

# ***Gymnastics Nova Scotia Men's Program Committee MPC***

## ***PROGRAM HANDBOOK***

***2024-2025***

# ***MPC PROGRAM HANDBOOK***

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# **1 SECTION ONE – MPC ORGANIZATION**

## **1.1 GOAL OF MPC**

To increase the popularity and improve the quality of boys competitive gymnastics in NS

## **1.2 DUTIES OF MPC**

1.2.1 Coordinating and supervising technical aspects of sanctioned events

1.2.2 Establishing technical regulations for NS boys competitions

1.2.3 Planning and conducting competitions, clinics and courses relating to MPC events

## **1.3 STRUCTURE**

1.3.1 The Men's Program Committee consists of:

- a) Chairperson
- b) Past Chairperson
- c) Secretary
- d) Judging Chairperson
- e) Coaching Chairperson
- f) Developmental Chairperson
- g) Athlete Representative
- h) One representative from each GNS member club with competitive boys
- i) Provincial Coach

1.3.2 Voting Privileges:

- a) through h) are voting members.

## **1.4 ELECTION OF OFFICERS**

1.4.1 The Chairperson is elected at the MPC Annual General Meeting (AGM) for a one year term.

1.4.2 Other members are elected at the MPC AGM. Terms are one year. Vacant positions may be filled at any MPC meeting.

## **1.5 DUTIES OF MEMBERS**

1.5.1 Chairperson

- a) Chairs Men's Program Committee meetings
- b) Voting delegate representing Nova Scotia at the Gymnastics Canada Gymnastique (GymCAN) Annual General Meeting. If the chairperson is not available, the MPC will designate a suitable representative

#### 1.5.2 Past Chairperson

- a) Chairs MPC meetings in Chairperson's absence

#### 1.5.3 Secretary

- a) Takes minutes of MPC meetings and sends to member clubs
- b) Prepares and circulates agendas for MPC meetings in consultation with the Chairperson

#### 1.5.4 Judging Chairperson

- a) Responsible for ensuring adequate judges are present at competitions
- b) Conducts an annual judging clinic to update provincial judges on changes

#### 1.5.5 Coaching Chairperson

- a) Assists the MPC and member clubs in remaining updated with Technical Information (competition rules, equipment specifications, regulations, etc.)
- b) Communicates to the MPC on the needs of coaching members of GNS

#### 1.5.6 Developmental Chairperson

- a) Organizes a training session for developmental and beginner competitive level gymnasts (pre-competitive, Level 1, Level 2, Level 3) with help from MPC members

#### 1.5.7 Athlete Representative

- a) Provides the insight and perspective of the athletes
- b) Communicates with current athletes

#### 1.5.8 Club Representatives

- a) Represents clubs at MPC meetings

#### 1.5.9 Provincial Coach

- a) Works with the MPC to implement strategies that can help in the growth of Men's Artistic Gymnastics in Nova Scotia. Such strategies may include talent evaluations, special training sessions and or planning of mock competitions

## **1.6 VOTING**

- 1.6.1 Four (4) voting members representing at least two (2) registered men's clubs shall constitute a quorum, for regular meetings.
- 1.6.2 Men's Program Committee shall decide, by a simple majority vote, all motions that are placed before the Committee. There shall be no voting by proxy.
- 1.6.3 When urgent matters require immediate decision, an email or telephone vote may be conducted. Such a vote shall be conducted jointly by the Chairperson and the Secretary. The result of the email or telephone vote shall be communicated in writing to all members of the Men's Program Committee within seven (7) days of such a vote.

## 2 SECTION TWO – MPC PROGRAM RULES AND REGULATIONS

### 2.1 COMPETITIVE STRUCTURE

Men's competition consists of two competitive streams (Provincial Pathway and Elite Pathway). See **Appendix A** for a schematic of the structure.

#### 2.1.1 Provincial Pathway (in ascending order)

- Provincial 1 (P1)
- Provincial 2 (P2)
- Provincial 3 (P3)
- Provincial 4 (P4)
- Provincial Open (PO)
- National Open (NO)

#### 2.1.2 Elite Pathway (in ascending order)

- Aspire
- Junior
- Senior

### 2.2 SPECIFIC ROUTINE REQUIREMENTS

Provincial 1 – 4:	As per current Canadian Provincial Pathway Rules
Provincial Open:	As per current Canadian Provincial Pathway Rules
National Open:	As per current Canadian Provincial Pathway Rules; Nat. Open = Jr. FIG
Aspire:	As per current Canadian Elite Pathway Rules
Junior:	As per FIG (see current Canadian Elite Pathways for Age Categories)
Senior:	As per FIG (see current Canadian Elite Pathways for Age Categories)

### 2.3 HIGHEST MEET ELIGIBILITY

CATEGORY	AGE CATEGORIES*	HIGHEST MEET ELIGIBILITY
Provincial 1	U10 / U12 / 12+	Atlantics**
Provincial 2	U10 / U12 / 12+	Atlantics**, Easterns (11+)
Provincial 3	U13 / 13+	Easterns
Provincial 4	U13 / 13+	Easterns
Provincial Open	14+	Easterns
National Open	15+	Nationals
Aspire	13-14	Nationals
Junior	15-16 / 17-18	Nationals
Senior	NextGen (19-20), 21+	Nationals

\* Refer to Article 2 of appropriate GCG Competition Manual for clarification on age, except for P1 & P2 as they differ in Atlantic Region

\*\* IF GNS TEAM TRAVEL - Athletes travelling to Atlantics must be 9 years or older on January 1<sup>st</sup> in the year of competition

## 2.4 MPC SANCTIONED COMPETITIONS

2.4.1 MPC is responsible for ensuring that adequate judges are present.

2.4.2 The host club is responsible for:

- a) providing awards
- b) ensuring that adequate and appropriate equipment is available
- c) paying judges honoraria and expenses
- d) preparing paperwork (schedule, rotations, score sheets, etc.)
- e) providing judges tables with score sheets, score pads, pencils, stop watches, etc)
- f) providing results to each participating club immediately following the meet
- g) reporting to GNS and paying charges (as per GNS Policy Manual)

### 2.4.3 COMPETITION WARM-UP

Athletes will receive a 20-30 minute general warm up followed by competition rotations with timed warm up for each apparatus (Capitol Cup: Warm-up – Compete style). The apparatus warm ups will be different for provincial and national levels:

- a) Provincial Level: 1 minute per gymnast  
Total Time (min-max): 8 minutes – 12 minutes
- b) National Level: 1.5 minutes per gymnast  
Total Time (min-max): 8 minutes – 15 minutes

### 2.4.4 AWARDS

The traditional ranking system (1<sup>st</sup> – 6<sup>th</sup>) will be in effect.

### 2.4.5 JUDGES HONORARIA

For Competitions and Testing

(EXP = Experienced):

	<u>Years</u>	<u>or Certification/Experience</u>
a) \$34/hr = FIG EXP	20+	or Experience at FIG Event, e.g. World Cup
b) \$30/hr = FIG	18	or Passed FIG Certification
c) \$27/hr = National EXP	15	or Experience at National Event, e.g. Elite Canada
d) \$24/hr = National	10	or Passed National Certification
e) \$20/hr = Provincial EXP	5	or Experience at Regional Event, e.g. Atlantics
f) \$16/hr = Provincial	2	or Second year judge+
g) \$15/hr = New	1	or First year judge

2-hour minimum/session, including judges meeting. See form in Appendix D

## 2.5 PROVINCIAL CHAMPIONSHIPS

### 2.5.1 ELIGIBILITY

- a) Must be registered with GNS as a competitive athlete
- b) Must qualify by age for category
- c) Must have competed in at least one MPC sanctioned event during season in that category

## 2.6 PROVINCIAL TEAMS

All provincial teams will be named by the MPC at Provincial Championships, based on acceptable scores (**Appendix B**). In addition, athletes must have participated in more than one intranational competition (within Canada) before qualifying to Atlantic, Eastern or Canadian Championships. Senior athletes may be exempt, given extenuating circumstances, i.e.: University exams, etc, however a petition must be made to MPC.

### 2.6.1 ATLANTIC CANADIAN CHAMPIONSHIPS (ATLANTICS)

- a) Athletes must be 9 years or older on January 1<sup>st</sup> competition year (if GNS team travel)
- b) May register a maximum of six (6) athletes per Level per age category
- c) A full team consists of minimum three (3) and maximum six (6) athletes. 6-6-3 format.
- d) Potential Teams (13 in total)
  - Provincial 1: U10, U12, 12+
  - Provincial 2: U10, U12, 12+
  - Provincial 3: U13, 13+
  - Provincial 4: U13, 13+
  - Provincial Open, National Open, Aspire

### 2.6.2 EASTERN CANADIAN CHAMPIONSHIPS (EASTERNS)

- a) Provincial 3 – P. Open: May register a maximum of six (6) athletes per age category. A full team consists of minimum three (3) and maximum six (6) athletes. 6-6-3 format.
- b) Provincial 2 ages 11+ will be included starting 2024 season
- c) Aspire: May register a maximum of six (6) athletes. A full team consists of minimum two (2) and maximum six (6) athletes. 6-6-2 format.
- d) Potential Teams (7 in total):
  - Provincial 2 11+
  - Provincial 3: U13, 13+
  - Provincial 4: U13, 13+
  - Provincial Open
  - Aspire

### 2.6.3 CANADIAN CHAMPIONSHIPS (NATIONALS)

- a) Must attain respective qualifying score at an MPC sanctioned event (**Appendix B**)
- b) National Open: May register a maximum of eight (8) athletes. Team competition: 8-8-4
- c) Aspire/Junior/Senior: May register all athletes that have achieved qualification standards
- d) Potential Teams (4 in total): National Open, Aspire, Junior, Senior

### 2.6.4 OTHER PROVINCIAL TEAM COMPETITIONS

Selection criteria to be determined by MPC



### 2.6.5 EASTERN CANADIAN / ATLANTIC CHAMPIONSHIP PRIORITY SELECTION

The following scheme will be used to help determine the priority of athlete selection for Eastern Canadian Championships and Atlantic Championships:

- a) Easterns Team will be filled with the Top 6 AA athletes from Provincial Championships if athletes are willing and available
- b) After the Easterns Team is decided, the Atlantics Team will be filled with the next available athletes ranked from Provincial Championships
- c) If numbers permit, athletes may be able to go to both Eastern and Atlantic Championships
- d) MPC will have final approval over all of the scenarios listed above (a, b, c)

### 2.6.6 TEAM COACH SELECTION

- a) Atlantic and Eastern Championships

Coach selection will be determined by a point system, based on Provincials results:

1 <sup>st</sup> Place = 6 points	4 <sup>th</sup> Place = 3 points
2 <sup>nd</sup> Place = 5 points	5 <sup>th</sup> Place = 2 points
3 <sup>rd</sup> Place = 4 points	6 <sup>th</sup> Place = 1 point

The club with the most points on the team names the coach, to be approved by MPC. MPC names assistant coaches, where applicable.

- b) Other Provincial Teams

Coaches will be named by MPC

## 2.7 FUNDING

### 2.7.1 MPC FUNDING STRATEGY

The bulk of MPC funding is offered to Athletes and then Coaches/Officials to subsidize participation in prioritized events. The intention is to support as many initiatives as funding will allow. Funding towards events/initiatives depends on funds available and is determined on a year-by-year basis. Funding is not always guaranteed. To obtain funding during the season, coaches will submit requests in writing to the MPC, where all requests will be compiled and discussed and have funding distributed. Coaches will use the priority lists below (2.7.2 through 2.7.4) as guidelines. Ideally these requests will be compiled by November 1<sup>st</sup> to confirm funding for events that season.

### 2.7.2 BUDGETS

BUDGET	TYPICAL	CARRY OVER	WHO IS IT FOR	DETAIL
<b>OFFICIALS</b>	<b>\$2,000</b>	YES	<b>Regional Judges Honoraria</b>	- Atlantics, Easterns, <b>Nationals</b>
<b>COMMITTEE</b>	<b>\$10,000</b>	NO	<b>Non-Pathways Athletes</b> - Younger (Pre-pathways) - Older (Senior & Open)	Athlete Development - Competitions, Training Camps - Provincial Boys Training Day - Extra IST Support  Coach Development - Coach Expenses (accompany athlete) - Non-pathways Initiative/Training  Officials Development - Provincial Clinics/Certifications  Administration - Rule Books, Zoom Meetings
<b>PATHWAYS</b>	<b>\$6,000</b>	YES	<b>Pathways Team</b>	Team Athlete - Testing (events, gear) - Competitions - Training Camps  Coach Development - Coach Expenses (with Pathways athlete) - NCCP Courses, Non-NCCP Initiatives  National Officials - National Certification Course  IST Team - Clinics, Camps, Competitions

### 2.7.3 PRIORITY EVENTS

The following events will be prioritized for funding (in general, mandatory attended events – Atlantics, Easterns, Nationals – will not be prioritized for funding):

- a) Events Suggested/Requested by National Team Staff
  - a. Competitions with Team Canada
  - b. Other Age Group Competitions
  - c. Junior or Aspire Training Camps
- b) Elite Stream Athletes' Events
  - a. Elite Canada
- c) NS Pathways Team Events
  - a. Competition
  - b. Training Camps
- d) Other Requested Events

### 2.7.4 MPC TIERED FUNDING (General Funding Guidelines)

- a) Percentages % are per planned total budget for events and as funds allow; NOT guaranteed
- b) e.g.: if planned total budget towards events is \$3000, then 10% is \$300

Tier 1	Elite National Team Athlete	Pathways Athlete – Up to (10%)/event Athlete – Up to (7.5%)/event Per Club – Up to (7.5%)/event
Tier 2	Elite National Individual Medallist	Pathways Athlete – Up to (7.5%)/event Athlete – Up to (5.0%)/event Per Club – Up to (5.0%)/event
Tier 3	National Open Individual Medallist or Qualified Elite or Pathways TOP 6 Team Member	Pathways Athlete – Up to (2.5%)/event Athlete – Up to (2.0%)/event Per Club – Up to (2.0%)/event
Tier 4	Qualified National Open or Eastern Championships Individual Medallist or Pathways Team Member	Pathways Athlete – Up to (1.5%)/event Athlete – Up to (1.0%)/event Per Club – Up to (1.0%)/event
Tier 5	Pre-pathways (Rising Stars) Team Member	Athlete – Up to (0.5%)/event Per Club – Up to (0.5%)/event

## 2.8 **PRE-PATHWAYS TEAM (RISING STARS)**

- 2.8.1 Identification: Eight (8) athletes will be selected using the GymSask FAB (Fitness Ability Basics) Testing which will take place annually at the Provincial Boys' Training Day. These athletes must be under 12 years old (U12) and training in the beginner competition levels P1, P2 and P3.
- 2.8.2 Testing Document: <https://www.gymsask.com/mens-artistic-gymnastics#mensfabtesting>
- 2.8.3 Funding: Will come from the Men's Program Committee budget (Not Pathways).

## 2.9 **PATHWAYS TEAM**

- 2.9.1 Refer to Appendix C.

## APPENDIX A

### A1: COMPETITIVE STRUCTURE SCHEMATIC 1

Provincial Pathway, left; Elite Pathway, right

The levels are color-coded to the highest-potential regional competition possible to attend.

Highest Meet	Provincial Pathway	Elite Pathway	Highest Meet
NATIONALS	SENIOR		NATIONALS
	N. OPEN	JR 17-18	
EASTERNS	P. OPEN	JR 15-16	
	P4	ASPIRE	
	P3		
ATLANTICS	P2 (Easterns ages 11+ only)		ATLANTICS
	P1		
Highest Meet	Provincial Pathway	Elite Pathway	Highest Meet

## A2: COMPETITIVE STRUCTURE SCHEMATIC 2

Comp Age	(Birthyear)	Provincial					National	Elite		
2025		1	2*	3	4	Open	Open	Aspire	Junior	Senior
21	(2004)	12+	12+	13+	13+	14+ (new)	15+			21+
20	(2005)									19-20 (NextGen)
19	(2006)									
18	(2007)									
17	(2008)									
16	(2009)			17-18						
15	(2010)			15-16						
14	(2011)			13-14						
13	(2012)									
12	(2013)									
11	(2014)									
10	(2015)	10-11 (U12)	10-11* (U12)	10-12 (U13)	10-12 (U13)					
9	(2016)	8-9 (U10)	8-9 (U10)							
8	(2017)									
*Easterns P2 = 11+ (thus 2014 Birthyear is eligible for Easterns)										

## APPENDIX B

### QUALIFYING SCORES

Suggestions **2024-2025** Season

#### Provincial Levels

Level	National [one time]	National [two time]	Easterns [one time]	Easterns [two time]	Atlantics [one time]	Atlantics [two time]
P1					60.00	58.00
P2			64.00	62.00	62.00	60.00
P3			64.00	62.00	62.00	60.00
P4			65.00	63.00	63.00	61.00
Prov'l Open			65.00	63.00	63.00	61.00
Nat'l Open	62.00 See other	60.00 See other	--	--	n/a	n/a

#### Elite Levels (from GymCAN)

Level	National [one time]	National [two time]	Easterns [one time]	Easterns [two time]	Atlantics [one time]	Atlantics [two time]
ASPIRE	62.00	--	n/a	n/a	n/a	n/a
JR 15-16	64.00	--				
JR 17-18	66.00	--				
SR NX GN	68.00 AA See other	--				
SR 21+	70.00 AA See other	--				

#### \*OTHER\* - Individual Apparatus Qualifying Scores - National Open / Senior (from GymCAN)

	Floor	Pommels	Rings	Vault	P-Bars	H-bar
Nat'l Open	11.60	10.20	10.60	12.40	11.50	10.60
5-event AA Nat'l Open	55.00					
SR NexGen	12.00	11.60	11.60	12.40	11.60	11.40
SR 21+	12.20	11.90	11.90	12.90	11.90	11.60

## Qualifying Scores Methodology

### Provincial 1

- Increased slightly. Values are approx. 82.5% and 80.0% of top possible score from Atlantics (73)

### Provincial 2

- Increased. Values are approx. 85.0%, 82.5% and 80.0% of top possible score from Easterns (76)

### Provincial 3

- Standard was competitive. New Code adapt – followed GymCAN, dropped AA scores by 2.0

### Provincial 4

- Standard was competitive. New Code adapt – followed GymCAN, dropped AA scores by 2.0

### Provincial Open

- New Code adapt – followed GymCAN, dropped AA scores by 2.0

### National Open

- Unchanged; Score was based on past Junior 15-16 score, which has increased
- May revisit Open AA score in future; for now makes sense to have easier than the Junior score
- Event Scores represent scores that on average were Top 5 placements at 2024 Nationals; these were then dropped to adapt the New Code following Senior Event Score adaptations.
- 5-Event AA score dropped by 2.0 for New Code adaptation

### Elite Levels

- Qualifying scores for Aspire, Junior and Senior are as written from GymCAN

## National Open TEAM SELECTION

- Top 3 athletes from Provincial Championships based on the following point system (see below) automatically make the team
- MPC will decide on the remaining team members (up to a team maximum of 8) where the following criteria will be considered, with the entire competitive season in mind:
  - Likelihood of making a final at Canadian Championships
  - Being a top 4 contributing score on 1 or more events
  - Being a top 6 contributing score on 1 or more events
- MPC is **not required** to fill a team of 8 members, particularly if some members would likely not be contributors to the team score

### NATIONAL OPEN – Team Selection Points System

	Floor	Pommels	Rings	Vault	P-Bars	H-bar
1 <sup>st</sup>	5	5	5	5	5	5
2 <sup>nd</sup>	3	3	3	3	3	3
3 <sup>rd</sup>	2	2	2	2	2	2
4 <sup>th</sup>	1	1	1	1	1	1

## APPENDIX C

### C1: PATHWAYS TEAM

WHAT IS PATHWAYS?	The Nova Scotia Performance <b>Pathways</b> Initiative (NSPPI) is a funding mechanism for sports in NS to receive support based on high performance (HP) achievements. The development of this initiative is an integral part to Gymnastics Nova Scotia meeting its objectives. The focus is to identify and assist those athletes who may have the potential to reach the Junior National level. It is also to support the coaching and officiating expertise necessary for this standard. A team of athletes will be selected annually based on strength/skill testing or potentially competition results. Elite athletes will receive priority, keeping with the goals of this program. This program will also aim to track and prepare Canada Games contenders, as the Games are a Junior National level competition.
TARGET GROUP	(13-18 years old) P2 and up; Boys that are Aspire and Junior age eligible
DO I HAVE TO GO ELITE?	No! You <b>do not</b> have to be an Elite High Performance athlete to be part of the program. As a provincial stream athlete, you may have development plans that match some of the Junior requirements and Men's Program would like you to receive the benefits from this program.
PERKS!	Boys that make the Pathways Team are able to access: <ul style="list-style-type: none"> <li>• Funding towards National Team (NT) Camps/Competitions</li> <li>• Pathways Team T-shirt / Swag</li> <li>• Funding for identified Elite/HP Development competitions</li> <li>• Funding towards Elite/HP camp initiatives</li> <li>• Potential clinics, Team Events</li> </ul>
HOW DO I MAKE THE TEAM?	To make the team, you must participate in the annual strength/skill <b>Pathways Testing</b> and rank in the Top 12. The Men's Program Committee can then select up to 4 additional athletes to create a final team of 16, if warranted. Of the potential 16 athletes, 6 will be identified as the <b>Pathways Performance Team (Top 6)</b> to receive further benefits. All gymnasts of age in NS are encouraged to prepare and attend.
HOW DO I GET <b>FUNDING</b> ?	Once part of the team, coaches can request funding for initiatives that assist in HP development. Funding will be supported following a Priority List: NT Events, Elite Events, Pathways Team Events and Other requests. Funding cannot be used for regular training fees nor equipment costs. Full/partial funding is dependent upon available funds and the priority for the athlete/event.



## C.2 PATHWAYS TEAM

### C.2.1 TEAM ELIGIBILITY

- a) Athletes must be in the competition age range 13-18\* years old or be training levels P2/ASPIRE and above
- b) Athletes will be selected to the team based on a combination of testing and/or competition results. For MAG it will follow this plan for a cycle:
  - Year 1 (2023-2024) – Physical Abilities only
  - Year 2 (2024-2025) – Physical Abilities + Technical Ability
  - Year 3 (2025-2026) – Physical Abilities + Technical Ability
  - Year 4 (2026-2027) – Canada Games Team (6+alt) + Qualified Elite/National
- c) This group of athletes will be identified as the NS MAG Pathways Team
- d) The Pathways Team will have a maximum of 16 athletes
- e) Team year will run September to August
- f) Team athletes (along with their personal coaches and clubs) will receive additional opportunities for funding, clinics and competitions as directed by the MPC

### C.2.2 AGE BREAKDOWN

PATHWAYS AGE ELIGIBLE	Y1 (2023-2024)	Y2 (2024-2025)	Y3 (2025-2026)	Y4 (2026-2027)
19*				2008*
18	2006	2007	2008	2009
17	2007	2008	2009	2010
16	2008	2009	2010	2011
15	2009	2010	2011	2012
14	2010	2011	2012	2013
13	2011	2012	2013	2014

\*include 19 years old during CWG year

### C.2.3 TESTING DOCUMENTS

- a) Physical Abilities:  
 Fitness Abilities (FAB) Program – MAX SCORE 156  
 Program: <https://www.gymsask.com/mens-artistic-gymnastics#mensfabtesting>  
 Simplified Scorecard: [FAB SCORECARD](#)
- b) Technical Abilities:  
 FIG Men's Artistic Gymnastics Age Group Program (pgs. 90-115) – MAX SCORE 840  
 Program: <https://www.gymnastics.sport/site/pages/education-agegroup.php>  
 Modified: Summary Sheets here: [MODIFIED SUMMARY SHEETS](#)

## C.3 PERFORMANCE PATHWAYS TEAM (TOP 6)

- a) Six (6) athletes will be selected by MPC from the Pathways Team to makeup the Performance Pathways Team. This team will be known as TOP 6.
- b) Priority may follow MPC Athlete Tiers and not necessarily testing Rank Order

## C.4 FUNDING CRITERIA

Funding will be restricted to those athletes and coaches who are on the Pathways Team. Any athlete not on this team may have the opportunity to access funding through the Men's Program Committee, Gymnastics Nova Scotia or Sport Nova Scotia. Funding will be allocated on a case by case basis for athletes and coaches.

### C.4.1 PRIORITY EVENTS

The following events will be prioritized for funding (in general, mandatory attended events – Atlantics, Easterns, Nationals – will not be prioritized for funding):

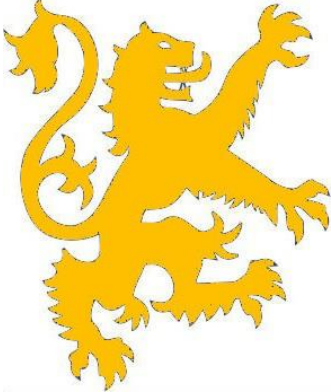

- a) Events Suggested/Requested by National Team Staff
  - a. Competitions with Team Canada
  - b. Other Age Group Competitions
  - c. Junior or Aspire Training Camps
- b) Elite Stream Athletes' Events
  - a. Elite Canada
- c) NS Pathways Team Events
  - a. Competition
  - b. Training Camps
- d) Other Requested Events

### C.4.2 MPC TIER FUNDING (General Funding Guidelines)

- a) Percentages % are per planned total budget for events and as funds allow; NOT guaranteed
- b) e.g.: if planned total budget towards events is \$3000, then 10% is \$300

Tier 1	Elite National Team Athlete	Pathways Athlete – Up to (10%)/event Athlete – Up to (7.5%)/event Per Club – Up to (7.5%)/event
Tier 2	Elite National Individual Medallist	Pathways Athlete – Up to (7.5%)/event Athlete – Up to (5.0%)/event Per Club – Up to (5.0%)/event
Tier 3	National Open Individual Medallist or Qualified Elite or Pathways TOP 6 Team Member	Pathways Athlete – Up to (2.5%)/event Athlete – Up to (2.0%)/event Per Club – Up to (2.0%)/event
Tier 4	Qualified National Open or Eastern Championships Individual Medallist or Pathways Team Member	Pathways Athlete – Up to (1.5%)/event Athlete – Up to (1.0%)/event Per Club – Up to (1.0%)/event
Tier 5	Pre-pathways (Rising Stars) Team Member	Athlete – Up to (0.5%)/event Per Club – Up to (0.5%)/event

Purpose: To identify and encourage HP Junior potential in NS Men's Artistic Gymnastics

<b>RISING STARS</b> <b>(PRE-PATHWAYS TEAM, 8 boys)</b>	<b>PATHWAYS TEAM</b> <b>(up to 16 boys, includes TOP 6)</b>
	
<b>YEAR: SEP - AUG</b> <b>LEVELS: P1/P2/P3 (and) AGES: 8-12</b>	<b>YEAR: SEP - AUG</b> <b>LEVELS: P3+/ASP/JR (and) AGES: 13-18*</b>
<b>REWARDS</b> <ul style="list-style-type: none"> <li>• Funding for summer initiatives (following Junior priorities)</li> <li>• \$100 ea. for comp registration</li> <li>• Rising Stars / Gold team swag</li> </ul> <b>TEAM</b> <ul style="list-style-type: none"> <li>• 8 MAG athletes</li> </ul> <b>SELECTION</b> <ul style="list-style-type: none"> <li>• By physical abilities test in Nov</li> </ul> <b>TIMELINE</b> <ul style="list-style-type: none"> <li>• Jun – Talent ID and send invitat'ns to encourage upcoming athletes</li> <li>• Jun – send out testing program to clubs to work on over summer</li> <li>• Sep – set testing date</li> <li>• Oct/Nov – collect registrations</li> <li>• Nov – test boys to rank 8</li> <li>• Aft Testing – send congratulations, \$100 cheques to clubs, tshirt size, order GOLD swag</li> <li>• Nov-Mar – fund initiatives</li> <li>• Apr-May – monitor comp results</li> </ul>	<b>REWARDS</b> <ul style="list-style-type: none"> <li>• Funding for comp season initiatives (following Junior priorities)</li> <li>• TOP 6 Training Camps</li> <li>• Navy team swag</li> </ul> <b>TEAM</b> <ul style="list-style-type: none"> <li>• Up to 16 MAG athletes (12 min.)</li> </ul> <b>SELECTION</b> <ul style="list-style-type: none"> <li>• By strength/skill testing in Sep/Oct</li> </ul> <b>TIMELINE</b> <ul style="list-style-type: none"> <li>• Jun – Talent ID and send invitat'ns to encourage upcoming athletes</li> <li>• Jun – send out testing program to clubs to work on over summer</li> <li>• Sep – set testing date, collect registrations</li> <li>• Sept/Oct - test boys to rank 16</li> <li>• Aft Testing - send congratulations, order NAVY swag</li> <li>• Nov - clinic/session, give out swag</li> <li>• Nov-Mar – TOP 6 clinics, fund initiatives, monitor results</li> </ul>

## APPENDIX D

MAG JUDGE HONORARIUM ([FILLABLE LINK](#))

## MAG Judge Honorarium Form

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Full Address: \_\_\_\_\_

Judge's Level: \_\_\_\_\_ Competition: \_\_\_\_\_

Honorarium Schedule		*2-hour min./session, including judges meeting	Honorarium
Level or (Years)	Hourly Rate	Hours Claimed on Day 1:	
FIG EXP (20+)	\$34.00		\$
FIG (18)	\$30.00	Hours Claimed on Day 2:	\$
NAT'L EXP (15)	\$27.00		
NATIONAL (10)	\$24.00	Hours Claimed on Day 3:	\$
PROV'L EXP (5)	\$19.00		
PROVINCIAL (2)	\$16.00		
BEGINNER (1)	\$15.00		

Total Honorarium Claimed: A \$

Day 1 Kilometers:  X \$0.55 = \$

Day 2 Kilometers:  X \$0.55 = \$

Day 3 Kilometers:  X \$0.55 = \$

Total Mileage Claimed: B \$

For E-Transfer Payment (if applicable):  
 Institution # \_\_\_\_\_ Transit# \_\_\_\_\_  
 Account# \_\_\_\_\_  
 or E-mail: \_\_\_\_\_

Other Expenses: C \$

**Total Claimed (A+B+C):** \$

**Honorarium Notes**

- A) There is no minimum number of kilometers. All mileage is to be claimed at \$0.55/km. All mileage must be approved by the Judging Chairperson prior to the competition.
- B) 'Other Expenses' may include meal per diem, accommodation, and/or other travel related expenses (GO train, plane ticket, taxi, etc.)
- C) The judge's honorarium will commence 30 minutes prior to the start of the scheduled specific warm-up time.
- D) The conclusion of the judge's honorarium is 15 minutes after the scheduled time of the last competitor.
- E) If the last competitor were to compete more than 15 minutes after the competitions scheduled time the judge's shall be entitled to an additional honorarium of no less than one half hour for each 30 minute period that the meet exceeds the scheduled competition time, regardless of the circumstances.
- F) Judge's are compensated for their time when not actively judging on a panel but waiting for the start of their next panel, including scheduled breaks or awards. However, there is no honorarium if a judge between panels is fulfilling another role as a coach / athlete.
- G) When a judge travels more than two hundred kilometers one way to a competition the host club must provide the judge with dinner or the GNS meal per diem for any meals while traveling. (Breakfast: \$15.00 / Lunch: \$20.00 / Dinner: \$35.00). Do not claim meal if provided by hotel.

\_\_\_\_\_  
Judge's Signature\_\_\_\_\_  
Judging Chairperson's Signature