

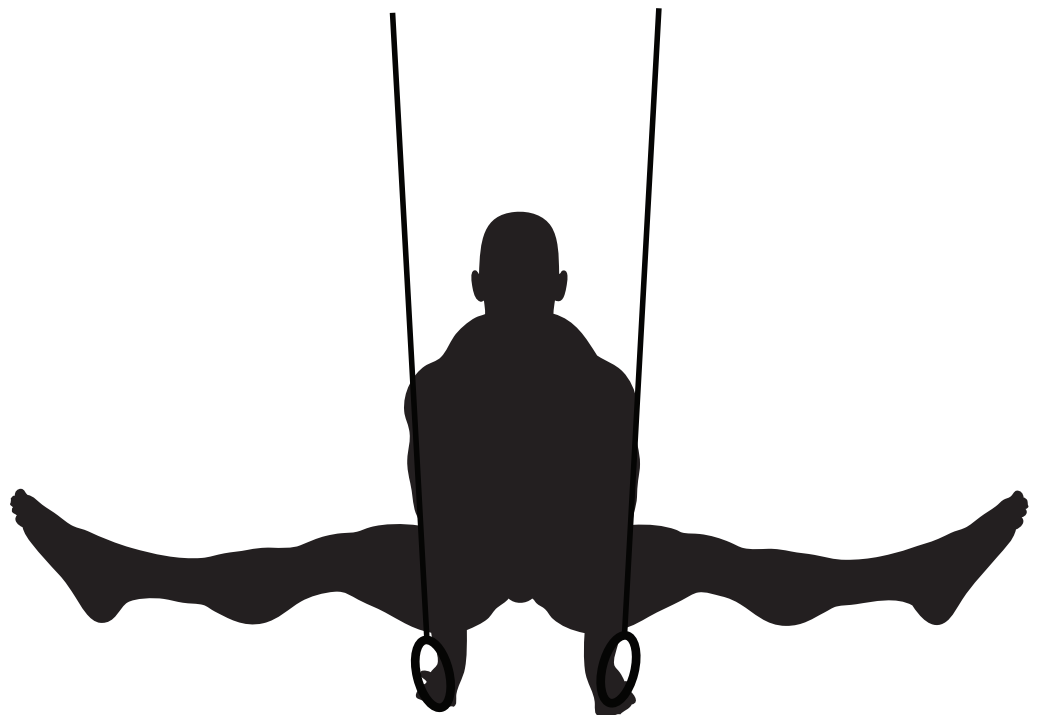


2011-2012

ALBERTA GYMNASTICS FEDERATION

MEN'S PROGRAM

Technical Handbook



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1. GENERAL INFORMATION

1.1 INTRODUCTION

Purpose

This handbook was written in response to the need for increased communication concerning technical information, to set criteria upon which the technical assembly will make decisions, as well as to increase organizational ability in the staging of competitions, clinics and other activities associated with Men's gymnastics in the Province of Alberta.

Handbook Review

The importance of this document is to keep all information current. This shall be the direct responsibility of the Program Coordinator and the Men's Program Representative or his appointee(s), who shall review and revise, as necessary, the handbook. All suggestions for additions, deletions and changes must be made in writing to the MTA. Changes will be ratified at any decision-making assembly meeting (See 1.2.5).

Acknowledgment

The Men's Technical Handbook is the result of dedicated work by several individuals who volunteered their time and energy. It is their hope that the information provided through this manual will help the development of men's artistic gymnastics in the Province of Alberta.

1.2 MEN'S TECHNICAL ASSEMBLY (MTA)

1.2.1 Mission Statement

- To pursue excellence at all levels of Men's Gymnastics.

Goals

- To place among the top three teams in each age group at National Championships.
- To place National Team Members in each age class.
- To support growth and development through competition experience.

1.2.2 Composition

The Men's Technical Assembly is composed of a person elected to the position of Program Representative, Judging Coordinator, and Provincial Stream Representative. Each club who has registered competitive male athletes can send a voting representative to any assembly meeting (1 vote per club). Working with the assembly is the AGF Men's Program Coordinator and any individuals requested by the Program Coordinator to fulfill specific or non-specific duties.

1.2.3 Responsibilities

The Men's Technical Assembly shall:

- Establish specific program goals and objectives.
- Consider and adopt program guidelines, rules and regulations that will define the conditions of participation within their respective program area.
- Provide direction to the AGF Program Coordinator relative to the conduct of the program and activities.

- Elect a Program Representative to the Board of Directors and Gymnastics Canada Gymnastique (GCG) Program Assembly.
- Co-ordinate and supervise technical aspects of all provincial and national activities of the Alberta Gymnastics Federation (AGF).
- Establish technical regulations for Alberta in accordance with the technical rules of the GCG.
- Offer progressive competitive opportunities appropriate to all age and ability levels.
- Plan programs for competitions, clinics and other events to train and upgrade gymnasts, coaches, judges and other officials.
- Monitor progress of instructors, coaches, judges and officials.

1.2.4 Voting Privileges

- At the commencement of each assembly meeting one voting delegate from each member club represented shall be identified. Each voting delegate shall have one vote.
- Proxy votes shall not be permitted under any conditions at an annual/general meeting of members (AGF By-Law #6, article 6.11).
- Quorum for Technical Committee meetings shall be comprised of at least one-third of the total members in good standing, or 10 members whichever is lesser (AGF By-Law #6, article 6.14).
- Voting decisions will be based on a majority rules and in the event of a tie, the agenda item will be tabled for further discussion at the following MTA meeting and should a tie still occur the Men's Program Representative will cast the deciding vote.
- Assembly meetings shall be convened a minimum of two times a year one of which shall be convened in conjunction with the Federation's Annual Awards Banquet.
- All assembly meetings will be chaired by the MTA elected Representative who will appoint a recording secretary (AGF Representative) for the purpose of taking minutes of the meeting.

1.2.5 Decision Making Meetings

- Decision-making meetings are the only meetings where changes to the Men's Technical Handbook can be made.
- Decision-making meetings will be held at the following events:
 - The Annual Technical Assembly Meeting held if applicable in conjunction with the AGF Awards Banquet
 - Trials to Nationals
 - Provincial Championships
 - A scheduled meeting prior to the Gymnastics Canada Gymnastique (GCG) Annual General Meeting (June)
- The Annual Technical Assembly Meeting will be considered the foremost meeting for the program and will be conducted in accordance with the AGF Bylaws.
 - Notice AGF Bylaw 6.4 Notice
 - Proxies AGF Bylaw 6.11 Proxy
 - Elections AGF Bylaw 7.7 Term of Office

1.2.6 Elections

The voting delegates present at the respective Annual Technical Assembly Meeting shall elect the Men's Program Representative and the Provincial Stream Representative. The Technical Assembly shall also elect the Judging Coordinator(s).

1.2.7 Current MTA Representatives

Men's Program Representative – Rob DeAtley

Men's Judging Coordinator – June Tiefenbach

Men's High Performance Age Group Director - Miguel Costante

Men's Provincial Stream Representative – Travis Oxley

** All MTA members can be reached through the AGF office.

1.2.8 MTA Representative Job Descriptions

Men's Program Representative

- To Chair all MTA meetings with the assistance of the AGF Men's Program Coordinator.
- Assist AGF Men's Program Coordinator with setting the agenda's for the MTA meetings.
- To accompany the AGF Men's Program Coordinator and act as the Men's Technical Representative at the GCG Annual AGM Meeting in June or thereabouts.
- Act as the Men's Program Representative to the AGF Board of Directors and assume the responsibilities involved with this role. If the Men's Program Representative is unable to attend, he will appoint another member of the MTA to attend in their absence.
- Roles and regulations not established by the MTA but by other appointed AGF bodies.
- Any disciplinary actions regarding member of the AGF Men's Program will be handled as per normal AGF procedures.

Men's Judging Coordinator

- To act as the Men's Judging Representative at all MTA meetings. If the MJR is unable to attend, he may appoint another National level judge to attend in their absence.
- To set panels for AGF sanctioned meets.
- May assist clubs to set panels for invitational meets.
- Compile an annual list of judges and their ratings that will be submitted to GCG.

Men's High Performance Age Group Director

- The High Performance Age Group Director will be required to provide a progress report to the MTA at all scheduled meetings. The report will include information on programs, meets and participation levels for activities aimed at the High Performance Age Group athletes.
- To ensure there are appropriate amounts of training camps and competitions for the High Performance Age Group athletes in any given competitive year.
- Coordinate, develop and plan training camps for the High Performance Age Group athletes with the AGF Men's Program Coordinator.
- To liaise in an on-going fashion with the AGF Men's Program Coordinator.
- To liaise in an on-going fashion with the GCG Men's Program Director.
- To liaise with clubs and coaches to identify issues within the High Performance Age Group regulations on an on-going basis.

Men's Provincial Stream Representative

- The Provincial Coaching Representative will be required to provide a progress report to the MTA at all scheduled meetings. The report will include information on programs, meets and participation levels for activities aimed at the Provincial Stream athletes.
- To make sure there are appropriate amounts of "fun meets", competitions and P1 testing session for the Provincial Stream athletes in any given competitive year.
- Coordinate, develop and plan training camps for Provincial Stream athletes with the AGF Men's Program Coordinator.
- To liaise in an on-going fashion with the AGF Men's Program Coordinator.
- To liaise with clubs and coaches to identify issues in the Level 1-4 technical regulations on an on-going basis.

1.3 MEN'S AGF TECHNICAL HANDBOOK

1.3.1 Purpose

The purpose of the Men's Technical Handbook is to ensure consistency in the provincial Men's Program.

1.3.2 Technical Rules

- The compulsory and optional competitions are governed by the following documents which are available through the AGF Office:
 - FIG Men's Code of Points
 - AGF Level 1 & 2 Compulsory Routines
 - GCG Canadian Provincial Level 3 & 4 Rules 2009-12 ed.
 - GCG National High Performance Program 2009-12 ed.
 - GCG National Youth & National Open Rules 2009-12 ed.
 - The Physical Testing Program Manual

** Contact the AGF office for availability and prices on other documents.

** Contact the AGF office or Program Coordinator with questions on current interpretations of these regulations.

1.3.3 Validity

Please refer to Section 1.2.5 (Decision Making Meetings).

1.3.4 Modification

At the conclusion of each season the Technical Assembly shall conduct a review of the rules and regulations and shall prepare any recommendations for presentation at the Annual Technical Assembly.

1.4 ELIGIBILITY

- All athletes, coaches and judges representing Alberta must be registered members of AGF and comply with the AGF's Regulations for Alberta Team Representatives (see Section 6.1.2).
- All coaches participating in a sanctioned event must be registered members and in good standing with the AGF and must comply with the current AGF NCCP certification requirements and adhere to all Code of Conduct and Code of Ethics manuals.
- All judges participating in a sanctioned event must be registered members and in good standing with the AGF and must comply with the current AGF requirements and adhere to all Code of Conduct and Code of Ethics manuals.
- NCCP requirements for coaches at Canadian Championships must possess current NCCP III and be certified in all components.

2. COMPETITIVE PROGRAMS

2.1 AGF COMPETITIVE STRUCTURE

2.1.1 Purpose

- The men's competitive structure is divided into 2 streams:
 - Provincial
 - National
- The Provincial Stream caters to the beginner level gymnast. This stream coincides with GCG's standards and are as follows:

Level 1

- Provincial 8 & Under
- Provincial 10 & Under
- Provincial 12 & Under

Level 2*

- Provincial 10 & Under
- Provincials 12 & Under

Level 3*

- Provincial 12 & Under
- Provincial 13 & Over

Level 4*

- Provincial 12 & Under
- Provincial 13 & Over

NOTE!

***If less than 6 athletes in an age category, both age categories will be combined.**

Level 4 is *Provincial* but is also considered '*pre-National*' by GCG standards.

- The National Stream caters to a high level, competitive gymnast. These levels are age restricted. Any gymnast may move back into the Provincial Stream at any time during the competitive season.
- At Canadian Championships, National Youth & Open gymnasts will perform one set of optional routines.

National Youth*

- National 13 – 15
- For Provincial Events 10+

National Open**

- National 16 +

- These categories culminate with Provincial Championships and Canadian Championships.
- National Open & Youth – will be part of Canadian Championships but are not part of Elite Canada.
- The FIG Code of Points, GCG National Age Group Rules and Regulations define the regulations for the National Stream. All National Stream coaches must have these three documents. Regulations for the Provincial Stream are specified in this handbook.

2.2 PROVINCIAL STREAM PROGRAM

2.2.1 Introduction

The purpose of the Provincial Stream Program is to provide a beginner level competitive gymnastics program. These competitors may or may not move on to the National Stream Level. Provincial Stream competitions will also accommodate the late beginners in our programs.

2.2.2 Eligibility

Any male gymnast who is registered with AGF and has competed at the AGF National Stream Provincial Championships must petition to the MTA to compete at Provincial Stream meets.

2.2.3 Age Standards

Please note the years

Category	8 & Under	10 & Under	12 & Under	13 and over
Level 1	2004 and later	2002 - 2003	2000 – 2001	N/A
Level 2	N/A	2002 and later	2000 – 2001	N/A
Level 3	N/A	N/A	2000 and later	1999 and earlier
Level 4	N/A	N/A	2000 and later	1999 and earlier

**** The athlete must turn the age stated by December 31st of the year of the competition. ****

2.2.4 Requirements

- Provincial Level 1 – must perform the AGF Level 1 Compulsory Routines.
- Provincial Level 2 – must perform the AGF Level 2 Compulsory Routines.
- Provincial Level 3 – must adhere to the GCG Level 3 Optional Routines.
- Provincial Level 4 – must adhere to the GCG Level 4 Optional Routines.

2.2.5 AGF Sanctioned Events

- PHYSICAL TESTING PROGRAM
For: The Provincial Program
- Refer to Physical Preparation Program Manual

- LEVEL 1 & LEVEL 2 TRAINING CAMP
For: The Provincial Program
- Level 1 & 2 Developmental Skills

- **MEN'S PROVINCIAL STREAM CHAMPIONSHIPS**

There will be Provincial Stream Championships for the following categories:

- Level 1
- Level 2
- Level 3
- Level 4
- All age groups will compete at the Provincial Stream Championship Meet(s).
- All Level 1 age categories will compete on all 6 events for All Around.
- Levels 2, 3, and 4 will compete on all 6 events using Provincial Stream rules.
- Provincial Stream Provincial Championships in Level 1, Level 2, Level 3, and Level 4 will be based on a one-day competition.

2.2.6 Competitive Format

- The Provincial Level – Levels 1 and 2 will compete the stated Compulsory routines.
- The Provincial Level – Levels 3 and 4 will compete the stated Optional routines.
- Provincial Levels 1 & 2 – 20 Minute General Warm-up with 1 minute /athlete/apparatus.
- Provincial Levels 3 & 4 – 90 Minute Warm-up and **No** one-touch.
 - Level 3 has the option to do the Level 1 & 2 Warm-up or the Level 4 Warm-up depending on the format of the meet. This will be decided by either AGF or the meet organizer and should be based on the number of athletes registered in both categories.

2.2.7 Awards for Sanctioned Competitions

Number of Awards Presented

- | | | | |
|-----------------------|------------|---|---------------------|
| • 1-3 athletes | All Around | - | Top 3 Medals |
| | Events | - | Top 3 Medals |
| • 4-5 athletes | All Around | - | Top 3 Medals |
| | | - | 4-5 Ribbons |
| | Events | - | Top 3 Medals |
| | | - | 4-5 Ribbons |
| • 6-9 athletes | All Around | - | Top 3 Medals |
| | | - | 4-8 Ribbons |
| | Events | - | Top 3 Medals |
| | | - | 4-8 Ribbons |
| • 10 athletes or more | All Around | - | Top 3 Medals |
| | | - | 4-8 Ribbons |
| | Events | - | Top 3 Medals |
| | | - | 4-8 Ribbons |

2.3 NATIONAL STREAM PROGRAMS

2.3.1 Introduction

The purpose of the National Stream Program is to provide a high-level competitive gymnastics program for our athletes.

2.3.2 Eligibility

Any male gymnast who is an AGF member and has the necessary skills to compete at the AGF National Stream Level.

2.3.3 Age Standards

The structure for the national program is comprised of two streams:

- High Performance Age Group Stream (HP)
- National Stream (NS)

Two categories of competition will comprise the National Stream program:

National Youth

The competitor's age will be based on his age as of January 1st of the competition year.

National Open

The competitor's age will be based on his age as of January 1st of the competition year.

	Provincial	National
National Youth	2001 or earlier	1996-1998
National Open	N/A	1995 or earlier

** The National Stream program will be based solely on optional routine requirements. Please refer to the GCG National Youth and Open Rules 2009-12 edition for further clarification.

NOTE!

All National Stream groups have a 90-minute warm-up prior to competition and one-touch.

The **High Performance** Age Group program will be comprised of four categories of competition:

Argo: Comprised of three age categories which compete together:

- **Category A)** The competitor's age will be based on his age as of January 1st of the year of Canadian Championships.
- **Category B)** The competitor's age will be based on his age as of January 1st of the year of Canadian Championships.
- **Category C)** The competitor's age will be based on his age as of January 1st of the year of Canadian Championships.
-

Tyro: Comprised of one age category:

- **Category A)** – The competitor's age will be based on his age as of January 1st of the year of Canadian Championships.
- **Category B)** – The competitor's age will be based on his age as of January 1st of the year of Canadian Championships.

Junior: May *not* have reached his 19th birthday by December 31 of the calendar year in which the competition takes place.

Senior: *Must* meet the FIG stipulation of reaching his 16th birthday in the calendar year in which the competition takes place.

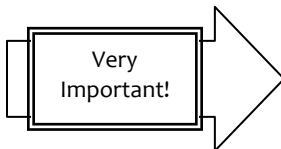
(For a complete list of Competition Regulations for HP athletes, please refer to Appendix 5)

Summary of Birth Years for High Performance Age Group Categories

Competitive HP Levels – 2010

Argo A	Argo B	Argo C	Tyro	Jr	Sr
2001	2000	1999	1998-96	1995-93	1995-

2.3.4 National Age Group and Senior National Team Member



- Junior and Senior GCG National team members will be automatically selected to the Provincial Team to represent Alberta at Canadians. National Team members do not have to attend the Canadian Championships preparation training camp(s). Senior National team members must appear at Provincials as a judge, coach and/or awards presenters. Eligibility to receive enhancement funding is contingent on an appearance at Provincials.

2.3.5 AGF Sanctioned Events for National Stream Programs

- PHYSICAL PREPARATION TESTING (P3)
For: High Performance and National Stream athletes
Either the AGF or GCG program.

ALBERTA TRIALS

- Alberta Trials will be open to all High Performance and National Stream athletes. **Argo** gymnasts will compete Day One at 1st Trial and Day Two at 2nd Trial. **Tyro** gymnasts will compete Compulsories at 1st Trials and Optionals at 2nd Trials.
- PROVINCIAL CHAMPIONSHIPS
There will be a Provincial Championships for the following categories:
 - National Youth – One Day
 - National Open – One Day

Argo and Tyro athletes' routines:

- **Argo** gymnasts will compete Day One and Day Two routines.
- **Tyro** gymnasts will perform Compulsory routines on Day 1 and Optional routines on Day 2
- All High Performance Categories will receive a 90-minute General Warm-up and one touch.

Junior and Senior athletes will compete **one** set of routines on all six events over a one-day period.

- National Stream Provincial Championships will be closed to any gymnast from outside the province.

2.3.6 Competitive Format

- Please refer to the most current GCG National Age Group or High Performance Program document.

2.3.7 Awards for Sanctioned Competitions

Number of Awards Presented

- | | | | |
|--------------------------|------------|---|--------------|
| • 1-3 athletes | All Around | - | Top 3 Medals |
| | Events | - | Ribbons |
| • 4-5 athletes | All Around | - | Top 3 Medals |
| | | - | 4-5 Ribbons |
| | Events | - | 1st Medal |
| • 6-9 athletes | All Around | - | 2-5 Ribbons |
| | | - | Top 3 Medals |
| | | - | 4-8 Ribbons |
| | Events | - | 1st Medal |
| • 10 athletes
or more | All Around | - | 2-8 Ribbons |
| | | - | Top 3 Medals |
| | | - | 4-8 Ribbons |
| | Events | - | Top 3 Medals |
| | | - | 4-8 Ribbons |

For Team Trials Only
(i.e., Alberta Trials)

- All Around awards only (top 6).

2.4 NATIONAL STREAM EVENTS

2.4.1 Western Canadian Championships

The Top 6 athletes in Level 4 and the Top 6 athletes in Argo will be named to the Alberta Team and will receive funding. An Argo Team Award will be added to Westerns at the 2012 event, Youth and Open athletes may attend Westerns and may receive funding provided they will not receive funding to attend Canadian Championships. No athlete will receive funding for both events. Score is determined using the best score from 1st and 2nd Trials. There are no qualifying scores for Westerns.

2.4.2 Canadian Championships

Canadian Championships are held each year for all High Performance and National Stream athletes.

High Performance athletes will compete **two** sets of routines on all six events over a two-day period. **Seniors will compete one day and Event Finals.**

National Stream athletes will compete **one** set of routines on all six events over a one-day period.

To participate as an Alberta team member at Canadian Championships, the gymnast must attend: a) Provincials, **and**
b) Final Camp/Trials (e.g., May).

The Qualifying Scores to Elite (**for HP athletes**) and Canadians for the 2011-12 season are as follows:

Age Category	Qualifying Score	Testing
HP Argo A	140	GCG Test (Flex 50, Tech 53, Phys 52)
HP Argo B	144	GCG Test (Flex 50, Tech 53, Phys 52)
HP Argo C	148	GCG Test (Flex 50, Tech 53, Phys 52)
HP Tyro A	144	QS plus GCG Test
HP Tyro B	146	QS plus GCG Test
HP Tyro C	148	QS plus GCG Test
National Youth	67.00 (with Pommels)	
National Open	70	
Junior	73 points to Elite & Canadians (Injury Scores see below)	
Senior	76 points to Elite & Canadians (Injury Scores see below)	

IMPORTANT NOTES!!!

*Note: For Level 4 and Argo, the top 6 athletes with the highest score after the appropriate Trial will be named to the Alberta Team to Western Canadian Championships.

**Note: For National Youth, the top 7 athletes to attend Canadians must meet the qualifying score.

***Note: For National Open, the top 7 athletes to attend Canadians must meet the qualifying score.

- **Senior apparatus specialists** – will have qualifying scores in this competitive season in order to attend Elite or Canadian Championships.
 - For 5 events – a sum of 65 points
 - 4 events – a sum of 54 points.
 - 3 events – a sum of 43 points
- **Junior Injury Scores** – will have qualifying scores in this competitive season in order to attend Elite or Canadian Championships. For 5 events – a sum of 62.50 points & for 4 events – a sum of 54 points.
- Qualifying scores may be obtained at the following events:

- Elite Canada
- Alberta First Trials, Second Trials
- Provincials
- The best one-day total will stand as the athlete's qualifying score for Youth, Open, Junior and Senior. For Argo and Tyro, the best two-day total will stand as the athlete's qualifying score.
- ***Non-National Team members who wish to qualify for the Alberta Team to Canadians MUST attend at least one of the following events in addition to meeting the qualifying score:***
 - ***Alberta Provincial Championships***
and/or
 - ***Elite Canada***
- Competition events, standards and awards are as per GCG/FIG guidelines.

2.4.3 Elite Canada (National Team Selection Meet)

- Elite Canada is the competition, along with the Canadian Championships, that is used to determine the National team members.
- Competition is held in the HP Tyro, Junior and Senior categories; as per GCG rules.

2.4.4 Other Events

*******PLEASE NOTE THAT ANY WEATHER RELATED ISSUES IN REGARDS TO AGF SANCTIONED EVENTS WILL BE ADDRESSED ON A CASE BY CASE BASIS.*******

3. EVENTS**3.1 AGF SANCTIONED COMPETITIONS AND EVENTS**

ALBERTA GYMNASTICS FEDERATION M.A.G. CALENDAR OF EVENTS 2011-2012

(LAST UPDATE: OCT 24, 2011)

PLEASE VISIT THE NEW GOOGLE CALENDAR ON THE AGF WEBPAGE
FOR THE MOST UP TO DATE SCHEDULE.

Date	Event	Location
Oct 21 - 22, 2011	AGF AGM / Awards Banquet	Fantasyland Hotel, Edmonton
Oct 30, 2011	Regional Judging Course #1	CCGC, Edmonton
Nov 6, 2011	Regional Judging Course #2	Gymtastics, Calgary
Dec 9, 2011	National Physical Testing	U of C, Calgary
Dec 10 – 11, 2011	Provincial Level Training Camp and Physical Testing	Gymtastics, Calgary
Dec 10 – 11, 2011	Provincial Level Coaching Clinic	Gymtastics, Calgary
Jan 7 - 8, 2012	Argo Training Camp	Calgary Gym Centre, Calgary
Jan 19-21, 2012	1 st Trials / Gym Power Invitational	CCGC, Edmonton
Feb 11, 2012	Exelta Cup Invitational	Exelta, Red Deer
Feb 17-18, 2012	Elite Canada	Mississauga, Ontario
Feb 18, 2012	CGC Invitational	Calgary Gym Centre, Calgary
Feb 25, 2012	Cactus Classic Invitational	Salta, Medicine Hat
March 4, 2012	Ed Vincent Invitational	Altadore Gym Club, Calgary
March 17-19, 2012	Elite Canada	Mississauga, Ontario
March 22-25, 2012	2 nd Trials / Kyle Shewfelt Gymnastics Festival	U of C, Calgary
April 20-22, 2012	Provincial Championships	TBD
April 28–29, 2012	Alberta Team to Westerns and Canadians Training Camp	Exelta, Red Deer (To be confirmed)
May 3 - 6, 2012	Western Canadian Championships	Langley, BC
May 4 - 6, 2012	Canmore Summit Invitational	Canmore
May 13, 2012	Gymtastics Hollywood Classic	Gymtastics, Calgary
May 22-27, 2012	Canadian Championships	Regina, Saskatchewan
June 2, 2012	Provincial Physical Testing	Westwind, Lethbridge
June 3, 2012	Macho Meet Invitational	Westwind, Lethbridge
June 10, 2012	National Physical Testing	Calgary

3.2 APPEALS

- Must occur after the completion of the competition of the apparatus.
- Appeals must come from the gymnast's registered coach.
- Appeals in which abusive language is used will not be considered.
- Appeals must first be brought to the attention of the D Judge of the panel.
- In case of significant discrepancy in skill credit by the panel, the Head Judges will be consulted.

3.3 COMPETITION WARM-UP FORMAT

3.3.1 Provincial Stream – Level 1, 2 & 3

Warm-up for AGF sanctioned competitions shall be as follows:

The Level 3 format will be chosen by AGF and the Local Organizing Committee depending on the format of the competition and the number of registered athletes. Either the 20 minute or 90 minute Warm up will be adhered to.

Level 1, 2, & 3

- General Warm-up: 20 minutes
- Following the General Warm-up, the athletes will move to their first event where they will warm-up for 1 minutes/athlete/apparatus.

Level 3 & 4

- General Warm-up: 90 minutes
- Following the General Warm-up, the athletes will move to their first event. There will be no continuous rotation or one-touch warm-up during the competition.

3.3.2 National Stream

Warm-up for AGF sanctioned competitions should be as follows:

- General Warm-up: 30 minutes
- Event Warm-up: There shall be a 60-minute open event warm-up.
- One-touch warm-up.

3.4 COMPETITIVE ORDER

Draw for competitive order and starting events for all AGF sanctioned competitions will be completed by random draw at the AGF office immediately following the competition registration deadline. All participating clubs and the event host will be notified of the draw results as soon as the draw has been completed.

3.5 MEET ENTRY FEES

For sanctioned events, the following entry fees must be paid by all competitors by the registration deadline. Registrations not received by the registration deadline will be subject to the late registration fees listed below. AGF will usually **not** accept any registrations, or registration changes ONE WEEK prior to the event (extenuating circumstances may be considered).

Training Camp	• \$50.00 per competitor (all age categories)
Physical Monitoring (P3)	• \$60.00 per competitor per season
Trials	• \$75.00 per competitor (all age categories)
Provincial Championships	• \$95.00 per competitor (all age categories)
	• \$125.00 for 2 day competition (all age categories)

LATE FEES: An additional **\$20.00** will be charged for late entries.

3.6 COMPETITIVE REGISTRATION

Each competitive gymnast, coach and judge must be registered with the Alberta Gymnastics Federation. Any gymnast not registered will not be allowed to compete in any AGF sanctioned meets during that competitive season.

3.7 AGF HOSTING MANUAL

All rules, regulations, and guidelines when hosting an AGF sanctioned event and/or clinic (coaching, judging, or Respect In Sport) must be adhered to by the host club and Director. All inquiries regarding hosting can be directed through the AGF office.

3.8 MEET RESULTS

It is the responsibility of the event host to send a copy of the event and all-around results to the following, within one week of the meet:

- AGF office
- All competing clubs
- All original copies of the event score sheets and final results must be sent to the Judging Coordinator immediately following the event via the AGF office

(All Physical Preparation testing results must be forwarded to the AGF office).

4.0 JUDGING

4.1 JUDGING PRE-REQUISITES/QUALIFICATIONS

4.1.1 Regional

Pre-requisite

- Must be 16 years of age.
- Must be an AGF registered member.

Qualifications

- Must complete an AGF sanctioned course and pass with a grade of 65% on the written and complete a 3.0 practical component.
- Certified to judge elementary level routines (Provincial Levels 1 and 2).
(Certified to judge as an E panel judge up to Provincial Level 3 age category).

4.1.2 Pre-National 1

Pre-requisite

- Must be 17 years of age.
- Must have a minimum 1-year experience at the Regional Level and have judged at least 2 competitions per year.
- It is possible to be exempt from this level by having 4 previous years of experience as a coach or gymnast, by having judged 3 competitions and by receiving permission from the MTA. [Necessary]
- Level 1 Technical Gymnastics is recommended.
- Must be an AGF registered member.

Qualifications

- Must complete an AGF sanctioned course and pass with a grade of 70% on the written and complete a 3.0 practical component with no part lower than 2.5.
- Certified to judge as a D Panel Judge up to the provincial Level 3 age category.
(Certified to judge all age groups as an E Panel Judge).

4.1.3 Pre-National 2

Pre-requisite

- Must have 1-year experience at the Pre-National 1 Level and have judged at least 6 competitions as a Pre-National Level 1 Judge.
- It is possible to be exempt from this level by having been represented as a Junior/Senior athlete, having 4 previous years experience as a coach or gymnast, by having judged 4 competitions and by receiving permission from the MTA. [IF CANDIDATE IS A JUNIOR OR SENIOR THEY WILL HAVE THE 4 YEARS EXPERIENCE...]
- Must be an AGF registered member.

Qualifications

- Must complete an AGF sanctioned course and pass with a grade of 75% on the written and complete a 3.0 practical component with no part lower than 2.5.
- Certified to judge all age group compulsories, as either D or E Panel Judge, to organize a competition, and to Head Judge Provincial age group meets.

4.1.4 National

Pre-requisite

- As per National requirements.
- Must be an AGF registered member.

Qualifications

- Must have passed the National Level judging course.

4.2 GENERAL

4.2.1 Responsibilities

Judges must make every effort to uphold high professional ethics as they relate to judging at a competition. Judges and coaches are encouraged to communicate informally prior to, during and/or after competitions regarding any technical concerns.

Unless otherwise specified, judges are required to meet 1 hour prior to the start of the competition.

4.2.2 Uniform

The uniform for judges at all AGF sanction meets will be gray pants and a navy blazer. Additionally, black shoes, white shirt and dark tie are recommended.

4.2.3 Travel

The Judging Coordinator and AGF's Men's Program Coordinator will work in conjunction for AGF to compensate for travel, accommodation, and meals under the general rules as set out annually. Failure to do so may result in no travel compensation.

If judges choose to travel with their affiliated clubs to AGF sanctioned competitions where they are actively judging, they may be eligible for partial compensation for mileage and accommodation.

All compensation requests must be in the AGF office within 30 days after the event and must be accompanied, where applicable, by receipts.

4.2.4 Judges' Education Program

GCG is in the process of updating the current Judges Program with an education program for all levels of judges and all Provinces/Territories. AGF will review this program on an ongoing basis, and will inform all members in a likewise fashion.

4.3 AGF JUDGES LIST

- Each judge is responsible for maintaining an accurate record of annual judging activities to submit to the Judging Chair by September of the following season.
- The purpose of this list is to ensure that all gymnast competitions in an AGF organized or sanctioned event are judged by qualified officials. The Men's Judging Coordinator will be responsible for maintaining an up-to-date list. The list will be forwarded to the Program Coordinator at the end of each season.
- The Judging Chairperson will submit to GCG an annual list of judges and their ratings.

4.4 HONORARIA

Judges will be paid honoraria for judging at sanctioned meets according to the AGF scale, providing they are registered with the AGF/GCG.
Please see Appendix 8-MAG AGF Honorarium Scale.

4.5 JUDGING ASSIGNMENTS

- At Provincial Championships the highest ranked judges in the province shall be assigned based on availability. There should be a National Judge as Head Judge on each panel.
- For compulsory competitions the highest ranking judges should be assigned based on availability. All judges that are assigned to Nationals are required to judge at one compulsory competition. If it is a qualifying meet for Nationals then there shall be at least two judges per panel.
- Regional and Pre-National 1 Judges should be used as the Second Judge at Club Invitationals to gain experience.
- Seniority will be taken into account along with the judge's provincial involvement when judges are equally qualified to attend a competition.
- The judging assignments should also take into account assignments that were given out in the previous years. Thus, if two judges have equal ratings and one of them goes to Westerns one year then the other judge shall go the following year.
- Missed assignments, tardiness in filling out meet reports, and improper dress will be considered when assignments are given out.
- To upgrade levels you must have the permission of the Provincial Judging Coordinator and/or the National Judging Chairman.
- Any official who feels he is receiving unfair treatment and/or assignments should write a letter to the Men's Technical Assembly concerning the grievance.

5. COACHING

5.1 COACHING PROGRAMS AVAILABLE IN ALBERTA

Numerous programs, teaching and coaching aids are available to all clubs and coaches who are members of the Alberta Gymnastics Federation. These programs are widely accepted in the gymnastics community throughout Alberta, as well as the rest of Canada. Utilization of these programs will benefit coaches in the development of club programs and provide information on improved training programs for recreational and competitive gymnasts.

National Coaching Certification Program (NCCP)

The NCCP is designed to train and upgrade coaches in a high quality educational format.

5.1.1 NCCP Technical Courses

For the most current information pertaining to NCCP courses and Coaching Certification, please call the AGF office or refer to the AGF website (www.abgym.ab.ca).

5.1.2 AGF Certification Requirements

AGF requires all active coaches to possess all three components of NCCP Level I certification and/or the Gymnastics Foundations (Artistic) certification. Head coaches or the gymnastics Program Directors of all competitive clubs are to be NCCP certified in Level II Gymnastics (theory, technical, and practical). Head Coaches or Program Directors of the trampoline program must be NCCP certified in Level II Trampoline (theory, technical, and practical).

5.1.3 Additional Insurance Requirements

If trampoline or double mini-trampoline is used anywhere in the program, trampoline certification is also required.

Only certified coaches may work independently with their own groups.

For information pertaining to the Coach in Training Program (CIT) please contact the AGF office.

Please contact the AGF office if you have any questions with regards to specific situations.

5.1.4 A.G.F. "Respect-in-Sport" Certification Requirements

All A.G.F. member coaches must be certified in the "Respect-in-Sport" program within sixty (60) days of their employment. There will be no 'grandfathering' of this course. For more information on this course please contact the A.G.F. Office.

5.2 QUALIFICATIONS FOR AGF SANCTIONED EVENTS

All competitive coaches must be aware, that coaches wishing to participate on the training and/or competition floor at any AGF sanctioned event must have their NCCP Level 1 Gymnastics Certification (theory, technical, and practical) or the new Gymnastics Foundations certification.

All coaches coaching Level 2 or higher at Provincial Championships must have NCCP Level 2 Gymnastics Certification for Men (theory, technical, and practical).

A Foundations certified coach can coach Level 1 (P1) at Provincial Championships. A Foundations trained coach can coach Level (P1) at Provincial Championships if supervised by a Foundations Certified coach.

5.3 SELECTION OF PROVINCIAL TEAM COACHES

5.3.1 Selection of Team Coaches

Gymnasts making a provincial team will be assigned the following points:

1 st place -	8 points
2 nd place -	6 points
3 rd place -	4 points
4 th place -	3 points
5 th place -	2 points
6 th place -	1 point

- The club with the greatest representation of athletes based on points will have the opportunity to recommend the coach for the team. If there is a tie, the club with the highest placing gymnast of the two shall be entitled to recommend the coach. The Men's Technical Assembly must then ratify the recommendation. The MTA, at its discretion, may appoint a coach other than the club's recommended appointee.
- If a gymnast withdraws from a provincial team before the competition and a replacement is a competitive member of another club, there shall not be a change of point allotment for the selection of the team coach from the original assignment of points.
- The appointed team coach is responsible for all provincial team athletes for the duration of the entire competition including all events the athlete will compete in. The appointed coach also has the authority to allow any personal coach on the competition floor or training gym, in accordance to the rules of the competition.
- If an athlete is placed in a separate group from that of the provincial team athletes (i.e., alternates to Canadian Championships) the athlete's personal coach will be allowed access to the floor for this competition in accordance to the rules of the competition.

5.3.2 Requirements/Guidelines

- Coaches of provincial teams should be at least 19 years of age.
- Coaches should have coached for a minimum of 3 years at the competitive level.
- The coach selected should be actively working with the club athletes who have been selected to the provincial team.

- The coach must agree to work with their assigned team athletes equally and fairly and must be prepared, if necessary, to be responsible for the provincial team members throughout the entire trip (not just on the competition floor).
- All provincial team coaches for Western and National Championships will be required to have NCCP Level III Certification (theory, technical, and practical).
- The coach must stay in the same residence or hotel as the team unless otherwise assigned by the Organizing Committee or AGF.
- The AGF Board of Directors and Men's Technical Assembly must approve the coach.
- The coach should travel with the gymnasts whom he or she is assigned to coach, unless the AGF Board of Directors, or their designate, approves of alternate arrangements.
- Any coach that is registered by AGF, as part of any Alberta contingent must be certified in the Respect In Sport course and possess current Standard First Aid and CPR Certification.
- Team coaches act as ambassadors/advocates on behalf of the athletes, in terms of ensuring that the technical elements are being executed in accordance with the prescribed rules and regulations in effect.
- The Team Coach(es) are responsible for the overall supervision and management of the Team's activities before, during, and after the competition.

6. STANDING GUIDELINES & PROCEDURES

6.1 GENERAL

6.1.1 AGF Code of Ethics / Code of Conduct (See Appendix 3)

- It is the responsibility of all AGF members to review the Code of Ethics / Code of Conduct Manual. Copies may be obtained either through the club or by contacting the AGF office.

6.1.2 Regulations for Alberta Team Representatives

ATHLETES

- Please refer to the ALBERTA GYMNASTICS FEDERATION Code of Ethics and Code of Conduct Manual for regulations pertaining to athletes.
- Upon being named to a team, all athletes will receive the *AGF Team Manual: Parents and Athletes*, which also contains the *AGF Discipline Policy Manual*. Please familiarize yourself with this manual.

OFFICIALS

- Please refer to the ALBERTA GYMNASTICS FEDERATION Code of Ethics and Code of Conduct Manual for regulations pertaining to officials.
- All officials are responsible to support and enforce these above regulations as well as to report any violations. Officials contributing to, or having knowledge of, violations will be subject to disciplinary action with the athlete(s).
- All officials are responsible to attend meetings and functions as assigned.
- Officials should inform, when possible, the team manager when leaving residence or team.

COACHES

- Please refer to the ALBERTA GYMNASTICS FEDERATION Code of Ethics and Code of Conduct Manual for regulations pertaining to coaches.
- All coaches are responsible for their specific team for the duration of the tour, on and off the floor.
- Responsible for setting competitive dress for the team. All team coaches must wear AGF uniforms.
- The coach is the agent for their athlete(s).
- Responsible to set and enforce curfew for team in co-operation with the team manager (refer to Team Manager Manual).
- All coaches should have possession of the *AGF Team Manual: Team Manager* and the *AGF Team Manual: Parents & Athletes*. These manuals contain the *AGF Discipline Policy Manual*.

6.2 AGF EXPENSE POLICY

6.2.1 Summary

The AGF's Expense Claim Policy applies to expenses that may be incurred by individuals while carrying out duties on behalf of the AGF including meetings, clinic workshops, judging assignments, etc. This policy does not apply to expenses for events such as major competitions; allowable expenses for major competitions are considered on a project-by-project basis in relation to the AGF's annual budget (See Appendix 3).

- Expense claims must be submitted within 30 days following the completion date of the activity. Expense claims **after** this deadline **will not** be reimbursed.

- Expenses, which are not substantiated by receipts, will not be reimbursed (with the exception of meal and personal vehicle allowances).
- Expenses, which are beyond the stated maximum, will be reimbursed only to the maximum allowable claim.

6.2.2 Air Travel

- Air travel is usually prepaid by the AGF. However, the ticket stub should be attached to the expense claim; including **all** airport departure tax receipts.
- If, for some reason, you have purchased your own ticket, you must attach your ticket stub in order to be reimbursed. Ticket purchases should be based on the most economical fares available.

6.2.3 Reservations, Ticketing and Notification

- The provincial office if applicable will make all reservations and ticketing for individuals funded by the AGF.
- The staff will attempt to notify, in writing, the concerned individual at least 4 weeks before the travel date.
- The staff will phone or fax the concerned individual before finalizing the travel arrangement, if the notification is less than 5 weeks before the travel date.

6.2.4 Cancellation

The individual will assume cancellation costs incurred to the AGF due to notification from an individual less than 4 weeks prior to departure, unless medical or extenuating circumstances apply. The individual has the responsibility of providing adequate proof to the Program Coordinator.

6.2.5 Bus Travel

- Expenses authorized by the AGF office will be reimbursed upon presentation of the original receipts.
- The total cost for transportation, en route meals, and accommodation must not exceed the most economical air travel.

6.2.6 Private Motor Vehicle

- Authorized travel expenses will be reimbursed on the basis on the AGF mileage policy (see the reverse of the AGF expense claim form)
- \$0.40/\$0.31/\$0.23 per km (based on number of passengers);
- The total cost for transportation, en route meals, and accommodation must not exceed the most economical air travel;

6.2.7 Ground Transportation and Parking

- If you live further than 35 km from the site of the activity, you can claim for mileage. This mileage may also be claimed if you live further than 35 km from the airport from which you are leaving. Parking will also be paid for individuals driving to the meeting. Mileage claims for inter-city driving will be calculated according to AMA mileage calculations.
- Car-pooling is expected. The AGF reserves the right to decline mileage claims if reasonable efforts are not made to car pool.
- Fares for airport bus or the equivalent of that fare (if you choose to take a taxi) will be paid where this is available.
- Parking will be paid for residents but you are encouraged to seek free parking whenever possible. Taxi fares, which exceed the airport bus fare, will only be reimbursed to the value of the equivalent airport bus fare.
- Receipts for ground transportation (except mileage) must be attached to the Expense Claim Form submitted.

6.2.8 Accommodation

- Accommodation will be made by AGF. You will be requested to pay any restaurant, bar, movie, telephone, or miscellaneous charges. If you pay for your own room, receipts must be attached to your Expense Claim Form that is submitted.
- The AGF's policy is to provide "double occupancy" accommodation. Anyone requesting "single occupancy" or wishing to bring their spouse must be prepared to pay any additional costs. In some instances this may mean that the entire accommodation costs will be subjected to the individual. For example, if there are ten judges requiring accommodation, the AGF will pay for five double rooms; if an individual demands a single room they will have to pay for it themselves.

6.2.9 Meals

Out of town participants are allowed a maximum of \$40.00 per day. Partial days are broken down as follows:

- Breakfast - \$9.00
- Lunch - \$14.00
- Dinner - \$17.00

In town residents may claim lunch or dinner if the activity is in progress before and after the mealtime. Otherwise claims for meals will not be allowed. Breakfast claims from local residents are not allowed.

6.2.10 Expense Claim

- Expense claims will be done on the appropriate form and signed by the individual making the claim. Requiring the staff to sign a claim on behalf of another person is undesirable.
- Only original receipts will be accepted when claiming an expense.
- Claims **must be submitted within 30 days** of completion of the event. However expenses incurred in a given fiscal year must be claimed before **June 30, 2012** unless an AGF staff person grants an extension.
- The President/CEO must approve the claim.

6.2.11 Exceptions to the Policy

The President/CEO must approve exceptions to this policy in advance of the event.

7. MEN'S RANKING LIST, ATHLETE ENHANCEMENT FUND, AND AGF AWARDS

7.1 PROVINCIAL RANKING LIST

7.1.1 AGF Men's Ranking System

- The Ranking List will state a points total based on competition results.
- AGF Senior and Junior criterion, see Appendix 2b, will be used for ranking Senior and Junior athletes.
- An international competition may be used in lieu of Provincial trials, Provincials, etc. if:
 - i) the event is funded by GCG
 - ii) the event falls within (+ or -) one week of trials, Provincials, etc.
- Level 1,2,3 and 4, Argo, Tyro, Youth, & Open ranking will be based on total points from competition results, see Appendix 2b.

7.2 ATHLETE ENHANCEMENT FUND

- 7.2.1 For a complete breakdown of the current AGF Enhancement Funding Criteria please contact the AGF office.

7.3 ATHLETE OF THE YEAR

7.3.1 Criteria

The AGF Board of Directors will ratify the athlete with the highest number of points. Male athletes who are currently on probation or under suspension by the Alberta Gymnastics Federation are ineligible for this award. See Appendix 2a for more details.

7.4 ATHLETE ACHIEVEMENT AWARDS

7.4.1 Criteria

An AGF Athlete Achievement Award will be awarded to an athlete who has attained one of the following:

- Athletes must be listed on the AGF Men's Ranking List. The Ranking List encompasses:
 - National team Status
 - Competition Scores
- International Achievement – athlete represents Canada on a GCG sponsored team (top 8 placing in all around and individual event).
- National Achievement – athlete places top six all-around at National Championships or Elite Canada.
- National Achievement – athlete places top three individual event, based on final placing, at National Championships or Elite Canada.
- National Achievement – athlete is named to National Team.

For a complete breakdown of this criteria, please refer to Appendix 2b.

7.5 ATHLETE RECOGNITION AWARDS

7.5.1 Criteria

An AGF Athlete Recognition Award will be awarded at the Awards Banquet to athletes who place first in their category at Provincial Championships.

APPENDIX 1

AGF LEVEL 1 & LEVEL 2 TRAINING CAMP

Athletes attending the Level 1 and Level 2 Training Camp should have a basic knowledge of the following skills:

FLOOR:

1. Front Handspring
2. Layout Dive-roll
3. Front Tuck
4. Round off to Back Handspring(s)
5. Back Extension

POMMEL HORSE:

1. Five (5) Circles (high mushroom)
2. Two (2) Flares (high mushroom)
3. Circle, Direct Stockli A to Circle (back moore)

RINGS:

1. Swing to the front
2. Swing to the rear
3. L-sit press to Shoulder Stand

VAULT:

1. Handspring with beat board (vaulting horse at 100 cm)
2. Handspring with mini-tramp (vaulting horse at 110 cm)

PARALLEL BARS:

1. Swing to Handstand (hold three (3) seconds)
2. Press to Handstand (hold three (3) seconds)
3. Drop Kip
4. Upper Arm, Swings (three (3) in each direction)

HIGH BAR:

1. In cheat straps Long Hang Swings
2. Kip up to immediate Front Hip Circle
3. Fly Away from Long hang Swing
4. Swing Half Turn

APPENDIX 2a

AGF Men's Gymnastics

Athlete of the Year Criteria

EVENT	REPRESENTATION	PERFORMANCE	POINTS	TOP 3
			AA or IE	Medal
Olympics	300 points	Top 3 Top 8 Top 12 Top 24	10,000 5,000 2,000 1,000	1 st - 10,000 2 nd - 9,000 3 rd - 8,000
World Championships	200 points	Top 3 Top 8 Top 12 Top 24	6,000 2,000 1,000 500	1 st - 6,000 2 nd - 5,000 3 rd - 4,000
Major Events Commonwealth Games Pan Am Games Pan Am Championships Fisu/World Cup Pacific Alliance/Pacific Rim	100 points	Top 3 Top 8	1,000 500	1 st - 1,000 2 nd - 900 3 rd - 800
Senior Internationals	20 points	Top 3	100	
Junior Internationals Age Groups (all)	10 points	Top 3 Top 8	50 25	
Canadians: Senior	N/A	Top 3 IE* Top 6 AA	30 20	
Canadians: Junior/Age Group	N/A	Top 3 IE* Top 6 AA	20 10	
Elite Canada: Senior	N/A	Top 3 IE* Top 6 AA	30 20	
Elite Canada: Junior/Age Group	N/A	Top 3 IE* Top 6 AA	20 10	
Canada Games	25 points	Top 3 Top 8	25 15	
Named to Canadian Team Senior (additional points)	100 points	Performance Points AA + IE = Total		
Named to Canadian Team Junior of Age Group	50 points	Performance Points AA + IE = Total		

* Based on first day results NOT event finals.

**All International competitions must represent Canada.

**Levels Program athletes are not included.

APPENDIX 2b

AGF Men's Gymnastics Ranking All –Around Only

Level 1-2-3 (Provincial)

RANK	Provincials
AA	Points Awarded
1 st	15
2 nd	14
3 rd	13
4 th	12
5 th	11
6 th	10
7 th	9
8 th	8
9 th	7
10 th	6

Level 4 (National)

Rank	Provincials	Westerns
AA	Points Awarded	
1 st	15	20
2 nd	14	19
3 rd	13	18
4 th	12	17
5 th	11	16
6 th	10	15
7 th	9	14
8 th	8	13
9 th	7	12
10 th	6	11

Youth (National)

Rank	Provincials	Westerns	Canadians
AA	Points Awarded		
1 st	15	20	40
2 nd	13	19	39
3 rd	11	18	38
4 th	9	17	37
5 th	7	16	36
6 th	6	15	35
7 th	5	14	34
8 th	4	13	33
9 th	3	12	32
10 th	2	11	31

ARGO (National)

Rank	Provincials	Westerns	Elite Canada	Canadians
AA	Points Awarded			
1 st	15	20	20	40
2 nd	13	19	19	38
3 rd	11	18	18	36
4 th	9	17	17	34
5 th	7	16	16	32
6 th	6	15	15	30
7 th	5	14	14	28
8 th	4	13	13	26
9 th	3	12	12	24
10 th	2	11	11	22

Open (Elite)

Rank	Provincials	Westerns	Canadians
AA	Points Awarded		
1 st	15	20	40
2 nd	13	19	38
3 rd	11	18	36
4 th	9	17	34
5 th	7	16	32
6 th	6	15	30
7 th	5	14	28
8 th	4	13	26
9 th	3	12	24
10 th	2	11	22

Tyro (Elite)

Rank	Provincials	Elite Canada	Canadians
AA	Points Awarded		
1 st	15	20	40
2 nd	13	19	38
3 rd	11	18	36
4 th	9	17	34
5 th	7	16	32
6 th	6	15	30
7 th	5	14	28
8 th	4	13	26
9 th	3	12	24
10 th	2	11	22

Senior Ranking and Junior Criterion

- Events include: World Cups, Commonwealth Games, Pan Am Games and Championships, Pacific Alliance, Elite Canada, and Nationals.
- International events placing will be based on Event Finals only.
- Athletes who receive Sport Canada Carding money will not be eligible for “core funding”.
- Athletes who receive “no points” will not be eligible for “core funding”.
- The total points from all events will be used for calculating the ranking list.

AA and Apparatus Ranking	Canadians	Elite Canada	All Int. Events	Worlds / Olympics
	Points awarded			
1 st	10	10	15	100
2 nd	9	9	13	75
3 rd	8	8	11	50
4 th	6	6	9	40
5 th	5	5	8	35
6 th	4	4	7	30
7 th	3	3	6	25
8 th	2	2	5	20
9 th	1	1	4	10
10 th	1	1	4	10
11 th	0	0	4	10
12 th	0	0	4	10



APPENDIX 3

Alberta Gymnastics Federation **Report of Violation** **Code of Ethics/Code of Conduct**

As a member of the Alberta Gymnastics Federation not only are you encouraged to report instances of abuse and/or harassment directed at yourself and/or other members, but you have a duty to report offences witnessed at any time.

Guidelines:

- If abusive or harassing behavior towards a minor or another member is noted during the competition, officials should document their observations, including dates, times, location, and individuals involved.
- Depending on who is available the AGF President/CEO or Board Member, AGF staff, or Event Organizers should be informed and given the documentation. If the report is being made after the event, contact the AGF Harassment officer.
- Event Organizers have the responsibility of informing the AGF administrators or Harassment officers.

Please note that under Provincial Legislation **if you have reasonable grounds to suspect that a participant is or may be suffering from emotional, physical abuse, and/or sexual abuse, you should immediately report the suspicion and the information on which it is based to the local child protection agency and/or the local police department. In Alberta you may call the Child Abuse hotline 1-800-387-KIDS (5437).**

Name of Program/Event/Competition where the Violation(s) took place: _____

Date: _____

Location: _____

Name of individual(s) involved: 1) _____

(And function i.e. coach, judge 2) _____

Athlete, etc.) 3) _____

Violation (Describe the specific violation, circumstances leading up, and any response made):

Description of Reasonable Evidence: _____

If Law Authorities have been contacted indicate Date, Time, Department contacted (name of person),

And if a report was filed: _____

Witnesses (Indicate name, function and contact information):

ALBERTA GYMNASTICS FEDERATION
 #207, 5800 2ND STREET SW CALGARY, ALBERTA
 T2H 0H2



Expense Claim Form

NAME OF CLAIMANT: _____ PHONE: _____

ADDRESS: _____

POSTAL CODE: _____

HOLD CHEQUE FOR PICK-UP:

PLEASE MAIL CHEQUE:

RETURN CHEQUE TO ME:

SPECIFICS OF EVENT OR ACTIVITY: (please refer to reverse for AGF Expense Policy)

TYPE OF EVENT: _____ DATE: _____

LOCATION: _____

EXPENSES INCURRED: TRAVEL: AIR/BUS/ (attach receipts) \$ _____

Please List Passengers:

PERSONAL VEHICLE (# of km _____ @ \$ 0.40) \$ _____
 (to be claimed by (# of km _____ @ \$ 0.31) \$ _____
 the driver only) (# of km _____ @ \$ 0.23) \$ _____

CAR RENTAL/TAXI: (attach receipts) \$ _____

ACCOMMODATION: (attach receipts) \$ _____

Session 1 _____
 Session 2 _____
 Session 3 _____
 Session 4 _____
 Session 5 _____
 Session 6 _____
 Session 7 _____
 Session 8 _____

MEALS: (Maximum of \$40.00 / day)
 BREAKFAST (s) _____ @ \$9.00 \$ _____

LUNCH (es) _____ @ \$14.00 \$ _____

DINNER (s) _____ @ \$17.00 \$ _____

NOTE: A meal cannot be claimed if the organizer or host provides a meal.

HONORARIUM:
 # of sessions/hours/days _____ @ \$ _____ \$ _____

ADMINISTRATION: TELEPHONE/MAILING/OTHER \$ _____
 (attach receipts)

SUB TOTAL: \$ _____

 Signature of Claimant

Less Donation: \$ _____

Total Payable to Claimant: \$ _____

IF YOU WOULD LIKE TO MAKE A DONATION TO AN AGF PROGRAM PLEASE INDICATE YOUR CHOICE AND AMOUNT:

Men: _____ Women: _____ T&T: _____ Rec: _____ Athlete: _____ Coach: _____ Judge: _____ Amount: _____

OFFICE USE ONLY

Chart # _____ Class _____ \$ _____

Chart # _____ Class _____ \$ _____

Chart # _____ Class _____ \$ _____

Chart # _____ Class _____ \$ _____

Chart # _____ Class _____ \$ _____

Date: _____

Cheque # _____

2320 GST \$ _____

AGF Authorization

EXPENSE CLAIM POLICY

The guidelines contained in this policy apply to expenses that may be incurred by individuals while carrying out duties on behalf of the AGF including meetings, clinics, workshops, judging assignments and the like. This policy does not apply to expenses for events such as major competitions; allowable expenses for major events are considered on a project by project basis in relation to the AGF's annual budget.

GENERAL

1. Expense claims must be submitted within 30 days following the completion date of the activity. Expense claims after this deadline will not be reimbursed.
2. Expenses, which are not substantiated by receipts, will not be reimbursed, (with the exception of meal and personal vehicle allowances).
3. Expenses, which are beyond the stated maximum, will be reimbursed only to the maximum allowable claim.
4. Expense claims for courses, the main Course Conductor must authorize meets, etc. or Head Judge prior to their submission to the office.

ALLOWABLE EXPENSES

1. Air Travel
The Federation usually prepays air Travel. However, the ticket stub should be attached to your expense claim.

2. Ground Transportation

- Car pooling is expected. If you live further than 35 km from the site of the activity you can claim mileage at the corresponding rate according to the chart on the right. This mileage may also be claimed if you reside further than 35 km from the airport from which you are departing. Any parking expenses will also be paid. Mileage claims for inter-city driving will be calculated according to the Alberta distance chart. Mileage for travel within a city will not be reimbursed.
- Fares for airport bus or the equivalent of that fare (if you choose to take a taxi) will be paid where this is available. Taxi fares, which exceed the airport bus fare, will only be reimbursed to the value of the equivalent airport bus fare.
- Parking will be paid for residents of the city in which the event is taking place but you are encouraged to seek free parking whenever possible.
- Receipts for ground transportation (except mileage) must be attached.

AGF Mileage Chart		# of people in vehicle including driver		
		1	2	3
# of people driving to the event along the same route	1	\$.40km	N/A	N/A
	2	\$.23 km	\$.40 km	N/A
	3+	\$.23 km	\$.31 km	\$.40km

3. Meals

- Out-of-town participants are allowed \$40.00 per day. Partial days are broken down as follows:
Breakfast.....\$ 9.00 Lunch.....\$ 14.00 Dinner.....\$17.00
- In town residents may claim lunch or dinner if the activity is in progress before and after the mealtime. Otherwise claims for meals will not be allowed. Breakfast claims from local residents are not allowed.

4. Accommodation

In most instances arrangements will be made for the hotel to bill the Federation for room charges only. You will normally be requested to pay any restaurant, bar, movie, telephone or miscellaneous charges. If you pay your room charges, receipts must be attached to your claim. The Federation's policy is to provide 'double occupancy' accommodation. Anyone requesting 'single occupancy' or wishing to bring their spouse must be prepared to pay any additional costs. In some instances this may mean that the entire accommodation costs will be borne by the individual. For example, if there are ten participants requiring accommodation the AGF will pay for five double rooms; if an individual demands a single room, they will have to pay for it themselves

5. Honorarium

Honorarium for judges may be claimed according to the rates listed in their respective Technical Handbooks. Honorarium for clinicians and course conductors may be claimed according to the Guidelines for Coaching and Judging Courses.

6. Administration

Telephone, postage and shipping expenses may be claimed for approved activities only. Whenever possible, calls should be made during the most economical time period. Letters and parcels should be shipped by the most economical means. Receipts or copies of telephone bills must be submitted with such claims.

7. Extraordinary Expenses

Occasionally, AGF representatives may incur expenses that are not otherwise provided for in this policy. In such cases the Executive Director/Chief Executive Officer shall have discretionary authority to allow such expenses to be claimed. Normally, approval for such claims must be requested in advance.

APPENDIX 5

High Performance Competition Regulations

Event	Argo 10	Argo 11	Argo 12	Tyro 13	Tyro 14	Tyro 15
Floor	FIG 12m x12m					
Pommel Horse	Horse with no pommels – 100cm Board may be used to mount	Horse with no pommels – 100cm Board may not be used to mount Floor horse with one pommel (support base must be covered)	Horse with pommels – 100 or 105 cm Board may not be used to mount			
Rings	FIG – 260 cm Must use extra 20 cm mat	FIG – 260 cm May use extra 20 cm mat	FIG – 260 cm Only one 20 cm mat may be used			
Vault	Vault table at 125 cm with mini-tramp (may use lead up board) Landing mat 20cm with sting mats permitted	Vault table at 125 cm with 1 or 2 boards Landing mat 20cm with sting mats permitted Yurchenko Collar mandatory	Vault table at 125, 130 or 135 cm Only one 20 cm may be used Yurchenko Collar mandatory	130 or 135 cm Only one 20 cm may be used Yurchenko Collar mandatory for round-off entry		
Parallel Bars	Between 150 and 180 cm Additional 20 cm mat may be used			FIG Standard – 180 cm Only one 20 cm may be used		
Horizontal Bar	FIG – 260 cm Additional 20cm mats may be used		FIG – 260 cm Only one 20cm mat may be used			

- Note that for all round off entry vaults, a safety collar (Yurchenko Collar) is mandatory.
- An athlete may repeat an element after a fall and receive value for the completed element.
- Any extra swing or deviation from the compulsory will result in a 0.5 deduction.

Competition Schedule

Competition at GCG sanctioned meets will be scheduled so that they will finish before 10:00pm. Competitive warm-ups should not be scheduled to begin prior to 8:00am.

Argo competitions should be scheduled to take place during daytime sessions whenever possible. All Argo categories will compete together. Whenever possible, Tyro should compete in a separate session from Argo.

APPENDIX 6



ALBERTA GYMNASTICS FEDERATION UP-GRADE ATHLETE/CLUB FORM

MEN

CLUB: _____

COMPETITION: _____

ENTRY DEADLINE: _____

PARTICIPANT ASSESSMENT

Up-graded Athlete (from Rec to P3) _____ @ \$ 49.00 = \$ _____

Up-graded Athlete (from Rec to Competitive) _____ @ \$ 113.50 = \$ _____

Up-graded Athlete (Competitive to Elite) _____ @ \$ 64.50 = \$ _____

Up-grade Athlete (Testing to Competitive) _____ @ \$ 64.50 = \$ _____

Competitive Athlete (new) _____ @ \$129.50 = \$ _____

Elite Athlete (new) _____ @ \$194.00 = \$ _____

CLUB FEES:

Recreational only:	\$220.00
Recreational plus one discipline:	\$420.00
Recreational plus two disciplines:	\$525.00
Recreational plus three disciplines:	\$682.50

UPGRADED CLUB FEE: \$ _____
(IF APPLICABLE)

SUB-TOTAL: \$ _____

GST: \$ _____

INSURANCE FEE: _____ x \$3.20 \$ _____
(New members only)

TOTAL: \$ _____

**** ATHLETE INFORMATION TO BE COMPLETED ON REVERSE SIDE OF THIS FORM****

AGF USE ONLY

_____ *Date Received*

_____ *Payment Received*

Alberta Gymnastics Federation
#207, 5800 – 2nd Street S.W.
Calgary, AB T2H 0H

APPENDIX 7

Physical Testing Program Outline

Program Outline

The purpose of this program is to coordinate, monitor, and evaluate the physical ability of all competitive male gymnasts in Alberta.

Physical Testing acknowledges the importance of a high standard of physical ability in order to achieve a healthy and full career in Men's Artistic Gymnastics.

The program's main goal is to increase the level of physical preparedness in the men's competitive program province wide.

The program is divided into three levels: Provincial, National and Elite.

Age Grouping

Provincial	National	Elite
Level 1 8 & Under 10 & Under 12 & Under	Level 4 10 + (open age)	National Open 16 + National Open
Level 2 10 & Under 12 & Under	National Youth 10 + (open age)	Tyro Category A (13) Category B (14) Category C (15)
Level 3 12 & Under 13 & Over	Argo Category A (10) Category B (11) Category C (12)	

*Note: The GCG National Stream (NS) **Nat. <15** & **Nat. ≥15** athletes will register in the applicable High Performance (HP) age category. E.g. a HP athlete 12 years old will register in the Argo Category C (12) age group.

Please refer to the 2011-2012 Men's Technical Handbook for age category clarification.

Provincial Monitoring

Program Structure

The Physical Testing program is comprised of 19 physical ability tests. Each monitoring session will be based on a total of 195 points.

Physical Testing sessions will take place biannually in each competitive season. Late fall will stand as the first monitoring session for the 2011-2012 competitive season.

Provincial has 4 age categories – 8&U, 10&U, 12&U, 13&O.

Provincial 195pt.	
Flexibility 80pt.	Strength 115pt.
Bridge	Leg Raises
Inlocate/ Dislocate	Back Lever (Rings)
Forward Pike	Chin-up (High Bar)
Forward Straddle Pike	Handstand
Right Split	30m Sprints
Left Split	Dips (P-Bars)
Side Split	Planche (P-Bars)
Foot Extension	V-sit / Manna
	Handstand Push-ups
	Standing Jump
	L-Sit (P-Bars)

National and Elite Monitoring

Program Structure

The National Physical Testing is comprised of 20 physical ability tests and 5 basic element tests.

Monitoring session is based on a total of 310-320 points.

National Physical Testing will take place biannually in each competitive season.

National has 2 age categories – 13&U, 14&O

Elite has 2 age categories – 14&U, 15&O.

National

National 320pt.		
Flexibility 100pt.	Strength 120pt.	Basic Elements 100pt.
Bridge	Leg Raises	Double Leg Circle
Inlocate/Dislocate	Back Lever (Rings)	Single Pommel Circle
Forward Pike	Chin-up Levers (High Bar)	Straddle Press (P-Bars)
Forward Straddle Pike	Handstand Push-ups	Press Handstand Hold (Rings)
Right Split	30m Sprints	Swing Handstand (P-Bars)
Left Split	Muscle-up / Cross	
Middle Split	Planche (P-Bars)	
Leg Lift Forward	V-sit / Manna	
Leg Lift Sideways	Rope Climb	
Foot Extension	Standing Jump	

Elite

National 320pt.		
Flexibility 90pt.	Strength 130pt.	Basic Elements 100pt.
Bridge	Leg Raises	Double Leg Circle
Inlocate/Dislocate	Back Lever (Rings)	Single Pommel Circle
Forward Pike	Straddle Front Levers (Rings)	Straddle Press (P-Bars)
Forward Straddle Pike	Handstand Push-ups	Press Handstand Hold (Rings)
Right Split	30m Sprints	Swing Handstand (P-Bars)
Left Split	Muscle-up / Cross	
Middle Split	Straddle Planche (Rings)	
Leg Lift Forward	Planche (P-Bars)	
Leg Lift Sideways	V-sit / Manna	
	Rope Climb	
	Standing Jump	

- National II athletes also perform Planche on P-Bars (straddle for 10 points or straight for 20 points). Point calculation above is based on straight planche.

Test Protocol

All coaches are required to arrive at the monitoring site 30 minutes prior to the commencement of general warm-up. This will ensure that testing assignments are distributed and that all monitoring scoring sheets are correct.

There will be a 30-minute general warm-up at the beginning of all monitoring sessions. Gymnasts will be allowed a 30 seconds warm-up prior to each physical ability test.

Coaches must follow the rotation schedule and submit scoring sheets immediately upon the completion of the test.

Gymnasts will be given two (2) attempts to perform each test. The highest score will count.

The gymnast must perform all tests without assistance. Coaching is allowed.

Provincial Ranking

Gymnasts will be ranked yearly using the higher of the two (2) scores from the monitoring sessions of that year.

National and Elite Ranking

Gymnasts will be ranked yearly using the higher of the two (2) scores from the monitoring sessions of that year.

Administration

The Alberta Gymnastics Federation (AGF) is responsible for the administration of the program. All program records, monitoring session records; athlete ranking lists and the quadrennial review of this program are the responsibility of the Men's Program Coordinator.

All monitoring sessions will be recorded using a common scoring program. The scoring program is available through AGF to all member clubs.

The Alberta Men's Technical Assembly (MTA) as a whole is responsible for all technical aspects and any revision of the program.

Alberta MTA members can receive program records made available through AGF.

Execution errors for Strength Tests

**Deductions are taken at the conclusion of all the repetitions.*

The following **PROVINCIAL** Strength Tests will have **Global** deductions for execution:

1. Leg Raises
2. Handstand Pushups
3. Chin ups
4. Dips

Deduct **1pt** for **1** repetition with a small error.

Deduct **2 pts** for **1** repetition with a medium error or **2** repetitions with small errors.

Deduct **3 pts** for **3** repetitions or more with small or medium errors.

The following **NATIONAL and Elite** Strength Tests will have **Global** deductions for execution:

1. Leg Raises
2. Handstand Pushups
3. Muscle ups
4. Chin up to Front Lever

Deduct **1pt** for **1** repetition with a small error.

Deduct **2 pts** for **1** repetition with a medium error or **2** repetitions with small errors.

Deduct **3pts** for **3** repetitions or more with small or medium errors.

*** Repetitions with large errors (as per FIG) will not count towards the athletes' total.**

Awards

The awards for each sanctioned monitoring session will be the responsibility of the Alberta Gymnastics Federation Men's Program.

Ribbons

Provincial stream athletes will be awarded ribbons for placing 1st – 6th in All Around and in the flexibility and strength components.

Medals

The top 3 All Around winners in each of the four Provincial categories will receive AGF medals.

Gift Certificates

National and High Performance athletes will be awarded gift certificates for placing 1st – 3rd in All Around provided that there are at least 3 athletes registered in the age category.

1st Place - \$50.00

2nd Place - \$35.00

3rd Place - \$25.00

