



Men's Technical Committee  
Technical Regulations

March 2025

## Table of Contents

Acronyms.....	3
<i>Section I – Composition and Duties of the Men’s Technical Committee (MTC)</i> .....	3
Article 1 - Men’s Program Goal.....	3
Article 2 – Composition of the MTC.....	3
Article 3 – Duties of the MTC.....	3
Article 4 – Duties of the MTC members.....	4
Article 5 – Voting.....	5
Article 6 – Changes to the MTC Technical Regulations.....	5
Article 7 – Meetings of the MTC .....	5
<i>Section II – Competitions</i> .....	5
Article 1 – Competitive Streams – In Province.....	5
Article 2 – Competitive Categories .....	6
Article 3 – Competitive Format.....	6
Article 4 – Competitions .....	6
Article 5 – Eligibility for Competitions .....	6
Article 6 – Competition Fees.....	7
Article 7 – Awards .....	7
Article 8 – Representing the Province .....	8
Article 9 – Qualification for Western Canadian Championships and Canadian Championships .....	8
Article 10 – Qualification for Canada Winter Games.....	8
Article 11 – Coach Selection Criteria.....	9
Article 12 – Out of Town Teams.....	10
<i>Section III – Athlete Program Criteria</i> .....	11
Article 1 – Membership – Provincial Team .....	11
<i>Section IV – Judging</i> .....	12
Article 1 – Judging Assignments.....	12
Article 2 – Judging Clinics and Exams.....	12
Article 3 – Judging Honorarium .....	12
Article 4 – Level Requirements .....	12
Appendix A – The Petition Process .....	14

## Acronyms

FIG	Federation Internationale de Gymnastique
MGA	Manitoba Gymnastics Association
NCCP	National Coaching Certification Program
MTC	Men's Technical Committee

## Section I – Composition and Duties of the Men's Technical Committee (MTC)

### Article 1 - Men's Program Goal

The Men's Program Goal is to develop and direct competitive athletes and the necessary support personal so that all may reach their maximum potential.

### Article 2 – Composition of the MTC

1.1. The Men's Technical Committee will consist of the following:

- 1.1.1. Chairperson
- 1.1.2. Vice-Chairperson
- 1.1.3. Judging Chairperson
- 1.1.4. Coaching Chairperson
- 1.1.5. Athlete Representative
- 1.1.6. A Coach from each competitive men's club to represent their club

1.2. The Executive Director and President of the MGA are ex-officio, non-voting members

1.3. To be a member of the MTC 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.

1.5. All other positions on the MTC, apart from the Club Representative, are elected for a two (2) year term by the MTC. The election of these positions will be done at the first MTC meeting of the season, four weeks' notice will be given to potential candidates for the available positions.

1.6. To hold an elected position on the MTC, an individual must be an *active* participant of the MTC. The definition of *active* will be determined by the MTC on an individual basis.

### Article 3 – Duties of the MTC

2.1. To promote and implement the necessary programs to achieve the stated goal.

2.2. Be directly responsible to, accountable to, and report to the Board of Directors of the MGA for:

- 1.2.1. All technical policies
- 1.2.2. All short and long-term plans and objectives
- 1.2.3. All technical budgets

#### *Article 4 – Duties of the MTC members*

##### 3.1. Technical Chairperson

- 3.1.1. To call and chair all meetings of the Technical Committee and to ensure that proper minutes of such meetings are kept.
- 3.1.2. To represent the Technical Committee at Board of Director Meetings of the MGA.
- 3.1.3. To provide leadership and coordination to the Technical Committee and further the objectives of the Committee and the MGA.

##### 3.2. Vice-Technical Chairperson

- 3.2.1. In the absence of the Chairperson, perform the duties of the Technical Chairperson.
- 3.2.2. Should the office of the Technical Chairperson become vacant, to act as Chairperson until the Executive may appoint a successor.
- 3.2.3. To carry out such other duties as the Committee may assign.

##### 3.3. Judging Chairperson

- 3.3.1. To be responsible for the improvement of judges and officials in the province through such methods as the Committee may determine.
- 3.3.2. To maintain an up-to-date list of all registered judges.
- 3.3.3. To provide adequate and sufficiently trained judges for all MGA competitions.
- 3.3.4. To carry out such other duties as the Committee may assign.

##### 3.4. Coaching Chairperson

- 3.4.1. To be responsible for the improvement of coaching skills in the province through:
  - The coaching development program which is run in conjunction with the pre-elite program or the athlete development program.
  - The courses offered in the NCCP.
  - Other clinics/courses available.
- 3.4.2. To organize/conduct meetings of the Coaches subcommittee.
- 3.4.3. To carry out such other duties as the Committee may assign.

##### 3.5. Athlete Representative

- 3.5.1. To represent the Provincial Team and bring recommendations to the MTC from this constituency. Must be a minimum age of 16 years in the year holding the position.

### *Article 5 – Voting*

- 4.1. A quorum for meetings of the MTC will be a minimum of 2 elected chairpersons plus 2 clubs and/or additional elected chairpersons.
- 4.2. A simple majority vote is required to pass any motion.
- 4.3. The Chairperson of the Technical Committee shall have the right to on all questions, but in the event of a tie, the motion shall be declared lost.

### *Article 6 – Changes to the MTC Technical Regulations*

- 5.1. All changes to the Men’s Technical Regulations and Appendices must be put in the form of a motion and distributed to all voting members 10 days prior to the meeting at which time the vote will be called. The motion must have a seconder before being open for discussion.

### *Article 7 – Meetings of the MTC*

- 6.1. The Committee shall meet on a regular basis to be determined by the committee at the beginning of each gymnastic year, and at such other times throughout the year as are deemed necessary by the committee.
- 6.2. For the purposes of these regulations, the gymnastics year, shall be from the day following the Annual General Meeting and end the day of the next Annual General Meeting.
- 6.3. The Executive Director will record the minutes of each meeting. Including all motions passed, matters discussed and tabled, and schedules prepared. All supporting documentation shall be retained and filed with the respective minutes.
- 6.4. The formalized minutes shall be distributed to all members of the MTC.
- 6.5. The members of the MTC are responsible for ensuring that their current email address is known to the Executive Director and shall advise in writing of any changes in address.
- 6.6. 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.

## *Section II – Competitions*

### *Article 1 – Competitive Streams – In Province*

- 1.1. The competitive structure will consist of the following:

<b>Stream</b>	<b>Levels</b>
Provincial Stream Competitive	MAG – Aspire, Pre-Provincial, Provincial 1-5
National Stream Competitive	MAG – Open, JR, Next Gen SR, SR

## Article 2 – Competitive Categories

2.1. The Competitive categories are as follows.

<b>Category</b>	<b>Minimum Birth Year Required within Manitoba</b> <i>Please check Gymcan and host PTOs regulations when competing out of province.</i>
Pre-Provincial	2020
Provincial 1	2019
Provincial 2	2018
Provincial 3 and 4	2016
Provincial Open	2012
National Open	2011

## Article 3 – Competitive Format

- 3.1 Individual Event Competitors are permitted at all competitions (i.e. a athlete can compete in any number of events from 1 to 6). These competitors are still eligible for event awards.
- 3.2 For Pre-Provincial to Provincial 2 athletes will have a 20-minute general warm up and then capital cup warm up on each event (45 seconds per athlete per event, on floor maximum 8 athletes per warm up group, 5 minutes maximum).
- 3.3 For Provincial 3+ the Gymcan Pathways Document will be followed for warm up.

## Article 4 – Competitions

- 4.1. The MTC shall ensure that a minimum of the following 2 major competitions each gymnastics year will be held for National Stream, to be sanctioned by the MGA:
  - 4.1.1 Season Opener
  - 4.1.2 Provincial Championships

## Article 5 – Eligibility for Competitions

- 5.1. To be eligible for any MGA sanctioned competition, a competitor must:
  - 5.1.1. Pay all entry fees by the deadline date set by the host organization.

- 5.1.2. Must be in good standing with the MGA.
- 5.2. An athlete can move to a higher level any time during the year. Once a move has been affected, the athlete may not return to the lower level for the remainder of that year (Exception: Canada Winter Games).

### Article 6 – Competition Fees

- 6.1. Entry fees for Manitoba Opens and Provincial Championships will be \$125.00.
- 6.2. 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 Selection Meets the maximum administrative fee is \$40.00.
- 6.3. For invitational competitions, the fee shall be determined by the hosting organization.
- 6.4. Meet sanction fees will apply as per [MGA Sanction Policy](#).

### Article 7 – Awards

- 7.1 The minimum awards for all classifications shall be as follows:
- 7.1.1 3 or less competitors – 1<sup>st</sup> to 3<sup>rd</sup> All-Around, 1<sup>st</sup> to 3<sup>rd</sup> for events.
  - 7.1.2 4-6 competitors – 1<sup>st</sup> to 6<sup>th</sup> All-Around, 1<sup>st</sup> to 3<sup>rd</sup> for events.
  - 7.1.3 7 competitors or more – 1<sup>st</sup> to 6<sup>th</sup> All-Around and events.
- 7.2 All-Around score is the sum of the athlete's scores from all six events.
- 7.3 Pre-Provincial are rated (Gold/Silver/Bronze) for all events and for all-around.
- Gold 90%+ 9.0/10.0
  - Silver 80%+ 8.0/10.0
  - Bronze 79% and Under 7.995/10.0
- 7.4 The athlete with the highest score in each level will receive a plaque, at the MGA Awards Event, in recognition of his accomplishment.
- 7.5 The Keith Carter Award will be awarded to the most outstanding male athlete based upon competition results during the year. To be considered will be total AA score, event placing, the significance of the competition and leadership qualities. The athletes) will be nominated by

members of the MTC and the final decision will be decided by the MTC. The presentation will be made at the MGA Awards Event.

7.6 All perpetual awards will be housed at the athlete's respective club.

7.7 All awards are not necessarily awarded each year.

### *Article 8 – Representing the Province*

8.1. If an athlete is unable to compete in a pre-selected competition approved by the MTC, due to injury or extenuated circumstances his coach may submit a petition to the MTC for consideration (see Appendix A for petition process).

### *Article 9 – Qualification for Western Canadian Championships and Canadian Championships*

9.1 To qualify, athletes must achieve the minimum score as indicated in 9.2 and rank to qualify for a team in their age group/category or in a higher age group or category.

9.2 Athletes will attempt to achieve the minimum score at various invitationals throughout the season. If unable to achieve at a competition, athletes will get one attempt via video. The timeline for achieving these scores must adhere to the timelines determined by the MTC.

9.3 Athletes must be approved by the MTC. The minimum score on 4 top events must be achieved to be named to the team below:

P3: 38.000

P4: 39.000

Open: 40.000

9.4 High Performance event specialists will be reviewed on a case-by-case basis by the MTC.

### *Article 10 – Qualification for Canada Winter Games*

10.1 For Team Composition and Eligibility Requirements please refer to the CWG Technical Regulations.

10.2 The Selection Process is as follows:



3 <sup>rd</sup>	5 points
4 <sup>th</sup>	4 points
5 <sup>th</sup>	3 points
6 <sup>th</sup>	2 points
Alternate	1 point

#### 12.4 Procedure

12.4.1 The selection for coach is made by totaling the athletes' points. The coach with the highest total will be selected.

12.4.2 In the case of a tie, the coach with the highest-ranking athlete is selected.

Example:	#1 Athlete	1 <sup>st</sup> = 6 pts	#2 Athlete	2 <sup>nd</sup> = 5 pts
		4 <sup>th</sup> = <u>3 pts</u>		3 <sup>rd</sup> = <u>4 pts</u>
	Total	9 pts		9 pts

Coach of #1 Athlete is selected.

12.4.3 Each full team (number of counting scores defines a team) representing Manitoba will have 2 coaches. Each club with athletes on the team shall be represented by a coach to maximum of 2 coaches per team.

### *Article 12 – Out of Town Teams*

13.1 The MTC will attempt to acquire funds from MGA to subsidize fees for all athletes. The MTC will attempt to acquire funds from the MGA to fund coaches, judges and managers attending out of province and national competitions. The MGA and/or under the recommendation of the MTC has the authority to not fund any person who has been officially warned for unacceptable personal conduct on past trips.

## Section III – Athlete Program Criteria

### *Article 1 – Membership – Provincial Team*

- 1.1 To become a regular member of the Provincial Team, an athlete must meet the following criteria:
  - 1.1.1 Provincial Team membership is determined on a yearly basis, starting the day following Team Ratification and ending the subsequent year, on the day of the next Team Ratification.
  - 1.1.2 Provincial Team members who receive funding to attend Canada Winter Games, Western Canadian Championships, Canada Championships, or any other event are not permitted to compete for another Provincial Team in that same competitive season.

## Section IV – Judging

### *Article 1 – Judging Assignments*

- 1.1 Assignments for judging at any MGA sanctioned competition shall be the responsibility of the Men’s Judging Chairperson. Selection to judge will be based upon:
  - 1.1.1 The number of clinics the judge has attended.
  - 1.1.2 The judge’s provincial rating.
  - 1.1.3 The judge’s past performance.

### *Article 2 – Judging Clinics and Exams*

- 2.1 The Men’s Technical Committee shall hold at least one compulsory and optional judge clinic per gymnastics year. Since there are numerous changes from year to year, it is the responsibility of each judge to attend, or to obtain the materials and information presented at the clinic.
- 2.2 The MTC may also require judges to write and pass a judging exam. The purpose of the exam is to determine which age categories a judge is qualified to judge.

### *Article 3 – Judging Honorarium*

- 3.1 Judges will be given the following honorarium per session from the Host Club:

Beginner Pre-Provincial/P1/P2 - \$15/hour (minimum 3 hours)\*  
Advanced Pre-Provincial/P1/P2- \$20/hour (minimum 3 hours)  
P3-Provincial Open - \$25/hour (minimum 3 hours)  
National Judges - \$30/hour (minimum 3 hours)  
Chief Judge - Additional \$15 on top of their honorarium

\*Eligible for an honorarium after one shadow judging session completed.

*Note: Beginner/Advanced judges may be asked to evaluate execution on P3+ routines as often sessions are grouped together but will be paid an honorarium based on their qualifications.*

The Host Club will also pay out-of-town judges per diem, mileage and accommodation as per MGA regulations.

### *Article 4 – Level Requirements*

Beginner Pre-Provincial/P1/P2

- Must be a minimum age of 13 years as of the course date.

- Must have taken a compulsory MAG Clinic in person, [Gymcan online course](#) or a WAG L3-4+ clinic.

#### Advanced Pre-Provincial/P1/P2

- Must be a minimum age of 14 years as of the course date.
- Must have taken an optional MAG Clinic in person or [Gymcan online course](#).

#### Provincial 3-5

- Must be a minimum age of 15 years as of the course date.
- Must have completed 2 years of judging at Pre-Provincial/P1/P2 level.
- Must have taken an optional MAG Clinic

#### National

- Must meet all Gymcan requirements.

## Appendix A – The Petition Process

### *General Information:*

1. The petition must be in writing and must include the information listed under the Petition Protocol.
2. It is the responsibility of the coach of the athlete to ensure that all required documentation is available at the submission of the petition.
3. The petition will only be accepted from the coach of the athlete.
4. All petitions will be dealt with individually.
5. An athlete may not be petitioned for a second consecutive year as a result of not having attained the minimum required score.

### *Petition Protocol:*

1. Medical Petition
  - a. All petitions must be presented to the Men’s Technical Committee for consideration.
  - b. The coach must provide in writing the routine content and start value of the individual being petitioned. All routine information must be with regards to a routine that the athlete has competed.
  - c. The coach must provide documentation illustrating prior and most recent competitive results of competitions that the athlete has attended. These results must, be from competitions that are of the same level that the athlete is petitioning for.
  - d. Medical documentation must include the nature of the injury/illness and the expected recovery time to return to regular training.
2. Petition for Not Attaining the Minimum Score
  - a. All petitions must be presented to the Men’s Technical Committee for consideration.
  - b. The coach must provide in writing the routine content and start value of the individual being petitioned. All routine information must be with regard to a routine that the athlete has competed.
  - c. The coach must provide documentation illustrating prior and most recent competitive results of competitions that the athlete has attended. These results must be from competitions that are of the same level as the athlete petitioning for.

### *Petitions will be considered in the following order:*

1. Athletes that are insured but have demonstrated the ability to achieve the required score on several occasions. This ability must be supported by documentation provided to the MTC by the athlete’s coach.

2. Athletes that have not achieved the minimum score but have demonstrated the ability to achieve the required score on several other occasions. This ability must be supported by documentation provided to the MTC by the athlete's coach.
3. An athlete who can contribute to the team on 3, 2 or 1 event. The event contribution must be supported by documentation provided to the MTC by the athlete's coach.
4. An athlete who could medal on at least one event. The ability must be supported by documentation provided to the MTC by the athlete's coach.