



GYMNASTICS TECHNICAL PACKAGE

1.0 SPORT: GYMNASTICS

Men's Artistic Gymnastics (MAG)
Women's Artistic Gymnastics (WAG)
Rhythmic Gymnastics (RG)
Trampoline Gymnastics (TG)

1.1 Competition Site: High Noon Optimist Gym Club

1.2 Competition Dates: February 19 – 22, 2014

1.3 Sanction: Yes: X

2.0 PARTICIPANTS

2.1 Number of Competitors

Total: 10

3 female Women's Artistic Gymnastics
3 male Men's Artistic Gymnastics
2 male or female Rhythmic Gymnastics
2 male or female Trampoline Gymnastics

2.2 Coaches and Managers:

Total: 3

1 head coach
1 assistant coach
1 manager

Note: Sports that have both male and female competitors must ensure that one coach/manager is male and the other coach/manager is female.

3.0 CLASSIFICATIONS:



3.1 Year of Birth: 2001, 2002, 2003, 2004

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, 2013 membership deadline.

WAG athletes must be registered in the WAG Provincial Stream category as Level 2 competitors, and may not have competed Level 3 or higher in the previous year.

MAG, RG and TG athletes must be registered in the Provincial Stream category at any level in any discipline.

All athletes must abide by the residency criteria and regulations as established by the Saskatchewan Games Council.

4.2 Coaches:

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

5.0 PROVINCIAL REGISTRATION:

Registration is with:

Name: Gymnastics Saskatchewan
Address: 1870 Lorne Street
City: Regina, SK
Postal Code: S4P 2L7
Phone: 306-780-9229
Email: info@gymsask.com

6.0 PROVINCIAL TECHNICAL LIAISON:

Name: Karen Swanson, Gymnastics Saskatchewan
Address: 1870 Lorne Street
City: Regina, SK
Postal Code: S4P 2L7
Phone : 306-780-9229
Email: kswanson@gymsask.com



7.0 COMPETITION:

7.1 GENERAL

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

WAG (female athletes only) will compete on Vault, Balance Beam and Floor Exercise.

MAG (male athletes only) will compete on Floor Exercise, Vault and Horizontal Bar.

RG (female or male athletes) will compete Free and Hoop routines.

TG (female or male athletes) will compete on Tumbling and Trampoline.

Note that athletes may compete in more than one discipline to fill open spots on their District team. These athletes may not take the spot of any athlete who legitimately qualified for that discipline.

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 score on each event from each discipline (MAG, WAG, RG, TR) on each event. (10 scores to count)

The team with the highest total will be declared champion.

7.3 DAY 2 COMPETITION – ALL AROUND

Four all around champions will be declared, one for each discipline (MAG, WAG, RG, TG).

Individual all around champions will be decided based on the scores on each event, (3-MAG, 3-WAG, 2-RG, 2-TG) in each discipline.

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:

- MAG – Floor Exercise, Vault, Horizontal Bar
- WAG – Vault, Balance Beam, Floor Exercise
- RG – Free Exercise, Hoop
- TG- Trampoline, Tumbling

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: (see attached floor plan & equipment list)

All equipment must be approved by Gymnastics Saskatchewan.

MAG

- 40' x 40' Spring floor (shared with WAG), corner mats
- Vault table, runway, 2 coil beat boards, mini-tramp, crash mats, tape measures
- Horizontal bar, free standing kit, weights, regulation mats

WAG

- Vault table, runway, 2 coil beat boards, mini-tramp, crash mats, tape measure
- Balance Beam, regulation mats, 1 beat board
- 40' x 40' Spring floor (shared with MAG), corner mats



RG

- Rhythmic carpet
- Hoop may be of any size and weight (athletes to bring their own)

TG

- Rod tumbling floor 40 m long
- Competition trampoline, spotting mats, surround mats

Other

- Chalk bins and chalk
- Duct tape
- Sound systems (2) with microphones, CD players and speakers
- Computerized scoring system, computers, printer, copier
- Extension cords
- Vacuums, mops, pails, cleaning supplies
- Tables and chairs
- Decorations, flowers
- Medical supplies
- Ice, ice bags, water, cut up oranges for athletes
- Score stands (10)
- Minor official table supplies (10 boxes)
- Judges' gifts
- Meeting rooms for judges
- Hospitality room for coaches and judges

12.0 SPORT JURY:

Competition Chief Judge
Meet Director
Technical Director Gymnastics Saskatchewan

13.0 OFFICIALS REQUIRED:

13.1 MAJOR OFFICIALS

All major officials will be assigned by Gymnastics Saskatchewan.

| | |
|--------|--|
| Total: | 35 major officials required. |
| MAG | 1 Chief Judge + 3 officials per event– total 10 officials |
| WAG | 1 Chief Judge + 3 officials per event – total 10 officials |
| RG | 1 Chief Judge + 4 officials – total 5 officials |
| TG | 1 Chief Judge + 4 officials – total 5 officials |

13.2 MINOR OFFICIALS

40 minor officials per session (10 events, 4 minor officials per event) to be supplied by the host.



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 training, 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: 13 gold, 13 silver and 13 bronze (coaches and managers receive medals)

Individual all around: 4 gold, 4 silver, 4 bronze

Individual event: Women – 3 gold, 3 silver, 3 bronze

Men - 3 gold, 3 silver, 3 bronze

RG – 2 gold, 2 silver, 2 bronze

TG – 2 gold, 2 silver, 2 bronze

16.0 DISTRICT/ZONE TEAMS SELECTION CRITERIA

Each District shall hold a sanctioned qualifying competition in January 2014 or earlier to determine their team for the Games.

District teams (athletes, coaches and managers) shall be named no later than January 31, 2014.

17.0 PROVINCIAL SPORT CONTACT

Name: Karen Swanson OR Jamie Benson

Address: 1870 Lorne St.

City: Regina

Postal Code: S4P 2L7

Phone: 780-9229

Email: kswanson@gymsask.com OR jbenson@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 info@gymsask.com



**19.0 THIS IS TO CERTIFY THAT THIS TECHNICAL PACKAGE, IN ITS ENTIRETY,
WAS APPROVED BY OUR CEO.**



SIGNATURE:

Name: Klara Miller, Gymnastics Saskatchewan CEO

Address: Gymnastics Saskatchewan, 1870 Lorne Street

City: Regina, SK

Postal Code: S4P 2L7

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