

2023 SASKATCHEWAN WINTER GAMES

TECHNICAL PACKAGE

Technical packages are a critical part of the Saskatchewan Games. They guide the selection of athletes by prescribing the age and eligibility requirements, assist the organizing committee by detailing tournament formats and scoring procedures, assist the Districts and Provincial Sport Governing Bodies (PSGB) in verifying eligibility, help with budgeting by describing the number of participants permitted, advance coaching certification by stating minimum requirements and generally contribute to athlete development by identifying each PSGBs version of developing young amateur athletes.

Every Saskatchewan Games' coach, manager, host sport directors, District sport contacts and District sport councils has an obligation to read and understand every aspect of the Technical Package. Failure to do so could cost an athlete his or her eligibility for the Games and could affect final standings or the conduct of the competition. If someone does not understand an aspect of a Technical Package, he or she is to seek clarification from the Saskatchewan Games Council or the respective PSGB.

Technical Packages are developed primarily by PSGBs, following principles, guidelines and requirements of the Saskatchewan Games Council. As the overall governing body of the Games, the Council has the ultimate authority for Technical Packages, but this authority is exercised only with the knowledge and understanding of the PSGB concerned.

Changes initiated by the PSGB must be directed to the Saskatchewan Games Council for approval. The proposed changes must have solid rational for enhancing the sport technical requirements. Changes to age groups, eligibility requirements and team sizes or staff compliments after 18 months prior to the games will not be considered.

Saskatchewan Games Athlete Eligibility

1. The Saskatchewan Games shall be open to Saskatchewan residents who are Canadian citizens or who have landed immigrant status for a minimum period of one year prior to the Games.
2. Each District team shall be comprised of eligible athletes whose Saskatchewan domicile or actual residence for at least six months prior to the Games, was located within the recognized boundaries of the District they are representing. In the event an athlete moves from one District to another, less than six months prior to the start of the Games, a special request may be made to the Saskatchewan Games Council to determine eligibility.
3. Students enrolled and attending secondary or post-secondary school on a full-time basis outside their District residence may elect to compete in a District play down in either their home District or academic resident District, but not both.

Students attending a secondary school outside their home District must be enrolled in a minimum of 60% of the eligible credits to be considered a full-time student.

Students attending a post-secondary school outside their home District must be enrolled in a minimum of the equivalent 3 full time classes per year to be considered a full-time student.

4. First Nation athletes who reside and attend school in one District but are members of a First Nation Reserve in another District may elect to participate in either District, but not both. If they try out for one District and are not selected for that team, they are not permitted to try out for that sport in another District.
5. Athletes who have shared custody in a split marriage must participate in the District in which they currently attend school. If an athlete is transferring schools to live with the other parent or guardian in another District in the year of the Games, then the school that the athlete previously attended will be the District they participate in.
6. Athletes residing outside Saskatchewan:

Individual Sports:

Athletes residing at an address outside Saskatchewan are eligible to participate in the Saskatchewan Games if they meet the following conditions:

- They reside near the Saskatchewan boundary and attend school on a full-time basis in a recognized Saskatchewan education system;
- In the year of the Saskatchewan Games they must be a registered member of the appropriate Saskatchewan Provincial Sport Governing Body and shall not be a member of another province;
- They are eligible for membership with a PSGB in Saskatchewan.

Team Sports:

If a team has members from outside the Province of Saskatchewan, the team will be eligible if these criteria are met:

- The majority of the team resides in Saskatchewan or attends school on a full-time basis in a Saskatchewan based education system, and the others live within reasonable commuting distance;
- In the year of the Saskatchewan Games they must be a registered member of the

appropriate Saskatchewan Provincial Sport Governing Body and shall not be a member of another province;

- They are eligible for membership with a PSGB in Saskatchewan.

7. District Team Eligibility

Sports using Club Team selection

When a team roster is comprised of athletes residing in different Districts, the following criteria will determine which District the team will represent:

- In the year of the Saskatchewan Games they must be a registered member of the appropriate Saskatchewan Sport Governing Body;
- Where a team has members from two or more Saskatchewan Games Districts, and is registered in a recognized league, it shall compete in the District where the majority of the players reside. Teams in this position may have members living in adjacent Districts within reasonable commuting distance.

8. The Games shall be open only to amateur athletes recognized as such by the applicable PSGB.
9. For each Games an athlete may participate in one sport only in each half, however an athlete may elect to try out for different sports in the District team selection process. Upon acceptance of selection to a District team in that half the athlete must remain with that team until the completion of the Games and is not eligible to try out for another sport.
10. Coaches, managers and athletes may participate in more than one sport. However, they may only participate in one sport in each half of the Games.
11. The age classification for participation in the Saskatchewan Games is based on the LTAD model for each sport. Recognizing the multi—sport environment that athletes are exposed to at the Games, each sport shall consider the maturity level of the athlete when establishing its age classification.
12. Eligibility of athletes for the Saskatchewan Games program must be clearly identified by the PSGB in each respective sport technical package.
13. Prior to the Games, the eligibility of any athlete not clearly established by these rules shall be determined by the Saskatchewan Games Council. During the Games the eligibility shall be determined by the Games Jury.
14. Coaches, managers and athletes of the District team must stay in the athletes' village during the Games.

GYMNASTICS
TECHNICAL PACKAGE
2023 Saskatchewan Winter Games
February 19 – 25, 2023
Regina, Saskatchewan

1.0 SPORT: GYMNASTICS

Women's Artistic Gymnastics (WAG)

- 1.1 Competition Site: Fieldhouse
 - 1.2 Competition Dates: February 19 - 22, 2023
 - 1.3 Sanction: Gymnastics Saskatchewan
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2.0 PARTICIPANTS:

- 2.1 Number of Competitors – 5 total participants per District
 - 2.2 Coaches and Managers – total 2 Coach/Managers
 - 1 head coach
 - 1 assistant coach *Both coaches will act as managers
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3.0 CLASSIFICATION:

- 3.1 Year of Birth: 2008, 2009, 2010, 2011, 2012
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4.0 ELIGIBILITY:

- 4.1 Athletes:

Athletes must be registered members of a club in good standing with Gymnastics Saskatchewan as of the November 15, 2022 membership deadline.

WAG athletes who have competed in CCP level 7 or higher and Xcel Diamond or higher are ineligible to compete in the Games.

Athletes must be registered in the Interclub or Provincial Stream category; National athletes are ineligible to participate in the Games. Athletes who have attended a Canadian Championship in the past four years are ineligible to participate in the Games. All athletes must abide by the residency criteria and regulations as established by the Saskatchewan Games Council.

Coaches:

Coaches must be registered members in good standing with Gymnastics Saskatchewan. The head coach of each District must be fully certified NCCP Level 2 in any discipline. The assistant coach must be fully certified NCCP Level 1/Foundations in any discipline.

As a coach or manager of a District team you will be volunteering with children, who are vulnerable members of our society. As per the policy of the Saskatchewan Games Council, all coaches and managers are required to undergo a Criminal Record Check and a Vulnerable Sector Check.

As per the mandatory requirements for all sports in Saskatchewan the “Respect in Sport” online training program must be taken by all coaches. It is strongly recommended that managers take the online training to ensure that as youth leaders they recognize, understand and respond to issues of abuse, bullying and harassment.

4.2 Fill Policy:

The Fill Policy allows Gym Sask to add additional athletes to a District team if at the conclusion of the District team selection process the District Team is not able to field a full team.

Any athlete who does not qualify for their District team will be eligible for a fill spot.

All athletes who did not qualify for their home District team will then be ranked from highest to lowest. The top athlete in this list will be given the first fill spot, second ranked athlete will be given the second fill spot and so on.

Fill spots will travel and stay with their home District but will compete for their fill spot District.

Example: Mary lives in Regina but is a fill spot for Parkland Valley. Mary travel and will stay with Regina, however Mary will wear the Parkland Valley colours on the COMPETITION FLOOR (walk out uniform TBD, could be home District or fill District). If Parkland Valley wins a Team Medal, Mary accepts that medal with Parkland Valley.

5.0 PROVINCIAL REGISTRATION:

Gymnastics Saskatchewan
1734 Elphinstone St.
Regina, SK. S4T 1K1
Phone: 306-780-9229
Email: kmandzuk@gymsask.com

6.0 PROVINCIAL TECHNICAL LIAISON:

Kristi Mandzuk, Gymnastics Saskatchewan
1734 Elphinstone St.
Regina, SK. S4T 1K1
Phone: 306-780-9229
Email: kmandzuk@gymsask.com

7.0 COMPETITION:

7.1 GENERAL

Competition will be held for Team, All Around and Event Finals on each apparatus:

WAG will compete on Vault, Bars, Balance Beam and Floor Exercise.

7.2 DAY 1 COMPETITION - TEAM

All athletes from each District will compete on Day 1 to select Team Champions. The team ranking will be decided by counting the top 3 scores on each event from each team.

The team with the highest total will be declared champion.

7.3 DAY 2 COMPETITION – ALL AROUND

Individual all-around champions will be decided based on the scores on each event, in each Women's Artistic Gymnastics.

The individual with the highest score in each discipline will be declared champion.

7.4 DAY 3 COMPETITION – EVENT FINALS

Events finals will take place for the following events:

- WAG – Vault, Bars, Balance Beam, Floor Exercise

The top eight athletes on each event, based on a combined total score from Day 1 and Day 2, will compete in event finals.

Individual event finals results will be based on the highest score on each event from Day 3 competition. There are no carry over scores to event finals. Order of competition for finals will be based on a random draw.

8.0 RESULTS:

Points Ranking – rankings will be based on participant numbers (for individual competition) or number of teams (for team competition).

Teams will be ranked and awarded medals for 1st to 3rd place from the results from Day 1 competition.

Individual all-around winners will be ranked and awarded medals for 1st to 3rd place from the results of Day 2 competition.

Event winners will be ranked and awarded medals for 1st to 3rd place from the results of Day 3 competition.

9.0 TIE BREAKING PROCEDURE:

Ties will not be broken for awards.

10.0 SPORT PROTEST PROCEDURE:

Protests can be based on difficulty score/start value only. Protest fee is \$20.00 per protest.

11.0 EQUIPMENT:

All equipment must be approved by Gymnastics Saskatchewan.

WAG

- Vault table, runway, 2 coil beat boards, trampboard/mini tramp, crash mats, tape measure
- Uneven Bars, regulation mats, 1 beat board
- Balance Beam, regulation mats, 1 beat board
- 40' x 40' Spring floor, corner mats

Other

- Chalk bins and chalk
 - Duct tape
 - Sound system with microphone, with ability to plug in iPhone/Computer and speakers
 - Computerized scoring system, 5 tablets, computer, printer, copier
 - Extension cords
 - Vacuums, mops, pails, cleaning supplies
 - Tables and chairs
 - Decorations, flowers
 - Medical supplies
 - Ice, ice bags, water
 - Minor official table supplies (4 boxes)
 - Meeting rooms for judges
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12.0 SPORT JURY:

- Competition Chief Judge
 - Meet Director
 - Technical Director - Gymnastics Saskatchewan
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13.0 OFFICIALS REQUIRED:

13.1 MAJOR OFFICIALS

All major officials will be assigned by Gymnastics Saskatchewan.

Total: 9 major officials required.

WAG 1 Chief Judge + 2 officials per event – total 9 officials

13.2 MINOR OFFICIALS

14 minor officials per session to be supplied by the host.

WAG – 14 minor officials per session

VAULT	UNEVEN BARS	BEAM	FLOOR
	Timer	Timer X 2	Timer
Scorer	Scorer	Scorer	Scorer
Videographer	Videographer	Videographer	Videographer

14.0 MEDICAL SERVICES:

The organizing committee shall ensure that a minimum of two emergency medical technicians (physiotherapist, EMT, athletic therapist, and/or doctor) are in attendance on site for all warm-up and competition sessions. A medical doctor and dentist should be available on call for the duration of the event. Ambulance services should be notified that the event is taking place. An emergency action plan for medical services must be in place.

15.0 MEDALS:

Team competition: 5 gold, 5 silver and 5 bronze

Individual all around: 1 gold, 1 silver, 1 bronze

Individual event: Women – 4 gold, 4 silver, 4 bronze

No ties will be broken – please account for this in awards.

16.0 DISTRICT TEAMS SELECTION CRITERIA:

Districts shall attend a sanctioned qualifying competition before the entry deadline.

District teams (athletes, coaches and managers) shall be named no later than January 23, 2023.

17.0 PROVINCIAL SPORT CONTACT:

Kristi Mandzuk, Gymnastics Saskatchewan
1734 Elphinstone St.
Regina, SK. S4T 1K1
Phone: 306-780-9229
Email: kmandzuk@gymsask.com

18.0 OTHER INFORMATION REQUIRED

Specific technical rules and regulations are attached for each competition category.
Equipment specifications and requirements are attached for each competition category.
For more information, please contact Gym Sask at kmandzuk@gymsask.com



Technical Rules and Charts

Updated August 3, 2022

2023 SASKATCHEWAN GAMES SUMMARY

WAG	
Athletes	Athletes must be born in 2008, 2009, 2010, 2011, 2012
	Gym Sask Registered: Interclub or Provincial
	XCEL Gold rules
	5 Gymnasts (female)
Event	Vault, Bars, Beam, Floor
Scores	Max score = 10.0 See below for more information
Uniform	Athletes from each District and each discipline must wear matching uniforms Female athletes: leotard, long or short sleeves, unitard, shorts or leggings accepted
Coaches	Each District will require a Head Coach (NCCP 2 in at least one discipline), One Assistant Coach (NCCP 1/Foundations in at least one discipline) and one manager.
Judges	1 Chief Judge 2 judges per event
Competition	Day 1: Team Competition (<i>top 3 scores from each event</i>) Day 2: All Around (<i>1 All Around Champion</i>) Day 3: Event Finals (<i>Top 8 from combined total of Day 1 & Day 2 will compete on each event, scores will not be carried over to Day 3</i>)

2023 SASKATCHEWAN GAMES
WOMEN'S ARTISTIC GYMNASTICS

XCELGOLD	VAULT	UNEVEN BARS
	Max score: 10.0	Max Score 10.0
Restrictions	Use of mini-tramp is allowed with a deduction of 0.5 applied to final score of that vault.	
	<p style="text-align: center;">Vault</p> <ul style="list-style-type: none"> ● Handspring ● Handspring – 1/2 twist off ● Yamashita ● Yamashita - 1/2 twist off ● ½ twist on – ½ twist off OR ¼ twist on – ¾ twist off ● ¼ twist on – Repulsion (with flight to feet) off OR ½ twist on - Repulsion (with flight to feet) off ● ¼ twist on – ¼ twist off – to land facing away from the table ● Handspring – 1/1 twist ● Yamashita – 1/1 twist ● ½ twist on – ½ twist off OR ¼ twist of – 1 ¼ twist off ● 1/1 twist on – Handspring or Yamashita off ● 1/1 twist on – ½ twist off 	<p style="text-align: center;">Bar Routine:</p> <ul style="list-style-type: none"> ● Any "A" value parts listed in the Xcel code of points or Gold Skills Chart ● Any "B" in the Xcel Code of Points ● No "C" or higher Value Parts ● No giants ● No release moves w/ bar change <p>Special requirements</p> <ol style="list-style-type: none"> 1. Minimum of 6 "A" VPs or Skills 2. Skill finishing in clear support at a min of Horizontal (not mount of dismount) 3. 360 Circling Skill (not mount or dismount) 4. 2nd 360 Circling Skill (not mount of dismount) 5. Dismount from High Bar
EQUIP	Min 100 cm to Max 125 cm	110 cm or 125 cm
MATS	Mandatory 10cm for landing. Max of 20cm Mandatory minimum FIG matting for landing of beam dismount (min 10 cm, up to 20 cm safety mat)	Mandatory 10 cm for landing. Max of 20 cm. Mats may not be placed under the beam
COACH	Coach is allowed on the landing mat	
WARM UP	15 Minute general warm-up Event warm up 45 seconds per athlete *Max 4 mins for Vault & Floor Warm up 7 or less athletes warm up in one group, 8 or more athletes warm up in two groups..	
MORE INFO	XCEL App can be downloaded from Google Play. Hard copy can be purchased from USAG	

XCEL GOLD		BALANCE BEAM	FLOOR EXERCISE
	Max score: 10.0	Max Score 10.0	
Requirements	<p>Beam Routine:</p> <ul style="list-style-type: none"> • Minimum of 6 “A” value parts • Any “A” or “B” value parts listed in the Xcel code of points • Any skill listed on Xcel GOLD chart • No “C” or higher Value Parts <p>Special requirements</p> <ol style="list-style-type: none"> 1. Minimum 1/1 turn on one foot. 2. Two (2) different group 2 elements – one with a min. 120 cross or side split (isolated or in a series) 3. Two Acro elements – with or without flight (isolated or series) – One must achieve or pass through inverted vertical 4. Dismount 	<p>Floor Routine:</p> <ul style="list-style-type: none"> • Any “A” or “B” value parts listed in the Xcel code of points • Any skill listed on Xcel GOLD chart • No “B” VP Twisting Saltos • No “C” or higher Value Parts <p>Special Requirements</p> <ol style="list-style-type: none"> 1. Minimum of two directly connected Acro flight elements 2. 2nd Acro Pass – either: <ol style="list-style-type: none"> a. A 2nd connection with minimum two directly connected Acro flight elements OR one ariel or Salto <p>*SR #1/SR #2 may NOT be combined in the same pass</p> 3. Dance passage <ol style="list-style-type: none"> a. Minimum two different elements from Group 1 (Leap/Jump/Hop) OR Group 1 – XCEL Gold skills chart (directly or indirectly connected), one of which is a Leap with a minimum of 120 degree cross or side split 4. Minimum 1/1 turn on one foot 	
EQUIP	110 cm or 125 cm	Up to 10 cm of additional mats for tumbling lines with Salto (not mandatory). Stay in place or be removed.	
MATS	Mandatory 10 cm for landing. Max of 20 cm. Mats may not be placed under the beam. Mandatory minimum FIG matting for landing of beam dismount (min 10 cm, up to 20 cm safety mat)	5 or 10 cm may be used for Acro lines with Salto. After the Acro line, the mat may be removed, moved or can stay in place.	
TIME	Max 1:00 minute for Beam and Floor Routine		
WARM UP	15 Minute general warm-up Event warm up 45 seconds per athlete *Max 4 mins for Vault & Floor Warm up 7 or less athletes warm up in one group, 8 or more athletes warm up in two groups.		
MORE INFO	XCEL App can be downloaded from Google Play. Hard copy can be purchased from USAG		

Please refer to the USA Gymnastics Xcel Code of Points for further information on routines.