

ALBERTA GYMNASTICS

Trampoline Gymnastics

Technical Handbook

2026-2027

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1.0 GENERAL INFORMATION

1.1 INTRODUCTION

The Alberta Gymnastics Federation (AGF) Trampoline and Tumbling Technical Handbook is reviewed and updated as needed by the Trampoline and Tumbling Technical Committee. Notification of changes will be distributed to TG members as required. All coaches and judges should be familiar with the entire handbook to ensure that all athletes are getting the most enjoyable and meaningful experience possible throughout their involvement in Trampoline and Tumbling.

1.2 TECHNICAL HANDBOOK OUTLINE

1.2.1 Purpose

The purpose of the TG Technical Handbook is to ensure consistency in Alberta's Trampoline, DMT and Tumbling Programs.

1.2.2 Technical Regulations

Technical regulations governing all sanctioned events within the Province of Alberta will be the most current revision of the Canadian Pathways and Competition Regulations documents published by GYMCAN. In case of dispute or absence of guidelines in the GYMCAN Canadian Pathways and Competition Regulations documents, the current FIG Code of Points will be used as the reference, or for competitions involving Provincial level athletes, this handbook shall be used as the reference.

1.2.3 Validity

These rules are valid from the posted revision date and will be updated and revised on an ongoing basis as rules and requirements are updated and changed. Upon any revisions being made, and the updated Technical Handbook being posted on the AGF website, notifications will be sent to all affiliated Alberta clubs. These rules shall govern all sanctioned events and act as a guideline for all invitational events.

1.2.4 Modification

The TG Technical Handbook shall be revised and updated with the rules and regulations from GYMCAN and FIG as these changes become effective. The Technical Committee, as needed, shall conduct a review of the Technical Handbook, and shall prepare any major recommendations for presentation at the Annual Technical Assembly. Decisions of the Assembly shall be made in accordance with the provisions of the AGF bylaws. All member clubs eligible to vote at the preceding Technical Assembly must unanimously approve any major modifications to rules or regulations at any time other than the Annual Technical Assembly

1.3 TRAMPOLINE & TUMBLING TECHNICAL COMMITTEE (TTTC)

1.3.1 TTTC Mission Statement

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

1.3.2 Composition

The Trampoline and Tumbling Technical Committee is made up of the following positions and are responsible for providing fairness and equality amongst all Clubs, athletes and coaches in addition to:

Technical Chairperson

- Act as the TG Program manager representative to the AGF Board of Directors and assume the responsibilities of a Director of the board.
- Follow rules and regulations established by the TTTC, and other appointed AGF bodies..
- When necessary, ensure any disciplinary action regarding members of the AGF TG Program is handled as per normal AGF procedures in effect at the time.
- Coordinate all committee members' activities; request reports if necessary.
- Will assist the TG Program manager with required activities relating to the competitive TG program.
- Will assist in coordinating the coaching and judging programs as they relate to the total program.
- Work with other committee members and the TG Program manager to develop materials needed for the provincial programs and set up a method of distribution and communication related to provincial and national programs.
- The Technical Chairperson will interact with the Program Manager to develop program goals and objectives, act as liaison between AGF's Board of Directors and the Gymnastics Canada TG Program Committee.
- Submit written reports upon request.

Judging Coordinator

- Organizing the training programs for judges at various levels.
- Keep judges' lists and records for all competitions that are sanctioned by AGF.
- The Judging Coordinator is also responsible for judging assignments and panel selection for all sanctioned events including major events hosted in Alberta (except where GYMCAN or FIG is responsible).
- Submit written reports upon request.

Coaching Coordinator

- Assist in planning programs for the development of coaches and athletes in all levels (separate from the NCCP), by communicating with clubs and requesting information to help us guide coach education.
- Assist in organization and administration of clinics and training camps for athletes and coaches when requested.
- Attend training camps set out by AGF.
- The Coaching Coordinator is responsible for implementing GymCan programs relating to coaches and athletes at these levels, and submit input and feedback to the TG Program manager, and TTTC.
- Submit written reports upon request.

Member-at-Large

- Member-at-large positions do not have specific responsibilities but are assigned tasks by the committee as the need arises.

Athlete Representative

- Athletes must have competed within 2 years of the election date.
- Must be 18 years of age.
- Must be an AGF member in good standing.
- The athlete representative's main role is to ensure communication with Alberta athletes and bring that voice to the committee.
- Report questions and concerns the athletes bring up.
- Report major events upcoming.
- The athlete representative will be assigned tasks by the committee.

- The athlete representative will be expected to attend TTTC and TTTA meetings as much as possible.
- Submit written reports upon request.

1.3.3 Current TTTC members

Co-Chairperson	Trish Quinney	phoenixg@telusplanet.net
Co-Chairperson	Eran Silberg	eran.silberg@calgarygymcentre.com
Judging Coordinator	Jessica Walper	albertajudging@gmail.com
Coaching Coordinator	Janelle Desmarais- Moen	janelle.tumbling@hotmail.com
Member-at-Large 1	Mark Armstrong	mark.rj.armstrong@gmail.com
Member-at-Large 2	Rebecca Will	Gymnasticsrwill@gmail.com
Athlete Representative	Craig Theodore	craigtheodore@hotmail.com

1.3.4 Responsibilities

The TTTC is responsible for all actions taken in the TG competitive program; More specifically:

a) Ensures the development and maintenance of programs that are specific to the TG Program including:
   i. The provisions of competitive opportunities for the athletes of member clubs.
   ii. The development and implementation of processes by which athletes can be selected to represent Alberta at major competitive events.
   iii. The development and implementation of rules and regulations governing participation in the competitive program.
   iv. The provisions of leadership and development opportunities for coaches and judges
   v. Providing input to GYMCAN with regard to technical matters relevant to their respective discipline.
   vi. Performing any other functions necessary to the provision of programs specific to the individual disciplines.

b) Formulates an annual plan for the corresponding budget for consideration by the Board of Directors and shall operate its programs in a manner consistent with the budgetary directives of the Board of Directors.

1.3.5 Meetings & Quorum

a) The Technical Committee shall meet at least once every two (2) months between September and May.
b) The Annual Technical Assembly shall meet once (1) after the conclusion of the domestic competition season. This meeting will be considered the Annual General Meeting.
c) The Annual Technical Assembly Meeting will be considered the foremost meeting for the program and will be conducted in accordance with the AGF Bylaws.
   i. Notice — AGF Bylaw 6.4 Notice
   ii. Proxies — AGF Bylaw 6.11 Proxy
   iii. Elections — AGF Bylaw 7.8 Term of Office
   iv. Voting — AGF Bylaw 6.9 Votes
d) Quorum for Technical Committee meetings shall be composed of half the voting members of the Committee.
e) Quorum for Annual Technical Assembly Meetings shall comprise at least one-third (1/3) of the total competitive TG clubs in good standing registered with AGF. However, if at the time appointed for the holding of the given Technical Assembly meeting the required quorum cannot be achieved, the meeting shall then stand adjourned for thirty (30) minutes. The members then present and entitled to vote shall be deemed as meeting the required quorum and shall be competent to transact the particular business for which the meeting was convened.
f) All meetings will be chaired by the Technical Chairperson with the AGF representative recording the meeting minutes.
g) Participation by phone, or zoom, is acceptable at all TG meetings.
h) Proxy votes are not allowed in any capacity at Annual Technical Assembly Meetings.

1.3.6 Voting Privileges

a) A printed or electronic notice stating the day, hour, place, and any special business to be transacted at a meeting will be circulated not less than 21 days and not more than 50 days prior to the meeting.
b) During meetings of the Technical Committee, the Coaching Coordinator, Judging Coordinator, the Athlete Representative, and each Member-at-Large shall be entitled to one (1) vote with the Chairperson voting only in the event that they are casting the deciding vote.
c) Proxy votes shall not be permitted at meetings of the Technical Committee.
d) Conflict of interest. Please refer to AGF Bylaws Article 13 for conflict-of-interest guidelines.
e) Each member club that offers a TG competitive program and is registered as such with AGF shall be entitled to 1 vote at the TTTA. For the purposes of elections held at the TTTA each member club will be entitled to a weighted vote as follows:
    i. 1 vote for a club with an F.A.S.T. Program
    ii. 1 vote for a club with a Provincial Program
    iii. 1 vote for a club with a National Program
    iv. 1 additional vote for a club if the Provincial and National athletes total more than 25
f) Member clubs must identify a voting delegate according to Article 6.11 of the AGF Bylaws.
g) The chair of a meeting may not also be a voting delegate at that meeting (AGF Bylaws Article 6.8).

1.3.7 Elections

1) Must be in good standing with AGF
2) Interested parties must submit a written intent via email to trampoline@abgym.ab.ca between September 1st- September 15th each Calendar year
3) Each position of the Technical Committee shall be elected by the voting delegates present at the respective Technical Assembly.
4) Refer to appendix 5 for more details

Even-numbered years: Coaching Coordinator, one (1) Member-at-Large, and Athlete Representative.
Odd-numbered years: Chairperson, Judging Coordinator and one (1) Member-at Large.

1.4 ELIGIBILITY

1. All athletes, coaches, and judges representing Alberta must be registered AGF members and comply with AGF's regulations for Alberta Team members.
2. For registering athletes in age categories, age is determined by the participant's age as of December 31 of the competition year. Age splits for Provincial levels will be decided once per year. Groups will only be split once, and the age split will be the same across all three events. Level 1 is the expectation having 3 age splits due to increased registrations. Age splits will be as follows:
    a. Level 1 2014 and under , 2015, & 2016 and up
    b. Level 2 2013 and under, 2014 and up
    c. Level 3 2012 and under, 2013 and up
    d. Categories will be split by the recommended age decided upon by the Technical Committee each year. Categories will be split when there are more than 36 athletes, and the split will happen only once. Splits will be made at the time of the registration deadline and will not be removed if scratches drop the number below 36.
3. All coaches participating in provincially sanctioned events within the province must be registered AGF members and must comply with the current Technical Committee requirements for NCCP certification.
4. Athletes will be allowed to compete at AGF-sanctioned events only if they are represented by a registered, qualified coach as described in AGF regulations.
5. Participants representing Alberta may not simultaneously act in more than one designated role.

2.0 TG PROGRAMS

2.1 CANJUMP PROGRAM (NON-COMPETITIVE)

The CanJump Program is the Alberta made badge program designed to teach athletes gymnastics skills for trampoline, tumbling, and double-mini in a safe and progressive method. Through working on strength, flexibility and by using drills to break down skills, athletes can progress at their own rate and learn skills. The program aids in coach training as well as helping athletes have a smoother transition to higher levels. Its emphasis is on making sure skills are learned safely.

2.2 FOUNDATIONAL ACROBATIC SKILLS TESTING (F.A.S.T.)

The F.A.S.T. Levels have been designed to provide progressive skills for the beginner and act as an entry into competitive Trampoline Gymnastics. F.A.S.T. consists of four (4) levels on each of the three (3) TG disciplines; Level 1 being the beginner level and Level 4 being the most advanced. There is a physical testing component that is tracked within the clubs. There are 3 to 4 events each season where the routine portion and some of the physical tests of the program are presented to judges in a fun environment.

Athletes must be 7 years old by December 31st of the competitive year (2027). This program is club based and hosted, not through AGF. Please refer to the F.A.S.T Pathways document for more information on hosting.

2.3 COMPETITIVE PROGRAMS

The competitive program has four (4) disciplines:

i. Tumbling
ii. Double Mini Trampoline
iii. Individual Trampoline
iv. Synchronized Trampoline

2.4 COMPETITIVE STRUCTURE

For details on the Competitive Structure, refer to the GymCan Canadian Pathways Document.

3.0 GENERAL COMPETITIVE REQUIREMENTS

3.1 EQUIPMENT REQUIREMENTS

Refer to Appendix 1

3.2 CHANGE OF COMPETITIVE CATEGORIES

a) All athletes must be registered with AGF as competitive athletes prior to participating in any sanctioned event.
b) Provincial level athletes are able to compete at any level subject to coach's discretion.
c) National level athletes must meet mobility standards as set out in the Canadian Pathways and Competition Regulations documents (subject to age and skill requirements).
d) A recreational athlete may be deemed a competitive athlete by registering for an AGF sanctioned competition by the deadline indicated on the meet entry form. An upgrade form (https://abgym.ab.ca/Membership/Registration) must be submitted to the AGF office along with applicable fees. (e.g.: registration fees for the competition, upgrading fee for the athlete as well as upgrading fee for the club if it is not already registered as a competitive club.)

3.3 GENERAL COMPETITION PROCEDURE

Competitions can consist of a preliminary round and a finals round. At Alberta Cups, a finals round is required for individual Trampoline Levels 5 and up, for DMT Levels 5 and Up, and Tumbling Levels 3 and up. For a club-hosted event that is not an Alberta Cup, a finals round is the decision of the host of the event, and the decision must be made prior to the start of the event.

3.4 JUDGING OF COMPETITIONS

Judging at all competitions will follow the Canadian Pathways and Competition Regulations documents published by GymCan and the current FIG Code of Points.

3.4.1 Preliminary round

a) The preliminary round consists of a set number of optional and/or voluntary routines/passes.
b) The start order will be randomly drawn and will be in effect for all preliminary routines/passes.

3.4.2 Finals round

a) At Provincial Championships, the top ten (10) scores from preliminaries compete in finals.
b) The start order for finals is determined from the results in the preliminaries; the athlete with the lowest score competes first. At Alberta Cups, the start order for finals will only be re-done if time permits. In the event that there is not enough time, the athletes will compete in the same order as the preliminary round.

3.4.3 Start of a pass

Each competitor will start on the signal from the Chair of the judge's panel.

3.4.4 Alberta Trampoline level 3: Rule exception

TRA L3 Compulsory routine. When the prescribed first skill is Barani Straight and the DD judges identify it instead as Barani pike, a penalty of 2.0 will be applied by the DD judges instead of an interruption.
Please note that this only takes effect during Alberta hosted events (cups and Provincials). This does not apply at the Western Canada Cup where athletes can still receive an interruption

3.4.5 Winners

The winner is the competitor with the highest overall score.

3.4.6 Team competition

Team competition for Provincial Championship's requirements are as follows:
A club team will be made up of 2 athletes from the National levels (5+) and 2 athletes from the Provincial levels (1-4) with a maximum of 1 senior athlete allowed. There is no gender or Level 4 requirement. When substitutions are required, the request must be made to the Coaching Chairperson who will make the final decision.
The requirement of Section 6.5 of the F.I.G. Code of Points for members of a team to wear identical uniforms shall not apply for the Alberta Provincials Team Event. Please see Western Canadian Championships protocol document and Gymnastics Canada Competition regulation for other Team Events.

3.4.7 DD Cards

a) No DD Cards will be required in the upcoming 2026-2027 season, unless stated otherwise by the host.

3.4.8 Dress for competitors

Dress for gymnasts and spotters will follow the Canadian Pathways and Competition Regulations documents published by GymCan and the current FIG Code of Points.
Athletes must have hair tied back if it is long enough to get in an athlete's eyes or touch the track.

See Appendix #10 for AGF team uniform policy.
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 activities in Canada. Please refer to the appropriate FIG/GymCan policy and procedures for all competitive related scenarios.

3.4.9 Safety

a) The Chair of the Judges Panel shall control the actions of the spotter. The spotter may not interfere with the view of the judges. The spotters must meet the approval of the Chair of the Judges Panel (i.e., be of the recommended height of shoulders above the trampoline and be appropriately dressed as per the FIG Code of Points).
b) No flights or events shall commence after 21:00. Any flight or event that started prior to 21:00 may proceed to completion.

3.4.10 Tie breaking rule

The tie breaking rules designated by the GymCan Competition Regulations shall apply.

3.4.11 Method of scoring

The evaluation of execution, degree of difficulty, time of flight, horizontal displacement, and synchronization will be done in accordance with the Canadian Pathways and Competition Regulations documents published by GymCan and the current FIG Code of Points.

3.4.12 Scoring inquiries

a) All scoring inquiries must be brought to the Chair of the Judges Panel before the end of the round of competition.
b) Inquiries must come from the athlete's registered coach.
c) Inquiries in which abusive language is used will not be considered.
d) Inquiries for execution scores will not be accepted

4.0 ATHLETE QUALIFICATIONS & MOBILITY

4.1 ELIGIBILITY FOR PROVINCIALS AND WESTERNS

4.1.1 Qualifying standards to compete at Provincial Championships

a) For DMT, TUM and TRA (Levels 1, 2, & 3) the athlete must have competed once in the same category to be able to compete at Provincials in that same category in the same competitive year. For DMT, TUM and TRA (Level 4), the athlete has the ability to compete at Provincial Championships in the next level provided they have mobilized.
b) National Level athletes must compete at one (1) Cup throughout the season in order to register at Provincial Championships.
c) For Synchronized Trampoline (all levels), athletes do not have to compete in the event prior to registering for Provincial Championships.

4.1.2 Qualifying standards to compete at Westerns

a) For DMT, TUM and TRA (Levels 1, 2, 3, & 4) the athlete must have competed once in the same category to be able to compete at Westerns in that same category in the same competitive year.
b) For synchronized Trampoline (all levels), athletes do not have to compete in the event prior to registering for Westerns.

4.1.3 Medical petitions & qualifying scores

In the event where an athlete is unable to compete for medical reasons at any of the qualifying events, they may submit a medical petition to attend Provincials. For the national levels, their score from the Provincial Championships may be used to create a ranking score for team selection to Canadians using only the one (1) score.
Each of these petitions will be addressed case by case by the TTTC. Submit your petition to trampoline@abgym.ab.ca.

4.2 MOBILITY OPPORTUNITIES

L4 athletes have the opportunity to mobilize in the first 5 competitions they participate in each season; mobility events are listed below:

i. Minimum of two (2) and maximum of three (3) Alberta Cups
ii. Provincials
iii. Westerns
iv. One out-of-province Cup

L5 and higher have the following additional opportunities to mobilize:

i. Canadian Championships
ii. Elite Canada
iii. Any international meets recognized by GymCan.

4.3 ALBERTA TEAM – WESTERNS

4.3.1 Team selection and commitments

a) The Alberta Provincial Team to Westerns consists of up to twelve (12) athletes; comprised from Levels 3 and 4, along with two (2) coaches and two (2) team managers.
    i. The selection procedure is done based on the preliminary results from Provincial Championships. It is not a separate event.
    ii. The top three (3) athletes at these levels who compete at Provincial Championships in each discipline (TRI, DMT, and TUM) regardless of level or gender make up the first selection of the team.
b) The top three (3) all-around athletes at these levels who compete at Provincial Championships regardless of level or gender make up the rest of the team If an athlete qualifies on more than one event or on both an event and as an all-around, the remaining spots will be filled by the TTTC using the following process:
    i. If an athlete is very close in score (within 0.1) of a qualifying spot on an event, then these athletes will be added to the team first.
    ii. If no athletes are within 0.1 of the top 3 athletes on each event, then the next ranking all- around athletes will fill out the remainder of the 12 spots.
c) In the case of a tie, the FIG tie-breaking rule will be used.
d) Athletes that are selected from Levels 3 and 4 in one discipline may compete Levels 1 and 2 in a different discipline, provided they meet the requirements in section 4.1.2.
e) The financial commitment for this event is as follows: Western Canada Cup is a cost-shared event between the athlete and AGF. The costs shared include, but may not be limited to, the athlete's cost, the cost of coaches, and managers. Judges' costs will be distributed to all participating Provincial clubs (not just the Alberta Team) based on club enrollment size.
f) An athlete may be on the Provincial Level Alberta Team in one (1) event and also on the National Level Alberta Team on a different event in the same year.
g) All team members are required to purchase the Alberta Team tracksuit and competitive attire.

4.4 ALBERTA TEAM – TEAM EXCEL

4.4.1 Team selection and commitments

Objectives

a) To further support developmental activities for high performance athletes.
b) To support athletes moving towards the higher end of Level 5 and beyond with positive experiences
c) To provide funds targeted at Level 5 athletes towards assisting the in making future National Teams.

Team Selection Procedure

The TTTC will determine what event to attend and the trial process. This will be communicated through the AGF office.

A team of six (6) Level 5 athletes (regardless of age category or gender) will be selected to attend an out of province event as Team Alberta.
The team will also include 2 coaches who act as managers.
The team will be selected as follows (once selected, an athlete may compete on more events than what they were selected for):

a) Top 2 scores on Tumbling (prelims only) from the Team Excel Selection Event
b) Top 2 on Trampoline (prelims only) from the Team Excel Selection Event
c) Top 2 on DMT (2 Pass Prelims) from the Team Excel Selection Event

Athletes who mobilized to L6 last season, but have not yet competed in that level, are still eligible for the team.

Eligibility for Funding

Must be an AGF member and compete in Level 5 on DMT, TRA, or TUM at the communicated selection event. Athletes and coaches will need to be ratified by the TTTC.

Process for Funding

The Team Excel activity will be based on a cost share model. The funding will reduce but not fully cover the costs of the event. The approved AGF funding amount will be applied to the total amount, with the remaining cost split evenly cost shared between the athletes.

Coach / Manager Selection

There will be two coaches selected from the clubs with the most athletes qualified to the team. The tiebreaker for coaches will be a point system with the highest-ranking athlete in each event earning 3 points and the lowest earning 1 point. Eligible coach must be C3 or Level 3 Certified.

The team manager(s) will be selected from parents or other coaches of the athletes attending the Team Excel event. The request for managers will go out to all the qualified athletes and their clubs. We will ensure both male and female adults are represented in the event leadership. Team managers will be required to adhere to all AGF Manager requirements found here https://abgym.ab.ca/team-alberta/.

Eligible Team Excel Activities

The team will be selected to attend a Provincial Cup and or training camp in another province OR an international competition and or Training Camp, as approved by the TTTC.
**Note that for any out of country competition, all team members will need a valid passport*

4.5 ALBERTA TEAM – CANADIAN CHAMPIONSHIPS

4.5.1 Team selection and commitments to Canadian Championships

Please refer to the current GYMCAN competition system.

a) Athletes must attend a minimum of one (1) Provincial Cups or Championships in the current competitive season to be eligible to attend Canadian Championships. Athletes must meet this requirement in each discipline they intend to compete in (excluding synchro).
b) Athletes (excluding National Team members & Junior, Novice, Senior must meet any qualification score, or mobility requirements set out in the Canadian Pathways.
c) All clubs are responsible to inform the Program Manager or the TTTC chair(s) which qualified athletes from their club intend to attend Canadian Championships on or before the final day of Provincial Championships.
d) Athletes who do not meet these requirements must submit a petition to the Program Manager, in writing or via email, no later than one week following the completion of Provincial Championships.
e) Petitions will be reviewed and voted on by the TTTC on a case-by-case basis.
f) Athletes must have met the mobility requirements and applicable qualifying scores for their category no less than two weeks prior to the registration deadline for Canadian Championships.
g) The 'athlete' will be responsible for all financial commitments (Registration fees, coaches', judges', and managers' costs, accommodations, meals, etc.) AGF may request a deposit from the athletes' club and will refund or send a final invoice upon completion of the event for the difference of the total amount and the deposit.
h) AGF will be responsible for registering the athlete and will attend to arranging accommodations, meals, etc.
i) Travel to and from the event will be the responsibility of the athletes/club (unless otherwise indicated by AGF).
j) Athletes must compete in Team Alberta attire (tracksuit/leotard/singlet).
k) Athletes must submit all required medical and waiver forms by stated deadlines.
l) Athletes must comply with the AGF Team Manual.
m) An athlete may be on the Provincial Level Alberta Team in one (1) event and also on the National Level Alberta Team on a different event in the same year.

4.5.2 Qualifying for funding to Canadian Championships

Funding is provided for those athletes who achieve outstanding performance at their individual level. The following guidelines must be for the athlete's current event and category.

a) The athletes that medal at Canadian Championships in individual categories will be funded for their trip to Canadians the following amounts:
    i. $500.00 per gold medal
    ii. $400.00 per silver medal
    iii. $300.00 per bronze medal
b) Athletes may only receive up to 100% funding and will not receive money in excess of 100% of their cost share.
c) The above funding will be applied to the cost of the trip for the athlete and not distributed separately as a cheque.
d) The athlete must compete at Provincial Championships to receive funding unless a medical note is provided.

5.0 JUDGING

5.1 DUTIES

Judges are to officiate with complete impartiality, respecting and abiding by the rules which govern them in true spirit of sportsmanship. Sporting justice, ethics, and honesty are the basis of a fair judgment. Judges will adhere to the most current revision of the Canadian Pathways and Competition Regulations documents published by GymCan. In case of dispute or absence of guidelines in the GymCan Canadian Pathways and Competition Regulations documents, the current FIG Code of Points will be used as reference.

5.2 JUDGING QUALIFICATIONS/UPGRADING

AGF follows the GymCan approved judging levels and requirement guidelines.

5.2.1 F.A.S.T./ Provincial level

There are four (4) levels of Provincial Judges in Alberta. Please contact the Judging Coordinator for full explanation of requirements of each level.

a) Provincial 4 (P4) – In Alberta, this level is considered a training level.
b) Provincial 3 (P3) – A P3 judge will have passed all of the Provincial exams (Execution, DD, and Chair) and have completed the minimum of 15 judging hours. At this level, judges become eligible to judge at AGF meets, including Provincial Championships and Alberta Cups for the appropriate levels, and also be considered to judge at Westerns.
c) Provincial 2 (P2) – A P2 judge will have judged as a Provincial 3 judge for a minimum of two (2) years and 40 judging hours, have passed the P2 Exam (Execution and DD for Levels 1-6, and Provincial Levels Chair Exam) .
d) Provincial 1 (P1) – A P1 judge will have completed all of the requirements of the P2 judge along with a minimum of 30 judging hours at a P2 Level. P1 exams will include an execution, DD and CJP exam for all levels. .

Qualifications

To qualify to become a Provincial judge, participants must be 16 years of age. . They must have completed all required judging and shadowing hours and passed the Provincial Judging course and any recertification or upgrading requirements as required by the Judging Coordinator.

Upgrading and Maintenance Requirements

At the Provincial level a judge must be active in judging to maintain their certification as a Provincial judge. The decision will be made by the Judging Coordinator upon review of the individual's judging ability and in accordance with the Canadian Provincial Judging requirements if they would need to re-sit the Provincial exam the following year. GymCan may require all judges to attend a maintenance clinic annually. In order to remain active, a judge must judge a minimum of 20 hours over a two year cycle at Provincial Cups.

Judging observation hours

The Judging Coordinator will advise of the recommended hours needed of gym observation and panel shadowing (Provincial level or higher), under the supervision of a Level 2 / Comp 2 coach or a senior judge.

5.2.2 National level

There are three (3) levels of National Judges in Canada. Please contact the Judging Coordinator for a full explanation of requirements of each level.

a) National 3 – At this level, judges are able to judge L5 athletes only.
b) National 2 – At this level, judges are able to judge up to L6 or L7 athletes only.
c) National 1 – At this level, judges are able to judge all national

levels. Qualifications

To become a national level judge, one must be a P2 or P1 judge for a minimum of two (2) years. The Judging Coordinator will select the individual or individuals that will be eligible to take the National course.
**Subject to change following release of GymCan documents.*

5.2.3 F.I.G.

Qualifications

To be eligible to attend this course these are the following requirements set forth by Gymcan:

a) Must have participated in a minimum of four National Meets
b) Must have attended one full National meet a year
c) Have been a Chair of the Judging Panel at a National Meet in each discipline that you are applying for
d) Must have been active in-home Province and have judged at least 70% of Provincial Meets in the current cycle

The Judging Coordinator will put forward names of eligible judges to the National TTPC who will then select the judges to attend the F.I.G. course.

5.2.4 General Judging requirements

a) Responsibilities:
    i. Judges must make every effort to uphold high professional ethics as they relate to judging at a competition.
    ii. Judges and coaches are encouraged to communicate informally prior to and/or after competitions regarding any technical concerns.
b) Uniform:
    The uniform for judges at all AGF sanctioned meets for National, Provincial and Pre-Competitive categories in Alberta shall be a dark blue suit for both men and women. Men are also required to wear a white shirt and dark tie and women are required to wear a white blouse.
c) Travel:
    Travel, accommodation and meals will be compensated for under the general rules as set out annually by the AGF Board of Directors. The Judging Coordinator must approve all travel arrangements.
    Failure to do so may result in no travel compensation. If judges choose to travel with their affiliated clubs to AGF-sanctioned competitions where they are actively judging, they may be eligible for partial compensation for mileage and accommodation.

5.2.5 AGF Judges' registration

The purpose of the registration is to ensure that all competitions are judged by qualified officials, independent of any club. Judges must pay the registration fee and register by the deadline each year to be considered an AGF Registered Judge.

5.2.6 Honoraria

Judges will be paid an honorarium for judging at sanctioned meets according to the scale below, providing they are registered with AGF/GymCan. The honorarium is based on the total number of years they have been a judge and the level of certification.

Westerns, Canadians & Elite: Alberta Judges representing Alberta at the Western Canada Cup, Canadian Championships, and Elite Canada will receive a $150 per day honorarium. This applies to both in and out of province.

Judging Level	# of Events Judged	Years of experience	Compensation
Provincial L3	N/A	1-4 5-9 10+	$16/h $17/h $18/h
Provincial L1 & L2	N/A	1-4 5-9 10+	$18/h $19/h $20/h
National Level 3, 2 & 1	1 event	1-4 5-9 10+	$21/h $22/h $23/h
National Level 3, 2 & 1	2 events	1-4 5-9 10+	$22/h $23/h $24/h
National Level 3, 2 & 1	3 events	1-4 5-9 10+	$23/h $24/h $25/h
FIG	N/A	5-9 10-14 15+	$26/h $29/h $32/h

Notes:
Provincial Level 3 – Provincial judges judging at the Provincial level
Provincial Level 2 & 1 – Provincial judges judging at National level
National Level 3 – National judge for Level 5 certified in one (1), two (2), or three (3) events
National Level 2 – National judge for Level 6 & 7 certified in one (1), two (2), or three (3) events
National Level 1 – National judge for Junior/Senior certified in one (1), two (2), or three (3) events Levels paid upon request by Judging Coordinator for that event

6.0 COACHING

6.1 COACHING PROGRAMS AVAILABLE IN ALBERTA

6.1.1 NCCP certification

Please refer to the AGF website for the most up-to-date information and certification process for the National Coaching Certification Program (NCCP).

6.2 COACHING QUALIFICATIONS FOR AGF-SANCTIONED EVENTS

6.2.1 F.A.S.T. level coaches

Gymnastics Foundations coaches can work with F.A.S.T. athletes, however they must work within their scope of training and under the supervision of a Level 2 or C1 trampoline certified coach.

6.2.2 Provincial level coaches

Provincial coaches (athletes at Levels 1-4) must be NCCP Level 2 or C1 Trampoline certified in order to coach athletes on Trampoline and DMT. Coaches must be NCCP Level 2 or C1 Artistic Gymnastics and/or Trampoline certified to coach athletes on tumbling. Provincial coaches that are trained but not certified, may submit a petition to AGF to coach at AGF sanctioned competitions. Petitions will be denied if there is not a certified coach to supervise.

6.2.3 National level coaches

All National coaches (athletes at Levels 5+) must be Level 3 or C3 Trampoline certified to coach athletes on Trampoline and DMT and either be Level 3 or C3 Artistic Gymnastics or Trampoline certified to coach athletes on Tumbling.

6.2.4 Selection of team coaches

a) By the Provincial Championships registration deadline, clubs will submit which coaches they would like to be eligible as a coach for Canadian Championships.
b) Clubs will notify AGF of eligible coaches on the Provincial Championships registration form.
c) Clubs may submit 0, 1, 2, or 3 names that are Level 3 or C3 certified eligible coaches from their club.
d) The number of team coaches selected will be based on the number of athletes eligible to attend Canadian Championships a club has by the end of Provincials.
    i. Clubs that have 2 to 8 athletes attending, will be allocated 1 coaching position.
    ii. Clubs that have 9 to 15 athletes attending, will be allocated 2 coaching positions.
    iii. Clubs that have 16 or more athletes attending, will be allocated 3 coaching positions.
    iv. No additional points will be allocated for additional events or for higher level athletes in this selection process.
e) A club does not have to fill all the coaching positions that were allocated to them and will never be allocated more than 3 coaching positions.
f) All coaches selected to attend Canadian Championships will be a Team Alberta coach and will have expectations to coach the entire team.
g) The coaches' roles and expectations will be communicated prior to the event, and it is expected that coaches work together to support all athletes.

    Coaching Coordinator

    Ensures that all athletes are being provided with the technical support they need. Coordinates the work of the coaching staff. Supports and supervises the actions of the event staff.

    Lead Event Coach

    Overseas the technical support for all athletes of all levels on that event. Performance focused in conjunction with personal coaches and athletes leads all performance-based decisions, i.e. skills in/out. Reviews all athletes' goal sheets.

    Event Floor Manager

    Ensures that the right athletes are in the right place at the right time for the designated event. Oversees the non-equipment-based warm-ups. Provides technical support for events. Ensures spotters are in place. Ensures the DD flashed matches the DD that was performed.

    Event Support

    Ensures all DD cards are completed and turned in on time for the event. Expected to ensure that both competitive gym and training gym are covered from a coaching point of view for all events. In the case of an injury, provides the support that is needed, or fills needed roles.

6.2.5 Requirements/guidelines

a) Coaches of Provincial teams shall be at least 19 years of age.
b) The coach should have coached for a minimum of 3 years at a competitive level.
c) The coach selected should be working directly with the club athletes who have been selected to the Provincial team.
d) All Provincial team coaches for Canadian Championships are required to meet the Gymnastics Canada NCCP requirements and submit all proper documentation required by Gymnastics Canada.
e) The coach must stay in the same residence or hotel as the team unless otherwise assigned by the organizing committee or AGF.
f) All team coaches must attend the Opening and Closing Ceremonies, unless otherwise exempted.
g) The schedule of on-site team meetings is the responsibility of the team coaches. In competitions where there is multi-level representation, the meetings may be called by the various delegation managers, according to the authority conferred to them by AGF.
h) The on-site application of the team rules and regulations for team members is the responsibility of the team coaches, unless specified otherwise. Those duties are performed in close collaboration with AGF members to report incidents which may require further attention to the appropriate Head of the Delegation (manager, Chef de Mission or other).
i) Team coaches act as ambassadors/advocates on behalf of the athletes in terms of ensuring that the technical elements are being executed in accordance with the prescribed rules and regulations in effect.
j) Team coaches are expected to represent Alberta at all technical meetings and to communicate all the information arising from those meetings to the rest of the delegation.

k) Any coach that is registered by AGF as part of any Alberta contingent must have all proper documentation submitted to the AGF office prior to the event/competition registration deadline as per AGF policy:
    i. Be certified in the Respect in Sport Abuse Prevention Program,
    ii. Have submitted a Criminal Police Check (Valid for a period of three (3) years)
    iii. Have submitted Child Welfare (intervention) check (valid for a period of three (3) years)
    iv. Have current Standard First Aid and CPR certification.

7.0 STANDING GUIDELINES & PROCEDURES

7.1 GENERAL

7.1.1 AGF code of conduct

a) It is the responsibility of all AGF members to review the AGF Code of Conduct as per the AGF Policies and Procedures and Team Manual. Copies may be obtained either through the Club or by contacting AGF.
b) If you would like to file a report of violation, please visit the AGF webpage https://abgym.ab.ca/safe- sport/report-a-concern/

7.1.2 AGF alcohol, tobacco, and cannabis policy

Alcohol, tobacco, and cannabis

a) Alberta Law defines a minor as a person under the age of 18 years. This is also the legal age in Quebec and Manitoba. The legal age in the rest of the country is 19 years of age.
b) Minors shall not consume alcohol, nor use any tobacco or cannabis products, at any time during team travel to or from the event. Minors found possessing any alcohol, tobacco, or cannabis products will have these items confiscated and may be subjected to further discipline.

Consumption of alcohol in public spaces

a) All AGF team 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)
b) A person must not, in a public place, consume alcohol or possess alcohol in an open container.
c) All AGF team members who are of legal age (provincial legislation) will not consume alcohol, tobacco, or cannabis in the presence of minors. All AGF members are encouraged to take reasonable steps to manage the responsible consumption of these products in social situations associated with events and should make every attempt not to do in the presence of athletes.

7.1.3 Regulations for Alberta team representatives

All Team Alberta Representatives

a) Please refer to the Code of Conduct of the AGF Policies and Procedures and the Alberta Team Manual.

Officials

a) All officials are responsible to support and enforce these above regulations as well as to report any violations. Officials contributing to, or having knowledge of violations, will be subject to disciplinary action.
b) All officials are responsible to attend meetings and functions as assigned.
c) Must be certified in the Respect in Sport program.

7.2 AGF EXPENSE POLICY

7.2.1 Summary

AGF's Expense Claim Policy applies to expenses that may be incurred by individuals while carrying out duties on behalf of the AGF including meetings, 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 AGF's annual budget.

a) Expense claims MUST be submitted within 30 days following the completion date of the activity on the official form (See Appendix 3).
b) Expenses incurred in a given fiscal year must be claimed before June 30th of the current year unless an extension is granted by AGF.
c) Expenses will only be reimbursed for the approved time period of the event (individuals are responsible for any additional time that may occur prior to or after an event).

d) Expenses that are not substantiated by receipts will not be reimbursed (with the exception of meal and personal vehicle allowances).
e) Expenses that are beyond the stated maximum will be reimbursed only to the maximum allowable claim.
f) Expense claims for courses, meets, etc. must be authorized by the main Course Conductor or Judging Coordinator prior to their submissions to the office.
g) Expense claim link can be found in appendix 4

7.2.2 Travel

a) Travel Reservations are usually prepaid by AGF where applicable. The most economical method of transportation, meals, and accommodations will be used.
b) Travel to and from an AGF/GymCan sanctioned competition is the responsibility of the athlete.
c) Private motor vehicle travel is allowed where applicable and will be reimbursed according to the AGF Expense Policy (see Appendix 3 for current rates).
d) Parking expenses will be reimbursed when submitted for the duration of the event. In all cases, parking reimbursement is at the direction of AGF (wherever possible, the most economical option available must be used).

7.2.3 Cancellation

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

7.2.4 Accommodation

a) All accommodation arrangements for Provincially sanctioned events will be made by AGF. AGF will be responsible for room charges only. You will be requested to pay any additional charges. If you pay your own room charges, receipts must be attached to your Expense Claim Form that is submitted.
b) AGF's policy is to provide "double occupancy" accommodation. Anyone requesting "single occupancy" or wishing to bring their spouse must be prepared to pay any additional costs.
c) All Alberta coaches (team, independent, etc.) must stay in the same residence or hotel as the Alberta delegation (coaches, athletes, managers, chefs) unless otherwise assigned by AGF, regardless of whether the competition is in our home Province/City.
d) 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).
e) AGF policies take precedence over GymCan/LOC policies.

7.2.5 Meals

a) Meal reimbursement will be made at a predetermined daily rate. Please see Appendix 3 for current rates.
b) Meal reimbursement at a competition where an appropriate meal was provided is not permitted.

7.2.6 Exceptions to the policy

The AGF Executive Director must approve exceptions to this policy in advance of the event.

APPENDICES

APPENDIX #1

ALBERTA TG EQUIPMENT REQUIREMENTS FOR PROVINCIAL CHAMPIONSHIPS AND ALBERTA CUPS

Note: AGF encourages all invitational competitions to follow the equipment requirements

Video Equipment

a) All sanctioned competitions must provide official videotaping of each event.
b) It will be the responsibility of the Chair of the Judges' Panel to confer with the difficulty judges to determine if it is a legitimate concern requiring review, or if it is unfounded and a video review is not required.
c) Videorecording should be done on iPads or Apple products. This allows us to pull video records from the software and be compatible with Time of Flight, Dartfish and On Form.
d) Trampoline must have a minimum video quality of 60 frames per second.
e) Videos need to be in landscape (sideways) mode with auto focus turned off.
f) Hosts can request use of AGF iPad and stands. Requests must be submitted to Trampoline@abgym.ab.ca.

Sound System

There must be a sound system with a microphone to give announcements and for awards.

Score Flashing

Have the ability to show individual execution scores, CJP penalties and difficulty score, and red/green lights or flashcards.

Seating

Spectator seating must be far enough away that it does not interfere with the competition. There must be adequate supervision to ensure that spectators stay off of the equipment area. An area must be available for non-competing athletes to rest in. There must be seating for at least 150 spectators at Provincials (ideally 300) and 50 spectators at Alberta Cups (ideally 200).

Hospitality

Refreshments must be available for the coaches and judges. There must be at least water available for the athletes. Providing set meals is at the discretion of the host.

Safety

A Paramedic, Certified Emergency Medical Technician must be present at all times when athletes are on equipment. Ice must also be available for the athletes. See appendix 2 for more details.

Stretch Time

The gym must be open at least 30 minutes before the equipment warm-up time to allow the athletes the opportunity to run around and stretch. The competition equipment does not have to be open at this time.

Certified coaches

Please refer to the current NCCP requirements found under 6.0 Coaching.

Other Extras

Pens and pencils must be available for the judges and scorekeepers. Judging chits and a stopwatch are also required for the judges.

Results/Scoring

The most current scoring system will be used. The ToF machine must be delivered to the club prior to the competition. A copy of the results must be sent to the TG Program Manager and the Judging Coordinator. All paper chits will be given to the Judging Coordinator.

Square Footage

The approximate minimum dimensions for hosting at an outside venue (not a club) is 180ft long and 80ft wide (55m x 24m).

Equipment Specs

Please refer to the FIG Apparatus Norms for more details. TG Begins on page 89.
https://www.gymnastics.sport/publicdir/rules/files/en_Apparatus%20Norms%20I-III.pdf

APPENDIX # 2

EXPENSE & HOSTING PROTOCOL FOR ALBERTA CUPS

Introduction

Host Clubs for any and all Alberta Cups are determined annually at the Alberta TTTC Pre-Assembly meeting in June. Special permission may be granted by AGF and TTTC.

This protocol document has been developed to provide direction for the hosting of Alberta Cups. There are set parameters that a hosting organization must follow along with guidelines for best practices. All deviations from the stated protocols must be approved by the TTTC/AGF TG Program Manager. The TG Program Manager is a designated member of all organizing committees and is responsible to oversee the adherence to all hosting requirements.

Fee clarifications

All fees listed in our handbook are exclusive of GST and service fees.

Equipment Requirements

All equipment must meet the Alberta TG Equipment requirements for Provincial Championships and Alberta Cups listed in the TG Technical Handbook (Appendix 1).

General Competition Procedure

a) Alberta Cups will provide the opportunity for Qualifying Rounds of competitions for Level 1 through Senior in all four events (TRI, TRS, DMT, TUM)
b) Finals are required at Alberta Cups on TUM Levels 4 through Senior (L4 & L5 Same Flight finals) and on DMT and TRA Levels 5 through Senior.
c) Categories will be split by the recommended age decided upon by the Committee each year. Categories will be split when there are more than 36 athletes, and the split will happen only once.
d) Level 5 to have 3 age splits (Novice up to 14, 15-16, and 17+)

Safety/Medical

Medical personnel are to be present at all training and competitive times during the Alberta Cups as per the TG Technical Handbook and AGF Hosting Manual (more information further down).

Judges

a) All judges at Alberta Cups must be registered with the AGF and have completed all required certification as established by the Alberta Judging Coordinator.
b) All Provincial and National judging panels will be organized by the Alberta Judging Coordinator.
c)
d) Provincial and National Judges will be reimbursed for travel expenses and remunerated by the hosting club as per the AGF honorarium rates upon approval by the Alberta Judging Coordinator
e) Upon the completion of the event, DD sheets, judge's chits and final signed off score sheets must be supplied to the Alberta Judging Coordinator.

Timelines

a) Notice or bulletin of the event will be sent out six weeks prior to the event.
b) Registration deadline to be set a minimum of two weeks before the event.
c) Late fee to be charged for any registrations after the deadline.
d) To request a refund you must follow the steps listed on the event bulletin/ directives.
    - If it is submitted 9 business days prior to the start of the event, a full refund will be issued minus a $23.81+ GST & service fees administration fee.
    - If it is submitted between 5 and 8 business days prior to the start of the event, a full refund will be issued minus a $33.33+ GST & service fees late administration fee.
    - If it is submitted less than 5 business days prior to the start of the event, no refund will be issued.
    - Exception: Full Entry Fee will be refunded for medical reasons at any time prior to 8:00 pm the day before the event. Please note that the Program Manager may request additional information up to and including a medical doctor's note.

e) Failure to submit the registration by the stated deadline will result in the following fees being imposed.

Registration	Deadline	Fees
On or before the stated deadline	Min. 4 weeks prior to the start of the event	No fee
Late Registration **1 -7 days after the stated deadline**	Accepted with penalty	$33.33+ GST & service fees /person
8 days after the stated deadline	No entries will be accepted	

f) Failure to report any errors or omissions by the stated deadline will result in the following fines being imposed. All fines MUST be paid prior the athletes being permitted on the competition floor.

Changes and/or corrections	Deadline	Fines
1-4 days following the receipt of the Entry Verification		No fine
5+ days following the receipt of the Entry Verification	Accepted with penalty	$9.52+ GST & service fees /change

Petition procedure

A petition is a formal request presented to the appropriate committee or assembly for the 'relaxation' of an established rule(s), regulation(s) or procedure(s). The mechanism of petitions is intended to provide an opportunity to account for extraordinary circumstances to ensure that established rules, regulations, and procedures do not compromise AGF's efforts in achieving specific goals and objectives. However, by their nature, approved petitions have the potential to erode the credibility of AGF and its programs. Therefore, petitions are generally approved only when there is compelling evidence that the Federation's mandate will be best served by allowing a relaxation of the rules, regulations, or procedures.

There are two basic types of petitions as indicated below:

Medical Petitions for Refund

See section 14.4 of the AGF Policies and Procedures.

General Petition

A general petition may be submitted by or on behalf of any individual who feels that the strict application of a specific rule(s), regulation(s), and procedure(s) will significantly compromise the stated objective of the Federation. General petitions often involve matters of opinion and discretion, and therefore the applicant must provide very compelling evidence to justify a relaxation of the rules. General petitions must be submitted in writing to the TG Program manager for review by AGF and the TTTC by a set date.

*Please note that any weather-related issues in regard to AGF-sanctioned events will be addressed on a case-by-case basis.

Registration fees

a) For cups the following entry fees must be paid by all competitors at the time of the meet entry:
Registration fee for Alberta Cups is set for both Provincial and National Athletes at:
2026-2027 season: $150.00+ GST & service fees
2027-2028 season: $155.00+ GST & service fees
2028-2029 season: $160.00+ GST & service fees
2029-2030 season: Re-evaluate
b) Late registration fee of an additional $33.33+ GST & service fees.

Out-of-province

a) For cups the following entry fees must be paid by all competitors at the time of the meet entry:
Registration fee for Alberta Cups is set for both Provincial and National Athletes at:
2026-2027 season: $160.00+ GST & service fees
2027-2028 season: $165.00+ GST & service fees
2028-2029 season: $170.00+ GST & service fees
2029-2030 season: Re-evaluate
b) A judge must be provided by the attending club if the registration exceeds 5 athletes. If the attending club does not provide a judge, a buy-out fee of $23.81+ GST & service fees./athlete will be required.
c) Late registration fee of an additional $33.33+ GST & service fees.

Coach fees

Coach registration fees for all Cup and F.A.S.T. events are free. No coach registration fees, GST, or service fees will be charged.

F.A.S.T fees

For more information on pricing and details on hosting F.A.S.T events, please refer to the F.A.S.T Pathways document.

Competitive registration

Each competitive gymnast, coach, and judge must be registered in the appropriate level with AGF for each year. Any gymnast not registered by the deadline will not be allowed to compete in any AGF-sanctioned meets during that competitive season.

Event results

a) It is the responsibility of the event host to send a copy of the event results to AGF and all competing clubs immediately following the event.
b) All original copies of the event score sheets and final results must be sent to the appropriate Judging Coordinator immediately following the event.
c) It is the responsibility of the event host to send a copy of the event results to the Program Manager at Gymnastics Canada.

Medical personnel

AGF requires qualified medical personnel to be present at all training and competitive times during AGF-sanctioned competitions. AGF will incur costs for medical personnel up to $250.00 total/day. It is the responsibility of the host club to submit a receipt for the costs incurred within 1 week after the completion of the event.

Qualified Emergency Medical personnel will be restricted to:

d) Paramedics
e) Trained Emergency Medical Personnel (EMT/EMR)

The following shall not be considered adequate, but may be used on site for additional support:

a) St. Johns Ambulance Volunteers
b) Chiropractors
c) Physiotherapists
d) Medical Doctors
e) Qualified Athletic Therapist

Competitive order

Draw for competitive order and starting events for all AGF sanctioned competitions will be completed by random draw using an approved scoring system immediately following the competition registration deadline.

Video

a) All levels of competition of an Alberta Cup (Level 1 through Senior) will be videotaped as per Appendix 1 of the TG Technical Handbook
b) All video to be provided to the Judging Chair of Alberta at the end of the event.

DD Cards

a) Use the AGF approved DD cards posted on the AGF website.
b) Hand in electronically to the host club by the date specified in the registration package if required.

Awards

Minimum of 1 through 8 place finishes (1-3 receive medals & 4-8+ receive ribbons).

Scheduling

There will be a template schedule for Alberta Cups as a guideline. Any major deviations from this template must be discussed with and approved by the TTTC/TG Program Manager

Funding

Please contact the TG Program Manager for the terms and conditions for any AGF funding provided to host clubs.

Note: Assuming that all above requirements can be met by a hosting club, it is the desire that the Alberta Cups are hosted throughout the province.

4.0.1 Competition warm-up format

Warm-up for AGF sanctioned competitions should be as follows:

a) Provincial and National

b) General Warm-up – approximately 30 minutes (no equipment).Level 1 and Level 2 Event Warm-up
   i. 30 second (minimum 2-touch) warm-up per competitor on all events. There will be no warm-ups between routines.

c) Level 3 Event Warm-up
   i. 45 second (minimum 2-touch) warm-up per competitor on all events. There will be no warm-ups between routines.
   ii. L3 Tumbling will receive an additional 2-touch following the preliminary round for their 3 pass at Alberta Cups.

d) Level 4 Event Warm-up
   i. 1.5-minute (minimum 4-touch) warm-up per competitor on all events. There will be no warm-ups between routines.
   ii. L4 Tumbling will receive an additional 4-touch following the preliminary round for their 3 pass at Alberta Cups.

e) Level 5 Event Warm-up
   i. 1.5-minute (minimum 4-touch) warm-up per competitor on all events. There will be no warm-ups between routines.
   ii. L5 Tumbling will receive an additional 4-touch following the preliminary round for their 3 pass at Alberta Cups.

f) Level 6, Level 7, Junior and Senior Levels Event Warm-up
   i. 2 Minute (minimum 5-touch) warm-up per competitor on all events. There will be no warm-ups between routines.
   ii. For Trampoline only, Junior will receive 2.5 minutes per competitor (minimum 5-touch). L7 and Senior will receive 3 minutes per competitor (minimum 8-touch). If a block warm-up time has been offered separately, then they would only receive a 5-touch warm-up.

Note the following:

a. L1-3 will receive a minimum warm-up time of 5 minutes.
b. L4 and up will receive a minimum warm-up time of 15 minutes.
c. Running L4 DMT Finals (Pass 3&4) is at the discretion of the host.
d. In any event where finals are required, e.g. Level 3+ tumbling, appropriate warm-up times must be adjusted in length.
e. This competition warm-up format will be used at all AGF sanctioned meets and is recommended to all clubs hosting invitational events.

APPENDIX # 3

ALBERTA HOSTING RESOURCES

4.0.2 Cup scheduling guidelines

Below is a resource for clubs to use when creating your schedule. Please note this does not consider pauses due to injury, announcing delays, incomplete routines, warm up cut short, delays in march-in, etc.

TRAMPOLINE (2 Trampolines)							
Level	**1-2**	**3**	**4**	**5**	**6**	**Jr**	**7, Sr**
Warm-up time for 10 athletes	5 Min total	7 Min total	13 Min total	15 Min total	20 Min total	25 Min total	30 Min total
Prelim (includes wait time, and transition)	1.5 Min per routine (30 Min total)	1.65 Min per routine (33 Min total	1.75 Min per routine (35 Min total)	1.85 Min per routine (37 Min total)	1.90 Min Min per routine (38 Min total)	1.90 Min Min per routine (38 Min total)	2 Min per routine Min per routine (40 Min total)
Total time for 10 athletes	35 Min	40 Min	48 Min	52 Min	58 Min	1H 3M	1H 10M Min
Finals Total time for 10 athletes	20 Min	23 Min	30 Min	33.5 Min	39 Min	39 Min	50 Min

DMT (1 DMT)						
Level	**1-2**	**3**	**4**	**5**	**6**	**Jr, Sr**
Warm-up time	5 Min total	7 Min total	13 Min total	15 Min total	20 Min total	20 Min total
Prelim (includes wait time, and transition)	1 Min per routine (24 Min total)	1 Min per routine (24 Min total)	1 Min per routine (24 Min total)	1 Min per routine (24 Min total)	1.25 Min per routine (24 Min total)	1.25 Min per routine (24 Min total)
Total time for 12 athletes	30 Min	31 Min	37 Min	39 Min	50 Min	50 Min
Finals Total time for 10 athletes	25 Min	27 Min	33 Min	35 Min	45 Min	45 Min

TUMBLING (1 Rod floor)						
Level	**1-2**	**3**	**4**	**5**	**6**	**Jr, Sr**
Warm-up time	5 Min total	7 Min total	13 Min total	15 Min total	20 Min total	20 Min total
Prelim (includes wait time, and transition)	1 Min per routine (24 Min total)	1 Min per routine (24 Min total)	1 Min per routine (24 Min total)	1 Min per routine (24 Min total)	1.25 Min per routine (24 Min total)	1.25 Min per routine (24 Min total)
Total time for 12 athletes	30 Min	31 Min	37 Min	39 Min	50 Min	50 Min
Finals Total time for 10 athletes	25 Min	2 touch- 3 Pass total of 42 Min	2 touch- 3 Pass total of 48 Min	35 Min	45 Min	45 Min

Number of days for cup hosting

This is a guideline to assist in planning. Please note this does not consider pauses due to injury, announcing delays, incomplete routines, warm up cut short, delays in march-in, etc which can cause a delay in scheduling. This will also depend on judge allocation and whether three panels can be accommodated.
This is from information gathered throughout the previous season.

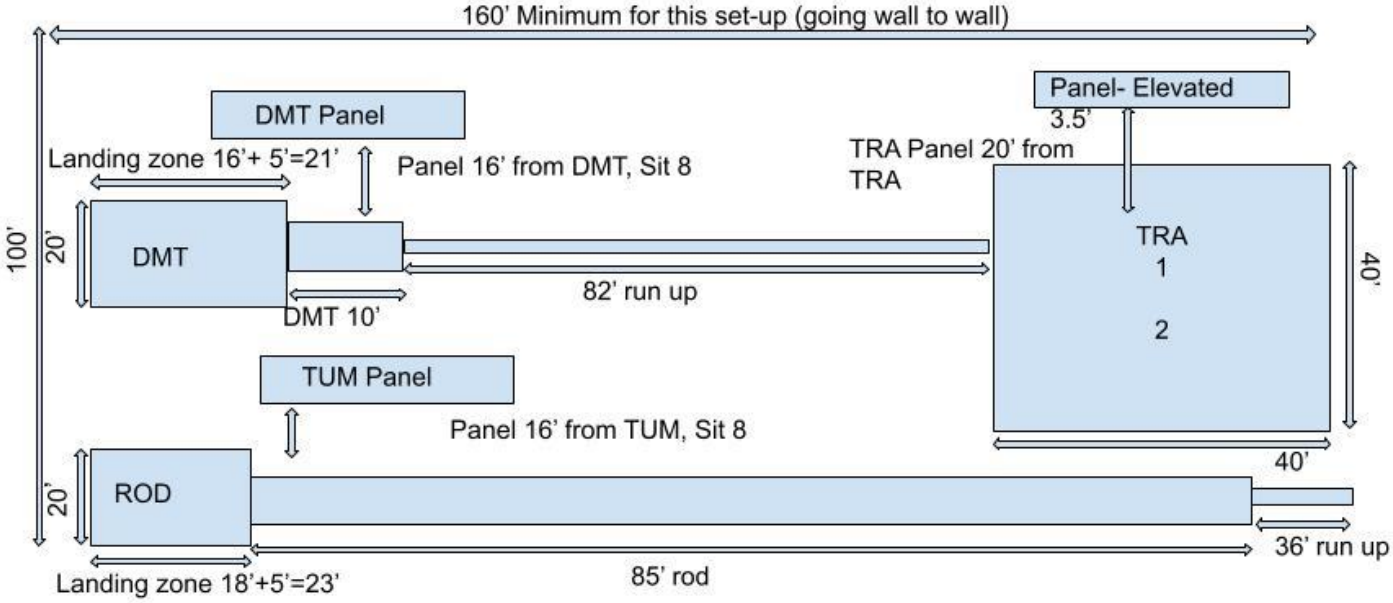
Equipment	**# of athletes**	**Days**
Standard	290 Athletes or less	2
Standard- Modified TRA to allow a warm-up trampoline and competition tramp for L1-2	290- 335 Athletes Based on 334 Athletes (7 National DMT flights, 5 National TRA flights, 20 Provincial DMT flights, 23 Provincial TRA flights)	2 days (Tight)
Standard	335-380 Athletes Based on 343 Athletes &120 F.A.S.T (7 National DMT flights, 5 National TRA flights 17 Provincial DMT flights, 20 Provincial TRA flights)	3 Days

4.0.3 Venue space

This resource is available for clubs to use at their discretion to help determine whether a venue has adequate space to host an event.

Please note that this resource does not account for additional space requirements, including spectator areas, warm-up areas, venue walkways, or other necessary spaces. It also does not consider applicable building code requirements, such as fire alarms, exits, and door access.

Clubs should use this resource as a general guideline when assessing a venue's suitability for hosting an event and ensure that all additional space, safety, and building code requirements are met.



*Does not include room for spectators or building regulations around walkways between walls and equipment

Minimum ceiling height of 26.25'. Ideal ceiling height is 32.5'

APPENDIX #4

AGF EXPENSE CLAIM FORM

AGF expense forms must be filled out using the online form found here. In order for your claim to be processed, you must include all receipts and have the form submitted within 30 days of the expense being incurred.

APPENDIX # 5

AGF TG ELECTIONS

TG Program Manager shall be responsible:

a) To advertise vacant and/or positions on the committees that are up for election at the next TTTA meeting.
b) To ensure as full a slate as possible is presented to the membership for election at the TTTA.
c) 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 and that each candidate has the opportunity to speak to the membership prior to the votes being cast.
d) That the voting procedure is adhered to, and two (2) scrutineers approved by the membership determine the results.

Notification to TTTA:

a) At least thirty (30) days in advance of the TTTA, the Program Manager shall forward a request for nominations to the members.
b) Members shall forward their nominations to the Program Manager fifteen (15) days in advance of the Assembly.
c) The list of nominees is to be circulated to the members of the Federation a minimum of seven (7) days in advance of the Assembly.

Elections

Nominations

a) If sufficient nominations have been received to fill the vacant positions by the deadline, no nominations from the floor will be accepted.
b) If there are an insufficient number of nominees to fill the required position(s) up for election prior to the deadline for nominations, a motion can be made to open the nomination for 1 or more positions and 2/3's of the eligible voters must agree to accept nominations from the floor
c) If there are sufficient nominees received prior to the deadline and an election is not required, the nominees will be acclaimed.
d) If there is more than 1 nominee for a position, an election will occur.

Voting Regulations

a) Voting will be by closed ballot.
b) Shall be conducted in accordance with Article 6.10 of the AGF Bylaws.
c) At the beginning of the Assembly meeting each club will be allotted ballot(s) in accordance with Section 1.3.6 "Voting Privileges" of the TG Technical Handbook.
d) Voting delegates will be decided in accordance with Article 6.11.2 and 6.11.3 of the AGF Bylaws.
e) For all TTTC 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 a majority
f) All ballots will be destroyed following the completion of the elections.

Election Procedure

1. The TG Program Manager will read the list of nominees for the position being elected.
2. 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 up to a maximum of two (2) minutes.
3. 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.
4. The scrutineer(s) will read the results as follows:
   "The following individuals were elected by secret ballot (listed in random order)"
5. The TG Program Manager will request a motion to destroy all ballots.
6. All ballots will be destroyed by the scrutineer(s).

Even-numbered years: Coaching Coordinator, one (1) Member-at-Large, and Athlete Representative. Odd-numbered years: Chairperson, Judging Coordinator and one (1) Member-at-Large.

APPENDIX # 6

PROVINCIAL AWARDS

4.0.1 Awards for Provincial Championships

a) Individual (Men's & Women's Categories)
   i. 1st – 3rd place – AGF medals
   ii. 4th – 8th place – ribbons
   iii. Level 5 will be split by age group for receiving awards.
   iv. Level 6 will be split by age group for receiving awards.
   v. Team per event – 1st – 3rd plaques. 1st receives perpetual trophy.
   vi. Ken Chatel Aggregate Award – 1st – 3rd place plaques. 1st receives perpetual trophy.

b) Event Team Final Awards:
   i. The team awards per event will be based on the total of the top three (3) scores from the top three (3) members per event. Those scores will then be added together to determine the team's result per event.
   ii. Each team must have a minimum of three (3) athletes compete in each event to be eligible for that event team award.
   iii. The event team awards will be presented to the top three (3) clubs per event, after the final calculation.

c) Ken Chatel Aggregate Award
   i. The Ken Chatel Aggregate Award is awarded to the team with the most points added together per event from the team final.
   ii. Points are awarded to the top eight clubs per event based on ranking and then totaled.
   iii. See chart Appendix 6 for complete explanation.

d) Individual Level 3 & 4 All-Around Awards
   i. The top 6 athletes from Level 3 and Level 4 combined will receive a plaque.

APPENDIX #7

KEN CHATEL AGGREGATE ALL-AROUND AWARD

Sample Table

	Club 1	Club 2	Club 3	Club 4	Club 5	Club 6	Club 7	Club 8	Club 9	Club 10
TUM 1										
TUM 2										
TUM 3										
TUM 4										
TUM Score										
TUM Rank	**1**	**3**	**9**	**4**	**2**	**5**	**6**	**7**	**N/A**	**8**
TUM Points	**8**	**6**	**0**	**5**	**7**	**4**	**3**	**2**	**0**	**1**
TRI 1										
TRI 2										
TRI 3										
TRI 4										
TRI Score										
TRI Rank	**2**	**3**	**1**	**4**	**5**	**6**	**8**	**7**	**10**	**9**
TRI Points	**7**	**6**	**8**	**5**	**4**	**3**	**1**	**2**	**0**	**0**
DMT 1										
DMT 2										
DMT 3										
DMT 4										
DMT Score										
DMT Rank	**4**	**2**	**1**	**3**	**5**	**9**	**6**	**8**	**7**	**10**
DMT Points	**5**	**7**	**8**	**6**	**4**	**0**	**3**	**1**	**2**	**0**
All-Around Points	**20**	**19**	**16**	**16**	**15**	**7**	**7**	**5**	**2**	**1**
All-Around Rank	**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**	**10**

*Top 8 clubs receive points in each discipline with the top ranked club receiving 8 points and each subsequently ranked club receiving 1 less point.

APPENDIX #8

ACHIEVEMENT AWARDS & ENHANCEMENT FUNDING

AGF ENHANCEMENT FUNDING

For a complete breakdown of the current AGF Enhancement Funding Criteria, please contact the AGF office.

7.3 ACHIEVEMENT AWARDS

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

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. For more information on the selection criteria, please contact the TG Program Manager.

Judge of the Year

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

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AGF Service Recognition

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

Athlete of the Year

a) The Men's and Women's TG athletes with the most points, based on the "Provincial Ranking List" will be declared "Athlete of the Year" upon ratification of the TTTC.
b) Points are accumulated for various achievements during the stated 1-year period (July 1st - June 30th).
c) See Appendix 5 for chart with full explanation on how points are allocated.
d) Ranking in synchronized trampoline will qualify for half points.
e) Ranking in team final or all-around final does not count for points.
f) In exceptional circumstances or in situations of ties, the committee may look at other parameters.

Athlete Achievement Awards

a) Member of the Canadian Age Group, Junior, or Senior National Team at any point during the AGF fiscal year (must have competed in a sanctioned GymCan event).
b) Placed top 3 in any event at Canadian Championships
c) Placed top 3 in any event at Elite Canada
d) Gold as a Team Alberta team at Western Canada Cup
e) Gold in any event or top 3 individual Team Alberta athlete at Western Canada Cup
f) Medaling at an approved international event that Team Canada has sent athletes (Senior and/or Junior).

APPENDIX # 9

ATHLETE OF THE YEAR CHART

Events	Attendance	Performance	Points
Olympics	800	1st	10000
		2nd	9000
		3rd	8000
		4-8th	5000
		9-12th	2000
		13-24th	1000
World Games	500	1st	8000
		2nd	7000
		3rd	6000
		4-8th	3500
		9-12th	1500
		13-24th	750
World Championships	200	1st	6000
		2nd	5000
		3rd	4000
		4-8th	2000
		9-12th	1000
		13-24th	500
Major Events	100	1st	2000
Senior Pan Am Games/Championships		2nd	1900
Senior World Cup		3rd	1800
Senior Pacific Rim		4-8th	1500
		<8th	
Age Group Events	60	1st	1500
World Age Group Champs		2nd	1400
Indo Pacific Champs		3rd	1300
		4-8th	1000
Senior Internationals, Elite Canada & Canadian Championships	20	1st	200
		2nd	175
		3rd	150
	10	4th-8th	100
Junior Internationals, Elite Canada & Canadian Championships	10	1st	175
		2nd	150
		3rd	125
		4th - 8th	75

*Attendance includes an athlete who traveled as an alternate.
**If an athlete competed in more than one discipline, they would get the points for each.
***International events with less than 5 participating countries will qualify for half points.

APPENDIX #10

AGF TEAM UNIFORM POLICY

Competitions – Team Alberta

While representing Team Alberta at Westerns, Canadian Championships, Team Excel or any other officially sanctioned Team Alberta event, team members shall adhere to this dress code policy and 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.

TG Athletes

Refer to "General Rules Section 5. Dress for Competitors" of the GymCan TG Competition Rules.

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:

1. appropriate training suit (long pants and AGF team jacket).
2. appropriate T-shirt (AGF issued), polo shirt (AGF issued) and/or training jacket.
3. appropriate indoor sport footwear.
4. 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).
5. Excluded items include hats, shorts, jeans, midriff tank tops, ripped or torn clothing.

Off Competition site

For safety and security reasons when using transportation to/from Western Canadian Championships, 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 GYMCAN National Team attire.

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

For safety and security reasons during all official off-site Team functions (i.e. sightseeing/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

APPENDIX #11

COACH CERTIFICATION EXEMPTION REQUEST FORM

To request an exemption for coach certification, the request must be submitted to the AGF office at least one month prior to the competition start date. Please note that this will be a one-time exemption; exemptions will not be granted in subsequent years.

The exemption form is required to be filled out online here … Coach Certification Exemption Request Form.

APPENDIX #12

SAFE SPORT GUIDELINES FOR ALBERTA'S TG JUDGES

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

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

General Policies

a) A Back/Police Check is required every 3 years in Alberta and yearly for GymCan events.
b) Judges must complete the Respect in Sport (Officials) Course.
c) TG judges must be at least 15 years old to judge in Alberta.
d) Judges should follow the "rule of two".

Rooming Guidelines

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

Travel Guidelines

a) Judges are encouraged to carpool whenever possible. Travel arrangements must be approved by the judging chair for reimbursement.
b) However, judges under the age of 18 should not travel alone with an unrelated adult. If this is the case, special permission will be required in advance from the minor judge's guardian.
c) Judges under the age of 18 should establish a "buddy" system when away from the venue.
d) Any judge under the age of 18 is required to fill out the "Judging Travel Permission Form for Underage Judges" at the start of the season (Appendix #12). This permission form must be sent to the TG Judge Chair (albertajudging@gmail.com) and the TG Program Manager (trampoline@abgym.ab.ca).

APPENDIX #13

JUDGING TRAVEL PERMISSION FORM FOR UNDERAGE JUDGES

The permission of a parent or guardian is required before an underage judge can travel and stay overnight at any competition. The signing of this form indicates the parent or guardian is aware that the judge will travel by a private vehicle not owned by or insured through Alberta Gymnastics Federation and will be operated by another driver.
Signing this document as the parent or guardian, you are giving consent to allow your child in the specific unsupervised rooming situation listed below.

The form can be filled out online through the AGF office at TRAVEL PERMISSION FORM FOR UNDERAGE JUDGES

APPENDIX #14

OUT OF COUNTRY TRAVEL FORM

If your club will be travelling outside of Canada, an **Out of Country Travel Form** needs to be completed. The form must be filled out and submitted for all activities including, but not limited to, competitions, training camps, clinics, etc.



Trampoline Gymnastics

Technical Handbook

2026-2027