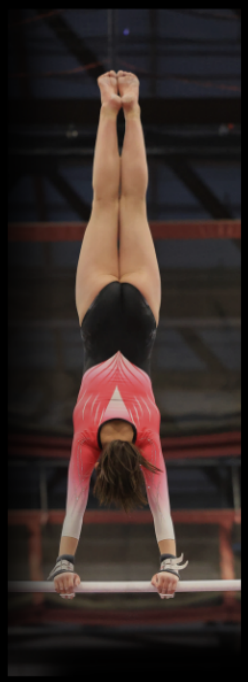
GYMNASTICS SASKATCHEWAN







WOMEN'S GYMNASTICS

2025-2026 TECHNICAL REGULATIONS

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WOMEN'S ARTISTIC GYMNASTICS TECHNICAL RULES AND REGULATIONS

2025-2026

Our Mission

Gymnastics Saskatchewan provides high-quality, safe, inclusive and positive opportunities for the growth, development and enjoyment of gymnastics in Saskatchewan.

All technical rules and regulations for women's gymnastics in Saskatchewan are under the jurisdiction of Gymnastics Saskatchewan's Technical Director in consultation with Gymnastics Saskatchewan staff and the Women's Technical Committee (WTC).

All women's gymnastics programs and competitions sponsored or sanctioned by Gymnastics Saskatchewan shall be governed by the rules and regulations established in this manual, by Gymnastics Canada Gymnastique (GYM CAN) and/or the International Gymnastics Federation (FIG).

Only gymnasts, coaches and judges who are registered members in good standing of Gymnastics Saskatchewan are eligible to take part in Gymnastics Saskatchewan programs and competitions in and/or out of province.

1. SASKATCHEWAN INTER-CLUB PROGRAM

Gymnastics Saskatchewan offers programs for women's gymnastics in recreational, inter-club and competitive categories. The following policies have been developed and will apply to all women's inter-club and competitive programs in Saskatchewan.

Please see the flow chart in the appendix at the end of the document

1.1 Saskatchewan Inter-Club Program

1.1.1 Developmental Program Compulsory Exercises

Gymnastics Canada has adopted the Developmental Program Compulsory Exercises (formally known as the JO Program), know referred to as the Canadian Provincial Program (CPP) to provide direction and foster competition for different age groups of girls and young women of various levels of ability and commitment. Gymnastics Saskatchewan uses this tool as a guide to provide programming for female gymnasts in Saskatchewan.

1.1.2 Xcel Program

XCEL is an alternative competitive program offering individual flexibility to coaches and gymnasts. The goal of XCEL is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding competitive gymnastics experience.

1. Gym Sask will continue to use the modified Inter-Club program for the 2025-2026 season. This program will be called **the Saskatchewan Inter-Club Program** and will use a combination of the USAG Development Program Compulsory Exercises (formally known as the JO Program) and Xcel levels. The following levels will be included in the Saskatchewan Inter-Club Program: Developmental Levels 1-4 (formally known as JO 1-4) and Xcel Bronze and Silver. In Saskatchewan these levels will be called "Inter-Club Level 1, Inter-Club Level 2, Inter-Club Xcel Bronze, etc. We will follow the USAG Developmental Program Compulsory rules but use a

different name. Gym Sask has adjusted the minimum age for athletes to enter these Inter-Club levels, for the 2025-2026 season athletes must be born in 2019 and older, there is no age maximum on Inter-Club levels although this program is designed for developmental and younger athletes.

Athletes in the Saskatchewan Inter-Club program will be able to attend in province invitationals only. Exception for Xcel Bronze and Silver athletes born 2017 & older in the Inter-Club Xcel program can attend out of province invitations with an approved sanction. These athletes will need to be upgraded to a Provincial Membership. Athletes in Inter-Club Level 1-4 & Xcel Bronze and Silver athletes born in 2019 & 2018 will NOT be ranked against each other, will NOT have scores flashed and will be given ribbons based on a range of scores. They will be called up in a random order during the awards ceremony.

Athletes born in 2017 and older in the Inter-Club Xcel Bronze and Inter-Club Xcel Silver will be able to be ranked against each other, will have scores flashed, and will be eligible to receive medals as per the Xcel code of points. Athletes in the Saskatchewan Inter-Club Program will not be eligible to attend provincials.

Clubs who wish to only participate in the Saskatchewan Inter-Club Program must be registered with an Inter-Club Membership.

Inter-Club Level 1-4:	The introductory levels focus on basic skills and excellent execution through short compulsory exercises.
Inter-Club Xcel Bronze & Silver:	The introductory XCEL levels focus on basic skills and excellent execution through short optional exercises.

2. SASKATCHEWAN COMPETITIVE PROGRAM

2.1 USA GYMNASTIS DEVELOPMENT PROGRAM COMPLUSORY EXERCISES (formally JO program) now called Canadian Competitive Program (CCP)

Level 3 - 4:	Designed for beginner competitive and developing gymnasts who have limited training and experience. Routines consist of compulsory skills and choreography.
Level 5:	Designed for beginner competitive and developing gymnasts who have more access to training and experience. Routines are compulsory and focus on mastery of basic skills needed to perform at high difficulty levels in the future.
Level 6:	Designed for gymnasts who have mastered levels 1-4 and are now ready to learn B value skills. Fully choreographed routines are performed with A and B skills. This is an optional level.

Level 7 - 8: Designed for gymnasts who are prepared to incorporate more B difficulty skills into their routines. Optional routines are performed. Level 8 is the first provincial level that is included in Western Canadian Championships.

2.2 XCEL COMPETITIVE PROGRAM

GOLD: Designed for beginner competitive and developing gymnasts who have limited training and experience.

PLATINUM: Designed for competitive gymnasts who are ready to incorporate more difficult skills in their routines.

DIAMOND: Designed for gymnasts who are prepared to incorporate more difficulty skills into their routines.

2.3 NATIONAL STREAM

Level 9(15+): Designed for gymnasts who have mastered previous optional levels and are ready for increased difficulty and the development of more C and D skills.

Level 9(11-14): Designed for gymnasts who aspire to compete at inter-provincial and national levels or are already national level gymnasts. National Level gymnasts competing using the CPP rules.

Level 10(12+): Designed for gymnasts who aspire to compete at inter-provincial and national levels or are already national level gymnasts. National Level gymnasts competing using the CPP rules.

Gymnasts at the above national stream levels may try out to be selected to Team Saskatchewan to attend Western and Canadian Championships.

2.4 CANADIAN ASPIRE STREAM

The Aspire program consists of 2 levels for athletes aged 9-11 (born 2014-2017), designed to assist in the development of young athletes who aspire to compete in the HP program or national categories. The Aspire Program is the initial starting point for the HP pathway. Athletes will be evaluated using either the CCP/USAG Dev Code of Points (2022-2026) - Level 8 rules (Level 7 for vault with stack mats) OR FIG Code of Points (2025-2028). Additional program information is available from Gymnastics Canada HERE.

- Aspire 1 – entry level program is the lead up to Aspire 2 and the CPP Optional Program

- Aspire 2 – Designed as a direct pathway to the HP pathway. It includes fundamental skills necessary to facilitate a smooth transition into Novice.

2.5 HIGH PERFORMANCE

High Performance gymnasts compete national and international rules, based on the FIG Code of Points. Provincial, inter-provincial, and national competitions are provided in three age groups for high performance. Detailed program information is available from Gymnastics Canada HERE.

2.6 Sask First Training and Competition Program

Competitive WAG gymnasts are eligible to be selected to this program. It is designed to enhance training and competition opportunities for current national and high performance gymnasts and for those with high performance potential. Following an annual selection camp, gymnasts and their personal coaches will be eligible for certain training and competition opportunities based on the gymnast's age, development plans and funding available. Gym Sask's Women's High Performance (HP) Coach in consultation with the Women's Technical Director leads this program. Gymnasts are selected based on criteria developed by the HP Coach in consultation with the Women's Technical Director. Program Document can be found HERE.

3. GYMNAST REGISTRATION & ELIGIBILITY

All gymnasts must declare their level of competition upon registration with Gymnastics Saskatchewan each fall by the membership deadlines established annually. For the 2025-2026 season, the deadline for competitive and inter-club gymnasts is October 15th. All gymnasts must be registered with a Gymnastics Saskatchewan member club unless approved by the CEO.

Gymnasts under provisional measures, through the OSIC or ITP process, are ineligible to be named to Team Saskatchewan and/or Sask First and will not be sanctioned to participate in provincial events or programming. This includes, but is not limited to, Games programs, attendance at the Celebrate Gymnastics Awards Gala, Provincial Championships, awards nominations, and other funding opportunities.

3.1 Competition Eligibility, Mobility and Upgrades

3.1.1 GENERAL

Demonstration for gymnasts not age eligible or not registered in a given category is not permitted. These gymnasts must be redirected towards different programs.

3.1.2 INTER-CLUB

- A participating club must be registered with Gymnastics Saskatchewan as an Inter-Club or Competitive Club to be eligible to take part in an Inter-club level 1-4 and/or Inter-Club Xcel Bronze and Silver meet.
- Interclub gymnasts may move to Provincial or Aspire at any time, provided they are age eligible.
- Gymnasts registered as Interclub with Gymnastics Saskatchewan will not have to be upgraded if they participate in 'fun meets' at a provincial stream level after Saskatchewan Championships.
- Any athlete registered in the Saskatchewan Inter-Club Program with Gymnastics Saskatchewan is encouraged to participate in other disciplines. Athletes may register in other gymnastics disciplines at a different level. The athlete is not required to pay more than one Gym Sask

registration fee. Only the highest fee must be paid to Gymnastics Saskatchewan as the athletes' membership registration. Recreational gymnasts are eligible to transfer to Inter-Club at any time, pending they meet the age requirements and pay the upgraded membership fee to Inter-Club Artistic Gymnast.

- **March 1st** is the final date for movement **DOWN** a level.
- There is no deadline to move up a level. The Gymnastics Saskatchewan office must be notified of any change.
- Inter-Club gymnasts are eligible to move up to a Provincial gymnast at any time, pending they meet the age requirements and pay the upgraded membership fee to Provincial Artistic Gymnast.
- Inter-club level athletes WILL NOT be eligible to attend Provincial Championships.
- Inter-Club level athletes WILL NOT be eligible to attend out of province competitions. Exception for Xcel Bronze and Silver athletes born 2017 & older in the Inter-Club Xcel program can attend out of province invitations with an approved sanction. Inter-Club eligible to attend out of province competitions must upgrade to a Provincial Artistic Gymnast Membership and pay the upgraded membership fee. ASPIRE Gymnasts registered as Aspire may move to levels 5-8 at any time.

- Aspire gymnasts may NOT move to levels 1-4 if they have competed in the Aspire category, without an approved petition to the WTC.
- Level 5 - 8 gymnasts may move to Aspire at any time provided they are age eligible.

3.1.3 COMPETITIVE

- **March 1st** is the final date for movement DOWN a level. There is no deadline to move up a level. The Gymnastics Saskatchewan office must be notified of any change.
- At Saskatchewan Championships, gymnasts must compete in the level which they are registered at with Gymnastics Saskatchewan, and at the level in which they qualified. For example, an athlete may not qualify to provincials as an Xcel Diamond athlete and then register for Provincial Championships as a Level 7. They must compete in Xcel Diamond.
- Level 3-8 & Xcel Gold, Diamond & Platinum Competitive Stream gymnasts may compete a maximum of one provincial level above their declared registration at a maximum of 2 Saskatchewan invitational competitions. If a gymnast competes in 3 or more, she will automatically be upgraded.
- Once an athlete has reached Provincial Qualifying score at a level twice, they cannot move down a level or across programs. Athletes experiencing extenuating circumstances (i.e. injury) can send petition to WTC.
- Gymnasts registered or upgraded to national stream will remain registered national for the entire competitive season.
- Gymnasts who compete in a national stream category at a Saskatchewan sanctioned competition

will be automatically upgraded and will be required to pay the according fees if not already registered as such. *Gymnasts who wish to trial for Westerns or Canadians at a National level and are selected to the team will automatically be upgraded. Gymnasts who trial and do not make the team may move back down to provincial.

- Level 7 gymnasts who qualify and participate in the Western Championships in Level 8 will automatically participate in Level 8 at Saskatchewan Championships. Level 8s who qualify and participate in the Western Championships in Level 9 will have to participate in their new level at Saskatchewan Championships.
- The following events require a National/High Performance affiliation: Canadian Championships, and all trial and selection meets for the event. This includes Youth athletes for Canadian Championships.
- Athletes can only be registered to compete in one category per competition.

3.2 Levels & Age Groups
Please see the Eligibilities Chart in the Appendix.

Gymnastics Saskatchewan reserves the right to combine age groups subject to provincial registration; categories may be combined prior to the competition season.

Athletes in the Saskatchewan Inter-Club Program should train 1 to 3 times a week, 1 to 3 hours per class and **NOT more than 6 hours per week.

When making decisions regarding athlete level placement or movement across programs, please refer to the following chart. Each row on the chart below demonstrates which CCP and Xcel levels are considered equivalent. Movement of athletes across programs is allowed, within the previously stated parameters.

For example, an Xcel Gold athlete moving to CCP 4 would be an equivalent move; Xcel Gold to CCP 5/6 would be a move up; while CCP 5/6 to Xcel Gold would be a move down.

CCP	Xcel
Level 1 & 2	Bronze
Level 3	Silver
Level 4	Gold
Level 5 & 6	Platinum
Level 7	Diamond
Level 8	Sapphire (not currently used in SK)

4. COACHES PROGRAM REGULATIONS

Competitive coaches information:

In order to maintain the privilege of membership in Gymnastics Saskatchewan, all coaches shall act in accordance with the establish Gymnastics Saskatchewan, Gymnastics Canada and Coaches Association of Canada Code of Conduct.

All coaches must be certified through the National Coaching Certification Program (NCCP) and must also have completed the Respect In Sport program (RIS). Information on coaching certification (NCCP and RIS) can be found on the Gym Sask website. All coaches involved in Gymnastics Saskatchewan programs and competitions must meet the minimum certification requirements as stated in Gymnastics Saskatchewan coaching policies.

Coaches on the competition floor shall adhere to the following dress codes and rules of conduct:

- The following attire is required for each coach (artistic and T&T) during training, warm-up and competition at any sanctioned event: appropriate training suit (long pants and jacket); top: appropriate T-shirt, polo shirt (i.e. club or provincial shirt, no logos other than gymnastics logos) and/or training jacket; appropriate indoor sport footwear. Excluded items: hats, shorts, midriff tops, tank tops, ripped or torn clothing.
- In case of inappropriate clothing, a Gymnastics Saskatchewan representative will issue a verbal warning; if the situation is not corrected in the following 30 minutes, a $40.00 penalty will be levied; upon a second occurrence at the same meet, the coach may be asked to leave the floor.
- Improper or unsportsmanlike behavior at a competition (athlete, coach, judge and official) which is considered unacceptable according to the FIG Code of Points, or the Code of Conduct as outlined in the Policy Manual or the rules generally accepted in the Canadian society will be immediately sanctioned by the Chief Judge; and/or the CEO, Technical Director, or a member of the Gym Sask Board of Directors or their representative. They will also determine if the offence is to be brought forward as a formal complaint under the Discipline Policies.
- Improper or unsportsmanlike behavior, including standing behind a judge(s) while an athlete is being evaluated by judges, showing disrespect for judges, other coaches or any athletes or derogatory comments about the judges or the judging, etc. are subject to a sanction. Such an offense may be sanctioned by a verbal or written warning and/or a written reprimand. A series (three or more) of these minor offenses in the same competition will be treated as a serious offence.
- The sanctions in case of a serious offence are:
    - first offence during the entire competition: yellow card;
    - second offence during the same competition $200.00 fine;
    - third offence during the same competition: $300.00 fine, red card and possible removal from gym floor.
- A very serious infraction to the Code of Conduct may be sanctioned by immediate removal of access to training, warm-up and competition floor. Additional sanctions may be imposed as per the Dispute Resolution Policy.

- If a coach is given a Yellow Card for one offense and then commits another offense he/she will then be given a Red Card. It is not necessary to have repeated the same offense. If a coach has deliberately caused a disruption, he/she may be Red Carded immediately.
- All coaches named to a Provincial Team must be members in good standing of Gymnastics Saskatchewan and must be endorsed by their respective technical committees.
- Team Saskatchewan coaches must wear the same Team Sask shirt on the floor as decided by the head coach.

Coaches under provisional measures, through the OSIC or ITP process, are ineligible to be named to Team Saskatchewan and/or Sask First and will not be sanctioned to participate in provincial events or programming. This includes, but is not limited to, Games programs, attendance at the Celebrate Gymnastics Awards Gala, Provincial Championships, awards nominations, and other funding opportunities.

4.1 Competition Certification

The following certifications are required if a coach is actively coaching gymnasts on the competition floor at competitions in and out of Saskatchewan:

Event	Coach Certification	Level of Athlete
Invitationals, Fun Meets & Mock Meets	Gymnastics Foundations Certified or Level 1 Certified	Recreational or CCP Levels 1 & 2, XCEL Bronze
	Competition 1 Trained or Level 2 Technical	CPP Levels 3-6, XCEL Silver/Gold/Platinum
	Competition 2 Trained or Level 3 Trained	CCP Levels 7 & 8, XCEL Diamond, Youth, Aspire
	Competition 3 Trained or Level 3 Certified	CCP Levels 9, 10, High Performance
Saskatchewan Championships	Competition 1 Certified or Level 2 Certified	CCP Levels 3-6, XCEL Gold & Platinum
Sask Winter Games	Competition 1 Certified or Level 2 Certified	XCEL Gold
Saskatchewan Championships	Competition 2 Certified or Level 3 Certified	CCP Levels 7 & 8, XCEL Diamond
Westerns	Competition 2 Certified or Level 3 Certified	CCP Level 8

Saskatchewan Championships, Canadians, Elite Canada, CWG & other National Level Competitions	Competition 3 Certified or Level 4 Certified	CCP Levels 9, 10, High Performance, Aspire, Youth

4.2 COACHING CERTIFICATION TEMPORARY EXEMPTIONS

WAG coaches may apply for temporary exemptions for certification requirements. The following rules will be applied or the coach will not be sanctioned to be coaching in the requested capacity or allowed on the competition floor:

- No exemptions will be given for Gymnastics Foundations Introduction.
- A maximum of 18 months will be given once to any individual for Gymnastics Foundations Certification.
- No exemptions will be given for Competition 1, 2 or 3 training.
- A maximum of 1 time per Saskatchewan Championships will be given to any individual for Competition 1 Certification.
- Some exemptions are considered for Gym Can events but require a letter from Gymnastics Saskatchewan.

For more regulations related to coaches, please consult the Gymnastics Saskatchewan Coach Technical Manual.

5. JUDGING PROGRAM REGULATIONS

The Judging Program in Saskatchewan is managed and led by the WAG Judges' Committee, which reports to the WTC. Any questions or concerns regarding the judging program in Saskatchewan should be directed to the WJC Chairperson, and/or the Gymnastics Saskatchewan WAG Technical Director. For more detailed information regarding the judging program, please refer to the Gymnastics Saskatchewan Judging Manual available on the Gymnastics Saskatchewan website HERE.

All judges must register as a WAG Judge with Gymnastics Saskatchewan either before attending their **first course OR by October 31st**. A list of all registered and active Judges will be available to all Club Chairs (or designates) in January (or after most courses have been completed) to assist clubs with the development of judging panels for invitational competitions.
The WJC will verify that panels meet specifications for all Gymnastics Saskatchewan Sanctioned competitions.

Judges under provisional measures, through the OSIC or ITP process, are ineligible to be named to Team Saskatchewan and/or Sask First and will not be sanctioned to participate in provincial events or programming. This includes, but is not limited to, Games programs, attendance at the Celebrate Gymnastics Awards Gala, Provincial Championships, awards nominations, and other funding opportunities.

5.1 Interclub Judging

For Inter-club programs a coach can stand beside the apparatus at all times, but if he/she spots or touches the athlete during the element up to the value of the element plus 0.50 will be deducted from the score. If a coach touches the athlete to assist on the landing only a 0.50 deduction will be taken.

There is no deduction for a coach reminding a gymnast what skill is next.

Text errors will not be taken in Inter-club but if an athlete moves up to the provincial level text errors will be taken there.

5.2 Interclub Scoring

For Inter-Club Levels 1-4 and 2019 & 2018 born Xcel Bronze & Silver athletes there will be **NO FLASHING OF SCORES.**

Results are handed out to coaches at the end of the meet for Inter-Club Level 1-4. Results should not be posted at the event or on the club website. Each coach can decide to share the results with parents and athletes as/if they see fit.

For 2017 & older Inter-Club Xcel Bronze and Silver athletes **SCORES WILL BE FLASHED.**

Results will be handed out as normal and athletes will be ranked on events and all around.

6. COMPETITION PROGRAM REQUIREMENTS

6.1 Equipment Regulations

Please refer to the required equipment list in the appendix for general equipment guidelines for programming, competitions and events in Saskatchewan. For apparatus specifications, height adjustment and regulations refer to the equipment manufacturer's specifications and the provincial, national and FIG program documents.

6.2 Music Regulations

Gymnasts shall provide their own musical accompaniment at competitions by **audio CD or audio file if club permits.** Labeling must be as per the clubs' requirements.

6.3 Interclub Technical Information

6.3.1 Skills

The routines must be performed in the order indicated by the USA Gymnastics Development Program Compulsory Exercises or the Xcel Code of Points.

6.3.2 Timing

Timing will follow the USA Gymnastics Development Program Compulsory Exercises or the Xcel Code of Points. Please refer to those books for the information.

6.4 Competition Inquiries and Protests

6.4.1 Inquiries

If the coach has a question regarding an exercise, he/she may ask the apparatus chief judge. He/she may also ask the Competition or Canadian Head Judge, who will discuss with the apparatus chief judge.

If the coach is not satisfied with the explanation given, they may file a protest using the appropriate form and follow the process as outlined in the following section.

The final decision to adjust a score should occur before the beginning of the next rotation and before the score sheets are sent to the scoring room as much as possible. The apparatus chief judge will notify the coach of any such adjustment. The coach will have the option to protest the new score within the usual time frame.

6.4.2 Protests

A coach may make a judging protest or a technical protest for his/her own athlete/club during any Provincial, National Stream or High Performance competition in Saskatchewan. Videos from the crowd (parents or coaches) will not be accepted for a protest. Gymnastics Saskatchewan will provide video equipment for selection meets and Provincials, clubs are recommended to provide video equipment for invitationals. In the case that no video is formally collected, judges will be led in discussions by their Event Chief Judge.

Judging protests are allowed on:

1. High Performance (FIG): As per GYM CAN High Performance Manual. Coaches may protest: D-Score & E-Score (refer to protest form)
2. National CPP, Provincial CPP Optional (6-9), Youth as per CPP Manual, Coaches may protest: Start Value, Final Score (refer to protest form)
3. Provincial CPP Compulsory (3-5), Xcel (Gold, Platinum, Diamond): Evaluation of Major Elements, Neutral Deductions, Falls, Unusual Occurrences (refer to protest form)

Technical Protests are allowed on:

1. Equipment failure (gymnastics or audio);
2. Special occurrences related to the organization that alter the competition conditions (like order of passage / warm-up procedures);
3. Deductions/penalties for athlete conduct as listed by the Gym Sask Technical Regulations, CPP Program Manual, FIG Code or the WP Code Supplement: non-identical leotards, incorrect leotard, incorrect advertising, jewelry, padding, missing start number, non-observance of warm-up time and order, non-observance of competition order, signals, verbal commands and similar, unexcused delay or interruption of the competition, unauthorized leaving of competition area, unsportsmanlike behavior;
4. Any other deductions/penalties for coach conduct: attire, unexcused delay or interruption of the competition, number of coaches on the floor, number of coaches near the apparatus, signals, verbal commands and similar, unsportsmanlike behavior.

PROCESS

A protest must be submitted in writing on the form in the Appendix.

The form and fee (HP $40, CCP/Youth/Aspire $20, Xcel $20) per athlete, per apparatus, must be submitted to the Competition Head Judge, no later than 15 minutes after the completion of the rotation. In the case of the last rotation, the coach has 5 minutes after the completion of the rotation to file a protest.

The fee is returned to the coach if the protest is granted. The fee is remitted to Gymnastics Saskatchewan if the protest is denied.

The respective panel may at its discretion and depending on the nature of the protest:

- use video(s) provided by the designated host club or Gymnastics Saskatchewan video system or accept alternate video taken by the coach from the judge's perspective, no video will be accepted from the stands (parents or coaches)
- hear from the coach who submitted the protest
- involve the timer and/or line judge in the discussion
- attempt to reach a decision on the protest by consensus. In the case of a tie, the D1 will ask the Competition Head Judge to break the tie

- provide the rationale for their decision in writing on the protest form

Following a protest when a change is made to the D Score/E Score/Final Score the following will occur:

1. The Competition Head Judge will make a copy of the form, return the protest form and fee to the coach, and inform the Chief Scorer of the change.
2. The new score will be posted with all other scores but will not be re-flashed in the competition area.

APPEALS

There are no appeals for judging or technical protests.

7. COMPETITION INFORMATION

7.1 General & Warm-up Regulations

- No session (Warm up to completion of all four event) should exceed 4.5 hours.
- A session (warm up to completion of all four event) should be 2.5-4 hours long.
- There may be more than one flight or 4 rotations in a session.
- Competition warm-ups may not begin prior to 8:00 am and competitions may not go later than 10:00 pm.
    - If warm up begins before 8:00am the club MUST get prior approval from Gym Sask.
- For warm-ups, please refer to the specific program document for general and event warm-up times.
- Please refer to the Gymnastics Saskatchewan WAG Warm-up Regulations in the Appendix for information regarding warm up times and rules.

7.2 Athlete Competition Attire

- Proper competition attire must be worn during all competitions.
- Gymnasts must be attired according to the stipulations of the current FIG Code of Points unless otherwise specified below or in the respective program manual.
- In a team competition, all athletes from the same club/province must wear the same leotard –
- During all GymCan competitions, gymnasts may wear shorts, capris or leggings as part of their uniform.
    - must be skin-tight
    - they can be either the same color as the leotard or black (should coordinate with the leotard)
    - no obvious logo may appear on the shorts/capris/leggings
- Gymnasts may make an individual choice to wear shorts/capris/leggings in either an individual or team competition.
- They have the option of wearing gymnastic slippers and/or socks

7.3 Interclub Awards

For Inter-Club Levels 1-4 and 2019 & 2018 born Xcel Bronze and Silver level athletes, the athlete placings are determined using the following system:

ALL AROUND

Gold	Silver	Bronze
36.000 or higher	33.200-35.999	33.199 or lower

All Around medals are awarded to each participant (Gold, Silver and Bronze) based on their personal score.

Clubs may distribute their own medals or can purchase medals from Gym Sask through e-mail or over the phone.

Clubs can also purchase participation ribbons (red, blue and white). Ribbons for each event are distributed according to the following scores:

VAULT, BARS, BEAM & FLOOR

Red (1st)	Blue (2nd)	White (3rd)
9.000 or higher	8.300-8.999	8.299 or below

Tabulators at each event will have an envelope with a certificate for each athlete in the rotation. When the athlete's score is done being calculated the tabulator will place a ribbon in the envelope with the athletes' certificate based on the range of scores above. The athlete's envelope will travel from event to event with rotation so when the competition is done the ribbons are already sorted and just need to be attached to athlete's certificate. The ribbons should be labeled with a sticker on the back (Vault, Bars, Beam or Floor) so the athlete knows which event they received each ribbon from. A participant certificate template is provided at the end of this document.

The order that athletes are called up to receive their all-around awards should be mixed up so less emphasis is placed on ranking. No podium should be used when presenting athletes with all around medals. The announcer should announce the age group and then call up the athletes by club and in random order and have the athletes stand side by side. Envelopes with certificates and ribbons attached should be given to coaches to distribute to their athletes before they leave the building.

For 2017 & older Inter-Club Xcel Bronze & Silver athletes awards will be given out as usual. Athletes will be ranked against each other and will be given medals and ribbons based on their placing for events and all around.

7.4 Saskatchewan (Provincial) Championships

Gymnastics Saskatchewan will offer annually a Saskatchewan Provincial Championship competition during which Provincial Champions will be declared for each level. The WTC Judging Chairperson shall assign judging panels for Saskatchewan Championships. For hosting guidelines, please refer to the Gym Sask Operational Policies and Procedures.

7.4.1 QUALIFICATION

To be eligible for Saskatchewan Championships, all gymnasts must be registered in the appropriate competitive level with Gymnastics Saskatchewan.

Competitive Program gymnasts in CPP level 3 – 7 and Xcel Gold, Platinum and Diamond gymnasts can qualify for Saskatchewan Championships by attending a minimum of 3 sanctioned competitions in Saskatchewan (minimum 2 competitions at the highest level for which they are qualifying) AND achieving a qualifying score averaged from their best two efforts. Level 8-9 gymnasts can qualify by attending 2 in province competitions and achieving a qualifying score at one.

Level 3	33.5	Xcel Gold 33.5
Level 4	33.5	Xcel Platinum 32.5
Level 5	33.0	Xcel Diamond 32.5
Level 6	32.0	
Level 7	32.5	
Level 8	32.5	

Aspire, National Stream & High Performance gymnasts must compete in 2 in province sanctioned competitions in order to be eligible to compete in Saskatchewan Championships.

7.4.2 SPECIALISTS

Gymnasts at the age of 13 (2013+) may opt to specialize less than four events in levels 7 – 10, and Xcel Diamond-Platinum. These gymnasts may qualify for provincials by competing in a minimum of 3 sanctioned invitationals in province. Coaches must indicate to the WTC and the Technical Director by the membership deadline of their specialist's status and the event/s intended to specialize on. These gymnasts are not eligible for Westerns. If a gymnast is a National category specialist she must adhere to the selection scores as set in the Technical Regulations. Qualification scores for specialists will be determined at a later date by the WTC.

7.4.3 PETITIONS

Medical petitions or petitions with extenuating circumstances may be accepted if received in writing by the Women's Technical Committee at least one week prior to the date of the registration deadline for Saskatchewan Championships. Petitions base on solely not meeting the qualifying score will not be accepted.

7.4.4 REGISTRATION

Clubs are responsible to submit entries for Saskatchewan Championships.

7.4.5 ENTRY FEES & RESULTS

Gymnastics Saskatchewan shall set the entry fees for all Saskatchewan Championships.
All results shall be submitted to the Gymnastics Saskatchewan office.

7.4.6 PROVINCIAL CHAMPION AWARDS

At Provincial Championships, athletes will compete to determine Provincial Champions. The following awards shall be presented at Saskatchewan Provincial Championships for each category and age group:

1st AA	Plaque
2nd, 3rd AA	Provincial medals
4th – 8th AA	Provincial ribbons*
1st, 2nd, 3rd each event	Provincial medals
4th – 8th each event	Provincial ribbons*

Notes:

- *4th-8th place ribbons are not required to be presented at an awards ceremony if the host does not have a dedicated awards area. They can be presented at the conclusion of the competition to the club.
- If there is only one gymnast in any category, apparatus awards will not be presented at the awards ceremony. Medals will be presented to the winner during the AA announcement.

OTHER AWARDS

Top Club Team CCP 3, CCP 4, CCP 5	Stan Raczynski Award
(top 3 AA scores regardless of age)	Keeper plaque (for club) and certificate with perpetual information
Top Club Team Xcel Gold, Xcel Platinum & Diamond	Joan Flood Award
(top 3 AA scores regardless of age/level)	Keeper plaque (for club) and certificate with perpetual information
Top Club Team CCP 6-7	Gerald Marchildon Award
(top 3 AA scores regardless of age/level)	Keeper plaque (for club) and certificate with perpetual information
Top Club Team CCP 8, 9, 10, Aspire	Tom Lightfoot Award
(top 3 AA scores regardless of age/level)	Keeper plaque (for club) and certificate with perpetual information
Patti Sebestyen Award	Provincial Award

(Top AA National Level Score, 9, 10 & Youth) Keeper plaque and certificate with perpetual information

Note: *Team awards will be awarded only in categories that have a minimum of 3 teams.*

For Provincial Levels 6-8, Xcel Gold, Xcel Platinum & Diamond, and Aspire, Gymnastics Saskatchewan will award:

Individual Floor Exercise Choreography	Provincial Award Medal

For the National/High Performance category, Gymnastics Saskatchewan will award:

Individual Floor Exercise Choreography	Karen Sills Award (Plaque)
Individual Balance Beam Choreography	Karen Sills Award (Plaque)

7.5 Selection and Trial Meets

Gymnastics Saskatchewan, or its designated host, will hold qualifying and trial meets for the selection of Provincial Teams for competitions such as: Western Canadian Gymnastics Championships, Canadian Championships, Sask Winter Games, Canada Winter Games, and others as required. All routines must be recorded by volunteers of the host club.

Bids to host these events shall be circulated to member clubs as required. The host club must cancel all recreational classes and birthday parties when hosting trial or selection events. It is recommended they cancel them for training camps as well.

There are no awards required for selection or trial events unless the session is included as part of an invitational.

7.6 Invitationals

Members clubs can apply for sanction to host Invitational competitions. Please see the Gymnastics Saskatchewan Operational Policies and Procedures for hosting guidelines and sanction information.

Please refer to the Women's Judging Manual for panel construction, judge requirements, etc.

8. SELECTION TO PROVINCIAL TEAMS AND CONDITIONS OF PROVINCIAL TEAM PARTICIPATION

8.1 Gymnasts

- Gymnasts selected to provincial teams for any events must be registered members in good standing with Gymnastics Saskatchewan in the National Stream registration category (or Provincial stream for Level 7s, 8s or 9s attending Western Canadian Championships &/or other out of province meets when applicable).
- Gymnasts are selected to provincial teams based on their scores obtained in the designated trials/selection competitions.

- Once a gymnast or alternate has been selected to a provincial team, they must continue to train at a suitable training level, execute full routines with appropriate content, follow any reasonable requests of the WTC, and notify the WTC of any injuries. If the gymnast does not disclose any limitations that would prevent them from training and competing at the level for which they were selected, any Gym Sask funding they received or were eligible to receive may be withdrawn.

- Final team selection for Western Championships, Canadian Championships, other Team Sask events and any Games event is the responsibility of the Gym Sask Technical Director in consultation with the WTC.

- Final team selection for any other Sask First, Westerns, Youth, National or High-Performance event is the responsibility of the High Performance Coach in consultation with the High Performance Committee.

- Gymnasts and alternates must be prepared to verify the requirements at mandatory training camps or team competitions held before competitive events or as required by the WTC; verification will allow for judges, gymnasts and coaches to work together, provide a competition environment, and ensure that Gymnastics Saskatchewan is sending gymnasts who are ready to compete. Verification dates will be set by the Technical Director. These will occur a minimum of one week prior to departure. Verification is defined as: a competition setting where the gymnast has timed warm-up and competes all events in front of a level appropriate judge. Verification may be accepted via video (must be full routines submitted to the Technical Director with permission from the HP Coach. Verification requirements may be a designated competition. In some cases, a verification may be a training camp.

- Provincial Team gymnasts and their parents are expected to adhere to the Gymnastics Saskatchewan Code of Conduct and any other travel and team participation information provided to them.

8.1.1 Selection to Canadian Championships

- Selection competition rules will be as per GYMCAN regulations for the respective category at Canadian Championships.

- Gymnasts must be registered members in good standing with Gymnastics Saskatchewan in National Stream in order to qualify for Canadian Championships.

- Gymnastics Saskatchewan can send up to the following numbers of gymnasts:

    - Level 9 (15+): 6-6-3

    - Level 9 (11-14): 6-6-3

    - Level 10 (12-15): 6-6-3

    - Level 10 (16+): 6-6-3

    - Unlimited amount of High Performance Senior, Junior, or Novice, Youth, Aspire

- All gymnasts must compete at the National Trials competition (with exception of the HP athletes)

- Gymnasts must trial on all 4 apparatus to be considered for Team Saskatchewan unless approved by the WTC. Following Team Sask verification, the WTC & HP Coach will determine the top gymnasts to compete All Around or compete 3 or fewer events for team score.
- If at the time of verification, a gymnast who has qualified on less than four events shows improvement up to the national qualifying standards in the additional events, the WTC may notify her and her coach of additional events they will perform at Canadian Championships.

GYM CAN HIGH PERFORMANCE

Gymnasts on the current Gymnastics Canada High Performance list are eligible to attend Canadian Championships as part of Team Saskatchewan. HP Novice, Junior and Senior gymnasts must verify at Saskatchewan Championships in order to receive Gym Sask funding.

SELECTION GUIDELINES (2025-2026 SEASON):

Canadians 2026 Qualification

TRIAL EVENT FORMATS & SELECTION NOTES:

- Two day trial event: Athletes All Around scores from both days will be used to qualify for teams in each category
- Day 1: 50% Western Trials & 50% Westerns Day 2

Canadian Trials: Level 9/10 Athletes:

A level 8 athlete born in 2013-2015 trying to qualify for Canadian Championships will have to compete in Level 9 at trials, both Day 1 and Day 2. If the athlete is part of the Sask First program and has already met the Level 8 Westerns qualifying score by averaging two competitions between December 1, 2025 and March 31, 2026, the athlete may petition to the WTC to use that score to qualify for Westerns in the level 8 category. If the athlete is successful in qualifying for Canadians in the Level 9 category her level for Westerns will be determined by the Women's Technical Committee after consultation with club coach.

2026 Canadian Championships Qualification Scores

	Level 10 16+ (2010 & earlier)	**Level 10 12-15 (2011-2014)**	**Level 9 11-14 (2012 - 2015)**	**Level 9 15+ (2011+)**
Canadians	34	33.5	33.5	33

Removal of minimum DVs (2025-2026 season)

8.1.2 Selection to Western Canadian Championships
GENERAL

- Gymnasts must be registered members in good standing with Gymnastics Saskatchewan in order to qualify for Western Championships.

- Tier 1 & 2 Sask First gymnasts have the option to use a qualifying score derived from any two sanctioned competitions between December 1, 2025 and March 31, 2026. The average of two all-around scores at these two competitions may be used to rank the athletes for selection to Team Saskatchewan.
- HP Novice athletes are permitted to attend Western Championships in either the Level 9 or 10 category. The HP Coach in consultation with personal coach will choose level should the athletes opt to attend. These athletes must attend Western Trials in this level but are automatically selected to Westerns. High Performance Senior and Junior gymnasts may only attend if there are extenuating circumstances and/or if there are not enough Level 10 gymnasts to fill the team. A letter must be submitted to the Technical Director and will be reviewed by the WTC.
- Gymnasts wishing to be selected for Western Championships shall take part in a trial competition.
- Verification for Western Championships will occur no less than 1 week prior to departure and can include a competition, training camp, or video with the WTC's permission.
- Gymnastics Saskatchewan can enter:
    - Level 8: 2 Teams of 7 - Age groups: 14 & younger (2012 & younger) and 15+ (2011+)
    - Level 9: 2 Teams of 7 - Age groups: 11-14 (2012-2015) and 15+ (2011+)
    - Level 10: 2 Teams of 7 - Age groups: 12-15 (2011-2014) and 16+ (2010+)
    - Total: 42 gymnasts

TRIAL EVENT FORMATS & SELECTION NOTES:

- Trial Day: gymnasts who have met the criteria are named to team
- Team members shall be selected based on All Around scores in each age group
- The WTC may move gymnasts into different age categories to make full/stronger teams
- If a team is filled in an age group and there are additional younger gymnasts who have outscored the gymnasts in older age categories, those gymnasts with higher scores shall be ranked ahead and will qualify for a place on the team ahead of/or instead of gymnasts in older age groups who may have qualified
- Gymnasts who were not among the top 7 in Level 10, may be placed on a Level 9 Team. Scores will be adjusted to reflect different base D score, and gymnasts will be ranked based on adjusted scores.
- Gymnasts who did not qualify in Level 9 may be placed on a Level 8 team if there are open spots not already filled by Level 8 gymnasts. Scores will be adjusted to reflect different scores and composition. Gymnasts will be ranked based on adjusted scores. A maximum of two Level 8 positions can be filled by Level 9 gymnasts who did not qualify in Level 9
- Gymnasts who did not qualify in Level 10 may be placed on a Level 9 team if there are open spots not already filled by Level 9 gymnasts. Scores will be adjusted to reflect different scores and

composition. Gymnasts will be ranked based on adjusted scores. A maximum of two Level 9 positions can be filled by Level 10 gymnasts who did not qualify in Level 9

· Level 7 gymnasts may try out for Westerns. They must be registered for trials and compete in the trials. These gymnasts will compete with Level 8 rules. These gymnasts will be ranked by All Around score with all the other Level 8 gymnasts. If a Level 7 gymnast qualifies for Westerns, she must immediately move up to Level 8 within the province and remain at this level for Saskatchewan Championships. If the gymnast does not qualify, she may remain in Level 7 for the remainder of the competitive season.

- Level 8 gymnasts trying out for Westerns as a Level 9, will be upgraded to National level for the remainder of the season if they qualify for the team. If the gymnast does not qualify, she may remain in Level 8 for the remainder of the competitive season.

SELECTION GUIDELINES (2025-2026 SEASON):

2026 Western Canadian Championships Qualification Scores

	Level 10 16+ (2010 & earlier)	**Level 10 12-15 (2011-2014)**	**Level 9 11-14 (2012-2015)**	**Level 9 15+ (2011+)**	**Level 8(all ages)**
Westerns	33.5	33.5	33.5	33	34

Removal of minimum DVs (2025-2026 season)

ATHLETES WISHING TO BE CONSIDERED FOR 3 EVENTS OR LESS MUST PETITION TO THE WTC. GYMNASTICS SASKATCHEWAN'S TECHNICAL DIRECTOR IN CONSULTATION WITH THE WTC AND HIGH PERFORMANCE COMMITTEE WILL HAVE FINAL TEAM APPROVAL. PROCESS TO BE CLARIFIED

TRIAL EVENT FORMAT & SELECTION NOTES:

- All gymnasts must pay the required trial fee to Gymnastics Saskatchewan.
- Each gymnast's All Around score will be counted to be ranked/selected. Ties will be broken by the higher DV receiving a higher ranking. If both gymnasts have the same DV the tie will be broken by event ranking points (1^{st} = 6 points, 2^{nd} = 5 points, etc…)
- The WTC may move gymnasts into different categories to make full/stronger teams
- If a team is filled in an age group and there are additional younger gymnasts who have outscored the gymnasts in older age categories, those gymnasts with higher scores shall be ranked ahead and will qualify for a place on the team ahead of/or instead of gymnasts in older age groups who may have qualified
- HP gymnasts are already on Sask First, so no minimum score or total DV is required.

8.1.3 Selection Petitions

- Petitions for gymnasts must be submitted by the gymnast's coach, in writing to the WTC, prior to the qualifying competition, stating the reason for the petition, an explanation, justification and a doctor's certificate (if applicable). The doctor's certificate should include prognosis/diagnosis and estimated time for recovery.
- Petitions will only be accepted AFTER the qualifying competition IF:
    - The gymnast is injured during the qualifying competition
- Any selection petitions received after the qualification competition will not be accepted. If a gymnast is petitioned for reasons other than injury or medical, the rules as follows also apply:
    - Petitioned gymnasts are ranked by the WTC according to previous results, routine content, quality of execution, and potential to medal at the competition. Petitioned gymnasts are not automatically ranked below gymnasts who participated in the designated trials.
    - If a gymnast is injured during or after the final trials meet and named to the team, verification of full routines with full content and no spotting shall be required at a verification no less than 1 week prior to departure.
    - Selection appeals will only be accepted on the basis that the selection process was not applied correctly.
- For Canadians selection: if a gymnast is injured for both trials, the gymnast's coach may petition to the WTC to use results from the past 12 months from a GYMCAN sanctioned national level competition (with the same regulations as Canadians). Competition results will be selected by Gymnastics Saskatchewan.
- For Westerns selection: if a gymnast is injured/absent for trials, the gymnast's coach may petition to the WTC to use results from the past 12 months from competitions with the same regulations as Westerns. Competition results will be selected by Gymnastics Saskatchewan.
- Gymnasts injured during the trials may petition but must use the average score and performance indicators of the two-day trial(s) she actually participated in as the qualifying score. If they do not complete one full day of trials, their petition must be based on results from the past 12 months. (If day 1 was completed use the day 1 scores)
- Decisions on granting petitions will be made in the best interest of the gymnast concerned, taking into consideration the needs and performance of the provincial team as a whole and the regulations in place.

8.1.4 Considerations for Selection to Provincial Teams: NCAA and Out-of-Province University Gymnasts

A Saskatchewan gymnast who has represented the province at a previous Canadian Championships and is a product of the Saskatchewan sports system may apply to the WTC for an alternate process to qualify for Team Saskatchewan. This gymnast must be currently training and competing in the NCAA gymnastics

program in the United States or attending a university in Canada in another province AND she must be registered with Gym Sask as a National Stream athlete.

The following process will apply:

- The gymnast will apply in writing no later than February 1st to the WTC for consideration to be selected. The gymnast is to provide a list of competitions (and dates) she will be participating in.
- The gymnast must then provide quality video footage of 2 competitions as approved by the WTC, to be evaluated by the same panel of judges at the Sask Trials and submitted no later than 2 days prior to the trials that are held in Sask.
- In the event that the gymnast does not compete All Around at the two selected competitions, she must provide written results of her competition results from March to May to be reviewed by the WTC. OR VIDEO in a simulated competition with competition equipment. The WTC will decide on which two competitions will be used for the athletes.
- The same judging panel as the Sask Trials will view the videotape at national trials and judge the routines based on Level 10 Canadian Championships rules.
- The average All Around score of the two competitions on videotape will be the gymnast's score for trials.
- Minimum DVs and all-around score apply.
- The gymnast will be ranked using the average of the two All Around scores of the competitions on videotape.
- Gymnasts who have not met all minimum scores are not automatically selected, but may be petitioned.
- Gymnasts who are selected are part of Team Sask and funded/serviced accordingly.
- There must be open spaces on the team, which cannot be filled by Provincial athletes, in order for NCAA or out of province athletes to fill the spots.

8.1.5 Considerations for Non-Resident Athletes

Non-resident gymnasts who are not a product of the Saskatchewan sports system may apply for membership and may trial for Team Saskatchewan events.

The following selection rules apply to these athletes:

- No Gymnastics Saskatchewan funding will be available to these athletes.
- These athletes may not take the place of Saskatchewan resident athletes who qualify for Team Saskatchewan in any category.
- Duplicate awards will be presented at any Saskatchewan competition they may attend.
- These athletes' rankings do not count towards Team Coach selection.

8.2 Team Coaches
All coaches named to a Provincial Team must have the required certification:

Western Championships:	Competition 2 Certified or Level 3 Certified
Canadian Championships:	Competition 3 Certified or Level 4 Certified
Canada Games:	Competition 3 Certified or Level 4 Certified
Other:	As designated by the WTC or Gymnastics Saskatchewan/Canada

All coaches named to a Provincial Team must be members in good standing of Gymnastics Saskatchewan, endorsed by the WTC and confirmed by Gymnastics Saskatchewan's Technical Director.

All coaches named to a Provincial Team must provide a current police record check & vulnerable sector check to Gym Sask as per the current screening policies.

8.2.1 TEAM Coach Selection Process

- One (1) coach will be selected for teams of four (4) or less.
- Two (2) coaches will be selected for teams of five (5) or more.
- Selected coaches will be placed on the Team Coach roster – final coaching assignments are the responsibility of the WAG Head of Delegation.
- All HP Novice, Junior and Senior athletes will be allotted one (1) personal coach for each athlete attending Canadian Championships.
- Points allotted to clubs will correspond to the number of athletes that make up the official Saskatchewan Team and will not include alternates.

Examples:

Team Size 7	**Team Size 5**	**Team Size 4**
1st place = 7 pts	1st place = 5 pts	1st place = 4 pts
2nd place = 6 pts	2nd place = 4 pts	2nd place = 3 pts
3rd place = 5 pts	3rd place = 3 pts	3rd place = 2 pts
4th place = 4 pt	4th place = 2 pts	4th place = 1 pts
5th place = 3 pt	5th place = 1 pts	
6th place = 2 pts		
7th place = 1pt		

The club/coach with the most points will qualify to select the team coach.

If a gymnast withdraws from a provincial team due to an injury or unforeseen circumstances before the competition and a replacement is named from another club which then affects coach points and coach selection, the WTC will deal with each scenario on an individual basis.

Team Coach Tie-Breaking Procedure

The club/coach with the most athletes on the team in question will qualify to select the team coach.

In the event of a tie for points and athlete numbers, the club/coach with the athlete who received the highest all-around score will qualify to select the team coach.

Officially a Team Coach is not named, until ratified by the Technical Director in consultation with the CEO.

All coaches are responsible for specific teams for the duration of the event, on and off the floor
In the case of a partial team, coaching duties may be shared.

Gymnastics Saskatchewan may assist in accrediting additional coaches to the floor. All such requests must come to the WTC and are subject to approval by the Technical Director. All coaches accredited to the floor, funded by Gymnastics Saskatchewan shall be considered Team Coaches, part of the team delegation and they shall assume duties and responsibilities as requested by the Chef or WAG Head of Delegation for the team operations.

The number of coaches funded to each event/competition shall be determined prior to the event/competition by the CEO in consultation with the Operations Manager & Technical Director based on annual budget allocations, program, gymnast and coaching requirements. Gymnastics Saskatchewan will provide funding to coaches based on the following formula for Western Canadian Championships and Canadian Championships. All funding amounts under 30% will revert to 0% and their portion spent on the remainder of the clubs/coaches qualifying for funding.

For more regulations related to Provincial Team Coach Selection, please refer to the Gymnastics Saskatchewan Operational Policies and Procedures Manual & Coach Funding Document.

8.3 Team Managers
Team managers will be selected by Gymnastics Saskatchewan's CEO or designate for the following competitions:

- Western & Canadian Championships
- Games programs/competitions
- Sask First Competitions

Priority will be given to responsible adults who can provide proper supervision and support to gymnasts, coaches and officials. A team manager's first responsibility is to supervise and support gymnasts and team members, not to act as a coach on the floor

All Team managers must provide a current police Record Check as per Gym Sask Screening Policies.

For more regulations related to Provincial Team Manager Selection and duties, please refer to the Gymnastics Saskatchewan Operational Policies and Procedures Manual.

Team Managers under provisional measures, through the OSIC or ITP process, are ineligible to be named to Team Saskatchewan and/or Sask First and will not be sanctioned to participate in provincial events or programming. This includes, but is not limited to, Games programs, attendance at the Celebrate

Gymnastics Awards Gala, Provincial Championships, awards nominations, and other funding opportunities.

APPENDIX 1: WAG Age Eligibility Chart

WAG AGE ELIGIBILITY CHART
Updated – August 13, 2025

SASKATCHEWAN INTER-CLUB LEVELS					
INTER-CLUB LEVEL 1 2019 & older	**INTER-CLUB LEVEL 2 2019 & older**	**INTER-CLUB LEVEL 3 2019 & older**	**INTER-CLUB LEVEL 4 2019 & older**	**INTER-CLUB XCEL BRONZE 2019 & older**	**INTER-CLUB XCEL SILVER 2019 & older**

- Inter-club level 1-4 will use the USAG Developmental Compulsory rules and routines
- Inter-Club level 1-4 & Inter-club Bronze & Silver born in 2019 & 2018 **will not** have scores flashes, not be ranked against each other, and will be presented ribbons based on score range according to the Saskatchewan Inter-club Manual
- Inter-Club Xcel Bronze & Silver born in 2017 & older will use the USAG Xcel Code of Points rules and regulations, they will have scores flashed, be ranked against each other and will be presented regular awards

SASKATCHEWAN PROVINCIAL LEVELS								
LEVEL 3 2017 & older	**LEVEL 4 2017 & older**	**LEVEL 5 2017 & older**	**LEVEL 6 2017 & older**	**LEVEL 7 2016 & older**	**LEVEL 8 2013 & older**	**XCEL GOLD 2017 & older**	**XCEL PLATINUM 2017 & older**	**XCEL DIAMOND 2016 & older**

Clubs will make their own age categories for invitationals based on registration numbers.

Guidelines:

- Recommended to not have over 20 athletes per category, with equal numbers in age divisions
- Max of 60 athletes per session when combining age categories
- Age categories may be single birth years if there are enough athletes, if birth years need to be combined please try to keep it to a maximum of 3 birth years per category

NATIONAL LEVELS							
LEVEL 9 (11-14)	**LEVEL 9 (15+)**	**LEVEL 10 (12-15)**	**LEVEL 10 (16+)**	**Gym Can Youth Program**	**HP NOVICE**	**HP JUNIOR**	**HP SENIOR**
2012-2015	2011 & older	2011-2014	2010 & older	2014-2016	2013-2015	2011-2012	2010 & older

RECREATIONAL GYMNASTICS		
Active Start (Pre-School) 0-5 years	Recreational (Can Gym) 6+ years	Gymnastics For Life Open Age

APPENDIX 2

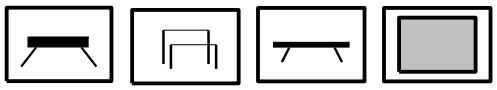
HP & CPP OPTIONAL PROTEST FORM

Competition:_____ Date:_____

_____Judging_____Technical

Athlete #:_____ Name:_____ Club:_____

Category:
_____Novice _____Junior _____Senior _____Level 10_____Level 9_Other_____



D Score(FIG) _____ E Score(FIG) _____
Start Value (CPP) Final Score (CPP)

Coach's Rationale:

_____

_____

_____

_____

Signature: _____ Time: _____

Received by: _____ Time: _____ Money: _____

Accepted:☐ Denied:☐
Comments including rationale for decision:

_____

_____

_____

_____ _____ _____
Signature Competition Head Judge Time Money Returned

The Competition Head Judge & Gym Sask Technical Director must receive a copy of the completed form before it is returned to the person who signed the protest form.

APPENDIX 3: GYM SASK CPP COMPULSORY PROTEST FORM

Check One: Vault_____ Bars_____ Beam_____ Floor_____

Gymnasts Name: _____ Score:_____

This inquiry is based upon the following (check one):

1. Major Elements (Comp):_____
2. Neutral deductions: _____
3. Score Range: _____
4. Falls/Unusual Occurrences: _____

List all elements that receive difficulty and connection value Judges' use only

Element/Bonus Value	Description of Element(s)	Y	N

Coach's Name: _____ Club: _____

Received by: _____ Time: _____ Money collected:_____Money Returned: _____

	Judge #1	Judge #2	Judge #3	Judge #4	Average
Start Value:					
Score:					
Adjusted SV:					
Adjusted Score:					

_____ Score not adjusted

_____

Signature of Competition Head Judge

Please make a copy of this completed form for the Gym Sask Technical Director before returning to person who submitted.

APPENDIX 4: Petitions

Purpose

This process and form is to be used for the following:

EXEMPTION REQUESTS

A participant is not able to attend a required camp, trial or competition due to medical or other foreseeable circumstances.

SELECTION APPLICATIONS

A participant wishes to be selected for an event when for some reason he/she does not or is not able to fulfill the requirements/procedures expected as stated in the Technical Regulations.

SELECTION APPEALS

A participant was not selected for an event after participation in a trial or selection event and the coach of the gymnast or the club representative wishes to contest the recommendations made by the technical committee.

Appeals will only be accepted if the coach believes the selection process was not applied correctly.

REFUND REQUESTS

A participant is injured prior to or other unforeseeable circumstance prevents them from attending a required or optional Gymnastics Saskatchewan camp, trial, workshop or competition and requests their entry fee (or other monies) be refunded.

Submission Requirements

- ✓ A different format may be used as long as all the information required is supplied.
- ✓ Multiple requests may be made on one form provided that they relate to the same event.
- ✓ All information must be provided by the participant, their coach of record or club representative and forwarded to Gymnastics Saskatchewan's Technical Director.
- ✓ The exemption/ petition will be considered by the Technical Committee only when all relevant documents have been received.
- ✓ The following timelines must be observed for each situation:

  EXEMPTION REQUESTS: By the scheduled start of the event.
  SELECTION APPLICATIONS: Any time between the release of the Registration Form and 15 minutes after the completion of any selection event.
  SELECTION APPEALS: Within 24 hours after a Team Selection announcement.
  REFUND REQUESTS: At least 24 hours prior to the event's scheduled start

Decisions

- ✓ The Technical Committee is responsible to provide a recommendation to the Technical Director for each application.
- ✓ You will be notified by Gymnastics Saskatchewan's Technical Director or their designate of the result of your request in the best time frame possible.

PETITION FORM

Participant's name: Representing (club name):

Coach of Record (if applicable): Current Level:

Forms Completed By: Event for Consideration:

Type of Petition(s):

- ❑ **EXEMPTION REQUEST**
- ❑ **SELECTION APPLICATION**
- ❑ **SELECTION APPEAL (based solely on selection process not applied correctly)**
- ❑ **REFUND REQUEST**

Injury / Medical Reasons:

For all petitions related to injuries or other medical reasons, a Physician or Professional Health Practitioner's note must be submitted including:

- ✓ a diagnosis
- ✓ a prognosis
- ✓ any limitations or interventions recommended
- ✓ anticipated timelines for full recovery and/or resumption to full training or competing

Reasons for Application:

Additional Documents & Information:

You may attach any additional documents that you see fit and that you feel could help the Technical Committee make a recommendation (i.e. previous results, doctors notes, videos).

Office Use Only

Petition received date: Petition granted date: Petition denied date:

Notes:

Signature: Position: Date:

APPENDIX 5: **Request for Bar Height Adjustment**

The following form must be completed and submitted to the Head Judge or designate during one of the official training sessions before the competition.

Note: Both rails need to be raised by 5 cm

Club: _____

Athlete's Name: _____

Category: _____

Coach Name: _____

Signature: _____

Permission ☐ Granted ☐ Denied

Rationale if denied –

_____

_____

_____

_____

Signature Head Judge:_____ Date:_____

Form to be returned by Head Judge to WAG PM at end of competition.

APPENDIX 6: Equipment Specifications and Matting Regulations

Compulsory Equipment Specifications

<table>
<tr><th></th><th>CCP 1</th><th>CCP 2</th><th>CCP 3</th><th>CCP 4</th><th>CCP 5</th></tr>
<tr><td rowspan="4">VT</td><td>Mat stack lengthwise
Height: 40 cm</td><td>Mat stack lengthwise
Min 40 cm, max 120 cm

Tape line at 32” (81cm) from front edge of mat stack. Extended down side of mat.</td><td>Mat stack perpendicular to runway.
Min: 5’ width, 5’ length
Min Height: 80cm Max Height: 120cm</td><td colspan="2">Vault table

Any height allowed by manufacturer</td></tr>
<tr><td>Supplementary mats: N/A</td><td>Supplementary mats: min 10 cm placed at end of mat stack</td><td>Mat of minimum 6’x12’ and 10cm high must be placed on floor behind mat stack</td><td colspan="2">Supplementary mats: 10cm, up to 20 cm mats allowed</td></tr>
<tr><td colspan="3">Springboard: Springboards of various hardness and trampoline board allowed.</td><td colspan="2">CCP 5: Springboard only
CCP 4: Tramp board may be used for a 9.50 Start Value **SK ONLY</td></tr>
<tr><td colspan="5">An unfolded panel mat may be placed on top of the uppermost surface of the mat stack/port-a-pit if necessary to provide a more stable landing surface.</td></tr>
<tr><td rowspan="4">UB</td><td colspan="3">LB: 175 cm</td><td colspan="2">LB: 175 cm HB: 255 cm</td></tr>
<tr><td colspan="5">Supplementary Mats: Mandatory 10 cm, up to 30 cm of supplementary landing mat allowed.
Supplementary matting allowed to extend beyond the LB.
Up to 30cm of supplementary mats allowed both under rails and in dismounting area.</td></tr>
<tr><td colspan="5">Boards: Soft spring board or mounting block may be placed on the supplemental landing mats. If placed on Competition Landing Mat, supplemental mats may be slid in after board removal.</td></tr>
<tr><td colspan="5">Spotting block or folded mat used for spotting purposes between bars may remain in place as long as the coach continues to utilize it during the routine.</td></tr>
<tr><td rowspan="2">BB</td><td colspan="5">Beam Height: 100 cm, 110 cm, or 125cm</td></tr>
<tr><td colspan="5">Supplementary mats: Not required
10cm mats up to 20 cm mats allowed underneath or at end (CCP 5) of beam. Must cover entire area under beam (no chance of rolling ankle on uneven surface).</td></tr>
<tr><td rowspan="3">FX</td><td colspan="5">12m X 12m</td></tr>
<tr><td>One strip or diagonal</td><td>One strip or diagonal</td><td>One Strip or Diagonal</td><td colspan="2">12m X 12m</td></tr>
<tr><td colspan="2">No supplementary mats allowed.</td><td colspan="3">Supplementary mats: 5 or 10 cm allowed. Must be placed at beginning of routine. Can be removed, moved or left in place.
CCP 3 supplementary matting rule SK only.</td></tr>
</table>

Optional Apparatus Specifications

<table>
<tr><th></th><th>CCP 6</th><th>CCP 7</th><th>CCP 8</th><th>CCP 9</th><th>CCP 10</th></tr>
<tr><td rowspan="4">VT</td><td colspan="2">Any Height
Min: 100cm; Max: 125cm</td><td colspan="3">Any Height min: 100 cm, Max 125cm
*CCP 9/10: 125cm for CC</td></tr>
<tr><td colspan="5">Up to 4 boards. No spring changes allowed at CC. No alternate springboards (tramp boards).</td></tr>
<tr><td colspan="5">Approved Yurchenko collar MUST be used for all round-off entry vaults. An approved hand placement mat may be used for all round-off entry vaults only.</td></tr>
<tr><td colspan="2">Matting: Stacked mats including base mat must reach underside of table (minimum). Top layer may be port-a-pit or 10 cm mat</td><td colspan="3">Supplementary matting: Mandatory 10 cm, up to 20 cm allowed.
20 cm safety mat in place of 10 cm mandatory mat allowed</td></tr>
<tr><td rowspan="4">UB</td><td colspan="5">HB: 255 cm LB: 175 cm
Diagonal: No maximum width (within equipment manufacturer’s safety limitations
Gymnasts may raise both bars by 5 cm or more upon submission of request to raise bar form.</td></tr>
<tr><td colspan="5">Supplementary mat: Mandatory 10 cm (CCP 9 & 10), up to 20 cm allowed. Supplementary matting allowed to extend beyond the LB.
Up to 30cm of supplementary mats allowed both under rails and in dismounting area (SK).</td></tr>
<tr><td colspan="5">Springboard: Soft spring board or mounting block may be placed on the supplemental landing mats. If placed on competition landing mat, supplemental mats must be slid in after board removal. A wooden plank may be placed under the spring board.</td></tr>
<tr><td colspan="5">Safety mat: for C+ release elements, a 20cm safety mat may be slid in and out according to the rules (2 moves preceding and following the element).
Spotting block or folded mat used for spotting purposes between bars may remain in place as long as the coach continues to utilize it during the routine.</td></tr>
<tr><td rowspan="3">BB</td><td colspan="3">13 yrs and older: 125 cm
9-12 yrs: 110 cm or 125 cm</td><td colspan="2">125 cm</td></tr>
<tr><td colspan="3">Supplementary mat: up to 20 cm, allowed. Can be placed at ends or underneath/beside beam.</td><td colspan="2">10 cm supplementary mat mandatory for dismount landing, up to 20 cm.</td></tr>
<tr><td colspan="5">Springboard: soft springboard or mounting block may be used. Must be removed upon gymnast mounting. A wooden plank may be placed under board.
Springboard/mounting block may be placed on landing mat or 10 cm supplementary mat, if mount and dismount are performed on the same end. Board may NOT be placed on top of 20 cm suppl. Mat. 20 cm mat must be slid into place after board is removed.</td></tr>
<tr><td rowspan="3">FX</td><td colspan="5">12m X 12m</td></tr>
<tr><td colspan="3">Supplementary mats: 5cm-20cm matting allowed on floor. Must be placed at beginning of routine, can be moved, removed, or left in place.</td><td colspan="2">5 or 10 cm supplementary mats allowed. Must be placed at beginning of routine. Mats can be moved, make every attempt to have the least amount of mat movement.</td></tr>
<tr><td colspan="5">There is no deduction for not marking the corner mats.</td></tr>
</table>

Xcel Apparatus Specifications

<table>
<tr><th></th><th>Bronze</th><th>Silver</th><th>Gold</th><th>Platinum</th><th>Diamond</th></tr>
<tr><td rowspan="4">VT</td><td>Mat stack Height: Min 40cm, Max 120 cm Placed Lengthwise</td><td>Mat stack Height: Min 60 cm Max 120cm Min 5’ width, 5’ length</td><td colspan="3">Table Height: Min 100 cm Max 125 cm</td></tr>
<tr><td colspan="3">Springboards of various hardness and trampoline board allowed.
No JR Boards (i.e. preschool style springboards) allowed.</td><td colspan="2">Springboards only</td></tr>
<tr><td>Supplementary mats: N/A</td><td colspan="4">Supplementary mat: 10cm up to 20 cm allowed. A 20 cm mat is allowed in place of 10 cm.</td></tr>
<tr><td colspan="5">An unfolded panel mat may be placed on top of the uppermost surface of the mat stack/port-a-pit if necessary to provide a more stable landing surface.
Approved Yurchenko collar MUST be used for all round-off entry vaults. An approved hand placement mat may be used for round-off entry vaults only (Platinum +).</td></tr>
<tr><td rowspan="4">UB</td><td>LB: 175 cm</td><td colspan="4">LB: 175 cm HB: 255 cm
Diagonal: No maximum width (within equipment manufacturer’s safety limitations. Gymnasts may raise both bars by 5 cm or more upon submission of request to raise bar form.</td></tr>
<tr><td colspan="5">Supplementary Matting: 10 cm, up to 20 cm allowed. Supplementary matting allowed to extend beyond the LB.
Up to 30cm of supplementary mats allowed both under rails and in dismounting area (SK).</td></tr>
<tr><td colspan="5">Boards: Soft springboard or mounting block may be placed on the supplemental landing mats. If placed on Competition Landing Mat, supplemental mats may be slid in after board removal.
A wooden plank may be placed under the springboard.</td></tr>
<tr><td colspan="5">Safety mat: for C+ release elements, a 20cm safety mat may be slid in and out according to the rules (2 moves preceding and following the element).
Spotting block or folded mat used for spotting purposes between bars may remain in place as long as the coach continues to utilize it during the routine.</td></tr>
<tr><td rowspan="3">BB</td><td colspan="5">Beam Height: 100cm, 110cm, or 125cm all age categories</td></tr>
<tr><td colspan="5">Supplementary mats: up to 20 cm allowed. Not mandatory. Can be placed at ends or underneath beam.
If using supplementary mats under beam, mats must cover entire area under beam (no chance of rolling ankle on uneven surface).</td></tr>
<tr><td colspan="5">Springboard: soft springboard or mounting block may be used. Must be removed upon gymnast mounting. A wooden plank may be placed under board.
Springboard/mounting block may be placed on landing mat or 10 cm supplementary mat, if mount and dismount are performed on the same end. Board may NOT be placed on top od 20 cm suppl. Mat. 20 cm mat must be slid into place after board is removed.</td></tr>
</table>

FX	12m X 12m
	Supplementary mats: 5cm-20cm matting allowed on floor. Must be placed at beginning of routine, can be moved, removed, or left in place.

APPENDIX 7: Warm up regulations

General Warm up	15 minutes: CCP 1-8, All Xcel Levels 20 minutes: CCP 9-10 Athletes may not start the general warm up on the warm-up or competition floor before the set time. Once the general warm-up starts, athletes may warm up on the WAG floor, mats, and runway only. They may not use the table, bars, or beam for any reason during the general warm-up. CCP 8-10 may not use springboards. If it is part of the team choreography warm-up, athletes may perform on the floor a) basic acro tumbling, b) beam acro on a line. The use of diagonals is prohibited.				
	Level	VT	UB	BB	FX
Compulsory	CCP 1/2	15 sec OR 2 vaults	45 sec	45 sec	90 Sec group (max 7 athletes)
	CCP 3	45 sec *Max 4 min	45 Sec	45 Sec	45 Sec *MAX 4 min
	CCP 4/5	1 min	1 min	1 min	1 min
Xcel	Bronze	30 sec	45 sec	45 sec	90 sec group (max7 athletes)
	Silver	45 sec *MAX 4 min	45 sec	45 sec	45 sec
	Gold	45 sec *MAX 4 min	45 sec	45 sec	45 sec *MAX 4 min
	Platinum	90 sec	90 sec	90 sec	90 sec *MAX 8 min
	Diamond	2 min *MIN 8 min	2 min	2 min OR 90s/30s	2 min *MIN 8, MAX10 min
Optional	CCP6/7	90 sec	90 sec	90 sec	90 sec *Max 8 min
	CCP 8-10	2 min MIN 8 min	2.5 min MIN 8 min*	2 min OR 90s/30s	2 min MIN 8 min MAX 10 min
	Aspire	1: 2 min 2: 2.5 min	2.5 min	2 min OR 90s/30s	2 min MIN 8 min, MAX 10 min
		Group	Group	Individual Time 5 sec between athletes	Group
	*Gymnastics Saskatchewan rules				

Team Competition	Team and 1 Individual Athlete(s): If a group is composed of Team & Individual athletes, the warm-up groups are split as follows: Team + Individual all warm up together Team + 2 or more Individuals: the team warms up and competes first; the individual athletes always warm up as a second sub-group
Rotation Size	7 or fewer gymnasts: warm up in one group 8+ gymnasts: warm up in 2 groups
Uneven Bars Preparation	If there are gymnasts with and without grips/chalk or needing to raise the bars, gymnasts are divided into 2 sub-groups: grips/chalk and no groups/no chalk. Each athlete is guaranteed 90 sec to warm up. 90 sec are granted for each different bar preparation/raise. As a general guideline, the coaches will agree on the most efficient way to warm up and compete prior to warm up on UB. The warm up and competition order may be changed for efficiency. If coaches cannot agree, the Apparatus Chief Judge will decide.
Competition Format	Various competition formats may be used for CCP competitions in Canada. The host should inform invited participants of the format used. For CC, the Capital Cup competition format will be used. After general warm up, athletes proceed to their first apparatus, warm up and compete immediately before rotating to the next apparatus. Hosts can choose to use the In and Out format for groups of 9 and larger.

HP Equipment Standards and Warm Up regulations
Please refer to: Gymnastics Canada High Performance Manual

For other competitions, the Province / Competition Host will determine the Warm Up and Competition format which best fit their schedule. The use of the FIG warm up is recommended, however the Canadian Warm up format in the GymCan HP Manual may be used for **Novice**.

Aspire Equipment Standards and Warm up regulations
Please refer to: Canadian Aspire Program Manual

APPENDIX 8: Required Equipment for Meet Hosting

Required Equipment for hosting Inter-Club meets

Level	Vault Runway Minimun: 60 feet (18.25m), Max: 80 feet (25 m)	Bars	Beam	Floor
1	Two 20 cm mats (16”)	175 cm to the floor (height is measured from the upper edge of the rail)	100 cm, 110 cm or 125 cm	One strip of floor
2	Mat stack placed lengthwise - minimum of 40 cm (16 inches) in height (+ 2.5 cm or 1 inch). Any combination of competition landing mats, skill cushions, and/or port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 10 cm (4-inch) skill cushion or the port-a-pit), plus four additional 20 cm (8”) skill cushions to allow for 60 cm (24”), 80 cm (32”), 102 cm (40”) and 123 cm (48”) heights (+ 2.5 cm or 1 inch A tape line must be placed at 81 cm (32”) from the front edge of the landing surface, placed so that the far edge of the tape is at 81 cm (32”). The tape line should also extend down the side of the mat.	175 cm to the floor (height is measured from the upper edge of the rail)	100 cm, 110 cm or 125 cm	One strip of floor or diagonal on the floor
3	Minimum 5’ Width, 5’ Length (10’ Length - placed sideways), minimum 32” – 48” maximum Height (+2.5 cm or 1-inch), including base mat. Any combination of competition landing mats, skill cushions and/or port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 10 cm (4-inch) skill cushion or the port-a-pit), plus two additional 20 cm (8") skill cushions to allow for 102 cm (40") and 123 cm (48") heights (+ 2.5 cm or 1 inch).	175 cm to the floor (height is measured from the upper edge of the rail)	100 cm, 110 cm or 125 cm	One strip of floor or diagonal on the floor
4	Vault Table	HB: 255cm LB 175cm (height is measured from the upper edge of the rail)	100 cm, 110 cm or 125 cm	12m X 12m
Bronze	Minimum of 40 cm (16 inches) in height (+ 2.5 cm (1 inch)) placed lengthwise. Any combination of manufactured	HB: 255cm LB 175cm	100 cm, 110 cm or 125 cm	12m X 12m

	competition landing mats, skill cushions and/or port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 10 cm (4-inch) skill cushion or the port-a-pit). The maximum height of the mat stack is 120 cm (approximately 48" ± 2.5 cm (1 inch)). • The mat stack may be placed on top of a solid foam pit. • An additional mat (minimum of 10 cm (4")) must be placed on the floor behind the mat stack. • All mats used in forming the mat stack must be a minimum of 5' wide and 10' long. • An unfolded panel mat (or any manufactured matting to facilitate a firm surface) may be placed on top of the uppermost surface of the mat stack/resi pit if necessary to provide a more stable landing surface. This mat must cover the entire uppermost surface. • The top surface may be either a "squared" (standard 8" mat corners) or "curved" (similar to a table trainer) on the front edge.	(height is measured from the upper edge of the rail)		
Silver	Minimum of 60 cm (24 inches) in height (± 2.5 cm (1 inch)), placed sideways. Any combination of competition landing mats, skill cushions and/or port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 10 cm (4-inch) skill cushion or the port-a-pit. The maximum height of the mat stack is 120 cm (approximately 48", ± 2.5 cm (1 inch)). • The mat stack may be placed on top of a solid foam pit. • An additional mat, minimum 6' x 12' x 4" (10cm) must be placed on the floor behind the mat stack. • All mats used in forming the mat stack must be 5' wide and a minimum of 5' long, ± 2 inches. • An unfolded panel mat (or any manufactured matting to facilitate a firm surface) may be placed on top of the uppermost surface of the mat stack/resi pit if necessary to provide a more stable landing surface. This mat must cover the entire uppermost surface. • The top surface may be either a "squared" (standard 8" mat corners) or "curved" (similar to a table trainer) on the front • edge. • A sting mat may be used on top of the mat stack. • EXCEPTION: A sting mat is NOT allowed on top of an inflatable mat.	HB: 255cm LB 175cm (height is measured from the upper edge of the rail)	100 cm, 110 cm or 125 cm	12m X 12m

<table>
<tr><th colspan="3">VAULT</th></tr>
<tr><th>Level</th><th>Apparatus</th><th>Springboards and Mats</th></tr>
<tr><td>Level 3</td><td>Mat stacks must be placed sideways. Heigh min of 32” to a max of 48”, width max of 5 feet, length 5 feet.

Any combination of competition landing mats, skill cushions and/or port-a-pit may be used; however, the top layer of matting MUST be a minimum of a 10 cm (4-inch) skill cushion or the port-a-pit), plus two additional 20 cm (8 inch) skill cushions to allow for 102 cm (40 inch) and 123 cm (48 inch) heights (± 2.5 cm or 1 inch).

An unfolded panel mat may be placed on top of the uppermost surface of the mat stack/port-a-pit if necessary to provide a more stable landing surface.

Please refer to the USAG Rules & Policies for more info.

Minimum runway: 60 feet (18.25m)</td><td>• An additional mat (minimum of 6’ x 12’ x 10 cm (4") must be placed on the floor behind the mat stack.</td></tr>
<tr><td>Level 4</td><td rowspan="2">Any height allowed by manufacturer

Minimum runway length: 60 feet (18.25 m)

Max runway length: 80 feet (25 m)</td><td rowspan="5">• 10 cm for landing, up to 20 cm allowed.
• Level 6-7 deck mats. Mat stack must reach bottom of table at minimum, no max height. Top may be 10 cm mat or port-a-pit
• Level 8-10: An approved Yurchenko collar must be used for all round off entry vaults.
• An approved hand placement mat may be used for round off entry vaults ONLY.
• Landing mats must be 18’ long & 20 cm thick</td></tr>
<tr><td>Level 5</td></tr>
<tr><td>Level 6</td><td rowspan="3">100cm – 125 cm

Minimum runway (6/7) length: 70 feet (21.5 m)

Max Runway (6/7) Length: 80 feet (25 m)</td></tr>
<tr><td>Level 7</td></tr>
<tr><td>Level 8</td></tr>
<tr><td>Level 9</td><td rowspan="2">125 cm for all ages

Runway Length (CCP 8-10): 80 feet (25 m)</td></tr>
<tr><td>Level 10</td></tr>
<tr><td>Novice</td><td>120 or 125 cm</td><td>• 3 springboards: FIG hard, FIG soft & Softer</td></tr>
</table>

	Max 25m run	• Minimum 10 cm up to 20 cm allowed. • An approved Yurchenko collar and hand mat must be used for all round off entry vaults. These may not be used for other vaults. • Landing mats must be 18' long & 20 cm thick
HP Jr/Sr	125 cm Max 25m run	• 2 springboards: FIG hard, FIG soft • Mandatory 10 cm, additional 5 cm allowed on top. • Safety mat (20 cm) not allowed. • An approved Yurchenko collar and hand mat must be used for all round off entry vaults. These may not be used for other vaults. • Landing mats must be 18' long & 20 cm thick
Gold **Diamond** **Platinum**	100cm – 125cm Gold Minimum runway: 60 feet (18.25 m) Gold Maximum runway: 80 feet (25 m) Plat/Dia runway length: Minimum runway length: 70 feet (21.5 m) Max Runway Length: 80 feet (25 m)	• Mandatory 10 cm for landing, up to 20 cm allowed. • An approved Yurchenko collar must be used for all round off entry vaults. • An approved hand placement mat may be used for round off entry vaults ONLY. • Landing mats must be 18' long & 20 cm thick • USAG Alternate board (tramp board) must be available for Xcel Gold level

<table>
<tr><th colspan="3">BARS</th></tr>
<tr><th>Level</th><th>Apparatus</th><th>Springboard & Mats</th></tr>
<tr><td>Level 3</td><td>Low bar only.

175cm to the floor (height is measured from the upper edge of the rail).</td><td>• Up to 30cm allowed under the bar (secure for dismount).
• Mat or beat board allowed for mount. Must be removed immediately after mount.</td></tr>
<tr><td>Level 4
Level 5
Level 6
Level 7
Level 8
Xcel Gold, Diamond, Platinum</td><td>LB: 175cm

HB: 255cm

130cm to 180cm width max.

No substances other than water and chalk may be placed on the rails.</td><td>• 10 cm, Up to 30cm of matting allowed under the bars and in dismount area.
• Mats may be placed under the rails.
• Boards can be placed on any mat for mounting. Up to Level 8 a block or mat may be used in place of a beat board. Must be removed immediately after mount.
• 3 Competition Landing mats must be 20 cm thick: total length 30’, 12’ in front of LB to run, 12’ behind HB to run
• Level 6-10, Xcel Diamond & Platinum have the ability to raise both low & high bar 5 cm with bars stable</td></tr>
<tr><td>Level 9</td><td>LB: 175cm

HB: 255cm

Diagonal: 130 to 180 cm</td><td rowspan="2">• 1 – Soft. The springboard must be removed from underneath or the end of the apparatus after the mount. An approved mounting block (simulating a springboard) may be used.
• The springboard may be placed on the landing mat or on the 10 supplementary mat if the mount and dismount are performed on the same side. The springboard may be placed on the safety mat. A wooden plank may be placed under the springboard. If the board is placed on the landing mat, the safety mat (up to 20 cm) must be slid in as soon as the springboard is removed.
• Mandatory 10 cm, up to 30 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. The supplementary or safety mat MAY extend beyond the LB.
• For C+ release element, a 20 cm may be slid in and out according to the rules (2 moves preceding and following the element).
• 3 Landing mats must be 20 cm thick: total length 30’, 12’ in front of LB to run, 12’ behind HB to run
• Level 6-10 ability to raise both low & high bar 5 cm with bars stable</td></tr>
<tr><td>Level 10</td><td>LB: 175cm

HB: 255cm

Diagonal: 130cm to 180cm width max.</td></tr>
<tr><td>Novice</td><td>LB: 175cm

HB: 255cm

Diagonal: 130 to 180cm</td><td>• The springboard may be place on the safety mat. Coaches are permitted to place a small board under the springboard and on top of any mat.
• Minimum 10cm, up to 30cm allowed.
• Safety mat (20cm) allowed under LB and HB of entire routine or slide in/out.
• 3 Landing mats must be 20 cm thick: total length 30’, 12’ in front of LB to run, 12’ behind HB to run</td></tr>
</table>

HP Jr/Sr	* ability to raise both low & high bar 10 cm with bars stable	• The springboard must be placed on the landing mat or on the 10cm suppl mat, if the mount and dismount are performed on the same side. The board can NOT be place on a safety mat. • Mandatory 10cm for dismount, up to 30 cm allowed under bars. • A 10cm or 20cm mat is allowed to slide in and out for D+ release. • 3 Landing mats must be 20 cm thick: total length 30', 12' in front of LB to run, 12' behind HB to run

<table>
<tr><th colspan="3">BEAM</th></tr>
<tr><th>Level</th><th>Apparatus (cm)</th><th>Springboards and Mats</th></tr>
<tr><td>LV 3</td><td>All ages: 100, 110, or 125</td><td rowspan="3">• Supplementary marts are not mandatory for level 3-5 dismount. Coach may use a large 10 or 20 cm mat under the beam provided the entire area under the beam is covered and even (no chance of rolling an ankle on an uneven surface if falling).
• 1 soft – the springboard/black/panel mat must be removed from underneath or near the end of the apparatus after the mount.
• Springboard may be placed on the landing mat or the 10cm supplementary mat if the mount and dismount are performed on the same end. A wooden plank may be placed under the springboard. If the board is placed on the landing mat, the safety mat (up to 0cm) must be slid in as soon as the springboard is removed.
4 landing mats; 20cm thick</td></tr>
<tr><td>LV 4</td><td rowspan="4">13 & older: 125

12 & younger: 110 or 125</td></tr>
<tr><td>LV 5</td></tr>
<tr><td>LV 6</td><td rowspan="5">• 10cm supplementary mat for landing, up to 20cm allowed. Mandatory for CCP 8-10
• A 20 cm safety mat is allowed in place of the 10 cm mat.
• CCP 6/7 supplementary mats may be placed on any beam landing mat surface.
• AT CWG & CC supplementary mats re available on one end of the beam only. All gymnasts are expected to dismount on the same end of the beam.
• 1 soft – the springboard/black/panel mat must be removed from underneath or near the end of the apparatus after the mount.
• Springboard may be placed on the landing mat or the 10cm supplementary mat if the mount and dismount are performed on the same end. A wooden plank may be placed under the springboard. If the board is placed on the landing mat, the safety mat (up to 0cm) must be slid in as soon as the springboard is removed.
• 5 landing mats; 20cm thick, 20 feet at one end for mounting</td></tr>
<tr><td>LV 7</td></tr>
<tr><td>LV 8</td></tr>
<tr><td>LV 9</td><td rowspan="2">125</td></tr>
<tr><td>LV 10</td></tr>
<tr><td>Novice, Junior Senior</td><td>125</td><td>• The springboard must be placed on the landing mat or on the 10 cm supplementary. mat, if mount and dismount are performed on the same side. The springboard cannot be placed on a safety mat. Novice: if mt and dmt on the same side and gymnast uses a 20 cm safety mat for the dismount, the safety mat must be placed after the athlete has mounted. Coaches are permitted to place a small board under the springboard and on top of any supplementary mat.
• Minimum 10 cm. Up to 20 cm allowed (NOVICE only).
• 20cm safety mat allowed for NOVICE in place of mandatory 0cm supplementary
• Supplementary mats are available on one side of the beam only. All gymnasts are expected to dismount on the same end of the beam (short landing mat (traditionally to the left of</td></tr>
</table>

		judging panel) • 5 landing mats; 20cm thick, 20 feet at one end for mounting
Xcel Gold, Diamond, Platinum	100cm, 110cm or 125cm for all ages categories	• 10cm, up to 20 cm supplemental mats allowed anywhere on beam competition landing mats. If placed under beam, entire surface should be matted to reduce chance of injury. • 1 soft – the springboard/black/panel mat must be removed from underneath or near the end of the apparatus after the mount. • Springboard may be placed on the landing mat or the 10cm supplementary mat if the mount and dismount are performed on the same end. A wooden plank may be placed under the springboard. If the board is placed on the landing mat, the safety mat (up to 0cm) must be slid in as soon as the springboard is removed. • 4 landing mats; 20cm thick

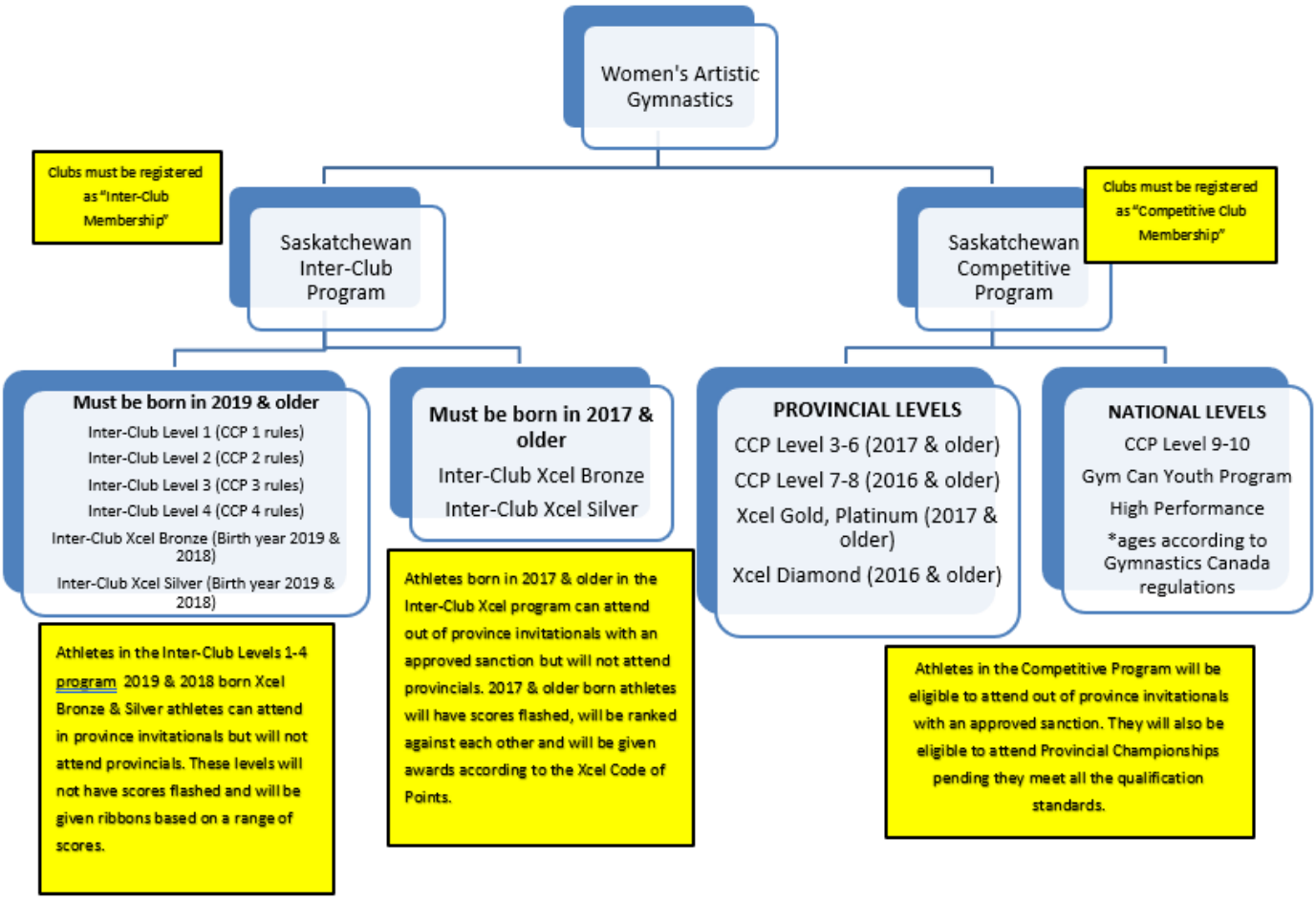
<table>
<tr><th colspan="3">FLOOR</th></tr>
<tr><th>Level</th><th>Equipment</th><th>Mats</th></tr>
<tr><td>LV 3</td><td rowspan="11">12m x 12m
40’ x 40’
Minimum 2’ border around floor</td><td>• 5 or 10 cm allowed in corners for landings. *Different from CCP Manual</td></tr>
<tr><td>LV 4</td><td rowspan="10">• 5 or 10 cm allowed. Supplementary mat must be placed at the beginning of the routine, and can be removed, moved or left in place (intent to have the least amount of movement of mats/coaches around the floor during the routine).
• 5cm-20cm matting allowed on floor. Must be placed at beginning of routine, can be moved, removed, or left in place (all Xcel levels, CCP 6/7/8). **SK ONLY (following USAG Rules)
• 20 cm mat not allowed in CCP 9-10</td></tr>
<tr><td>LV 5</td></tr>
<tr><td>LV 6</td></tr>
<tr><td>LV 7</td></tr>
<tr><td>LV 8</td></tr>
<tr><td>LV 9</td></tr>
<tr><td>LV 10</td></tr>
<tr><td>Novice</td></tr>
<tr><td>HP Jr/Sr</td></tr>
<tr><td>Xcel Gold, Diamond, Platinum</td></tr>
</table>

Minimum requirements for CPP/Xcel Competition	
Equipment	**Number required**
10cm mats	6
20cm mats	4
5cm mats	4
Vault DECK mats	24” to 54” total
Yurchenko Collar	1
Approved Hand mat	1
Springboard	5
25 m vault runway	1

Minimum requirements for High Performance Competition	
Equipment	**Number required**
5cm mat	1
10cm mats	6
20cm mats	4
Yurchenko Collar	1
Approved Hand mat	1
Springboard	3-5 FIG hard, FIG Soft, FIG Softer (Novice only)
25 m vault runway	1

Additional Information from GymCan on equipment can be found HERE in the “Equipment specification & measurement procedures”

APPENDIX 9: **WAG Programs**



Certificate of Achievement

GYMNASTICS SASKATCHEWAN

CONGRATULATIONS

_____

ON YOUR ACHIEVEMENT AT THE:

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