



**MANITOBA GYMNASTICS ASSOCIATION**

**TRAMPOLINE & TUMBLING COMMITTEE**

**2022-2023-TECHNICAL REGULATIONS**

**May 2022**

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**SECTION I - GOAL OF THE TRAMPOLINE AND TUMBLING**  
**TECHNICAL COMMITTEE**

**Mission Statement**

“It is the mandate of the Manitoba Gymnastics Association, as the sport governing body, to develop, promote and guide gymnastics as a lifetime activity in Manitoba. The MGA shall provide leadership, systems and programs so that all participants may safely achieve their potential level of interest and ability.”

**Program Goals**

The Trampoline and Tumbling Technical Committee’s Program Goal is to develop and direct competitive athletes and the necessary support personnel so that all may reach their maximum potential.

## **SECTION II - TECHNICAL COMMITTEE REGULATIONS**

### **Article 1 - Composition of the Trampoline & Tumbling Technical Committee (TTC)**

- 1.1. The Trampoline & Tumbling Technical Committee will consist of the following:
  - 1.1.1. Technical Chairperson
  - 1.1.2. Vice-Technical Chairperson
  - 1.1.3. Judging Representative
  - 1.1.4. Coaching Representative
  - 1.1.5. Member at Large
  - 1.1.6. Athlete Representative
  - 1.1.7. A representative from each competitive trampoline and/or tumbling club in the province of Manitoba (see Article 4.4).
- 1.2. The President of the MGA and the Executive Director are ex-officio (non-voting) members of the TTC.
- 1.3. To be a member of the TTC, an individual must be a member in good standing of the Manitoba Gymnastics Association (MGA).
- 1.4. The Chairperson is elected for a two (2) year term at the MGA Annual General Meeting on every odd numbered year.
- 1.5. The remaining positions on the committee are elected for two (2) year terms by the TTC club representatives at the last TTC Meeting of the season. Four weeks' notice will be given to candidates as to the positions available.

### **Article 2 - Duties of the TTC**

- 2.1. To promote Trampoline & Tumbling in the Province of Manitoba.
- 2.2. To be responsible for the efficient running of all MGA Trampoline & Tumbling sanctioned competitions.
- 2.3. To inform all athletes, coaches, judges and other interested members about upcoming competitions, clinics, seminars, and fundraising activities.
- 2.4. To be directly responsible to, accountable to and report to the Board of Directors of the MGA for:
  - 2.4.1. All TTC policies
  - 2.4.2. All short and long-term plans and objectives of the TTC
  - 2.4.3. All TTC budgets

### **Article 3 - Duties of the TTC members**

- 3.1. Technical Chairperson
  - 3.1.1. To be present at meetings of the MGA Board of Directors and provide a written report at every meeting.

- 3.1.2. To maintain leadership and direct Trampoline & Tumbling sport in Manitoba through programs implemented by the committee.
- 3.1.3. To call and chair all meetings of the TTC and ensure that proper minutes are kept and distributed by the MGA.
- 3.1.4. To represent the MGA as a delegate at the Trampoline & Tumbling Technical Assembly of Gymcan.
- 3.1.5. To carry out such duties as the MGA Board of Directors may assign.
- 3.1.6. To provide a year end report to the MGA and Gymcan Annual General Meetings.
- 3.2. Vice-Technical Chairperson
  - 3.2.1. In the absence of the Technical Chairperson, to perform all the duties of the Technical Chairperson.
  - 3.2.2. Should the office of the Technical Chairperson become vacant, to act as Technical Chairperson until the MGA Board of Directors may appoint a successor.
  - 3.2.3. To carry out such other duties as the TTC may assign.
- 3.3 Judging Representative
  - 3.3.1. To be responsible for the improvement of judges in Manitoba through such methods as the TTC may determine.
  - 3.3.2. To maintain an up-to-date list of all active judges.
  - 3.3.3. To provide adequate and sufficiently qualified judges for all MGA Trampoline & Tumbling competitions.
  - 3.3.4. To carry out such duties as the TTC may assign.
- 3.4. Coaching Representative
  - 3.4.1. To be responsible for the improvement of coaching skills in Manitoba, through such methods as the TTC may determine.
  - 3.4.2. To be responsible to the TTC for the Provincial Team program.
  - 3.4.3. To carry out such duties as the TTC may assign.
- 3.5. Athlete Representative
  - 3.5.1. Must be a National Level athlete, a minimum of 16 years of age.

- 3.5.2. Must not vote on matters where a conflict of interest may occur.
- 3.5.3. To carry out such duties as the TTC may assign.
- 3.6. Member at Large
  - 3.6.1. To carry out such duties as the TTC may assign.

#### Article 4 - Voting

- 4.1. A quorum for meetings of the TTC will be minimum of three (3) voting members, which two (2) must consist of members holding positions on the TTC.
- 4.2. A simple majority vote is required to pass any motion.
- 4.3. The Technical Chairperson shall have the right to motion and vote on all questions, but in the event of a tie, the motion shall be declared lost.
- 4.4. Club Representative's Vote
  - 4.4.1. A club may only have one vote.
  - 4.4.2. For a club to obtain the right to vote, it must have entered and competed in a Trampoline or Tumbling competition in the last twelve (12) months from the date of the meeting.
  - 4.4.3. On issues solely concerning Trampoline and/or Tumbling and/or Double Mini Trampoline, only clubs which are eligible to vote according to Article 4.4.2 may vote (i.e. Trampoline clubs will not vote on Tumbling issues and vice versa).

#### Article 5 - Changes to the TTC Technical Regulations

- 5.1. All changes to the Technical Regulations and Appendices must be put in the form of a motion and distributed to all voting members 7 days prior to the meeting at which time the vote will be called. The motion must have a seconder before being open for discussion. Minor changes may be accepted from the floor if there is unanimous support

#### Article 6 - Meetings of the TTC

- 6.1. The TTC will endeavor to meet at least once every two (2) months.
- 6.2. The T&T year, for purposes of these regulations, shall be the day following the MGA Annual General Meeting to the date of the next MGA Annual General Meeting.
- 6.3. Written minutes of each meeting will be distributed by the MGA.
- 6.4. The Technical Chairperson must present all matters requiring ratification by the MGA Executive in the manner that they have been determined by the TTC.

## **SECTION III - COMPETITIONS AND TEAM SELECTION**

### **Article 1 - Competitive Structure**

- 1.1. Competitions may consist of any of the four (4) disciplines:
  - 1.1.1. Trampoline
  - 1.1.2. Double Mini Trampoline
  - 1.1.3. Power Tumbling
  - 1.1.4. Synchronized Trampoline
- 1.2. The competitive structure will consist of the 2 following Levels:
  - 1.2.1. Provincial Level 1-4 Trampoline, Double Mini Trampoline, Tumbling and Synchro
  - 1.2.2. National Level 5-7, JR, SR Trampoline, Double Mini Trampoline and Tumbling and National Level 5-6, Senior Synchro

### **Article 2 - Competitions**

- 2.1 Selection for Western Canada Cup will occur at MB Open Championships.
- 2.2 Minimum equipment standards can be found [here](#).

### **Article 3 - Eligibility for Competitions**

- 3.1. To be eligible for any MGA sanctioned competition, a competitor must:
  - 3.1.1. Pay all entry fees by the deadline date set by the hosting organization.
  - 3.1.2. Must be in good standing with the MGA.
- 3.2. An athlete may move to a higher level during the competition year. Athletes are not allowed to move down levels unless granted by petition by TTC and where applicable Gymcan.
- 3.3. A gymnast who has entered the Provincial Stream must compete at each level a minimum of one competition before moving to the next level. A gymnast may only move up one level per competition. Gymnasts may enter the Provincial Stream at any level as determined by the gymnast's coach. A gymnast must meet mobility requirements to move up to the National level on each event as per Gymcan requirements.
- 3.4. Once a gymnast has met the mobility and has competed at the National level, she/he may not move back to the Provincial Stream unless granted by petition by TTC.
- 3.5. Athletes may compete in different levels on different disciplines at the same competition if Article 3.2 is followed for each discipline.

#### Article 4 - Awards

- 4.1. For each discipline, separate for men and women and in each category the following award must be awarded unless decided to combine men and women, which must be agreed by all clubs attending the competition at least two weeks prior.

The following recommended guidelines are to be used:

- |        |                                    |                 |
|--------|------------------------------------|-----------------|
| 4.1.1. | 5 or less competitors              | 1-3 for events  |
| 4.1.2. | 6 - 10 competitors (inclusive)     | 1-5 for events  |
| 4.1.3. | 11 - 20 competitors (inclusive)    | 1-8 for events  |
| 4.1.4. | 21 or over competitors (inclusive) | 1-10 for events |
- 4.2 The recommended type of award for Manitoba Open be presented shall be as follows:
- 4.2.1. For National Stream, medals for 1 - 3 for events and ribbons for the rest of the applicable placings.
- 4.2.2. For Provincial Stream, medals for 1 - 3 and ribbons for the rest of the applicable placings.
- 4.2.3. Time of Flight Award is presented to the provincial athlete with the highest time of flight regardless of gender or level.

#### Article 5 – Inquiries

- 5.1. A coach may only inquire about a score awarded to an athlete of her/his own team. The inquiry must be submitted to the Judging Chair prior to the start of the next round or in the case of the final round, immediately following the round.
- 5.2. Inquiries concerning execution score can only be made in respect to numerical error.

#### Article 6 - Team Selection for Canadian Championships

- 6.1. The Manitoba Team to Canadian Championships will consist of a recommendation of the following:
- |        |   |
|--------|---|
| 6.1.1. | Athletes will compete in categories as per Gymcan Regulations |
| 6.1.2. | Three (3) coaches, one (1) for each discipline.               |
| 6.1.3. | 3 judges  |
| 6.1.4. | 1 manager   |
- 6.2. For an athlete to be considered for the Manitoba Team, he/she must achieve the mobility requirement prior to registration for the next national competition.
- 6.3 All athletes named to the Manitoba Team shall share equally in the funding available from MGA.
- 6.4 Coaches will be selected by point system based the current year's Manitoba Opens results.
- 6.4.1 Coaches must have Level 3 NCCP Certification.



- 6.4.2 First place athlete would accrue 10 points for the coach, 2<sup>nd</sup> place 9 points and so on down through the ranking of athletes. The coach with the highest points would be coach and the next highest coach would be the Manager. If there should be a tie in points, the coach with the highest-ranking athlete would be the coach.

#### Article 7 - Team Selection for Western Canada Cup

7.1. The Manitoba Team to Western Canada Cup will consist of the following and selection will occur as follows:

7.1.1.

a) L3/L4 Team

- Firstly, the athletes with the three overall highest scores on Tumbling either Level 3 or 4 will be selected to the team.
- Then, the athletes with the three overall highest scores on Double Mini Trampoline either Level 3 or 4 will be selected to the team.
- Then, the athletes with the three overall highest scores on Trampoline either Level 3 or 4 will be selected to the team.
- Where an athlete is awarded a position for multiple events, another athlete will be selected until all nine positions are selected for the L3/L4 Team.
- If one event does not fill all three positions, the next highest score from other event can be used to send a 4<sup>th</sup> athlete. The order for selection will be as outlined above.

b) L1/L2 Team\*

- The athletes with the three overall highest scores on Tumbling either Level 1 or 2 will be selected to the team.
- The athletes with the three overall highest scores on Double Mini Trampoline either Level 1 or 2 will be selected to the team.
- The athletes with the three overall highest scores on Trampoline either Level 1 or 2 will be selected to the team.
- To be eligible for this team, athletes must have completed 2 routines in prelims at Manitoba Opens and have achieved minimum DD on the routines performed.
- Where an athlete is awarded a position for multiple events, another athlete will be selected until all nine positions are selected for the L1/L2 Team.
- If there are positions remaining on the L3/L4 team; L1/L2 athletes may use these as Wildcard positions to be filled.

\*The L1/L2 Team will be piloted at the WCC Event for 2021-2022, this section to be reviewed following the season.

7.1.2 The team can be made up of boys and girls.

7.1.3 Three (3) coaches, one (1) for each discipline.

7.1.4. Three (3) judges. One (1) for each discipline.

7.1.5 One (1) Team Manager.

7.2. Athletes who have competed at a National Level in a discipline are not eligible to compete at Westerns in that discipline.

- 7.3. Athletes who are unable to attend the trial competitions due to medical reasons and extenuating circumstances, must present a petition in writing to the TTC in order to be considered for selection. All petitions must be received by the end of the final trials.
- 7.4 In the event of a tie in total scores for team selection, the tie shall be broken based upon [Gymcan Tie Breaking Rules](#).
- 7.5 The TTC may appoint an athlete to the team where a vacancy exists.
- 7.6 All athletes named to the Manitoba Team shall share equally in the funding available from MGA.
- 7.7 Coaches will be selected by point system.
- 7.7.1 Coaches must have Level 2 or Competition 1 NCCP Certification.
- 7.7.2 First place athlete would accrue 10 points for the coach, 2<sup>nd</sup> place 9 points and so on down through the ranking of athletes. The coach with the highest points would be coach and the next highest coach would be the manager. If there should be a tie in points, the coach with the highest-ranking athlete would be the coach.
- 7.8 It is the responsibility of the athlete's club to ensure the correct information is submitted to register their athlete with the correct personal information for WCC (i.e. name, birth date, level, etc). Should there be incorrect information submitted upon registration where the change fee of \$10.00 applies, the party responsible for the error is to pay the charge fee prior to the competition. The MGA will be responsible for any errors related to Provincial Team athletes.

#### Article 8 - Team Selection for Canada Winter Games

- 8.1 Athletes and coaches must meet eligibility requirements set by Gymcan/CWG. For eligibility criteria, please see CWG Technical Regulations.
- 8.2 Selection Process:
- 8.2.1 The gymnasts will count the best competition out of 2 competitions to determine their score. A competition is defined as a total score of 2 voluntary routines. The two top ranked males and the two top ranked females will qualify for the CWG as the Individual Competition athletes.
- 8.2.2 Gymnasts who miss one of the competitions due to illness, injury or extenuating circumstances will count the competition in which they have participated.
- 8.2.3 Athletes who are unable to attend the trial competitions due to medical reasons, must present a petition in writing along with a doctors' note to the TTC in order to be considered for selection. All petitions must be received by the end of the final trials.
- 8.2.4 Coach selection will be based upon the results of the ranking taking and the requirement of a female and a male coach. Providing all NCCP Level requirements are the same, the coach will be selected based on a point system. Points system as

follows; first place athlete would accrue 10 points for the coach, 2<sup>nd</sup> place 9 points and so on down through the ranking of athletes. The coach with the highest points would be coach and the next highest coach would be the manager (if gender permits). If there should be a tie in points, the coach with the highest NCCP certification would be selected.

## **SECTION IV - T&T JUDGING REGULATIONS**

### **Article 1 - General**

- 1.1 All Provincial judging rules, regulations and procedures are under the jurisdiction of the TTC and/or the Board of Directors of Manitoba Gymnastics Association. National judging certification programs and policies are the responsibility of Gymcan. All judges attending a judging course and/or acting as active judges for Manitoba Gymnastics Association and/or their club must be registered members in good standing of Manitoba Gymnastics Association. Judges may be affiliated through a member club in good standing, or as an unattached judge and individual member.
- 1.2 There are three levels of Judging Certification:
- i) Provincial
  - ii) National
  - iii) FIG

### **Article 2 - Provincial Certification Program Requirements**

- 2.1 Provincial Recommendation:
- 2.1.1 Content:  
Execution and difficulty on all four events at a provincial level.
  - 2.1.2 Prerequisite:  
Minimum age 16 years; 15 years if participant is a current athlete in Trampoline and Tumbling.
  - 2.1.3 Requirements for New Judges:
    - i) Attend Provincial Clinic
    - ii) Pass exam
    - iii) Practice judge 5 hours to maintain level
    - iv) Judge a minimum of one competition per year
  - 2.1.4 Requirements for Returning Judges:
    - i) Practice judge 5 hours to maintain level
    - ii) Judge a minimum of one competition per year
    - iii) Attend a Provincial Clinic and pass written exam every four (4) years
- If judging requirements are not met, the judge will be required to re-certify as a new judge the following year.

### **Article 3 - National Certification Program Requirements**

- 3.1 Contents:
- Three separate courses for trampoline, tumbling and double-mini courses offered by Gymcan.
- 3.2 Prerequisite:

- i) Minimum age 18
  - ii) Minimum 2 years at Provincial Level or permission by the T&TC
- 3.3. Requirements:
  - i) Attend National Judging Course and certify as per Gymcan regulations
  - ii) Judge at Manitoba Championships and at a minimum 1 national stream competition annually (if possible).
  - iii) Act as Chair of the Judges Panel at provincially sanctioned competitions
- 3.4 All National and International Judges shall be governed under the Gymcan Judging Policy. These judges shall conform to Gymcan technical rules and regulations governing judging clinics, exams, competitions, etc. All National and International Judges registered with Manitoba Gymnastics Association, whether through a club or as individual members, shall actively take part in provincial competitions, programs and clinics as requested by the TTC. Re-certification is as per Gymcan policy.

#### Article 4 - Judging Assignments

- 4.1 Judging assignments for Manitoba Open Championships, any Manitoba Provincial Team event/competition, Western Canada Cup and club invitationals will be administered by the Provincial Judging Chairperson.

#### Article 5 - Judging Responsibilities

##### 5.1 Competitions

All provincial and invitational competition expenses for judges are the host club's responsibility. Judges selected for Western Canada Cup and Canadian Championships shall be funded through team/athlete charges and Manitoba Gymnastics Association approved subsidies.

##### 5.2 Clinics

Manitoba Gymnastics Association will pay/share expenses, pending approved budget allocations, for current National and International level judges who are active members in good standing of Manitoba Gymnastics Association to attend TTC approved courses/clinics and qualifying competitions in order to maintain and/or upgrade their level.

##### 5.3. Judging Uniforms

The judging uniform for all Manitoba Gymnastics Association sanctioned competitions is navy skirt/slacks, white shirt dark tie (men) and a navy-blue blazer. Nationally sanctioned competitions require uniforms as designated by Gymcan/FIG.

##### 5.4. Judging Certification Clinics

All clinic registration fees are the responsibility of the individual judge and/or their club. All judges taking certification clinics must be or become members of Manitoba Gymnastics Association. All judges must pre-register with the Manitoba Gymnastics Association office prior to the start of the clinic.

## 5.5 Professionalism of Judges

Judges are held responsible in matters concerning professionalism, fair play, attendance, promptness and proper dress. All judges shall abide by the Manitoba Gymnastics Association Code of Conduct.

## 5.6 Honorariums:

- P4/P3 Judge - \$20.00 per session
- P2/P1 Judge - \$22.50 per session
- National Judge - \$25.00 per session
  
- A session is defined as:
  - 1 -10 gymnasts = 1 session
  - 11 -15 gymnasts = 1.5 session
  - 16 - 20 = 2 sessions

## 5.8 Out of Province Honorarium

To support the development of T&T judges when officiating at out of province invitational meets, an honorarium of \$25.00/session will be provided to each judge to a maximum of \$75.00 per day.