



Canadian Competitive Program Level 1-4

Technical Regulations

2022-2023

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Acronyms

FIG	Federation Internationale de Gymnastique
CCP	Canadian Competitive Program
TC	Technical Committee
MGA	Manitoba Gymnastics Association
WAG	Women’s Artistic Gymnastics
WTC	Women’s Technical Committee

Section 1 – Objective, Structure and Operation of the CCP Level 1-4 Technical Committee (CCP Level 1-4 TC)

Article 1 – Objectives

- 1.1. The objectives of the DPTC of the Manitoba Gymnastics Association (MGA) are:
 - 1.1.1. To develop programs to upgrade gymnasts, coaches and judges at the CCP 1-4 level.
 - 1.1.2. To establish and enforce technical regulations for the conduct of CCP 1-4 Stream gymnastics in the Province of Manitoba in accordance with the rules of Gymcan and with the policies of the MGA.
 - 1.1.3. To upgrade and raise the profile of women’s gymnastics in Manitoba.

Article 2 – Composition of CCP Level 1-4 TC

- 2.1 The Technical Committee will consist of:
 - 2.1.1 Developmental Chairperson
 - 2.1.2 CCP Level 1-4 Judging Chairperson
 - 2.1.3 Each member competitive club with CCP Level 1-4 competitive
 - 2.1.4 WTC Representative (ex-officio) to attend meetings as required when Provincial Stream topics are under consideration.
- 2.2 The Executive Director and MGA President are ex-officio, non-voting members.
- 2.3 To be a member of the CCP Level 1-4 TC, an individual must be a member in good standing of the MGA.
- 2.4 The Developmental Chairperson is elected for a two (2) year term at the MGA Annual General Meeting every uneven year.
- 2.5 The Judging Chairperson is elected by the Judging Committee every two (2) years and ratified by the CCP Level 1-4 TC.

Article 3 – Duties of TC

- 3.1 The functions of the Technical Committee are:
 - 3.1.1 To be directly responsible to, accountable to and report to the Executive Committee of the MGA.

- 3.1.1.1 All technical policy
- 3.1.1.2 All short and long-term plans and objectives
- 3.1.1.3 All technical budgets

3.1.2 To appoint sub-assembly, if required.

Article 4 – Duties of CCP Level 1-4 TC Members

4.1 Developmental Chairperson

- 4.1.1 To call and chair all meetings of the Technical Committee and to ensure that proper minutes of such meetings are kept.
- 4.1.2 To represent the Technical Committee at Executive Meetings of the MGA.
- 4.1.3 To provide leadership and coordination to the Technical Committee and further the objective of the Committee and the MGA.
- 4.1.4 To initiate the formation of sub-committees as required, through the Technical Committee for the CCP Level 1-4 Committees.

4.2 CCP Level 1-4 Judging Chairperson

- 4.3.1 See WAG Judging Regulations document.

Article 5 – Meetings

- 5.1 The Technical Committee shall hold regular meetings at least 1 time per year with 1 months notice of all meetings.
- 5.2 Observers are welcome to attend meetings but shall not have the right to speak without permission from the chair. They will not have the right to vote.
- 5.3 The Technical Committee shall give notice of the meeting by mail, phone or email.
- 5.4 Each office of the Technical Committee and each member club shall have one vote.
- 5.5 No proxy votes are allowed.
- 5.6 A minimum of half the clubs plus one vote will make up quorum, when the following individuals are in attendance: Developmental Chairperson, CCP 1-4 Level Judging Chairperson, clubs other than those represented by Chairperson. If the “Chairpersons” club has another representative at the meeting, that club may be included in the number required to form a quorum.
- 5.7 Motions arising at any meeting shall be decided by a simple majority of votes cast.

- 5.8 The Developmental Chairperson shall have the right to vote on all questions but in the event of a tie, the motion shall be declared lost.
- 5.9 All meetings will follow rules and regulations in order identified in Roberts Rules of Order.
- 5.10 Any requests for a decision to be made by email must be submitted to the Developmental Chairperson, cc. Executive Director. The Executive Director will calculate the request, receive the votes and distribute the result of the vote delineating each CCP Level 1-4 TC member's vote.

Article 6 – Reporting and Regulations of the RSTC

- 6.1 The gymnastic year, for purpose of these regulations, shall be from the day following the Annual General Meeting to the date of the next Annual General Meeting.
- 6.2 The Executive Director shall be the recorder of all minutes. The minutes will be distributed to the CCP Level 1-4 TC within three (3) weeks of the meeting.
- 6.3 The members of the CCP Level 1-4 TC are responsible for ensuring that their email addresses are known to the Developmental Chairperson and shall advise in writing of any changes in address.
- 6.4 The Developmental Chairperson shall present in writing, to the MGA Executive Director, any motions made by the CCP Level 1-4 TC requiring ratification by the MGA Executive.
- 6.5 The Developmental Chairperson must present all matters requiring ratification by the MGA Executive in the manner that they have been determined by the committee majority.

Article 7 – Changes to the CCP Level 1-4 TC Technical Regulations

- 7.1 All changes to the CCP Level 1-4 Technical Regulations and appendices must be distributed to the CCP Level 1-4 TC with in three (3) weeks of the meeting.

Section 2 – Manitoba Competitive Structure

Article 1 – Competition Level

- 1.1. Age Classifications:

- 1.1.1. Age of athlete is based on their age as of December 31 in the year in which they are competing.
- 1.1.2. To compete in the CCP 2-4 levels (includes invitational competitions) gymnasts must be 7 years of age (i.e. must be born in 2015 or earlier).
- 1.1.3. To compete in the CCP level (includes invitational competitions) gymnasts may be 6 years of age (i.e. must be born in 2016 or earlier).
- 1.1.4. Gymnasts will be divided in competitive based upon year of birth and number of entries in a particular age group. If an age group is large and must be split into two groups, the split should be done by birth date.

Article 2 – Eligibility for Competitions

- 2.1 All competitors in MGA Sanctioned competitions must be MGA and GymCan members in good standing. An athlete who has paid and registered with MGA is automatically a GymCan member.
- 2.2 All clubs must complete the competitive registration form annually.
- 2.3 All competitive athletes must be registered with the MGA as of two (2) weeks prior to their first competition.

Article 3 – Club Transfers

- 3.1 A gymnast must not register with more than one club as a competitive athlete. All gymnastics must wait 90 days before competing for a different club. The 90-day waiting period commences when the Formal Transfer Notification form (available for download from the MGA website) is received and date-stamped by the administrative assistant at the MGA Office.
- 3.2 A gymnast may compete unattached (implying that she will not wear the uniform of any club for that period) until the 90 days waiting period has elapsed. An unattached gymnast is eligible for awards and team qualifications but does not qualify for coaches points in selection of a team coach or for team points in team competition.
- 3.3 As of August 31, preceding the new competitive season, all gymnasts may register with a club of their choice with no waiting period.

Article 4 – Equipment Standards

- 4.1 As per [Gymcan Canadian Competitive Program](#) standards and as per MGA [Women's Technical Regulations](#).

4.2 Beat Boards

- 4.4.1 If a specific board is placed at one event by the host club, it must remain there for all competitors to use if so desired.
- 4.4.2 At the CCP Level 2-4 Provincial Championships three boards (soft, medium and hard) will be provided for vault. Coaches will not be allowed to adjust the springs on any of the boards

Soft – All red springs

Medium – 3 red and 3 blue

Hard – All blue springs

Article 5 – Competitive Rules

- 5.1 All competitions will follow the 2022-2023 Technical Regulations unless otherwise stated herein.
- 5.2 Gymnasts must compete on an All-Around basis.
- 5.3 Final score sheets of any competition (including every competition) should be printed and distributed immediately to the Head Judge and one copy for each participating club. Following the competition, the score sheets should be emailed to the Administrative Assistant. Score sheets should indicated: Name/Club/AA/ Olympic order for events results – Vault, Bars, Beam and Floor.
- 5.4 For all CCP Level 1-4 Competitions including the Provincial Championships, a refund will be given upon receipt of a medical certificate, less an administration fee as determined by the host club (amount of fee will be written in the invitation/registration package for the competition) up to the beginning of the competition session. For Provincial Championships, the maximum administrative fee is \$40.00.
- 5.5 For invitations and provincials, administrative fees may be charged at the discretion of the host club for changes to competitor entries following the registration deadline. Fees must be stated in advance on the registration form.
- 5.6 A coach may request clarification from the event Head Judge after the competition meet.
- 5.7 Coaches and athletes on the competition floor must be located sufficiently away from any judge so as not to hinder deliberation or hinder the confidentiality of a judges' conference, as enforced by the Meet Director.
- 5.8 For CCP Level 3 and 4 final scores are to be flashed.

- 5.9 For NCCP coaching requirements to coach CCP Level 1-4 please refer to the MGA’s policies and procedures.
- 5.10 General Warm per [2021-2022 Canadian Competitive Program](#).

Article 6 – MGA Competitions

6.1 CCP Level 2-4 Provincial Championships

- 6.1.1 Provincial Championships in CCP Level 2-4 will be determined by the competition.
- 6.1.2 All competitors in MGA sanctioned competitions must be GymCan members in good standing.
- 6.1.3 Gymnasts must compete on an All-Around basis.
- 6.1.4 Equipment: As specified in Article 4.
- 6.1.5 Any entry sent after the registration deadline will not be accepted.
- 6.1.6 The registration fee for the CCP Level 2-4 Provincial Championship will be set at \$90.00 and must accompany the registration form.
- 6.1.7 The potential host of CCP Level 2-4 Provincial Championships will rotate amongst the regions. If none of the clubs within the regions can host the meet, the next regions clubs can bid to host. Swan River will be part of the North Region. The Winnipeg region will be considered two regions due to the number of clubs within its geographical area. The order is as follows going forward:
- 2023 West
 - 2024 Winnipeg
 - 2025 North
 - 2026 East
 - 2027 South
 - 2028 Winnipeg

- 6.3 All athletes may choose to wear shorts in competition. Shorts must be part of the official club uniform.

Article 7 – Sanction

- 7.1 All meets held in Manitoba and utilizing MGA officials on a formal basis must be sanctioned by paying the mandatory MGA sanction fees as per MGA policy and must follow the MGA Sanction Policy.
- 7.2 All requests for sanction must be submitted to the MGA office as per the deadline specified on the [Sanction Request Form](#). Late sanction requests will be accepted if it is possible to allocate a date for the competition.

Article 8 – Awards

- 8.1 It is recommended that every attempt is made to keep the competitive groups small to ensure as many gymnasts as possible receive awards.
- 8.2 CCP Level 1 Category
- 8.2.1 All gymnasts will be awarded a gold, silver, or bronze ribbon on each event and in the All-Around.
- 8.2.2 Awards:
- | | | |
|----------|-----------------|--------|
| ▪ Gold | 90%+ | 9.0/10 |
| ▪ Silver | 80%+ | 8.0/10 |
| ▪ Bronze | 79.9% and under | 7.9/10 |
- 8.2.3 Event Ribbons:
- All event ribbons will be placed in an envelope with the gymnast's name on it. The envelope should be given to each club coach, and they will hand the envelope out to their gymnasts.
- 8.3 CCP Level 2-4 Categories
- 8.3.1 Top ½ of participants on events and to the top ½ participants All-Around.
- 8.3.2 Groups should not be larger than 40. In smaller groups (less than 5) awards must be given to minimum 3rd to fill the podium.

Article 9 – Mobility

- 9.1 There is no qualifying out score for CCP Level 1.
- 9.2 CCP Level 2-4 achieves an All-Around score of 35.00 AA at one invitational and at Provincials or 3 invitational meets. Any gymnast who wins a Provincial title must also move up to the next category i.e. Top CCP Level 3 overall.
- 9.3 A gymnast who has not yet achieved an overall score of at least 32.00 All-Around with no score less than 7.5 on an event at Provincial Championships or at 2 invitationals may not move up to the next level.
- 9.4 Gymnastics may not move down a level after competing in a sanctioned meet in the province.