

Host	<p>Alberta Gymnastics Federation Suite 170 – 500 71 Ave SE Calgary, AB T2H 0S6 403.259.5500 www.abgym.ab.ca</p> <p>Kate Webster – Manager, Sport Development sportdev@abgym.ab.ca</p>
Event Dates	Friday, May 1, 2026 – Sunday, May 3, 2026
Venue	University Of Calgary, Red and Gold Gyms
Theme	The ERAs – Teams are welcome to choose any ERA that they wish to perform. From the big hair of the 80's, grunge of the 90s or the flappers of the 20's, all are welcome!
Organizing Committee	The Alberta Gymnastics Federation (AGF) and the Sport Development Committee (SDC) are excited to host Gymfest 2026!
Schedule	<p>Friday, May 1, 2026 12:00 PM – 5:00 PM Coaches Educational Workshops (Times TBC) 5:00 PM – 6:00 PM – Coaches Gymfest Meeting 6:00 PM – 7:00 PM—Coaches Performance Rehearsal 7:00 PM TBC Coaches Social</p> <p>Saturday, May 2, 2025 *schedule subject to change based on registrations* Morning Session Workshops & Performance Rehearsals Afternoon Session Workshops & Performance Rehearsals</p> <p>Sunday, May 3, 2025 *schedule subject to change based on registrations* 9:00 AM – 11:00 AM – Morning Performances 12:00 PM – 2:00 PM – Afternoon Performances **Due to audience seating capacity, we will likely have the two shows repeat.</p>
Event Information and Objectives	<p>Gymfest is an annual event hosted by the Alberta Gymnastics Federation (AGF) and the Sport Development Committee (SDC). The purpose of this event is to provide an opportunity for gymnasts, acrobats, dancers, or any combination to showcase their performance to the Alberta Gymnastics Community.</p> <p>The <u>core objectives</u> of Gymfest are to provide participants with an opportunity to:</p> <ul style="list-style-type: none"> • Showcase their performances to their families/other teams. • Engage in workshops/activities. • Celebrate the accomplishments of the season. <p>Display and celebrate the sport of gymnastics in a creative and fun way.</p>
Group Composition	<ul style="list-style-type: none"> • Each performance group must consist of a minimum of eight (8) participants. • Group size may exceed eight participants, provided the performance can be conducted safely within the available floor space. • Requests for exemptions or clarifications must be submitted to the Sport Dev Manager at sportdev@abgym.ab.ca
Performance Length	<p>Performance duration is determined by the number of participants in the group:</p> <ul style="list-style-type: none"> • 8-19 participants: Maximum of 5 minutes

	<ul style="list-style-type: none"> • 20-35 participants: Maximum of 10 minutes • 36 or more participants: Maximum of 15 minutes <p>Groups must adhere strictly to their assigned time limit.</p>
Participants Participation Limits	<ul style="list-style-type: none"> • Each participant is permitted to perform in one (1) display only. • Requests for exemptions to perform in multiple displays must be submitted to the Sport Dev Manager at sportdev@abgym.ab.ca for approval.
Music Requirements	<ul style="list-style-type: none"> • Groups may select their own music • A copy of the music must be submitted during the registration process • A master playlist will be created for rehearsals and performances. • Teams are strongly encouraged to bring a backup copy of their music on a mobile device. • During registration, teams must indicate their selected music. Teams will be notified if another group has selected the same song. • Duplicate music selections are permitted.
Rehearsals	<p>Rehearsals will be held in the Red Gym at the University of Calgary on May 2nd, 2026 with a maximum of 15 minutes per group. An exception may be made for larger groups but must be arranged prior to the event with the Sport Development Manager.</p> <p>Rehearsal time provides an opportunity for each group to get accustomed to the floor, the entrance and exit for performances, and time to run through your performance. Performances will be monitored during rehearsal to ensure that they adhere to the time limits as outlined in the “Performance Regulations” section. If your performance runs long, the SDC will request that your performance be shortened to adhere to the guidelines.</p>
Workshops	<p>More information about workshops will be shared in Directive #2! Please see the workshops</p>
Equipment	<p>All rehearsals and performances will occur on a non-sprung floor. The equipment listed below will also be available for both rehearsals and performances:</p> <ul style="list-style-type: none"> • Landing Mats (4): 5’x10’x8” • Springboards (2) • Trapezoid Boxes (2): 4 sections • Wedge Mats (2) • Spotting Blocks: 4 Large (60"LX24"W X20"H); 2 Small (30"LX24"WX20"H) • Mini Tramp (1) <p>NOTE: Your team is responsible for bringing any extra equipment (beyond the above list); please ensure that any equipment that your team brings is labelled with your team’s name and club. Your team must be able to setup and take down any equipment both onto and off of the performance floor within your time limitations.</p>
True Sport Awards	<p>Teams are invited to nominate one member of their team to receive their team’s true sport award. One participant per team may be nominated for their award, which can be completed using the following form: 2026 True Sport Nomination Form Nomination Deadline: 11:59 PM - Sunday, April 19th, 2026</p>

<p>GymFest Coach and Skills Regulations</p>	<p>To ensure the safety of all participants and alignment with Alberta Gymnastics Federation (AGF) standards, the following coach requirements must be met for teams participating in GymFest.</p> <ul style="list-style-type: none"> • Minimum Coaching Requirements: Each team must have at least one (1) coach who is NCCP C1 Certified (or equivalent) in at least one gymnastics discipline (MAG, WAG, RG, TG) to participate in GymFest. Additional coaches assisting the team must be NCCP Gymnastics Foundations trained or certified. Coaches in Training who have not completed formal NCCP training are <u>not permitted</u> to assist during the event. • Trampoline Use: Trampolines may only be used if the directly supervising coach holds a minimum of NCCP Gymnastics Foundations Trampoline Certification. Skills performed on the trampoline must not exceed the coach's NCCP training level. Failure to meet these requirements will result in the removal of trampoline elements from the routine. • Skills Eligibility and Coach Accountability Participants are only permitted to perform skills that: <ul style="list-style-type: none"> • The supervising coach is formally certified to coach (NCCP dependent) • Align with the participant's AGF registration category • Can be clearly linked to a recognized gymnastics discipline (Artistic, Trampoline, Acrobatic, Rhythmic, Parkour). • Coaches are fully responsible for ensuring that all skills performed fall within their scope of formal NCCP training. <p>Skills that exceed a coach's certification may not be performed under any circumstances. Due to the performance-based nature of GymFest, some skills may not fit clearly within one discipline. In these cases, the Sport Development Manager and Committee reserve full authority to review, modify, or prohibit skills to ensure participant safety. Decisions made by the Sport Development Manager and Committee are final.</p> <p>If there is any uncertainty regarding skills eligibility or coach certification. Submit a video of your routine to the Sport Development Manager, sportdev@abgym.ab.ca, for it to be reviewed by the Sport Development Committee.</p>
<p>AGF Membership Requirement</p>	<p>All performing participants must be registered with AGF at a minimum as a Developmental Category Participant.</p> <p>Participants registered through another PSO/NSO must hold an equivalent registration category.</p>

<p>Release of Liability & PIPA Forms</p>	<p>All participants (coaches & athletes) must have already completed an AGF Release of Liability and PIPA form with their club. https://am.lol/p/zFSAzSa</p> <p>Teams who are registered to a PSO/NSO that is not the Alberta Gymnastics Federation are also required to declare that all participants/coaches have completed the AGF Release of Liability and PIPA Forms.</p> <p><u>Statutory Declaration Form:</u></p> <p>Please complete the Statutory Declaration to confirm all forms are complete: Statutory Declaration</p>
<p>Event Registration</p>	<p>Please complete one form PER performance group.</p> <ul style="list-style-type: none"> • Full Weekend Package - \$100.00 + Applicable Taxes and Fees per performer Includes workshop access, a rehearsal timeslot, a performance timeslot and a t-shirt. • Performance Only - \$45.00 + Applicable Taxes and Fees per performer Includes an option for a rehearsal timeslot and a performance timeslot. • Coach/Chaperone - \$40.00 + Applicable Taxes and Fees per coach/chaperone Includes access to Coaches education workshops, all event areas and benefits that your team has registered for and a t-shirt. <p>Registration Deadline: 11:59 PM on March 15, 2026</p> <p>NOTE: Registration fees are subject to service fees and applicable taxes.</p> <p>If you have a participant who wishes to perform on more than one team i.e. a medley, please request an exception from the Sport Development Manager (sportdev@abgym.ab.ca). If you have received an exception, the participant will only need to pay one registration fee, however, please ensure that these participants are highlighted on the participant registration form and that their additional performance group is notified.</p> <p>Once your registration has been submitted, any changes must be done by contacting the Sport Development Manager (sportdev@abgym.ab.ca).</p> <p>Click here to register https://am.lol/p/MrFA8Qk</p>
<p>Admissions</p>	<p>More information to come in Directive #2</p>
<p>Host Hotel Information</p>	<p>Best Western PLUS Village Park Inn 1804 Crowchild Trail N.W. Calgary, AB T2M 3Y7</p>

	<p>Click here for Hotel Information Sheet https://activitymessenger-assets-ca.s3.ca-central-1.amazonaws.com/documents/c9437a6fa4a7b1c2a963a81dae098b61/2026-Gymfest---Info-sheet.pdf</p>
GymFest Travel Fund	<p>The Gymfest Travel Fund assists in providing financial support for teams that travel to Gymfest within Alberta. Please click on the button below to apply for this support</p> <p>Submit your GymFest 2026 Application https://activitymessenger.com/p/vHXbg2e</p>
Social Media	<p>Gymfest will be active on Facebook and Instagram. Use the official event hashtags and tag us with the following social media handles for a chance to be featured on the AGF social media platforms!</p> <p>Facebook facebook.com/AlbertaGymnastics/</p> <p>Instagram: @albertagymnastics</p> <p>Twitter: @ABGymnastics</p> <p>Official Event Hashtag: #abgymfest</p>
AGF Refund Policy	<p>If the entry fee refund form is submitted 9 business days prior to the event, a full refund will be issued minus a \$25 administration fee. (deadline: APRIL 20, 2026)</p> <p>If the entry fee refund form is submitted between 5 and 8 business days prior to the event, a full refund will be issued minus a \$35 administration fee. (deadline: APRIL 24, 2025)</p> <p>If the entry fee refund form is submitted less than 5 business days prior to the event, no refund will be issued.</p> <p>Exception: Full entry fee will be refunded for medical reasons at any time prior to the start of the event. Please note that the Event Chair may request additional information up to and including a medical doctor's note for an exception to be granted.</p> <p>NOTE: All service fees are non-refundable. In the case where AGF cancels the event, the full fee including the service fee will be refunded.</p>