MANITOBA GYMNASTICS ASSOCIATION

Canadian Competitive Program Level 1-4 and Xcel Gold

Technical Regulations
2025-2026

December 2025

Table of Contents

Section 1 – Objectives, Structure and Operation of the Canadian Competitive Program Level 1-4 and Xcel Gold Technical Committee (TC)

- Article 1 - Objectives 3
- Article 2 – Composition of CCP Level 1-4 and Xcel Gold TC 3
- Article 3 – Duties of CCP Level 1-4 and Xcel Gold TC 3
- Article 4 – Duties of CCP Level 1-4 and Xcel Gold TC Members 4
- Article 5 - Meetings 4
- Article 6 – Reporting and Responsibility Regulations of the CCP Level 1-4 and Xcel Gold TC 5
- Article 7 – Changes to the CCP Level 1-4 and Xcel Gold Technical Regulations 5

Section 2 – Manitoba Competitive Structure

- Article 1 – Competition Levels 5
- Article 2 – Eligibility for Competitions 5
- Article 3 – Club Transfers 6
- Article 4 – Equipment Standards 6
- Article 5 – Competitive Rules 7
- Article 6 – MGA Competitions 8
- Article 7 - Sanctioning 8
- Article 8 - Awards 9
- Article 9 – Mobility 9

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 and Xcel Gold Technical Committee (CCP Level 1-4 and Xcel Gold 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 athletes, coaches and judges at the CCP 1-4 and Xcel Gold level.
1.1.2. To establish and enforce technical regulations for the conduct of CCP 1-4 and Xcel Gold 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 and Xcel Gold TC

2.1 The Technical Committee will consist of:

2.1.1 Developmental Chairperson
2.1.2 CCP Level 1-4 and Xcel Gold Judging Chairperson
2.1.3 Each member competitive club with CCP Level 1-4 and Xcel Gold competitive
2.1.4 WTC Representative to attend meetings as required when Provincial Stream topics are under consideration.

2.2 The Executive Director and WTC Representative are ex-officio, non-voting members.

2.3 To be a member of the CCP Level 1-4 and Xcel Gold TC, an individual must be a member in good standing of the MGA.

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 and Xcel Gold 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 and Xcel Gold Committees.

4.2 CCP Level 1-4 and Xcel Gold 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 month 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 Executive Director shall give notice of the meeting by email.

5.4 Each office of the Technical Committee and each member club shall have one vote. No individual may hold more than 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, Level 1-4 and Xcel Gold 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 Executive Director or otherwise designated. The Executive Director will calculate the request, receive the votes and distribute the result.

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 and Xcel Gold TC within three (3) weeks of the meeting.

6.3 The members of the CCP Level 1-4 and Xcel Gold TC are responsible for ensuring that their email addresses are known to the Executive Director and shall advice in writing of any changes in address.

6.4 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.

6.5 All changes to the CCP Level 1-4 and Xcel Gold Technical Regulations and appendices must be distributed to the CCP Level 1-4 and Xcel Gold 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 membership year (September 1 – August 31) in which they are competing.

1.1.2. To compete in the following level athletes must be the born in the following birth years or earlier:

1.1.2.1. Level 1 – 2021

1.1.2.2. Level 2 – 2020

1.1.2.3. Level 3 and Xcel Gold – 2019

1.1.2.4. Level 4 – 2018

1.1.3. Athletes 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 members in good standing. Out of Province Competitors must be a member in good standing of their respective Province/Territory/State counterpart.

2.2 All athletes must be registered as of three weeks prior to their first competition.

Article 3 – Club Transfers

3.1 An athlete must not register with more than one club as a competitive athlete in the same discipline. All athletes must wait 90 days before competing for a different club. The 90-day waiting period commences when the Transfer Form is received.

3.2 An athlete 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 athlete 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 athletes 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. Where contradictory information exists, the Manitoba documents shall be applied.

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 2-3 and Xcel Gold 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.

4.3 For Levels 1-8 and Xcel Gold within the province, a maximum of 40 cm of supplementary matting may be used below the uneven bars. For out of province travel, please refer to host provinces/state's Technical Regulations.

Article 5 – Competitive Rules

5.1 All competitions will follow the USA Gymnastics 2021-2029 Compulsory Development Program and Gymcan CCP Manual unless otherwise stated herein.

5.2 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 MGA. Administrative Assistant. Score sheets should indicated: Name/Club/AA/ Olympic order for events results – Vault, Bars, Beam and Floor.

5.3 For all Provincial Championships and Selection Meets, a refund will be given upon receipt of a formal medical certificate (from a medical professional). Medical refunds are available up until the beginning of the participant's competitive session. The refund will be the registration fee less an administrative fee (listed in the registration packet). For Provincial Championships and Team Manitoba Selection Meets the maximum administrative fee is $40.00.

5.4 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 and deadlines must be stated in advance on the registration form.

5.5 A coach may request clarification from the event Head Judge after the competition meet.

5.6 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.

5.7 For CCP Level 2-4 and Xcel Gold final scores are to be flashed.

5.8 For NCCP coaching requirements to coach CCP Level 1-4 and Xcel Gold please refer to the MGA's policies and procedures.

Article 6 – MGA Competitions

6.1 CCP Level 2-3 and Xcel Gold 4 Provincial Championships

6.1.1 Any entry sent after the registration deadline will not be accepted.

6.1.2 The registration fee for the CCP Level 2-3 and Xcel Gold Provincial Championship will be set at $125.00 and must accompany the registration form.

6.1.3 The potential host of CCP Level 2-3 and Xcel Gold 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:

2026 East

- 2027 South
- 2028 Winnipeg
- 2029 West
- 2030 Winnipeg
- 2031 North

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 may athletes as possible receive awards.

8.2 CCP Level 1 Category

8.2.1 All athletes 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

8.3 For CCP Level 2-3 and Xcel Gold Categories at Provincial Championships the following is required:

8.3.1 Events

1.1.1.1. Within each age category, sub-groupings shall not exceed 20 competitors. When splitting into sub-groupings, the host shall ensure they obtain each athletes' date of birth in order to split groups by actual birthday.

1.1.1.2. Medals shall be presented to 1st, 2nd, 3rd place finishers. The remainder of participants will receive ribbons appropriate to their placement to a maximum of 10th place.

8.3.2 All-Around

1.1.2.1. Trophies shall be presented to 1st, 2nd, 3rd place finishers. The remainder of participants will receive a metal or small trophy to a maximum of 10th place.

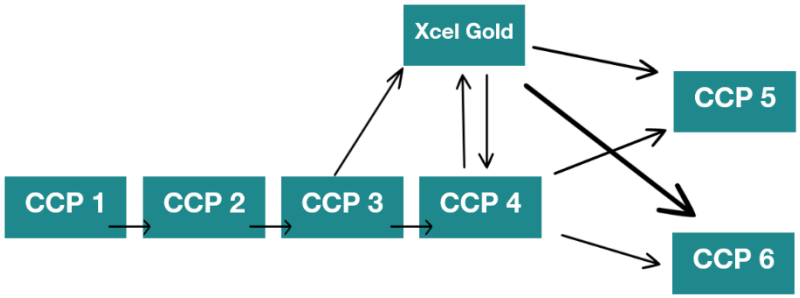
1.1.2.2. For age categories that exceed 40 athletes overall, all-around awards will be presented to each competitor grouping with one trophy presented to the All-Around winner of the overall age category.

Article 9 – Mobility

9.1 Below are the athlete pathways for athletes in Manitoba:

1.1.1. All athletes will compete in the level which the athlete's coach deems appropriate. Athletes may be in the same or higher level from the previous competitive season. Should an athlete wish to return to a lower level after the previous competitive season coaches may submit a petition using the Petition Form.

1.1.2. Athletes may move between Xcel Gold and Level 4 once during the competitive season. Following the current season, athletes may choose either level before the next season begins. For out-of-province competitions, athletes can compete in either level.



Appendix A – Xcel Gold Equipment and Warm Up Summary Chart

Vault	**Height**	Table: Height up to 135 cm from the rigid board (same height as runway) (± 1 cm).
	Springboards	9.5 SV if using an alternative springboard.
	Supplementary Mat (sting)	Mandatory 10 cm, up to 24 cm allowed for landing.
Uneven Bars	**Uneven Bars**	High bar and low bar to be adjusted to any height within manufacturer's safety limitations.
	Springboards	The springboard or block/panel mat must be removed from underneath or the end of the apparatus after the mount.
		The springboard may be placed on the landing mat or on the 10 cm supplementary mat if the mount and dismount are performed on the same side. Mounting blocks can be placed on top of a 20 cm supplementary mat.
	Supplementary mat (sting)	Mandatory 10 cm, up to 40 cm allowed. The supplementary or safety mat MAY extend beyond the LB.
Beam	**Beam**	Any heigh permitted for any age.
	Springboards	Any combination of competition landing mats, skill cushions and panel mats may be used to facilitate the mount. The springboard and/or panel mat must be removed from underneath or the end of the apparatus after the mount.
	Supplementary mat (sting)	Up to 24 cm mat may be place under the balance beam. Mandatory 10 cm, up to 24 cm allowed for landing.
Floor	**Floor Area**	12 m x 12 m
	Supplementary mat (sting)	Up to 20 cm supplementary mat allowed (max 2 mats on the floor allowed, one mat per tumbling pass).

Xcel Gold: Warm-Up and Competition Format					
Xcel Gold Warm Up Format	**General Warm-up**	15 Minutes Athletes cannot start the general warm-up before the set time. Once the general warm-up starts, athletes may warm-up on the WAG floor, mats and runway only. They cannot use the boards and/or get on the table, bars or beam for any reason during the general warm-up.			
		V	**UB**	**BB**	**FX**
	Time / per athlete	1:00 Minute	1:00 Minute	1:00 Minute	1:00 Minute
	Individual Competition	Guaranteed a minimum of 2 vaults per athlete. Groups given blocked running time by vault height.	Group warm-up	Individual warm-up: time stopped between athletes for max 5 sec* includes time to set up the mats and board	Group warm-up: Maximum 5 minutes
	UB (chalk, raising)	If there are athletes with and without grips/chalk or needing to raise the bars, the athletes are divided into 2 sub-groups: grips/chalk and no grips/chalk. 90 seconds are granted for each different bar preparation/raise. As a general guideline, the coaches will agree on the most efficient way to warm up and compete prior to warm-up on UB. The warm-up and competition order may be changed for efficiency. If the coaches do not agree, the Apparatus Chief judge will decide.			
	Group size	7 or less warm up in one group. 8+ athletes warm up in 2 groups: ex. 4+4. 5+4			