



AGF Junior Olympic (JO) 1-3 Event

General Guidelines and Information

November, 2016

Objective:

- To establish guidelines for JO 1-3 events to align with the LTAD Learn to Train stage recommendations.
- To provide quality educational and practical experiences, assisting the JO 1-3 Developmental athletes to enjoy the performance oriented aspect of the sport in a less competitive but evaluated environment.
- To provide an opportunity for parent education and promote gymnastics awareness.
- To provide creative approaches for meaningful competition experiences.



Meaningful Competition

- In individual sport the field of athletes can be large, so meaningful competition may not always need to be the chance to literally “win”
- Feeling like you fit in to the level of competition, seeing potential to move up through the rankings, being inspired and having close competitors challenging you are also very important factors

JO 1-3 Event Guidelines:

EVENT GENERAL INFORMATION:

The following pages were designed to assist clubs in hosting a JO1-3 event. The emphasis of the event should be for participation, experience, and fun! The guidelines in this package are merely recommendations for an overall program plan. Organizing committees can choose to follow any of the recommendations or incorporate individual ideas to enhance the meet experience. Clubs are not required to sanction their events with AGF. AGF strongly encourages that all clubs follow the outlined guidelines to ensure that this event is an equitable and fun for all.

ATHLETE ELIGIBILITY:

Eligible athletes will be 5 years of age and older as of December 31st of the year that they are participating.

JO 1-3 level routines are performed. Age categories can be established depending on registration numbers.

Athletes must be registered AGF members in the Developmental category.

COACH ELIGIBILITY:

All coaches must be registered AGF members. Minimum certification for JO 1-2 is Gymnastics Foundation certified with indirect supervisor and for JO 3 level C1 trained with indirect supervisor (or old L2 certified).

ENTRY FEES:

Entry fees should be kept at a minimum and should range from \$45 to no more than \$90 per participant. Although clubs should try to keep fees at a reasonable amount, event hosting costs will depend on cities, zones and the amount of work a club puts into their event.

EVENT REGISTRATION:

The event invitation should include the following information:

- Format of event
- Events offered
- Entry Fees
- Athlete recognition system and special awards
- Registration form for the event

HOSTING GUIDELINES:

The Host Club / Organizing Committee has the responsibility to ensure that a safe and adequate environment is provided for the participants including the equipment standards & specifications and safety guidelines.

Recommendation for implementing two major components:

- Introduction to competition: athlete's gymnastics routine performance
- Educational component.

1.Component One: JO 1- 3 Routine Performance

This format is similar to the regular competition format so the young athletes have a positive experience learning how competition works. Modification to make it fun and create a relaxed environment is encouraged (for example choosing themes Pajama, Hawaiian party etc.).

The general equipment and safety requirements applied. Equipment height and width can be modified as applicable to the athletes.

Introduction to Competition Format

- Rotation and competition order should prioritize the clubs need by keeping athletes together by levels and/or age groups.
- There should be no more than 50 participants in one flight or session.
- Each flight or session should last no more than 3 hours.
- **General Warm-up 10-15 minutes.**
- **March-in to introduce each Club.**
- **Event warmup: 30 second per athlete, adding up the times and the groups warm up together. (For example :10 athletes 5 min warm up on each events).**
- **Athletes rotate together as a group. Both Capitol Cup or Traditional (one apparatus) event rotation is suitable.**
- There are no limitations or restrictions on the use of safety mats.
- Spotting during performances should be kept to a minimum.

Judging:

JO 1-3 judging rules are used to identify the ranges (Gold, Silver, Bronze).

Athletes are judged at each event by JO rules but scores are unpublished. Athletes will not be ranked by places but rather scores will be integrated into a feedback system.

At the end of each rotation, athletes receive a Bronze / Silver/ Gold ribbon with their certification sheet which includes the Judge's comment.

Scores between: Gold: 9 or above
 Silver: 8 to 8.99
 Bronze: below 8

It is recommended to utilize two AGF registered judges per event to support the judges learning experience. If only one judge is available per event, it is still sufficient. The emphases are on the athletes' experience and not on the scores. Judges' comments are recommended on the certification or separate sheet to support learning environment (See example). At AGF events the Judges panel will be identified by WJC.

It is discouraged for coaches to check on the actual scores.

It is permitted to ask on individual score after the rotation is finished but only if the ribbons, Gold /Silver/ Bronze are outside of the expected result. (Basically just checking if a mistake occurred.)

Awards:

- Each athlete will receive a ribbon for their events, with their evaluation certificate (See example).
- At the end of all rotations, (at the award ceremony) the athletes will be called out (recognized) by clubs only. The coaches would hand out the certificates with the ribbons to their athletes.
- **Top performance:** athletes who obtained **Overall Gold** (all the athletes who received a minimum 3 Gold and one other ribbon) will receive a special award and called by names to receive their Top performance award.
- Special awards are encouraged to be presented (Most Dynamic Vault and Bars, Most Engaging Floor, Most Confident Beam.)

2.Component Two: Athlete & Parents education / presentation

This component is important, to provide opportunity for parent education and gymnastic awareness. For a separate JO 1-3 event, it is easier to implement this part of the guidelines with the listed format below. If the JO 1-3 event is part of a regular competition, opportunities should be searched to add a valuable parent information session during the competition time. It can be targeted for all parents attending to the competition.

Format for JO 1-3 event:

- Two presentations can run simultaneously at the same time.
- E.g. One for parents in the classroom while athletes are in the gym format.

Parents workshops: Ideas

- How to support your kids to gain confidence and resilience through sports?
- Winning Matters - (Shawnee Harley).
- Learn about gymnastics: Q&A with judges and coaches?
- Healthy eating for athletes

Athlete workshops: Ideas

- Reaching your dreams - motivational speak and goal setting
- Fast and Female: Champ Chats
- Live like a champion

Example Event schedule:

Day one:

Session 1: JO 1 (Age 5 -7y.) Routine Performance :48

Session 2: JO 2 (Age 5 - 7y.) Routine Performance: 48

Session 3: Parents and Athlete workshop: every athlete and parents invited from both days

Day two:

Session 1: JO 1 and JO 2 (8 + y.) Routine Performance:48

Session 2: JO 3 and 2 (6-7y.) Routine Performance:48

Session 3: JO 3 (8+.) Routine Performance:48

More About LTAD

LTAD is about building the entire person, not just the athlete.

10 Key Factors Influencing Long-Term Athlete Development

1. Physical Literacy
2. Specialization
3. Developmental Age
4. Sensitive Periods
5. Mental, Cognitive and Emotional Development
6. Periodization
7. Competition
8. Excellence Takes Time
9. System Alignment and Integration
10. Continuous Improvement – Kaizen



Throughout the seven stages, LTAD supports training, competition, and recovery programs based on developmental age — the physical, mental and emotional maturation of the individual — rather than chronological age. It is athlete-centered in that it is designed to serve the best interests of each athlete's long-term development, encouraging growth in skills and achievement while ensuring each individual remains engaged in sport.

The Latest Science

LTAD combines the best research in today's sport science with the best practices in coaching and training from around the world. These important research concepts and best practices have been codified into the 10 Key Factors of LTAD.

Fixing Past Failures

LTAD has been developed for a reason. Many traditional approaches to sport in Canada have served to reduce participation numbers, led to poor results, and even caused injury. LTAD is designed to maintain participation, increase results, and protect our athletes.

Improving Health

LTAD is also driven by serious concerns for the health of all Canadians. Trends over the past two decades have been towards less physical activity and sport participation, and we are starting to see serious negative consequences through rising rates of obesity, type 2 diabetes, and increased risk of heart and stroke disease. LTAD aims to mitigate these trends by promoting lifelong engagement in physical activity and sport.

LTAD is for Everyone

LTAD is for all Canadians, not just elite athletes and the young. It is cradle to grave in scope, and it is also inclusive of athletes with disabilities. It provides a route for athletes and participants of all levels of ability and disability to develop from playground to Olympic podium, and it also allows individuals to choose their own training and competition goals at all points in between.

LTAD Learn to Train Stage

Learning to Train is a period of accelerated learning of coordination and fine motor control. It is also a time when children enjoy practicing skills they learn and seeing their own improvement.

For full athletic development, children need to engage in a broad range of activities. For best long-term results in a sport, 70% of time should be spent in practice, with only 30% spent on competition. While most children naturally enjoy healthy competition, skills training and practice should be the focus at Learn to Train – not winning.

The brain is capable of very refined skill performance. This is the time to develop and refine all fundamental movement skills, learn overall sport skills and establish flexibility and endurance.

Reference: Canadian Sport for Life: <http://canadiansportforlife.ca/>



Alberta Gymnastics Federation 2017

ANNA SMITH (J02)

EDGEMONT GYMNASTICS CENTRE



Vault

GOLD



Bars

Bronze



Beam

Silver



Floor

GOLD

Judges Comments

- Great form
- Great power
- Great technique

- Keep working on form
- Keep working on power
- Focus on better technique

Judges Comments

- Great form
- Great skills
- Great dynamics

- Keep working on form
- Keep working on skills
- Focus on presentation

Judges Comments

- Great form
- Great skills
- Great presentation

- Keep working on form
- Keep working on skills
- Focus on presentation

Judges Comments

- Great form
- Great skills
- Great presentation

- Keep working on form
- Keep working on skills
- Focus on presentation

(Sample certificate)

