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NEW BRUNSWICK GYMNASTICS ASSOCIATION



WOMEN'S ARTISTIC GYMNASTICS TECHNICAL MANUAL (2019-2020)

CONTENTS

I.	WAG TECHNICAL COMMITTEE.....	2
II.	WAG TECHNICAL CHAIRPERSON.....	2
III.	WAG JUDGING COMMITTEE.....	2
IV.	WAG JUDGING CHAIRPERSON.....	3
V.	TECHNICAL DIRECTIVES AND REGULATIONS FOR CANADIAN JUNIOR OLYMPIC, ASPIRE, AND NB LEVEL 6 CATEGORIES	3
	a. Athlete Eligibility	4
	b. Age	4
	c. Mobility	4
	d. Rules and Regulations	5
	e. Warm-up Procedures and Equipment Specifications	5
	f. Awards and Results	6
	g. Qualifying for Provincial Championships	7
	h. Qualifying Scores for Atlantic, Eastern, and Canadian Championships	7
	i. Selection of Athletes for Team NB	8
	j. Coach Qualification Requirements for NBGA Competitions	10
	k. Selection of Coaches for Team NB	11
VI.	APPENDIX – PETITION FORMS.....	13

I. WOMEN'S ARTISTIC GYMNASTICS (WAG) TECHNICAL COMMITTEE

The WAG Technical Committee (WTC) focuses on the development and coordination of the WAG program within the province. It is comprised of one representative from each WAG club and is responsible for:

- a. Ensuring and maintaining the quality of the WAG program.
- b. Developing technical directives and regulations for the WAG program.
- c. Developing a budget for approval by the Executive Committee.
- d. Creating a four-year strategic plan for athlete and coach development.
- e. Voting in a WAG Technical Chairperson to a two-year term, for ratification at the AGM. This position will be elected in a year ending in an even number.

II. WAG TECHNICAL CHAIRPERSON

The WAG Technical Chairperson oversees the WTC and is responsible for:

- a. Providing leadership for the WAG program that is consistent with the purpose, values, objectives, and powers of the NBGA.
- b. Developing, coordinating, and supervising various activities for the WAG program (e.g., clinics, camps, team travel), in collaboration with the WTC.
- c. Representing the province at Atlantic, Eastern, and National technical meetings, or designating a representative to attend.
- d. Chairing the WTC meetings.
- e. Liaising with WAG coaches, the WTC, the WAG Judging Chairperson, the Executive Committee, the NBGA, and Atlantic, Eastern, and National committees, and ensuring that all information pertinent to the WAG program is circulated to concerned parties.
- f. Leading the WTC in the development of a calendar of events, an annual budget, and a strategic plan for the WAG program, and presenting these items to the Executive Committee.
- g. Maintaining all correspondence of the WTC.

III. WAG JUDGING COMMITTEE

The WAG Judging Committee (one vote per WAG judge registered with the NBGA) focuses on the training of WAG judges and the development of the WAG judging program within the province; it is responsible for:

- a. Developing criteria for the selection of WAG judges for out-of-province competitions.
- b. Developing and promoting training opportunities for WAG judges.
- c. Developing a budget for approval by the Executive Committee.
- d. Voting in a WAG Judging Chairperson to a two-year term, for ratification at the AGM. This position will be elected in a year ending in an odd number.

IV. WAG JUDGING CHAIRPERSON

The WAG Judging Chairperson oversees the WAG Judging Committee and is responsible for:

- a. Providing leadership for the WAG judging program that is consistent with the purpose, values, objectives, and powers of the WAG program and the NBGA.
- b. Developing, coordinating, and supervising various activities for the WAG judging program (e.g., clinics, exams), in collaboration with the WAG Judging Committee.
- c. Representing the province at the Provincial/Territorial Judging Chairpersons' meetings, or designating a representative to attend.
- d. Chairing the WAG Judging Committee meetings.
- e. Liaising with WAG judges, the WAG Judging Committee, the WTC, the Executive Committee, the NBGA, and Atlantic, Eastern, and National committees, and ensuring that all information pertinent to the WAG judging program is circulated to concerned parties.
- f. Leading the WAG Judging Committee in the development of a calendar of events, an annual budget, and a strategic plan for the WAG judging program, and presenting these items to the Executive Committee.
- g. Maintaining all correspondence of the WAG Judging Committee.
- h. Creating the WAG judging panels for all NBGA qualifying competitions and Provincial Championships.
- i. Maintaining yearly certification and activity records for all WAG judges.
- j. Developing and implementing programs to recruit and train new WAG judges, in collaboration with the WAG Judging Committee.

V. TECHNICAL DIRECTIVES AND REGULATIONS FOR CANADIAN JUNIOR OLYMPIC, ASPIRE, AND NB LEVEL 6 CATEGORIES

For the 2019-2020 season, the WTC has adopted the Canadian Junior Olympic (CJO) and Aspire programs for competition, as administered by Gymnastics Canada (GymCan). The WTC has also developed NB Level 6 (NB 6) to provide an additional category that meets the skill development and competitive needs of older girls in the province. In New Brunswick, CJO Levels 1 and 2 serve as a developmental pre-competitive program while Levels 3-10 and NB 6 serve as the competitive provincial stream. The emphasis of the pre-competitive program is on participation and enjoyment. The Aspire program can prepare young athletes to progress into the higher levels of the CJO program or into the Canadian High Performance program. Any club hosting a CJO or Aspire meet must apply to the NBGA for sanction and must comply with the directives and regulations outlined below. Athletes participating in the Canadian High Performance program are governed by the rules and regulations as laid in the GymCan High Performance manual.

a. ATHLETE ELIGIBILITY

- i. In order to be eligible to compete in any event sanctioned by the NBGA, an athlete must:
 1. Be registered with the NBGA as per the registration package,
 2. Be a member in good standing with the NBGA,
 3. Be registered with the NBGA in the level in which she intends to compete at least 14 days prior to the competition.
- ii. Prior to the competition, the host club will submit a list of registered athletes to the NBGA, who will verify that all athletes have met the eligibility criteria. Any athlete who does not meet the eligibility criteria may be disqualified from the competition.

b. AGE

Level 1-2	Level 3-5	Level 6-8	Level 9	Level 10	Aspire
2013 and before	Argo 2010-2012	Argo 2010-2011	Age 11-13 2007-2009	Age 12-15 2005-2008	Aspire 1 2009-2011
	Tyro 2008-2009	Tyro 2008-2009			
	Novice 2006-2007	Novice 2006-2007	Age 14+ 2006 and before	Age 16+ 2004 and before	Aspire 2 2008-2010
	Open 2005 and before	Open 2005 and before			
	NB 6	2008 and before			

c. MOBILITY

- i. Upward mobility
 1. Athletes wishing to move up a level in the competitive stream, either within the competition season or at the beginning of the next season, must achieve a minimum mobility score at an NBGA qualifying competition, or at Atlantic, Eastern or Canadian Championships.
 2. Athletes must move up one level at a time (except when moving from Level 4 to 6 or from Level 5 to 7, as is the philosophy of the JO). If gymnasts wish to skip a level, they must get permission from the WTC and provide appropriate rationale for skipping levels (e.g., video, judge analysis, etc.).
 3. Athletes who achieve the mobility score and who wish to move up must register with the NBGA in their new level at least 14 days prior to the competition at which they intend to move up.
 4. Mobility scores:
 - a. 32.00 to move up in the CJO stream (Level 3 – Level 10),
 - b. 33.00 to move from Aspire to Level 7/8/9/10, or with permission from the WTC,

- c. 35.00 to move from Level 4/5/6/7 to Aspire.
- d. There is no mobility score to move in to or out of NB 6.
- ii. Downward mobility
 - 1. Athletes in the competitive stream who wish to move down a level within the competition season must petition the WTC for permission to move down. The petition must be received within a reasonable timeframe to allow the WTC to review and approve the request and for the athlete to register with the NBGA in their new level at least 14 days prior to the competition.
 - 2. Any review of movement petitions shall follow the philosophy of acting in the best interest of the athlete.

d. RULES AND REGULATIONS

- i. USA Gymnastics Junior Olympic Compulsory Program WAG 2013-2021 (3rd edition).
- ii. USA Gymnastics Junior Olympic Code of Points WAG 2018-2022 (1st edition).
- iii. GymCan JO Program Manual 2019-2020.
- iv. NB Level 6 Program Rules 2019-2020.
- v. GymCan Aspire Program Manual 2019-2020.
- vi. Any relevant updates to the above programs/documents as distributed by USAG GymCan and/or the NBGA throughout the 2019-2020 season.

e. WARM-UP PROCEDURES AND EQUIPMENT SPECIFICATIONS

- i. At NBGA sanctioned meets, the warm-up procedures and equipment specifications as outlined in the GymCan JO and Aspire program manuals will be in place with the following three exceptions:
 - 1. Balance beam warm-up for Level 3-Level 10 may follow the warm-up 2, compete 1 format.
 - 2. Level 4 athletes in the Argo age category will vault to flat back (mats piled up to the level of the vault table).
 - 3. Level 6 and 7 vault table: any height from minimum 100cm to maximum 135cm.
- ii. The NB 6 category will follow the same warm-up procedures and equipment specifications as CJO Level 6, except where noted in the NB 6 program rules.

f. AWARDS AND RESULTS

i. Awards

1. Level 1 and 2:

Ribbons will be awarded at each apparatus based on the score range below:

Ribbon	Score Range
1 st Place	9.500+
2 nd Place	9.000-9.499
3 rd Place	8.500-8.999
4 th Place	8.499 and below

2. Level 3-10, NB 6, and Aspire:

- a. Apparatus and all-around awards (ranks 1-6) will be distributed immediately following each flight.
- b. At NBGA Qualifiers, any age-group that exceeds 20 athletes will be split by age into equal groups for awards.
- c. At NBGA Qualifiers, any age-group that has less than 3 athletes will be combined with the next closest age-group for awards (i.e., Argo/Tyro, Tyro/Novice, or Novice/Open).
- d. In the rare case where combining two age-groups creates a category that exceeds 20 athletes, this new category will be split by age into equal groups for awards.
- e. At NBGA Qualifiers, host clubs may not split age-groups into different flights, onto different judging panels, or make any other obvious distinction between groups during the competition. The distinction may only be made during the awards ceremony.
- f. There will be no age-group splitting or combining at Provincial Championships.

ii. Results

1. Level 1 and 2:

- a. No start values or scores will be flashed or published.
- b. Score cards will display ribbon placements only.

2. Level 3-10, NB 6, and Aspire

- a. Start values and event scores will be flashed.
- b. Score cards will display event scores.
- c. Start values, event, and all-around scores will be published.
- d. Published results should reflect any age-group splitting or combining, as per the awards ceremony.

g. QUALIFYING FOR PROVINCIAL CHAMPIONSHIPS

- i. Provincial Championships will take place from April 3-5, 2020 (hosted by Kingswood Gymnastics).
- ii. To qualify for Provincial Championships, athletes are required to participate in a minimum of either one or two of the following NBGA Qualifiers:
 - 1. 1st Qualifier: Christmas Claus, November 29-December 1, 2019 (Kingswood).
 - 2. 2nd Qualifier: Fundy Invitational, January 24-26, 2020.
 - 3. 3rd Qualifier: Chocolate River Classic, February 14-16, 2020 (Beausejour).
 - 4. 4th Qualifier: Irish Rose Invitational, March 20-22, 2020 (Miramichi).
- iii. Athletes in Level 1 and 2 are required to participate in at least one of the above-listed qualifiers; any athlete in Level 1 or 2 unable to participate in at least one qualifier, due to injury, illness, or exceptional circumstances, may petition to the WTC for permission to compete at Provincial Championships (see Appendix for petition form A).
- iv. Athletes in Level 3-10, NB 6, and Aspire are required to participate in at least two of the above-listed qualifiers; any athlete in Level 3-10, NB 6, or Aspire unable to participate in at least two qualifiers, due to injury, illness, or exceptional circumstances, may petition to the WTC for permission to compete at Provincial Championships (see Appendix for petition form A).
- v. There is no qualifying score for Provincial Championships.

h. QUALIFYING SCORES FOR ATLANTIC, EASTERN, AND CANADIAN CHAMPIONSHIPS

CJO Categories	Atlantics	Easterns	Canadians
Level 5 & 6	35.00	N/A	N/A
Level 7, 8, & Aspire	34.00	34.00	N/A
Level 9	32.00	33.00	Age 11-13 Only 33.00
Level 10	32.00	33.00	33.00
Event Specialists: Open Level 6/7/8/9 & Level 10	25.50 on 3 events 17.50 on 2 events 9.00 on 1 event		

i. SELECTION OF ATHLETES FOR TEAM NB

- i. Prior to the beginning of the competition season, the WTC will determine the processes and criteria for selection of athletes to Team NB for Atlantic, Eastern, and Canadian Championships.
- ii. Clubs are responsible for educating athletes and parents about the processes and criteria for Team NB selection.
- iii. Team NB selection will take place immediately following each flight at Provincial Championships. A maximum of one representative from each WAG club may be present at the selection meeting.
- iv. All athletes considered during the selection processes outlined below must:

1. Have competed in the same level at a minimum of two CJO competitions and the NBGA Provincial Championships, AND
2. Have achieved the qualifying score detailed in Section V-h at either Provincial Championships or at a minimum of two CJO competitions during the season.

**Petitions may be considered for athletes who do not meet criteria 1, provided they have achieved the qualifying score at some point during the season (see Appendix for petition form B). Acceptable reasons for not having met criteria 1 would include injury, illness, or exceptional circumstances that kept the athlete from participating, or an athlete who moved up levels mid-season.*

v. Atlantic Championships

1. A team of up to 6 athletes will be selected to attend Atlantic Championships in each eligible category, as per AUGA regulations.
2. The top 3 all-around athletes at Provincial Championships will be named directly to Team NB provided they have achieved the qualifying score at Provincial Championships. This will be the 'core team'. The core team score will be established by averaging the athletes' two highest CJO competition scores + Provincials scores on each event.
3. The remaining spots on the team will be open for wildcard selection. The average scores of the remaining eligible athletes will be determined by averaging their two highest CJO competition scores + Provincials scores on each event.
4. Wildcard positions will be filled by determining which of the remaining eligible athletes' average scores, when combined with the core team total, will create the highest scoring team, counting the top 4 scores on each event. In Open age categories for Level 6-10, event specialists will be considered in determining the highest scoring team.
5. Any athlete who meets the criteria for a petition may be considered in the wildcard selection process if there remains space on the team

after all other eligible athletes have been considered via the process outlined above.

6. Any athlete in Level 7-10 who does not qualify for Atlantic Championships may petition to the WTC for consideration for a spot on the team one level below. The WTC may approve this petition only if there is space on the team, that is, no athlete in the lower level will be excluded in favour of the higher level athlete (see Appendix for petition form C).
 7. If prior to departure for Atlantic Championships an athlete has to withdraw, another athlete may be selected to replace her, provided there remains a reasonable amount of time for preparation. A decision as to who will be selected as the replacement will be made following the same selection process outlined above.
 8. The rotation order for each apparatus submitted for Atlantic Championships will be 3, 4, 1, 5, 2, 6, where 1 is the athlete with the highest average score on the event and 6 is the athlete with the lowest average score on the event.
- vi. Eastern Championships
1. A team of up to 4 athletes will be selected to attend Eastern Championships in each eligible category, as per the Eastern Championships Policy Manual.
 2. The top 2 all-around athletes at Provincial Championships will be named directly to Team NB provided they have achieved the qualifying score at Provincial Championships. This will be the 'core team'. The core team score will be established by averaging the athletes' two highest CJO competition scores + Provincials scores on each event.
 3. The remaining spots on the team will be open for wildcard selection. The average scores of the remaining eligible athletes will be determined by averaging their two highest CJO competition scores + Provincials scores on each event.
 4. Wildcard positions will be filled by determining which of the remaining eligible athletes' average scores, when combined with the core team total, will create the highest scoring team, counting the top 3 scores on each event. In Open age categories, event specialists will be considered in determining the highest scoring team.
 5. Any athlete who meets the criteria for a petition may be considered in the wildcard selection process if there remains space on the team after all other eligible athletes have been considered via the process outlined above.
 6. Any athlete in Level 8-10 who does not qualify for Eastern Championships may petition to the WTC for consideration for a spot on the team one level below. The WTC may approve this petition only if there is space on the team, that is, no athlete in the

lower level will be excluded in favour of the higher level athlete (see Appendix for petition form C).

7. If prior to departure for Eastern Championships an athlete has to withdraw, another athlete may be selected to replace her, provided there remains a reasonable amount of time for preparation. A decision as to who will be selected as the replacement will be made following the same selection process outlined above.
 8. The rotation order for each apparatus submitted for Eastern Championships will be 3, 1, 2, 4, where 1 is the athlete with the highest score at Provincial Championships and 4 is the athlete with the lowest score.
- vii. Canadian Championships
1. A team of up to 6 athletes will be selected to attend Canadian Championships in each eligible category, as per the CJO program manual.
 2. The top 3 all-around athletes at Provincial Championships will be named directly to Team NB provided they have achieved the qualifying score at Provincial Championships. This will be the 'core team'. The core team score will be established by averaging the athletes' two highest CJO competition scores + Provincials scores on each event.
 3. The remaining spots on the team will be open for wildcard selection. The average scores of the remaining eligible athletes will be determined by averaging their two highest CJO competition scores + Provincials scores on each event.
 4. Wildcard positions will be filled by determining which of the remaining eligible athletes' average scores, when combined with the core team total, will create the highest scoring team, counting the top 4 scores on each event. In Level 10, event specialists will be considered in determining the highest scoring team.
 5. Any athlete who meets the criteria for a petition may be considered in the wildcard selection process if there remains space on the team after all other eligible athletes have been considered via the process outlined above.
 6. If prior to departure for Canadian Championships an athlete has to withdraw, another athlete may be selected to replace her, provided there remains a reasonable amount of time for preparation. A decision as to who will be selected as the replacement will be made following the same selection process outlined above.

j. COACH QUALIFICATION REQUIREMENTS FOR NBGA COMPETITIONS

- i. Any coach on the competition floor during NBGA sanctioned competitions must possess the appropriate certification relative to the skill level of the athletes they are coaching, and hold valid First Aid, CPR, and Respect in Sport certification

- ii. For more details, see the NBGA Coaching Policies and Guidelines.

k. SELECTION OF COACHES FOR TEAM NB

- i. The NBGA will make every effort to fund two coaches per team (one team coach and one assistant coach) to travel to each competition, provided it is financially viable.
- ii. Coaches for each team will be named according to a point system determined by the order in which the athletes are named to the team (e.g., for a team of six, 6 points for the first named athlete, 5 points for the next named athlete, etc.).
- iii. The club with the most points will select the team coach from among its coaching staff. The club with the next most points will select the assistant coach from among its coaching staff. In the case of a tie, the club with the most athletes on the team will select the coach; in the case of a further tie, the club of the athlete with the higher all-around placing at Provincial Championships will select the coach.
- iv. If a club has earned a team/assistant coach position but does not wish to name a coach from among its coaching staff, the club with the next most points will select the team/assistant coach. If no other club has earned points, the WTC may appoint a team/assistant coach by a majority vote.
- v. If a team consists of athletes from one club only, that club may name both a team coach and an assistant coach, provided there are at least 4 athletes on the team and that it is financially viable to fund a second coach.
- vi. Up to two wildcard coach positions may be named for Atlantic Championships and one wildcard coach position may be named for Eastern Championships to serve as a developmental opportunity.
- vii. Club-selected coaches must be approved by the WTC, ensuring that any coach named to Team NB is a member in good standing with the NBGA and has met the coaching certification standards below.
 - 1. Atlantic and Eastern Championships:
 - a. Certified Level 2 or Competition 1 Trained (WAG).
 - b. Certified First Aid and CPR.
 - c. Valid Criminal Record Check within the past 3 years.
 - d. Completion of Respect in Sport, Making Ethical Decisions, and concussion awareness training.
 - 2. Canadian Championships:
 - a. Certified Level 3 (WAG).
 - b. Certified First Aid and CPR.
 - c. Completion of Respect in Sport and Making Ethical Decisions.
 - d. Additional GymCan requirements:
 - i. Valid Criminal Record Check within the past year.
 - ii. True Sport Clean 101 e-learning course:
<http://cces.ca/truesportclean101untracked>

- iii. NCCP Making Headway e-learning module:
<https://www.coach.ca/-p153487>
- viii. The number of coaches clubs may send to a Team NB competition is dependent on the number of athletes they have qualified and the number of teams on which they have athletes competing.

	1-2 Teams	3-4 Teams	5+ Teams
1-4 Athletes	1	2	N/A
5-10 Athletes	2	3	3
11+ Athletes	3	3	4

VI. APPENDIX – PETITION FORMS

Petition Form A: Permission to Compete at Provincial Championships

Petition Form B: Consideration for Selection to Team NB (Injury, Illness, or Exceptional Circumstances)

Petition Form C: Consideration for Selection to Team NB (One Level Down)



WAG Petition Form A: Permission to Compete at Provincial Championships 2020

Name of Athlete: _____

Category: _____

Club: _____

Head Coach: _____

	Registered (✓)	Competed (✓)	Withdrew (✓)
1 st Qualifier (Christmas Claus)	_____	_____	_____
2 nd Qualifier (Fundy Invitational)	_____	_____	_____
3 rd Qualifier (Chocolate River Classic)	_____	_____	_____
4 th Qualifier (Irish Rose Invitational)	_____	_____	_____

Reason(s) for Not Competing

1st Qualifier: _____

2nd Qualifier: _____

3rd Qualifier: _____

4th Qualifier: _____

Please provide any relevant documentation to support your petition (e.g., doctor's note, etc.).

Signature of Head Coach: _____

Date: _____

*The petition form and supporting documentation must be submitted to NBGA no later than **seven (7) days prior to the registration deadline for Provincial Championships**. The WTC will approve or decline the petition by majority vote within 7 days of receiving the request.*

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Date Received: _____

Approve/Decline (please circle)

Notes: _____



**WAG Petition Form B: Consideration for Selection to Team NB 2020
(Injury, Illness, or Exceptional Circumstances)**

Name of Athlete: _____ Category: _____
 Club: _____ Head Coach: _____

Reason for Petition: Injury Illness Other

Please provide details. If injured, indicate when the athlete is expected to return to full training.

Previous Results	Vault		Bars		Beam		Floor		All-Around	
	Score	Rank	Score	Rank	Score	Rank	Score	Rank	Score	Rank
1 st Qualifier										
2 nd Qualifier										
3 rd Qualifier										
4 th Qualifier										

Please provide any relevant documentation to support your petition (e.g., doctor's note, etc.).

Signature of Head Coach: _____ Date: _____
 (or representative if head coach is unavailable)

*The petition form and supporting documentation must be submitted to NBGA as soon as it is known that the athlete will be unable to compete at Provincial Championships. For situations that arise during provincials, the petition form must be submitted to NBGA as soon as possible. **All petition forms must be received prior to the Team NB selection meeting**, which takes place immediately following the competition flight. The WAG Technical Committee will approve or decline the petition by majority vote at the selection meeting. For injuries that arise during the competition, the committee may delay their decision until the athlete's medical status has been determined by a doctor unless there is another athlete in line for selection.*

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Date Received: _____ Approve/Decline (please circle)

Notes: _____



**WAG Petition Form C: Consideration for Selection to Team NB 2020
(One Level Down)**

Name of Athlete: _____ Category: _____
 Club: _____ Head Coach: _____

Please provide rationale for selecting the athlete for Team NB at the lower level.

Previous Results	Vault		Bars		Beam		Floor		All-Around	
	Score	Rank	Score	Rank	Score	Rank	Score	Rank	Score	Rank
1 st Qualifier Level:										
2 nd Qualifier Level:										
3 rd Qualifier Level:										
4 th Qualifier Level:										

Please provide any relevant documentation to support your petition.

Signature of Head Coach: _____ Date: _____
 (or representative if head coach is unavailable)

*The petition form must be submitted to the NBGA as soon as it is known that the athlete has not met the qualifying standard for her level. **All petition forms must be received prior to the Team NB selection meeting**, which takes place immediately following the competition flight. The WTC will approve or decline the petition by majority vote at the selection meeting, or they may request that the head coach provide further evidence or supporting documentation of the athlete's ability to perform to NBGA's standards at the lower level, within a reasonable timeframe (between 48 and 72 hours after the selection meeting, at the discretion of the NBGA).*

Points to consider when reviewing an athlete's petition to move down:

1. Throughout the competition season, did the athlete achieve the qualifying standard at the level in which she competed at Provincial Championships or at the level to which she is petitioning to move down?
2. If the athlete did not achieve the qualifying standard at the higher level, how close was she to achieving the standard?
3. Can it be reasonably assumed that the athlete would achieve the qualifying standard at the lower level?



4. If there are athletes at the lower level who have qualified for Team NB, how does the athlete's skill level and performance quality compare to them?
5. If there are athletes at the lower level who did not achieve the qualifying standard, how does the athlete's skill level and performance quality compare to them?
6. Are there any circumstances which affected the athlete's performance throughout the season at the higher level that should not affect the athlete's ability to perform to NBGA's standards at the lower level?

Examples of Supporting Documentation:

1. Judges' review of routines performed at Provincial Championships applying the rules and requirements for the lower level.
2. Judges' in-person or video assessment of the athlete's routines.

FOR NBGA USE ONLY

Date Received: _____

Approve/Decline (please circle)

Notes: _____

