

2025 Canadian Championships

DIRECTIVES VERSION 2





GYMCAN	Gymnastics Canada RA Centre, 2451 Riverside Drive, Ottawa, ON, K1H 7X7 Website: https://gymcan.org
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ORGANIZING COMMITTEE	Alberta Gymnastics Federation 170, 550 71st Ave SE, Calgary AB T2H 0S6 (403) 259-5500 Info@abgym.ab.ca
	Robin McDougall – CEO operations@abgym.ab.ca
	Kate Webster – Manager, Sport Development & Events agfevents@abgym,ab.ca
DATES	May 26 – 30, 2025
LOCATION	Calgary, AB
VENUE	Competition venue will be: Olympic Oval University of Calgary

	LOCALLY STATES
	2500 University Drive NW Calgary AB T2N 1N4
	Paid parking is available at the venue. For more information on the various lots and
	pricing, please refer online here. The most ideal lots to park in will be Lot 10 & 11.
ONLINE STORE	Event merchandise can be purchased <u>here</u> . Deadline to order to receive free pick-up at the Calgary Oval is May 2 nd . Orders can still be made with home delivery.
	On-Site Clothing Pick-up: Wednesday 10am – 5pm in the vendor area.
INVITED MEMBERS	All Provincial/Territorial Gymnastics Organization registered participants who meet the Gymnastics Canada eligibility requirements according to this document and to their Discipline's specific Rules and Technical Regulations are invited to participate.
EQUIPMENT SUPPLIER	WAG:
	Ergo Jet Vault
	Munich Bars
	 All-American Bars Performance Series Competition Crank Beam
	Moscow floor
	MAG:
	Moscow floor
	Pommel Horse
	Berlin Ring Frame Frank Ly Dia World Table
	ErgoJet Rio Vault TableMelbourne Parallel Bars
	Stuttgart Horizontal Bar
	TC
	TG: • 4 Eurotramp Trampoline
	• 2 Double mini-trampoline - Eurotramp
	• 1 Tumbling – Spiethway Germany
	ACRO:
	2 Spieth Moscow floor
	AG Purpose:
EVENT FORMAT,	1. Provide a prestigious annual competitive opportunity for developing High
PURPOSE	Performance gymnasts, showcase top provincial talent, provide national rankings, and declare Canadian champions for each category of competition.
	2. To rank HP athletes as part of the system to have access to
	a. Sport Canada Athlete Assistance Program (AAP) – "Carding".
	b. National Team and Espoir Status.
	 c. International competitions (NT and Espoir) and Training camps. 3. Specific Programs Rules are available on their respective <u>Trello boards</u>
	Eligible categories at Canadian Championships: WAG: CCP 9, CCP 10, HP Novice, HP Junior, HP Senior and National Open
	MAG: National Open, Aspire, Junior, and Senior categories
	Format:
	Men's Artistic Gymnastics

- 'Podium' Training.
- Open and Junior Team.
- All-Around Finals:
 - o National Open: Day 1 only.
 - o Aspire, Junior, and Senior: Two days combined.
- Apparatus Finals:
 - o National Open: Day 2 only.
 - o Aspire, Junior, and Senior: Two days combined.

Women's Artistic Gymnastics

- 'Podium' Training
- CCP9 & CCP10:
 - o Day 1: Team
 - Day 2: All-Around and Apparatus Finals
- Novice, Junior and Senior
 - o All-Around Finals: Two days combined.
 - O Apparatus Finals: Two days combined.
- National Open
 - o 1-day All-Around & Apparatus Finals

TG Purpose:

- 1. To identify Junior and Senior athletes for the competitive year and to rank athletes as part of the system to have access to National team status and Sport Canada Athlete Assistance Program (AAP Carding-Trampoline).
- 2. Second trial for National Team selection (all disciplines).
- 3. Mobility Opportunity

Athletes:

National level athletes in the categories listed below in trampoline individual (TRA) and synchronized (SYN), tumbling (TUM), and/or double mini trampoline (DMT) who have qualified are in good standing with their provincial/territorial federation/association and GymCan are eligible to register.

TRA, DMT, TUM: L5 (14U), L5 (15-16), L5 (17+), L6 (17+), Junior (13-16), Senior (17+)

SYN: L5 (11+), L6, Senior (17+), Mixed: L5 (11+) and senior (17+)

Format:

TRA, SYN, DMT, TUM: Qualifications and Finals

TRA, DMT, TUM: Team Finals

Acro Purpose:

To provide a prestigious annual competitive opportunity at the national level for developing high performance gymnasts and showcase top provincial talent in the five categories of acrobatic gymnastics:

• Women's Pairs (WP), Men's Pairs (MP), Mixed Pairs (MxP), Women's Trio (WT), Mixed Trios (MxT), Women's Group (WG), Men's Groups (MG), and Mixed Groups (MxG).

To establish national rankings and declare Canadian Champions in:

• USDP Levels 7-10, Aspire (old youth), Youth (11-16), Pre-Youth (12-18), Junior

(13-19) and Senior (15+)

To play a role in the selection process for major international events:

• World Championships and World Age Group Championships

Categories:

• WP, MP, MxP, WT, MxT, MG, WG, MxG

Levels:

- USDP Level 7-10
- Aspire
- Pre-Youth (11-16), Youth (12-18), Junior (13-19), Senior (15+).

Level 7

1 Combined Routine to be performed 2 times. Ranking to be based upon the sum of the scores (C+C)

Level 8-10

1 Balance Routine and 1 Dynamic Routine. Ranking to be based upon sum of the scores (B+D)

Aspire

1 Combined Routine to be performed 2 times. Ranking to be based upon sum of the two scores (C+C)

Pre-Youth, Youth, Junior, Senior

1 Balance, 1 Dynamic and 1 Final. Ranking determined as per FIG rules.

REQUIREMENTS FOR COACHES, JUDGES.

All athletes, coaches, judges, team managers must be registered members of the GymCan vear in force.

All participating provincial/territorial organizations and their members commit themselves to respect the GymCan and discipline specific program technical rules and regulations, especially the ones concerning the age and nationality of gymnasts, and that participants must not have any outstanding invoices owing to GymCan.

All gymnasts must be in possession of a valid Canadian passport to be eligible for selection to international assignments.

COACHES

According to the discipline specific technical regulations, all coaches wishing to access the training, warm-up, or competition floor must be NCCP Competition 3 Certified or Level 3 Certified (theory, technical, and practical) in the applicable discipline when coaching a national level athlete or group. A coach without the required certification must request an exemption by completing the coach exemption request form below.

*Exception: ACRO REQUIREMENT

- NCCP Competition 1 Trained in Acrobatic Gymnastics
- NCCP Competition 2 Certified in Artistic Gymnastics (MAG or WAG); or
- Acrobatic Gymnastics coaching certification from an FIG Academy or country recognized by GymCan as a country with reputable coach education training
 - (please note: we will be phasing out NCCP Artistic qualifications as eligible for Acro);

NCCP COACH EXEMPTION REQUEST FORM:

AND SUPPORT STAFF

EN: https://am.lol/p/A6X9zDO?lang=en
FR: https://am.lol/p/a6cMgAl?lang=en

All coach exemption requests must be submitted by **May 2, 2025**. No late exemptions will be accepted.

All coaches, judges, support staff (head of delegation, chef de mission, team manager, and chaperone) and integrated support team (IST) who participate in GymCan national competitions must have completed the requirements included in Table 1 below. Failure to do so will result in withholding of your accreditation and denied access to the field of play, and training venues.

Table 1. Safe Sport Requirements

Requirements	Comments
One Badge	All National Team participants (Athletes, Coaches, Judges, IST, and GymCan Staff) must be approved on One Badge
Provincial screening standards	All non-national team athletes, coaches, judges, support staff, and IST MUST meet their provincial screening requirements and sign media consent form. The Provincial CEO/ED will provide a statutory declaration for their provincial members to the LOC. The online form can be found here . You will receive a confirmation of the form. In addition, both GymCan and AGF will receive a copy.
Completed Enhanced Background Check, Canada-wide and/or International Police Check	Required for all volunteers. Must be issued within 12 months of the date of the event being attended. Cost is
http://sterlingbackcheck.ca/cac ace	the responsibility of the individual. A volunteer letter can be provided by the LOC upon request.

REGISTRATION

Registration and payment deadlines

Registration deadline	April 23, 2025
Music is due with registration through Sportzsoft	April 23, 2025
ACRO music & Tariff Sheets	May 2, 2025
Safe sport requirements	May 2, 2025
Coach exemption form (GymCan)	May 2, 2025
100% registration payment (GymCan)	May 2, 2025
PTO statutory declaration deadline (GymCan)	May 2, 2025
Refund request deadline (GymCan)	May 9, 2025

Registration Fees

Registration fees WAG, MAG, TG,	\$290/person - athletes, coach, support
ACRO	staff

	Late individual entry penalty	\$50/person
	Registration process for the PTO	<u>)s</u>
	√ #1- The completed registration is submitted electronically through SportzSoft for WAG, MAG, TG. PTO's will receive the link to access the event in a separate email.	
	please submit payment to through one of the follow ✓ e-Transfer to <u>men</u>	mbership@abgym.ab.ca A, M/C, AMEX contact Craig Drebit at 403-212-5720 –
	Should you have any ques	stions, please reach out to Craig Drebit.
	✓ #2- 100% payment of the made using SportzSoft.	e Registration fees for WAG, MAG, TG and ACRO are
	Checklist	
	* 100% of the registration and Gyrbefore the set deadline.	rmCan fee is to be received by credit card via SportzSoft
	Registration and payment must be	e submitted and completed by the PTO.
	Definition of late individual entr A PTO will be charged the late ind the set registration deadline.	ry penalty dividual entry penalty if a delegate is registered after
		fter May 9, 2025 unless special approval is given by the unction with the Member Services Manager. Late fees
	After May 9, 2025, there will be no	
	WAG: Jenny Trew at wag@gymc MAG: Greg Jackson at mag@gymcar TG: Niki Lavoie nlavoie@gymcar ACRO: Niki Lavoie at nlavoie@gymcar	mcan.org n.org
SCHEDULE	Provisional schedule (see appendi	ix A1, A2, A3, A4)
	Final Schedules can be found here	<mark>e.</mark>

TG Team Finals	This year's TG Team Finals will have a slightly different look, as all disciplines will be competing under one roof at the Olympic Oval. With this shared environment in mind, we kindly ask for your cooperation in maintaining a respectful atmosphere for all athletes. To ensure fairness and focus across all events, no air horns , hand clappers , cowbells , or
	other loud noisemakers will be permitted during the TG Team Finals. We're asking all provincial leads to help monitor and guide their teams throughout the event to support a positive and respectful environment for everyone involved. That said, the energy and excitement are still encouraged! Let's bring the spirit, support, and fun—just without the extra volume. Thank you for your understanding and cooperation. Let's make it an unforgettable Championship for all!
Welcome Ceremony	Tuesday May 27 th at 12:00 – 12:30pm.
Olympian Meet and Greet	The Olympian Meet & Greet will include autograph signings (postcards to be provided on-site, photo ops, and Q&A with the 2024 Paris Olympians. You won't want to miss out! • May 27 th – 11:30am – 12:30pm
	 May 29th – 4:00 - 5:00pm (Sophiane) & 4:30 – 5:30pm (MAG & WAG) The Meet and Greet will take place at the Calgary Olympic Oval.
	Special Awards
AWARDS	WAG: Athlete dress code for award ceremonies: provincial or national team tracksuit.
	 Day 1 is the Team Competition. Day 2 are the All-Around & Apparatus Finals competitions.
	CCP 9 (11-14) & (15+): Top 3 Team Top 8 All-Around gymnast Top 8 gymnast on each apparatus
	CCP 10 (12-15) & (16+): Top 3 Team Top 8 All-Around gymnast Top 8 gymnast on each apparatus
	National Open: 1-day competition.
	Top 8 All Around gymnasts for all age groups. Top 3 gymnasts on each apparatus. HP Categories:
	 Both All-Around and Apparatus Finals are awarded based on the combined scores from Day 1 and Day 2. Novice:
	Top 8 All Around Top 8 gymnasts on each apparatus. Junior & Senior:
	 Top 8 All Around gymnasts for all age groups. Top 3 gymnasts on each apparatus.
	MAG: Athlete dress code for award ceremonies: provincial tracksuit. Team Awards: Open: Top 3 Teams from Day 1

	Junior: Top 3 Teams from Day 1
	National Open:
	All-Around: Top 3 from Day 1 results only.
	Apparatus Finals: Top 3 from Day 2 results only.
	Aspire, Junior, and Senior: • Both All-Around and Apparatus Finals are awarded based on the combined
	scores from Day 1 and Day 2. • All-Around: Top 3 gymnasts for each age group within their category.
	Apparatus Finals: Top 3 gymnasts for each respective age group within their category. The Control of the FIC and the FIC
	 For Senior Next Gen and Senior 21+, the FIG regulations for Vault Finals will apply - gymnasts must compete two vaults on Day 1 and two vaults on Day 2 to be eligible for vault awards.
	Athletes must meet the minimum average D-score of 4.4 for both vaults to qualify for awards
	TG: Award Ceremonies
	Awards will be presented as per the schedule immediately following competition. We ask your cooperation to ensure that athletes are ready on time.
	All disciplines and categories - Top 6 athletes <u>Dress code for athletes:</u> Competitive Track Suit
	ACRO: Award Ceremonies
	Awards will be presented as per the schedule immediately following competition. We ask your cooperation to ensure that athletes are ready on time.
	All disciplines and categories - Top 6 athletes
	Dress code for athletes: Competitive Track Suit
MUSIC	Music will be played from a computer set list created by SportzSoft or KSIS program. If back up is needed ipod/ipad, tablet or phone with proper AUX port will be accepted. Music must be submitted through SportzSoft or KSIS by the registration deadline date to allow it to be checked.
	Only mp3 files are supported as other files may not be playable on all platforms of Windows and wav files are too large to work with when there are so many competitors.
	Please label music .mp3 files as per FIG Code of Points when uploading to SportzSoft or KSIS. Lyrics: coaches are responsible to ensure lyrics meet FIG requirements.
	Please ensure that music is uploaded with your registration.
LOCAL	Local transportation will not be offered.
TRANSPORTATION	The CRT rail line has stops on the campus, as well as many us stop areas for more information, you can click <u>here</u> .
HOST HOTELS	For accommodation information, please click <u>here</u> for pricing and cut-off dates.
MEALS	Lunch, dinner, coffee and snacks will be provided onsite for all registered coaches and judges during their competition times.
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	The campus has a food outlet at MacEwan Hall, a short 3-minute walk from the venue. A list of available food options can be found here .
ACCREDITATION	GymCan accreditation protocol will apply. A system of colour categories will be in place. GymCan reserves the right to withdraw accreditations if rules are not respected.
	Provincial accreditations will be distributed to PSO Leads during the coach orientation meeting. Accreditation must be worn for access to competition, training and hospitality sites.
	For competition and training areas, the LOC will restrict access to athletes and coaches according to schedule.
	All access for non-essential personnel will need to be submitted for approval prior to May 2, 2025.
MEDICAL	There will be medical on site throughout the competition by LOC.
	The GymCan athletic therapist on-site will only treat National Team injuries.
	If a PSO/PTO be planning to bring their IST personnel, please complete this form for submission to the LOC by April 23, 2025. Should your IST personnel like to participate in hospitality, there is a charge of \$50/day and can be indicated/paid for through this form.
ANTI-DOPING	All participants should be aware that doping tests may be conducted by the Canadian Centre for Ethics in Sport (CCES) in accordance with Canada's anti-doping program. To avoid an inadvertent positive test and the consequences of an anti-doping rule violation, athletes are encouraged to take the following steps: • Check the Global DRO website (www.globaldro.com) to determine if any prescriptions, medications or treatments are banned from the WADA Prohibited List. • Review the medical exemption requirements (www.cces.ca/medical) if you are using a banned substance for a legitimate medical reason. • Do not use supplements or take precautions when doing so. Supplements cannot be verified by CCES or Global DRO. A lack of industry and government regulations makes it impossible to confirm the ingredients included. For more information: www.cces.ca/supplements • Review the steps of a sample collection process: https://cces.ca/sample-collection-procedures For additional resources and general information on doping control, please contact CCES: • E-mail: info@cces.ca • Telephone (toll-free): 1-800-672-7775 •
ENVIRONMENTAL INITIATIVE	The organizing committee is committed to reducing its carbon footprint by planning and organizing the competition in an eco-responsible manner. Bring your own reusable bottle. Water stations will be available throughout the venue for athletes, coaches and judges.
SOCIAL EVENTS	Information on social events will be communicated in a separate memo shortly
	Facebook: www.facebook.com/gymcan1

SOCIAL MEDIA	Instagram: @gymcan1
	YouTube: www.youtube.com/user/gymcan1
TICKETS	Tickets can be purchased online here . Weekly passes are only available online until May 23 , 200pm MST : Adult - \$125.00 Senior 60+ - \$77.00 Youth/Student 18+ - \$68.00 Daily passes are available online and at the door throughout the event: Adult - \$35.00 Senior 60+ - \$25.00 Youth/Student 18+ - \$20.00 5 and under are free Tickets can be purchased with Debit, VISA, Mastercard, or AMEX. There will be no cash sales.
LIVESTREAM	Enjoy full weekend access to our exclusive paid livestream for just \$20! Click here to
	watch and purchase.
APPENDICES	Appendix A1, A2, A3, A4: Draft schedule
VOLUNTEERING	This year's event will be a <i>major</i> celebration of gymnastics across Canada — and we want <i>you</i> to be part of it! We're looking for enthusiastic, dedicated volunteers to help make this unforgettable event a success. All volunteers must provide a valid police check dated within the last three years, or apply for one before the event. Sign up for a shift and receive free admission for that day — plus, you'll get to experience the action up close and personal! Thank you in advance — we can't wait to see you there! Check out the available volunteer positions and sign up here .