



2023 CANADIAN CHAMPIONSHIPS
ACROBATIC GYMNASTICS
DIRECTIVES
JULY 6-12, 2023

GYMCAN	<p>Gymnastics Canada RA Centre, 2451 Riverside Dr., Ottawa, ON, K1H 7X7 Website: www.gymcan.org</p> <p>Robin Marsden – Manager National Events events@gymcan.org</p> <p>Niki Lavoie – Program Manager TG & Emerging Disciplines nlavoie@gymcan.org</p> <p>Patrick Desjardins – HP Coordinator pdesjardins@gymcan.org</p>
ORGANIZING COMMITTEE	<p>Oakville Gymnastics Club Organizing Committee: Melanie Provost – LOC Chair/Event Director mprovost06@hotmail.com</p> <p>Anna Attard – LOC Chair/Event Director Attard.aj@hotmail.com</p> <p>Lisa Montenegro – Marketing Director lisa@dmxmarketing.com</p> <p>Nunzio Izzo – Technical Manager izzo_family@live.com</p> <p>Rhonda Sibley – Hospitality Manager Rhondasteve21@gmail.com</p> <p>Susan Diana – Volunteer Coordinator sdianatodo@gmail.com</p>

TRAINING VENUE	Oakville Gymnastics Club 1155 North Service Road Unit 16 Oakville, ON	
COMPETITION VENUE	Oakville Gymnastics Club (Located within the Glen Abbey Rec Centre) 1415 Third Line Oakville, ON L6M 3G2 905-815-5950 https://www.oakville.ca/culturerec/glen-abbey-community-centre.html COVID-19 requirements: GymCan will follow provincial and local requirements. Please stay up to date on all related information by bookmarking this page and visiting regularly for updates: https://www.halton.ca/For-Residents/Immunizations-Preventable-Disease/Diseases-Infections/COVID-19	
COMPETITION DATES	July 6 th to 9 th , 2023	
NATIONAL TRAINING CAMP	July 10 th to 11 th , 2023	
NATIONAL JUDGE COURSE DATES	July 6 th – July 7 th , 2023	
PRELIMINARY SCHEDULE	July 5th	Arrival
	July 6th	Training and athlete measurement, National Judge Course Officials GymCan Round Table and Social
	July 7th	Podium Training and athlete measurement Technical and Orientation meeting National Judge Course and Judge Meeting Qualifications Routine 1
	July 8th	Opening Ceremonies Qualifications Routine 1 and or 2
	July 9th	Finals and Awards, Banquet
	July 10th – 11th	National Training Camp
INVITED MEMBERS	All Provincial/Territorial Gymnastics Organization registered participants who meet the eligibility requirements according to this document and anyone invited by Gymnastics Canada.	
APPARATUS SUPPLIER	The official supplier for the event is to be confirmed	

<p>EVENT FORMAT</p>	<p>Categories:</p> <ul style="list-style-type: none"> ● WP, MP, MxP, WG, MG <p>Levels:</p> <ul style="list-style-type: none"> ● USDP Level 7-10 ● Youth ● FIG 11-16 (AG1), 12-18 (AG2), 13-19 (Junior), FIG Senior <p>Level 7 1 Combined Routine to be performed 2 times. Ranking to be based upon the sum of the scores (C+C)</p> <p>Level 8-10 1 Balance Routine and 1 Dynamic Routine. Ranking to be based upon sum of the scores (B+D)</p> <p>Youth 1 Combined Routine to be performed 2 times. Ranking to be based upon sum of the two scores (C+C)</p> <p>FIG 11-16, 12-18, 13-19 1 Balance, 1 Dynamic and 1 Final. Ranking determined as per FIG rules.</p>
<p>PURPOSE</p>	<p>To provide a prestigious annual competitive opportunity at the national level for developing high performance gymnasts and showcase top provincial talent in the five categories of acrobatic gymnastics:</p> <ul style="list-style-type: none"> ● Women’s Pairs (WP), Men’s Pairs (MP), Mixed Pairs (MxP), Women’s Groups (WG) and Men’s Groups (MG) <p>To establish national rankings and declare Canadian Champions in:</p> <ul style="list-style-type: none"> ● USDP Levels 7-10, Youth, FIG 11-16 (AG1), FIG 12-18 (AG2), FIG 13-19 (Junior) and FIG Senior <p>To play a role in the selection process for major international events (FIG levels only):</p> <ul style="list-style-type: none"> ● World Junior Challenge (Portugal Oct 27-29, 2023): Selection Event (TBC) ● Pan American Championships (Oct/Nov 2023): Routines performed at the Canadian Championships will be recorded and submitted for selection event as additional performances. These recordings will be judged by the selection panel together with videos submitted specifically for the selection event. The highest score achieved by the partnership for each of Balance Dynamic and Final will be used for selection purposes.

ELIGIBILITY**ATHLETES**

National level athletes in Acrobatic Gymnastics who are in good standing with their Provincial/Territorial Federation/Association and GymCan are eligible to register.

Level	Age	Year of Birth (2023 competition year)	Maximum age discrepancy within the unit
Level 7	9 - no max*	2014 or earlier	8 years
Level 8	9 - no max*	2014 or earlier	If a member of a unit is: Age 9: 8 years max Age 10: 9 years max Age 11+: 10 year max
Level 9	9 - no max*	2014 or earlier	If a member of a unit is: 9 or 10: 9 year max 11+: 10 year max
Level 10	9 - no max*	2014 or earlier	If a member of a unit is: 9 or 10: 9 year max 11 or 12: 10 year max 13+: no maximum
Youth	9-16	2007 -2014	NA
FIG 11-16 (AG1)	9-16	2007-2014	NA
FIG 12-18 (AG2)	10-18	2005-2013	NA
FIG 13-19 (Junior)	11-19	2004-2012	NA
FIG Senior	13+	2010 or earlier	NA

Competitive age is defined as the age of the athlete on December 31st of the year that the competition takes place.

See GymCan Acro Technical Regulations for further details regarding Eligibility.

COACHES

The coaching certification requirements to attend GymCan national level competitions are as follows:

- NCCP Comp 1 (Introduction) Certified in Acrobatic Gymnastics
- NCCP Comp 2 (Introduction Advanced) Certified in Artistic Gymnastics (MAG or WAG); or
- Acrobatic gymnastics coaching certification from a FIG Academy or country recognized by Gymnastics Canada as a country with reputable coach education training

(please note: we will be phasing out NCCP Artistic qualifications as eligible for Acro); or

- receive an exemption from the PM.

If coaches are NCCP Competition 1 (Introduction) Acro trained, no payment is required for the exemption request.

Please email all safe sport requirements to Niki Lavoie (nlavoie@gymcan.org)

If you have already submitted proof of completion for Respect in Sport, TrueSport Clean and Making Headway, you do not need to submit them again. To submit an updated Enhanced Background Check (**valid within 12 months of competition date**), please upload it to the link above.

Requirements	Comments
Completed Enhanced Background Check, Canada-wide and/or International Police Checks http://sterlingbackcheck.ca/cac_ace	Must be issued within 12 months of the date of the event being attended. Cost is the responsibility of the individual. Required for coaches, support staff, judges and IST.
Complete <i>Respect In Sport</i> online e-learning module package http://gymcan.org/resources/respect-in-sport	Cost is the responsibility of the individual. Check with your respective province/territory as some may cover the cost. Required for coaches, support staff, judges and IST
True Sport Clean101 UNTRACKED e-learning course http://cces.ca/truesportclean101untracked	Free module. Required for coaches and IST.
CAC Making Headway online learning module. www.coach.ca/concussion	Free module – will be included in coach NCCP records on the Locker. Required for coaches and IST.

REGISTRATION**Deadlines****Registration by Province (submitted by PTO)**

KSIS: Registration, payment, waivers & Safe Sport requirements	June 10 th , 2023
KSIS: tariff sheets and music	June 20 th , 2023
Refund Request Deadline	June 20 th , 2023

Registration Fees

Athletes: \$175.00

Coaches: \$175.00

Support Staff: \$175.00

Banquet: \$10 per athlete

Accepted methods of payment:

Credit Card – Please submit Registration payment form (see Appendix A) to Robin Marsden events@gymcan.org

Cheque – a hard copy of the Financial Info tab must accompany the cheque.

Cheque made payable to: Gymnastics Canada to be mailed to:

Gymnastics Canada

RA Centre, 2451 Riverside Drive, Ottawa, ON, K1H 7X7

Please inform Robin Marsden about chosen payment option.**GymCan will be using the KSIS registration system. All athletes must be entered on the KSIS registration system. Guidelines for required entry format are available on KSIS.**KSIS Link: [ksis - 2023 Acro Canadian Championships \(rgform.eu\)](http://ksis-2023.Acro.Canadian.Championships.rgform.eu)

Waivers (Consent & Assumption of risks) are available here (all participants and staff): <http://gymcan.org/events-results/general-event-documents/participant-forms>.

[OSIC Forms are available here:](#) (required by all participants, staff and volunteers)

Please submit all forms to Niki Lavoie at nlavoie@gymcan.org.

No registrations will be accepted after the registration deadline, unless special dispensation is given by the PM (Niki Lavoie). In which case a \$50 penalty fee per registered participant will be added to the registration fee – no refund.

Provinces will need to inform us for any scratch after this date.

All forms must be fully completed. Missing or incomplete forms may jeopardize the eligibility of an athlete.

COMPETITION RULES & LOGISTICS	<p>The competition will follow the rules set out in the following:</p> <p>2022-24 FIG Technical Rules and Regulations</p> <p>2022-2024 FIG Acrobatic Rules</p> <p>FIG Newsletters</p> <p>USA Development Program (USDP)</p> <p>GymCan Acrobatics Technical Regulations EN</p>
TARIFF SHEETS AND MUSIC	<p>Tariffs Sheets and Music for all routines must be uploaded directly into KSIS by no later than June 20th. Late tariffs will be assigned a penalty of \$25 per sheet. If a tariff is not submitted by July 4th, the unit will not receive a score for the routine.</p> <p>Tariffs: FIG level tariffs must be created on Acro Companion. If access to Acro Companion is not available contact Niki Lavoie at nlavoie@gymcan.org They must appear in full size on the KSIS preview. It is the responsibility of the Provinces and Coaches to ensure that the tariff sheets are correctly uploaded and edited as required following judge review.</p> <p>Music: The following details should be noted:</p> <ul style="list-style-type: none"> ● Mp3 format ONLY ● Last names of athletes and the first letter of the type of routine separated with underscores Example: Smith_Dubois_B (club, level, province not required in the upload) ● Music not provided in the above format will not be accepted. <p>All music will be tested during training. Please bring a backup USB.</p>
MEDICAL SERVICES	<p>There will be a medical team on site throughout the competition.</p>
PROTOCOLS & CEREMONIES	<p>Opening Ceremonies: Details will be included in the Delegates' Handbook.</p> <p>Awards Ceremonies: Awards will be presented as per the schedule immediately following competition. We ask for your cooperation to ensure athletes are ready on time. Awards will be presented from 1st to 8th. Dress code for Athletes: Competitive attire.</p>
ACCREDITATIONS	<p>GymCan accreditation procedures will apply. The system consists of colour coded categories and access zones. GymCan reserves the right to take away any accreditation if the rules are not followed.</p> <p>Accreditations will be distributed upon arrival at the competition venue. The accreditation must be worn to access the venue and the competition area.</p>

JUDGES

Judges must be registered by the Province on KSIS. Registration deadline is June 20th

Provincial judges' allocation for the Canadian Championships is as follows:

Province	Allocation
BC	1
AB	3
SK	1
MB	0
ON	3
QC	3
NB	0
NS	0
NL	0
TOTAL	11

Provinces may send the above number of National ranked judges. If the allowable number of National judges is not available, provinces may send up to the allocated number of judges. Judges must have P3 equivalent experience and must meet the following criteria:

- 3 complete seasons of judging experience within the province
- Fully able to judge A and E at all levels of competition
- Familiar with Difficulty judging, tariff review, and fully versed in the use of the Tables of Difficulty

Approval of the nominees will be done by the Canadian Judge Chair.

Provinces/territories who are not allocated to send any judges but who have athletes participating in the Championships are encouraged to provide one (1) judge. This will ensure that the information that is being discussed at judge meetings and on panels can be brought back to aid the development of the athletes and judges in their own provinces/territories.

PTOs must register their judges on KSIS and complete the Judges Registration Form (link is available on KSIS) for Championships. The form is available on KSIS and was previously sent as an attachment. These forms must be returned by email to nlavoie@gymcan.org and ddsouza@cogeco.ca

All judges nominated to judge Championships must attend the National Judge Course, all the respective technical meetings, and must be available to judge all competition sessions.

<p>TRAVEL</p>	<p>Boulevard Travel is pleased to offer their exclusive “Sports Air Program” to all members. Sports Air Program with Air Canada and WestJet for Groups – Minimum 10 tickets to be eligible.</p> <ol style="list-style-type: none"> 1. Air fare – We have exclusive air fares with both Air Canada and WestJet. These fares are negotiated to ensure the absolute best price with the best flexibility in the industry. 2. Free tickets – our programs both include 1 free ticket for every 15th paid (16th paying taxes only) 3. Name change – free and/or discounted name changes after ticketing 4. Payments – NO deposits, NO payments until ticketing 5-7 days prior to departures / merely a signed contract with commitment dates 5. Baggage – 1 free standard checked bag per person per direction 6. Advance seating – booked for all groups 7. Travel documents / Reporting – Boulevard Travel has developed a number of customized platforms to help with reporting and document delivery which makes travel extremely easy. <p>To secure the best available rate and to discuss booking details, please contact: Boulevard Travel (403) 237-6233</p> <ul style="list-style-type: none"> ● Sharon Phelps, Senior Group & Sport Travel Consultant sharonp@boulevardtravel.com Direct: (403) 802-4270 ● Corinne Palin – Group Account Manager corinep@boulevardtravel.com Direct: (403) 802-4284
<p>ACCOMMODATION</p>	<p>All registered delegates are responsible for their own accommodations. The local organizing committee has secured the following host hotels:</p> <p>Holiday Inn Oakville Centre 590 Argus Road Oakville, Ontario, L6J 3J3 866-266-3306</p> <p>Rates</p> <ul style="list-style-type: none"> ● \$169.00 per room per night including breakfast <p>Please note there are 10 rooms set aside. This is the location of the Athlete banquet.</p> <p>Amenities/Parking/Distance from Venue Distance from the hotel to the venue is approximately 8km.</p> <p>There is free parking at the hotel and the venue.</p> <p>Reservations Hotel phone: 866-266-3306 Online: https://www.guestreservations.com/holiday-inn-oakville-centre Reservation deadline: June 15th, 2023</p>

	<p>Holiday Inn & Suites Oakville @ Bronte 2525 Wycroft Road, Oakville Ontario, L6L6P8 905-847-1000</p> <p>Rates</p> <ul style="list-style-type: none"> ● \$164.00 per room per night including breakfast. 2 Queens or 1 King with pullout. <p>Amenities/Parking/Distance from Venue Distance from the hotel to the venue is approximately 4.5km.</p> <p>Parking is free at the hotel.</p> <p>A list of amenities within walking distance of the venue will be provided upon arrival.</p>
LOCAL TRANSPORTATION	Provinces are responsible for their own transportation.
MEALS AND HOSPITALITY	<p>Provinces are responsible for their own meals -Breakfast is included with Hotel stays.</p> <p>There are several restaurants and grocery store within 3 min walking distance from the Venue. A concession stand will be available at the venue.</p> <p>Breakfast, lunch and dinner will be provided on-site for all coaches, officials and registered members of delegations (not athletes).</p>
SOCIALS/ BANQUETS	<p>Officials Reception – Thursday evening 7pm – 9:30pm</p> <p>Banquet for Athletes and Officials – Sunday evening 6-10pm</p>
SOCIAL MEDIA	<p>Facebook: www.facebook.com/gymcan1</p> <p>Twitter: @gymcan1</p> <p>Instagram: @gymcan1</p> <p>YouTube: www.youtube.com/user/gymcan1</p>
LIVE STREAM	TBC

APPENDIX A – REGISTRATION PAYMENT FORM

1. INFORMATION

Event – Événement : _____

Club name – Nom du club : _____

Telephone - Téléphone: _____

2. CREDIT CARD PAYMENT

Full name of card holder – Nom sur la carte:	
Amount to pay – Montant à payer	
Type of card – Type de carte	<input type="checkbox"/> VISA <input type="checkbox"/> MASTERCARD
Card number – Numéro :	
Expiry date – Expiration :	
CVV (3 numbers behind the card – 3 chiffres derrière la carte)	
E-mail of card holder – Courriel du détenteur :	

Please upload with your registration form.

3. BANK TRANSFER PAYMENT: Please indicate your club name and Acro CC as reference when processing payment.

LEGAL NAME:		CANADIAN GYMNASTICS FEDERATION
NAME OF FINANCIAL INSTITUTE:		BANK OF MONTREAL
ADDRESS:		945 SMYTH ROAD, OTTAWA, ON, K1G 1P5 CANADA
INSTITUTION NUMBER:	(3 NUMBERS)	001
BRANCH NUMBER:	(5 NUMBERS)	23746
ACCOUNT NUMBER:	(7 NUMBERS)	1026808
SWIFT/IBAN NUMBER:		BOFMCAM2
ROUTING INFORMATION FOR INTERNATIONAL WIRES:		CC000123746