



# **WESTERN CANADIAN ARTISTIC GYMNASTICS CHAMPIONSHIPS**

## **POLICY & PROCEDURE MANUAL 2024**

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- d) Approval of motions or changes to this document require a majority vote. A minimum of two thirds (2/3) of the provinces and territories will make up quorum.
- e) The host province or territory of the upcoming Westerns will chair this meeting and ensure that all documentation is prepared and circulated prior to the meeting.
- f) No changes shall occur to this document during the year (October–April) unless agreed upon by the Management Committee

## 4. WESTERNS DEBRIEF

- a) The Westerns debrief will occur following the event to review the event, provide feedback, and propose changes to this document via videoconference.
- b) Following Westerns, PTOs are encouraged to debrief internally within their province or territory to discuss the past Westerns.
- c) The MAG and WAG debriefs shall occur within 6 weeks following the end of the Western Championships to review the event, provide feedback, and to propose changes to this document.
- d) The Westerns debrief is made up of technical representatives from each PTO with the MAG debrief and the WAG debrief held separately.
- e) Each province and territory will have one vote at each debrief.
- f) A minimum of two-thirds (2/3) of the provinces and territories will make up quorum.
- g) The debrief shall be chaired by the technical representative of the PTO of the upcoming Westerns.
- h) All decisions require a majority vote.
- i) The chair shall ensure that a secretary is assigned at the start of the meeting to take minutes. The chair shall ensure that the minutes are sent to the Debrief voting delegates and the Westerns Management Committee within one week following the debrief. Any further changes identified by the PTSOs will be submitted to the Westerns Management Committee prior to September 1.

## 5. HOSTING

- a) The hosting of Westerns will be shared equally among the provinces of AB, BC, MB, and SK on a rotation basis.
- b) The territories of YT and NT may express their interest to host the competition. This will be discussed and decided upon by the Management Committee, pending a review of costs.
- c) Provinces and territories may trade hosting years should the possibility of hosting national/major events such as Canada Games cause hardship for the hosts in their assigned year.
- d) The following rotation schedule is currently in place:

YEAR	CITY	PROVINCE
2024	Langley	BC
2025	TBC	SK
2026	Whitehorse	YT

2027	Winnipeg	MB
2028	TBC	AB
2029	TBC	SK
2030	TBC	BC
2031	TBC	AB
2032	TBC	SK
2033	TBC	MB
2034	TBC	BC
2035	TBC	AB

## 6. REGISTRATION FEES

- The registration for coaches, judges, and athletes will be \$165.00 per person for 2024 Westerns. A \$30.00 late fee will be charged for all entries after the deadline.
- The registration for Westerns will increase by a minimum of \$5.00 per delegate annually.
- There will be no registration fee for team managers, heads of delegations, chaperones, or team medical personnel; however, they must be registered for accreditation purposes.
- Refunds will only be issued if a medical certificate is provided. There will be a \$15.00 admin fee held back on all refunds.
- Deadline for requests for refunds is one week prior to the competition.
- Any refunds due to extenuating circumstances will be reviewed by the Management Committee, if required.

## 7. COMPETITION DATES

- Where possible, Westerns shall take place a minimum of three weeks prior to the week of the Canadian Artistic Gymnastics Championships.
- The dates for Westerns shall be determined one year in advance, pending the confirmed dates of Canadian Championships.

## 8. COMPETITION SITE

- One year prior, the host province or territory shall confirm the date, location, host hotel, and facility at which they intend to host the upcoming Westerns. This information will be provided in writing to the Westerns Assembly and Management Committee at the current Westerns.
- Training facilities, if available and schedule permitting, may be made available the day prior to competition for those requiring training time prior to the event. Hosts are not required to provide training time but are encouraged to fit training time for provincial and territorial teams into the event schedule. It is recommended, where possible, that the host take the first training time slots to account for teams travelling to the competition.

## 9. ORGANIZING COMMITTEE

- The host province or territory may establish a club or other local organizing committee (LOC) to organize and operate the hosting of Westerns.

- b) The LOC may be incorporated autonomously from the provincial/territorial federation; however, the provincial/territorial federation shall be ultimately responsible for the preparations and operation of Westerns.

## 10. INFORMATION BULLETINS

- a) Two information bulletins shall be prepared and distributed to provinces and territories by the LOC.
- b) Bulletin #1 shall be distributed no later than December 15<sup>th</sup>.
- c) At minimum, bulletin #1 shall include the following information:
  - All registration information and waiver forms for all delegates
  - Registration fees and late fees
  - Process and deadline for refunds
  - Deadline date for registrations
  - List of the key members and contacts of the LOC
  - Exact dates of the event
  - Competition venue
  - Tentative schedule
  - Host hotel(s) contact person, room costs
  - Request for a list of judges to be submitted by March 1
- d) Bulletin #2 shall be distributed no later than one week following the registration deadline.
- e) At minimum, bulletin #2 shall include the following information:
  - Brand of equipment to be used for the competition
  - Final schedule including warm up time, general and specific
  - Competition order forms
  - Information on medical services
  - Draw for each category
  - Time and location of any meetings
  - Information on the closing party, and availability of additional tickets
  - Information related to availability of meals, restaurants, food services
  - Details pertaining to Opening/Welcome Ceremonies
  - Spectator admission costs

## 11. MEMBERSHIP

- a) All delegates (coaches, officials, managers, athletes, heads of delegation, etc.) must be registered members in good standing of their respective provincial or territorial federation.

## 12. MEDICAL

- a) The LOC shall ensure that a minimum of two EMT/First Responders are in attendance during all training and competition sessions.
- b) The LOC is encouraged to provide physiotherapy, massage, and/or other sport medicine services for athletes.
- c) The LOC shall ensure that an Emergency Action Plan is available at the competition venue.

## 13. INSURANCE

- a) It shall be the host province or territory's responsibility to ensure that adequate liability insurance is acquired for the protection of all parties involved in the event.

## 14. COMPLIANCE

- a) All coaches, judges, and team support staff assigned to Westerns must meet their own provincial/territorial association's requirement regarding SafeSport. This includes (but is not limited to) NCCP minimum certification, Respect in Sport certification, Criminal Record Check, etc.

## 15. ACCOMMODATIONS

- a) The LOC shall reserve a block of 200 rooms at the host hotel(s) for visiting delegates. The LOC will make every effort to secure reduced group rates.
- b) Where a host hotel(s) is secured by the LOC, all provincial and territorial teams must book at the selected host hotel(s).
- c) Each visiting province and territory will be responsible to make their own reservations, and for payment of hotel costs.

## 16. TRANSPORTATION

- a) Provinces and territories will be responsible for all transportation needs for all of their participants, including coaches, athletes, and officials.

## 17. CLOSING CELEBRATION

- a) The LOC shall arrange for and conduct a social as part of the event's activities. The cost of which shall be included in the registration fee. The social will take place on the Saturday evening.
- b) No alcohol may be served, sold, or consumed in the athlete area of the social.
- c) A meal is not required, but light snacks should be provided.

## 18. HOSPITALITY

- a) The LOC shall provide a hospitality room for coaches, officials, and PSO staff for the duration of the event.
- b) Meeting rooms shall be made available before and after each competition at the venue for officials. If possible, meeting rooms shall be separate from the hospitality room.

## 19. PROTOCOL & AWARDS

- a) Team Awards: to be eligible for a team award, a team must be comprised of enough members to meet the minimum number of counting scores.
- b) Awards for MAG and WAG will be presented as follows:

Individual small plaque or trophy for each team member	Team 1 <sup>st</sup> , 2 <sup>nd</sup> , and 3 <sup>rd</sup>
Medals	1 <sup>st</sup> –3 <sup>rd</sup> All Around, 1 <sup>st</sup> –3 <sup>rd</sup> Apparatus
Ribbons	4 <sup>th</sup> –6 <sup>th</sup> All Around, 4 <sup>th</sup> –6 <sup>th</sup> Apparatus



- c) Awards for Team and All Around will be presented at the end of each category's session. Apparatus Final awards will be presented at the end of the session.
- d) When a tie occurs, both will receive the award and the next place will be skipped.
- e) Special Awards:
  - Chuck Sebestyen Award (WAG CCP 10 16+ Team Champions)—the host shall purchase and provide a plaque. See appendix for more information. The Sebestyen family would appreciate the opportunity to present the award or identify a delegate to present it. Contact Patti Sebestyen (403) 452-2259, [4evr.pms@gmail.com](mailto:4evr.pms@gmail.com).
- f) It is recommended that the host have a separate area for awards presentation.
- g) The following are the number of awards required:

**MAG**

CATEGORY	SESSION	MEDALS (each of GOLD, SILVER, BRONZE)	RIBBONS (each of 4 <sup>th</sup> –6 <sup>th</sup> )	PLAQUES (each of 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> TEAM)
Provincial 2	Apparatus	6	6	0
	All Around	1	1	0
	Team	0	0	5
Provincial 3	Apparatus	6	6	0
	All Around	1	1	0
	Team	0	0	5
Provincial 4	Apparatus	6	6	0
	All Around	1	1	0
	Team	0	0	5
Provincial 5	Apparatus	6	6	0
	All Around	1	1	0
	Team	0	0	5
<b>TOTAL</b>		<b>28</b>	<b>28</b>	<b>20</b>

**WAG**

CATEGORY	SESSION	MEDALS (each of GOLD, SILVER, BRONZE)	RIBBONS (each of 4 <sup>th</sup> –6 <sup>th</sup> )	PLAQUES (each of 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> TEAM)
CCP 8	Apparatus	8	8	0
	All Around	2	2	0
	Team	0	0	14
CCP 9	Apparatus	8	8	0
	All Around	2	2	0
	Team	0	0	14
CCP 10	Apparatus	8	8	0
	All Around	2	2	0
	Team	0	0	14
<b>TOTAL</b>		<b>30</b>	<b>30</b>	<b>42</b>

## Total

CATEGORY	MEDALS (each of GOLD, SILVER, BRONZE)	RIBBONS (each of 4 <sup>th</sup> –6 <sup>th</sup> )	PLAQUES (each of 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> TEAM)
MAG	28	28	20
WAG	30	30	42
BUFFER (20%)	12	12	0
<b>TOTAL</b>	<b>70</b>	<b>70</b>	<b>62</b>

## 20. ADDITIONAL PERSONNEL

- a) Additional personnel such as trainers, managers, etc. are asked to remain off the Field of Play area during competition.

## 21. RESULTS

- The LOC shall provide/organize electronic scoring for the event.
- Paper forms for protests and paper copies of results shall be provided by the LOC.
- Scores and changes will be posted near the athlete waiting areas.
- Coaches will have up to 5 minutes after the publication of the draft results to verify them and communicate any error to the Competition Head Judge or Master Scorer. A designated area for verification of results must be clearly indicated. The Competition Head Judge and Master Scorer should be on site for verification to ensure any protests or errors can be dealt with in a timely fashion.
- Final results will be posted online.

## 22. MEETING

- The LOC must provide space and schedule a Technical Meeting for all coaches, managers, and officials prior to the start of the first competition, to review the technical rules and conduct of the competition. An LOC designate shall act as Chair.
- Notice and location of this meeting will be circulated in bulletin #2.

## 23. EQUIPMENT & VIDEO

- It is recommended that all, or a portion, of the event be live streamed.
- The LOC shall ensure that the competition equipment meets FIG/GymCan regulations.

## 24. COACHES ATTIRE

- The following attire is required for each coach during training, warm-up, and competition: Provincial Team uniform - track suit (long pants/yoga pants and jacket), Provincial Team T-shirt or polo shirt, and indoor sport footwear (runners).
- Prohibited items: flip flops, sandals, hats, shorts, midriff tops, tank tops, ripped or torn clothing.
- Coaches wearing inappropriate or non-Provincial Team attire will be asked by the Meet Director, Competition Head Judge, or their representative, to leave the competition floor.

## 25. SCHEDULE

- a) The recommended schedule for Westerns is as follows:

DAY	MAG	WAG
Thursday Morning/Afternoon	Training (per province)	Training (per province) CCP 9 & 10
Thursday Evening	Technical Meeting P2	Technical Meeting CCP 8 (15+) Team/AA/AF
Friday Morning	P3 Team/AA	CCP 9 (11-14) Team/AA CCP 9 (15+) Team/AA
Friday Afternoon	P4 Team/AA	CCP 10 (12-15) Team/AA
Friday Evening	P5 Team/AA	CCP 10 (16+) Team/AA
Saturday Morning	P2, P3, P4, & P5 AF	CCP 8 (11-14) Team/AA/AF
Saturday Afternoon		CCP 9 & CCP 10 AF
Saturday Evening	Social	

- b) WAG sessions may be rearranged depending on the number of athletes registered. Double panel or single panels using 8 apparatus may be used if the schedule does not allow for all categories being completed in the allotted time.
- c) When possible, the host province scheduled training could be on Wednesday. If this is possible, the training sessions for all provinces will be extended.

## 26. COMPETITION DRAW

- a) The competition draw will be completed by the host PTO following the registration deadline.
- b) The Team starting event is drawn for the first session, then rotates Olympic order for the subsequent sessions.

## 27. ONSITE COMMUNICATION

- a) Each PTO will provide the host with a list of names to the LOC (limited to coaches, judges, and staff) who will be added to an email distribution list for the duration of the event. Communication regarding schedule, finalists, final order of passage (OOP), results, information regarding the social, transportation, etc. will be sent to everyone on the list. A public folder like Dropbox, Google Docs, or OneDrive containing all up-to-date event documents (bulletin, schedule, orders of passage, results, maps, etc.) should be made available for the coaches, judges, and staff while onsite.

## II. MEN'S TECHNICAL REGULATIONS

### 1. GENERAL

- Westerns for MAG may include teams and individual athletes from AB, BC, MB, NT, SK, and YT.
- Individual entries are permitted. One week prior to the registration deadline all provinces and territories shall declare their team sizes and indicate the number of individuals in each level they would like to send if space permits.
- The age groups will be in accordance with the most recent GymCan MAG Technical Regulations and Pathways for the current year.
- Athletes will compete in accordance with the current GymCan MAG Technical Regulations and will be judged using current GymCan rules and FIG Code of Points in effect for their respective categories.
- The competitive categories and competition format will be:

CATEGORY	MAX. # OF ATHLETES	TEAM FORMAT	APPARATUS FINALS	AWARDS
Provincial 2 (10+) <i>2011-14</i>	2 teams of 5 athletes	5-5-3	Top 6	Team: Day 1 AA: Day 1 AF: Day 1
Provincial 3 <i>2014 or earlier</i>	2 teams of 5 athletes	5-5-3	Top 6	Team: Day 1 AA: Day 1 AF: Day 2
Provincial 4 <i>2014 or earlier</i>	2 teams of 5 athletes	5-5-3	Top 6	Team: Day 1 AA: Day 1 AF: Day 2
Provincial 5 <i>2007-2010</i>	2 teams of 5 athletes	5-5-3	Top 6	Team: Day 1 AA: Day 1 AF: Day 2

- For apparatus finals, there is no maximum number of athletes from a province/territory allowed to qualify for finals. If there is a tie for 6<sup>th</sup> place, all gymnasts will compete and no alternate will be named.
- In apparatus finals, there is no carry over from Day 1 competition.
- Alternates will do the general warm-up, but not the timed warm up.
- Team awards will only be presented if there are a minimum of two teams in any one category.
- Two provinces or territories may combine to create a joint team provided there is already at least one other team from one province or territory in the same category.

### 2. EQUIPMENT

- The LOC shall ensure that extra MAG equipment is secured from local clubs:
  - FIG Boards

### 3. COACHES

- a) The maximum number of coaches allowed on the floor during competition is three per team. Tag team coaching is permitted so that all coaches can be involved with their athletes.

### 4. ATHLETES

- a) An alternate athlete may only compete when a team member is unable to compete as determined prior to the start of competition on the first apparatus. Once the competition begins, an alternate cannot replace an injured gymnast.

### 5. JUDGES

- a) The host federation shall supply 4 judges for Westerns.
- b) The other provincial and territorial federations, except for YT and NT, shall supply 3 judges each for Westerns, with a minimum of one national or higher level judge.
- c) If a province cannot supply enough judges, they are responsible to contact the other provincial and territorial federations a minimum of 8 weeks prior to the event, to hire and pay expenses for any additional judges their province needs.
- d) The D1 on each apparatus must be minimum nationally certified. The other judges shall be qualified as Provincial or higher. Federations must submit the judges' levels to the host.
- e) Each province and territory are entitled to at least one D1 position, provided they have at least one nationally certified judge in attendance.
- f) There will be a minimum of 2 judges per apparatus for Team and AA competition. For Apparatus Finals, it is recommended that 4 judges per panel be assigned, one per province/territory.
- g) The host province or territory's Judging Chair will designate a Competition Head Judge for the meet. Besides overseeing the judging during the meet, it will be their duty to assign the judges to apparatus panels and send this list to the provinces and territories as soon as possible.
- h) Panels should consider geographical representation when possible. It is preferred that judges not be assigned more than two apparatus over the course of the competition.
- i) The LOC shall supply two line judges for floor exercise and one line judge for vault. Apparatus timers are not required.
- j) A judges' meeting, run by the Competition Head Judge, shall be held one hour prior to the start of each competition. All judges must be in attendance.

### 6. COMPETITION ORDER

- a) As often as possible, the gymnasts of a province/territory within a category must be kept together when they compete. The LOC will complete the draw for competition order the day after the registration deadline. Because the number of athletes in each category varies each year, the LOC can create groups to make a reasonable competition (group size and number of judging panels).
- b) If the numbers do not warrant, the LOC can organize 3 rotational groups. However, in doing so, the 6-apparatus rotation will be enforced.

- c) The Order of Passage for the Team competition is set by the coaches for all categories. An official representative from the province/territory must submit the Order of Passage by the end of training on Thursday. If not received, the Master Scorer will draw the competition order.
- d) Draw for finals:

RANKING AFTER DAY 1	ORDER FOR DAY 2
1 <sup>st</sup>	5 <sup>th</sup>
2 <sup>nd</sup>	4 <sup>th</sup>
3 <sup>rd</sup>	6 <sup>th</sup>
4 <sup>th</sup>	2 <sup>nd</sup>
5 <sup>th</sup>	1 <sup>st</sup>
6 <sup>th</sup>	3 <sup>rd</sup>

- e) In the case of a tie in any placing, the gymnasts will be grouped into the same position and randomly ordered by the LOC. All other athletes in the order will drop down the necessary number of places.
- f) For finals, the athletes will start on the following apparatus:
- Floor: Provincial 3
  - Pommel Horse: Provincial 4
  - Rings: Provincial 5
  - High Bar: Aspire

## 7. PROTESTS

- a) No formal protests will be accepted. Inquiries pertaining to D-Score only will be permitted after the completion of the apparatus.
- b) All routines on each apparatus must be recorded. This is to be provided by the LOC.
- c) Judges will only use the official video as they require.

## 8. COMPETITIVE WARM-UP

- a) As per GymCan pathway documents.

### III. WOMEN'S TECHNICAL REGULATIONS

#### 1. GENERAL

- a) Westerns for WAG may include teams and individual athletes from AB, BC, MB, NT, SK, and YT.
- b) The competitive categories and competition format will be:

CATEGORY	AGE GROUP	MAX. # OF ATHLETES	TEAM FORMAT	APPARATUS FINALS	AWARDS
CCP 10	12–15 (2009–2012)	7	7-7-4	Top 6	Day 1: Team/AA Day 2: AF
	16+ (2008 or older)	7	7-7-4	Top 6	Day 1: Team/AA Day 2: AF
CCP 9	11–14 (2010–2013)	7	7-7-4	Top 6	Day 1: Team/AA Day 2: AF
	15+ (2009 or older)	7	7-7-4	Top 6	Day 1: Team/AA Day 2: AF
CCP 8	11–14 (2010–2013)	7 <i>Reviewed annually depending on equipment availability</i>	7-7-4	N/A	Day 1: Team/AA/AF
	15+ (2009 or older)	7 <i>Reviewed annually depending on equipment availability</i>	7-7-4	N/A	Day 1: Team/AA/AF

*Note: Birth years are for the 2023-2024 season.*

- c) The current GymCan rules as they apply to programs and categories offered at Westerns will be in effect. Gymnasts will be judged according to the rules for their category. See section 2.0 Equipment and Warm up for exact rules as they are applied at Westerns.
- d) Gymnasts must compete on all four apparatus to be eligible for an All-Around award.
- e) There are no restrictions as to how many gymnasts from each province/territory can qualify for apparatus finals, or how many finals a gymnast can participate in.
- f) All gymnasts tied for 6<sup>th</sup> position will compete. If there is a tie, no alternate will be named.
- g) In apparatus finals, there is no carry over from Day 1 competition.
- h) Alternates will do the general warm up but not the timed warm up.
- i) Two provinces may combine to create a joint team provided there is already at least one other team whom can participate in the team competition.

#### 2. EQUIPMENT & WARM-UP

- a) The GymCan Equipment Specifications and Measurements Procedures will be used for general specification references.

- b) WAG equipment and warm-up will be as indicated in the GymCan CCP Manual. For a gymnast without a team or any other individuals in the rotation, they will receive a minimum of 3 touches on VT, 5 touches on UB, and 2 mins on Beam.

### 3. ELIGIBILITY & REGISTRATION

- a) When a province/territory does not send a full team, the additional open spots are “wildcard” spots and are distributed equally among the provinces/territories with full teams, to a maximum of 2 wildcard spots per province/territory per category. Wildcard assignments are done by consensus, but if a consensus cannot be reached, a draw will be done for these spots. For categories with multiple age groups in the same session, wildcard positions can be awarded to either age group if the total number of gymnasts in the session remains the same.
- b) Gymnasts may compete in only one level and age category.
- c) Gymnasts may compete in an older age category but not a younger one.
- d) Athletes on the GymCan High Performance list may only attend and compete in the CCP 10 category and as wildcards provided that they are not on the National Team, they are not carded and they have never represented Canada at a major Games or Championships event.

### 4. COACHES

- a) The maximum number of coaches allowed on the floor during competition is three per team. Tag team coaching is permitted so that all coaches can be involved with their athletes. There is no restriction on the number of coaches wishing to assist during warm up.

### 5. JUDGES

- a) Each province/territory, with the exception of YT and NT, shall supply and pay the cost of 4 judges for each session of competition.
- b) At least one of the required judges from each province/territory should be National High-Performance level or higher.
- c) Ideally all judges should be National CCP 10 or higher, although each province/territory may send one CCP 10 Provincial level judge.
- d) When possible, the Apparatus Chief Judge on each apparatus should be a minimum of National High Performance.
- e) The host province/territory will designate a Competition Head Judge for the meet. As well as overseeing the meet, it will be their duty to assign the judges to apparatus panels and send this list to the provinces/territories as soon as possible. It is highly encouraged that the CHJ be floating to allow for better management of the competition.
- f) A judges meeting will be held prior to the start of each session. The first meeting will be 30 minutes. The CHJ will confirm the duration of the following judges meeting. All judges must attend meetings.
- g) The LOC will be required to provide 2-line judges for floor exercise.

### 6. COMPETITION ORDER

- a) The members of a team must be kept together when they compete in the team competition.
- b) Each PSO will submit the order that the gymnasts will compete in for each apparatus. The Order of Passage for CCP 8 must be submitted to the Master Scorer by Thursday morning to



the email address provided, and for the other categories, by Thursday evening at the Technical Meeting. If not received, the Master Scorer will draw the order.

- c) When there are individuals and a team in given rotation, the individuals will compete after the team.
- d) When there are 2 teams in a given rotation, the order of the teams will rotate from one apparatus to the next.
- e) Where more than one individual from different provinces are in a rotation, the athletes order will rotate from one apparatus to the next.

## 7. APPARATUS FINALS

- a) The list of finalists and alternates must be circulated Friday following competition.
- b) The LOC must be notified of any scratches prior to general warm up by the province of the gymnast scratching.
- c) A finalized list with changes will be distributed prior to the apparatus warm up.
- d) Gymnasts may wear their provincial/territorial or an optional bodysuit.
- e) Draw for finals:

RANKING AFTER DAY 1	ORDER FOR DAY 2
1 <sup>st</sup>	5 <sup>th</sup>
2 <sup>nd</sup>	4 <sup>th</sup>
3 <sup>rd</sup>	6 <sup>th</sup>
4 <sup>th</sup>	2 <sup>nd</sup>
5 <sup>th</sup>	1 <sup>st</sup>
6 <sup>th</sup>	3 <sup>rd</sup>

- f) If there are 7 athletes in finals because of ties, the 7th athlete can be inserted in any position by LOC.
- g) For finals, the athletes will start on the following apparatus:
  - Vault: CCP 10+
  - Uneven Bars: CCP 10-
  - Beam: CCP 9+
  - Floor: CCP 9-

## 8. PROTESTS

- a) The GymCan Women's Program Rules for National Competition – Judging will be in effect.
- b) It is required to video record all apparatus for judging purposes, only official videos will be used in protest reviews.
- c) The host province will invoice the protesting province following the competition.

## **IV. APPENDICES**

# 1. MAG ORDER OF PASSAGE

Province \_\_\_\_\_ Category \_\_\_\_\_

Each team must submit their competition order by the end of their scheduled training period on the Thursday.

Submit at the competition venue to the Head Scorer in person, or by email to <EMAIL>.

Bib #	Name	Competition Order					
		FX	PH	SR	VT	PB	HB

Submitted By: \_

Date Submitted: \_

Received By: \_

## 2. WAG ORDER OF PASSAGE

Province \_\_\_\_\_ Category \_\_\_\_\_

Each team must submit their competition order by the end of their scheduled training period on the Thursday. CCP 8 competition order must be submitted by Thursday morning.

Submit at the competition venue to the Head Scorer in person, or by email to <EMAIL>.

Bib #	Name	Competition Order			
		VT	UB	BB	FX

Submitted By: \_

Date Submitted: \_

Received By: \_

### 3. CHUCK SEBESTYEN AWARD PRESENTATION SCRIPT

Chuck Sebestyen began coaching gymnastics in Saskatchewan in the early 1950's. His coaching exploits include the Saskatchewan Men's Canada Games Team, the University of Saskatchewan Men's and Women's Teams, the St. Mary's and Marian Gym Clubs in Saskatoon, Pan Am Games coach for Team Canada and national coach at the 1964 Olympic Games in Tokyo, Japan.

Chuck was also a national level judge and conducted many clinics for coaches and judges throughout North America. He was a very proud father of several daughters who were internationally ranked national team gymnasts.

Chuck was the founder of the provincial organization in Saskatchewan—the SGA—now called Gymnastics Saskatchewan. He has been inducted into the Saskatoon Sports Hall of Fame and Saskatchewan Sports Hall of Fame. Chuck passed away in 1998.

In his honour, and on behalf of his family, we are proud to present this award to the CCP 10 16+ Team Champions. Congratulations!

## 4. SAMPLE SCRIPTS

### Welcome Ceremony

Hello everyone, on behalf of <PTO and LOC>, welcome to <CITY> and the <YEAR> Western Canadian Artistic Gymnastics Championships.

<LAND ACKNOWLEDGEMENT>

We would like to welcome and announce the teams and athletes from the participating provinces and territories for this event:

[MARCH IN MUSIC]

Alberta

British Columbia

Manitoba

Northwest Territories

Saskatchewan

Yukon

A big round of applause for these athletes!

We ask that you please rise for the singing of the Canadian National Anthem <, sung by NAME>.

Please welcome <NAME> who will bring greetings on behalf of the <PSO> Board of Directors.

[SPEECH]

Thank you!

<OTHER GUEST WELCOMES>

Thank you!

<SPONSOR WELCOMES>

Thank you!

At this time, I would like to call upon <ATHLETE REPRESENTATIVE>, <COACH REPRESENTATIVE>, and <OFFICIAL REPRESENTATIVE> to take the athlete's, coach's, and official's oaths.

[OATHS]

This concludes our welcoming ceremonies. Please join us for the first competition this afternoon! Athletes, good luck this weekend. Please march out.

[MARCH OUT MUSIC]

### Pre-Recorded Announcements

Hello everyone, welcome to <CITY> and the <YEAR> Western Artistic Gymnastics Championships! <LAND ACKNOWLEDGEMENT>. <PSO> along with <HOST CLUB(S)> would like to welcome all the athletes, coaches, officials, and spectators to this year's Western Championships. We would like to thank our valued sponsors and suppliers for their contributions and ongoing support: <SPONSORS>, Thank you also to <BUSINESSES>. Just a reminder for the safety of our athletes, no flash photography is permitted. Professional photos are available for purchase in the vendor area. Please visit our tradeshow for other vendors. <PSO> would like to extend a special thank you to all the volunteers and organizing committee members for this event. Now, let's welcome our athletes for march!

### WAG Competition Script Sample

<b>4:45 PM General Warm-up</b>	Coaches and athletes: general warm-up will now officially begin. Warm-up will be completed at 5:05 PM.
<b>5:00 PM</b>	Coaches and athletes: there are 5 minutes remaining in the warm-up
<b>5:05 PM General warm-up complete</b>	The general warm-up is now complete. Please ensure to clear all bags from the floor and make your way to the marshaling area beside the medical table
<b>5:06 PM</b>	[PLAY CANNED ANNOUNCEMENTS]
<b>5:10 PM</b>	(ONCE ATHLETES HAVE MARCHED TO EVENT) Let's welcome our provinces and territories competing in the Women's CCP 8 session: <LIST P/Ts> Please rise if you are able to, remove your hats, and join us for our National Anthem.
<b>Floor Announcements</b>	(ON SIGNAL FROM JUDGES, ANNOUNCEMENT OF EACH ATHLETE AS THEY PARTICIPATE ON FLOOR) On floor, <ATHLETE> from <P/T>
<b>Rotation Complete (Four rotations – WAG)</b> <b>*Floor Marshal will signal once rotations are complete</b>	That completes rotation <#>, please rotate to your next apparatus.
<b>Competition complete</b>	That concludes the Women's CCP 8 competition. Our medal presentation will be held in the awards area

	<LOCATION>. Thank you for being part of our first session, we look forward to seeing everyone tomorrow at <TIME> for our next sessions!
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### MAG Competition Script Sample

<b>4:00 PM General Warm-up</b>	Coaches and athletes: general warm-up will now officially begin. Warm-up will be completed at 5:05 PM.
<b>5:10 PM</b>	Coaches and athletes: there are 5 minutes remaining in the warm-up
<b>5:15 PM General warm-up complete</b>	The general warm-up is now complete. Please ensure to clear all bags from the floor and make your way to the marshaling area beside the medical table
<b>5:16 PM</b>	[PLAY CANNED ANNOUNCEMENTS]
<b>5:20 PM</b>	(ONCE ATHLETES HAVE MARCHED TO EVENT) Let's welcome our provinces and territories competing in the Men's L3 session: <LIST P/Ts> Please rise if you are able to, remove your hats, and join us for our National Anthem.
<b>Floor Announcements</b>	(ON SIGNAL FROM JUDGES, ANNOUNCEMENT OF EACH ATHLETE AS THEY PARTICIPATE ON FLOOR) On floor, <ATHLETE> from <P/T>
<b>Rotation Complete (Six rotations - MAG)</b> <b>*Floor Marshal will signal once rotations are complete</b>	That completes rotation <#>, please rotate to your next apparatus.
<b>Competition complete</b>	That concludes the Men's L3 competition. Our medal presentation will be held in the awards area <LOCATION>. Thank you for being part of our first session, we look forward to seeing everyone tomorrow at <TIME> for our next sessions!

### MAG & WAG Competition Script Sample

<b>11:30 AM General Warm-up</b>	Coaches and athletes: general warm-up will now officially begin. WAG warm-up will be completed at 11:50 AM and
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	the MAG warm-up will be completed at 12:45 PM.
<b>11:45 AM</b>	WAG coaches and athletes: there are 5 minutes remaining in the warm-up
<b>11:50 AM General warm-up complete</b>	The general warm-up for WAG is now complete. Please ensure to clear all bags from the floor and make your way to the marshaling area <LOCATION>.
<b>11:52 AM</b>	[PLAY CANNED ANNOUNCEMENTS]
<b>11:55 AM</b>	(ONCE ATHLETES HAVE MARCHED TO APPARATUS) Let's welcome our provinces and territories competing in the <CATEGORY> session: <LIST P/Ts>
<b>12:40 PM</b>	MAG coaches and athletes: there are 5 minutes remaining in the general warm-up.
<b>12:45 PM General warm-up complete</b>	The general warm-up for MAG is now complete. Please ensure to clear all bags from the floor and make your way to the marshaling area <LOCATION>.
<b>12:50 PM March in</b> <i>*Between floor routines</i>	Please welcome the athletes competing the men's level <LEVEL> session: <P/Ts>
<b>Floor Announcements</b>	(ON SIGNAL FROM JUDGES, ANNOUNCEMENT OF EACH ATHLETE AS THEY PARTICIPATE ON FLOOR) On floor, <ATHLETE> from <P/T>
<b>Rotation Complete</b> (Four rotations - WAG) (Six rotations - MAG) <i>*Floor Marshal will signal once rotations are complete</i>	That completes rotation <#>, please rotate to your next apparatus.
<b>Competition complete - MAG</b>	That concludes the Men's level <LEVEL> competition. Our medal presentation will be held in the awards area on <AWARDS LOCATION>.
<b>Competition complete - WAG</b>	That concludes the Women's competition. Our medal presentation will be held in the awards area <LOCATION>.