

ALBERTA GYMNASTICS

Women's Artistic

Technical Handbook

2026-2027

Acronyms

The following acronyms will be used in this document.

AGF – Alberta Gymnastics Federation
GymCan – Gymnastics Canada
USAG – USA Gymnastics
FIG – Federation Internationale de Gymnastique
WPTH – Women's Program Technical Handbook
WPC – Women's Program Committee
WJC – Women's Judges' Committee
CCP – Canadian Competitive Program
WDP – Women's Development Program
HP – High Performance
AP – Aspire Program
LTAD – Long Term Athlete Development

Purpose

The Purpose of the WPTH is to ensure consistency in the Women's Program, by establishing Rules, Regulations and Program Guidelines.

The AGF WPTH is reviewed and updated annually. It presents the standards by which the Women's Gymnastics Program of AGF is governed. The WPTH is a supplement to the FIG Code of Points, the CCP, the Canadian HP Manual, the Canadian WP Manual and GymCan Technical Regulations and must be used by Alberta Judges and Coaches for all AGF Sanctioned Competitions. Invitational Events must also adhere to the above-mentioned guidelines.

All coaches and judges should be familiar with the entire WPTH as well as the above-mentioned materials to ensure that the gymnasts are getting the most enjoyable and meaningful experience possible throughout their involvement in gymnastics.

Technical Regulations

Unless otherwise specified in this WPTH, the FIG Code of Points, the CCP, the Canadian HP Manual, the Canadian WP Manual and GymCan Technical Regulations shall apply.

CCP

The current CCP Manual including all updates from USGA shall be used during all Compulsory and Optional CCP competitions under the jurisdiction of the WPC, unless otherwise stated in this WPTH.

HP

The current FIG Code of Points and the Canadian HP Manual shall be used during all HP competitions under the jurisdiction of the WPC, unless otherwise stated in this WPTH.

Regardless of distribution/effective date, the rules to be used at a given event will be used for the trials of that event; meaning that Trials to Canadians will use the same rules in effect at Canadian Championships.

Modification to the Women's Program Technical Handbook

At the end of each season, the AGF WP Manager, Technical Director and the WPC will conduct a review of the Rules and Regulations and will prepare recommendations for changes for presentation to the WPA.

All proposed changes to the WPTH must be sent to the AGF WP Manager (c/o the AGF office) a minimum of thirty (30) days prior to a WPA Meeting. A minimum of Twenty-one (21) days prior to a WPA Meeting, all proposed changes to the WPTH, the agenda for the WPA meeting and the minutes from the previous WPA meeting will be circulated to all clubs, the WPC and the WJC.

Decisions of the WPA shall be made in accordance with the provisions of the AGF By-laws and within the policies and procedures of the AGF Board of Directors.

Women's Program Mission Statement

We are dedicated to fostering competitive gymnastics and its values by encouraging participation and growth, and by supporting personal success for everyone.

Women's Program Goal Statements

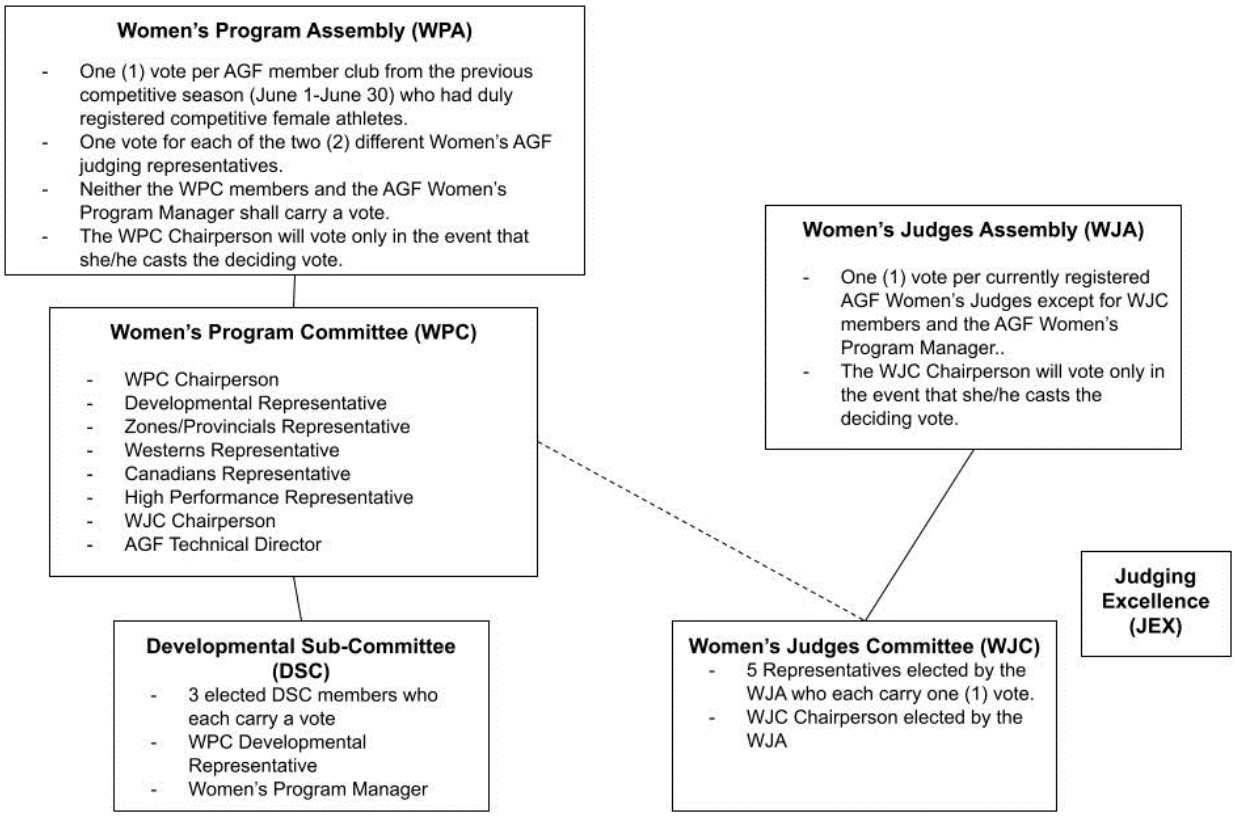
To encourage more people participating in competitive gymnastics.

To inspire athletes, coaches, and judges to achieve personal success.

To attain a high level of provincial, national, and international success.

To foster an athlete centered, collaborative and positive program and competitive environment.

Program Structure



Although the WJA appears to operate independently of the WPA, the WJC works closely with the WPC and functions according to the technical rules and regulations imposed by the WPA, of which they are also members. All committees consist of elected members. The Women's Program Manager assists all committees.

Current Women's Program Committee and Sub-Committees		
WPC		
WPC Co-Chairperson	Kelsey Arnold	wagchair@abgym.ab.ca
WJC Chairperson	Heather Luttrell/Brady Spencer	agf.wjc@gmail.com
Developmental Representative	Jaycie Boisvert	jaycieb@aerialsgymclub.ca
Zones/Provincials Representative	Ashley Sportun	dreamsgymnasticsacademy@gmail.com
Westerns Representative	Jaylene Mosier-Fenske	wag@pegasusgym.ca
Canadians Representative	Jeremy Mosier	admin@pegasusgym.ca
High Performance Representative	Lisa Pattison	lisa.pattison@calgarygymcentre.com
AGF Technical Director	Darren Webster	wagtechnical@abgym.ab.ca
Women's Judges Committee		
WJC Chairperson	Heather Luttrell/Brady Spencer	agf.wjc@gmail.com
Organizational Representative	Melanie Darroch Candice Shannon	melaniedarroch@gmail.com shannon.candice@gmail.com
Developmental Representative	Renee Hall Courtney Ewaschuk	rhallxox@gmail.com cewaschuk@gmail.com
Communications Representative	Nancy Luttrell Alsinn McVittie	gymnancy@gmail.com alsinn_mcvittie@gmail.com
Information and Resources Representative	Annalise Schaap Katy Younger	annaliseschaap@gmail.com kdyounger@gmail.com
Administrative Representative	Michelle Jaffray	mkjaffray@gmail.com
AGF Women's Program Coordinator	Deanna Critchley Carolyn Foster Carolyn Foster	deannacritchley@hotmail.com wag@abgym.ab.ca wag@abgym.ab.ca
Judging Excellence Working Group		
JEX Chairperson	Cynthya Bringas-Soriano	
JEX Member	Judy Howard-Holmes	
JEX Member	Kryssie Barry	
AGF Representative	Chosen on a case by case basis.	

Women's Program Assembly (WPA)

Role

- To provide general direction to the WPC.
- To ratify the WPTH (technical regulations) for Alberta in accordance with the technical rules of GymCan.
- To ratify the Women's Program goals and objectives.
- To consider and adopt program guidelines, rules and regulations that will define the conditions of participation within the Women's Program.
- To facilitate communication with the AGF member clubs.

Elections:

- To elect in Spring (or thereabouts) every year, all Developmental Sub-Committee members.
- To elect in Spring (or thereabouts) every even year, one (1) WPC Chairperson, one (1) Developmental Representative and one (1) Zones/Provincials Representative to the WPC.
- To elect in Spring (or thereabouts) every odd year, one (1) High Performance Representative, one (1) Canadians Representative and one (1) Westerns Representative to the WPC.

Composition and Voting Privileges

- The WPA is composed of Program Representatives of AGF member clubs, any interested persons affiliated with an AGF member club or any associated member.
- All those in attendance will be eligible to participate in the discussion.
- Each member club from the previous competitive season (July 1- June 30) who had duly registered competitive female athletes will carry one (1) vote.
- The WAG Judges will carry two (2) votes provided two eligible judges have been assigned by the WJC and are present at the meeting to carry those votes.
- Neither the WPC members, the AGF Technical Director nor the AGF WP Manager shall carry a vote.
- The WPC Chairperson will vote only in the event that he/she will be casting the deciding vote.
- Proxy votes and telephone participation shall not be permitted at WPA meetings.
- Majority rules (50% + 1) will be followed on all voting.
- For additional clarification on voting procedures, please see article 5, subsection 9 in the AGF bylaws.

Meetings and Quorum

- The WPA shall meet once every spring (April/May/June) and once every fall (October/November). Additional WPA meetings may be scheduled depending on the Women's Program's needs.
- Notice – A printed written or typewritten notice stating the day, hour and place of meeting and if special business is to be transacted will be provided to all member clubs and the WJC not less than 21 days and not more than 50 days (exclusive of the day of mailing and of the day for which notice is given).
- The WPC Chairperson and/or the AGF WP Manager shall chair all WPA meetings.
- All voting delegates shall register with AGF prior to the meeting and shall be identified at the commencement of each WPA meeting.
- Quorum for the WPA shall be comprised of one-third (1/3) of the voting members of the WPA. However, if at the time appointed for the holding of a given WPA meeting the required quorum cannot be achieved, such a 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 said meeting was convened.

Women's Program Committee (WPC)

Role

- To establish and set the terms of reference for Sub-Committees and Ad-hoc committees.
- To advise and assist the AGF Technical Director and AGF WP Manager in providing the leadership for the Women's Program.
- To develop annual goals and objectives and implement long range plans.
- To develop and propose to the WPA technical regulations (and any modifications) for Alberta, in accordance with the technical rules of GymCan and FIG.
- To enforce technical regulations, selection processes, rules and practices and procedures.
- To facilitate communication, both internal and external.
- Make decisions throughout the year regarding the application of technical regulations ratified by the WPA.
- Coordinate and supervise all technical aspects of all Women's Provincial and National activities of the AGF.
- Provide advice and guidance in the planning of competitions, clinics, and other events to train and upgrade gymnasts, coaches, judges and other officials.
- Formulate an annual plan and a corresponding budget for consideration by the AGF Board of Directors.
- Operate its programs in a manner consistent with the budgetary directives set by the AGF Board of Directors.

Composition and Voting Privileges

The WPC is composed of:

- One (1) non-voting elected WPC Chairperson
- Five (5) voting elected WPC Portfolio Representatives (as described below)
- One (1) voting WJC Representative
- One (1) non-voting AGF Technical Director
- One (1) non-voting AGF WP Manager

The WPC can strike Working Groups or Task Forces to address identified needs with the support of the WPA.

Desired Profile of WPC Members

- Elected members should come from various regions of the province.
- Integrity and good judgement.
- Willingness to commit time and energy.
- Willingness to share opinions and ask questions.
- Ability to assist, challenge and support AGF staff.
- Ability to accept the honor as well as the criticism of leadership.
- Ability to subjugate self-interest or constituent interest for the good of AGF.
- Knowledge of athletes, coaches and judges' development programs in planning and budgeting and in developing rules, systems and processes.
- Knowledge of women's artistic gymnastics and of the AGF Women's Program.
- Knowledge, understanding and acceptance of the Goals and Objectives of AGF.

Eligibility

All members must be members in good standing of AGF.

Term of Office

- Two years, starting immediately following the elections at the WPA meeting in June (or thereabouts), but in such a manner that at every WPA only three (3) of the six (6) members are new to the committee.
- The WPC Chairperson cannot exceed two (2) consecutive terms.

Meetings and Quorum

- The WPC Chairperson, in consultation with the WP Manager and Technical Director, will determine the frequency and process for all WPC meetings.
- Quorum for the WPC shall be comprised of the majority of voting members of the committee.

Roles and Responsibilities

WPC Chairperson

- Chair all WPC and WPA meetings with the assistance of the AGF WP Manager and Technical Director.
- Assist the AGF WP Manager and Technical Director with the setting of the agendas for the WPA and WPC meetings.
- Act as the Women's Technical Representative at the GymCan Annual Meeting if the AGF Technical Director is unable to attend in June (or thereabouts).
- Act as the AGF Women's Program Representative to the AGF Board of Directors and assume the responsibilities of a Director of the Board. If the WPC Chairperson is unable to attend a Board meeting, the WPC Chairperson will be responsible to appoint another WPC member to attend in their absence.
- Liaise with the AGF WP Manager and Technical Director regarding the Coaching Mentorship Program.
- Coordinate all committee members' activities; request reports if necessary.
- Determine frequency and process for all WPC meetings.
- Follow rules and regulations established by the WPC other appointed AGF bodies.
- When necessary, ensure any disciplinary action regarding members of the AGF Women's Program is handled as per normal AGF procedures in effect at the time.

All Representatives will keep the WPC Chairperson informed of all activities.

All decisions will be made by a quorum of WPC members.

Developmental Representative

- WPC member to liaise with WP manager and TD, providing them leadership and a framework to guide their planning and execution of events throughout the year.
- Work with the WPC in ascertaining the educational needs of developmental coaches, including the broad demographic of developmental coaches (those who are using CCP 1-5 as a steppingstone toward Aspire/National levels and those who are using other developmental programs).
- Work with AGF in sourcing out educational opportunities for Fall Congress and other similar symposiums (clinic topics and presenter ideas).
- Work with AGF in hosting CCP compulsory clinics (choreography, updates, etc.).
- Ideal candidate will have experience coaching developmental gymnastics, typically ages 5-9, including a knowledge of CCP compulsory rules.

Zones/Provincials Representative

- Work to solicit hosts for AGF Sanctioned Competitions, evaluate equipment specifications and the hosts' ability to meet requirements and make recommendations to the WPC on selection of hosts.
- Work with host clubs to ensure equipment specifications can be met or that adequate modifications can be made where required (with WPC approval). Ensure communication to clubs of equipment modifications if required (via AGF).
- Work with the Technical Director, WP Manager and the WPC Chair to establish the schedules for Zones and Provincials.
- Act as the WPC representative on site at Zones and Provincials or ensure that another WPC member is assigned and present, to work in conjunction with AGF in ratifying scores and resolving any disputes or concerns.
- Work with AGF and host LOC for coordinating adequate awards ceremonies.
- WPC representative for Alberta Winter Games (site visits, ensuring Trials are operated correctly, assisting with Post-Trials team meetings, etc.).

Westerns Representative

- In conjunctions with the judges and AGF, ensure the Trials to Westerns are operated correctly (including but not limited to ensuring equipment specifications meet GymCan standards, confirming with AGF the appropriate competitive draw, etc.).
- WPC representative responsible to ensure ratification of Trials to Westerns results, Team composition, Team coaches and Personal coaches, in conjunction with AGF and all available WPC members.
- Assist AGF with Post-Trials team meetings (including but not limited to assisting with team uniform fitting, collecting forms, parent information, etc.).
- Assist AGF with finding appropriate managers for Western Canadian Championships.
- Provide consultation to AGF with regard to travel and accommodation plans for Western Canadian Championships.
- Recommend an individual to the WPC as the Team Technical Leader for Western Canadian Championships.
- Assist team coaches with Team Preparation Plans.
- Act as the main WPC representative for Western Provinces' discussions and votes on technical regulations.
- Coordinate Alberta's official recommendations going to the Westerns meeting.
- Ideal candidate will have experience being a team coach at Western Championships.

Canadians Representative

- In conjunctions with the judges and AGF, ensure the Trials to Canadians are operated correctly (including but not limited to ensuring equipment specifications meet GymCan standards, confirming with AGF the appropriate competitive draw, etc.).
- WPC representative responsible to ensure ratification of Trials to Canadians results, Team composition, Team coaches and Personal coaches, in conjunction with AGF and all available WPC members (quorum is required).
- Assist AGF with Post-Trials team meetings (including but not limited to assisting with team uniform fitting, collecting forms, parent information, etc.).
- Assist AGF with finding appropriate managers for Canadian Championships.
- Provide consultation to AGF with regard to travel and accommodation plans for Canadian Championships.
- Recommend an individual to the WPC as the Team Technical Leader for Canadian Championships.
- Assist team coaches with Team Preparation.
- Ideal candidate will have experience being a team coach at Canadian Championships.

High Performance Representative

- In conjunction with the judges and AGF, ensure that Elite Canada Screening is operated correctly (including but not limited to ensuring equipment specifications meet GymCan standards, confirming with AGF the appropriate competitive draw, the structure of the competition, reporting to GymCan, etc.).
- Act as the WPC representative for any national training camps that may occur in Alberta for HP athletes.
- Act as the main WPC representative responsible for Canada Winter Games.
- In conjunction with AGF, source out educational opportunities for Alberta's HP coaches.
- Ensure that any official communication from GymCan to HP coaches is shared with the AGF Technical Director and WP Manager for distribution.
- Assist AGF with celebrating the successes of Alberta's HP athletes as they compete nationally and internationally (developing adequate recognition and appropriate funding opportunities).
- In conjunction with AGF, review the applications for Team Excel, and report recommendations to the WPC.
- Liaise with the WJC to ensure collaboration between Brevet Judges and HP athletes and coaches.

AGF Technical Director

- In conjunction with AGF, prepare the WAG program's quadrennial plan.
- Develop Coach and Athlete education opportunities to meet WAG Program performance objectives.
- In conjunction with AGF, prepare and coordinate with Team Alberta members for interprovincial and national events,
- Support High Performance programs and objectives.
- Provide coach education opportunities throughout Alberta at AGF training camps and club visits.
- Act as Team Technical Leader at Western Canadian Championships and Canadian Championships.
- Liaise with WPC and WJC to ensure collaboration between athletes, coaches, and judges.
- When necessary, has final decision making authority at all Team Alberta events
- Act as the Women's Technical Representative at the GymCan Annual Meeting in June (or thereabouts).

Judging Program

The Judging Program in Alberta is managed and led by the Women's Judges' Committee which reports to the WPC. Any questions or concerns regarding the judging program in Alberta should be directed to the WJC Chairperson, the AGF WP Manager or the WPC Chairperson. For more detailed information regarding the judging program, please refer to the Alberta Judges' Handbook available on the AGF Website www.abgym.ab.ca.

All judges must register as a Women's Artistic Gymnastics Judge with the AGF by the November 15th deadline or immediately upon completion of their first certification course if it occurs after November 15th. A list of AGF registered and active Judges will be available to all registered competitive clubs in December of each season (or after most courses have been completed) to assist clubs with the development of judging panels for invitational competitions and for contacts for club visitations and mock meets.

The WJC will ensure the development of qualified panels for all AGF Sanctioned competitions throughout the province. For invitationals, clubs are strongly encouraged to follow the minimum requirements set out in the Judges' Handbook for judging panel composition. Clubs are encouraged to use a registered and experienced judge to create their panels. All panels can be sent to the WJC Chairperson prior to invitational competition for additional verification, guidance and feedback.

WJC

Role:

- To establish and maintain excellent communication amongst Alberta Judges.
- To develop and monitor all appropriate programs that affect judges, under the direction given to them by the WJA.
- To consult and report to the WPC.
- To select up to two (2) judging representatives to vote at the WPA meeting.
- To promote the professional development of all Alberta judges.
- To appoint three (3) members to the JEX Working Group (a High-Performance judge, a National judge, and a provincial judge).

JEX

Role:

- To deal with any judging concerns/issues between judges.
- To enhance relations between coaches and judges, so that a positive working relationship can be established. Through positive working relationships, the athletes will reap benefits and their performance will hopefully be enhanced. Through enhanced performances, national recognition should improve.
- To deal with inquiries, concerns or behaviours of Provincial, National or Brevet judges at AGF events. When a National or Brevet Judge is involved in the concern and a summary of the province's action may be forwarded to the GymCan's JEX for their information.

For matters which relate to a concern involving a coach's conduct as reported by a judge, a Code of Conduct Violation Report Form should be sent to the AGF Executive Director and will be addressed accordingly. https://www.abgym.ab.ca/Safe-Sport/Report-a-Concern-or-Violation

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* Note: These age groups are references from the USGA Manual: CCP Age / Entry requirements. There are special rules governing these Age Groups to enter into Canadian competitions. It is the coach's responsibility to check with the Provincial and GymCan regulations to determine the correct Age Group for each athlete for each competition.

Documents in Use

The documents in effect for the 2026-2027 season are:

- Alberta Women's Program Technical Handbook
- Alberta Women's Judges Handbook
- Current Canadian Competitive Program (CCP) (*takes precedence over the USAG WDP Program)*
- USAG Women's Development Compulsory Program 2021-2029
- USAG Women's Development Optional Code of Points 2022-2026 (continued for 2026/2027 season)
- USAG Xcel Code of Points 2022-2026 (continued until 2028)
- Current GymCan List of New Elements
- Current GymCan Canadian Development Stream and High Performance Manual
- 2025-2028 FIG Code of Points
- FIG Judges Help Desk
- Current FIG list of new elements
- Current GymCan Women's Program Manual

Developmental Stream

This support program currently has three (3) major components. The Canadian Provincial Levels 1-3, Xcel Bronze, and the Developmental/Pre-Competitive Training Groups. To support this program Developmental Coaching Clinics will be offered at various times. AGF is currently creating an annual event for these categories to support athlete and coach development. If your club is interested in hosting one of these clinics, please contact the Developmental Representative on the WPC.

**Even though CCP 3 is considered a competitive category due to their participation at the Alberta Compulsory Championships, this level will still be serviced by the developmental activities in the province due to the skill level involved.*

CCP 1-3

Women's Development Levels 1-3 are compulsory routines with set choreography and music. They allow gymnasts to develop good and strong basics and can be used as a club non-competitive achievement-oriented program or as an introduction to competition in part of the Developmental program. Clubs that prefer to use the CCP levels 1-3 as an introduction to competition will be able to register their athletes in Developmental categories and can participate in invitational meets.

Developmental/Pre-Competitive Training Groups

These training groups are Club directed programs designed for younger athletes introducing and preparing them for competitive gymnastics. Certification requirement depends on the level and the skill requirement of the program. Please refer the AGF website: NCCP Resources - Alberta Gymnastics Federation

Xcel Bronze

The USAG Gymnastics Xcel program was developed as an alternative competitive program. The goal of Xcel is to provide gymnasts of varying abilities and commitment levels the opportunity of a competitive gymnastics program.

Competitive Categories

Provincial Stream: Xcel Silver+, Compulsory CCP 3-5, Optional CCP 6-8, and Aspire Program

National Stream: CCP 9, CCP 10, National Open, Youth, and High Performance

As of July 1, 2015, Canada has adopted the Women's Development (CCP) Program from the USA. The Canadian Women's Provincial Program (CCP) has some modifications that are not in use in the USA. Alberta follows the CCP modifications. The competitive levels are regulated by the USA WDP Manual for Compulsories and the WDP Manual for Optional Levels, the Aspire Handbook and the current GymCan WAG HP Manual. For coaching certification requirements, please visit the AGF website: NCCP Resources - Alberta Gymnastics Federation

Eligibility for Sanctioning

All athletes, coaches and judges representing Alberta at a Team event, must be registered members of AGF and comply with AGF Regulations for Alberta Team Representatives.

All athletes and coaches participating in an AGF Sanctioned Event and all judges assigned to an AGF Sanctioned Event must be a registered member in good standing with AGF.

All coaches must comply with the current WPA NCCP requirement (please visit the AGF website: NCCP Resources - Alberta Gymnastics Federation)

All athletes, coaches and judges must be registered with AGF. Athletes from out-of-province will require a letter of support from their registered PTOs.

In order to respect the FIG Statutes (Article 34) and Technical Regulations (Regulations 3.4 &3.5), clubs who register to compete out of Canada, must complete a AGF Sanction Request for international events, as well as for every type of participation to an event and/or activity outside of Canada. The forms and list of sanctioned events can be found on the AGF website.

Hosting Guidelines

Please refer to the AGF Communications Binder Section 5 ("Guidelines to Host Sanctioned Competitive Events and Leadership Courses"). Clubs are strongly encouraged to follow these guidelines and the WPTH when hosting Invitational Events.

Details regarding hosting WAG AGF Sanctioned events are included in the "Application for Hosting a Competitive Sanction" form. If you are interested in hosting an upcoming sanctioned event, please complete the application form online and return it to the WP Manager.

https://activitymessenger.com/p/kWskJ0s

AGF WP Competitive Calendar

Please see the most up to date calendar of events available at www.abgym.ab.ca

Date	Competition / Activity	Location
December 18-20, 2026	Trials to Canada Winter Games	Red Deer, AB
February 3-7, 2027	Elite Canada	Gatineau, QC
February 26-28, 2027	1st Trials to Canadians	Red Deer, AB
March 7-14, 2027	Canada Winter Games	Quebec City, QC
March 19-21, 2027	Trials to Westerns (2nd Trials to Canadians)	Airdrie, AB
April 8-11, 2027	Artistic Provincials (3rd Trials to Canadians)	Edmonton, AB
April 15-18, 2027	Xcel and Compulsory Championships	Lethbridge, AB
April 22-24, 2027	Western Canadian Championships	Winnipeg, MB
May 15-16, 2027 (TBC)	Canadians Training Camp	Calgary, AB
June 7-13, 2027	Canadian Championships	Waterloo, ON

Elite Canada	ENTRY FEE AND DEADLINE	Fee and Deadline to be determined by GymCan. All clubs are responsible for registering their individual athletes.
	COACHING CERTIFICATION REQUIREMENTS	C3 Certified – Coaching independently C3 Trained – Coaching under indirect supervision of C3/L3 Certified Coach As per GymCan regulations.
	ELIGIBILITY	Further information can be found in section 2 of the GymCan WP Manual, which is available online at www.gymcan.org

Trials to Canadians Trials Event #1 – February 26-28, 2027 (Exleta Cup) Trials Event #2 – March 19-21, 2027(Airdrie) Trials Event #3 – April 8-11, 2027 (Provincials)	6ENTRY FEE AND DEADLINE	Deadline: As per selected competition registration deadlines As per invitational or Provincials fee. $35.00/athlete late fee will apply after the registration deadline. AGF will not accept any registration or registration changes five (5) days prior to the event without extraordinary circumstances.	
	ELIGIBILITY	All AGF registered athletes in the Levels 9 - 10 are eligible to compete at all 3 trials events.	
	COACHING CERTIFICATION REQUIREMENTS	Levels 9 & 10	C3 Certified – Coaching independently C3 Trained – Coaching under indirect supervision of C3 Certified Coach
	TRIALS to CANADIANS QUALIFICATION	All Alberta HP athletes in the HP Novice, Junior and Senior categories will automatically be eligible to attend Canadian Championships. All athletes in Levels 9 and 10 must qualify to attend Canadian Championships. Athletes must attend at least 2 out of 3 of the Trials competitions. The team will be decided based on the best 2 out of 3 all-around results. All athletes, including independent athletes, are required to compete on all four (4) apparatus to be eligible to attend Canadian Championships and have a minimum All-Around score of 32.00 as an average over 2 competitions. For qualification purposes only, if, after the completion of the last event, an athlete's AA score in a 0.1 or less than the minimum qualification score, the coach may submit an inquiry for the gymnast's lowest scoring event (regardless of the order in which that event was performed). This only applies to a level that cannot fill all allotted team spots. Judges will watch the video of the routine in question. The score cannot go down and can only be raised by a maximum of 0.1 to qualify for the last spot on the team. No petitions will be accepted. Qualification There will be four (4) team competitions at Canadian Championships in the CCP Program. Below, the number of athletes in each category who will qualify to be Team Alberta Members for Canadian Championships is summarized:	

		Level 10 (12-15 years) Level 10 (16+ years) Level 9 (11-14 years) Level 9 (15+ years) Top six (6) athletes Top six (6) athletes Top six (6) athletes Top six (6) athletes The Team Competition and Format at Canadian Championships is determined by GymCan. Please review the GymCan Women's Program Manual for further information.
	AWARDS	Medals and ribbons as per individual competition Alberta Team Member Qualified for Canadians Plaques

Trials to Western Canadian Championships/ 2nd Trials to Canadians March 19-21, 2027 Airdrie, AB	ENTRY FEE AND DEADLINE	Deadline: TBC $150/athlete or Invitational Registration Fee $35.00/athlete late fee will apply after the registration deadline. AGF will not accept any registration or registration changes five (5) days prior to the event without extraordinary circumstances.	
	ELIGIBILITY	CCP levels 8-10 Trials to Westerns is a declaration meet. Athletes who compete at this sanctioned competition (regardless of whether or not they make the team) may move up one level within their competitive program at subsequent sanctioned competitions but cannot move down or laterally for the remainder of the competitive season. The minimum age requirement to travel with Team Alberta is nine (9) years of age as of December 31st of a given year. Each team member must be currently registered with AGF as a competitive athlete. All athletes must try out if vying for a spot on the Alberta Team to the Western Canadian Championships. Athletes not wishing to be considered for a Team to Westerns are eligible for awards but must inform the WP Manager upon registration for the event.	
	COACHING CERTIFICATION REQUIREMENTS	Level 8 and Aspire	C2 Certified – Coaching independently C2 Trained – Coaching under indirect supervision of C2 Certified Coach
		Level 9 & 10, Youth	C3 Certified – Coaching independently C3 Trained – Coaching under indirect supervision of C3 Certified Coach
	QUALIFICATION	All athletes are required to compete on all four (4) apparatus to be eligible to attend Western Canadian Championships and have a minimum All-Around score of 32.00. HP athletes are not allowed to attend Westerns in a team or wildcard position. No petitions will be accepted. <u>Qualification</u> There will be eight (8) team competitions at Western Canadian Championships. Below, the number of athletes in each category who will qualify to be Team Alberta Members for Western Canadian Championships is summarized:	

		Level 10 - Top seven (7) 12-15 years - Top seven (7) 16+ years Level 9 - Top seven (7) 11-14 years - Top seven (7) 15+ years Aspire 1 - Top five (5) Level 8 - Top seven (7) 11-14 years - Top seven (7) 15+ years Aspire 2 - Top five (5) Alberta will send a maximum of 2 wild cards per category. Wild card athletes and coaches are not funded by AGF.	
	AWARDS	All Around Events All Around and Events Team Alberta Members	1st – 3rd Place 1st – 3rd Place 4th – 8th Place Qualified for Westerns	Large AGF medals Small AGF medals AGF Ribbons Plaques

Alberta Xcel Championships April 15-18, 2027 Lethbridge, AB	ENTRY FEE AND DEADLINE	Deadline: TBC $150.00/athlete $50/coach $35.00/athlete late fee will apply after the registration deadline. AGF will not accept any registration or registration changes five (5) days prior to the event without extraordinary circumstances.		
	ELIGIBILITY	Xcel (Silver+). Must be registered as Provincial Stream with AGF.		
	COACHING CERTIFICATION REQUIREMENTS	C1 Certified – Coaching independently (Silver – Platinum) C1 Trained – Coaching under indirect supervision of C1 Certified Coach (Silver – Platinum) C2 Certified – Coaching independently (Diamond and up) C2 Trained - Coaching under indirect supervision of C2 Certified (Diamond and up)		
	AWARDS	All Around	1st – 3rd Place	Large AGF medals
		Events	1st – 3rd Place	Small AGF medals
		All Around and Events	4th – 8th Place	AGF Ribbons
		Teams	1st – 3rd Place	Plaques
		Team awards will be determined by adding a team's highest three (3) All Around scores.		

Alberta Compulsory Championships April 15-18, 2027 Lethbridge Hat, AB	ENTRY FEE AND DEADLINE	Deadline: TBC $150.00/athlete $50/coach $35.00/athlete late fee will apply after the registration deadline. AGF will not accept any registration or registration changes five (5) days prior to the event without extraordinary circumstances.		
	ELIGIBILITY	CCP Levels 3-5 (all age categories). Must be registered as Provincial Stream with AGF.		
	COACHING CERTIFICATION REQUIREMENTS	CCP 3-5	C1 Certified – Coaching independently C1 Trained – Coaching under indirect supervision of C1 Certified Coach	
	AWARDS	All Around	1st – 3rd Place	Large AGF medals
		Events	1st – 3rd Place	Small AGF medals
		All Around and Events	4th – 8th Place	AGF Ribbons
		Teams CCP 3-5	1st – 3rd Place	Plaques
		Team awards will be determined by adding a team's highest three (3) All Around scores.		

<table>
<tr><td rowspan="4"><u>Provincial Championships/ 3rd Trials to Canadians</u>
April 8-11, 2027
Edmonton, AB</td><td>ENTRY FEE AND DEADLINE</td><td colspan="3">Deadline: TBC
$150.00 per athlete for Provincial Championships
$50/coach
$35.00/athlete late fee will apply after the registration deadline. AGF will not accept any registration or registration changes five (5) days prior to the event without extraordinary circumstances.</td></tr>
<tr><td>ELIGIBILITY</td><td colspan="3"><u>CCP 6-10 and Aspire</u>
All AGF registered athletes in the Levels 6 - 10 and Aspire categories are eligible to compete at the Alberta Provincial Championships.
<u>HP Athletes</u>
All National Open, National and HP Novice, Junior and Senior HP athletes are eligible to compete in a separate HP category at Provincial Championships for awards and points towards athlete of the year. These athletes are not required to compete at the said event as a prerequisite for the Canadian Championships.
An athlete not named to the GymCan High-Performance list can compete at Provincials in a High-Performance category but would not be eligible for awards or Alberta ranking points.</td></tr>
<tr><td>COACHING CERTIFICATION REQUIREMENTS</td><td>Level 6</td><td colspan="2">C1 Certified – Coaching independently
C1 Trained – Coaching under indirect supervision of C1 Certified Coach</td></tr>
<tr><td></td><td>Aspire & Levels 7-8</td><td colspan="2">C2 Certified – Coaching independently
C2 Trained – Coaching under indirect supervision of C2 Certified Coach</td></tr>
<tr><td></td><td>Levels 9 & 10 HP</td><td colspan="2">C3 Certified – Coaching independently
C3 Trained – Coaching under indirect supervision of C3 Certified Coach</td></tr>
<tr><td></td><td>AWARDS</td><td colspan="3">All Around — 1st – 3rd Place — Large AGF medals
Events — 1st – 3rd Place — Small AGF medals
All Around and Events — 4th – 8th Place — AGF Ribbons
Teams Levels 8-10 — 1st – 3rd Place — Plaques
Alberta Team Member — Qualified for Canadians — Plaques
Team awards will be determined by adding a team's highest three (3) All Around scores. There will be a team award for each of the Levels 6-10 awarded at Provincials.
Special awards will be presented for Levels 6-10 and Aspire. Most Dynamic Vault, Most Dynamic Bars, Best Artistry on Beam, Best Artistry on Floor.</td></tr>
</table>

Canadian Championships May 20-25, 2025 Calgary, AB	ENTRY FEE AND DEADLINE	All Alberta Teams and athletes will be registered through the AGF office. Deadlines are set by GymCan and will be communicated to the involved parties by the AGF office. Registration fees will be part of the cost share. Please see page 25-26 for more information.
	COMPETITION INFORMATION	For additional information on Canadian Championships, please refer to section 2 of the GymCan Women's Program Manual available online at www.gymcan.org
	COACHING CERTIFICATION REQUIREMENTS	C3 Certified – Pre-requisite to access floor at Canadian Championships

Competitions

Competitive Registration

Each competitive gymnast and their club must be registered as Provincial Stream (CCP Levels 3-8, Xcel Silver+, and Aspire Stream) or National Stream (Levels 9, 10 and HP Levels) with the AGF by the registration deadline of the competition they wish to attend. To upgrade to competitive status, please fill out the Upgrade Forms (www.abgym.ab.ca/membership/Registration).

Declaration and Competitive Level

Entering the CCP competitive categories and transitioning between the levels are defined in the USA WDP Manual. Alberta is not currently implementing Mobility Scores as outlined in the USA WDP Manual. However, coaches are encouraged to use the Mobility Scores as a guideline to determine the competitive levels for their athletes.

In years when Alberta Winter Games takes place, it may impact some athlete's declaration. Trials to Alberta Winter Games is not a declaration competition and have no impact on an athlete's competitive level for the remainder of the season unless the athlete qualifies to their Zone team to attend Alberta Winter Games. Athletes who qualify to their Zone team will have declared their level for the competitive season (they cannot move to Xcel). Athletes that make the level 6 team may move to Aspire 1 and if they make the level 7 team, they can move to Aspire 1 or 2.

Exception: In the situation where a Zone does not meet the composition requirements for the level 7 team, a Zone may fill their level 7 team with athletes from level 6. Those athletes may then return to level 6 for the remainder of the season, as long as this is declared to the WP Manager at the time of registration for Trials to AWG.

Once an athlete's level is declared, following the process outlined above, she may move up one level within the competitive season. She may not move up more than one level and she may not move down or laterally. Athletes are only able to compete in one Alberta Championships per season.

Levels 6-7 athletes will declare their competitive level through registration at Provincials if or by being named to an Alberta Winter Games Zone team.

Levels 8 athletes will declare their competitive level through registration at Trials to Western Canadian Championships (or Provincial Championships)

Levels 9-10 athletes will declare their competitive level through registration to their first Trials to Canadian Championships

Registration and participation in National Stream Training Camps does not commit athletes to declare to the National Stream.

Meet Entry Fee Refund Policy

- If the Entry Fee refund form is submitted 9 business days prior to the event, a full refund will be issued minus a $25 administration fee.
- If the Entry Fee refund form is submitted between 5 and 8 business days prior to the event, a full refund will be issued minus a $35 late administration fee.
- If the Entry Fee refund form is submitted less than 5 business days prior to the event, no refund will be issued.
- Exception: Full Entry Fee will be refunded for medical reasons at any time prior to the start of the event (Program Coordinator may request additional information up to and including a medical doctor's certificate).
- Payment for a competition must be received no later than 7 days prior (prior to the final draws) to the start of the AGF event or clubs will automatically be removed from the event.
- https://activitymessenger.com/p/8lWmiWC

Competition Format

		Option 1 – One set of equipment	Option 2 – Two sets of equipment, two panels of judges per event.
Maximum number of competitors per session:	Compulsory/Xcel Br/Sil/Go	56	96
	Levels 6 and 7/Xcel Pl	48	80
	Levels 8 – 10/Xcel Di+	40	64

Competition Schedule

The competition schedule for all AGF Sanctioned events will be determined by the AGF Technical Director, WP Manager, the WPC and the host based on registrations.

There will be a mandatory 30-minute break between sessions for the judges at all sanctioned events when possible.

Equipment Specifications for CCP 1-10

Alberta will follow the GymCan document "Equipment Specification and Measurements Procedures", and will follow the Canadian Women's Provincial Program directives, and the WDP Rules and Policies Document regarding equipment.

Alberta allows an extra 20cm mat for uneven bar dismounts in the province. This will not be allowed at Trials to Westerns or Trials to Canadians.

Competitive order

The competitive order is distributed to all registered clubs at least seven (7) days prior to the competition. Changes can be made up to 5 days prior to the competition. The final draw will be distributed to all registered clubs 5 days prior to the competition.

The draw for competitions and rotation order for all AGF Sanctioned Competitions will be completed at the AGF office after the competition registration deadline. The draw will follow the guidelines in the WPTH. For Trials and qualification events, the draw will try to follow the main event draw guidelines if possible.

To complete the draw, the clubs with the highest number of athletes will be randomly placed in events first. Clubs with smaller teams will be placed in events until all the teams have been placed. If a club must be split into two different rotations because they have more athletes than the maximum number to evenly split the groups or they have athletes in more than one competitive level, they will be placed on Vault and Beam or Bars and Floor.

The order of passage of the athletes will drop one athlete on each event within the sub-group.

Warm-up

Warm-up will follow the CCP Manual recommendations, or the HP Manual recommendations based on the level of competition. For detailed information please refer to the 2026-2027 manuals.

Athletes must be present for the march-in to their first event or they will be removed from the competition.

Inquiries

Coaches wishing to inquire about their gymnast's start value and neutral deductions may do so by approaching the event head judge at the conclusion of the event rotation. Please refer to Appendix 2 for guidelines and expectations for coach/judge interaction.

Appeals

Levels 1 – 7:

No appeals will be allowed at levels 1 – 7.

Levels 8 – 10:

A coach wishing to appeal the start value must do so in writing within fifteen (15) minutes of the conclusion of the event rotation. The appeal with a fee of $60.00 must be presented to the Competition Head Judge (see Appendix 6 - Appeal Form). If the appeal is granted, the fee is returned to the coach. If the appeal is denied, the fee is remitted to the AGF.

The jury of appeal will be composed of the Competition Head Judge, the Event Head Judge, and, if requested by the Competition Head Judge or the Event Head Judge, the panel judges. If judges receive an appeal, they must include a written explanation of their decision with regards to the content on the enclosed appeal form. Only the issues described on the appeal form will be addressed in the appeal process.

Tie breaking

<u>All-Around</u>

The tie breaking procedure will only be applied when athletes are vying for a spot on the Team or where a Games rules and regulations do not allow ties (i.e. Alberta Winter Games).

The following procedure to break All-Around ties shall be followed:

- The gymnast with the highest event score receives the award for the tied place.
- If the gymnasts are still tied, then the gymnast with the second highest individual event score receives the award for the tied place.
- If the gymnasts are still tied, then the gymnast with the third highest individual event score receives the award for the tied place.
- If the gymnast is still tied, the Chief Judge score for all four events to break the tie.
- If the gymnasts are still tied, then the flip of a coin (in the presence of both coaches) will break the tie for the award.

<u>Apparatus Final</u>

In the event where two or more athletes are tied for a spot to compete in the Apparatus Final session, all tied athletes will proceed to the Apparatus final competition.

If two athletes are tied in the final results of the Apparatus Final, the athlete with the highest start value or D-Score will be placed ahead of the other tied athlete. If the gymnasts are still tied, then the flip of a coin (in the presence of both coaches) will break the tie for the award.

For Provincials Apparatus Finals, a tie will be rewarded to all athletes receiving the medal or placement.

Meet Results

There will be a 5 minutes results verification period between the conclusion of the competition and commencement of Awards. Coaches will have the chance to verify results and address any discrepancies at that time. Judges must remain in the competition venue during this Verification Period. After the verification period has ended, no changes can be made to results.

Coaching Programs Available in Alberta

Numerous programs, teaching and coaching aids are available to all clubs and coaches who are members of the AGF. These programs are widely accepted in the gymnastics community throughout Alberta, as well as in 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 Certificate Program (NCCP)

The NCCP is a program designed to train and upgrade coaches in a high-quality educational format. Please refer to the AGF website at www.abgym.ab.ca for more information or contact the NCCP Coordinator at the AGF office at education@abgym.ab.ca

AGF Coaching Certification Requirements

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

For a full list of certifications and to know what level you are certified to coach, please see the NCCP Coaching Summary on the AGF website: NCCP Resources - Alberta Gymnastics Federation

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.

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. (ie. A coach must be C1 Artistic/Level 2 Trampoline certified to independently coach inversions on the trampoline).

Respect-in-Sport

All AGF member coaches must be certified in the “Respect-in-Sport” Program within sixty (60) days of their employment. There will be no “grand-fathering” of this course. All coaches, managers, and Chef-de-Missions named to the Alberta Team must be “Respect-in-Sport” certified and possess Standard First Aid and CPR. Please see Section 20.1.3 AGF Policies and Procedures Manual.

Police Record Check and Intervention Record Check

By March 1 of each competition year, all AGF appointed coaches and volunteers who plan on holding positions with 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 PRC and IRC. The completed PRC and IRC must be received by the AGF office prior to the event/competition registration deadline. This includes both Team and Individual coaches.

PRCs and IRCs are valid for a period of three years from the date of the completed form. 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.

Coaching Requirements for Sanctioned Competitions

Please refer to the competition list for specific coaching certification requirements for AGF sanctioned events (pages 14-19). Coaches not meeting the requirements, must fill out a coaching exemption form using the link below.

https://activitymessenger.com/p/jnVQYhI

Selected Alberta Delegation Members

For AGF Funded travels 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 a maximum of $650 for flights/mileage with receipts.

All Alberta coaches (team and independent) must stay in the same residence or hotel as the Alberta delegation (coaches, athletes, managers and chefs) unless otherwise assigned by AGF regardless of if the competition is in our home province/city. Team coaches must travel with the gymnasts whom he or she is assigned to coach, unless the AGF Board of Directors or their designate approves alternate arrangements.

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 or in the Officials accommodation.

AGF policies take precedence over GymCan/LOC, etc. policies.

AGF Team Uniform Policy applies to all AGF funded Team Alberta events.

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

Cancellations after the event registration deadline will not be accepted.

Please refer to the AGF "Team Leaders Manual" for information pertaining to officials, athletes, coaches and managers.

Coaches

For additional detailed information pertaining to Team Coaches, refer to Appendix 5 "WAG Team Coaches Roles and Responsibilities" and to the "Team Leaders Manual".

The Team Coach(es):

- may only represent one discipline (eg WAG, MAG, Trampoline) at any given event.
- shall be at least 19 years of age.
- should have coached for a minimum of three (3) years at a competitive level.
- should be actively working with the club athletes who have been selected to the provincial delegation/team.
- to be named as a team coach it is highly recommended that they attend the Trial(s) event(s) involved in the team selection process.
- must agree to work with their assigned team athletes equally and fairly.
- are responsible for the overall supervision and management of the team's activities before, during and after the competition.
- are responsible for creating the competition order in the best interest of Team Alberta.

- are responsible for all provincial team athletes for the duration of the entire competition including all events the athletes will compete in.
- also has the authority to allow any personal coach on the competition floor or training gym, in accordance with the rules of the competition.

Required Certification

- Westerns – must be certified as per the current recommendations in the Western Canadian Championships' Policy Manual
- Canadian Championships and Canada Winter Games – must be C3 Certified
- Western Canadian Summer Games – Head Coach must be C3, Second Coach must be C2 certified

AGF through the Technical Director reserves the right to appoint a coach other than the club's recommended appointment in the interest of athlete safety. The WPC and the Technical Director must approve the selected Team Coaches within 10 days of Trials to Westerns for Westerns and by the end of the Canadians training camp for Canadian Championships.

Any club that has athletes representing Team Alberta at Westerns and/or Canadians, that does not have a team or HP coaching position, must send at least one coach at the correct level to the athlete to the training camp and competition. If the club does not already have a team coaching position or HP coaching position, the coach will attend as an individual coach on a cost share basis to the competition. All HP, team, and individual coaches must attend the entirety of the event. Any exceptions to this must be approved by the WPC.

For Team Alberta events, only Team coaches and the Technical Director will be allowed on the floor for the Team Competition. For warm-up, personal coaches are permitted floor access. A Team Coach may invite a personal coach to assist by tagging out at the coral under the supervision of the Technical Director. The number permitted coaches on the floor to follow the rules of the competition.

If an athlete is placed in a separate group from that of the provincial team athletes (i.e. Wild Card competitors at Western Championships) the athlete's personal coach will be allowed access to the floor for this competition in accordance with the rules of the competition.

For matters which relate to a concern involving a coach's or athlete's conduct as observed or reported by another coach, judge, manager, or athlete, the first point of contact should be the Technical Director. The Technical Director reserves the right to remove or replace the coach or athlete if they deem it necessary in the best interest of Team Alberta. In the instance that a Code of Conduct Violation Report Form is necessary, it should be sent to the AGF Executive Director and will be addressed accordingly. https://abgym.ab.ca/safe-sport/report-a-concern/

Any coach that has received a yellow card in a sanctioned event, shall not be eligible for any Team Coaching position for a period of one calendar year from that sanctioned event date (this does not exclude them from being an individual or HP coach). Any coach that has received a red card in a sanctioned event, shall not be eligible for any Team Alberta coaching position (Team, Individual, or HP) for two calendar years from that sanctioned event date.

Team Coach Selection Process

One (1) coach will be selected for teams of four (4) or less athletes.

Two (2) coaches will be selected for teams of five (5) or more athletes.

Team Coaches are selected based on a points system. Points allotted to clubs will correspond to the number of athletes that make up the official Alberta Team and will not include alternates, petitioned or invited athletes. The club/coach with the most points will qualify to name the Team Coach. Officially, a Team Coach is not named, until ratified by the WPC.

Team Size: 7	Team Size: 6	Team Size: 5	Team Size: 4
1st Place – 7 points	1st Place – 6 points	1st Place – 5 points	1st Place – 4 points
2nd Place – 6 points	2nd Place – 5 points	2nd Place – 4 points	2nd Place – 3 points
3rd Place – 5 points	3rd Place – 4 points	3rd Place – 3 points	3rd Place – 2 points
4th Place – 4 points	4th Place – 3 points	4th Place – 2 points	4th Place – 1 point
5th Place – 3 points	5th Place – 2 points	5th Place – 1 point	

6th Place – 2 points 6th Place – 1 point

7th Place – 1 point

A Team Coach may only be assigned as the Team Coach for one team at Westerns and Canadians. Exception: For Westerns, if the level 8 team is not participating in podium training, a coach may be assigned as the Team Coach for both the Level 8 team and either the Level 9 or 10 team, provided there are no scheduling conflicts. If a coach is already assigned as a team coach and another coach from that club cannot attend in the other team coach position, that coach/club and the technical director would decide on the next team coach from the clubs that have athletes qualified on that team.

If a gymnast withdraws from a provincial team before the competition and a replacement is a competitive member of another club, there is not a change of point allotment for the selection of the team coach from the original assignment of points. However, if as a result of a gymnast withdrawing, the Team Coach is left without a personal athlete on that team, the club with the next highest points would assign a new Team Coach.

Tie Breaking Procedure

If there is a tie in the number of points allotted to two clubs, the club/coach with the highest number of athletes on the team in question will qualify to select the Team Coach. In the event of a tie for points and athlete numbers, the club/coach with the athlete who received the highest all-around score will qualify to select the Team Coach.

HP Coaches

All HP Novice, Junior and Senior athletes attending Canadian Championships will each be allotted one (1) personal coach, to a maximum of two (2) coaches per club. The coach named as a High Performance (HP) coach attending Canadians must be named on the GymCan HP list.

Team Technical Leader

The AGF Technical Director will be assigned as the Team Technical Leader for Western Canadian Championships as well as Canadian Championships. The role of the person in this position is to provide leadership for the team coaches and managers. To facilitate communication and collaborative decision making. The Technical Director will have final say on decision making at these events.

Verification Process for Team Alberta Athletes

All CCP team athletes must show full routines on all four (4) events at the scheduled team training camp. If an athlete is injured or sick prior to the training camp, the coach must send a request to the Technical Director and team coaches to move the verification to a different date. They must verify full routines at least 1 week (7 days) prior to the departure of the competition.

To complete the verification process of an injured/sick athlete, the athlete must first be medically cleared. Medical clearance can be done by a doctor, physiotherapist, or athletic therapist with no conflict of interest (ie. Family member) to the athlete.

The verification will be done by the AGF Technical Director and a WJC appointed judge. The team coaches are invited to attend the verification either in person or virtually. Athlete must show full routines on all four (4) events to have a successful verification. If the athlete is unable to show full routines on each event, the Technical Director has the right to remove the athlete from the team and replace them with the alternate.

Alcohol, Tobacco, and Cannabis

All Team AGF members will refrain from consuming alcohol, tobacco, or cannabis except for alcohol purchased and consumed in accordance with a license that permits consumption in a public place (i.e. open aired patio), a person must not, in a public place, consume alcohol or possess alcohol in an open container.

All Team AGF members who are of legal age (provincial legislation) will not consume alcohol, tobacco or cannabis in the presence or vicinity of minors. All AGF members are encouraged to take reasonable steps to manage the responsible consumption of alcoholic beverages in social situations associated with events and should make every attempt not to consume alcohol, tobacco, or cannabis in the presence of athletes.

Expense Claim Policy

The AGF Expense Claim Policy applies to expenses that may be incurred by individuals while carrying out duties on behalf of the AGF including meetings, clinics, 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-project basis in relation to the AGF annual budget.

Expense claims will be done on the appropriate form online (link) and signed by the individual making the claim. Requiring the staff to sign a claim on behalf of another person is undesirable. Original receipts are required when claiming an expense. The AGF Executive Director must approve all claims.

Expense claims must be submitted within 20 days following the completion date of the activity. Expense claims after this deadline will not be reimbursed. Expenses incurred within a given fiscal year must be claimed before June 30th of that year unless the AGF Executive Director grants an extension.

Expenses, which are not substantiated by receipts, will not be reimbursed, (with the exception of personal vehicle allowances). Expenses, which are beyond the stated maximum, will be reimbursed only to the maximum allowable claim.

Expense claims for courses, etc. must be authorized by the AGF WP Manager. Expense claims for judging must be authorized by the Assigned Alberta Head Judge who will submit them to the AGF WP Manager for authorization and processing.

Expense Claim Policy guidelines and details are listed on the online expense claim form.

https://activitymessenger.com/p/efn5KTn

Funding for Athletes

Athlete Cost-Share

The AGF athlete cost-share for Western Canadian Championships and Canadian Championships will offset the following expenses:

- Travel and meal expenses for Alberta Team Coaches, Alberta assigned Judges and Mission Staff
- Team Alberta special attire (swag items)
- Accommodations
- Contingency
- On-site Transportation
- Registration fees

Travel and food expenses for athletes are not included in the cost-share.

AGF athlete cost-share does not include the Alberta team bodysuit or tracksuit for Western Canadian Championships or Canadian Championships.

Example Cost Share Chart:

WAG Teams	#s	Registration Fee $	Accommodation $	Meals $	Contingency $	SWAG $	Van Rental $	Mileage/Flight $
Athletes								
Coaches								

Judges								
Chefs								
Managers								
Totals								

Athlete Cost-Share – Western Canadian Championships

AGF will be funding the level 8 athletes on a cost-share basis. The amount of funding available is determined by the AGF Budget.

Levels 9 and 10 athletes do not receive cost-share funding for Westerns as they are funded for Canadians.

After all expenses have been submitted, an invoice for the cost-share will be sent to each club.

Athlete Cost Share – Canadian Championships

All athletes attending Canadian Championships will receive partial funding determined by AGF Budget allocation. After all expenses have been submitted, an invoice for the cost-share will be sent to each club.

Aspire Program Funding

The Aspire funding will support Aspire level athletes to attend a GymCan organized Aspire Camp which is held outside of the Province. Aspire athletes must apply for the funding before January 1st and June 1st. The funding available will be appropriately distributed between the qualified applicants https://activitymessenger.com/p/x6HZmvi

HP Athlete Development Funding

HP funding exists to support the goals of the Strategic Plan as it pertains to the development of HP Programs and International Excellence in Women's Gymnastics. The purpose of this funding is to provide funds for quality educational and practical experiences that would assist the HP athletes to attain national Team status and foster a team building environment. Refer to the online form for full funding eligibility, criteria and requirements.

HP athletes (Novice, Junior, and Senior) can apply for funding to travel to an International event. Deadline for applications are January 1st and June 1st. https://activitymessenger.com/p/uh5HL14

Athlete Enhancement Funding

The AGF enhancement funding rewards athletes in both the Olympic and Non-Olympic route for their exemplary accomplishments at the National and HP levels. Funds are divided between Performance and Core. For a detailed copy of the AGF enhancement funding document, please contact the AGF office.

Funding for Coaches

Coach Cost Share – Western Canadian Championships & Canadian Championships

All named Team Coaches will receive 100% funding for Western Canadian Championships and Canadian Championships. Each High Performance athlete is entitled to one fully funded coach at Canadian Championships, to a maximum of two coaches per club.

Any club that has athletes representing Team Alberta at Westerns and/or Canadians must send at least one coach to the training camp and competition. If the club does not already have a team coaching position or HP coaching position, the coach will attend as

an individual coach on a cost share basis. All HP, team, and individual coaches must attend the entirety of the event. Any exceptions to this must be approved by the WPC.

Individual Coaches, registered by AGF and issued an accreditation, are still part of Team Alberta and have access to all services provided by AGF. These coaches are bound by the rules in the Team Coaching Manual, Team Leaders Manual and the WP Handbook.

For Western Canadian Championships, a coach of wild card athletes will be self funded to attend the event as calculated by AGF (not the cost share amount).

For Canadian Championships, a club can send an Individual Coach self-funded as calculated by AGF (not the cost share amount). Individual Coaches, registered by AGF and issued an accreditation, are still part of Team Alberta and have access to all services provided by AGF. These coaches are bound by the rules in the Team Coaching Manual, Team Leaders Manual and the WP Handbook.

Alberta Coaching Excellence (A.C.E.) Mentorship Program

To provide funds to assist potentially talent identified WAG coaches to attend quality educational and practical experiences, assisting with their development as it pertains to the development of Alberta coaching excellence, under the direct guidance of the WAG Technical Director within the A.C.E program. Please refer to online form for full funding criteria and requirements. Applications for A.C.E. are due to the AGF office by January 1st and June 1st of each year and all applications will be reviewed by the WPC at the same time.

https://activitymessenger.com/p/eFhZW5V

Coach Professional Development Funding

The purpose of this is to provide funds to HP and National coaches so they can attend quality educational and practical experiences, assist with their development as it pertains to the development of HP Programs and international excellence. Provincial level coaches are also encouraged to apply for funding and may be allocated funding depending on other applications. Please refer to application for full funding criteria and requirements. Applications for the Coach Professional Development Funding are due to the AGF office by January 1st and June 1st of each year and all applications will be reviewed by the WPC at the same time. The available funding will be distributed amongst the qualified applicants based on their expenses and the activities undertaken.

https://activitymessenger.com/p/Jtoej6k

Coach Enhancement Funding

The AGF enhancement funding is a process which rewards athletes in both the Olympic and Non-Olympic route for their exemplary accomplishment at the National and HP level. Coaches obtain enhancement funding based on the performance of their athletes. For a detailed copy of the AGF enhancement funding document, please contact the AGF office.

Funding for Judges

The funding opportunities for judges are outlined in the Alberta Judges' Handbook. For a copy of the Alberta Judges' Handbook please contact the AGF office or view it online at www.abgym.ab.ca

Alberta Ranking list

An AGF WAG "Provincial Ranking List" will be compiled each year by July 30th (unless there is a competition that takes place in August, in which case, the rest of the list will be completed by July 30th and the remaining pieces will be added at the conclusion of the competition). This list will rank Alberta HP and National Stream athletes who competed nationally and internationally throughout the competitive season. The list will be based on the September 1st – August 31st competitive season.

Athletes will be ranked according to the number of points attained, based on Appendix 9. The list will be compiled by the AGF WP Manager and verified by the WPC. It will then be circulated to all personal coaches of the athletes included on the list to verify accuracy. Authority to make changes to the "Provincial Ranking List" will be done at the WPC level.

Annual Achievement and Recognition Awards

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 each of the competitive disciplines within AGF. This individual will be selected from the respective technical committees.

Official of the Year

The Judge of the Year award is awarded to one coach from each of the competitive disciplines within AGF. This individual will be selected from the respective technical committees.

Judges Recognition

The top three National and the top three Provincial WAG judges will be recognized by the WJC. They will not be recognized at the banquet.

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 Achievement Awards

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

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

- Athlete placed in the top three (3) on an event or in the All-Around at the 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, Silver, or Bronze medal at the Canadian Championships
- Athlete earned a Team Gold medal at the Western Canadian Championships
- Athlete placed in the top six (6) on the Alberta Ranking List (Appendix 9)
- Athlete attended Canada Winter Games for Team Alberta
- Athlete placed in the top three (3) on an event or in the All-Around at Elite Canada
- Athlete is named to the High Performance Novice, Junior, Senior List

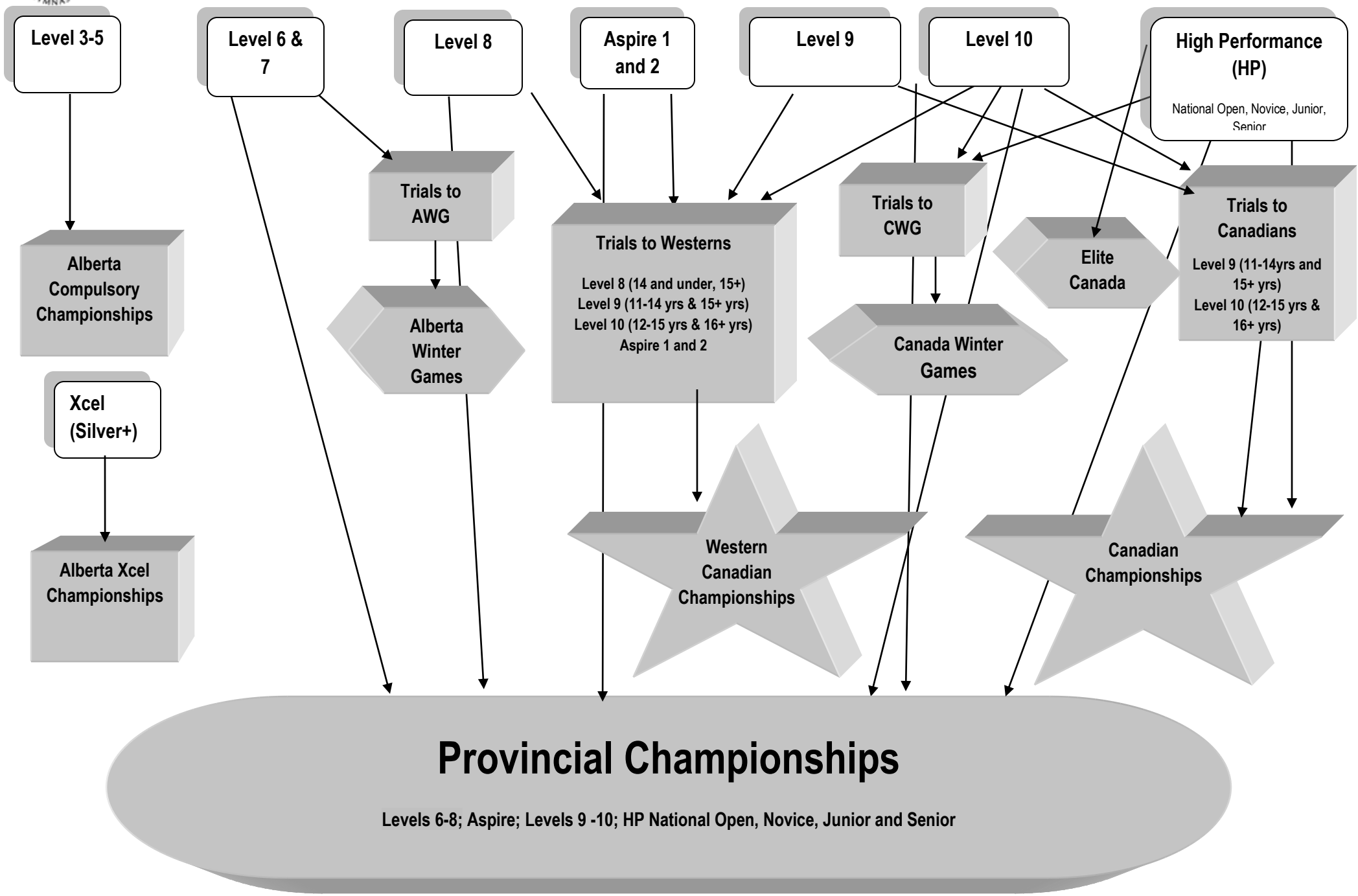
Provincial Achievement – For athletes whose category is eligible for Western Canadian Championships

- 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
- Athlete placed in the top three (3) All-Around at Arctic Winter Games
- Athlete placed in the top three (3) on an Apparatus Final at Arctic Winter Games
- Athlete earned a Team Gold medal at the Arctic Winter Games

Athlete Recognition

- All athletes who placed first All-Around at Provincial Championships, Compulsory Championships, and Xcel Championships in their respective level and age group will be sent a certificate for their achievement. These athletes would not be invited to the gala.

Appendices


Level 3-5
Level 6 & 7
Level 8
Aspire 1 and 2
Level 9
Level 10
High Performance (HP)
National Open, Novice, Junior, Senior
Trials to AWG
Trials to Westerns
Level 8 (14 and under, 15+)
Level 9 (11-14 yrs & 15+ yrs)
Level 10 (12-15 yrs & 16+ yrs)
Aspire 1 and 2
Trials to CWG
Elite Canada
Trials to Canadians
Level 9 (11-14yrs and 15+ yrs)
Level 10 (12-15 yrs & 16+ yrs)
Alberta Compulsory Championships
Alberta Winter Games
Canada Winter Games
Xcel (Silver+)
Alberta Xcel Championships
Western Canadian Championships
Canadian Championships
Provincial Championships
Levels 6-8; Aspire; Levels 9 -10; HP National Open, Novice, Junior and Senior

GUIDELINES FOR COACHES AND OFFICIALS

The G.C.G.'s Women's Program Committee has approved the following guidelines to facilitate the relationships between the Coach and the Judge. They should be used at every competition, regardless of the level. (Taken from the G.C.G. Women's Program "Summary of Practices, Guidelines & Procedures" - April 1994 Manual.)

The Key word here is: **W - A - T - C – H**

W

is for wait until the rotation is over before approaching the Chief-Judge with your clarification questions; complaints should be addressed to the competition Head-Judge (Coach)
is for wait until the gymnast has finished her routine before cheering or signaling or shouting (Coach)
is wait until the coach has stated his/her case or question before answering (Judge)

A

is for ask questions pertinent to your gymnast only (Coach)
is for ask in a calm manner (Coach)
is for answer questions completely, knowledgeably and in a calm manner (Judge)

T

is for taking care not to obstruct the view of the judges while moving the board or while spotting (Coach)
is for taking advice from judges on execution and combination (Coach)
is for taking advice from coaches on technique and combination (Judge)

C

is for the Codes: know them well

- The GCG Code of Ethics
- The FIG Code of Points, JO Code of Points and the CJO Manual
- The GCG Code Supplement

is for checking your information before making a statement, a request, or a complaint.
is for compromise if necessary so that a solution to a problem can be developed and everyone will benefit in the long term.

H

is for honor: honor the Code of Ethics
is for having faith and knowing if the rules are not working you know the procedure to change these rules for the betterment of the sport.

ALBERTA GYMNASTICS FEDERATION (AGF)
TEAM UNIFORM POLICY

COMPETITIONS – TEAM ALBERTA
While representing Team Alberta at; Western Canadian Championships, Western Canada Cup, 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, also the Alberta team body suit/singlet is part of the official uniform and must be worn at training and competitions.

WAG Athletes:
Alberta athletes named to a current GymCan National Team may wear official GynCan competition attire (track suit/body suit/singlet) at Western Canadian Championships, Western Canada Cup and Canadian Championships.
National Team Members must wear the Alberta Team uniform on day 1 of competition at the Canadian Championships.
National Team uniforms must be worn on day 2 of competition at the Canadian Championships.

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 colors; white, navy blue or grey. They must be plain in design and free of any club identification (designs, logos or sayings). Excluded items include: hats, shorts, jean, midriff tank tops, ripped or torn clothing.

OFF COMPETITION SITE:
For safety and security reasons when using transportation to/from Western Canadian Championships, Western Canada Cup, 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 GCG 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% of 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.

NOTE
Religious attire
See AGF Policies and Procedures for clarification in regard to religious attire in gymnastics settings.

Current FIG Code of Points and applicable human rights legislation, shall preside over all competitive actives in Canada. Please refer to the appropriate FIG/GCG policy and procedures for all competitive related scenarios.

ALBERTA GYMNASTICS FEDERATION
ELECTIONS

WOMEN'S PROGRAM COORDINATOR SHALL BE RESPONSIBLE:

- To advertise vacant and /or positions on the committees that are up for election at the next Women's Program Assembly meeting;
- To ensure as full a slate as possible is presented to the Women'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 WAG ASSEMBLY:

- At least thirty (30) days in advance of the Assembly meeting, the WP Coordinator shall forward a request for nominations to the members.
- Members shall forward their nominations to the WP 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.

ELECTION PROCEDURES

The Elections will be held at the end of the business portions of the Assembly Meeting (or when applicable).

Nominations

- Nominations will NOT be accepted from the floor at the time of the AGM/Assemblies. If there are sufficient nominees received prior to the deadline, the nominees will be acclaimed. However, if there are more nominees than positions, an election will occur. As such, regardless of the number of positions available, nominations received by the deadline will automatically be acclaimed unless there are more nominees than positions which would then require an election. 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 Assembly 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

- Voting will be by closed ballot.
- Shall be conducted in accordance with Bylaw 6 Meetings of Members, section 9 Votes
- For Technical Committee positions and/or vacancies, the candidates receiving the highest number of votes shall be elected. If a tie occurs, additional ballots shall be cast until one candidate receives 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 Women's Program Committee from the floor of the Assembly meeting."

The Women's Program Coordinator 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 WP 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

Women's Program Committee

Nomination Form

Position – *High Performance Representative*

Nominee _____

Nominator _____

_____

Nominator's Signature Date

Statement of Agreement

I HEREBY AGREE TO ALLOW MY NAME TO STAND FOR THE POSITION OF HIGH PERFORMANCE REPRESENTATIVE

_____ _____

Nominee's Signature Date

ALBERTA GYMNASTICS FEDERATION

Women's Program Committee

Nomination Form

Position – *Canadians Representative*

Nominee _____

Nominator _____

_____

Nominator's Signature Date

Statement of Agreement

I HEREBY AGREE TO ALLOW MY NAME TO STAND FOR THE POSITION OF CANADIANS REPRESENTATIVE

_____ _____

Nominee's Signature Date

ALBERTA GYMNASTICS FEDERATION

Women's Program Committee

Nomination Form

Position – *Westerns Representative*

Nominee _____

Nominator _____

_____

Nominator's Signature Date

Statement of Agreement

I HEREBY AGREE TO ALLOW MY NAME TO STAND FOR THE POSITION OF WESTERNS REPRESENTATIVE

_____ _____

Nominee's Signature Date

ALBERTA GYMNASTICS FEDERATION

Women's Program Committee

Nomination Form

Position – *Zones/Provincials Representative*

Nominee _____

Nominator _____

_____

Nominator's Signature Date

Statement of Agreement

I HEREBY AGREE TO ALLOW MY NAME TO STAND FOR THE POSITION OF ZONES/PROVINCIALS REPRESENTATIVE

_____ _____

Nominee's Signature Date

ALBERTA GYMNASTICS FEDERATION

Women's Program Committee

Nomination Form

Position – *Developmental Representative*

Nominee _____

Nominator _____

_____

Nominator's Signature Date

Statement of Agreement

I HEREBY AGREE TO ALLOW MY NAME TO STAND FOR THE POSITION OF ASPIRATION/DEVELOPMENTAL REPRESENTATIVE

_____ _____

Nominee's Signature Date

ALBERTA GYMNASTICS FEDERATION

Women's Program Committee

Nomination Form

Position – *Chairperson*

Nominee _____

Nominator _____

_____

Nominator's Signature Date

Statement of Agreement

I HEREBY AGREE TO ALLOW MY NAME TO STAND FOR THE POSITION OF WAG PROGRAM COMMITTEE CHAIRPERSON

_____ _____

Nominee's Signature Date

ALBERTA GYMNASTICS FEDERATION

Women's Program Sub-Committee

Nomination Form

Position – *Petition Sub-Committee (Four (4) P.S.C. members)*

Nominee _____

Nominator _____

_____

Nominator's Signature Date

Statement of Agreement

I HEREBY AGREE TO ALLOW MY NAME TO STAND FOR THE POSITION OF WAG PETITION SUB-COMMITTEE

_____ _____

Nominee's Signature Date

ALBERTA GYMNASTICS FEDERATION

Women's Program Sub-Committee

Nomination Form

Position *–Developmental Sub-Committee (Three (3) members)*

Nominee _____

Nominator _____

_____

Nominator's Signature Date

Statement of Agreement

I HEREBY AGREE TO ALLOW MY NAME TO STAND FOR THE POSITION OF WAG ASPIRATION SUB-COMMITTEE

_____ _____

Nominee's Signature Date

NOMINEES FOR CHAIRPERSON
(Mark an x beside the name of choice)

NOMINEE: _____ ☐

NOMINEE: _____ ☐

NOMINEE: _____ ☐

NOMINEE: _____ ☐

NOMINEE: _____ ☐

NOMINEE: _____ ☐

NOMINEE: _____ ☐

ROLES AND RESPONSIBILITIES
FOR ALBERTA WAG DELEGATION COACHES AT AGF ASSIGNED EVENTS

This document is a WAG Appendix to addition to the AGF's All Disciplines Team Coach Manual. It is presented in the form of an Agreement. Each Personal and Team Coach must read and agree prior to attending the event for which they were selected. The Roles and Responsibilities outlined in this document are meant to be followed by **all** Coaches who are going to be part of the Alberta WAG Delegation Personnel.

DEFINITIONS:

First-Ranked Team Coach:	Refers to the AGF ratified individual who has been named as first Coach for a particular Alberta Team.
Team Coach(es):	Refers to all of the AGF ratified individuals who have been named as Coaches for a sanctioned Alberta Team.
Personal Coach(es):	Refers to any other coach who has a ratified athlete on the Alberta Delegation (competing as a member of the team or as an individual) and who is not one of the Team Coaches.
Delegation Personnel:	Refers to any individual who has been assigned duties to be performed on behalf of the Alberta Delegation at the event in question (All Team Coaches, Personal Coaches, Managers, Chaperones, Medical staff, Chef de Mission or other Head of Delegation, AGF Staff or designate).
Alberta Gymnastics Federation Staff:	Refers to any employee of the Alberta Gymnastics Federation who has been assigned to the event in question, either in person or by authority.
Individual Athlete:	Refers to a ratified athlete on the Alberta Delegation, who is representing Alberta as an individual and whose performances/scores will not count towards the Team Alberta standings at the event in question. *(Note: This athlete was often MISTAKENLY called "Independent" in past years. It is also understood that the status of an athlete can change prior to the event if there is an athlete substitution under the allowed rules).*
Team Athlete:	Refers to a ratified athlete on the Alberta Delegation, who is representing Alberta as a Team Alberta member and whose performances/scores will count towards the Team Alberta standings at the event in question. *(Note: It is also understood that the status of an athlete can change prior to the event if there is an athlete substitution under the allowed rules).*

A) Role of Team Coaches

- Team Coaches act as advocates for the athletes they represent and for whom they are responsible.
- The primary function of the assigned Team Coaches is to prepare the athletes technically, mentally and physically for competition and to provide guidance and technical support to the athletes during training and competition.
- The Team Coaches are responsible for the Creation, Implementation, and Evaluation (report) of the **Team Preparation Plan**, which must be provided to AGF before the required deadlines (as established each year by the Women's Program Coordinator).
- Team Coaches are expected to represent the Alberta team at all Technical Meetings, and to communicate all the information arising from those meetings to the rest of the delegation, or as is required. They are required to behave in accordance with the AGF Team Coach Manual.
- Team Coaches also assist the Team Managers and Chaperones in the planning of all activities and timetables at the event.

Note: A formal meeting between Team Coaches, Personal Coaches, and the assigned Managers should happen before the large Delegation Meeting usually held on site at large events.

B) Team Management Procedures and Guidelines

- The Team Coaches, Managers, and Chaperones must travel with the Team to and from the event, unless otherwise specified or authorized by the Alberta Gymnastics Federation.
- The Team Coaches are responsible for the overall Planning and Implementation of the Team's activities before, during (*) and after the competition. Those duties are performed in close collaboration with the Alberta Gymnastics Federation's assigned staff and the Alberta Delegation personnel.
  (*) This refers to the moment of departure to the event, until the moment of return from the event, unless specified otherwise
- The on-site application of the Team Rules and Regulations is the responsibility of the Team Coaches, unless specified otherwise by AGF Those duties are performed in close collaboration with the A.G.F. assigned staff and the Alberta delegation personnel.

  NOTE: *It is the responsibility of any delegation member to report incidents (which may require further attention) to the appropriate Head of Delegation (Manager, Chef de Mission or other), in accordance to the Authority Flow Chart in effect at the time of the event.*
- The Team Coaches are responsible for scheduling all Team Meetings, and must advise the Chef de mission and Team Managers. At competitions where there is a multi-level representation, meetings may be called by the Delegation Managers, according to the authority conferred to them by the Alberta Gymnastics Federation.
- Team Coaches must attend the Opening and Closing Ceremonies, unless otherwise exempted.

C) Decision-making Process (for all Technical Team Issues)

- For Athlete-specific and Team-specific decisions (see list below), the Team Coaches will first attempt (when possible) to consult with the concerned athlete's Personal Coach(es). After this consultation, the Team Coaches will then discuss the matter further (when possible) in order to come to a decision. In the event where a discussion is impossible or an agreement is not reached between the Team Coaches, the final decision will rest with the First-Ranked Team Coach.

  Areas of Athlete and Team related decisions:

  - Athlete substitution prior to the event (team line-up);
  - Athlete Routine Content & A-score;
  - Competition Order;
  - Inquiries, protests and appeals;
  - Medical treatment and health management issues;
  - Personal Coach presence and roles, before and during the event;
  - Other on-site contingencies;

- The Team Coaches must give priority to their assigned Team coaching responsibilities/duties over coaching their own personal athlete(s) on the Team. Conversely, Personal Coaches must give priority to the Team over their personal athlete(s).

D) Task Checklist

Prior to the Departure for an Event

- The first-ranked Team Coach will consult with the other Team Coach about the Team Preparation Plan, to include:

  1. Specific training & competitive goals and strategies;
  2. Team training schedules (for all camps and for on-site trainings);
  3. Technical content of all training sessions and competition warm-ups (expected workloads);
  4. Team meeting agendas;
  5. Tentative competition orders (for use at training sessions and competition);
  6. Specific team rules (curfew, accommodation arrangements, attire, etc.);

Note: The Preparation Plan must be submitted to the Women's Program Coordinator, and distributed to the Personal Coaches within two (2) weeks after the Trials. The Plan is not intended to cover all possible contingencies and it can be modified by the Team Coaches (using the above-mentioned process) to best deal with circumstances, which arise prior or during competitions.

- The first-ranked Team Coach prepares the final version of the Team Preparation Plan for distribution to all the Personal Coaches.

- In order to draft up the Team Preparation Plan, the first-ranked Team Coach must collect the following information from each Team Member's Personal Coach:

  1. Planned routine content & projected D-score (for all apparatus) and projected changes (if any);
  2. Health-related information and general preparation status;
  3. Current state of physical and psychological preparation;
  4. Any other athlete-specific information (for example, spotting needs);
  5. Floor routine music

  Note: It is the mutual obligation of the Team Coaches to freely and duly exchange all the athlete-related technical information prior and during an event (for example, athlete health-related matters). It is also the obligation of all Personal Coaches to freely and duly provide the

Team Coaches with any piece of information on their athlete(s) which may affect their preparation and performance (health, psychological and technical preparedness).

- If and when possible, the Team Coaches must consult with judges in regard to the Team Members' technical content on each event.

Note: This consultation is strictly for the purposes of accessing judging-specific information on the Team members expected routine content. Under no circumstances will Team Coaches advocate anything else but a fair assessment of their athletes' routines.

On-site: prior to the Event

- The Team Coaches implement the Team Preparation Plan.

Note: The Competition Order for any event will take all of the following into consideration:
- Most recent competitive performances
- Most recent health status of each athlete
- Trials Results
- Recent psychological pre-dispositions
- Technical preparedness on each event
- Overall quality of recent preparation
- Team strategies established in order to achieve Team and individual goals

The final decision rests with the first-ranked Team Coach, after due consultation with the other Team Coach.

- The Team Coaches must attend all official Technical Coaches meetings.
- The Team Coaches are to obtain all the latest Technical Information distributed by either A.G.F., GCG, or the Organizing Committee.

After an Event

- The first-ranked Team Coach will submit a written report to the Alberta Gymnastics Federation office and to the Women's Program Committee within thirty (30) days of the end of the competition. This Post Event Report template is found at the back of this document

Note: This report shall review all the items of the Preparation Plan and include recommendations to be reviewed by the process in place at the time.

ALBERTA WAG PREPARATION PLAN

Team Rules *(according in part to the AGF Team Coaches Manual & AGF Uniform Policy):*

1. Meals will be scheduled and as much as possible eaten together.

2. In order to project a proper Alberta Team Image, the following dress code must be respected:

Training:
- Official Alberta tracksuit and leotard, sweatpants and individual bodysuit or any other official Alberta gear specified. Tights will be allowed on a case-by-case basis.
- Coaches: any official Alberta Team Clothing, unless specifically determined for a particular event.

Competition:
- Official Alberta tracksuit and leotard. No t-shirts for general or event warm-up. Tights will be allowed on a case-by-case basis decided by primary team coach
- Coaches: official Alberta tracksuit or other specifically approved Team Alberta clothing.

Other:
- Official Alberta gear at all Official functions, unless specified otherwise.
- No improper training/competition items such as ripped t-shirts/boxer shorts/two- piece bodysuits/visible undergarments. All clothing items must be worn in a neat and tidy fashion at all times

3. An overall Daily Team schedule will be posted every day, indicating the meal schedule/training schedule/social activities/competition schedule/other pertinent information.

4. All the official Team information will be communicated to the athletes by the Team Coaches, as it is obtained.

5. All special requests ***MUST*** be directed to the Team Coaches and to the Managers/Chaperones.

6. Emphasis will be put on being on time as it is important when moving around as a group.

7. All team members are expected to behave as mature individuals.

8. All team Members ***MUST*** stay with the rest of the team at all times (with a Team Coach), unless pre-approved.

9. Curfews for the athletes are as per the AGF policies in place and in effect at the time of the event. These curfews may be extended, due to special events and circumstances, following approval from the Team Coaches and/or Managers and Chaperones.

Curfew for the 11-12 yr. old athletes:
9:15PM in rooms, 9:30PM lights out, 9:45PM silence.

Curfew for the 13 + yr. old athletes:
9:45PM in rooms, 10:00PM lights out, 10:15PM silence.

PREPARATION WAG PLAN

Prepared by:_____ Last Update on:_____

Selected Athletes:

_____
_____
_____
_____
_____
_____
_____

Alternate Athletes:

_____
_____
_____

Selected Coaches:

_____
_____

A) Primary Team Goal:

To finish in the top_____teams.

Will require an average of_____from each of the best athletes on each event.

B) Secondary Goals:

To qualify_____athletes in the top _____ of the final Team standings.

Will require an all-around total of at least/approximately_____points (approximately_____pts average.)

To qualify at least_____different gymnasts for the Event Finals.
Will require an event score of over_____on vault/_____on bars/_____on beam and_____on floor,

To medal on_____event in Event Finals.
Will require an event score of over_____on vault/_____on bars/_____on beam/_____on floor.

C) Other Goals:

_____
_____
_____
_____
_____
_____

ALBERTA WAG PREPARATION PLAN

Team Objectives *(To be reviewed after the Training camp by the Coaches/ These objectives do not necessarily need to be shared with the athletes):*

To score_____on **vault.** *Requires an average of_____from the top_____athletes.*

To score_____on **bars.** *Requires an average of_____from the top_____athletes.*

To score_____on **beam.** *Requires an average of_____from the top_____athletes.*

To score_____on **floor.** *Requires an average of_____from the top_____athletes.*

To score a TEAM TOTAL of_____*Requires contributing scores averaging* _____

Team Strategies *(To be reviewed after the Training camp by the Coaches/ These objectives do not necessarily need to be shared with the athletes):*

To strategically position/support the athletes most likely to contribute on each event.
This will require on-site analysis of athlete preparedness/performance at training and of most recent competitive results, as well as judges' assessment (if available).

To include elements/connections which have a high success rate on each apparatus.
This will require on-site analysis of athlete preparedness/performance at training and of most recent competitive results, as well as judges' assessment (if available).

To focus on quality of execution, rather than on high risk (low success rate) elements.
This will require a strategic focus on stuck landings on all events (potential for_____full points on team total if all landings by top athletes are stuck. Will also require the following strategic focus:

1. _____
2. _____
3. _____
4. _____
5. _____

ALBERTA WAG PREPARATION PLAN

Activity #1: **Training Camp**

Location: _____

Date: _____

Attending Athletes**:**

Attending Coaches:

Attending Judges:

SAMPLE

DATE:		Presented by	Location
7:30 PM - 9:00 PM:	Team Preparation Plan Meeting - (Camp #1 content & expectations) *Review with Coaches*		
DATE:			
8:00am - 10:00 am:	**Training session #1**-Physical Preparation Program *Conducted by*		
10:30 am - 11:30am:	Team Meeting-Review of Preparation Plan With *Athletes & Coaches (Camp)*		
11:30am - 13:30PM:	Lunch (Athletes/Coaches)		
2:00PM - 5:30PM:	**Open Training session** *Conducted by Team and Personal Coaches*		
5:45PM:	Return to billets		
6:00PM - 6:30PM:	Review of training *(Wrap-up with Coaches)*		
DATE:			
8:00 am - 8:45am:	Team Preparation Plan Review (if necessary) *With Coaches*		
9:00 am - 1:00PM:	**Team Mock Meet / Training session** *Conducted by Team Coaches and Personal coaches*		
1:15PM	Team Meeting-Review of Preparation Plan (if necessary) *With Athletes & Coaches*		
2:00PM	*End of Camp/ Departure*		

ALBERTA WAG PREPARATION PLAN

Meeting Details:
Date: _____
Time: _____
Location: _____

Meeting Agenda:

1. **Review of the Training Camp Schedule**

2. **Review of the Training Camp Objectives**
   ACTION: To identify the level of current preparedness of the team; by identifying the state of health, physical conditioning, psychological pre-dispositions, team spirit (the notion of team captain/team cheer or leader for Team warm-up), and individual issues.
   ACTION: To identify the areas where improvements in quality/difficulty are possible between now and Competition, through the analysis of each athlete's D-score on each apparatus.
   ACTION: To discuss the needs of all athletes (psychological, technical). i.e., Spotting on any event, key words, personality aspects to take into consideration/activation required, issue of length of time before competition and the individual training needs onsite.

3. **Review of the Training Camp format/content/expectations**
   a. **Team Warm-up**
      ACTION: To identify the Alberta Team Warm-up/Leader: _____
   b. **Saturday Training Format:**
      Open training (in one group; approx. 45 min/event)
   c. **Sunday Team Mock Meet:**
      _____min. warm-up/event; 3 beams/ 2 floors/ 3 vaults/ 3 bars (Judged if possible/scores not flashed)
   d. **Adapted Environment and Equipment set-up, and spotting for both days**
      Vault: On somewhat hard landing over pit; Bars: 8-inch crash mats OK; spotting OK Beam: 8-inch crash mats OK & beam pads OK; Floor: Sting mats OK; spotting OK

4. **Review of the Competition Schedule and Details**
   ACTION: To review the following:
   e. Travel schedule and expectations
   f. Training schedule
   g. Competition schedule "draw"
   h. Rooming list
   i. Expectations and outlined procedures for the use of the Alternate; Injury or acute incapacity to perform competition routines, due to lack of preparation and or illness.
      Max. deadline for allowable athlete changes: _____
   j. Team rules (Please refer to the attached document)
   k. Floor Music Procedures; all athletes should provide three (3) copies of their floor music. Two copies will be provided to the Team Coach/Team Manager; one of which will be kept separately and the third copy will be kept by the gymnast. The Coach/Manager's copy will be the one used as the official competition copy.
   l. Bar Grip Procedures; those athletes wearing grips will be required to have one pair for competition AND one "ready-to-use/broken in" pair in a grip bag w/ name of gymnast to be given to the Team Coach PRIOR to the Team competition.

5. **Review of the Organizational details potentially affecting our Team:**
   ACTION: To review the following:
   a. Arrival time
   b. Training times
   c. Communication

WOMEN'S APPEAL FORM – FORMULAIRE D'APPEL - FEMMES

☐ Judging / Jugement ☐ Technical / Technique

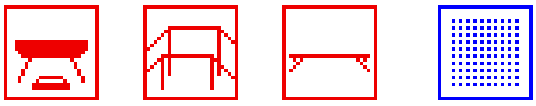
Athlete #: _____ Name / Nom: _____

Category / ie:

☐ 8 ☐ 9 ☐ 10 ☐ N ☐ J ☐ S

Competition Date / Date de Competition:

_____



Initial SV / Note de depart initiale: _____ Initial Score / Note Initiale: _____

Revised SV / ND revisee: _____ Revised Score / Note revisee: _____

Coach's rationale MUST include new information or which part of the rules or process was not abided by.
La justification de l'entraineur DOIT mentionner les noouvelles informations ou la section des reglements ou du processus qui ne fut pas suivie.

_____

_____

_____

_____

Signature: _____ Time / Temps: _____

Received by / Recu par: _____ Time /Temps: _____ $60.00 _____

☐ Appeal Accepted / Appel accepte ☐ Appeal Denied / Appel refuse

Comments including rationale for decision / Commentaires incluant la justification de la decision:

_____

_____

_____

_____

_____ _____ _____

Signature, Function / Fonction Time / Temps $ ret.

THE AGF WOMEN'S PROGRAM MANAGER MUST RECEIVE A COPY OF THE COMPLETED FORM BEFORE IT IS RETURNED TO THE PERSON WHO SIGNED THE APPEAL.

Alberta Judges Honorarium

Certifications	Course Examples	Years 1	2	3	4	5	6+											
1 Course	Xcel B/S/G	15	16	17	18	19	20											
2 Courses	Both XSBG and 123 or XBSG and 6/7/P	17	18	19	20	21	22	Years 7	8+									
3 Courses	Both XB/S/G, 6/7/P and 8/D or XBSG, 1/2/3 and 4/5 or XBSG, 1/2/3 and 6/7/P	18	19	20	21	22	23	24	25	Years 9	10+							
4 Courses	XB/S/G, 6/7/P, 8/D and 9/S or XBSG, 1/2/3, 4/5 and 6/7/P or XBSG, 1/2/3, 6/7/P and 8/D	20	21	22	23	24	25	26	27	28	29							
5 Courses	XB/S/G, 123, 6/7/P, 8/D and 9/S or XBSG, 1/2/3, 4/5, 6/7/P and 8/D	21	22	23	24	25	26	27	28	29	30	Years 11	12	13	14	15		
6 Courses	XBSG, 1/2/3, 4/5, 6/7/P, 8/D and 9/S	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	Years 16	17+
National Prep	Add 0.50$					26.5	27.5	28.5	29.5	30.5	32	32.5	34	35	36	37	37.5	38.5
National							29	30	31	32	33	34	35	36	37	38	39	40
HP	Add $1.00						30	31	32	33	34	35	36	37	38	39	40	41
Brevet		26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42

All judges certified AHJ = +$0.50
All judges certified CHJ = +$0.50

Appendix 8

Alberta Distance Chart	Airdrie	Athabasca	Banff	Brooks	Calgary	Camrose	Canmore	Cardston	Claresholm	Cold lake	Coutts	Drumheller	Edmonton	Edson	Fort Macleod	Fort McMurray	Grand Prairie	High Level	Hinton	Jasper	Lac La Biche	Lake Louise	Leduc	Lethbridge	Lloydminster	Medicine Hat	Okotoks	Oyen	Peace River	Pincher Creek	Tawatinaw	Red Deer	Rocky Mtn. Hse	Sherwood Park	Slave Lake	Spruce Grove	Stettler	St.Albert	Strathmore	Vegreville	Vermilion	Wainwright	Waterton Park	Wetaskiwin	Whitecourt
Airdrie		418	154	210	36	258	131	263	160	626	345	106	267	464	201	838	721	1046	549	440	508	208	234	240	514	315	74	293	751	246	369	115	182	276	523	291	198	287	73	368	456	397	292	218	443
Athabasca	418		548	565	441	244	546	668	566	244	754	426	147	324	606	305	447	615	411	491	95	599	186	656	391	673	489	544	373	652	56	295	366	165	131	159	328	132	489	246	330	353	706	215	228
Banff	154	548		312	128	381	27	354	252	695	447	263	401	452	292	840	682	1104	364	287	621	55	382	342	626	419	169	452	809	323	517	253	259	424	652	439	338	435	176	504	568	532	378	340	502
Brooks	210	565	312		185	321	291	239	253	543	208	139	418	612	213	623	874	1153	673	596	532	363	444	162	463	110	187	225	903	264	578	302	381	485	669	500	237	496	141	353	405	368	292	363	595
Calgary	36	441	128	185		274	105	227	125	588	320	138	294	447	165	733	720	1029	489	412	514	180	266	216	519	293	46	327	749	211	401	145	198	308	545	323	230	319	53	397	461	425	266	233	441
Camrose	258	244	381	321	274		381	501	399	326	510	182	97	296	439	521	553	832	384	463	302	433	71	453	245	429	325	302	582	485	194	129	202	80	348	122	85	118	258	136	187	151	540	41	274
Canmore	131	546	27	291	105	381		335	232	748	417	230	394	476	273	966	709	1174	392	313	614	82	361	312	640	394	145	417	879	317	494	242	237	402	650	418	325	414	152	491	583	624	363	344	571
Cardston	263	668	354	239	227	501	335		102	763	141	351	521	674	60	960	946	1256	716	638	741	407	494	77	682	245	194	432	975	92	628	373	425	535	772	550	474	546	243	573	714	588	56	460	668
Claresholm	160	566	252	253	125	399	232	102		713	196	262	419	572	40	858	844	1154	613	536	639	303	391	91	645	259	91	446	873	86	525	271	323	432	670	447	356	443	164	523	587	550	140	358	566
Cold Lake	626	244	695	543	588	326	748	763	713		732	496	294	488	737	440	690	859	576	656	148	746	353	686	225	598	695	411	617	788	286	442	513	297	374	324	399	302	695	229	164	225	816	362	428
Coutts	345	754	447	208	320	510	417	141	196	732		328	607	767	156	1012	1039	1342	808	731	720	498	576	105	651	214	276	401	1068	207	710	465	518	617	858	632	425	628	283	542	593	557	194	551	760
Drumheller	106	426	263	139	138	182	230	351	262	496	328		279	472	292	703	735	1014	560	547	484	315	259	282	416	247	166	189	764	343	376	165	244	268	530	316	97	312	93	307	358	321	398	223	456
Edmonton	267	147	401	418	294	97	394	521	419	294	607	279		199	459	439	456	735	287	366	220	452	35	509	251	526	337	397	484	505	97	148	220	17	251	32	182	15	337	105	193	207	560	68	177
Edson	464	324	452	612	447	296	476	674	572	488	767	472	199		612	629	382	705	88	167	414	398	233	662	446	719	536	596	411	648	279	313	249	220	296	174	375	196	535	300	388	406	703	261	103
Fort MacLeod	201	606	292	213	165	439	273	60	40	737	156	292	459	612		898	884	1194	656	576	679	347	432	51	656	219	133	406	913	51	567	311	363	473	710	488	414	485	184	547	654	862	406	398	603
Fort McMurray	838	305	840	823	733	521	966	960	856	440	1012	703	439	629	898		752	920	716	796	291	891	478	948	587	931	910	773	678	944	361	587	658	435	436	464	605	437	909	492	526	587	999	507	533
Grand Prairie	721	447	682	874	720	553	709	946	844	690	1039	735	456	382	884	752		453	332	398	542	628	491	935	701	982	794	853	197	920	456	586	522	478	318	432	637	442	793	556	643	663	975	519	279
High Level	1046	615	1104	1153	1029	832	1174	1256	1154	859	1342	1014	735	705	1194	920	453		785	850	710	1080	814	1244	980	1261	1117	1132	294	1240	662	883	845	801	489	755	917	765	1116	835	922	942	1295	803	602
Hinton	549	411	364	673	489	384	392	716	613	576	808	560	287	88	656	716	332	785		80	502	313	318	703	533	780	534	684	498	684	363	401	337	304	384	258	587	281	620	388	480	493	739	349	191
Jasper	440	491	287	596	412	463	313	638	536	656	731	547	366	167	576	796	397	850	80		582	233	396	626	613	703	455	720	578	607	442	413	332	383	464	337	507	359	461	468	555	573	662	429	271
Lac La Biche	508	95	621	532	514	302	614	741	639	148	720	484	220	414	679	291	542	710	502	582		672	255	674	295	639	557	481	468	725	145	368	439	212	226	238	386	212	557	218	235	295	780	288	324
Lake Louise	208	599	55	363	180	433	82	407	303	746	498	315	452	398	347	891	628	1080	313	233	672		437	394	678	471	224	504	799	374	571	304	256	478	685	493	410	489	230	556	641	583	429	391	492
Leduc	234	186	382	444	266	71	361	494	391	353	576	259	35	233	432	478	491	814	318	396	255	437		471	281	547	304	376	520	476	137	122	186	42	288	59	165	55	305	132	224	219	522	36	211
Lethbridge	240	656	342	162	216	453	312	77	91	686	105	282	509	662	51	948	935	1244	703	626	674	394	471		605	168	171	355	963	103	605	360	413	512	760	527	379	523	178	496	547	511	130	448	656
Lloydminster	514	391	626	463	519	245	640	682	645	225	651	416	251	446	656	587	701	980	533	613	295	678	281	605		480	583	292	729	707	344	374	447	239	496	276	318	260	583	148	61	106	735	288	422
Medicine Hat	315	673	419	110	293	429	394	245	259	598	214	247	526	719	219	931	982	1261	780	703	639	471	547	168	480		291	187	1010	270	681	409	488	588	777	603	344	599	244	461	434	377	298	470	703
Okotoks	74	489	169	187	46	325	145	194	91	695	276	166	337	536	133	910	794	1117	534	455	557	224	304	171	583	291		353	822	177	439	185	252	345	594	360	268	357	77	434	526	567	223	288	514
Oyen	293	544	452	225	327	302	417	432	446	411	401	189	397	596	406	773	853	1132	684	720	481	504	376	355	292	187	353		881	457	715	310	389	396	648	637	234	633	280	320	247	190	485	344	574
Peace River	751	373	809	903	749	582	879	975	873	617	1067	764	484	411	913	678	197	294	498	578	468	799	520	963	729	1010	822	881		949	428	615	550	506	244	460	666	470	822	584	672	691	1004	548	307
Pincher Creek	246	652	323	264	211	485	317	92	86	788	207	343	505	648	51	944	920	1240	684	607	725	347	476	103	707	270	177	457	949		611	357	399	518	756	533	440	529	241	598	650	613	55	444	642
Tawatinaw	369	56	517	578	401	194	494	628	525	286	710	376	97	279	567	361	456	662	363	442	145	571	137	605	344	681	439	715	428	611		257	307	115	179	109	278	83	439	194	286	308	655	173	176
Red Deer	115	295	253	302	145	129	242	373	271	442	465	165	148	313	311	587	586	883	401	413	368	304	122	360	374	409	185	310	615	357	257		81	163	399	178	101	175	185	252	316	279	411	87	307
Rocky Mtn. Hse	182	366	259	381	198	202	237	425	323	513	518	244	220	249	363	658	522	845	337	332	439	256	186	413	447	488	252	389	550	399	307	81		227	436	202	175	225	252	323	389	353	453	161	243
Sherwood Park	276	165	424	485	308	80	402	535	432	297	617	268	17	220	473	435	478	801	304	383	212	478	42	512	239	588	345	396	506	518	115	163	227		269	50	170	33	346	90	181	194	564	79	198
Slave Lake	523	131	652	669	545	348	650	772	670	374	858	530	251	296	710	436	318	489	384	464	226	685	288	760	496	777	594	348	244	756	179	399	436	269		240	432	237	593	351	438	458	811	319	193
Spruce Grove	291	159	439	500	323	122	418	550	447	324	632	316	32	174	488	464	432	755	258	337	238	493	59	527	276	603	360	637	460	533	109	178	202	50	240		213	28	361	127	219	236	579	95	152
Stettler	198	328	338	237	230	85	325	474	356	399	425	97	182	375	414	605	367	917	587	507	386	410	165	379	318	344	268	234	666	440	278	101	175	170	432	213		209	191	209	301	224	494	126	359
St. Albert	287	132	435	496	319	118	414	546	443	302	628	312	15	196	485	437	442	765	281	359	212	489	55	523	260	599	357	633	470	529	83	175	225	33	237	28	209		357	111	202	232	575	91	162
Strathmore	73	489	176	141	53	258	152	243	164	695	283	93	337	535	184	909	793	1116	620	461	557	230	305	178	583	244	77	280	822	241	439	185	252	346	593	361	191	357		434	435	383	287	287	514
Vegreville	368	246	504	353	397	136	491	573	523	229	542	307	105	300	547	492	556	835	388	468	218	556	132	496	148	461	434	320	574	598	194	252	323	90	351	127	209	111	434		91	130	626	172	277
Vermilion	456	330	568	405	461	187	583	714	587	164	593	358	193	388	654	526	643	922	480	555	235	641	224	547	61	434	526	247	672	650	286	316	389	181	438	219	301	202	435	91		61	677	229	364
Wainwright	397	353	532	368	425	151	624	588	550	225	557	321	207	406	562	587	663	942	493	573	295	583	219	511	106	377	567	190	691	613	308	279	353	194	458	236	224	232	383	130	61		641	192	384
Waterton Park	292	706	378	292	266	540	363	56	140	816	194	398	560	703	106	999	975	1295	739	662	780	429	522	130	735	298	223	485	1004	55	655	411	453	564	811	579	494	575	287	626	677	641		498	696
Wetaskiwin	218	215	340	363	233	41	344	460	358	362	551	223	68	261	398	507	519	803	349	429	288	391	36	448	288	470	288	344	548	444	173	87	161	79	319	95	126	91	287	172	229	192	498		240
WhiteCourt	443	228	502	595	441	274	571	668	566	428	760	456	177	103	605	533	279	602	191	271	324	492	211	656	422	703	514	574	307	642	176	307	243	198	193	152	359	162	514	277	364	384	696	240	

RULES AND PRINCIPLES OF THE POINTS CHART

PURPOSE

This Chart is designed to rank individual Alberta female gymnasts at the end of each competitive season (September 1-August 31) for the purpose of Support Identification.

DEFINITIONS

*** SANCTIONED EVENT:** A competition is defined as being "sanctioned" when it is organized under the direct leadership of a PSO, NSO, Continental Union or World Gymnastics (FIG).

*** INVITATIONAL EVENT:** A competition is defined as being an "invitational" when it is organized under the direct leadership of a club or "other" recognized organizational entity *(such as a private for-profit Organizing Committee).*

A) Senior International "A" Games:

Multi-sport, multi-nation International level SENIOR-age Games event (sanctioned by World Gymnastics (FIG) & operated under World Gymnastics (FIG) Rules)

Examples (but not limited to): *Olympic Games, Olympic Test Event (if a separate qualification event is required), etc.*

B-1) Senior International "B" Games:

Multi-sport, multi-nation International level SENIOR-age Games event (sanctioned by World Gymnastics (FIG) & operated under World Gymnastics (FIG) Rules)

Examples (but not limited to): *Pan-American Games, Commonwealth Games, etc.*

B-2) Senior International "C" Games:

Multi-sport, multi-nation International level SENIOR-age Games (sanctioned by World Gymnastics (FIG) & operated under World Gymnastics (FIG) Rules), with additional/special admission criteria.

Examples (but not limited to): *FISU World University Games, Maccabiah Games, etc.*

C) Senior International "A" Championships:

Single-sport, multi-nation International level SENIOR-age Championships (sanctioned by World Gymnastics (FIG) & operated under World Gymnastics (FIG) Rules)

Examples (but not limited to): *World Championships, etc.*

D) Senior International "B" Championships:

Single-sport, multi-nation International level SENIOR-age Championships (sanctioned by World Gymnastics (FIG) & operated under World Gymnastics (FIG) Rules)

Examples (but not limited to): *Pacific Rim Championships, Senior Pan-American Championships, etc.*

E) Senior International "A" Competitions:

Single-sport, multi-nation International level SENIOR-age competitions held in Canada or abroad (sanctioned by a recognized NSO and sanctioned by World Gymnastics (FIG) & operated under World Gymnastics (FIG) Rules), at which countries are represented by duly-recognized National Team athletes. **(These international events can ONLY be attended by Senior Canadian National Team members).**

Examples (but not limited to): *World Cup Events, etc.*

F) Senior International "B" Competitions:

Single-sport, multi-nation International level SENIOR-age competitions held in Canada or abroad (sanctioned by a recognized NSO and sanctioned by World Gymnastics (FIG) & operated under World Gymnastics (FIG) Rules), that can be attended by both club athletes who are not National Team members **(*)** and duly-recognized National Team athletes.

Examples (but not limited to): *International Gymnix, WOGA, Combs, Jesolo, TopGym, GymSport, etc.*

**** Note:*** *If a gymnast competes for Canada at such an event (on or off the counting team), she gets all eligible points. In other words, there is no distinction made between the fact that a gymnast is a member of the competing team or competing as an individual, so long as* ***she officially represents Canada as a result of an actual assignment (as a National Team member).***

G) Senior Domestic "A" Competitions:

Single or multi-sport competitions held in Canada (sanctioned by a PSO and/or GymCan, or other national entity) and attended by SENIOR-age individual gymnasts, representing their club and/or provincial federation.
Examples (but not limited to): *Elite Canada, Canadian National Championships, etc.*

H) Senior Domestic "B" Competitions:

Single-sport competitions held in Canada (sanctioned by a PSO and/or GymCan) and attended by SENIOR-age individual gymnasts, representing their club and/or provincial federation.
Examples (but not limited to): *Alberta Provincial Championships.*

I) Junior International "A" Games:

Multi-sport, multi-nation International level JUNIOR-age **(*)** Games event (sanctioned by World Gymnastics (FIG) & operated under World Gymnastics (FIG) Rules)
(*): Exact age restrictions determined by Organizing Committee or Governing body.
Examples (but not limited to): *Youth Olympic Games, etc.*

J) Junior International "B" Games:

Multi-sport, multi-nation International level JUNIOR-age **(*)** Games event (sanctioned by World Gymnastics (FIG) & operated under World Gymnastics (FIG) Rules, or modified FIG rules) where athletes represent their country.
(*): Exact age restrictions determined by Organizing Committee or Governing body.
Examples (but not limited to): *Junior Pan-American Games, etc.*

K) Junior International Championships:

Single-sport, multi-nation International level JUNIOR-age Championships (sanctioned by World Gymnastics (FIG) & operated under World Gymnastics (FIG) Rules*)*
Examples (but not limited to): *Junior World Championships, Junior Pan-American Championships, Junior Pacific Rim Championships, etc.*

L) Junior International Competitions:

Single-sport, multi-nation International level JUNIOR-age competitions held in Canada or abroad (sanctioned by a recognized NSO and sanctioned by World Gymnastics (FIG) & operated under World Gymnastics (FIG) Rules*),* that can be attended by both club athletes who are not National Team members **(*)** and duly-recognized National Team athletes.
Examples (but not limited to): *International Gymnix, WOGA, Combs, Jesolo, TopGym, GymSport, etc.*

> **** Note:*** *If a gymnast competes for Canada at such an event (on or off the counting team), she gets all eligible points. In other words, there is no distinction made between the fact that a gymnast is a member of the competing team or competing as an individual, so long as* ***she officially represents Canada as a result of an actual assignment (as a National Team member).***

L-1) Novice/Espoir/Youth International Competitions:

Single-sport, multi-nation International level Novice/Espoir/Youth-age competitions held in Canada or abroad (sanctioned by a recognized NSO and sanctioned by World Gymnastics (FIG) & operated under World Gymnastics (FIG) Rules*),* that can be attended by both club athletes who are not National Team members **(*)** and duly-recognized National Team athletes.
Examples (but not limited to): *International Gymnix, WOGA, Combs, Jesolo, TopGym, GymSport, etc.*

> **** Note:*** *If a gymnast competes for Canada at such an event (on or off the counting team), she gets all eligible points. In other words, there is no distinction made between the fact that a gymnast is a member of the competing team or competing as an individual, so long as* ***she officially represents Canada as a result of an actual assignment (as a National Team member).***

M) Junior & HP Novice (Youth 3) Domestic "A" Competitions:

Single or multi-sport competitions held in Canada (sanctioned by a PSO and/or GymCan) and attended by HP NOVICE/YOUTH & JUNIOR-age individual gymnasts, representing their club and/or provincial federation.
Examples (but not limited to): *Elite Canada, Canadian National Championships, etc.*

M-1) National Open Domestic "A" Competitions:

Single or multi-sport competitions held in Canada (sanctioned by a PSO and/or GymCan) and attended by JUNIOR & SENIOR-age individual gymnasts, representing their club and/or provincial federation.
Examples (but not limited to): *Canadian National Championships, etc.*

N) Junior & HP Novice (Youth 3) Domestic "B" Competitions:

Single-sport competitions held in Canada (sanctioned by a PSO and/or GymCan) and attended by HP NOVICE/YOUTH & JUNIOR-age individual gymnasts, representing their club and/or provincial federation.
Examples (but not limited to): *Alberta Provincial Championships, Western Canadian Championships, etc.*

O) Level 9 Domestic "A" Competitions:

Single or multi-sport competitions held in Canada (sanctioned by a PSO and/or GymCan) and attended by CCP Level 9 individual gymnasts, representing their club and/or provincial federation.
Examples (but not limited to): *Canadian National Championships, etc.*

P) Level 9 Domestic "B" Competitions:

Single-sport competitions held in Canada (sanctioned by a PSO and/or GymCan) and attended by CCP Level 9 individual gymnasts, representing their club and/or provincial federation.
Examples (but not limited to): *Alberta Provincial Championships, Western Canadian Championships, Trials to Canadians, etc.*

Q) Level 10 Domestic "A" Competitions:

Single or multi-sport competitions held in Canada (sanctioned by a PSO and/or GymCan) and attended by CCP Level 10 individual gymnasts, representing either their club and/or provincial federation.
Examples (but not limited to): *Canadian National Championships, etc.*

R) Level 10 Domestic "B" Competitions:

Single-sport competitions held in Canada (sanctioned by a PSO and/or GymCan) and attended by CCP Level 10 individual gymnasts, representing their club and/or provincial federation.
Examples (but not limited to): *Alberta Provincial Championships, Western Canadian Championships, Trials to Canadians, etc.*

S) Canada Winter Games

Multi-sport competition held in Canada (sanctioned by GymCan & The Canada Games Council) and attended by "OPEN AGED", qualified gymnasts (some other restrictions apply), representing their provincial federations.

T) Gymnastics Canada Espoir Status

Fixed point value for earning designated GymCan Espoir Status.

U) Other Team Alberta Competitions

Other competitions held in Canada or abroad (sanctioned by a duly-recognized governing body) where officially-selected Team Alberta athletes represent AGF.

V) Gymnastics Canada National Team Member

Fixed point value for being named to the Canadian National Team (including Senior & Junior Development National Team).

POINTS CHART

Category	1 AA	2 AA	3 AA	4-6 AA	7-15 AA	16-25 AA	26-35 AA	36-50 AA	51 + AA	Apparatus Finals	Qualifications, Trials and Selections
A	5000	4500	4000	3800	3650	3400	2900	1900	1200	The Apparatus Ranking Points equal **80%** of the corresponding AA Ranking Points.	Qualifications, Trials and Selections equal **50%** of the corresponding competition Ranking Points. ****CCP Westerns Day 1 will NOT receive points****
C / I	4500	4200	3700	3500	3450	3200	2700	1600	900		
B-1 / D / E / J / K	2500	2300	2000	1800	1600	1000	600	400	200		
B-2	800	600	500	250	125	75					
F / L / L-1	1700	1500	1300	1100	700	400					
G / M	1500	1300	1100	900	500	300					
M-1	1350	1170	990	810	450	270					
Q	1275	1105	935	765	425	200	100	75			
O	975	845	715	585	325	195	75	40			
P / R	500	400	300	125	75						
H / N / U	150	130	75	50	25						
S	1500	1300	1100	900	500	300					
T	1250 pts										
V	2500 pts										

PRINCIPLES & RULES

1) The Final Individual Ranking List of Alberta female gymnasts is produced by adding points from the Points Chart *(see above)* of the current gymnastics season. (September 1-August 31).

2) The Points Chart recognizes **actual rankings stemming from actual participation in actual competitions**; in other words, it does NOT attribute points for rankings that DO NOT arise from having actually competed.

- *If the selection/qualification to a competition is NOT based on an actual competition, there are NO points attributed.*

3) Points are given on a **"PURPOSE-BASIS"**. In other words, a competition carries points based on the purpose for which these scores were obtained by the gymnast in the first place.

4) Points are given ONLY to Level 9, Level 10, Youth 3 (Novice), HP Junior, and HP Senior gymnasts. Levels 1-8, Aspire, Youth 1 & 2 gymnasts are NOT eligible to receive points under this Points Chart.

5) Points are NOT awarded for qualifying to a Team. Points are NOT given for Team rankings, except for:

a. *World Championships and Olympic Games Competition IV (Team Finals).*
   i. *If a gymnast competes on one (1) apparatus, she is awarded 25% of the corresponding AA ranking points (for the Team result at Competition IV).*
   ii. *If a gymnast competes on two (2) apparatus, she is awarded 50% of the corresponding AA ranking points (for the Team result at Competition IV).*
   iii. *If a gymnast competes on three (3) apparatus, she is awarded 75% of the corresponding AA ranking points (for the Team result at Competition IV).*
   iv. *If a gymnast competes on four (4) apparatus, she is awarded 100% of the corresponding AA ranking points (for the Team result at Competition IV).*

6) A gymnast gets points for her All-Around rankings, regardless of whether she competed on all apparatus or not.

7) In the Points Chart, **all Apparatus Finals** rankings (for any eligible competition in this Points Chart) carry **80%** of the point value for the corresponding **All-Around rankings.**

Example #1: *In the **National Open, HP Novice (Youth 3)**, **HP Junior, and HP Senior** categories, the **Canadian National Championships and Elite Canada** feature two (2) days of competition. The scores of Day 1 and Day 2 are combined to determine the final All-Around & Apparatus rankings.*

- *Day 1 competition points are given as follows:*
  - *50% of the corresponding point value for the AA results.*
    +
  - *50% of the corresponding point value of the Apparatus Finals ranking points (40%) (ONLY for the Top 8 gymnasts per apparatus).*
- *Day 2 competition points are given as follows:*
  - *100% of the AA ranking points according to the Points Chart.*
    +
  - *80% of the corresponding point value according to the Points Chart (ONLY for the Top 8 gymnasts per apparatus).*

Example #2: *In both the **Level 9 and Level 10** categories, the Canadian National Championships feature two (2) days of competition. The first day serves as a qualification both for the All-Around competition & for Apparatus Finals (Day 2).*

- *Day 1 competition points are given as follows:*
  - *50% of the corresponding point value (for the AA results).*
    +
  - *50% of the corresponding point value of the Apparatus Finals ranking points (40%) (ONLY for the Top 8 gymnasts per apparatus).*
- *Day 2 competition points are given as follows:*
  - *100% of the AA ranking points according to the Points Chart.*
    +
  - *80% of the corresponding point value according to the Points Chart (ONLY for the Top 8 gymnasts per apparatus).*

Example #3: *In both the **Level 9 and Level 10** categories, the **Alberta Provincial Championships/Trials to Canadians Events***

- *Points are given on competition for **AA Provincials** ranking according to the Points Chart.*
  +
- *Points are given on competition for **Provincials Apparatus rankings** (ONLY for the Top 8 gymnasts per apparatus).*

Example #4: *In the **Level 9 and Level 10 categories,** the **Western Canadian Championships** feature two (2) days of competition. The first day is an AA competition and serves as a qualification for the Apparatus Finals (Day 2).*

- *Day 1 competition points are given as follows:*
  - *100% of the corresponding point value (for the AA results).*
  - ***CCP Westerns Day 1 will NOT receive Apparatus points.***
- *Day 2 competition points are given as follows:*
  - *80% of the corresponding point value according to the Points Chart (ONLY for the Top 8 gymnasts per apparatus).*

8) Verification events that stem from any Petition Process DO NOT carry points.
9) Any special circumstances or unforeseen occurrences, not covered by these Rules, are to be referred to AGF's WPM & WPC for a decision.

DETAILED POINTS CHART

Competition	Category	1 AA	2 AA	3 AA	4-6 AA	7-15 AA	16-25 AA	26-35 AA	36-50 AA	51 + AA	Apparatus Finals	Qualifications, Trials and Selections
Olympic Games, Olympic Test Event (if separate qualification event req.)	A	5000	4500	4000	3800	3650	3400	2900	1900	1200	The Apparatus Ranking Points equal **80%** of the corresponding AA Ranking Points.	Qualifications, Trials and Selections equal **50%** of the corresponding competition Ranking Points. ****CCP Westerns Day 1 will NOT receive points****
World Championships, Youth Olympic Games	C / I	4500	4200	3700	3500	3450	3200	2700	1600	900		
Pan-Am Games, Commonwealth Games, SR & JR Pacific Rim Championships, SR & JR Pan-Am Championships, World Cups, JR World Championships	B-1 / D / E / J / K	2500	2300	2000	1800	1600	1000	600	400	200		
FISU World University Games, Maccabiah Games	B-2	800	600	500	250	125	75					
Gymnix, WOGA, Combs, Jesolo, TopGym, GymSport etc. (International Invitationals) (Team Canada Assignment Only)	F / L / L-1	1700	1500	1300	1100	700	400					
SR, JR, HP Novice (Youth 3) Elite Canada & Canadian Championships	G / M	1500	1300	1100	900	500	300					
National Open Canadian Championships	M-1	1350	1170	990	810	450	270					
Level 10 Canadian Championships	Q	1275	1105	935	765	425	200	100	75			
Level 9 Canadian Championships	O	975	845	715	585	325	195	75	40			
Level 9 & 10 Provincials, Westerns, Trials to Canadians etc	P / R	500	400	300	125	75						
SR, JR, Youth 3 Provincial Championships, other official Team Alberta sanctioned competitions (TeamEXCEL or similar)	H / N / U	150	130	75	50	25						
Canada Winter Games	S	1500	1300	1100	900	500	300					
GymCan Espoir Status	T	1250 pts										
GymCan National Team Member	V	2500 pts										



Women's Artistic

Technical Handbook

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