

**2010 Power Smart Manitoba Winter Games
Technical Package
SPORT: ARTISTIC GYMNASTICS**

AGE CATEGORY: As of January 1, 2010

Each region will be represented by:

Males: (2 Regional Stream- Advanced /2 Provincial Stream – Provincial 1)

1 st AA Regional Stream place finisher:	10 - 12 years (Born in 1997 – 1999)
1 st AA Provincial Stream place finisher:	10 - 12 years (Born in 1997 – 1999)
1 st AA Regional Stream place finisher:	13 – 18 years (Born in 1996 or earlier)
1 st AA Provincial Stream place finisher:	13 – 18 years (Born in 1996 or earlier)

Females: (6 Regional Stream - Advanced/6 Provincial Stream – Provincial 2)

1 st 2 nd AA Regional Stream place finishers:	10 - 11 years (Born in 1998 - 1999)
1 st , 2 nd AA Provincial Stream place finishers	10 - 11 years (Born in 1998 - 1999)
1 st 2 nd AA Regional Stream place finishers:	12 years (Born in 1997)
1 st , 2 nd AA Provincial Stream place finishers	12 years (Born in 1997)
1 st 2 nd AA Regional Stream place finishers:	13 – 18 years (Born in 1996 or earlier)
1 st , 2 nd AA Provincial Stream place finishers	13 – 18 years (Born in 1996 or earlier)

(AA – All Around)

Coaches: 4: - one of whom will be a Manager
 - there must be at least one female or one male to ensure both genders are represented

Total per region: 20

ELIGIBILITY

Participants must meet eligibility rules as outlined in the [General Rules of the 2010 Power Smart Manitoba Games](#)

All athletes must be registered members in good standing of the Manitoba Gymnastics Association Inc.

Female:

Female gymnasts who have competed in the Provincial Stream Program Level 3 and above any time prior to the Games are not eligible.

Male:

Male gymnasts who have participated in the Manitoba Gymnastics Association Provincial Stream Program Level 2 and above any time prior to the Games are not eligible.

All other Regional/ Provincial Stream gymnasts in the above age groups are eligible to compete in the 2010 Manitoba Winter Games.

COACHES ELIGIBILITY

- In order to coach at the 2010 Power Smart Manitoba Winter Games, all coaches must complete the online Respect in Sport program prior to the start of the Games.
- All coaches must be registered members in good standing of the Manitoba Gymnastics Association Inc.
- Four coaches (one of whom is a manager and one of whom must be female) will accompany the athletes.
- Selection of the coaches/manager will be based upon athlete selection for the Region and will be approved by the Manitoba Gymnastics Association.
- Coaches for the Teams representing each Region are selected by the following method:
 - To qualify for selection, a coach must have a minimum of Level 1 National Coaching Certification Program (NCCP).
 - Coaches are awarded points for the gymnasts ranking on team. Highest total earns position of coach. Example:

Gymnast's points:	1st	2 points
	2nd	1 points
 - Procedure:
 - Gymnast entry form must state name and level for coach of the gymnast
 - The selection for coach is made by adding the gymnast's points. The coach with the highest total will be selected.
 - In the case of a tie, the coach with the highest ranking gymnast is selected.
 - If the selected coach cannot, or will not be available to, coach the team, the next point ranked coach will assume the Team Coach position.

REGIONAL TEAM SELECTION FORMAT**Males: (2 Regional Stream- Advanced /2 Provincial Stream – Provincial 1)**

For the Men's Team each Region will be represented by 4 male gymnasts who have placed in the Regional Finals as indicated below:

Advanced

1 st AA Regional Stream	10 - 12 years
1 st AA Regional Stream	13 – 18 years

Provincial 1

1 st AA Provincial Stream	10 - 12 years
1 st AA Provincial Stream	13 – 18 years

Females: (6 Regional Stream - Advanced/6 Provincial Stream – Provincial 2)

For the Women's Team each Region will be represented by 12 female gymnasts who have placed in the Regional Finals as indicated below:

Advanced

1 st and 2 nd AA Regional Stream	10 - 11 years
1 st and 2 nd AA Regional Stream	12 years
1 st and 2 nd AA Regional Stream	13 – 18 years

Provincial 2

1 st and 2 nd AA Provincial Stream	12 years
1 st and 2 nd AA Provincial Stream	10 - 11 years
1 st and 2 nd AA Provincial Stream	13 – 18 years

TEAM COMPOSITION

- Each region may register a maximum of four (4) male and twelve (12) female athletes for the competition.
- Four coaches (one of whom is a manager and one of whom must be female) will accompany the athletes.

FILL POLICY**Criteria:**

1. The number of athletes competing at the provincial level would not exceed the maximum number of projected athletes from all regions (i.e., Gymnastics has a regional team size of 16 athletes per district x 8 = 128. This would be the maximum allowed at the provincial event). As all financial expenditures costs are based on maximum participation at the Games, additional costs for the fill participants is not an issue.
2. The additional athletes **MUST** be fully eligible and have participated in a regional qualifier.
3. Coaches, managers and all team support staff are **excluded** from the Fill Policy.

COMPETITION RULES

- The official rules of the Regional Stream and Provincial Stream Judging Programs will be used in the 2010 Manitoba Winter Games. All Regional Games and Provincial Finals will be officiated by registered and trained Manitoba Gymnastics Association officials.
- Female gymnasts must compete in all four events - Vault, Uneven Bars, Balance Beam, Floor Exercise.
- Male gymnasts compete in - Floor Exercise, Low Bar, Vault and one of: Mushroom or Parallel Bars for a total of four (4) events.
- To qualify for the 2010 Manitoba Winter Games gymnasts must compete All Around as specified above.

COMPETITIVE UNIFORM

- Uniform:
 - Female: Long sleeved leotard (body suit) or sleeveless leotard with wide straps must be worn. Aerobic suits or shorts are not allowed. Jewelry is not permitted.
 - Male: Singlet top and shorts must be worn.

OFFICIALS

- The Competition requires 8 officials for the women's competition and 4 officials for the men's competition. These officials must be a minimum Provincial Level 1. The Chief official must have a Provincial Level.

PROVINCIAL FINAL COMPETITION SITES

Portage La Prairie

PROVINCIAL FINAL COMPETITION DATES

March 9 - 10, 2010

PROVINCIAL TECHNICAL ADVISOR ROLES AND RESPONSIBILITIES

1. Provide sport technical knowledge to all aspects of the Manitoba Games.
2. Assist in the development and understanding of the 2010 Power Smart Manitoba Winter Games Sport Technical Package and sport schedules.
3. Meet with all Games partners as required.
4. Work with Sport Manitoba Regional staff and the Provincial Host Committee Sport Chairs to ensure successful competitions (i.e. officials, facilities etc.) at the regional and provincial level.
5. Conduct or facilitate athlete, coach and officials development clinics.
6. Be available to attend regional qualifying or team selection events, attend the Provincial Finals, participate in the coaches meeting prior to the final competition and act as the chairperson of the Sport Appeal Committee at the Provincial Finals.
7. Provide a written evaluation following the Provincial Finals.

MEDALS

Individual All Around

- The total scores of each gymnast on all four events will determine the All Around total. Individual All Around Awards will be presented in each competitive stream and in each age category for the boys and girls competitions.
- Medals will be presented for the 1st, 2nd, and 3rd, All Around winners.

- Number of medals needed:
 - Boys: 2 ages groups ; 2 categories = 4 Gold; 4 Silver; 4 Bronze
 - Girls: 3 age groups; 2 categories = 6 Gold, 6 Silver; 6 Bronze
 - Additional medals should be available in case of ties.

Event Medals

- The highest score on each event will determine the winner of that event in each competitive stream and in each age category for the boys and girls competitions.
- Medals will be presented for the 1st, 2nd and 3rd places on each event and in each category.
- Number of medals needed:
 - Boys: 4 events x 2 age groups x 2 categories = 16 Gold; 16 Silver; 16 Bronze
 - Girls: 4 events x 3 age groups x 2 categories = 24 Gold; 24 Silver; 24 Bronze
 - Additional medals should be available in case of ties.

Additional information may be obtained by contacting your Regional Sport Organization or
Manitoba Gymnastics Association Inc.

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