



Western Canadian Artistic Gymnastics Championships

Policy Manual And Technical Regulations 2017 - 2018

FINAL

**Updated
November 2017**

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<u>EVENT HISTORY</u>	
1976 Winnipeg, MB	1997 Saskatoon, SK
1977 Vancouver, BC	1998 Vancouver, BC
1978 Regina, SK	1999 Calgary, AB
1979 Edmonton, AB	2000 Winnipeg, MB
1980 Winnipeg, MB	2001 Regina, SK
1981 Vancouver, BC	2002 Calgary AB
1982 Regina SK	2003 Langley, BC
1983 Lethbridge, AB	2004 Whitehorse, YK
1984 Winnipeg, MB	2005 Winnipeg, MB
1985 Saskatoon, SK	2006 Saskatoon, SK
1986 Calgary, AB	2007 Edmonton, AB
1987 Vancouver, BC	2008 Prince George, BC
1988 Winnipeg, MB	2009 Winnipeg, MB
1989 Regina, SK	2010 Regina, SK
1990 Calgary, AB	2011 Grande Prairie, AB
1991 Delta, BC	2012 Langley, BC
1992 Winnipeg, MB	2013 Winnipeg, MB
1993 Regina, SK	2014 Saskatoon, SK
1994 Grande Prairie, AB	2015 Okotoks, AB
1995 Winnipeg, MB	2016 Richmond, BC
1996 Richmond, BC	2017 Brandon, MB

EVENT PROTOCOL

1. Terms of Reference

- a. The Western Canadian Gymnastics Championships (Westerns) are held annually in one of the Western Canadian Provinces or Territories (Manitoba, Saskatchewan, Alberta, British Columbia, Yukon and NWT). The purpose of this document is to articulate the responsibilities of the Organizing Committee and the sport's governing bodies of the host province/territory and the visiting province/territories.
- b. No changes shall occur to the Policy Manual and Technical Regulations during the year unless unanimously agreed by the Western Provinces and Territories.

2. Westerns Assembly and Management Committee

- a. At the Annual General Meeting of Gymnastics Canada Gymnastique the Executive Director/CEOs (or designate) of the Western Provincial Associations and Territories shall meet (Westerns Assembly) to plan the forthcoming Western Canadian Championships. The host province of the forthcoming Westerns shall be responsible for organizing and conducting the Westerns Assembly.
- b. Men's and Women's Technical representatives of each Province/Territory shall be invited to attend the Westerns Assembly. Each Provincial/Territorial Executive Director/CEO or designate shall have the right to vote on behalf of his/her province.
- c. Each province shall possess one vote. Motions will require a majority vote of those present to be carried.
- d. At the Western Canadian Championships the Men's and Women's Technical Representatives of each Province/Territory shall meet to review the event and ratify any changes necessary to the Western Canadian Technical Regulations. Each Provincial/Territorial Technical Representative shall have the right to vote on behalf of his/her province. Each Province/Territory shall possess one vote. Motions will require a majority vote of those present to be carried. The current host will chair the meeting held during the Championships. The host of the upcoming Championships will chair the meeting at the GCG Annual General Meeting, record and circulate the minutes from the meeting.
- e. The host for the following year will update the hosting policy and have it approved by the Provinces/Territories by October 31st.

3. Hosting of Westerns

The responsibility for the hosting of Westerns shall be shared equally among the participating provinces/territories on a rotating basis. The following schedule shall be in effect for the next four years:

- 2018 Alberta
- 2019 Saskatchewan
- 2020 British Columbia
- 2021 Manitoba

The registration fee for coaches, judges and athletes will be **\$135.00** per person. There will be no registration fee for managers and chefs. The Organizing Committee shall provide an adequate hospitality room with meals for coaches and judges.

4. Competition Dates

- a. The Western Canadian Championships shall take place a minimum of three weekends prior to the week of Canadian Championships.
- b. The dates for Western Canadian Gymnastics Championships shall be established 1 year in advance. If a date revision is required pending date changes for future Canadian Championships, the new date will be announced within two weeks of the confirmation of the dates for the Canadian Championships.

5. Competition Site

- a. The host province/territory shall indicate at the June Western's Assembly the city in which they intend to hold the competition.
- b. The host province/territory shall provide to each of the other provinces/territories written confirmation of the location and venue no later than November 30th.
- c. Once confirmation has been distributed, the host province/territory shall not alter the location without written approval from each of the visiting provinces/territories.
- d. Appropriate training facilities shall be made available for the day prior to the competition and also for the Friday of the competition for those athletes/teams who require training times. The host Province will have the first training time on the day prior to the competition.

6. Organizing Committee

- a. The host province shall establish an Organizing Committee, which shall act on behalf of the Provincial or Territorial Federation/Association in organizing and operating any or all aspects of the event. The Organizing Committee may or may not be incorporated autonomously from the Provincial/Territorial Federation/Association. However, regardless of the legal status of the Organizing Committee, the Provincial/Territorial Federation/Association shall remain responsible for the preparations and hosting of the event.

7. Information Bulletins

- a. Two information bulletins shall be prepared and distributed to each province/territory by the Organizing Committee.

Bulletin #1

Bulletin # 1 shall be distributed no later than the second Friday in January. As a minimum, the first bulletin shall include the following information:

- All registration information and waiver forms required for athletes, coaches, judges and delegates, including individuals and alternates
- The deadline date for registration (three weeks prior to the first day of competition)
- A list of key members of the organizing committee including contact information
- The exact date(s) of the event
- The venue(s) to be used for the event
- A tentative schedule of the competition
- The official residence (usually a hotel) together with room costs and a contact person at the hotel
- A tentative schedule of meetings and other special events
- The status of 'on site' transportation
- The amount to be charged for registration fees and for late fees
- Request for a list of judges to be submitted by each Province/Territory prior to March 15
- The process used by the Organizing Committee for refund (requirement of medical form, deadline to submit request, etc.)

Bulletin #2

Bulletin # 2 shall be distributed no later than one week following the registration deadline. As a minimum, the second bulletin shall include the following information:

- The brand of equipment to be used for the competition
- The final schedule of the competition including warm up time, general and specific.
- Competition order forms
- Any pertinent information with respect to medical services
- Draw for each category (determined the day after the registration deadline)
- Time and location of the Technical Meeting and hospitality night
- Time and location of the Westerns Assembly meeting
- Information with respect to the closing celebration and the availability of additional tickets
- Information regarding availability of meals and/or food services
- Information regarding opening ceremonies a finalized schedule of meetings and other special events (note that all Provinces must attend opening ceremonies)
- Spectator admission costs

8. Individual Competitors

- a. Individual athletes must be registered through their respective Provincial/Territorial Federation/Association.

For both MAG and WAG programs, once registration is received by the host committee, any available spots will be offered to all provinces for additional athletes. It will be up to the host province to divide the available spots amongst provinces. For MAG, the maximum number of athletes in each category is 48 athletes.

9. Medical

- a. The Organizing Committee shall ensure that an Emergency Medical Technician, together with a qualified Physiotherapist and/or Athletic Therapist, is in attendance during all training and competitive sessions.
- b. A Medical Doctor and a Dentist shall also be available on an "on call" basis for the duration of the event.
- c. The Organizing Committee shall notify the nearest hospital emergency ward and the local ambulance services that the competition shall be in progress throughout the weekend.

10. Liability Insurance

- a. It shall be the host province's responsibility to ensure that adequate liability insurance is acquired for the protection of all parties involved in the event.

11. Accommodation

- a. The Organizing Committee shall ensure that the competition venue and the official residence/hotel are in close proximity to each other. The Organizing Committee shall reserve a minimum of 175 rooms at the host hotel for visiting delegates.
- b. The Organizing Committee shall reserve a hospitality room for the Thursday evening of the Western Canadian Championships. It should be large enough to accommodate up to 100 delegates (coaches, judges, managers, chefs).

- c. While the Organizing Committee will be responsible for identifying the official residence/hotel, each visiting province/territory will be responsible for their reservations and room payment. A hotel that has doors that open only to inside hallways is preferred.
- d. The Organizing Committee will make efforts to secure group rates at the residence/hotel and will make such costs (including taxes) known to the Provinces/Territories in the bulletins.
- e. A phone number for Organizing Committee emergency contacts shall be made available at the hotel.
- f. An information room/desk at the hotel is recommended.

12. On-Site Transportation

- a. The Organizing Committee shall endeavor to negotiate a preferential rental rate with a local car/truck rental agency for the provision of vans and cars to each of the provincial/territorial teams. If such an arrangement is established, the Organizing Committee shall notify the visiting provinces/territories accordingly.
- b. It shall be the responsibility of each province/territory to contact the identified agency and arrange for the required rental vehicles.
- c. If the venue has paid parking, attempt to negotiate at least one parking pass for each province to have a vehicle in case of emergencies.
- d. The Organizing Committee shall be responsible for all "on site" transportation for judges.
- e. The cost for the airport/hotel/airport transportation is included in the registration fee for all delegates and shall be the responsibility of the Organizing Committee.

13. Closing Celebration and Hospitality

a. Closing Celebration

The Organizing Committee shall arrange for and conduct a delegate/participant social as part of the event's activities, the cost of which shall be included in the registration fees. The social will take place on Saturday evening.

- 1) The site of the social should ideally be in the same residence/hotel or close by.
- 2) Smoking shall not be permitted in the banquet room. The Organizing Committee shall indicate this restriction either by posting appropriate signage or in the form of an announcement.
- 3) No alcoholic beverages may be sold, served or consumed in the banquet room itself. A separate lounge for adult participants will be set up where alcohol may be purchased.
- 4) The closing celebration should include a dance for the athletes.
- 5) A meal is not required for the dance. Light snacks should be provided.

b. Meeting Rooms

- 1) The Organizing Committee shall provide a hospitality room with meals, drinks and snacks for judges and coaches, for the duration of the competition.
- 2) Meeting Rooms shall be made available at the venue for men and women's officials before and after each competition, which will be separate from the hospitality room.

14. Awards

- a. Medals
It is no longer recommended that each medal and ribbon have a sticker or label identifying the category and event name.
- b. Maintenance
Perpetual trophies were discontinued as of 2002. History certificates are not required.
- c. Team Awards:
In order to be eligible for a team award, a team must be comprised of enough members to meet the minimum number of counting scores. The members of the 1st, 2nd and 3rd teams shall receive medals. Coaches will not receive medals.
- d. Awards for both Men and Women will be presented as follows:
- Medals 1 – 3 All Around
 1 – 3 Each Apparatus
 1 – 3 Team
 - Ribbons 4 – 6 All Around and apparatus finals – Women & Men
- e. Awards for the Team and All Around sessions shall be presented at conclusion of each category's session. For Apparatus Finals, awards can be presented at the conclusion of each apparatus ("couch" podium presentations*) or at the conclusion of the session. The host shall determine the most time efficient manner to do award ceremonies. If the award are given out after each apparatus is completed, it is recommended, when possible, to do the award ceremony between athletes still competing on other apparatus. As an option, the host could ask the judges to present awards on their apparatus.
- ** Couch position presentation: A make-up podium with top 3 positions is created (Gold, Silver, Bronze); at the end of their routine, athletes will go sit on the couch in their ranked order (1 to 3). Athletes will move around until the end of the rotation. At that point, ranking will be final and the top 3 athletes will be available immediately to receive their award.
- f. Ties
When a tie occurs, both will receive the award and the next place will be missed. (i.e. a two way tie for first; two gold medals will be presented, no silver presented, bronze is presented.)
- g. Kyle Shewfelt Award (Elite 4 AA Champion): A plaque is purchased by Gymnastics Canada and sent to the host.
Chuck Sebestyen Award (JO 10 16+ Team Champion): the host should provide a plaque.

Calculations for awards:

MAG		G-S-B (medals)	4-5-6th (ribbons)
Elite 3	Apparatus	6	6
	AA	1	1
	Team	5	0
Elite 4	Apparatus	6	6
	AA	1	1
	Team	5	0
	Kyle Shewfelt award (plaque) is presented to the Elite 4 AA Champion.		
Provincial 4	Apparatus	6	6
	AA	1	1
	Team	8	0
Provincial 5	Apparatus	6	6
	AA	1	1
	Team	8	0
National Open	Apparatus	6	6
	AA	1	1
Total MAG		61	35

WAG		G-S-B	4-5-6th
Level 10 - 2 age groups - 2 teams	Apparatus	8	8
	AA	2	2
	Team	14	0
	The Level 10 (16+) Team awards are named the Chuck Sebestyen award. The Sebestyen family would appreciate the opportunity to present the award or identify a delegate to present it.		
Level 9 - 2 age groups - 2 teams	Apparatus	8	8
	AA	2	2
	Team	14	0
Level 8 - 2 age groups - 1 teams	Apparatus	8	8
	AA	2	2
	Team	7	0
Aspire 2	Apparatus	4	4
	AA	1	1
	Team*	5	0
Aspire 1	Apparatus	4	4
	AA	1	1
	Team*	5	0
Total WAG		85	40

MAG/WAG	146	75
Buffer - 20%	29	15
TOTAL each colour	175	90

15. Additional Personnel

Additional personnel such as trainers, or managers are asked to remain off the Field of Play area during the competition.

16. Results

- a. The Organizing Committee shall provide whatever forms are required for the competition including judges' slips, apparatus score forms, protest forms, etc.
- b. Score changes will be posted near the waiting areas
- c. Verification of results: Coaches have up to 5 minutes after the publication of the draft results to verify them and communicate any error to the Competition Head Judge or the Competition Master Scorer. After 5 minutes, the results will be considered as accurate. A designated area for verification of results must be clearly indicated and the Competition Head Judge and member of the Organizing Committee should be on site for verification to ensure any protests or errors can be dealt with in a timely fashion.
- d. Final Results will be posted online. Paper copies will be made available for result verification. A copy of the results must be sent to the Gym-Score Depot Website as soon as possible.

17. Meetings

- a. The Organizing Committee must schedule a Technical Meeting for all coaches, managers, and officials prior to the start of the first competition to review the technical rules and conduct of the competition. A meeting to provide an opportunity for discussion on Westerns Policy and Procedures concerns, questions and suggestions by Western Technical Representatives and/or Technical Chairpersons, will be scheduled during the weekend. If additional technical groups require meeting time and space, a request for meeting space shall be made to the Organizing Committee by March 1.
- b. The Organizing Committee will provide time and space for these meetings, and will be responsible for chairing these meetings. Notice and location of these meetings will be circulated in Bulletin #2.

18. Equipment / Video

- a. It is recommended that the host identify a person in charge of equipment to be present at the beginning of each session to verify that the equipment meets FIG / GCG regulations.
- b. All or part of the competition should be live streamed. It is strongly requested but not mandatory.

19. Eligibility and Registration

- a. Eligibility: all delegates (gymnasts, coaches and judges) must be registered with Gymnastics Canada Gymnastique and also with their Provincial/Territorial Federation.
- b. All team coaches must have a minimum NCCP Level 2 certified or C1 certified.
- c. All coaches must wear their provincial uniforms. Coaches not wearing their provincial uniform will be asked by the Meet Director to leave the competition floor.
- d. The names of all persons in a provincial delegation must be submitted to the hosting committee by the agreed deadline for entries. This should include the names of any alternate or independent gymnasts. The alternate can only compete when a team member is unable to compete as determined prior to the first apparatus. Once the meet begins, an alternate cannot replace an injured gymnast.

- e. Refunds will only be issued, provided that a medical certificate and request for refund is submitted by one week prior to the first day of competition.
- f. A \$10 administration fee will be withheld for those withdrawing from the competition after two weeks prior to the competition.

19. Schedule

MAG training blocks will be 2.5 hours with MB and SK training together in one block and BC and AB each in a block. WAG training blocks will be 2 hours.

The recommended schedule for Westerns is:

	MAG	WAG
Thursday AM/PM	Training per Province Elite 3, Elite 4 – Physical Testing	Training per Province
Thursday evening	Technical Meeting	Technical Meeting Level 8 – Team, AA, AF
Friday AM	Elite 3 Training (2 hours, all Provinces together)	Level 9 – Team, AA
Friday PM	Prov 4 – Team and AA – Optional Elite 4 – Team – Optional	Level 9 – Team, AA Level 10 – Team, AA
Friday evening	Prov 5 – Team and AA – Optional National Open – AA – Optional	Level 10 – Team, AA
Saturday AM	Elite 3 – Team, AA, AF – Compulsory	Aspire 1, 2 – Team, AA, AF
Saturday PM	Elite 4, Prov 4, Prov 5, National Open – AF	Level 9, Level 10 – AF
Saturday evening	Westerns Meeting Social	Westerns Meeting Social

MAG:

- Each Province will have their Elite 3 + 4 athletes compete their Physical Testing during their province's training time. There will be an overflow timeslot scheduled in case the testing does not get completed. The overflow time will be immediately following the last PSO training time.

WAG:

- Sessions may be rearranged depending on number of athletes registered
- Double panels may be used if schedule does not allow for all categories being done in the allotted time.

17. Athlete Numbers

It is recommended that the Organizing Committee provide athlete numbers for the competition, although this is not mandatory.

18. The Competition Draw

The Competition Draw will be completed by the host Organizing Committee following registration.

MEN'S TECHNICAL REGULATIONS

1. General

- a. Westerns for Men's Gymnastics may include teams from the Provinces of Alberta, British Columbia, Manitoba, Saskatchewan, the Yukon Territory and the North West Territories.
- b. The age groups will be in accordance to the most recent written GCG Men's Technical Regulations - Age Chart for 2017 - 2018. Refer to the current GCG Elite and Provincial Pathways document.

COMPETITION AGE CALCULATION CHART

STEP #2										
CHOOSE YOUR ATHLETE CATEGORY		**AGE = THE AGE YOU ARE CONSIDERED FOR THE COMPETITION SEASON								
**AGE	17 +	16	15	14	13	12	11	10	9	8
Category Choices										
Elite 4					Yes	Yes	Yes			
Elite 3							Yes	Yes	Yes	
National Open	Yes	Yes	Yes	Yes						
Prov. 5			Yes	Yes	Yes					
Prov. 4	Yes	Yes	Yes	Yes	Yes	Yes	Yes			

- c. The competitive categories invited are as follows:

Categories	Age eligibilities	Max number of athletes	Teams / Competition format	Apparatus Finals	Awards
Elite 3	Minimum of 9 on Sept 1, 2007 Maximum of 11 on Sept 1, 2005	10 2 teams of 5	Top 4 scores / 5 per apparatus to count	No	Team: Day 1 AA: Day 1 + Physical Testing Apparatus: Day 1
Elite 4	Minimum of 11 on Sept 1, 2005 Maximum of 13 on Sept 1, 2003	10 2 teams of 5	Top 4 scores / 5 per apparatus to count	Top 6	Team: Day 1 AA: Day 1 + Physical Testing Apparatus: Day 2
Provincial 4	Minimum of 13 on Sept 1, 2005 & earlier	8	Top 4 scores / 6 per apparatus to count (Format: 8-6-4)	Top 6	Team / AA: Day 1 Apparatus: Day 2
Provincial 5	Minimum of 13 on Sept 1, 2003 Maximum of 15 on Sept 1, 2001	8	Top 4 scores / 6 per apparatus to count Format: 8-6-4	Top 6	Team / AA: Day 1 Apparatus: Day 2
National Open	Minimum of 14 on Sept 1, 2002 & earlier	6 (no team)		Top 6	AA: Day 1 Apparatus: Day 2

- d. Athletes will compete in accordance to the most recent written GCG Men's Technical

Regulations and will be judged using current GCG rules and Code of Points in effect for that category.

- e. Individual entries are permitted. One week before the registration deadline, all provinces must declare their team sizes and indicate the number of individuals (in each level) they would like to send if space permits. The host will coordinate the number of individuals from each province
- f. Competition in P4 and P5 is an 8-6-4 format.
 - The 2 athletes not named in the 6 for each individual apparatus will now be able to compete for the All Around and Apparatus finals.
 - Their scores are not eligible to contribute to the team score on the apparatus where they were not one of the named 6-men for that Apparatus.
 - The additional 2 athletes MUST compete as the 7th and 8th competitors on the apparatus where they are not counting to the team score
- g. For apparatus Finals, the top 6 athletes on each apparatus at each level from Day 1 will qualify for Apparatus Finals. If there is a tie for 6th place all gymnasts who are tied for 6th place will compete in Apparatus Finals. There is no maximum number of athletes per PTO allowed to qualify for Apparatus Finals.

2. Awards

- a. Awards will be presented to AA and Apparatus winners in the Provincial 4, Provincial 5, National Open, Elite 3 and Elite 4 categories. Awards will only be presented for each category, not for each age group within the specific category.
- b. The Kyle Shewfeld Award (plaque) will be presented to the Elite 4 AA Champion.
- c. Team Competition (all categories, except National Open):
 - Team Awards will only be presented if there are at least two teams participating in any one category.
 - It is possible to have two teams from one province in both Elite 3 and Elite 4 competition (as per GCG Elite Pathways).
 - It is possible for two provinces to combine to create a team for any category provided there is already at least one other team from one province in the same category. (Example: If BC has 5 E3 boys, that makes one team. If SK has 2 and AB has 2, they can combine to make a joint AB/SK Team for the team event). This is also possible to create a third team in any category. (Example: BC and AB both have 6-8 members on their Provincial 4 teams. If SK and MB can combine to make a third team of 6-8 gymnasts, they would become Team SK/MB for that event).

3. Equipment

- a. In the event the host is unable to supply the proper equipment, the host must secure at its expense the proper equipment from another province.
- b. On Vault, the D1, in collaboration with the Organizing Committee, is responsible for the identification of the appropriate landing zones.

4. Registration

- a. The names of all persons in a provincial delegation must be submitted to the hosting

committee by the agreed deadline for entries. This should include the names of any alternate or individual gymnasts. The alternate can only compete when a team member is unable to compete as determined prior to the first Apparatus. Once the meet begins, an alternate cannot replace an injured gymnast.

- b. The number of coaches allowed on the floor for the Men's Competition is 3 per province. Tag team coaching is permitted so that all personal coaches can be involved with their athletes.

5. Judging

- a. Each province must send 3 judges and the host must supply 4 (total of 13). If a province cannot supply enough judges they should be responsible for contacting the other PSO's to hire and pay expenses for any additional judges their province needs, excluding the Yukon & NWT.
- c. There will be a minimum of 2 judges per apparatus. For apparatus finals, 4 judges should be assigned to each apparatus (one from each province when possible).
- d. The D1 on each apparatus should have at least National Level certification. The other judges shall be qualified judges as selected by their province/territory.
- e. Each province/territory is entitled to at least one D1 position, provided they have at least one National Certified judge in attendance.
- f. The host province/territory's Judging Chairman, in consultation with Gymnastics Canada's Judging Chairman, will designate a Jury Chairman for the meet. Besides overseeing the judging during the meet, it will be his duty to assign the judges to Apparatus panels and send this list to each province as soon as possible. NOTE: panels should take into account geographical representation (not 2 judges from the same province on the same panel, when possible). It is also preferred that judges not be assigned more than 2 apparatus over the course of the competition.
- g. The Organizing Committee will supply 2 line judges for floor exercise and 1 line judge for vault.
- h. Judges' meetings, run by the Chief Judge of that session will be held one hour prior to the start of each competition session. All judges must be in attendance. The Head Judge will be informed on all decisions made at this meeting.
- i. A gift should be given to each judge in the range of \$30-50.

6. Competition order

- a. As often as possible, the members of a Province within a category must be kept together when they compete. The host province will complete the draw for the competition order the day after the registration deadline. Because the number of athletes in each category varies each year, the host committee is able to create groups to make a reasonable competition (group size and number of judging panels).
- b. In the event that the numbers do not merit all 4 rotational groups, the Organizing Committee can organize 3 rotational groups. However, in doing so both the teams, as a group and the 6-Apparatus rotation will be enforced.
- c. The Order of passage for the Team competition is set by the Team Coaches for P4 and

P5. An official representative from the Province must complete and return to the host committee by the end of the training period of Thursday. If this is not done, the Master Scorer for the competition will draw the competition order.

Each PSO will set order for the other categories for 1st Apparatus; second Apparatus will drop 1 or 2

d. WAG and MAG – Draw for Finals

Ranking after Day 1	Competition Order Apparatus Finals
1 st place	5 th
2 nd place	4 th
3 rd place	6 th
4 th place	2 nd
5 th place	1 st
6 th place	3 rd

7. Protests

- a. No formal protests will be accepted. Inquiries are allowed after the completion of the Apparatus.

8. Athlete Numbers

- a. It is recommended that the Organizing Committee provide athlete numbers for the competition, although it is not mandatory.

9. Physical Testing for Elite 3 + 4

- a. During the PSO training time on Thursday, the National Coaching Team will conduct Physical testing for the Elite 3 + 4 athletes on Floor and Parallel Bars. These test results are part of the All Around competition score and need to be added to the 6 apparatus scores.
- a. A copy of each athlete's testing sheet should be made and returned to the PSO to distribute to the personal coaches.

10. Competition Warm Up

Team and All Around Warm Up Procedure

- a. All categories and all sessions will have a 75 minute general and apparatus warm up, with a one-touch during the competition (as per GCG Pathways document).

Apparatus Finals Warm Up Procedure

- a. All categories will have a 75 minute general and apparatus warm up and a one-touch (30 second) warm up for every athlete at each rotation.

WOMEN'S TECHNICAL REGULATIONS

1. General

a. Westerns for Women's Gymnastics may include teams from the Provinces of Alberta, British Columbia, Manitoba, Saskatchewan, the Yukon Territory and the North West Territories.

b. The competitive categories invited are as follows:

Level JO	Age	Max number of athletes	Team	Apparatus Finals
Level 10	12-15 yrs	7	For both levels, both age groups: 4 scores / 7 per apparatus to count Format: 7-7-4	For each category, and age group: top 6
	16 +	7		
Level 9	11-13 yrs	7		
	14+	7		
Level 8	Split in 2 age groups following registration	7	One award for both age groups: 4 scores / 7 per apparatus to count Format: 7-7-4	No
Aspire 1	As per GCG rules	5	Team awards are presented only if there are a minimum of 2 teams 3 scores / 5 per apparatus to count	No
Aspire 2	As per GCG rules	5	Team awards are presented only if there are a minimum of 2 teams 3 scores / 5 per apparatus to count	No

The Level 10 (16+) Team awards are named the Chuck Sebestyen Award. The Sebestyen family would appreciate the opportunity to present the award or identify a designate to present it.

Wildcards – When a Province does not send a full team, those additional spots are wildcard spots and are distributed equally among provinces with full teams to a maximum of 2 wildcards per province.

c. Gymnasts will be judged according to the rules in effect for their category. The current GCG and CJO rules will apply.

- All Around Competition: Gymnasts must compete on four apparatus in order to be eligible for an All Around award.
- Top 6 athletes on each apparatus from Day 1 in Level 10 (both age groups) and Level 9 (both age groups) will compete in the Apparatus Finals. There are no apparatus finals for Level 8 or Aspire.
- There are no restrictions as to how many athletes from each Province can qualify on each apparatus or how many finals an athlete may do.
- All athletes tied in 6th position will compete. If there is a tie, no alternate will be named.
- In apparatus finals, there is no carry over from Day 1.
- Alternates will do the general warm up but not the timed warm up.

2. Equipment

- a. The rules outlined in the GCG Canadian JO document and “Equipment Specifications and measurements procedures” document will be in effect for the competition.
- b. All athletes must follow the equipment rules in the CJO Manual. See Appendix 1 for complete equipment specs.

- b. Provinces may bring additional beat boards but they shall remain at that apparatus for use by all competitors.
- c. For all levels of vault, the competition Head Judge in collaboration with the Organizing Committee is responsible for the identification of the appropriate landing zones.

3. Eligibility and Registration

- a. Gymnasts may compete in only one age category. They may compete in an older category but must not compete in a younger one. The competitive category at Westerns will not affect the gymnast's competitive status within her province, nor will it affect the competitive category in the following year's Westerns.
- b. A maximum of 3 coaches may be on the floor during each competition. "Tag team" coaching is permitted. There is no restriction on coaches wishing to assist during the warm up sessions, but they must leave the floor during the competition. All coaches must register with the host committee and pay the registration fee.

4. Judging

- a. Each Province/Territory shall provide four (4) judges for each category with their expenses being the responsibility of their respective provinces/territories.
- b. When possible the Chief Judge (D1) on each apparatus should be a minimum of National High Performance. Ideally, all judges should be National JO 10 or higher although each province may send one JO 10 (top Provincial level – actual name of level may vary from province to province).
- c. At least one of the required judges from each province should be at a National High Performance level or higher.
- d. The Host Province will designate a Competition Head Judge for the meet. As well as overseeing the judging during the competition, it will be her duty to assign the judges to apparatus panels and send this list to the provinces as soon as possible. It is highly encouraged that the CHJ be floating, to allow for better management of the competition.
- e. Judges' competition meetings will be held one hour prior to the start of each session. All judges must attend.
- f. The host Provinces will be required to provide line judges on vault and floor.
- g. A gift should be provided for each judge in the range of \$30-\$50.

5. Competition Order:

- a. The members of a team must be kept together when they compete
- b. One official coach for each team will submit the order that the gymnasts will compete in for each apparatus to the host committee at the end of the training period on Thursday. If this is not done, the Master Scorer for the competition will draw for the competitive order for that Team's gymnasts.
- c. Apparatus Finals Protocol:
 - The list of Apparatus Finalists must be circulated Friday following the

competition.

- The Organizing Committee must be notified of any scratches prior to the General Warm up. A finalized list will be distributed prior to the apparatus Warm Up.
- All participants may wear their P/T uniform or an optional bodysuit.

d. WAG – Draw for Finals

Ranking after Day 1	Competition Order Apparatus Finals
1 st place	5 th
2 nd place	4 th
3 rd place	6 th
4 th place	2 nd
5 th place	1 st
6 th place	3 rd

6. Protests

The GCG Women's Program Rules for National Competition – Judging will be in effect. The rules as described in the Section 4 will be applied.

7. Women's Warm-Up Procedure

Every category will use the suggested GCG warm up for the 2017-2018 season (as indicated in the final version of the GCG Canadian JO and Aspire documents).

Exception: On beam, coaches may split their group of 7 or more for warmup. Please see Appendix 1 for complete warm-up procedures.

**WESTERN CANADIAN CHAMPIONSHIPS
COMPETITION ORDER
MEN'S ARTISTIC GYMNASTICS**

PROVINCE: _____ **CATEGORY:** _____

Each Team must submit their Competition Order at the end of their scheduled training period on Thursday.

Submit at the Competition Venue to the Master Scorer.

#	Athlete Name	Competition Order					
		Floor	Pommels	Rings	Vault	P. Bars	High Bar

Coach/Manager _____

Date _____

Received (Master Scorer) _____

**WESTERN CANADIAN CHAMPIONSHIPS
COMPETITION ORDER
WOMEN'S ARTISTIC GYMNASTICS**

PROVINCE: _____ **CATEGORY:** _____

Each Team must submit their Competition Order at the end of their scheduled training period on Thursday.

Submit at the Competition Venue to the Master Scorer.

#	Athlete Name	Competition Order			
		Vault	Uneven Bars	Beam	Floor

Coach/Manager _____

Date _____

Received (Master Scorer) _____

Appendix 1

**2018 Westerns Canadian Championships
Equipment and Warm up**

EQUIPMENT

	Vault	Uneven Bars	Beam
JO 8	Any height, max 135 cm	FIG height, no max width	2006 -: 110 or 125 cm 2005+: 125 cm
JO 9	Any height* max 135 cm	FIG height, no max width*	125 cm
JO 10	125 cm	FIG height, no max width	
Aspire 1	115 or 125 cm	FIG height, max 180 cm width	110 or 125 cm
Aspire 2	115 or 125 cm		

*JO L9: Not all age eligible gymnasts are trying to qualify for Canadian Championships.

Mats: same as per CJO. In general, mandatory minimum 10 cm sting for dismount (as per FIG). All mat combinations are allowed on V, UB, BB, up to 20 cm, including 20 cm safety mats for dismount. On UB, safety mats can be used under the rails.

Boards: Springs can be changed on SA Sport boards. Boards can be placed on the 10 cm supplementary mat or landing mat. A wooded plank can be used under the board on UB and BB. A spring board or a box/panel mat can be used on UB and BB.

Beam: All JO athletes (JO 8-10) gymnasts are expected to dismount on the shorter side of matting.

WARM UP

	Vault	Uneven Bars	Beam	Floor
JO 8	Group - 90 sec	Group - 90 sec	Group - 90 sec	Group - 90 sec Maximum 5 min
JO 9	Group – 2 min	Group – 2 min	2 min or 90+30 sec. Max 5 sec between athletes	Group – 2 min Minimum 8 min Maximum 10 min
JO 10	Group – 2 min	Group – 2 min	2 min or 90+30 sec. Max 5 sec between athletes	Group – 2 min Minimum 8 min Maximum 10 min
Aspire 1	Group – 2 min. Minimum 10 min	Group – 2 min	2 min or 90+30 sec Max 5 sec between athletes	Group – 1.5 min Minimum 5 min, Maximum 10 min
Aspire 2	Group – 2 min. Minimum 10 min	Group – 2 min	2 min or 90+30 sec Max 5 sec between athletes	Group – 1.5 min Minimum 5 min, Maximum 10 min

- The equipment (width, height) may be different for members of the same team. Provinces will always be given the option to warm up as a team (the time belongs to the entire team) or as individuals (time belongs to each athlete).
- If athletes in a given rotation use different equipment specs (width, height), coaches must discuss and agree on how the warm up will be conducted, before approaching the judges table.
- Competition order can be modified on Vault, Bars and Beam to accommodate equipment changes. Athletes using the same equipment specs will be allowed to warm

up and compete as sub-groups (all athletes using vault at 125 cm warm up and compete, then all gymnasts using vault at 115 cm warm up and compete).

- On UB, if there is only one gymnast at a given height/width, she is allowed to warm up the low bar elements with other gymnasts, then use the equivalent remaining time to warm up high bar elements. She can also raise the bars and take the entire time; in that case, judges will then be lenient because she does not have the option to share the warm up time with other athletes.