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NEW BRUNSWICK GYMNASTICS ASSOCIATION



MEN'S ARTISTIC GYMNASTICS TECHNICAL MANUAL (2020-2021)

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I. MEN'S ARTISTIC GYMNASTICS (MAG) TECHNICAL COMMITTEE

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

- a. Ensuring and maintaining the quality of the MAG program.
- b. Developing technical directives and regulations for the MAG 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 MAG 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. MAG TECHNICAL CHAIRPERSON

The MAG Technical Chairperson oversees the MTC and is responsible for:

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

III. MAG JUDGING COMMITTEE

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

- a. Developing criteria for the selection of MAG judges for out-of-province competitions.
- b. Developing and promoting training opportunities for MAG judges.
- c. Developing a budget for approval by the Executive Committee.
- d. Voting in a MAG 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. MAG JUDGING CHAIRPERSON

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

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

V. TECHNICAL DIRECTIVES AND REGULATIONS FOR CANADIAN PROVINCIAL AND ELITE PATHWAY PROGRAMS, AND NB LEVEL 1

For the 2020-2021 season, the MTC has adopted the Canadian Provincial and Elite Pathway programs for competition, as administered by Gymnastics Canada (GymCan). The MTC has also developed the NB Level 1 category (NB 1) to provide an additional category that meets the skill development and competitive needs of boys in the province. In New Brunswick, the NB 1 category serves as a developmental pre-competitive program while the Provincial Pathway serves as the primary competitive stream. The emphasis of the pre-competitive program is on participation, enjoyment, and preparation for competition. The Elite pathway can prepare young athletes to progress into the higher levels of the Provincial Pathway or into the Junior and Senior High Performance categories. Any club hosting a meet must apply to the NBGA for sanction and must comply with the directives and regulations outlined below.

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 **club** registration package,

2. Be a member in good standing with the NBGA,
 3. Be registered with the NBGA in the level in which he intends to compete at least 14 days prior to the competition (due to the COVID-19 pandemic, this period has been extended to 28 days).
- 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

- i. For NB 1, athletes must be a minimum of 6 years old as of January 1, 2021.
- ii. For Provincial and Elite Pathways, an athlete's category for the 2020-2021 competition season is determined by the age he will turn in the year 2021.
- iii. Please refer to the table below or Appendix A of the GymCan Pathway documents.

Provincial Pathway Age Categories						
NB 1	Level 1	Level 2	Level 3	Level 4	Level 5	National Open
2014 and before	Under 10 2012-2013					
	Under 12 2010-2011		Under 13 2009-2011			
	12+ 2009 and before		13+ 2008 and before		2004-2007	2006 and before
Elite Pathway Age Categories						
Elite 1	Elite 2	Elite 3	Elite 4	Junior	Senior Next Gen	Senior
2012-2013	2011-2012	2009-2011	2007-2009	Age 14-15 2006-2007 Age 16-18 2003-2005	2001-2003	2000 and before

c. MOBILITY

- i. Athletes may move up levels at any point within the competition season. They must register with the NBGA in their new level at least 14 days prior to the competition at which they intend to move up (due to the COVID-19 pandemic, this period has been extended to 28 days).
- ii. Athletes may move down a level at any point within the competition season. They must register with the NBGA in their new level at least 14 days prior to the competition at which they intend to move down (due to

the COVID-19 pandemic, this period has been extended to 28 days) and must notify the MTC as a courtesy.

d. RULES AND REGULATIONS

- i. NB Level 1 Program Rules
- ii. GymCan Canadian Provincial Pathway Rules
- iii. GymCan Canadian Elite Pathway Program
For the current version of GymCan documents, please check here:
<http://gymcan.org/disciplines/mens-artistic-gymnastics/technical-information/technical-documents>
- iv. FIG MAG Code of Points
For the current version of the COP, please check here:
<https://www.gymnastics.sport/site/rules/#2>
- v. Any relevant updates to the above programs/documents as distributed by FIG, GymCan, and/or the NBGA throughout the 2020-2021 season.

e. WARM-UP PROCEDURES AND EQUIPMENT SPECIFICATIONS

- i. Whenever possible, warm-up procedures at NBGA sanctioned meets shall allow a general and apparatus warm-up as per the GymCan rules, followed by a ‘one-touch’ on each apparatus during the competition phase.
- ii. If an apparatus warm-up is not possible, gymnasts shall be allowed the following warm-up on each event in the competition phase:
 - 1. NB 1, Level 1 & 2: 30 seconds each to a maximum of 5 minutes.
 - 2. Level 3+ and Elite categories: 2 minutes each to a maximum of 10 minutes.
- iii. The equipment specifications for NB 1 are outlined in the NB Level 1 program rules; equipment specifications as outlined in the GymCan rules shall be in place for Provincial and Elite streams.

f. RESULTS AND AWARDS

- i. NB 1:
 - 1. No start values or scores will be flashed or published.
 - 2. Score cards will display ribbon placements only.
 - 3. Ribbons will be awarded for each apparatus based on the score range below:

Ribbon	Score Range
1 st Place	8.800+
2 nd Place	7.800-8.799
3 rd Place	7.799 and below

- ii. Provincial and Elite Categories:
 1. D-Scores and final scores will be flashed and published.
 2. Score cards will display final scores.
 3. Apparatus and all-around awards (ranks 1-6) will be distributed immediately following each flight (due to the COVID-19 pandemic, there will be no awards ceremonies; ribbons and medals will be sent home with each club to distribute).
 4. At the discretion of the host club of any NBGA Qualifier, an age-group that has less than 3 athletes may be combined with the next closest age-group for awards (e.g., Level 1 U12 may be combined with either the U10 or 12+ age-group). There will be no age-group combining at Provincial Championships.

g. QUALIFYING FOR PROVINCIAL CHAMPIONSHIPS

- i. Provincial Championships will take place from April 9-11, 2021, hosted by Kingswood Gymnastics.
- ii. To qualify for Provincial Championships, athletes are required to participate in at least one of the following NBGA Qualifiers:
 1. ~~1st Qualifier: Kingswood Christmas Claus, December 13, 2020.~~
 2. 2nd Qualifier: Fundy Invitational, January 22-24, 2021.
 3. 3rd Qualifier: Beauséjour Chocolate River Classic, February 12-14, 2021.
 4. 4th Qualifier: Miramichi Irish Rose Invitational, March 19-21, 2021 – NB 1, Level 1 and 2 only.
- iii. Any athlete unable to participate in at least one qualifier, due to injury, illness, or exceptional circumstances, may petition to the MTC for permission to compete at Provincial Championships (see Appendix for petition form A).
- iv. There is no qualifying score for Provincial Championships.

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

Due to the possibility of lost training time and limited competition opportunities as a result of the COVID-19 pandemic, there will be no qualifying score for Atlantic Championships. If Eastern and/or Canadian Championships are held, the qualifying scores will apply.

	Atlantics	Easterns	Canadians
Level 1 & 2	50.00	N/A	
Level 3	60.00	60.00	N/A
Level 4 & 5	61.00	61.00	N/A

National Open	62.00	N/A	AA: 62.00 FX: 12.00 PH: 11.00 SR: 11.50 VT: 12.00 PB: 11.50 HB: 11.00
Elite 2	49.00	N/A	
Elite 3	48.00	48.00 <i>(not including the score for physical testing)</i>	N/A
Elite 4	As per GymCan screening standards	As per GymCan screening standards	N/A
Junior	These categories will be invited to compete at the 2021 Atlantic Championships	N/A	64.00 (age 14-15) 66.00 (age 16-18)
Senior Next Gen		N/A	72.00 or 12.00 on an apparatus
Senior		N/A	75.00 or 12.50 on an apparatus

i. SELECTION OF ATHLETES FOR TEAM NB

- i. Prior to the beginning of the competition season, the MTC will determine the process and criteria for selection of athletes to Team NB in Levels 1-5, Elite 2-3, and National Open for Atlantic, Eastern, and Canadian Championships. For Elite 4, qualification for Eastern Championships is as per the GymCan screening policy. For Junior, Senior Next Gen, and Senior, qualification for Canadian Championships is as per the GymCan recommended scores as noted in V-h.
- 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 MAG club may be present at the selection meeting. Due to the possibility of lost training time and limited competition opportunities as a result of the COVID-19 pandemic, the selection process will be simplified.
- iv. ~~All athletes considered during the selection processes outlined below must:~~
 1. ~~Have competed in the same level at a minimum of two Canadian Pathway 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 Canadian Pathway 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 I would include injury, illness, or exceptional circumstances that kept the athlete from participating, or an athlete who changed 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. Athletes will be selected based on their top all-around score achieved at any Canadian Pathway competition in the 2020-2021 season; the athletes with the 6 highest all-around scores will be named to Team NB.
- ~~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 Canadian Pathway 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 Canadian Pathway 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 National Open, 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 Atlantic Championships an athlete has to withdraw, another athlete may be selected to replace him, 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.
7. 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. As per the Eastern Championships Policy Manual, a team of up to 4 athletes will be selected in each age category for Level 3-5, and a team of up to 5 athletes will be selected in Elite 3 to attend Eastern Championships. Athletes will be selected based on their top all-around score achieved at any Canadian Pathway competition in the 2020-2021 season; the athletes with the highest all-around scores

will be named to Team NB, provided they have achieved the qualifying score detailed in Section V-h.

- ~~2. For Level 3-5, 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 Canadian Pathway competition scores + Provincials scores on each event.~~
 - ~~3. For Elite 3, 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 Canadian Pathway competition scores + Provincials scores on each event.~~
 - ~~4. 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 Canadian Pathway competition scores + Provincials scores on each event.~~
 - ~~5. 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 for Level 3-5 and the top 4 scores on each event for Elite 3.~~
 - ~~6. 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.~~
 7. Up to two athletes in each age category in Level 3-5 may be named to compete as independents. Their scores will not count toward the team total at Eastern Championships. The individuals will be named based on their ranking in creating the highest scoring team as per the above process following the same selection process outlined above.
 8. If prior to departure for Eastern Championships an athlete has to withdraw, another athlete may be selected to replace him, 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.
 9. The rotation order for each apparatus submitted for Eastern Championships for a team of four 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. The rotation order for each apparatus submitted for Eastern Championships for a team of 5 will be 3, 1, 2, 4, 5.
- vii. Canadian Championships

1. For National Open, a team of up to 8 athletes will be selected to attend Canadian Championships, as per the Canadian Provincial Pathway Rules. Athletes will be selected based on their top all-around score achieved at any Canadian Pathway competition in the 2020-2021 season; the athletes with the highest all-around scores will be named to Team NB, provided they have achieved the qualifying score detailed in Section V-h (*to be reviewed if necessary as the competition season progresses, to allow both all-around and event specialists*).
- ~~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 scores from the season + 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 Canadian Pathway 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. 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 him, 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. DETERMINING THE TEAM LINE-UP FOR CANADIAN CHAMPIONSHIPS
(*to be reviewed if necessary as the competition season progresses*)

- i. The competition format for the team competition in National Open at Canadian Championships is 8-6-4 (8 team members, 6 compete on each event, 4 scores count toward the team total). The line-up for the team competition will be determined through discussion with all team members' coaches.
- ~~ii. The 3 athletes who make up the core team (as defined in section V-i-vii-2) will each compete on all six apparatus. The remaining three spots on each apparatus will be determined by considering the average scores of the remaining athletes' two highest Canadian Pathway competition scores +~~

~~Provincials scores with the goal of creating the highest possible team score.~~

- iii. An athlete selected to Team NB as an event specialist should be given priority on that/those event(s), provided he has demonstrated potential to contribute to the team score.
- iv. The tentative line-up should be announced within two weeks of Provincial Championships to allow adequate mental and physical preparation. Athletes should continue to prepare for all events in the case of injury or other necessary changes to the line-up.
- v. The final line-up will be determined at Canadian Championships based on demonstrated readiness during training sessions. All team members must be included in the line-up on at least one event unless injury or exceptional circumstances force withdrawal.

k. COACH QUALIFICATION REQUIREMENTS FOR NBGA COMPETITIONS

- i. Any coach on the competition floor during NBGA sanctioned competitions must possess the appropriate **NCCP** certification relative to the skill level of the athletes they are coaching, as well as:
 - 1. Valid First Aid and CPR
 - 2. Respect in Sport: <https://gymnasticscanada.respectgroupinc.com/>
 - 3. NCCP Making Head Way: <https://coach.ca/safe-sport-training>
 - 4. NCCP Safe Sport Training: <https://coach.ca/nccp-making-head-way-sport>
- ii. For more details, see the NBGA Coaching Policies and Guidelines.

l. 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 highest total D-Score across six events 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 MTC 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 MTC, 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 (MAG).
 - 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, **Safe Sport Training**, and Making Head Way.
 - 2. Canadian Championships:
 - a. Certified Level 3 (MAG).
 - b. Certified First Aid and CPR.
 - c. Valid Criminal Record Check within the past 1 year (GymCan requirement).
 - d. Completion of Respect in Sport, Making Ethical Decisions, **Safe Sport Training**, and Making Head Way.
 - e. True Sport Clean 101 e-learning course (GymCan requirement): <http://cces.ca/truesportclean101untracked>
- 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)



MAG Petition Form A: Permission to Compete at Provincial Championships 2021

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 MTC will approve or decline the petition by majority vote within 7 days of receiving the request.*

FOR NBGA USE ONLY

Date Received: _____

Approve/Decline (please circle)

Notes: _____



**MAG Petition Form B: Consideration for Selection to Team NB 2021
(Injury, Illness, or Exceptional Circumstances)**

Name of Athlete: _____ Category: _____ Club: _____

Reason for Petition: Injury Illness Other *Please provide details. If injured, indicate when the athlete is expected to return to full training.*

Previous Results	Floor		Pommels		Rings		Vault		P-Bars		High Bar		Physical		All-Around	
	Score	Rank	Score	Rank	Score	Rank	Score	Rank	Score	Rank	Score	Rank	Score	Rank	Score	Rank
1 st Qualifier																
2 nd Qualifier																
3 rd Qualifier																
4 th Qualifier																
Other																

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

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

*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 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 MTC 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.*



FOR NBGA USE ONLY

Date Received: _____

Approve/Decline (please circle)

Notes: _____

