

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

PROGRAM HANDBOOK

2022-2023

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) One representative from each GNS member club with competitive boys
- h) Provincial Coach

1.3.2 Voting Privileges:

- a) through g) 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 Club Representatives

- a) Represents clubs at MPC meetings

1.5.8 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 5 (P5)
- National Open

2.1.2 Elite Pathway (in ascending order)

- Aspire
- Junior
- Senior

2.2 SPECIFIC ROUTINE REQUIREMENTS

Provincial 1 – 5:	As per current Canadian Provincial Pathway Rules
National Open:	As per current Canadian Provincial Pathway Rules; 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**
Provincial 3	U13 / 13+	Easterns
Provincial 4	U13 / 13+	Easterns
Provincial 5	14-17	Easterns
National Open	15+	Nationals
Aspire	12-14	Nationals
Junior	14-15 / 16-17	Nationals
Senior	NextGen (18-20), 21+	Nationals

* Refer to Article 2 of appropriate GCG Competition Manual for clarification on age

** Athletes travelling to Atlantics must be 9 or older on January 1st 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 (1st – 6th) will be in effect.

2.4.5 JUDGES HONORARIA

For Competitions and Testing

(EXP = Experienced):

	<u>Years</u>	or <u>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**)

2.6.1 ATLANTIC CHAMPIONSHIPS

- a) **Athletes** must be 9 years and older January 1st competition year (better for 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 5, National Open, **Aspire**

2.6.2 EASTERN CANADIAN CHAMPIONSHIPS

- a) Provincial 3 – 5: May register a maximum of six (6) athletes per age category. Team of four (4) and two (2) individuals. The Team competition format is 4-4-4
- b) **Aspire**: May field one Team of five (5) athletes, The Team competition format is 5-5-3
- c) Potential Teams (6 in total):
 - Provincial 3: U13, 13+
 - Provincial 4: U13, 13+
 - Provincial 5
 - Aspire**

2.6.3 NATIONAL CHAMPIONSHIPS

- 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: 8-6-4
- c) Junior/Senior: May register all athletes that have achieved qualification standards
- d) Potential Teams (3 in total): National Open, 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 Atlantic 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 st Place = 6 points	4 th Place = 3 points
2 nd Place = 5 points	5 th Place = 2 points
3 rd Place = 4 points	6 th 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 PATHWAYS CORE TEAM

- 2.7.1 Refer to **Appendix C.**

APPENDIX A

COMPETITIVE STRUCTURE SCHEMATIC

Provincial Pathway, left; Elite Pathway, right

Highest Meet	Provincial Pathway	Elite Pathway	Highest Meet
NATIONALS	SENIOR		NATIONALS
	OPEN	JR 16-17	
EASTERNS	P5	JR 14-15	
	P4	ASPIRE	
	P3		
ATLANTICS	P2		ATLANTICS
	P1		
Highest Meet	Provincial Pathway	Elite Pathway	Highest Meet

APPENDIX B

QUALIFYING SCORES

Suggestions 2022-2023 Season

Provincial Levels

Level	National [one time]	National [two time]	Easterns [one time]	Easterns [two time]	Atlantics [one time]	Atlantics [two time]
P1					50.00	48.00
P2					54.00	52.00
P3			66.00	64.00	64.00	62.00
P4			67.00	65.00	65.00	63.00
P5			67.00	65.00	65.00	63.00
Nat Open	64.00 See other	62.00 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	63.00	--	n/a	n/a	n/a	n/a
JR 14-15	65.00					
JR 16-18	68.00					
SR NX GN	68.00 AA or 12.0/app					
SR 21+	70.00 AA or 12.5/app					

OTHER - National Open

	Floor	Pommels	Rings	Vault	P-Bars	H-bar
Event Scores	12.75	11.50	12.50	13.25	12.50	12.00
5-event AA Score	55.00					

Past Metrics – OMIT for 2022-2023 (only listing for future reference)National Open

Suggestions 2017-2018 Season

- Top 3 athletes from provincials based from 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 taken into account, 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

Points System

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

Methodology Nationals Categories 2019-2020

National Open

- One time score of 64.00
- This is the same as the younger Junior score so it makes sense to start as a min. for a national level
- Two time score of 62.00
- Suggested a minimum D-score of 16.0 for both scores
- All but one AA athlete at Nationals 2019 had a D-score over 16
- Event scores (representing scores that got into finals last year with some possible bonuses taken away for now being FIG Jr)
- Floor 12.75 / Pommels 11.50 / Rings 12.50 / Vault 13.25 / P-Bars 12.50 / H-Bar 12.00
- 5-Event score of 55.00 with no minimum D-score to allow for those athletes who may have one event holding them back

Junior 14-15

- 64.00 AA (GymCan guideline)
- Suggested minimum D-score 17.5
- The lowest D-score from each event at Nationals 2019 came to 17.4 if all added together
- Out of 4 athletes

Junior 16-18

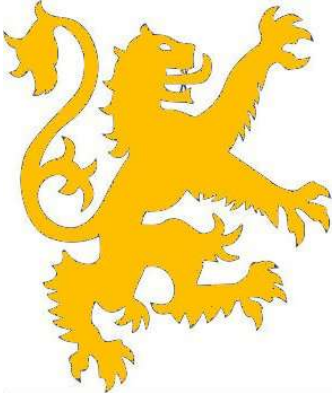

- 66.00 AA (GymCan guideline)
- Suggested minimum D-score 19.0
- The lowest D-score from an individual athlete at Nationals 2019 in this category was 19.1
- Out of 18 athletes

APPENDIX C

PATHWAYS CORE TEAM

WHAT IS PATHWAYS?	The Nova Scotia Performance Pathways Initiative 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 twice a year; once based on strength/skill testing and secondly by 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	(10-18 years old) P3 and up ; Boys that are Aspire and Junior age eligible
DO I HAVE TO GO ELITE?	No! You don't 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 we would like you to receive the benefits from this program.
PERKS!	Boys that make the Pathways Core Team are able to access: <ul style="list-style-type: none"> • Funding towards National Team (NT) Camps/Competitions • Pathways Core Team T-shirt / Swag • Funding for identified Elite/HP Development competitions • Funding towards Elite/HP camp initiatives • Potential clinics, Team Events
HOW DO I MAKE THE TEAM?	12-15 Boys will be selected twice a year. Must be training P3/ ASPIRE+ <u>Winter (Oct-Mar)</u> : You must participate in the Pathways strength/skill testing. The Top 12-15 boys will be selected. <u>Summer (Apr-Sep)</u> : Competition season results will be compiled. Boys will be selected following priority: Qualified National Juniors, Opens, Aspires , then the top provincial stream athletes by highest AA score
HOW DO I GET FUNDING ?	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, Other requests. Funding cannot be used for regular training fees nor equipment costs. Full/partial funding is dependent on available funds and the priority for the athlete/event.

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

PATHWAYS CORE TEAM GOLD	PATHWAYS CORE TEAM NAVY
	
<p style="text-align: center;">APR - SEPT (SUMMER TEAM)</p>	<p style="text-align: center;">OCT - MAR (WINTER TEAM)</p>
<p>REWARDS</p> <ul style="list-style-type: none"> • Team session/clinic in Summer • Funding for Summer initiatives (following Junior priorities) • \$100 ea. for ProvTeam comp reg’n • Gold team swag <p>TEAM</p> <ul style="list-style-type: none"> • Up to 15 gymnasts (12+3) <p>SELECTION</p> <ul style="list-style-type: none"> • By competition results in Jan-Mar • Jr/Open/Aspire/then TopProv’l AAs <p>TIMELINE</p> <ul style="list-style-type: none"> • At/Following Prov’ls - present Team • April - send out pkg: congratulations/commitment letter, ask for names/address to make \$100 cheque to, tshirt size, order GOLD swag • Plan August clinic/session • June-Sept - fund initiatives 	<p>REWARDS</p> <ul style="list-style-type: none"> • Team session/clinic in November • Funding for comp season initiatives (following Junior priorities) • Navy team swag <p>TEAM</p> <ul style="list-style-type: none"> • Up to 15 gymnasts (12+3) <p>SELECTION</p> <ul style="list-style-type: none"> • By strength/skill test in Sep/Oct <p>TIMELINE</p> <ul style="list-style-type: none"> • June - TalentID and send invitat’ns to encourage upcoming athletes • June - send out testing program to clubs to work on over summer • Sept - set testing date, collect registrations • Sept/Oct - test boys to rank 15 • Aft Testing - send congratulations, order NAVY swag • Nov - clinic/session, give out swag • Nov-Mar - fund initiatives

PATHWAYS CORE TEAM WINTER TESTING PLAN
(2023 - 2026)

- Year 1 – **Physical Abilities only**
- Year 2 – Physical Abilities + Skills
- Year 3 – Physical Abilities + Skills
- Year 4 – Canada Games Team (6+alt)
 - - will also add Elite National athletes (Jr, Aspire)

****Must be training P3/Aspire and above****

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	<input type="text"/>	<input type="text"/>
FIG (18)	\$30.00	Hours Claimed on Day 2:	<input type="text"/>
NAT'L EXP (15)	\$27.00	<input type="text"/>	<input type="text"/>
NATIONAL (10)	\$24.00	Hours Claimed on Day 3:	<input type="text"/>
PROV'L EXP (5)	\$19.00	<input type="text"/>	<input type="text"/>
PROVINCIAL (2)	\$16.00		
BEGINNER (1)	\$15.00		
		Total Honorarium Claimed:	A \$ <input type="text"/>

Day 1 Kilometers:	<input type="text"/>	X	$\frac{\$0.51}{\$0.55}$	=	\$ <input type="text"/>	} Total Mileage Claimed:	B	\$ <input type="text"/>
Day 2 Kilometers:	<input type="text"/>	X	$\frac{\$0.51}{\$0.55}$	=	\$ <input type="text"/>			
Day 3 Kilometers:	<input type="text"/>	X	$\frac{\$0.51}{\$0.55}$	=	\$ <input type="text"/>			

For E-Transfer Payment (if applicable):

Other Expenses: C \$

Institution # _____ Transit# _____

Account# _____

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

Honorarium Notes

- A) There is no minimum number of kilometers. A judge is eligible for \$0.55/km if they have carpooled with one or more judges to the competition. All other mileage is to be claimed at \$0.51/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: \$13.00 / Lunch: \$20.00 / Dinner: \$35.00). Do not claim meal if provided by hotel.

Judge's Signature

Judging Chairperson's Signature