GYMNASTICS SASKATCHEWAN







MENS GYMNASTICS

2025-2026 TECHNICAL REGULATIONS

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MEN'S ARTISTIC GYMNASTICS TECHNICAL RULES AND REGULATIONS

2025-26

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

All men'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 (GCG) and/or the International Gymnastics Federation (FIG).

Only athletes, coaches and judges who are registered with a member club in good standing with Gymnastics Saskatchewan or approved by the CEO are eligible to take part in Gymnastics Saskatchewan programs and competitions in and/or out of the province.

1. ATHLETE DEVELOPMENT AND COMPETITIVE PROGRAMS

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

1.1 Pre-Competitive Programs

INTERCLUB

Gymnastics Saskatchewan uses GymCan's Provincial Program Level 1 for a gymnastics program that fits between the recreational and competitive levels. The Base Routine Level 1 encourages growth at a basic level of gymnastics preparing athletes for competition when they become 8 years old for the competition year. Athletes in Interclub 1 are eligible to perform the progressions outlined in the Canadian Provincial Pathways. This program is available on the Gym Sask Website HERE.

The purpose of the MAG All Compete to Excel (ACE) Program is to increase the participation in men's gymnastics by making it more accessible for clubs to start up MAG programs and to provide a program for those having difficulties moving up in the Canadian Provincial Pathways and give all a chance to make optional routines. This program is for Provincial use only and is considered an Interclub Program.

The minimum age for athletes to enter these Inter-Club levels, for the 2025-2026 season athletes is 2020 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. Athletes in Inter-Club 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 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 in Amilia.

INTERCLUB SCORE RANGES

P1 IC Score Range

Red	8.5000 – 12.000
Blue	7.300 – 8.499
White	0 – 7.299

AA IC MAG Range

Gold	45.000 – 72.000
Silver	38.000 – 44.999
Bronze	0 – 37.999

1.2 Fitness Ability Program (FAB)

FAB is a program for the development of technically sound gymnastics with excellent physical ability. FAB is accessible to all ages and skill levels. It also offers very sound physical and motor development for athletes of all sports. This program was developed by Gymnastics Saskatchewan based on information and materials obtained from the Quebec and British Columbia Gymnastics Federations. The FAB program allows for a steady increase in physical ability through a structured testing program that promotes the assessment and monitoring of the physical preparation of athletes. The key to good gymnastics is physical preparation, and the FAB program encourages this development rather than concentrating only on skills in compulsory and competitive routines. The FAB program is only a small part of the many activities and progressions that must take place to develop gymnasts to the competitive levels. FAB should be fun and rewarding for everyone involved. FAB sessions can be offered/run by clubs and are intended to provide a program that is challenging with obtainable goals and objectives. FAB Manuals are available from the Gymnastics Saskatchewan office. When testing, the latest revisions (2004) must be used. These can be found on the Gym Sask website HERE.

1.3 Competitive Programs

PROVINCIAL

Provincial 1 and 2 - Gymnastics Canada Provincial Pathway Rules available on the Gym Sask website HERE.

REGIONAL/NATIONAL

Provincial 3, 4, 5, National Open – Gymnastics Canada Provincial Pathway Rules available on the Gym Sask website HERE.

HIGH PERFORMANCE

Novice, Junior Categories - Gymnastics Canada Canadian High Performance Pathways Program available on GymCan Trello Board HERE.

Senior - FIG Rules – Available on FIG Official Website HERE.

1.4 Sask First Training and Competition Program

National level MAG athletes are eligible to be selected to this program. It is designed to enhance training and competition opportunities for current national and high-performance athletes, for those at the high-performance level and those with high performance potential. Following an annual selection camp, athletes and their personal coaches will be eligible for certain training and competition opportunities. This program is led by the Gym Sask Men's High-Performance Coach in consultation with the MAG Program Manager. The MAG Sask First Pathways Program document can be found on the Gym Sask website and provides a more detailed description of the program HERE.

2. ATHLETE 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.

2.1 Competition, Mobility and Upgrades

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.

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.

Deadline for upgrades will be accepted up until one month prior to the Western Canadian Artistic Gymnastics Championships.

Athletes wishing to move down a level during the year must obtain approval from the MTC at least one week prior to the event registration deadline.

Demonstrations for athletes not age eligible or not registered in a given category are not permitted. These athletes must be redirected towards different programs.

Competition is not permitted, out of province, in a category or an age that an athlete is not eligible to compete in province.

2.2 Levels & Age Groups
Competitions, training, testing and/or talent identification programs will be offered for the following levels:

SASKATCHEWAN PRE-COMPETITIVE, PROVINCIAL & NATIONAL

CATEGORY	AGE RANGE	AGE CATEGORIES (Recommended)
Pre-competitive/Interclub	Born 2020 and earlier	U8 and 8+
ACE Interclub Bronze	Born 2020 and earlier	U8 and 8+
ACE Bronze	Born 2018 and earlier	U13 and 13 +
ACE Interclub Silver	Born 2020 and earlier	U8 and 8+
ACE Silver	Born 2018 and earlier	U13 and 13 +
ACE Gold	Born2018 and earlier	U13 and 13 +
ACE Platinum	Born2018 and earlier	U13 and 13 +
Provincial 1	Born 2011 – 2018	U10 and 10+
Provincial 2	Born 2011 -2018	U10 and 10+
Provincial 3	Born 2016 and earlier	U14 and 14+
Provincial 4	Born 2016 and earlier	U14 and 14+
Provincial 5	Born 2012 and earlier	14+
National Open	Born in 2011 and earlier	15+
Masters	Born in 2008 or earlier	18+
Novice (13-14)	Born 2012 – 2013	13-14
Junior (15-16)	Born 2010 - 2011	15-16
Junior (17-18)	Born 2008 – 2009	17-18
Senior 19-20	Born 2006 - 2007	19-20
Senior 21+	Born 2005 and earlier	21+

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.

COMPETITION AGE DETERMINATION (For all competitive categories)
The competition year is defined as Jan 1st – Dec 31st and the gymnasts' competition age for that year is the age he will be in that competitive year (for example, an athlete born on December 10th, 2013 is considered 12 years of age for the 2025 season in the Provincial 1 category)

- Note: Athletes considered 8 years of age in the current competitive year (Those gymnasts born in 2017) will be allowed to participate at invitational competitions in province and Saskatchewan Championships if they turn 8 years of age **before Dec 31st, 2025.** These gymnasts must be registered as Provincial Stream athletes with Gymnastics Saskatchewan. Any gymnast younger than this will not be allowed to register or compete in a category higher than Pre-Competitive/Interclub Level 1 or ACE.
- For the Provincial 1-3 and Masters levels, if there are fewer than 15 gymnasts in a given level, all ages will compete together. If there are greater than 15 gymnasts, the level should be split into appropriately divided age categories for a given competition. The best interests of the gymnasts should always be considered. For example, splitting a level with 17 gymnasts into one group of 15 and one group of 2 may not always be the best action for a given competition. In some cases, the 15-athlete threshold may be too high and separations may need to occur. Regardless, when separating by age, the Gym Sask MAG technical coordinator or the MAG judging chair should always be consulted before sending out any rotations for a competition.

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. OFFICIALS PROGRAM REGULATIONS

The following regulations govern men's artistic judges in Saskatchewan.

3.1 General

Provincial judging rules, regulations and procedures are under the jurisdiction of Gymnastics Saskatchewan's MAG Program Manager in consultation with the Men's Judging Coordinator and the Men's Technical Committee.

National judging certification programs and policies are the responsibility of Gymnastics Canada.

All judges attending a judging course and/or acting as active judges for Gymnastics Saskatchewan must be registered before attending their first course or October 31st. All judges must be members in good standing of Gymnastics Saskatchewan at the prescribed judging membership fee.

3.2 Certification Levels

The following are the judging certification levels in Saskatchewan and Canada:

Provincial 1 (Certified to judge Provincial 1 and 2)
Provincial 2 (Certified to judge Provincial 3 - 5, Aspire and National Open) National 1
(Certified to judge all categories)
International (FIG)

All judges shall remain at each level for a minimum of two years. Judges at Provincial Levels 1 and 2 may apply to the Judging Chair, in writing, for permission to move up to the next level after only one year. The decision to grant this request will be based on the qualifications, previous experience and expertise of the judge.

Coaches and present or former National level gymnasts may apply to the Judging Chair for permission to challenge to judge Provincial 2.

3.3 Judging Certification Clinics

All clinics for judging certification are under the jurisdiction of Gymnastics Saskatchewan, the MTC and the Judging Coordinator. All clinic registration fees are the responsibility of the individual judge. All judges taking certification clinics must be or become members of Gymnastics Saskatchewan and pay a membership fee. All judges must pre-register with the Gymnastics Saskatchewan office prior to attending the clinic. Course fees shall be established annually by Gymnastics Saskatchewan to offset costs of materials, facilities and clinician honoraria.

3.4 Program Requirements

PROVINCIAL 1
Prerequisite:

- Minimum age 15 years as of the course date

Requirements:

- Attend designated Provincial Level 1 courses every year
- Must complete the online MAG entry level judging course when available (information on this course can be obtained from the MAG judging chair at gouletjr@gmail.com
- Judge a minimum of 2 competitions per year
- Complete 12 hours of practical time in the gym every year with the observation hours record form to be submitted to the Judging Chair prior to first competition of the season each year and signed by a coach/club judging chair
- Can recognize elements and determine scores for Provincial 1 and 2 routines

PROVINCIAL 2
Prerequisites:

- Two years as a Provincial 1 Judge and judged 2 competitions per year or have previous experience as an athlete, coach or judge as approved by the MTC
- 16 years of age

Requirements:

- Attend designated Level 2 Provincial Judges course every year
- Returning judges must pass a judging exam with 70% each year there are major changes to the Provincial Level Rules and FIG Code changes.
- Judge a minimum of 2 competitions per year
- Complete 16 hours of practical time (in the gym or on video) every year with the observation hours form to be submitted to the Judging Chair by February 1st (or prior to first competition of the season) each year and signed by a coach/judge approved by the Judging Chair
- Can recognize elements and determine scores for Pre-Competitive, Provincial, National ~~and all High-Performance Compulsory routines~~
- Judging record of competitions for the year will be maintained electronically by the MAG Judging Chair and /or MAG Program Manager

NATIONAL & INTERNATIONAL

Prerequisites:

- Judges wishing to embark on national certification programs must be recommended by the MTC and must meet the requirements as established by the MTC
- Provincial 2-2nd year judges, as recommended by the MTC may be eligible to attend national judge courses.
- Coaches and/or athletes who have been on a national team are also eligible to apply to the MTC to attend national judging courses
- All judges recommended by the MTC to attend the national course must be approved by Gymnastics Saskatchewan

Requirements:

- All National and International Judges shall be governed under the Gymnastics Canada Judging Policy
- Judges shall conform to Gymnastics Canada technical rules and regulations governing judging clinics, exams, competitions, etc.
- All National and International Judges registered with Gymnastics Saskatchewan, as individual members, shall actively take part in provincial/invitational competitions, programs and the conducting of clinics as requested

3.5 Judging Assignments and Requirements

All judges, after completing the appropriate course(s) will be placed in a pool of independent judges. All judges **MUST** be registered with Gymnastics Saskatchewan (Note: If a judge is already registered as an athlete or coach, they will not need to pay any additional fees).

All judging assignments for every event/competition in Saskatchewan will be administered by the MAG Judging Chair, Men's Program Manager and/or the MTC in direct consult with the host club's organizing committee to ensure competitions run properly, efficiently and at the minimal necessary costs to the host club.

Every effort will be made to minimize the costs to the host club while also ensuring judges get the necessary experience to learn and progress. The priority for assignments will be based on expenses to the host club followed by needed experience, based on the availability of individual judges.

3.6 Expenses and Payment of Judges

GENERAL

The expenses for judges to attend invitational competitions are the responsibility of host club. **Host clubs are responsible for honoraria and associated travel expenses (mileage, hotels if necessary and per diem if meals are not provided at the competition)** for all judges assigned to invitational competitions.

Host clubs are responsible for **honoraria** for all judges assigned to **Provincial Championships. Travel expenses (mileage, hotels if necessary and per diem)** will be arranged and covered by Gymnastics Saskatchewan.

Gymnastics Saskatchewan will pay judges honoraria and expenses for the CWG trials and screening competitions.

Judges are expected to submit expense forms within 2 weeks of the event's conclusion.

Expenses of judges travelling as part of Team Saskatchewan to designated meets shall be funded by Gymnastics Saskatchewan as approved by the CEO.

EXPENSE RATES
Expense rates for mileage and per diem for judges will be the same as those set out by Gymnastics Saskatchewan.

Gymnastics Saskatchewan expense rates are determined by the CEO annually. Please refer to the current approved expense form.

COMPETITION HONORARIA
Judges will be paid the following honoraria per session:

Shadow Judges	NO HONORARIA
Physical Evaluators	$35 per session
Provincial 1 judges	$15/hr (3-hour minimum/session, including judges meeting,)
Provincial 2 judges	$20/hr (3-hour minimum/session, including judges meeting,)
National judges	$30/hr (3-hour minimum/session, including judges meeting,)
FIG judges	$35/hr (3-hour minimum/session, including judges meeting,)

Host clubs are responsible for honoraria for judges assigned to Provincial Championships and invitational competitions.

The head judge for the competition will be responsible for keeping track of session times and report back to the meet director (within 48 hours) to facilitate proper payment. After the session times have been reported, the host club shall send out honoraria checks no later than **2 weeks** following the competition date.

CLINICS
Gymnastics Saskatchewan will pay expenses and honoraria for National level judges for conducting judging certification clinics as organized by Gymnastics Saskatchewan. Course Conductors shall receive the following payments for courses (includes prep time)

5-hour Course - $200
8-hour/1-day Course - $300
12-hour Course - $450
16-hour/2-day Course - $600

Gymnastics Saskatchewan may pay/share expenses for National level judges to attend courses/clinics and qualifying competitions to maintain and/or upgrade their level.

3.7 Judging Uniforms
The judging uniform for all Gymnastics Saskatchewan sanctioned competitions is: grey slacks, a light-colored dress shirt, dark tie, dark shoes and a dark blue blazer.

3.8 Record of Meets
The MAG Judging Chair will keep an electronic record of the meets for all judges in the province to ensure that assignments are divided as equally as possible and that each judge is receiving the proper experience to upgrade in subsequent years.

3.9 Professionalism of Judges
Judges are held responsible in matters concerning professionalism, fair play, attendance, promptness and proper dress. All judges shall abide by the Code of Conduct as prescribed by Gymnastics Saskatchewan and Gymnastics Canada.

3.10 Interclub Scoring
For Inter-Club Level athletes there will be **NO FLASHING OF SCORES.**
Results are handed out to coaches at the end of the meet. 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.

Officials 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. EQUIPMENT

The following information is to provide 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.

MATS

- The safety of each individual athlete is of primary importance, therefore proper and adequate mats must be provided at all events
- Landing mats at all events must be regulation mats as per FIG Code of Points
- Extra landing mats may be used

VAULT

- The vault table must be solid and stable
- The vault table must be adjustable to required heights
- Adequate runway space (25 m)
- 20cm of mats additional mats must be available for Provincial 1 and 2 competitions

RINGS, PARALLEL BARS, HORIZONTAL BAR

- Floor plates for equipment must be checked for safety on a regular basis and prior to a competition
- FIG approved equipment must be used
- The base of the equipment must be in direct contact with the floor.
- Equipment must be adjustable to the required heights
- An adjustable high bar may be used for Provincial 1 and 2
- Up to 60cm of additional mats for High Bar and Rings and up to 20cm for P-Bars must be available for Provincial 1 and 2

POMMEL HORSE

- An elevated mushroom for Provincial 1 and 2 competitions
- A regulation pommel horse must be used for all other competitions

FLOOR EXERCISE

- All FIG competitions require the use of a spring floor with marked boundaries.
- Sufficient mats must be placed around the perimeter corners of the floor

BEAT BOARDS

- All boards used must be in good condition and must be FIG approved
- A board must remain at the event for all competitors to use

5. COMPETITION INFORMATION

5.1 Warm-up

Athletes will receive a general warm up and apparatus warm-up prior to the start of the competition. The time limit for competition warm ups is recommended to be a minimum 45 minutes for Provincial 1 and 2 and 1.5 hours for Provincial 3-5, Open, Junior and Senior. If the number of athletes in the session is above 36, the warm up time may need to be increased at the discretion of the organizing committee.

Competition warm-ups may not begin prior to 8:00 am and competitions may not go later than 10:00 pm.

5.2 Saskatchewan (Provincial) Championships

Gymnastics Saskatchewan will offer annually a Saskatchewan Provincial Championship competition during which Provincial Champions will be declared for each level. The MTC Judging Chair shall assign judging panels for Saskatchewan Championships.

QUALIFICATION

To be eligible for Provincial Championships, all athletes must be registered as a provincial or national stream competitive athlete with Gymnastics Saskatchewan.

To be eligible to compete in Saskatchewan Championships, all Saskatchewan competitive athletes must participate in a minimum of **TWO** sanctioned invitational meets in the province (all Provincial levels) or ONE sanctioned invitational meet in the province and the Sask First ID testing in the current competitive year.

Pre-competitive gymnasts will not compete at Provincial Championships.

ENTRY FEES & RESULTS
Gymnastics Saskatchewan shall set the entry fees for all Saskatchewan Championships.

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

1st AA	Trophy or plaque and Provincial gold medal
2nd, 3rd AA	Provincial medals
4th – 8th AA	Provincial ribbons
1st, 2nd, 3rd each event	Provincial medals
4th – 8th each event	Provincial ribbons*

Gymnasts are required to compete on a **minimum of 4 events to be eligible for AA awards**.

**Ribbons for 4th – 8h place per event are not required to be presented on site if the host does not have a dedicated awards area

OTHER AWARDS

Gym Sask Award	Highest National Stream AA score (Provincial 4 – Senior)
Chuck Sebestyen Award	Most Artistic National Gymnast (Provincial 4 – Senior)
Gym Sask Award	Highest Provincial Stream AA score (Provincial 1 - 3)
Stu Cram Award	Most Artistic Provincial Gymnast (Provincial 1 - 3)

5.3 Selection and Trial Meets
Gymnastics Saskatchewan, or its designated host, will hold qualifying and trial meets for the selection of Provincial Teams for Canada Winter Games, and others, as required. There are no awards for these competitions. The host club must cancel all recreational classes and birthday parties when hosting trial or selection events and training camps.

5.4 Competition Protests
Protests at competitions for Provincial 4 – Senior are allowed. These will be as per FIG regulations. Video review will not be allowed for Provincial 1-3 and only where available for other levels in province. Protests will be taken to the meet head judge and can only be made regarding the D-score. No protests for E-score (i.e. Deductions) will be accepted as per FIG regulations.

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

6.1 Athletes

GENERAL

- Athletes selected to provincial teams for any events must be registered with Gymnastics Saskatchewan in the corresponding Provincial or National Stream registration category.
- Athletes are selected to provincial teams based on the all-around scores obtained in the designated trials.
- Once an athlete 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 MTC, and notify the MTC of any injuries.

- Final team selection is the responsibility of the Technical Director and CEO in consultation with the MTC.

SELECTION TO CANADIAN CHAMPIONSHIPS

- Selection competition rules will be as per GCG regulations for the respective category at Canadians.
- Gymnasts must be registered in Saskatchewan as a National Stream gymnast to qualify for Team Saskatchewan.
- Team members shall be selected in the National Open and High-Performance categories.
- For all categories, Gymnastics Saskatchewan's High-Performance Coach will make team selection recommendations to the MTC based on skill performance, routine composition, routine execution, trial scores, contribution to the team and any qualifying scores set by Gymnastics Canada. Final team selection will be approved by the Gym Sask Technical Director.
- All sanctioned competitions are considered Trial events, pending approval of the judging panels.
- Out of Province travel requests must be submitted to Gymnastics Saskatchewan to have competitions recognized as Trial events.
- Selection competition rules will be as per GCG regulations for the respective category at National Championships.
- Gymnasts must compete **at least twice** during the current competitive season to be considered for ranking on Team Saskatchewan.

SELECTION STANDARDS FOR HIGH PERFORMANCE CATEGORIES

- Gymnasts on the current National Teams list (Senior A/B or Junior) are eligible to attend Canadian Championships as part of Team Saskatchewan. HP Category athletes that are not on the National Team must attain the following scores (Gymnasts not able to meet the score standard may be considered for the Open category. A maximum of two HP athletes may occupy spots on the National Open team).
- Eligibility for HP categories is determined by GymCan and can be found in the MAG Elite Pathways Program Manual.
- NCAA gymnasts currently competing in the United States (that are not currently on the current National Team list) must either compete at one sanctioned competition in Canada and score the qualifying score **or** submit quality video of competition routines that will then be evaluated by judges assigned by the MAG Judging Chair. The High- Performance coach, with approval from the MTC in consultation with the Technical Director, will then make the final selection decision.

The following are the minimum scores that must be achieved at a minimum of ***two*** sanctioned competitions (One of which must be outside of their home club).

SELECTION SCORES FOR **SENIOR/JUNIOR** (Canadian Championships/Elite Canada) AND **Novice** (~~Westerns~~/Canadians/Elite Canada)

Eligibility and Criteria for the 2025-2026 competitive season is determined by GCG Screening Requirements document on the GCG website.

Gymnastics Canada recommended Scores for **Junior** & **Senior** for the 2025 competition season for acceptance into this category for Elite Canada and Canadian Championships:

	FX	PH	SR	VT	PB	HB	AA
Novice	Must compete all 6 apparatus						63.00
Junior 15-16	Must compete all 6 apparatus						65.00
Junior 17-18	Must compete all 6 apparatus						67.00
Senior 19-20	12.10	11.70	11.70	12.50	11.70	11.60	69.00
Senior 21+	12.30	12.00	12.00	13.00	12.00	11.80	71.00

Note: Gymnastics Saskatchewan requires that these scores be achieved at ***two*** sanctioned competitions

SELECTION SCORES AND STANDARDS FOR **NATIONAL OPEN** (NATIONALS)

Gymnasts must:

- achieve the minimum AA score at ***two*** sanctioned competitions (one must be outside of your home club)
  AND
- compete on at least 4 apparatus to be eligible to be selected

Minimum AA score: **62.00 AA** for 6 events
52.50 AA for 5 events (Best 5 if competing AA)
44.00 AA for 4 events (Best 4 if competing AA)

- National Open athletes are eligible to attend Western Championships only to fill spots for the Western team if there are not enough qualified Provincial 5 athletes.
- A written petition must be submitted and reviewed by the MTC if for some reason they cannot attend

Note: Scores and qualification process are subject to change according to rule changes and extraordinary circumstances.

SELECTION TO WESTERN CANADIAN CHAMPIONSHIPS

- The MTC in consultation with the Technical Director, are responsible for the final team selection based on trials scores, national rankings, and performance of routines at training camps.
- National Team Member Junior and Senior gymnasts can petition to the MTC to be ranked on Team Saskatchewan for Westerns if they declare their intent to compete as part of Team Saskatchewan.
- Team members shall be selected in Provincial 2, Provincial 3, Provincial 4, and Provincial 5.
- All sanctioned competitions are considered Trial events, pending approval of the judging panels. Out of Province travel requests must be submitted to Gymnastics Saskatchewan to have competitions recognized as Trial events.
- Gymnasts wishing to be selected for Western Championships must achieve the selection standards set out below.

SELECTION STANDARDS FOR HIGH PERFORMANCE (WESTERNS)

- Gymnastics Saskatchewan's MAG High-Performance Coach will make team selection recommendations to the MTC based on skill performance, routine composition, routine execution, trial scores and any qualifying scores set by Gymnastics Canada. Final team selection will be approved by the Gym Sask Technical Director.

The following is a minimum score that must be achieved at a minimum of ***two*** sanctioned competitions (One of which must be outside of your home club)

SELECTION STANDARDS FOR NATIONAL OPEN, LEVELS 2-5 (WESTERNS)

Gymnasts must:

- achieve the minimum AA score at ***two*** sanctioned competitions (one must be outside of your home club)

AND

- compete on at least 4 apparatus to be eligible to be selected (Provincial 5 only)

~~NATIONAL~~

~~Novice 6 events Minimum **62.00 AA** (Must compete all 6 apparatus)~~

PROVINCIAL

Level 5	6 events Minimum **58.00 AA** 5 events Minimum **49.00 AA** (Best 5 if competing AA) 4 events Minimum **41.00 AA** (Best 4 if competing AA)
Level 4	6 events Minimum **59.0 AA** (Must compete all 6 apparatus)
Level 3	6 events Minimum **58.0 AA** (Must compete all 6 apparatus)
Level 2	6 events Minimum **60.0 AA** (Must compete all 6 apparatus)

Note: Scores and qualification process are subject to change according to rule changes and extraordinary circumstances.

SELECTION TO CANADA GAMES AND OTHER TEAM SASK COMPETITIONS

The MTC shall establish selection and qualifying criteria for Canada Games and other major competitions as required and as they arise in consultation with the Gym Sask Technical Director. Such criteria shall be circulated to all clubs with National Stream, Provincial Stream and High-Performance athletes a minimum of 3 months prior to the first selection meet for the specific event.

6.2 Injuries and Medical Petitions

- An injury or medical petition will only be accepted, for review by the MTC, in the event a gymnast has qualified at least once in the current competitive season at a sanctioned trial event under the criteria described in section 7.1.

- Only under *extraordinary* circumstances (as determined by the MTC and High-Performance coach) will any other injury or medical petitions be accepted for a gymnast intent on qualifying for a position on Team Saskatchewan. If a gymnast cannot qualify under the criteria described in section 7.1, he will not be considered for Team Saskatchewan.

- A fee, to cover judging expenses, will be assessed if a gymnast needs to have individual routines or skills judged or verified after a petition has been granted the MTC.

- All petitions for athletes must be submitted by the athlete's coach, in writing to the MTC, 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 and appeals for all competitions will be reviewed by the MTC in consultation with coaches involved, and a final decision reached.

- Decisions on granting petitions will be made in the best interest of the athlete concerned, taking into consideration the needs and performance of the provincial team as a whole and the regulations in place.

6.3 Coaches

Gymnastics Saskatchewan's MAG High-Performance Provincial Coach may be appointed as Head of Delegation if he/she is selected as a coach for Team Saskatchewan. In the cases where he/she is not selected, they will be added to the coaching staff at the expense of Gymnastics Saskatchewan.

All coaches named to a Provincial Team must have the required NCCP certification as per Gymnastics Saskatchewan policies.

All coaches named to a Provincial Team must be members in good standing of Gymnastics Saskatchewan and must be endorsed by the MTC.

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

The number of coaches selected will be determined in regard to the team needs, annual budget allocations, program, athlete and coaching development requirements.

The selection of the coaches will be based on the number of athletes from each club. If the number of athletes cannot determine the coach(es) (i.e. equal number from participating clubs), experience, past results and team needs will be discussed and coaches will be appointed/approved by the MTC in consult with the Gym Sask Technical Director and are subject to approval by the CEO.

In the case of a partial teams, coaching duties may be shared.

Gymnastics Saskatchewan may assist in accrediting additional coaches to the floor if the individual or club accepts financial responsibility. All such requests must come to the MTC and is subject to approval by the CEO. All coaches accredited to the floor, whether funded by Gymnastics Saskatchewan or by their club, or personally, shall be considered Team Coaches and part of the team delegation and they shall assume duties and responsibilities requested for the team operations.

6.4 Team Managers

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

- Western Canadian Championships
- Canadian Championships
- Games programs/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.

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.

Competition Protest Form

This is a protest for:

- ❑ Judging
- ❑ Technical

Event: _____ Date: _____

Athlete # & Name: _____

Category & Age Group: _____

D Score Posted: _____ E Score Posted: _____ Neutral Deductions Posted: _____

Coach's Rationale:

_____

_____

_____

_____

_____

Signature: _____

Received By: _____ Time: _____ $ included: _____

❑ Accepted ❑ Denied

Comments including rational for decision:

_____

_____

_____

_____

_____

Signature, Position: _____ Time: _____ $ returned?: _____

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

PETITION FORM

Purpose
This 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.

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.
- ✓ 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 for providing a recommendation to the Technical Director for each application.
- ✓ You will be notified by Gymnastics Saskatchewan 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**
- ❑ **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.

ARTICLE 2: COMPETITIVE AGE FOR HIGH PERFORMANCE PATHWAY

The competitor's age will be determined by their age at the end of the calendar year. Example: If an athlete turns 17 years old at any time during the calendar year, they must compete Junior 17-18

Category	Season: Sept 1, 2025 – Aug 31, 2026	Season: Sept 1, 2026 – Aug 31, 2027
Senior 21+	2005 or earlier	2006 or earlier
Senior 19-20	2006 – 2007	2007 – 2008
Junior 17 – 18	2008 – 2009	2009 – 20010
Junior 15 – 16	2010 – 2011	2011 – 2012
Novice 13 – 14	2012 – 2013	2013 – 2014

MAG AGE CHART

Updated – March 4, 2025

SASKATCHEWAN PRE-COMPETIVE
PRE-COMPETITIVE LEVEL 1 2019 & EARLIER 24 2012 – 1 2013 – 1 2015 – 3 2016 – 6 2017 – 9 2018 – 3 2019 - 1

- Pre-Competitive Level 1 will use the Provincial Pathways Level 1 GymCan rules and routines

	SASKATCHEWAN PROVINCIAL LEVELS			
Provincial 1 2010-2017 24	Provincial 2 2010 – 2017 13	Provincial 3 2015 & EARLIER 12	Provincial 4 2015 & EARLIER 7	Provincial Open 2011 & EARLIER 2
2011 – 1 2012 – 2 2013 – 1 2014 – 5 2015 – 7 2016 – 7 2017 - 1	2012 – 2 2013 – 6 2014 – 3 2015 – 2	2009 – 3 2010 – 3 2011 – 4 2012 – 2	2008 – 3 2010 – 1 2011 – 1 2013 – 1 2014 - 1	2010 - 2

NATIONAL LEVELS					
Aspire (13-14)	Junior (15-16)	Junior (17-18)	National Open 2010 & EARLIER	Senior Next Gen (19-20)	Senior (21+)
2011-2012 0	2009-2010 0	2007 -2008 1	2010 & earlier 3	2005-2006 1	2004 & earlier 3

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