



# WESTERN CANADIAN ARTISTIC GYMNASTICS CHAMPIONSHIPS ("WESTERNS")

## POLICY AND PROCEDURE MANUAL & TECHNICAL RULES AND REGULATIONS

Final  
December 13<sup>th</sup>, 2021

## Table of Contents

I.	EVENT PROTOCOL.....	4
1.	EVENT HISTORY .....	4
2.	TERMS OF REFERENCE .....	5
3.	WESTERNS MANAGEMENT COMMITTEE.....	5
4.	WESTERNS DEBRIEF AND ASSEMBLY .....	5
5.	HOSTING.....	5
6.	REGISTRATION FEES .....	6
7.	COMPETITION DATES .....	6
8.	COMPETITION SITE.....	7
9.	ORGANIZING COMMITTEE.....	7
10.	INFORMATION BULLETINS .....	7
11.	MEMBERSHIP.....	8
12.	MEDICAL.....	8
13.	INSURANCE .....	8
14.	ACCOMMODATION.....	8
15.	TRANSPORTATION .....	8
16.	CLOSING CELEBRATION .....	8
17.	HOSPITALITY.....	8
18.	PROTOCOL AND AWARDS.....	9
19.	ADDITIONAL PERSONNEL.....	10
20.	RESULTS.....	10
21.	MEETINGS .....	10
22.	EQUIPMENT AND VIDEO .....	10
23.	COACHES .....	11
24.	SCHEDULE.....	11
25.	COMPETITION DRAW .....	11
26.	ONSITE COMMUNICATION .....	11
II.	MEN’S (MAG) TECHNICAL REGULATIONS.....	13
1.	GENERAL .....	13
2.	EQUIPMENT .....	13
3.	COACHES .....	14
4.	ATHLETES .....	14

5.	JUDGING.....	14
6.	COMPETITION ORDER.....	14
7.	PROTESTS.....	15
8.	PHYSICAL TESTING (TBC).....	15
9.	COMPETITIVE WARM-UP.....	15
III.	WOMEN’S TECHNICAL REGULATIONS.....	16
1.	GENERAL.....	16
2.	EQUIPMENT AND WARM UP.....	17
3.	ELIGIBILITY AND REGISTRATION.....	17
4.	COACHES.....	17
5.	JUDGING.....	17
6.	COMPETITION ORDER.....	17
7.	APPARATUS FINALS.....	18
8.	PROTESTS.....	18
IV.	APPENDIX.....	19
	MAG COMPETITION ORDER - MEN’S ARTISTIC GYMNASTICS.....	20
	WAG COMPETITION ORDER - WOMEN’S ARTISTIC GYMNASTICS.....	21
	KYLE SHEWFELT AWARDS PRESENTATION SCRIPT.....	22
	CHUCK SEBESTYEN AWARDS PRESENTATION SCRIPT.....	22
	SAMPLE ANNOUNCER SCRIPTS.....	22
	WELCOME CEREMONIES.....	22
	PRE-RECORDED ANNOUNCEMENTS.....	23
	MAG APPARATUS FINALS SAMPLE SCRIPT.....	23
	WAG APPARATUS FINALS SAMPLE SCRIPT.....	<b>Error! Bookmark not defined.</b>
	WAG COMPETITION SCRIPT SAMPLE.....	24
	WAG & MAG COMPETITION SCRIPT SAMPLE.....	25
	MAG COMPETITION SCRIPT SAMPLE.....	26

# I. EVENT PROTOCOL

## 1. EVENT HISTORY

YEAR	CITY	PROVINCE
1976	Winnipeg	MB
1977	Vancouver	BC
1978	Regina	SK
1979	Edmonton	AB
1980	Winnipeg	MB
1981	Vancouver	BC
1982	Regina	SK
1983	Lethbridge	AB
1984	Winnipeg	MB
1985	Saskatoon	SK
1986	Calgary	AB
1987	Vancouver	BC
1988	Winnipeg	MB
1989	Regina	SK
1990	Calgary	AB
1991	Delta	BC
1992	Winnipeg	MB
1993	Regina	SK
1994	Grande Prairie	AB
1995	Winnipeg	MB
1996	Richmond	BC
1997	Saskatoon	SK
1998	Vancouver	BC
1999	Calgary	AB
2000	Winnipeg	MB
2001	Regina	SK
2002	Calgary	AB
2003	Langley	BC
2004	Whitehorse	YK
2005	Winnipeg	MB
2006	Saskatoon	SK
2007	Edmonton	AB
2008	Prince George	BC
2009	Winnipeg	MB
2010	Regina	SK
2011	Grande Prairie	AB
2012	Langley	BC
2013	Winnipeg	MB
2014	Saskatoon	SK
2015	Okotoks	AB
2016	Richmond	BC
2017	Brandon	MB
2018	Spruce Grove	AB

YEAR	CITY	PROVINCE
2019	Saskatoon	SK
2020	N/A	N/A
2021	N/A	N/A
2022	Winnipeg	MB

## 2. TERMS OF REFERENCE

- a) The Western Canadian Artistic Gymnastics Championships are held annually in one of the Western provinces/territories; BC, AB, MB, SK, YK or NWT.
- b) The purpose of this document is to articulate the responsibilities of the host province/territory, the local organizing committee, and the visiting provincial teams.

## 3. WESTERNS MANAGEMENT COMMITTEE

- a) The Management Committee for Westerns is made up of each CEO/Executive Director, or their designate, from each of the provinces/territories of BC, AB, MB, SK, YK and NWT.
- b) In June of each year (generally at the GymCan AGM), the Management Committee shall meet to review the Policy and Procedure Manual and Technical Rules and Regulations.
- c) Technical representatives from each province/territory are welcome to attend this meeting.
- d) Each province/territory will have one vote.
- e) Approval of motions or changes to the Policy and Procedure Manual and Technical Rules and Regulations require a majority vote. A minimum of two thirds (2/3) of the provinces/territories will make up quorum.
- f) The host province of the upcoming Westerns will chair this annual Management Committee meeting and ensure that all documentation is prepared and circulated prior to the meeting.
- g) Upon receipt of the Assembly's recommendations (see below) and upon the final decisions of the Management Committee, the host of the upcoming Westerns will update the Policy Manual and Technical Regulations and circulate it for approval by the Management Committee by October 1<sup>st</sup>.
- h) No changes shall occur to the Policy Manual and Technical Regulations during the year (October - April) unless agreed upon by the Management Committee.

## 4. WESTERNS DEBRIEF AND ASSEMBLY

- a) The Westerns Debrief will occur at Western Canadian Championships following the event to review the event, provide feedback and propose changes to the Policy and Procedure Manual and Technical Rules and Regulations.
- b) The Westerns Debrief is made up of MAG and WAG technical representatives/coaches as assigned by their province/territory. The Westerns Debrief can be hosted with MAG/WAG representatives together or separated by discipline, the host province will determine the format.
- c) The host province of the current year's Westerns will chair the Westerns Debrief to ensure that all decisions, recommendations, updates to the Policy and Procedure Manual and Technical Rules and Regulations are made and circulated to the Management Committee no later than one month after the conclusion of the Western Championships.
- d) The Westerns Assembly shall meet in June of each year to ratify changes to the Policy and Procedure Manual and Technical Rules and Regulations.
- e) The Westerns Assembly is made up of the Management Committee and MAG/WAG program staff.
- f) Each province/territory shall have one vote for MAG and one vote for WAG at the Westerns Assembly. A minimum of two thirds (2/3) of the provinces/territories will make up quorum.

## 5. HOSTING

- a) The hosting of Westerns will be shared equally among the provinces of BC, AB, SK, MB on a rotation basis.

- b) The territories of YK and NWT 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/territories may trade hosting years should the possible hosting of national/major events such as Canada Games cause hardship for provincial or club hosts in their assigned year to host.
- d) The following rotation schedule is currently in place:

YEAR	CITY	PROVINCE
2023	TBD	AB
2024	TBD	Yukon
2025	Regina	SK
2026	TBC	BC
2027	TBC	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

- e) The registration/entry fee for coaches, judges and athletes will be \$155.00 per person for 2022 Westerns. A \$30.00 late fee will be charged for all entries after the deadline.
- f) There will be no registration fee for Team Managers, Team Chef de Mission, or medical personnel.
- g) The registration/entry fee for Westerns will increase by a minimum of \$5.00 per delegate annually.
- h) Refunds will only be issued if a medical certificate is provided. There will be a \$15.00 admin fee held back on all refunds.
- i) Deadline for requests for refunds is one week prior to the competition.
- j) Any refunds due to extenuating circumstances such as COVID-19 will be reviewed by the Management Committee if required.

## 7. COMPETITION DATES

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

## 8. COMPETITION SITE

- a) One year prior, the host province/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.
- b) Training facilities, if available, and schedule permitting, may be made available the day prior to competition for those athletes/teams requiring training time prior to the event. Hosts are not required to provide training time but are encouraged to fit training time for provincial teams into the event schedule.

## 9. ORGANIZING COMMITTEE

- a) The host province/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.
- c) The LOC must provide Emergency Contact Numbers to the team managers.

## 10. INFORMATION BULLETINS

- a) Two information bulletins shall be prepared and distributed to provinces/territories by the LOC.
- b) Bulletin #1 shall be distributed no later than December 15<sup>th</sup>. At minimum, bulletin #1 shall include the following information:
  - All registration information, waiver forms for all delegates
  - Registration fees and late fees
  - Process and deadline for refunds
  - Deadline date for registrations
  - List of the key members 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 15
- c) Bulletin #2 shall be distributed no later than one week following the registration deadline. 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**

- m) All delegates (coaches, officials, managers, athletes, chef) must be registered members in good standing of their respective provincial/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's responsibility to ensure that adequate liability insurance is acquired for the protection of all parties involved in the event.

## **14. ACCOMMODATION**

- 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/territorial teams must book at the selected host hotel(s).
- c) Each visiting province/territory will be responsible to make their own reservations, and for payment of hotel costs.

## **15. TRANSPORTATION**

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

## **16. CLOSING CELEBRATION**

- a) The LOC shall arrange for and conduct a delegate/participant 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 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.

## **17. HOSPITALITY**

- a) The LOC shall provide a hospitality room for coaches and 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. Meeting rooms shall be separate from the hospitality room.



## 18. PROTOCOL AND AWARDS

- a) Team Awards – To be eligible for team awards, 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 detailed in the Technical Regulations, as follows:
  - Medals 1<sup>st</sup> – 3<sup>rd</sup> Team
  - 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. Finals awards can be presented at the end of each apparatus or at the end of the session.
- d) When a tie occurs, both will receive the awards and the next place will be missed.
- e) Special Awards – See Appendix
  - Kyle Shewfelt Award, MAG Elite 4 AA Champion: a plaque is purchased by Gymnastics Canada and sent to the host.
  - Chuck Sebestyen Awards, WAG CCP 10 16+ Team Champion: The host shall purchase and provide a plaque.
    - The Sebestyen family would appreciate the opportunity to present the award or identify a delegate to present it. Contact Patti Sebestyen (403) 452-2259 or email [bb3pms@shaw.ca](mailto:bb3pms@shaw.ca).

### Awards Worksheet

MAG		GOLD SILVER BRONZE MEDALS	RIBBONS 4 <sup>TH</sup> 5 <sup>TH</sup> 6 <sup>TH</sup>
ELITE 3	APPARATUS	6	6
	ALL AROUND	1	1
	TEAM	5	0
ELITE 4	APPARATUS	6	6
	ALL AROUND	1	1
	TEAM	5	0
PROVINCIAL 4	APPARATUS	6	6
	ALL AROUND	1	1
	TEAM	5	0
PROVINCIAL 5 / JR (14-15)	APPARATUS	6	6
	ALL AROUND	1	1
	TEAM	5	0
TOTAL MAG		48	28

WAG		GOLD SILVER BRONZE MEDALS	RIBBONS 4 <sup>TH</sup> 5 <sup>TH</sup> 6 <sup>TH</sup>
CCP 10	APPARATUS	8	8
2 AGE GROUPS	ALL AROUND	2	2
2 TEAMS	TEAM	14	0
CCP 9	APPARATUS	8	8
2 AGE GROUPS	ALL AROUND	2	2
2 TEAMS	TEAM	14	0
CCP 8	APPARATUS	8	8
2 AGE GROUPS	ALL AROUND	2	2
2 TEAMS	TEAM	10	0

ASPIRE 2	APPARATUS	4	4
	ALL AROUND	1	1
	TEAM	5	0
ASPIRE 1	APPARATUS	4	4
	ALL AROUND	1	1
	TEAM	5	0
TOTAL WAG		88	40

MAG + WAG TOTAL	136 MEDALS	68 RIBBONS
BUFFER (~20%)	28 MEDALS	14 RIBBONS
<b>TOTAL OF EACH COLOR</b>	<b>164 MEDALS OF EACH</b>	<b>82 RIBBONS OF EACH</b>

## 19. ADDITIONAL PERSONNEL

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

## 20. 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.

## 21. MEETINGS

- 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. A LOC designate shall act as Chair.
- The LOC must provide space and schedule a Westerns Assembly meeting at the end of the event for an opportunity for discussion by Westerns Assembly representatives on policies, procedures, concerns and recommended technical regulation changes. A LOC or host province's representative shall act as Chair.
- Notice and location of these meetings will be circulated in bulletin #2.

## 22. EQUIPMENT AND 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.

## 23. COACHES

- a) All coaches and judges 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.
- b) 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).
- c) Prohibited items: flip flops, sandals, hats, shorts, midriff tops, tank tops, ripped or torn clothing.
- d) 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.

## 24. SCHEDULE

- a) The recommended schedule for Westerns is:

DAY	MAG	WAG
Thursday Morning, Afternoon	Training per Province Elite 3 Physical Testing (TBC)	Training per Province CCP 9, 10, Aspire 1, 2 Only
Thursday Evening	Technical Meeting	Technical Meeting CCP 8 Team and AA and AF
Friday Morning	Elite 3 Training (All Provinces)	CCP 9 Team and AA
Friday Afternoon	Provincial 4 Team and AA	CCP 9 Team and AA CCP 10 Team and AA
Friday Evening	Elite 4 Team and AA Provincial 5 Team / JR (14-15) and AA	CCP 10 Team and AA
Saturday Morning	Elite 3 Team, AA and AF	Aspire 1, 2 Team, AA and AF
Saturday Afternoon	Elite 4 AF Provincial 4 AF Provincial 5 / JR (14-15) AF	CCP 9 AF CCP 10 AF
Saturday Evening	Westerns Debrief Closing Social	Westerns Debrief Closing Social

- b) MAG Physical Testing will take place during each province's training time.
- c) 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.
- d) When possible, the host province scheduled training could be on Wednesday. If this is possible, the training sessions for all provinces will be extended.

## 25. COMPETITION DRAW

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

## 26. ONSITE COMMUNICATION

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 doc 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 (MAG) TECHNICAL REGULATIONS

### 1. GENERAL

- Westerns for MAG may include teams and individual athletes from BC, AB, SK, MB, YK and NWT.
- Individual entries are permitted. One week prior to the registration deadline all provinces/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 Age Charts 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	Maximum number of athletes	Team or competition format	Apparatus finals	Awards
Elite 3	10 – 2 teams of 5	Top 3 scores/apparatus to count (5-5-3)	No	Team: Day 1 + highest single flexibility and strength test score from team AA: Day 1 + physical testing Apparatus: Day 1
Elite 4	10 – 2 teams of 5	Top 3 scores/apparatus to count (5-5-3)	Top 6	Team: Day 1 AA: day 1 Apparatus: Day 2
Provincial 4	10 – 2 teams of 5	Top 3 scores/apparatus to count (5-5-3)	Top 6	Team: Day 1 AA: day 1 Apparatus: Day 2
Provincial 5 / JR (14-15)	10 – 2 teams of 5	Top 3 scores/apparatus to count (5-5-3)	Top 6	Team: Day 1 AA: Day 1 Apparatus: 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. If there is a tie, 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 teams per province for Elite 3, Elite 4, Provincial 4 and Provincial 5/JR (14-15) are allowed.
- Two provinces may combine to create a joint team provided there is already at least one other team from one province in the same category.

### 2. EQUIPMENT

- The LOC shall ensure that extra MAG equipment is secured from local clubs:
  - Floor strip for physical testing (minimum 4m x 2m)
  - Wooden sticks for physical testing (minimum 4)
  - Parallettes for physical testing
  - 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. JUDGING

- a) The host provincial federation shall supply 4 judges for Westerns. Consideration shall be made for judges for Elite 3 and 4 physical testing.
- b) The other provincial/territorial federations except for YK and NWT, shall supply 3 judges each for Westerns.
- c) If a province cannot supply enough judges, they are responsible to contact the other provincial 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 should be minimum nationally certified. The other judges shall be qualified as determined by their federation.
- e) Each province/territory is 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.
- g) The host province/territory's Judging Chairman, in consultation with the GymCan Judging Chairman, will designate a Jury Chairman for the meet. Besides overseeing the judging during the meet, it will be his/her duty to assign the judges to apparatus panels and send this list to the provinces/territories as soon as possible.
- h) Panels should consider geographical representation when possible. It is preferred that judges not be assigned more than 2 apparatus over the course of the competition.
- i) The LOC shall supply 2-line judges for floor exercise and 1-line judge for vault.
- j) A judges' meeting, run by the Chief Judge, shall be held one hour prior to the start of each competition. All judges must be in attendance. The Head Judge will be informed of all decisions made at this meeting.

### 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 host province 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 all 4 rotational groups, 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	COMPETITION ORDER APPARATUS FINALS
1 <sup>ST</sup> PLACE	5 <sup>TH</sup>
2 <sup>ND</sup> PLACE	4 <sup>TH</sup>
3 <sup>RD</sup> PLACE	6 <sup>TH</sup>
4 <sup>TH</sup> PLACE	2 <sup>ND</sup>
5 <sup>TH</sup> PLACE	1 <sup>ST</sup>
6 <sup>TH</sup> PLACE	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:
  - a. Floor: Elite 4
  - b. Pommel Horse: Provincial 4
  - c. Rings: Provincial 5 / JR (14-15)

## 7. PROTESTS

- a) No formal protests will be accepted. Inquiries are permitted after the completion of the apparatus.
- b) It is recommended as a best practice to do video recording of all apparatus for judging purposes. This is not mandatory, and the requirement will be removed if the host province is not able to provide.
- c) Judges will only use the official video (if available) as they require.

## 8. PHYSICAL TESTING (TBC)

- a) As a Physical Testing routine has been added to both Elite 3 and Elite 4, as a 7<sup>th</sup> apparatus, the All Around and Team Scores will be calculated based on seven (7) apparatus scores instead of the traditional six (6).

## 9. COMPETITIVE WARM-UP

- a) Team and All Around – All categories and all sessions will have a 75-minute general and apparatus warm-up, with a one-touch during the competition (as per GymCan Pathways document).
- b) Apparatus Finals – All categories will have a 75-minute general and apparatus warm-up and a one-touch 30 second warm up for every gymnast at each rotation.

### III. WOMEN'S TECHNICAL REGULATIONS

#### 1. GENERAL

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

Category	Age	Maximum Number Of Athletes	Competition Format	Apparatus Finals	Awards
CCP 10	12-15 years (2007 to 2010)	7	4 scores/7 per apparatus to count Format 7-7-4	Top 6	Team + AA day 1 Apparatus finals day 2
CCP 10	16+ years (2006 and older)	7	4 scores/7 per apparatus to count Format 7-7-4	Top 6	Team + AA day 1 Apparatus finals day 2
CCP 9	11-13 years (2009 to 2011)	7	4 scores/7 per apparatus to count Format 7-7-4	Top 6	Team + AA day 1 Apparatus finals day 2
CCP 9	14+ years (2008 and older)	7	4 scores/7 per apparatus to count Format 7-7-4	Top 6	Team + AA day 1 Apparatus finals day 2
CCP 8	13 years and under (2009 and younger)	5 Numbers to be reviewed yearly depending on equipment availability	3 scores/5 per apparatus to count Format 5-5-3	No	Team + AA + apparatus finals
CCP 8	14+ years (2008 and older)	5 Numbers to be reviewed yearly depending on equipment availability		No	Team + AA + apparatus finals
Aspire 1	As per GymCan rules	5	3 scores/5 per apparatus to count Format 5-5-3	No	Team awards only if min 2 teams AA + apparatus finals
Aspire 2	As per GymCan rules	5	3 scores/5 per apparatus to count Format 5-5-3	No	Team awards only if min 2 teams AA + apparatus finals

Note: For CCP 8 and Aspire categories, if a province cannot fill the established teams of 5 each, a team of maximum 10 (CCP) or 10 (Aspire) gymnasts of combined age or level are permitted.  
 Note 2: Birth years are for the 2021-2022 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 9.0 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.

## **2. EQUIPMENT AND WARM UP**

- a) The GymCan Equipment Specifications and Measurements Procedures will be used for general specs references.
- b) WAG equipment and warm up will be as indicated in the Gymcan CCP and Aspire Manuals.
- c) For Western Canadian Championship, FIG Bar settings will be used however gymnasts can use up to 40 cm of additional matting for safety purposes.
- d) For all age groups, on UB, there is no maximum width requirements.

## **3. ELIGIBILITY AND 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.
- 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.

## **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. JUDGING**

- a) Each province/territory, with the exception of YK and NWT, 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 Chief Judge (D1) 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 his/her 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 60 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.

## 7. APPARATUS FINALS

- a) The list of finalists must be circulated Friday following competition.
- b) The LOC must be notified of any scratches prior to general warm up.
- 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	COMPETITION ORDER APPARATUS FINALS
1 <sup>st</sup> place	5 <sup>th</sup>
2 <sup>nd</sup> place	4 <sup>th</sup>
3 <sup>rd</sup> place	6 <sup>th</sup>
4 <sup>th</sup> place	2 <sup>nd</sup>
5 <sup>th</sup> place	1 <sup>st</sup>
6 <sup>th</sup> place	3 <sup>rd</sup>

- f) If there are 7 athletes in finals because of ties, the 7<sup>th</sup> 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 recording of all apparatus for judging purposes, only official videos will be used in protest reviews.

## **IV. APPENDIX**

ORDER OF PASSAGE MAG

ORDER OF PASSAGE WAG

KYLE SHEWFELT AWARD PRESENTATION SCRIPT

CHUCKSEBESTYENAWARDPRESENTATIONSCRIPT

SAMPLE SCRIPTS

WESTERN CANADIAN CHAMPIONSHIPS

**MAG COMPETITION ORDER - MEN'S ARTISTIC GYMNASTICS**

PROVINCE: \_\_\_\_\_ CATEGORY: \_\_\_\_\_

Each Team must submit their Competition Order at the end of their scheduled training period on Thursday.

Submit at the Competition Venue to the Master Scorer in person or **by email** \_\_\_\_\_

#	Athlete Name	Competition Order					
		Floor	Pommels	Rings	Vault	P. Bars	High Bar

Coach/Manager \_\_\_\_\_

Date \_\_\_\_\_

Received (Master Scorer) \_\_\_\_\_

*Note: Provincial 4 + 5 / JR (14-15) set order for all 6 apparatus. Elite 3 and 4 set order for 1<sup>st</sup> apparatus only then drop down after 1<sup>st</sup> event.*

WESTERN CANADIAN CHAMPIONSHIPS

**WAG COMPETITION ORDER - WOMEN’S ARTISTIC GYMNASTICS**

PROVINCE: \_\_\_\_\_ CATEGORY: \_\_\_\_\_

Each Team must submit their Competition Order at the end of their scheduled training period on Thursday. CCP 8 Competition order must be submitted Thursday morning.

Submit at the Competition Venue to the Master Scorer in person or **by email** \_\_\_\_\_

#	Athlete Name	Competition Order			
		Vault	Uneven Bars	Beam	Floor

Coach/Manager \_\_\_\_\_

Date \_\_\_\_\_

Received (Master Scorer) \_\_\_\_\_

## **KYLE SHEWFELT AWARDS PRESENTATION SCRIPT**

A proud Canadian, Kyle began his gymnastics career at the age of six when his mother enrolled him in an Alberta Gymnastics program. Kyle’s passion for the sport quickly ignited and he soon realized it would be a lifelong pursuit.

Kyle is Canada’s most successful male artistic gymnast in history. He is a three-time Olympian (2000, 2004, 2008) and multiple World Championships, Commonwealth Games and World Cup medalist. His stirring performance at the 2004 Athens Olympics earned him Canada’s first and only Olympic medal in the sport of artistic gymnastics – a Gold in the Floor Exercise. It motivated thousands of participants to flip into gyms across the nation.

PSO and/or HOST CLUB are proud to present this award on behalf of Kyle Shewfelt. Congratulations.

## **CHUCK SEBESTYEN AWARDS 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 or now called Gymnastics Saskatchewan. He has been inducted into the Saskatoon Sports Hall of Fame and Saskatchewan Sports Hall of Fame. Chuck passed away 20 years ago.

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

## **SAMPLE ANNOUNCER SCRIPTS**

### **WELCOME CEREMONIES**

Ladies and Gentlemen, on behalf of PSO and/or HOST CLUB welcome to CITY and the YEAR Western Championships.

Please welcome our athletes!  
(MARCH IN MUSIC)

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

We would like to welcome and announce the teams and athletes from the participating Provinces and Territories in this event.

British Columbia

Alberta

Manitoba

Yukon

Northwest Territories

Saskatchewan

A big round of applause for these athletes!

Ladies and gentlemen please welcome NAME who will bring greetings on behalf of the PSO Board of Directors.

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 present the athlete, coach and official oaths.

*“In the name of all gymnasts, I promise that we shall take part in these Championships, respecting and abiding by the rules which govern them, in the true spirit of sportsmanship, for the glory of sport and the honor of the gymnasts.”*

*“In the name of all judges and officials, I promise that we shall officiate in these Championships with complete impartiality, respecting and abiding by the rules which govern them, in the true sense of sportsmanship.”*

*“In the name of all coaches, I promise that we shall commit ourselves to ensuring that the spirit of sportsmanship and ethics is adhered to and upheld. We commit ourselves to educating the gymnasts to adhere to fair play and to respect and abide by the rules governing this event.”*

This concludes our welcoming ceremonies. Please join us for more competition this afternoon!  
 Athletes, good luck this weekend. Please march out.  
 (MARCH OUT MUSIC)

**PRE-RECORDED ANNOUNCEMENTS**

Ladies and Gentlemen welcome to CITY and the YEAR Artistic Western Championships. We would like to begin by acknowledging that the land on which we gather is Treaty X territory, the traditional territory of X Peoples, and on the homeland of the X Nation. PSO along with HOST CLUB(S) would like to welcome all the athletes, coaches, officials and spectators to this year’s Western Championships for Men’s and Women’s Artistic Gymnastics. We would like to thank our valued sponsors and suppliers for their contributions and ongoing support: SPONSOR MENTIONS. 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 in!

**MAG APPARATUS FINALS SAMPLE SCRIPT**

<p>Awards  <i>*This will be fluid as apparatus’ finish, scores are verified. PSO and Floor Marshall will ensure you are made aware.</i></p>	<p>Ladies and gentlemen, please help me in congratulating our <b>CATEGORY</b> winners on <b>APPARATUS</b>. In third place (athletes/province), in second place (Athlete/province) and your gold medal winner for (category) on (apparatus) is (Athlete/Province).                  Congratulations men.</p>
<p>*Once all six apparatus in a category have been awarded we will rotate</p>	<p>“That concludes Rotation #1, please welcome our next rotation.”</p>

**WAG APPARATUS FINALS SAMPLE SCRIPT**

<p>Awards  <i>*This will be fluid as apparatus' finish, scores are verified. PSO and Floor Marshall will ensure you are made aware.</i></p>	<p>Ladies and gentlemen, please help me in congratulating our <b>CATEGORY</b> winners on <b>APPARATUS</b>. In third place (athletes/province), in second place (Athlete/province) and your gold medal winner for (category) on (apparatus) is (Athlete/Province).          Congratulations ladies, please present.</p>
<p>*Once all four apparatus in a category have been awarded we will rotate</p>	<p>"That concludes Rotation #1, please welcome our next rotation."</p>

**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 5:05PM"
<b>5:00 PM</b>	"Coaches and athletes – there is 5 minutes remaining in the warm up."
<b>5:05 PM General Warm up complete</b>	"The general warm up is now completed. Please ensure to clear all bags from the floor and make your way to the marshalling area beside the medical table. "
<b>5:06 PM</b>	Play canned announcements
<b>5:10 PM</b>	<p>*Once athletes have marched to events*          Let's welcome our provinces competing in the Women's JO 8 session:          British Columbia          Alberta          Manitoba          Yukon          Northwest Territories          Saskatchewan          *Please rise, remove your hats and join us for our National Anthem.</p>
<b>Floor Announcements</b>	<p>On signal from judges, announcement of each athlete as they participate on floor          Example "On floor, Jane Smith from Saskatchewan"</p>
<b>Rotation Complete (Four Rotations – WAG) *Floor Marshall will signal once rotations are complete</b>	"That completes rotation #1, please rotation to your next event."
<b>Competition Complete</b>	<p>"Ladies and gentlemen, that concludes the Women's JO 8 competition."          "Our medal presentation will be held in the awards area on the right-hand side of the gym"          Thank you for being part of our first session, we look forward to seeing everyone tomorrow at 8:00am for our next sessions!</p>



**WAG & MAG COMPETITION SCRIPT SAMPLE**

<b>11:30 AM General Warm Up</b>	“Coaches and athletes – general warm up will now officially begin. Women’s Warm Up will be completed at 11:50 AM & Men’s warm up will be completed at 12:45PM
<b>11:45 AM</b>	“Women’s 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 women is now completed. Please ensure to clear all bags from the floor and make your way to the marshalling area beside the medical table. “
<b>11:52 AM</b>	Play canned announcements
<b>11:55 AM</b>	*Once athletes have marched to events* Let’s welcome our provinces competing in the Women’s JO 9 14+ session: British Columbia Alberta Manitoba Northwest Territories Yukon Saskatchewan
<b>12:40 PM</b>	“Men’s coaches & athletes, there are 5 minutes remaining in the warm up.”
<b>12:45 PM General Warm up complete</b>	“The general warm up for MEN is now completed. Please ensure to clear all bags from the floor and make your way to the marshalling area beside the medical table. “
<b>12:50 PM March in</b> <b>*Between floor routines</b>	“Ladies and gentlemen please welcome the athletes competing in the Men’s Provincial 4 and Elite 4 session: British Columbia, Alberta, Saskatchewan
<b>Floor Announcements</b>	On signal from judges, announcement of each athlete as they participate on floor Example “On floor, Jane Smith from Saskatchewan”
<b>Rotation complete</b> <b>(Four rotations – Women)</b> <b>(Six rotations – Men)</b> <b>*Floor marshal will signal once rotations are complete.</b>	“That completes rotation #1, please rotate to your next event.”
<b>Competition Complete - WAG</b>	“Ladies and gentlemen, that concludes the Women’s JO 9 14+ competition.” “Our medal presentation will be held in the awards area on the right-hand side of the gym” General warm up for Women’s JO 10 (12-15) will begin at 3:00PM
<b>Competition Complete - MAG</b>	“Ladies and gentlemen, that concludes the Men’s Provincial 4 and Elite 4 competition.” “Our medal presentation will be held in the awards area on the right-hand side of the gym”

**MAG COMPETITION SCRIPT SAMPLE**

<b>4:00 PM General Warm Up</b>	“Coaches and athletes – general warm up will now officially begin. Men’s warm up will be completed at 5:15 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 for women is now completed. Please ensure to clear all bags from the floor and make your way to the marshalling area beside the medical table. “
<b>5:16 PM</b>	Play canned announcements
<b>5:20 PM</b>	*Once athletes have marched to events* Let’s welcome our provinces competing in the Men’s Provincial 5 and National Open session: British Columbia Alberta Manitoba Saskatchewan
<b>Floor Announcements</b>	On signal from judges, announcement of each athlete as they participate on floor Example “On floor, Jane Smith from Saskatchewan”
<b>Rotation complete (Four rotations – Women) (Six rotations – Men) *Floor marshal will signal once rotations are complete.</b>	“That completes rotation #1, please rotate to your next event.”
<b>Competition Complete - WAG</b>	“Ladies and gentlemen, that concludes the Men’s Provincial 5 and National Open competition.” “Our medal presentation will be held in the awards area on the right-hand side of the gym” Thank you for joining us tonight and we look forward to seeing you tomorrow at 8:00AM!