)

https://activitymessenger.com/p/efn5KTn

- Expense claims must be submitted within 30 days of following the completion date of the activity. Expense claims **after** this deadline **will not** be reimbursed.
- Expenses, which are not substantiated by receipts, will not be reimbursed (with the exception of meal and personal vehicle allowance).
- Expenses, which are beyond the stated maximum, will be reimbursed only to the maximum allowable claim.

6.2.2 Travel

- For AGF Funded travel the most economical method of transportation, including en route meals and accommodation will be used.
- AGF will book all travel for athletes and coaches for competitions in the East (Ontario and further East). Coaches and athletes are required to book their own travel for competitions in the West (Manitoba and west).
- AGF will reimburse coaches a maximum of $650 for flights/mileage with receipts.

6.2.3 Notification

- The provincial office if applicable will make all reservations and ticketing for individuals funded by the AGF when event is held in Ontario and further East or in special circumstances that have been communicated.
- The staff will attempt to notify, in writing, the concerned individual at least 4 weeks before the travel date.
- The staff will phone or fax the concerned individual before finalizing the travel arrangement, if the notification is less than 5 weeks before the travel date.

6.2.4 Cancellation

The individual will assume cancellation costs incurred to the AGF due to notification from an individual less than 4 weeks prior to departure, unless medical or extenuating circumstances apply. The individual has the responsibility of providing adequate proof to the Program Manager.

6.2.5 Bus Travel

- Expenses authorized by the AGF office will be reimbursed upon presentation of the original receipts.
- The total cost for transportation, en route meals, and accommodations must not exceed the most economical air travel.

6.2.6 Private Motor Vehicle

- Authorized travel expenses will be reimbursed on the basis on the AGF mileage policy (see the reverse of the AGF expense claim form).
- $0.55 per km (to be claimed by the driver only)
- The total cost for transportation, en route meals, and accommodations must not exceed the most economical air travel.

6.2.7 Ground Transportation and Parking

- If you live further than 35km from the site of the activity, you can claim for mileage. This mileage may also be claimed if you live further than 35km from the airport from which you are leaving. Parking will also be paid for individuals driving to the meeting. Mileage claims for inter-city driving will be calculated according to AMA mileage calculations.
- Car-pooling is expected. The AGF reserves the right to decline mileage claims if reasonable efforts are not made to carpool.
- Fares for airport bus or the equivalent of that fare (if you choose to take a taxi) will be paid where this is available.
- Parking will be paid for residents, but you are encouraged to seek free parking whenever possible. Taxi fares, which exceed the airport bus fare, will only be reimbursed to the value of the equivalent airport bus fare.
- Receipts for ground transportation (except mileage) must be attached to the Expense Claim Form submitted.

6.2.8 Accommodation

- Accommodation will be made by AGF. You will be requested to pay any restaurant, bar, movie, telephone, or miscellaneous charges. If you pay for your own room, receipts must be attached to your Expense Claim Form that is submitted.
- The AGF's policy is to provide "double occupancy" accommodation. Anyone requesting "single occupancy" or wishing to bring their spouse must be prepared to pay any additional costs. In some instances, this may mean that the entire accommodation costs will be subjected to the individual. For example, if there are ten judges requiring accommodation, the AGF will pay for five double rooms; if an individual demands a single room they will have to pay for it themselves.
- All Alberta coaches (team, independent, etc.) must stay in the same residence or hotel as the Alberta delegation (coaches, athletes, managers, chefs) unless otherwise assigned by AGF, regardless of whether the competition is in our home Province/city.
- Since judges are not responsible for athletes, if the competition is in the judge's home city, a judge may choose to stay with the delegation or at home (food and parking costs will be reimbursed). All out-of-town judges must stay with the Alberta delegation.
- Please note: AGF policies take precedent over GymCan/LOC/etc. policies.

6.2.9 Meals

Out of town participants are allowed a maximum of $75.00 per day. Partial days are broken down as follows:

- Breakfast - $17.00
- Lunch - $18.00
- Dinner - $40.00

In Town residents may claim lunch or dinner if the activity is in progress before and after the mealtime. Otherwise claims for meals will not be allowed. Breakfast claims from local residents are not allowed. If event host provides meals, claims will not be allowed.
Expense Claim

- Expense claims will be done on the appropriate form and signed by the individual making the claim. Requiring the staff to sign a claim on behalf of another person is undesirable.
- Only original receipts will be accepted when claiming an expense.
- Claims **must be submitted within 30 days** of completion of the event. However, expenses incurred in a given fiscal year must be claimed before **June 30, of the end of the season**, unless an AGF staff person grants an extension.
- The President/CEO must approve the claim.

For a copy of an expense form, please visit the AGF website MAG Program Page or use this link https://activitymessenger.com/p/efn5KTn

6.2.10 Exceptions to the Policy

The President/CEO must approve exceptions to the policy in advance to the event.

7.0 MEN'S RANKING LIST, ATHLETE ENHANCEMENT FUND, AND AGF AWARDS

7.1 PROVINCIAL RANKING LIST

AGF Men's Ranking System

- The Ranking List will state a points total based on competition results.
- AGF Senior and Junior criterion, see Appendix 1, will be used for ranking Senior and Junior athletes.
- An international competition may be used in lieu of Provincial trials, Provincials, etc. if:
  i. The event is funded by GymCan
  ii. The event falls within (+ or -) one week of trials, Provincials, etc.
- Provincial Level 1, 2, 3, 4, 5, Novice, National Open ranking will be based on total points from competition results, see Appendix 1.
- Physical testing will not be used for ranking.

7.2 ATHLETE ENHANCEMENT FUNDING

The AGF enhancement funding rewards athletes for their exemplary accomplishment.

For a detailed copy of the AGF enhancement funding document, please contact the AGF office.

7.3 ATHLETE OF THE YEAR

Criteria

The AGF Board of Directors will ratify the athlete with the highest number of points. Athletes who are currently on probation or under suspension by the AGF are ineligible for this award.

7.3 ATHLETE ACHIEVEMENT AWARDS

7.3.1 Criteria

Athlete Achievement Awards

International Achievement – Athlete Represented Canada on a GymCan Sponsored team.

National Achievement – For athletes whose category is eligible for Canadian Championships

- Athlete placed in the top three (3) on an event or in the All-Around at the Canadian Championships
- Athletes that placed Top Three (3) on an event or in All-Around at Elite Canada
- Athletes who earned a Team Gold, Silver, or Bronze medal at the Canadian Championships
- Athletes placed in the top six (6) on the Alberta Ranking List
- Athlete attended Canada Winter Games for Team Alberta

Provincial Achievement – For athletes whose category is eligible for Western Canadian Championships

- Athlete placed in the top three (3) All-Around at the Western Canadian Championships
- Athlete placed in the top three (3) on an Apparatus Final at the Western Canadian Championships
- Athlete earned a Team Gold medal at the Western Canadian Championships

7.4 AGF GALA RECOGNITION

The annual AGF Awards Banquet is under the direction of the AGF Board of Directors.

Coach of the Year

The Coach of the Year award is awarded to one coach from any discipline within the AGF. Nomination forms are circulated in the summer and the AGF selects the award recipient. One coach from each discipline will be invited to the banquet and the award recipient will be announced at the banquet.

Official of the Year

The Judge of the Year award is awarded to one official from within the AGF.

Judges Recognition

The Judging Chair will choose one MAG judge to receive recognition at the Annual AGF Gala.

AGF Service Recognition

AGF recognizes years of service in 5-year increments. Years of service are counted for: committee members, active judges, coach developers, team managers, team coaches, and LOCs for major events.

Athlete of the Year

The MAG National athlete with the most points, based on the "AGF Men's Ranking List" (Appendix 1), will be declared "Athlete of the Year" upon ratification of the MTA

Athlete Achievement Awards

As outline in Section 7.4

8.0 APPENDICES

8.1 APPENDIX 1: AGF Men's Gymnastics Ranking

Provincial 1

RANK AA	PROVINCIALS Points Awarded
1st	15
2nd	14
3rd	13
4th	12
5th	11
6th	10
7th	9
8th	8
9th	7
10th	6

Provincial 2 - 5

Provincial Categories - P2, P3, P4 and P5			
AA Rank	Provincials	AA and IE	Westerns
1	10	1	15
2	9	2	12
3	8	3	9
4	7	4	7
5	6	5	5
6	5	6	3
7	4		
8	3		
9	2		
10	1		

Novice, Junior, Senior, and Open Ranking Criteria

- World Gymnastics International Competitions (e.g., World Cups, Commonwealth Games, Pan Am Games and Championships, Pacific Alliance, etc.), Elite Canada, and Nationals.
- International events placing will be based on Event Finals only.
- Athletes who receive Sport Canada Carding money will not be eligible for "core funding".
- Athletes who receive "no points" will not be eligible for "core funding".
- The total points from all events will be used for calculating the ranking list.

National Categories - Novice, Junior, Senior Next Gen, Senior, Open

AA and IE Rank	Elite Canada	Canada Winter Games	Canadians	International	Worlds / Olympics
1	15	15	15	100	1000
2	14	14	14	90	900
3	13	13	13	80	800
4	12	12	12	70	700
5	11	11	11	60	600
6	10	10	10	50	500
7	9	9	9	40	400
8	8	8	8	30	300
9	7	7	7	20	200
10	6	6	6	10	100
11				10	100
12				10	100
13				10	100
14				10	100
15				10	100
Representation		25		50	100
Novice/Junior National Team Status				50	
Senior National Team Status				100	

-

8.2 APPENDIX 2: Judges Honorarium

2026-2027 MAG Judging Honorarium

Entry	$15/hour
Regional	$20/hour
Provincial	$25/hour
National	$30/hour
FIG	$42/hour

8.3 APPENDIX 3: AGF Elections

ALBERTA GYMNASTICS FEDERATION ELECTIONS

MEN'S PROGRAM MANAGER SHALL BE RESPONSIBLE:

- To advertise vacant and /or positions on the committees that are up for election at the next Men's Program Assembly meeting;
- To ensure as full a slate as possible is presented to the Men's Program Assembly for election at the Assembly meeting;
- To ensure each candidate running for a position has prepared a statement of relative experience and interest in the position. That these statements are available to the membership at the Assembly meeting and that each candidate has the opportunity to speak to the membership prior to the votes being cast;
- That the voting procedure is adhered to and two (2) scrutineers approved by the membership determine the results.

NOTIFICATION TO MAG ASSEMBLY:

- At least thirty (30) days in advance of the Assembly meeting, the MP Coordinator shall forward a request for nominations to the members.
- Members shall forward their nominations to the MP Coordinator fifteen (15) days in advance of the Assembly meeting.
- The list of nominees is to be circulated to the members of the Assembly a minimum of seven (7) days in advance of the Assembly meeting. This will include the nominee's resume if applicable.
- If sufficient nominations have been received to fill the vacant positions by the deadline, no nominations from the floor will be accepted.

ELECTION PROCEDURES

Nominations

Nominations will NOT be accepted from the floor at the time of the Assembly meeting. However, if there are sufficient nominees received prior to the deadline and an election is not required, the nominees will be acclaimed. If there are more nominees than positions, an election will occur. If sufficient nominees are not received prior to the deadline, a vote will be held for the vacant positions remaining, provided that two-thirds (2/3) of the eligible votes cast at the AGM agree. *E.g. 4 positions are available, 3 nominations received by stated deadline (acclaimed), leaves one position open for election.

The nominee will be given the opportunity to speak for up to three (3) minutes. No more than one other individual may speak for the nominee up to a maximum of two (2) minutes.

Voting

- Shall be conducted in accordance with the Men's Program Technical Handbook
- At the beginning of the Assembly meeting, two scrutineers will be chosen from amongst the non- voting participant.
- All candidates for the same position will be voted on during the same election segment. The candidates receiving the highest number of votes shall be elected. If a tie occurs additional ballots shall be cast until one candidate receives a majority.
- All ballots will be destroyed following the completion of the elections.

If there are an insufficient number of nominees to fill the required position(s) up for election prior to the deadline for nominations, and provided that 2/3's of the eligible voters agreed to accept nominations from the floor, then the motion will be worded as follows:

MOTION: "To open nominations for the position of_____Representative, on the Men's Program Committee from the floor of the Assembly meeting."

The Men's Program Manager will read the list of nominees.

Each nominee will be given the opportunity to speak for up to three (3) minutes. No more than one other individual may speak for the nominee for up to a maximum of two (2) minutes.

Once the nominees have had the opportunity to speak the election will begin. All candidates running for the same position will be voted on during the same election segment

The MP Coordinator will read the results.

"The following individuals were elected by secret ballot (listed in random order):"

MOTION: "To destroy all ballots

ALBERTA GYMNASTICS FEDERATION

MEN'S ARTISTIC PROGRAM COMMITTEE

2026-2028

Men's Program Assembly

Nomination Form

POSITION – *Judging Chair Representative*

Nominee: _____

Nominator: _____

Nominators Signature: _____

Date: _____

Statement of Agreement

I hereby agree to allow my name to stand for the position of
JUDGING CHAIR REPRESENTATIVE

Nominee's Signature: _____

Date: _____

ALBERTA GYMNASTICS FEDERATION

MEN'S ARTISTIC PROGRAM COMMITTEE

2026-2028

Men's Program Assembly

Nomination Form

POSITION – *Technical Chair Representative*

Nominee: _____

Nominator: _____

Nominators Signature: _____

Date: _____

Statement of Agreement

I hereby agree to allow my name to stand for the position of
JUDGING CHAIR REPRESENTATIVE

Nominee's Signature: _____

Date _____

MEN'S ARTISTIC PROGRAM COMMITTEE

2026-2028 ATHLETE REPRESENTIVE NOMINATION FORM

Club/Individual: _____

Nominates the following individual(s) for the Men's Artistic Committee as Athlete Representative 2024 – 2026 (The term would be from October 2024 to October 2026

Criteria:

- 18+ years old
- Actively Training at an AGF registered club
- Registered member of AGF in the National Athlete Category
- AGF member in good standing
- Competes as an Open, Junior, or Senior athlete.

MAG Athlete Name: _____

_____ _____

Signature of Nominator or witness (Coach, Club Representitive) Date

The Men's Technical Committee Athlete Representative must take on the responsibilities of attending all AGF Men's Technical Assembly meetings as well as the Athlete group meetings hosted by GymCan. The MAG Athlete Rep will act as a non-voting member of the committee and will take on the position of being the voice and opinion of the athletes within the program as a whole.

Please note: There will be no nominations from the floor.
Voting will take place in person, during the Fall Annual General Meeting.
Final Representative is voted on by the Men's artistic committee and club representatives across Alberta who are present for the vote.

Please return this nomination form to
Ray Heiderich (mag@abgym.ab.ca) by
August 30th, 2026.

NOMINEES FOR CHAIRPERSON

(Mark an x beside the name of choice)

NOMINEE:_____ ☐

NOMINEE:_____ ☐

NOMINEE:_____ ☐

NOMINEE:_____ ☐

NOMINEE:_____ ☐

NOMINEE:_____ ☐

8.4 APPENDIX 4: AGF Team Uniform Policy

COMPETITIONS – TEAM ALBERTA

While representing Team Alberta at; Western Canadian Championships, Canadian Championships or any other officially sanctioned Team Alberta event, team members shall adhere to this dress code policy and any other regulations as stated.

UNIFORMS

The official competition uniform for athletes, coaches, managers, and others representing Alberta, is a Provincial team (AGF) track suit (jacket and/or pant) and any other official AGF issued garment (older pieces acceptable).

ATHLETES

For all athletes, including the Alberta team, body suit/singlet is part of the official uniform and must be worn at training and competitions.

MAG ATHLETES

As per the GymCan MAG Competition Pathways Document 4.3 Competition Duties of Gymnast

i. Gymnasts must be attired according to the stipulations of the current FIG Code of Points. Note: Canadian Competitions, dark colours longs (including black and dark blue) are not allowed.

ii. Gymnasts are required to wear a shirt at all times during competition warm ups and whenever training in the competition gym.

iii. Athletes from the same Team or Club must wear the same competition attire.

- All athletes and coaches at Canadian Championships compete for their Province and wear provincial uniforms.
- All athletes and coaches at Regional Championships compete for their Province and wear provincial uniforms.
- All athletes and coaches at Elite Canada and the Compulsories Selection Event Compete for their club and will wear club uniforms
- National Team uniforms will be worn only when representing Canada (No exceptions).

Code penalty COACHES:

The following Coaches attire is required during the competition, including any training sessions and warm-up period at any of the events listed above: appropriate training suit (long pants and AGF team jacket); top: appropriate T-shirt (AGF issued), polo shirt (AGF issued) and/or training jacket; appropriate indoor sport footwear. Coaches will also be permitted to wear tops in the following colours; white, navy, blue, or grey. The must be plain in design and free of any club identification (designs, logos, or sayings). Excluded items include: hats, shorts, jeans, midriff tank tops, ripped or torn clothing.

OFF COMPETITION SITE:

For safety and security reasons when using transportation to/from Western Canadian Championships, Canadian Championships, or any other officially sanctioned Team Alberta event (to be determined by AGF) athletes, coaches and managers are required to wear official Team Alberta team attire. Other meets that are sanctioned by Team Alberta but participants are travelling as part of a club are encouraged but not obligated to wear official team attire.

When travelling to/from the venue to compete, athletes, coaches, managers will be required to wear their AGF track suit jacket and/or any other official Team garment, including GymCan National Team attire.

During 'downtime/personal time' occurring throughout the above-mentioned events athletes, coaches, managers, are encouraged but not obligated to wear their official team attire.

For safety and security reasons during all official off-site Team functions (i.e. site seeing/shopping, etc.) athletes, coaches, managers will be required to wear their AGF track suit jacket or any other official Team garment.

PENALTIES

If the above policy is not adhered to, members of the AGF Mission staff will issue the following:

- Verbal warning to the offending individual requiring them to comply within 30 minutes.
- If the situation is not corrected in 30 minutes, the offending individual will be required to pay 50% of their applicable cost share or 50% or the actual cost share (i.e. fully funded AGF coach).
- If the situation is not corrected following an additional 30 minutes, the offending individual will be required to pay 100% of their applicable cost share or 100% of the actual cost share (i.e. fully funded AGF coach).
- All extenuating circumstances (i.e. socials/dances, etc.) will be reviewed by the Chef de Mission or other appointed Team Leader on a case by case occurrence.
- The Chef de Mission or other appointed Team Leader may at his/her discretion mandate when and where the official competition uniform for athletes, coaches, managers, and others representing Alberta as a Provincial team (AGF) must be worn.

8.5 APPENDIX 5: Entry Fee Refund Form

AGF Entry Fee Refund form is Online and can be access through the link below:
https://activitymessenger.com/p/8lWmiWC

8.6 APPENDIX 6 – Coach Certification Exemption Form

AGF Coach Certification Exemption Form is Online and can be access through he link below:
https://activitymessenger.com/p/jnVQYhI

8.7 APPENDIX 7 Hosting Application

AGF Sanctioned Event Hosting Application Is Online and can be access through the link below:
https://activitymessenger.com/p/qa6ChpP

8.8 APPENDIX 8: Safe sport Guidelines for Alberta's MAG Judges

Judging is a great opportunity for athletes, coaches, parents and other interested parties to be involved and stay involved in the sport of gymnastics. Knowing that Gymnastics Canada and the Alberta Gymnastics Federation is committed to promoting a safe environment for our members, these guidelines have been developed to set forth efforts to promote a safe environment for our officials. For more information refer to Alberta Gymnastics Federation for Safe Sport Resources.

The following guidelines will be adhered to for sanctioned events and are highly recommended for invitationals.

General Policies:

1. A Back/Police Check is required every 3 years in Alberta and yearly for Gymnastics Canada events.
2. Judges must complete the Respect in Sport (Officials) Course.
3. MAG judges must be at least 14 years old to judge in Alberta.
4. Judges should follow the "rule of two" as outlined in the AGF's Safe Sport Resources (https://abgym.ab.ca/safe-sport/).

Rooming Guidelines:

1. Unless the judges are related, they should be roomed with the same gender.
2. Judges under the age of 18 should not be roomed with a judge over the age of 18+ unless the judges are related, or the waiver has been signed accordingly.
3. Judges under the age of 18 will require parental consent to room by themselves, or with anyone other than family.
4. Judges who are still athletes should not be roomed with an unrelated direct coach or possible team coach.

Travel Guidelines:

1. Judges are encouraged to carpool whenever possible. Travel arrangements must be approved by the judging chair for reimbursement.
2. However, judges under the age of 18 should not travel alone with an unrelated adult. If this is the case, special permission will be required in advance from the minor judge's guardian.
3. Judges under the age of 18 should establish a "buddy" system when away from the venue.
4. Any judge under the age of 18 is required to fill out the "Judging Travel Permission Form for Underage Judges" at the start of the season. This permission form is located below and must be sent to the MAG Judge Representative (chrisgrabowecky@hotmail.com) and MAG Program Manager (mag@abgym.ab.ca).

8.9 APPENDIX 9: Judging Travel Permission Form for Underage Judges

AGF Entry Fee Refund form is Online and can be access through the link below:
https://activitymessenger.com/p/rhkO3V2

8.10 APPENDIX 10: Coach Recognition Chart

We have three tiers of coaching recognition; Developmental, Provincial, and National.

These coaches are recognized within the MAG program at a AGF selected event.

This chart may be used in situations where coach recognition is taking place outside of Alberta's MAG coach of the year.

In order for coaches to receive point, their athletes need to be in a standard considered level and achieve either level standard or a medal at their peak competition.

Tier 1 can receive 1 point for every gold medal at Provincials.

Tier 2 can receive 3 points for every gold medal at Westerns.

Tier 3 can receive 3-2-1 points for every medal at Canadians.

Competition level	**AGF Standard (AA score)**	**Points**
Tier 1(Provincial Champtionships)		
Provincial 1 A - 7 years old	50	1
Provincial 1 A - 8 years old	54	1
Provincial 1 B - 9 years old	60	1
Provincial 1 B - 10 years old	66	1
Provincial 1 C/D - 11+ years old	60	1
Provincial 2 A - 8 years old	56	2
Provincial 2 B - 9 years old	60	2
Tier 2 (Western Canadian Championships)		
Provincial 2 C - 10 years old	66	2
Provincial 2 D - 11 years old	72	2
Provincial 2 E - 12/13 years old	72	2
Provincial 3 - 12 years old	65	2
Provincial 3 - 13+ years old	68	2
Provincial 4 - 12 years old	65	3
Provincial 4 - 13+ years old	70	3
Provincial 5 - 14 years old	68	3
Provincial 5 - 15/16 years old	70	3
Provincial 5 - 17 years old	71	3
Tier 3		
Aspire - 13 years old	70	4
Aspire - 14 years old	72	4
Junior - 15 years old	68	5
Junior - 16 years old	69	5
Junior - 17 years old	70	5
Junior - 18 years old	72	5
N-Gen Senior - 19 years old	72	6
N-Gen Senior - 20 years old	72	6
Senior National - 21+	73	6

Contacts:

AGF Safe Sport Information

https://www.abgym.ab.ca/Safe-Sport

MAG Program Manager

Ray Heiderich

mag@abgym.ab.ca

Alberta Technical Chair Representative

Colin Plomp

magchair@abgym.ab.ca

Alberta's MAG Judging Representative

Chris Grabowecky

chrisgrabowecky@hotmail.com

ALBERTA GYMNASTICS

Men's Artistic

Technical Handbook

2026-2027