



SPECIFIC TECHNICAL REGULATIONS – SECTION 2

RHYTHMIC GYMNASTICS

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Note: Should there be any major disruptions to GymCan event program due to unforeseen circumstances, any modifications, specifically as it relates to the domestic events structure, will be discussed with GymCan's provincial partners, in consultation with the Rhythmic Gymnastics (RG) Program Committee and additional working groups/committees as needed.

1 RHYTHMIC GYMNASTICS PROGRAM DOCUMENTS

The Rhythmic Program follows the [WGYM-COP](#), and the GymCan's governance structure and Section 2: RG Specific Technical Regulations, as well as the following documents which are available on the [GymCan Microsite](#):

- GymCan RGI & RGG Development Program (includes National Novice and PreNovice program)
- [National Team Handbook](#) & National Team Agreement
- WGYM (World Gymnastics), [WGYM Specific Judge Rules](#) and WGYM [General Judge Rules](#) and GymCan Judge Rules
- [Safe Sport resources and policies](#)
- All coaches, support staff (head of delegation, chef de mission, team manager, chaperone, etc.) and integrated support team (IST) who will participate in GymCan national competitions must have completed the requirements for their role as per OneBadge. Failure to do so will result in withholding of the accreditation and denial of access to the field of play, competition and training venues.

Note : In this document, GymCan events are Elite Canada, Canadian Championships, and Eastern / Western Regionals (as the national stream competition is a qualification to CC).

2 DISCIPLINE SPECIFIC ELIGIBILITY REQUIREMENTS TO PARTICIPATE IN GYM CAN EVENTS OR ACTIVITIES

Gymnasts must be a Canadian Citizen or Permanent Resident (PR) to compete at GymCan events including Regionals. It is the responsibility of the coach and the PTO to ensure all gymnasts meet residency requirements. Any gymnasts who are not Canadian Citizens or PR, and who have been approved to compete by GymCan must be correctly identified by the coach / PTO on the registration. More details on non citizen / PR are in Section 2.3 and 2.4, and under each type of competition.



2.1 AGE OF GYMNASTS

The age of the gymnast is based on the year of competition (i.e. the age the gymnast will be anytime between January 1 and December 31). For example, a national stream gymnast who turns 16 at any time during the calendar year will compete as a Senior.

Level RGI	Ages	Level RGG	Ages
PreNovice (PN)	11, 12	Novice	11, 12
Novice (NV)	13	Junior National	14, 15
Junior (JR)	14, 15	Senior National	16 and older
Senior (SR)	16 and older	Junior Development (National Stream)	13, 14, 15 May include 1 who is 12 & 1 who is 16
		Senior Development (National Stream)	14 and older

2.2 NATIONAL AND DEVELOPMENT PROGRAM REQUIREMENTS

National Senior and Junior (and Novice) Individuals and Groups follow the FIG Code of Points. Please refer to the WGYM website for information.

For more information on the National and Development RGI and RGG (including PreNovice) Programs, please refer to the following documents on the [GymCan website](#):

- Technical Documents
 - Competition Pathway
 - 2027 FIG & GymCan Apparatus Designation
- Development Program
 - Development Program RGI & RGG Summary
 - Development Program Requirements & Evaluation
 - Development Program Age & Level Summary
 - Development Program FAQ

Male athletes shall be permitted to compete in all individual rhythmic gymnastics categories, using the same WGYM apparatus and Code of Points as female athletes, but be ranked, scored, and awarded in gender-separated divisions. If there are only one or two athletes in a category, they will be awarded based on their All Around score only, at the rank that they would have placed in comparison to the female athletes at the same category. For example, if the male Novice scored the same as a 5th place Novice, he would receive a 5th place award. If he had the same AA score as the 9th or lower, he will not receive an award. If there are 3 or more in that category, they will be ranked for apparatus and AA awards in their own category. See appendix for competition attire.



2.3 PARTICIPATION OF GYMNASTS WHO REPRESENT NON-CANADIAN COUNTRIES AT WGYM EVENTS

A dual nationality (DN) (someone who has dual Citizenship from Canada and another country), or permanent resident (PR) gymnast who has chosen to represent their non-Canadian country at WGYM competitions, may compete at GymCan events provided they meet the qualification criteria (for EC, the video submission process for OOC; for CC, as per section 3.4.1) and submit an approval letter from the National Federation (NF) the gymnast represents. The gymnast will be identified at Canadian events with their federation code and/or flag. This athlete will compete OOC, and be ranked / awarded with other OOC athletes (see the Competition Pathway).

2.4 OUT OF COMPETITION (NOT NT/HP) AT GYM CAN EVENTS AND REGIONAL CHAMPIONSHIPS

An Out of Competition (OOO) gymnast is:

- a) gymnast who has, or whose family has, an application for permanent residency in process, or has Refugee status (gymnast's PTO must request proof and advise GymCan),
- b) gymnast who is here on a short term basis, for example, on a student visa (gymnast's PTO must request proof and advise GymCan). Note that these will be included only if time permits

Please refer to the Competition Pathway [Technical Documents](#) and the sections in this document covering CC, EC and RC, for details regarding criteria for OOC gymnasts to compete at Elite Canada, Canadian Championships and Regionals.

2.5 COACHES WHO ARE ASSIGNED TO JUDGE AT ELITE CANADA AND CANADIAN CHAMPIONSHIPS

Coaches who are assigned to judge at Elite Canada or Canadian Championships or Regionals are not allowed to coach their club athletes at any time, unless they are judging the PreNovice competition. Judges are not allowed to observe any training times.

3 GYM CAN RG COMPETITIONS AND EVENTS

The guidelines outlined below are specific to in-person events. For virtual events, please refer to the [RG Virtual Events Guidelines](#) and corresponding stand alone program documents (event directives, selection criteria, qualification structure, etc.).



The official GymCan competitions are Elite Canada (EC) and Canadian Championships (CC). While Eastern / Western Regionals are not GymCan official events, they follow the same regulations as EC and CC as the national stream is a qualification for gymnasts to CC.

Refer to the WGYM Apparatus Norms which can be found in the Rules section on the [WGYM website](#) for the floor set up requirements.

The order of apparatus follows WGYM, with the free routine first when applicable.

Refer to Government of Canada Flag Protocol for correct set up of Canadian and Provincial flags – [Order of precedence for flags](#).

General deportment of the coaches and gymnasts, judging, carpet and apparatus requirements, display of scores, etc., are as stated by WGYM.

3.1 COACH ATTIRE

In order to present a professional image, and to align with all GymCan disciplines, for EC, CC and Regional Championships, ALL registered coaches must wear one of the following, or they will not be allowed in the warmup gym or on the competition floor:

- a) Provincial T-shirt or jacket, with track suit pants, dress pants, or khaki or chino style pants, denim without holes, dark leggings, or a skirt at least to the knees, and running shoes or soft soled shoes
- b) Club T-shirt or jacket with track suit pants, dress pants, or khaki or chino style pants, denim without holes, dark leggings, or a skirt at least to the knees, and running shoes or soft soled shoes

Note : Team Canada attire (e.g. jackets, Tshirts, etc) are not to be worn at GymCan competitions.

For EC and CC and Eastern and Western Regional Championships, only registered accredited coaches and gymnasts in the current rotation (or if close to the end of a rotation, gymnasts for the upcoming rotation) are permitted in the warm up hall and competition gym. Due to safety and insurance reasons, at no time are other individuals, including children of accredited coaches, etc. permitted in the warm-up hall and competition gym. All guests must remain in the spectator area. There will be no exceptions to this rule.

3.2 APPARATUS AND SPARE APPARATUS

All Junior and Senior athletes must perform with WGYM approved apparatus which display the manufacturer's logo as per the WGYM regulations. The size and weight of apparatus for all participants must meet the WGYM/GymCan apparatus norms. Note that Novice **must** use Junior apparatus, although if desired, may use the smaller Junior clubs (spare must be supplied by the gymnast).

- WGYM [Apparatus Norms](#) (Senior, Junior & Novice)
- [GymCan website](#) for PreNovice and all Development Stream



The apparatus measurement equipment must be set up prior to the training time on the evening prior to Day 1 so that gymnasts may check their equipment. A random check of apparatus for Junior and Senior RGI and RGG may be performed at the request of the Judge Responsible. As per WGYM, the gymnast cannot compete with the incorrect apparatus.

GymCan will provide the official spare apparatus for Novice (same as Junior), Junior and Senior with WGYM and manufacturer logo for CC and EC. For Regional Championships, hosts are responsible to provide the replacement apparatus, however the manufacturer's logo will not be required. For PreNovices and Novice clubs (if desired), the gymnast or coach may place one apparatus at the side of the carpet and must remove it after their routine.

If the GymCan or LOC spare apparatus breaks during a competitive routine, GymCan will defer to the [WGYM Code of Points](#) process section 9.4.7.

3.3 LINE & TIMER JUDGES

Two line judges are required for all individuals and groups as per WGYM rules. Two timers are required for Junior and Senior individuals and National Junior and Senior groups. For other levels, one timer is required.

If GymCan has assigned practice judges (based on the requests from the PTOs) at the event, they will be scheduled as line judges for part of the competition as outlined in the GymCan Judge Rules and Regulations. There may also be judges who are fulfilling one of their upgrade requirements as a line judge, and these will be the responsibility of the host to schedule.

The host club and/or PTO are responsible for recruiting the remaining line judges and timers.

It is recommended that these be minimum provincial club or provincial level judges, or volunteers who are individuals aged 18 or older.

The host must ensure that all volunteer line judges and timers are available for instruction. For those participants volunteering to line judge or be a timer, attire must include dark pants/dark knee length skirt, white or dark top and must be free of club affiliation on clothing. The host must also ensure there are individuals identified for back up in case of illness or replacement if requested by the Judge Responsible (JR) or Judge Administrator (JA). All minor officials should be in their assigned position before the start of each rotation.

Refer to the GymCan RG Judge Rules for more information regarding practice judges.

3.4 ELITE CANADA

Elite Canada is held annually in February or early March. The purpose of Elite Canada is to:

- Provide a national level competitive opportunity for qualified individuals and groups in the national stream;
- Declare Elite Canada Champions in PreNovice, Novice, Junior and Senior;



- Identify the 15 High Performance (HP) Junior and Senior RGI for direct entry to Canadian Championships;
- Initiate the selection process for GymCan Junior and Senior RGI national teams;
- Identify and assign gymnasts to strategic international competitions as per published selection criteria and / or GymCan rules;
- Declare Elite Canada group champions;
- Establish Elite Canada ranking of Junior and Senior National groups for the purpose of assignments as per published selection criteria and / or GymCan rules.

3.4.1 RECOMMENDED COMPETITION SCHEDULE

See [Appendix B](#) for the draft schedule.

The schedule, and any subsequent modifications must be approved by GymCan staff or designate, in consultation with the JR and JA. Please note that breakfast, and healthy lunch and dinner should be provided for the judges, along with beverages and healthy snacks during the breaks. The room for the meals and snacks needs to be close to the competition gym to ensure judges have time for their meals. The room cannot be the same as the area used for inquiries.

For EC and CC, the competition requires 4 full days, so the host will need to have booked the facility for the day before with enough time to have the warm up and competition carpets set up for training time (e.g. by 5pm), rooms for meetings ready by late afternoon, and fully ready for competition to start by 7:30am on Day 1.

For EC and CC, as well as Eastern and Western Regional Championships, only registered accredited coaches and gymnasts in the current rotation (or if close to the end of a rotation, gymnasts for the upcoming rotation) are permitted in the warm up hall and competition gym.

Competition A: All registered gymnasts compete in all four apparatus in Competition A.

Competition B: Junior and Senior individuals who place in the top 15 in the qualifying competition (Competition A) are eligible to compete in the apparatus and all around finals (Competition B). If there is a tie for 15th place in Competition A, both gymnasts will advance to Competition B. Note that OOC athletes are not eligible for Competition B.

Junior and Senior gymnasts who finish in the top 15 AA in Competition A will receive a certificate recognizing their achievement in qualifying for HP and qualifying to Competition B. A gymnast who places in the top 8 in an apparatus will be eligible to compete in finals for that apparatus only, however this score does not count towards the HP AA ranking.

Novice who place in the top 8 in an apparatus will compete in that apparatus finals competition.

Refer to [Appendix E](#) and the Competition Pathway Awards for information regarding medals, ribbons and trophies.



Following the conclusion of Elite Canada, GymCan will publish a list of the named HP Junior and Senior athletes.

3.4.2 ELITE CANADA PARTICIPANTS

The Competition Pathway outlines the general participation eligibility, and numbers of participants.

GymCan will invite athletes using the process below.

Any position not filled will be used by the next ranked athlete up to 3 days before the start of Day 1 of the competitions. No changes will be made after the third day prior.

Seniors

1. Senior NT and HP from previous year CC using Comp A plus Comp B
2. Junior NT and HP who are now Senior age, from previous year CC using Comp A plus Comp B
3. Senior and Junior gymnasts who are now Senior age, ranked by final AA score from previous year CC
4. The maximum number of gymnasts from steps 1 to 3 is stated on the Competition Pathway
5. Plus returning athletes from the GymCan Senior Group, or from the Junior Group assigned by GymCan to International competitions the previous season (e.g. Pan Am) who are now Senior age
6. Plus 1 athlete per province if that province had an athlete compete at CC the previous year, but that province is not represented in steps 1 to 4 above. The province will decide who will participate in that spot
7. Plus a maximum of 5 medical petition/participation requests (see process in [3.4.3](#))
8. Plus a maximum of 2 OOC (see process in [3.4.4](#))

Juniors

1. Junior NT and HP from previous year CC using Comp A plus Comp B
2. Junior, and Novice gymnasts who are now Junior age, ranked by final AA score from previous year CC Competition A
3. The maximum number of steps 1 to 2 is stated on the Competition Pathway.
4. Plus returning athletes from the Junior Group assigned by GymCan to International competitions the previous season (e.g. Pan Am) who are Junior age
5. Plus 1 athlete per province if that province had an athlete compete but that province is not represented in steps 1 to 4 above. The province will decide who will participate in that spot
6. Plus a maximum of 5 medical petition/participation requests (see process in [3.4.3](#))
7. Plus a maximum of 2 OOC (see process in [3.4.4](#))

Novice

1. PreNovice who are now Novice age ranked by final score from previous year CC to the maximum stated on the Competition Pathway



2. Plus 1 athlete per province if that province had an athlete compete but that province is not represented in steps 1 to 4 above
3. Plus a maximum of 2 petitions

PreNovice

- Open to PreNovice athletes who are 12 years old in the year of the competition.

3.4.3 ELITE CANADA PETITIONS AND REQUEST TO PARTICIPATE

There are a maximum of two (2) additional spots for Novice, five (5) additional spots for Juniors, and five (5) for Seniors in 2026, for special circumstances as described below.

- a. Medical petitions must be submitted for athletes who qualified for CC but were not able to attend and followed the RG medical petition rules, and are not already included on the invitation list by October 15th of each year.
- b. If not all the five (5) spots are used by medical petitions, then GymCan will consider Requests to Participate for “extenuating circumstances”. The deadline for petitions and request to participate applications will be the following:
 1. **November 1:** extenuating circumstance rationale provided to GymCan.
 2. By **November 7** (5 business days from Nov 1): Program Committee will review and approve / reject the request, and PTO and coach advised of outcome.
 3. **December 1:** For approved submissions, payment of \$100 and video of routines submitted to GymCan following the video recording instructions in [Appendix D](#)
 4. By **December 14:** Routines will be assessed by two neutral brevet judges. The average All Around score from the 2 judges must be equal to or higher than the final gymnast qualified from the previous year CC as per the Competition Pathway eligibility.
 5. By **December 14:** In rank order, GymCan will approve the gymnasts and they will be invited until the five spots are full.

Below are examples of rationale which may be approved by the Program Committee for extenuating circumstances:

- Medical petition/reason for those athletes that had already qualified for Canadian Championships, but were unable to compete due to a medical reason.
- Other extenuating circumstances, for example, serious family emergency causing gymnast registered for CC to not be able to attend.

Requests for review with the following rationales will not be reviewed or approved:

- Development level to national level request to participate rationales. Athletes must follow the competition pathway qualification progression (Regional Championships, to Canadian Championships, to Elite Canada)
- Medical rationale outside of approved medical petitions are not accepted. Athlete well-being must be at the forefront of athlete participation. If an athlete participates in a qualifying event



with health concerns, this is an athlete/parent decision. For qualifying events, there are medical exemption rules if an athlete is not able to perform a full program.

Should an athlete who earned a request to participate quota withdraw due to injury/illness, the next athlete listed on the reserve list will be invited to attend Elite Canada provided they received an AA score the same or higher than the final athlete that qualified to Elite Canada through Canadian Championships.

3.4.4 OOC – PENDING PR, REFUGEE, OR STUDENT FOR JUNIOR OR SENIOR REQUEST TO PARTICIPANT AND DN

There are two spots for Junior and 2 for Senior athletes who are Pending PR, Refugee status, or Student Visa (see [section 2.4](#) for definition). Athletes must follow the same process and deadlines as outlined above for submission of video and fee. For the rationale, the coach must state the Pending PR, Refugee status, or Student Visa status. Routines will be reviewed and assessed by the 2 brevet judges. If the gymnasts received an AA score the same or higher than the final athlete that qualified to Elite Canada through Canadian Championships, they will then be ranked by GymCan, and the top 2 Junior and top 2 Senior from the OOC ranking will be invited to EC.

3.4.5 ELITE CANADA - GROUP

Open to the national groups as outlined in the annual GymCan national program and in the Competition Pathway. Please note the following regarding group members :

- Group members must be Canadian Citizens in order to be assigned to represent Canada at International WGYM competitions.
- Group members must be Canadian Citizens or Permanent Residents in order for the group to be named as Elite Canada or National Champion
- Groups with OOC members (see definition in [2.4](#)) will be ranked and awarded based on the rank, but cannot be named Elite Canada or National Champion. Should the group with OOC members place first, the next ranked group with no OOC members will be named champion.

When a group has six gymnasts registered for a GymCan competition, the WGYM rules will apply. All six gymnasts must compete in at least one of the two routines in both Competition A and Competition B. Refer to [Appendix E](#) for group awards. If one athlete does not compete in any routines, they will not receive an award.

If a gymnast is injured just before or during the competition and is unable to fulfill this requirement, a medical petition request is required and a medical form must be completed on-site.

3.5 CANADIAN CHAMPIONSHIPS

The purpose of Canadian Championships is to:

- Provide a national level competitive opportunity for qualified individuals and groups;



- Declare the Canadian Champion as per the Competition Pathway;
- Continue the ranking process for GymCan Junior and Senior RGI national teams;
- Identify and assign gymnasts to strategic international competitions using the published selection criteria and / or GymCan rules;
- Identify the qualifying gymnasts for the subsequent Elite Canada.

3.5.1 RECOMMENDED COMPETITION SCHEDULE

See the Appendix for a general schedule, and the Competition Pathway for additional details.

The schedule for each competition will be developed in collaboration with GymCan staff or a designate appointed by GymCan, and with the JR and JA. The schedule may change from competition to competition due to the timing of international competitions.

For EC and CC, the competition requires 4 full days, so the host will need to have booked the facility for the day before with enough time to have the warm up and competition carpets set up for training time (e.g. by 5pm), rooms for meetings ready by late afternoon, and fully ready for competition to start by 7:30am on Day 1.

Please note that breakfast, and healthy lunch and dinner should be provided for the judges, along with beverages and healthy snacks during the breaks. The room for the meals and snacks needs to be close to the competition gym to ensure judges have time for their meals. The room cannot be the same as the area used for inquiries.

3.5.2 CANADIAN CHAMPIONSHIPS - INDIVIDUAL

When CC is used as a selection for international assignments, the athletes in contention must be Canadian Citizens with a passport prior to the start of CC or as required by the selection criteria.

National PreNovice, Novice, Junior, and Senior, as well as Junior and Senior OOC, RGI athletes must qualify to compete at CC either from EC, or from Eastern/Western Regional Championships. Refer to the Competition Pathway. Exceptions will only be considered by GymCan for athletes who were out of the country on a GymCan assignment, or for injury or illness as per the rules set out in [Appendix A: Medical Exemptions](#).

3.5.2.1 Pending PR, Refugee, or Student or Dual Nationality, for Junior or Senior

There is a maximum of 2 spots available for Junior and 2 spots for Senior athletes. In order to be eligible to compete at CC, the gymnast must have competed at Elite Canada or at Regionals. Gymnasts will be ranked using their highest score from EC or Regionals. If that score ranks them within the top 15 from EC, or within the top 12 from their Regionals (east or west), then the gymnasts will be eligible to be ranked to attend CC. The two highest ranked for JR & for SR will be accepted for CC. There is no designated spot for east or west. Example: OOC in the west RC would rank #2 and #4 in their category, and from the east would rank #5 & #6, then the two from the west could participate.



These athletes will be added to the list of qualified athletes sent out from GymCan.

3.5.2.2 Competition B (Finals)

Junior and Senior gymnasts who finish in the top 15 in Competition A will receive a certificate recognizing their achievement in qualifying for HP and qualifying to Competition B. A gymnast who places in the top eight in one apparatus will be eligible to compete in the final for that apparatus only, however this score does not count towards the HP AA ranking. OOC athletes are not eligible for Competition B.

Refer to the [Appendix E](#) regarding medals, ribbons and trophies.

3.5.3 CANADIAN CHAMPIONSHIPS - GROUP

RGG must qualify to compete at CC as outlined on the Competition Pathway.

When CC is used as a selection for international assignments, the athletes must be Canadian Citizens with a passport prior to the start of Elite Canada, Canadian Championships, or as required by the selection criteria.

When a group has six gymnasts registered for a GymCan competition, the WGYM rules will apply. All six gymnasts must compete in at least one of the two routines in both Competition A and Competition B. If a gymnast is injured just before or during the competition and is unable to fulfill this requirement, a medical petition request is required.

Please note the following regarding group members :

- Group members must be Canadian Citizens in order to be assigned to represent Canada at International WGYM competitions.
- Group members must be Canadian Citizens or Permanent Residents in order for the group to be named as Elite Canada or National Champion
- Groups with OOC members (see definition in [2.4](#)) will be ranked and awarded based on the rank, but cannot be named Elite Canada or National Champion. Should the group with OOC members place first, the next ranked group with no OOC members will be named champion.

3.6 EASTERN / WESTERN REGIONAL CHAMPIONSHIPS

The national stream of Eastern/Western Regional Championships is an important qualifying competition to Canadian Championships, and GymCan is responsible for ensuring that the competitions follow the program set out, including the levels that may compete, awards structure, qualification to Canadian Championships, and assignment of JR and JA for the national portion of the event. GymCan must approve the directives, bulletins, and tentative and final schedules and rotations prior to distribution and publication.

Refer to the Competition Pathway for details regarding levels, eligibility, etc. Regionals only have Competition A.



It is recommended that the competition be held 4 or 5 weeks prior to Canadian Championships.

The purpose of Eastern/Western Regional Championship is to:

- Provide a national level competitive opportunity for developing gymnasts;
- Declare Eastern or Western Regional Champion for the levels outlined in the Competition Pathway documents;
- To act as a qualifying competition for Canadian Championships for National PreNovice, Novice, Junior and Senior open individuals who are not eligible for direct entry following Elite Canada. Scores must be available to all participants, coaches, and GymCan in order to confirm competitors (example – use KSIS scoring system);
- To act as a qualifying competition for Canadian Championships for Pre-Novice, Novice, Junior and Senior Development Groups, and Junior and Senior National groups.

3.6.1 RECOMMENDED COMPETITION SCHEDULE

National stream individual gymnasts must be provided with scheduled training time (NOT podium training) on the warm up carpets prior to the competition. It is strongly recommended that the national stream be held on the weekend in order to help ensure the right level of judges are available to officiate the national portion of the competition.

The competition should start at 09:00 at the earliest and finish by 19:00 each day with a 45 minute lunch break and short breaks in the morning and afternoon.

As this is a qualifying competition for the national stream individuals, the schedule must provide this category with the best opportunity for a successful performance. In addition, the national stream competition must be scheduled in the most efficient manner to allow the national stream judges complete their assignment in as few days as possible. The intention is to have different judges for provincial and national streams so that the judges for the national stream are not tired when judging.

3.6.1.1 Participants

- a) Refer to the Competition Pathway for all eligible levels
- b) If there is sufficient time available, the hosts may open registration to the HP Juniors and Seniors. If they are included, these gymnasts will pay the full registration fee and will compete in a separate category along with the OOC. They will be judged and their scores will be posted. They must be marked HP beside their name in the rotation order. They receive AA award only.
- c) Pending PR, Refugee, or Student for Junior or Senior – Athletes who fall into this category are permitted to compete at Regionals as OOC. If there are OOC competitors, they and the HP athletes will be ranked together by the AA score and awarded accordingly, and receive AA awards only.



4 OTHER GYM CAN COMPETITIONS HELD IN CANADA

Canada Winter Games: The games are held every four years in February. When RG is included in Canada Winter Games, the games governing committee will seek input from the Program Director-RG or designate. The rules applicable to games will be published on the GymCan and Canada Winter Games websites.

5 NATIONAL TEAM PROGRAM

The objective of the GymCan RG National Team Program is to identify a pool of athletes to represent Canada internationally and to provide a selection process for athletes to participate in specific events. Selection criteria for major assignments to international competitions are determined annually and distributed to the provinces, brevet judges, national team athletes and national team coaches, and are available on GymCan Microsite. All individuals and group members wishing to represent Canada at a WGYM event must have a Canadian passport, and be prepared to provide it to GymCan upon request.

The following domestic events are mandatory events for all national team members to attend. The only exception is if an athlete is assigned by GymCan to an international event and/or has a medical exemption approved by the Program Director-RG.

- Canadian Championships
- Elite Canada
- Training Camps
- Technical Control Trials and/or Selection Activities

5.1 CANADIAN CHAMPIONSHIPS

The Canadian Championships is a prestigious annual competitive opportunity for National Team members and HP gymnasts, showcasing top Canadian talent, providing national rankings and declaring Canadian Champions for each category of competition. The Championships also play an important role in the national team program as they are used as part of the selection process for major events, national team status and Sport Canada Athlete Assistance Program carding when applicable.

5.2 ELITE CANADA

The primary purpose of Elite Canada is to identify the Junior and Senior members of high performance. Elite Canada is also used as part of the individual and group selection for certain major events, national team status for individuals, and Sport Canada Athlete Assistance Program carding when applicable.



5.3 TRAINING CAMPS

Training Camps are an important part of the national program. These camps may be organized in a central location, or may take place regionally.

There are three types of camps that may be organized by GymCan:

1. Event Preparation Camps – camps in preparation for a major team competition;
2. Technical Preparation Camps – National Team camps not specific to a competition;
3. Control Trainings – short duration mini camps by specific invitation or request with groups or individual athletes.

5.4 TECHNICAL CONTROL TRIALS AND SELECTION ACTIVITIES

For certain competitions, a specific trial or selection event may be identified for the purposes of naming an official team to a specific competition. The competition selection working group (SWG) may approve and seek a location for trials for major team competitions if stated in the competition selection criteria. For other international competitions, the Program Director-RG will specify what domestic competitions and/or camps will be used for selecting athletes to compete.

5.5 NATIONAL TEAM RANKING

The national team of Junior and Senior individuals will be announced within 14 business days of Canadian Championships. The team ranking is based on 30% of the AA scores from Elite Canada (Competition A + Competition B) and 70% of the AA scores from Canadian Championships (Competition A + Competition B). Please refer to Appendix A for medical petitions.

The team announcements will be published on the News section of the GymCan website and on SIRC.

5.5.1 HIGH PERFORMANCE

High Performance athletes are the top 15 Junior and Senior from Competition A plus B after Elite Canada, and again after Canadian Championships.

5.6 NATIONAL TEAM HANDBOOK

All national team members (athletes, coaches, support staff), must adhere to the guidelines set forth in the [National Team Handbook](#) and corresponding documents as outlined under Section 1: [Rhythmic Gymnastics Program Documents](#).



6 ASSIGNMENT TO INTERNATIONAL COMPETITIONS

The GymCan Program Director-RG or designate assigns athletes to all strategic competitions, together with the SWG according to selection criteria and/or rankings from the most recent GymCan event. Only national team athletes will be assigned to WGYM strategic competitions. HP athletes may be eligible to attend WGYM international invitational competitions if approved by the Program Director.

6.1 ATHLETE SELECTION TO MAJOR EVENTS

When selecting for a major competition (Olympic or Pan Am Games, World Championships, Commonwealth Games, FISU, YOG, etc.), the objective is to field the best gymnasts which will attain the highest scores and achieve the goals set forth in the specific selection criteria. The Program Director-RG or designate is responsible for the results of the gymnasts/team. A selection process is put in place for each major event.

Selection criteria is reviewed by the GymCan Program Staff, PC, NTCC and Senior NT Athletes and in some cases, the COC. Whenever possible, judges assigned to the selection events will not be affiliated with the gymnasts competing. Additional details will be provided in the event specific documents.

These events may be fully funded, cost-shared or self-funded pending budget and strategic importance.

6.2 ATHLETE SELECTION TO OTHER WGYM EVENTS

The Program Director-RG, in consultation with the NT coaches, coordinates the participation to other WGYM Events based on the gymnast's present ranking, yearly training plan and interest expressed by the deadline dates communicated by the Program Director - RG. These events are self-funded. All WGYM events are limited to national team members and HP athletes with Canadian Citizenship that have been approved by the Program Director-RG, or designate.

For World Cup events, athletes must be in the Podium or Performance Tier and the event must align with the athlete's Yearly Training Plan (YTP) to be considered for selection. Athletes in these tiers will be considered based on their ranking from the most recent Elite Canada, Domestic Selection Event, or Canadian Championships. The opportunity to compete will be offered in ranking order, beginning with the highest-ranked eligible athlete and proceeding through the rankings.

For Grand Prix events, the Grand Prix rules will be followed. An athlete may receive a personal invitation as a result of their Grand Prix points. If the athlete chooses not to attend, the Canadian Champion will be offered the opportunity.

Attendance at all assigned WGYM-sanctioned events must be approved by GymCan. The most recent results from a GymCan event (Elite Canada or Canadian Championships) will be used to determine assignment, unless there is a standalone selection criteria for the specific event. All communication with the LOC is done by GymCan, unless otherwise stated.



6.3 INTERNATIONAL INVITATIONAL COMPETITIONS – NON-WGYM

Certain competitions may be club invitational competitions. Participation in these events is not limited to National Team members or HP athletes. Athletes may represent their club in an international invitational event wearing their club uniform and not the National Team uniform.

All communication and arrangements facilitated by the club unless otherwise noted.

7 HOSTING A WGYM EVENT OR INTERNATIONAL INVITATIONAL

Clubs or provinces interested in hosting an international invitational or WGYM event must submit a hosting request to the Program Director – RG. All WGYM Events and international invitationals require a Brevet judge certified in the current cycle as the Judge Responsible, and an experienced Judge Administrator or Secretary Judge.



APPENDIX A: MEDICAL EXEMPTIONS

The athlete's coach and provincial office must complete the GymCan [Medical Exemption Form](#) and submit all information and documentation as outlined on the form.

Exemptions for other extenuating circumstances will be considered by GymCan on an individual basis as outlined in [Section 3.4.1](#).

Medical petitions for athletes who have had to withdraw from competition during the competition must submit a medical petition within 3 business days of the conclusion of the competition.

Restrictions:

- National team members may submit a maximum of one exemption each competition season;
- National team members may not submit petitions for consecutive competitions over two seasons.
- Example: may not submit a petition for CC in 2023 and EC in 2024 as these are consecutive. However, may submit a petition for EC in 2023 and CC in 2024.
- No petitions will be considered for groups.

Petition Scenario	Eligibility Calculation
1. Petition to compete at Canadian Championships for non National Team gymnast unable to compete at Regional Championships: If a gymnast is injured prior to or during Regional Championships (RC), the gymnast may petition to compete at CC. • If injured prior to RC, the petition must be submitted prior to the start of the competition. • If injured during RC, the petition must be submitted by the 3rd business day after the last day of the RC.	For Novice, Junior and Senior, the petitioning gymnast must submit videos a minimum of 10 days prior to the registration deadline for Canadian Championships. The RG Virtual Event Guideline process must be followed for video submissions. GymCan must approve the overseeing representative. GymCan will obtain the scores of the top 12 in the same category from the Regional Championships that the petitioner did not attend. The petitioning gymnast's score from the video submission process will be compared to the 12th ranked athlete from RC. If her score is the same or higher than the 12th ranked gymnast from RC, the gymnast will be ranked along with any other petitioners, and the top 3 ranked for JR and SR will be included, and the top ranked PJ.



Petition Scenario	Eligibility Calculation
2. Petition for direct entry to Canadian Championships for National Team gymnast unable to compete at Elite Canada; OR for gymnast to remain a member of High Performance if injury or illness occurs during Elite Canada (Junior & Senior). In the case of the latter, the petition must be submitted by the 3rd business day after the end of Elite Canada competition.	GymCan will obtain the scores from the routines competed at EC, and the scores from the previous CC for the routines not competed at EC. If the petitioner's new score is the same as or higher than the 15th ranked gymnast from EC, then the petition will be granted to remain as a High Performance athlete, and for direct entry to CC in addition to the 15 HP. If the petition is not granted, the athlete must compete at RC in order to qualify for CC and to regain National Team or HP ranking. Note that all National Team athletes must follow the requirements in the NT agreement and handbook.
3. Petition to be ranked for National Team and/or High Performance if unable to compete at Canadian Championships (Junior & Senior). • If injured prior to CC / EC, the petition must be submitted prior to the start of the competition. • If injured during CC / EC, the petition must be submitted by the 3rd business day after the last day of CC / EC.	GymCan will obtain the scores from the previous EC for the routines not completed at CC. If the petitioner's new score is the same or higher than the 10th ranked for NT, or 15th ranked for HP gymnast at the competition she missed, then the petition will be granted. The petitioner will be ranked on the National Team or High Performance in the position based on her score. If the petition is not granted, the gymnast must re-qualify at the next opportunity. Note that all National Team athletes must follow the requirements in the NT agreement and handbook.



APPENDIX B: ELITE CANADA & CANADIAN CHAMPIONSHIPS GENERAL SCHEDULE

GENERAL COMPETITION SCHEDULES

Below is a general schedule for Elite Canada and Canadian Championships. The order of events each day may not necessarily follow the order below as they may need adjustment depending on numbers.

Coaches, athletes, and parents should not make any travel plans until a confirmed schedule is distributed by GymCan and the host.

	Elite Canada	Canadian Championships
Day Prior Set up prior to 5pm	~5:00pm to 8:30pm • Training time (not podium) for NV, JR & SR Dev groups only • Judge Instruction (max 1.5 hr) • Coach Orientation (30 min) • GymCan meetings	~5:00pm to 8:30pm • Training time (not podium) for NV, JR & SR Dev groups only • Judge Instruction (max 1.5 hr) • Coach Orientation (30 min) • GymCan meetings
Day 1	~8:30am to 8:30pm • NV, JR Dev, SR Dev groups 1st apparatus • PN 4 apparatus • NV 4 apparatus • Awards • Judge Dinner • GymCan meetings (max 2.5 hrs) • Training time (not podium) for JR and SR RGI only	~8:30am to 9:00pm • NV, JR Dev, SR Dev groups 1st apparatus • PN 4 apparatus • NV 4 apparatus • Awards • Judge Dinner • GymCan meetings (max 2.5 hrs) • Training time (not podium) for JR and SR RGI only
Day 2	~8:00am to 8:30pm • NV, JR Dev, SR Dev groups 2nd apparatus • JR 2 apparatus • SR 2 apparatus • Awards • Training time (not podium) for National Grps only	~8:00am to 9:00pm • NV, JR Dev, SR Dev groups 2nd apparatus • NV apparatus finals • JR 2 apparatus • SR 2 apparatus



	• Judge Dinner • GymCan meeting if required	• Awards • Training time (not podium) for National Grps only • Judge Dinner • GymCan meeting if required
	Elite Canada	Canadian Championships
Day 3	~8:30am to 8:00pm • JR 2 apparatus • SR 2 apparatus • JR & SR National groups 1st app 2 times • Awards, Dinner	~8:30am to 7:15pm • JR 2 apparatus • SR 2 apparatus • JR & SR National groups 1st app 2 times • Awards, Dinner
Day 4	~8:45am to 4:30pm • HP Certificates • JR & SR Competition B • JR & SR National groups 2nd app 2 times • Awards	~8:45am to 4:30pm • HP Certificates • JR & SR Competition B • JR & SR National groups 2nd app 2 times • Awards



APPENDIX C: MALE GYMNAST COMPETITION ATTIRE

Gymnasts must wear gymnastics non-transparent attire. Attire must be elegant and complement the artistry of an exercise, it should not require adjustment during an exercise. Men may compete in one-piece unitards or leotards with gymnastic shorts or long gymnastic trousers.

Group members must wear identical or complementary attire. In a mixed group, the top portion for the men and women must be the same. For men, the bottom must follow the men's rules. For women, follow the WGYM RG rules [section 10](#).

For safety reasons, loose clothing, raised attachments and accessories are not allowed.

All attire must be modest including the use of proper undergarments. The neckline must be no further down than half the sternum in the front, or below the lower line of the shoulder blades in the back. Lace and transparent material on the torso must be fully lined.

Provocative, swimsuit and bikini designs, texts, letters, photographs, and face drawings in the design are forbidden.

Competitors may perform with or without footwear which must be flesh color, white, clean and in good condition.

Some pictures of men's attire can be found in the WGYM Acro CoP [page 63](#).



APPENDIX D: VIDEO RECORDING REQUIREMENTS

The coach must arrange for a non-affiliated party (judge, coach from another club, provincial program office representative, etc) to observe the recording, and this person must be identified at the beginning of the video, as well as on the form when the video is submitted. Submission and payment instructions will be provided by GymCan.

- When submitting videos, clubs are responsible for ensuring that permission has been granted for those visible to have their image used and published. Where those visible in video submissions are under 18 years old, permission must be sought from their parents/guardians.
- GymCan will not accept any responsibility for misuse of image rights.
- Recording must take place indoors and under coach supervision.
- For clarity and to optimize judging outcomes, it is advised that gymnasts are filmed against a clear light background wherever possible. The lighting must be such that the judges can see the athlete correctly.
- All gymnasts must be dressed for competition.
- Clubs will be responsible for ensuring the music can be heard on the video recording.
- Gymnasts must compete using equipment complying with WGYM competition standards.
- All videos must be sent in a video format at a quality of 1080p or full resolution.
- Recording should be done from the position of the Judge Responsible on the judge panel, central to the carpet, approximately 3-5 meters from the front red line, to capture as much carpet as possible and to ensure there is sufficient distance to capture the entire body/apparatus within the routine.
- Please note: recording devices (iPad, phone, camcorder, etc.) all vary in sizes and recording capabilities (optical imagery, camera lens, camera depth, etc.) as a result, the aforementioned details are recommendations only. It will be the club's responsibility to ensure each routine recording is of good quality.
- A second camera filming the routine at the same angle is mandatory in case there are any problems with the first recording.
- The camera must capture the routine in its entirety without being moved up and down. The athlete and apparatus must always appear in the frame. For large throws, if the apparatus leaves the frame for a split second, this is acceptable. The camera can be moved side to side to follow the athlete as long as the camera moves smoothly. Small amounts of zooming in will be permitted as long as athlete and apparatus remain in the middle of the frame and the zoom in and out does not distract from routine viewing.
- A stationary camera – iPad on a tripod – is recommended.
- Athlete may present in beginning pose location on carpet (no need to record athlete march-on).
- A-frames, drop-down curtains or dividers may be used to border the carpet (borders to be placed on sides and back of the carpet only) and must be located 2 meters from the edge of the carpet.
- Only one attempt per apparatus is permitted unless the wrong music is played. Should this occur, WGYM RG CoP rules must be followed.



APPARATUS STANDARDS

- Athletes must compete on a WGYM certified Rhythmic Gymnastics carpet (size 16m x 16m). A red line must be clearly displayed on the carpet.
- Apparatus placement will follow the 2024-2028 WGYM rules for Junior (which includes Novice), and Senior levels for both RGI.

CAMERA VIEW

- Make sure to always see the entire body of the gymnast and the apparatus, including in the throws (as much as possible).
- Make sure to have the athlete in the middle of the camera view.



APPENDIX E: AWARDS & TROPHIES

7.1 ELITE CANADA

PreNovice and Novice: Top 8 All Around and top 8 Apparatus Awards

Junior & Senior RGI, Junior & Senior National Groups: Comp A + B All Around. Comp B Apparatus award

Novice, Junior Development, Senior Development Groups: Top 8 All Around award only

ELITE CANADA, CANADIAN CHAMPIONSHIPS AND REGIONALS

For Canadian Citizen, or Permanent Resident (PR) or Dual Nationality (DN) who have NOT represented another federation:

1. Gold, silver and bronze medals are given for places 1, 2 and 3, and ribbons for places 4 to 8 inclusive.
2. If there is a tie, the gymnasts or groups will share the place, and the next place is omitted.
3. For groups, only athletes that compete in at least one of the routines will receive an AA award (not the alternate if she did not compete in either routine), and, for group apparatus awards, only the athletes that compete in that routine will receive an apparatus award.
4. OOC gymnasts will be ranked within their category for All Around only, and receive the award based on the shared rank. For example, if the OOC ranks 4th, there will be two 4th place awards given for AA, and then the 5th place, etc. NOTE: An OOC may receive a 1st place gold medal, but cannot be named "champion". These awards should take place at the same time as Comp A AA awards
5. At Regionals, HP and OOC will receive only AA awards (no apparatus awards), and will be ranked and awarded in the same category.

MALE ATHLETES AT RC

The male athlete is to be registered in the correct category as follows: Name (M). They will be ranked within their category based on AA score (no apparatus awards if 2 or less in category), and receive the equivalent award. Example: if total AA score is the same as the 5th place female, he receives the 5th place AA award. If ranked 10th, no award. All female gymnasts move up one rank.



CANADIAN CHAMPIONSHIPS

PreNovice: Top 8 All Around and top 8 Apparatus Awards

Novice: Top 8 All Around for Comp A. Apparatus awards following Apparatus Finals.

Junior & Senior Open: Top 8 AA

Junior & Senior HP: Top 8 Comp A + B All Around; Top 8 apparatus Comp B

Junior & Senior National Groups: Comp A + B All Around. Comp B Apparatus award

Novice, Junior Development, Senior Development Groups: Top 8 All Around award only

KEEPER TROPHIES:

Keeper trophies are to be provided by the host for Canadian Championships to the PreNovice National Champion for the following :

- AA first place Novice, Junior and Senior groups
- Junior Development National Champion
- Senior Development National Champion
- PreNovice National Champion
- Novice National Champion
- Junior Open National Champion
- Junior National Champion
- Senior Open National Champion
- Senior National Champion
- Coach of the Year
- Miss Elegance
- Junior Athlete of the Year
- Junior Coach of the Year
- Senior Athlete of the Year
- Senior Coach of the Year



DOCUMENT TIMELINES

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