

2023



TECHNICAL PACKAGE

GYMNASTICS

TECHNICAL PACKAGE
2023 ARCTIC WINTER GAMES

Sport: Gymnastics

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1. Introduction

Technical Packages are critical guiding documents that assist Host Societies as they coordinate all sport competition (including competition formats, rules and procedures) and Mission Teams as they coordinate their teams' participation (including athlete eligibility, categories and team composition). Every Games' Host Society and Participating Unit's Mission Team, Coaches and Managers have an obligation to read and understand every aspect of the Technical Package. Should a need for clarification arise, questions should be directed through the Participating Unit's Chef de Mission for review and response by the Arctic Winter Games International Committee (AWGIC) Technical Director and Technical Coordinator.

2. Rules

This competition will be conducted under the rules of [Gymnastics Canada Gymnastique's \(GYMCAN\) Canadian Competitive Program \(CCP\) Competitive Program](#) as published on January 1 of the year of the Games, except as modified by the AWGIC. A [modification of the USA Gymnastics \(USAG\) Women's Development Program LEVEL 6](#) (CCP 6), these rules will be used to judge the vault, uneven bars, balance beam and floor exercise. CCP modifies only equipment height in CCP 6; as such, all special requirements will follow [CCP 6 rules](#). The Host Society must advise Chefs on sanctioning and any related matters that might affect their teams.

3. Sanction

The competition will be conducted under the [rules and sanction of GYMCAN](#) as published on January 1 of the year of the Games, unless otherwise approved by the AWGIC. Where possible, the Host Society should explore sanctioning under their jurisdiction's sport governing body (e.g., Gymnastics Canada). Should a competition be granted sanction, the Host Society will communicate said sanction to all Participating Units, including the conditions of the sanction that may or may not differ from the International Federation's (IFs) rules and sanction.

4. Participants

Each Participating Unit may enter a team comprised of a maximum of four (4) gymnasts and one (1) coach as listed below. Gymnasts must be Born on January 1, 2004 or later.

Athletes

Females - 4

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Note: Units can register Participants within any of the eligible birth years, at the discretion of their Chef de Mission. Units are not obligated to register Participants within the youngest or oldest age category. Where no minimum age category is listed, Chefs de Mission are responsible for determining an appropriate minimum age for their Unit's Participants, with consideration for Eligibility and Competition structure (as outlined in the Technical Package) and the AWGIC's value of meaningful competition.

Staff

Coaches	-	1
Support Staff	-	0

If qualified coaches are available - unless otherwise approved by the AWGIC Technical Director and Technical Coordinator - the coach should be female. Units must ensure that coaches are screened and trained in accordance with their jurisdiction's coaching standards.

5. Eligibility

To be eligible to compete in the Arctic Winter Games, an athlete shall:

1. Be a "Developing Athlete"
 1. A Developing Athlete is one who has not represented one's nation in international competition (outside of an Arctic Winter Games) in the sport they are competing in.
 1. An athlete who has competed for one's club in international competition (not representing one's nation) is considered a developing athlete;
 2. An athlete who is a member of one's national team, but has not represented one's nation in international competition is considered a developing athlete.

Athletes eligible for the younger age category may compete in the older age category at the discretion of their Chef de Mission. Should they choose to do so, the athlete may only compete in the older age category for all events. Requests to have an athlete compete in an older age category must be submitted to the AWGIC Technical Director and Technical Coordinator a minimum of 14 days prior to the start of the Games.

See Appendix A for additional eligibility requirements.

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6. Competition

Format

The competition shall take place abiding by [GYMCAN's CCP Program Manual](#), as published on January 1 of the year of the Games.

Events

- a. Individual
 - Vault
 - Uneven Bars
 - Balance Beam
 - Floor Exercise
 - All Around
 - Individual All-Around Competition (total score in all four [4] events)
- b. Team
 - Vault
 - Uneven Bars
 - Balance Beam
 - Floor Exercise

Competition shall be conducted as per the schedule below. Alterations at the discretion of the Host Society must be approved by the AWGIC.

- Team Competition: To be conducted on the first day of competition.
- Individual Competition: To be conducted on the second day of competition.
There is no prequalification or limit to the number of events a gymnast may enter.

Schedule

The Host Society shall distribute a first draft of the Master Sport Schedule - a detailed multi-sport schedule, including: competitions, practices/training, pre-Games Coach/Manager meetings and all technical meetings - to the AWGIC and each Participating Unit's Chef de Mission for review no later than 1 year (12 months) prior to the commencement of the Games (Opening Ceremony). The Master Sport Schedule becomes "final" three (3) months prior to the commencement of the Games, unless otherwise approved by the AWGIC. A final review and approval of the Master Sport Schedule must be conducted by the AWGIC Technical Director prior to being considered "final".

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The Master Sport Schedule is developed by the Host Society in consultation with the Sport Vice President, Sport Chairs and the AWGIC as required. The sport schedule is developed using the Sport Technical Packages and by reviewing the sport schedules from previous Games.

The Host Society shall:

- Create a process for stakeholders to provide input and request changes to the schedule;
- Revise and update the Master Sport Schedule, redistributing updated versions as required on an ongoing basis between 12 months pre-Games and the end of the Games.

The Host Society, to the best of their ability shall:

- Refrain from scheduling any competition or practice/training within three (3) hours of the beginning of the Opening Ceremony;
- Respect the timing required for participant feeding, transportation and marshalling for opening and closing ceremonies;
- Ensure that practice/training during the first day of the Games reflects the travel realities of Participating Units (e.g., Units with the least amount of travel should be scheduled to practice/train and/or compete first upon arrival in the Host jurisdiction, where Units with the most travel should practice/train and/or compete last).

7. Scoring

Scoring for Team Competition is as follows:

- o A team score is calculated by adding a team's top three scores in each event. Each of the event totals (there are 4 events) are added for the final team score.

8. Medals

Medals shall be awarded individually by event, individually for all-around event, and individually by team for the team event, as follows:

- Gold - 9
- Silver - 9
- Bronze - 9

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Note: Additional medals may be required and awarded in the event of ties. Ties for the Gold Ulu would result in no Silver being awarded. Ties for the Silver Ulu would result in no Bronze being awarded.

9. Competition Uniform

All competition uniforms must abide by the specific Technical Program regulations.

10. Registration

All Participants (athletes, coaches, managers and support staff) must be registered in the Arctic Winter Games electronic registration system (GEMS.pro) no later than 14 days prior to the Opening Ceremony.

11. Protests & Appeals

Field of Play disputes should be managed in accordance with the [AWGIC Field of Play conduct Policy and Protest Procedure](#) and each International Federation's (IFs) rules.

12. Warm Up and Competition Format

Canadian Warm-up Format	General Warm-up	15 minutes Athletes may not start the general warm-up on the warm-up or competition floor before the set time. Once the general warm-up starts, athletes may warm-up on the WAG floor, mats and runway only. They may not use the boards and/or get on the table, bars or beam for any reason during the general warm-up. If it is part of the team choreography warm-up, athletes may perform on the floor a) basic floor acro tumbling b) beam acro on a line. The use of diagonals is prohibited.			
		V	UB	BB	FX
	Time / per athlete	Level 6: 90 sec	Level 6: 90 sec	Level 6: 90 sec	Level 6: 90 sec Max 5 min
	Team Competition	Team and Individual Athletes: If a group is composed of Team and individual athletes, the warm-up groups is split as follows: Team + 1 individual: all warm up together. Team + 2 or more individuals: the team warms up and competes first; the individual athletes always warm up as a second sub-group.			

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	Individual Competition	Group warm-up	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
	UB (chalk, raising)	If there are athletes with and without grips/chalk or needing to raise the bars, the athletes are divided into 2 subgroups: grips/chalk and no grips/chalk. Each athlete is guaranteed 2.5 min to warm up. 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 D1 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, 5 - 5			

Note: Revisions required in July 2022; information is subject to change.

13. Equipment

2. EQUIPMENT

The following are the recommended equipment specs for use in competitions in Canada. It is recommended that these standards be used for all competitions in which participants from multiple provinces are involved. The specs in the first columns (JO 10 and JO 9) will be in effect at Canadian Championships (CC) and Canada Winter Games (CWG).

	Equipment	JO 10 (CC, CWG)	JO 9 (CC)	JO 6-10	JO 4-5	JO 1-3
Vault	Height	125 cm		JO 6-7: 115 cm to 125cm JO 8-9: All ages: any height min 100 cm to max 125 cm	Any height allowed by manufacturer	As set out in JO manual
	Springboards	Up to 4 boards. No spring changes allowed at Canadian Championships. Spring changes may be allowed with some SA Sport boards				
	Supplementary mat (sting)	Mandatory 10 cm, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. JO 6-7: Stacked mats, 80 cm to 152 cm. The top layer must be a 10 cm mat.				
	Yurchenko Collar & Hand mat	An approved Yurchenko collar must be used for all round off entry vaults. An approved hand placement mat may be used for all round off entry vaults only.				
Uneven Bars	Uneven Bars	HB: 250 cm LB: 170 cm Diagonal: no maximum width (within equipment manufacturer's safety limitations)	HB: 250 cm LB: 170 cm Diagonal: 130 to 180 cm	HB: 250 cm LB: 170 cm Diagonal: no maximum width (within the equipment manufacturer's safety limitations)		
		Taller gymnasts may raise both bars by 10 cm (and more, if the gymnast is too tall) upon submission of request to raise bar form in appendix. However, a gymnast cannot ask to raise the UB in order to use supplementary matting under the rails.				
	Springboards	1 – Soft. The springboard must be removed after the mount. An approved mounting block (simulating a springboard) may be used.		The springboard or 30 cm 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. The springboard MAY be placed on the 20 cm safety mat. If the board is placed on the landing mat, the safety mat (up to 20 cm) must be slid in as soon as the springboard is removed. A wooden plank may be placed under the springboard.				
	Supplementary mat (sting)	Mandatory 10 cm, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. The supplementary or safety mat MAY extend beyond the LB.				
Safety Mat (20 cm)	For C+ release element, a 20 cm may be slid in and out according to the rules (2 moves preceding and following the element). If Gymnova equipment is used, a 10 cm mat can be slid in, instead of the 20 cm. A spotting block or folded mat that is used for spotting purposes between the bars may remain in place as long as the coach continues to utilize it during the routine.				A spotting block or folded mat that is used for spotting purposes between the bars may remain in place as long as the coach continues to utilize it during the routine.	

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	Equipment	JO 10* (CC, CWG)	JO 9* (CC)	JO 6-10	JO 4-5	JO 1-3
Beam	Beam	All Ages: 125 cm		2006 and older: 125 cm 2007 and younger: 110 or 125 cm		All ages: 100, 110 or 125 cm
	Springboards	1 – Soft – The springboard or 30cm 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 end. A wooden plank may be placed under the springboard. If the board is placed on the landing mat, the safety mat (up to 20 cm) must be slid in as soon as the springboard is removed.				
	Suppl. mat (sting)	10 cm supplementary mat mandatory for landing, up to 20 cm allowed. A 20 cm safety mat is allowed in place of the 10 cm mandatory supplementary landing mat. At CC and CWG supplementary mats are available on one end of the beam only. All gymnasts are expected to dismount on the same end of the beam (end with shortest landing mat, traditionally to the left of the apparatus chief judge)				Supplementary mats are not mandatory for JO 1-5 dismount. Coach may use a large 10 or 20 cm mat under the beam provided the entire area under the beam is covered and even (no chance of rolling an ankle on an uneven surface if falling)
Floor	Floor Area	12 m x 12 m				
	Supplementary mat (sting)	5 or 10 cm allowed: suppl. mat must be placed at beginning of routine, and can be removed, moved or left in place (intent is to have the least amount of movement of mats/coach around the floor during the routine).				No additional mats permitted
	Safety Mat (20 cm)	Not allowed				

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




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14. Optional Requirements for Level 6 (Uneven Bars, Balance Beam, Floor Exercise)




JSA GYMNASTICS JUNIOR OLYMPIC LEVELS 6 / 7 / 8

August 1, 2018-July 31, 2022

Revised 5/20/18

SR 	SR 	SR 	SR 	SR 	Content															
Level 8 1. Min. of One (1) Bar Change 2. & 3. Two B elements, same or different: - One (1) w/ Flight (Not in dmt); <u>OR</u> One (1) w/ LA turn (Not in Mnt/ Dmt) - One "B" 360° Clear Circle ele. from Grp. 3, 6 or 7 (not in Dmt) 4. Salto Dmt – Min. A	Level 6 1. Non-Flight Acro Series <u>OR</u> One Acro Flight ele. (Isolated/in Series) (Excludes mnt/dmt) 2. One Leap/Jump requiring 180° Cross or Side Split (Isolated / in Series) 3. Min. of 360° Turn on One Foot (Isolated / in Series) (Group 3) 4. Aerial/Salto Dmt - Min. of A	Level 7 1a. Acro Series (with or without Flight) <u>AND</u> 1b. One (1) Acro Flight element (Isolated/in Series) (Both Acro SRs exclude Mnt/Dmt) 2. One (1) Leap/Jump requiring 180° Cross or Side Split (Isolated /in Series) 3. Min. of 360° Group 3 Turn on One (1) Foot (Isolated / in Series) 4. Aerial / Salto dmt - Min. of A Level 8 Same as Level 7 except #1. 1. Acro Series – min. of 2 elements, 1 w/ Flight. (Excludes mnt/dmt)	Level 6 1. One (1) Acro series (min.3 directly connected elements, two (2) with Flight) Rolls do not fulfill req. 2. One Salto or Aerial (bwd, fwd or swd) (Isolated / in 2 nd Series) 3. Dance Passage w/ min. of 2 diff. Group 1 ele. (direct/indirect connection) - one (1) a LEAP w/ 180° Cross /Side Split 4. Min. of 360° Turn on One (1) Foot (Isolated / in Series)	Level 7 1. One (1) Acro Series-min.3 directly connected Flight elem.-one a Back Layout to Two (2) feet 2. Two (2) or more directly connected Forward Acro Flight ele.-one Salto/Aerial 3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct/indirect connection) -one (1) a LEAP w/ 180° Cross / Side Split 4. Min. of 360° Turn on One (1) Foot (Isolated / in Series) Level 8 1. One Acro Series w/ Two (2) Saltos <u>OR</u> 2 directly connected Saltos (same or diff.) 2. 3 Diff. Saltos (not Aerials) within exercise 3. Dance Passage w/ min. of 2 diff. Grp. 1 elements (direct/indirect connection) - One a LEAP requiring 180° Cross/Side Split 4. Min. of A Salto -last Isolated/ in Last Pass	<table><tr><td>8</td><td>7</td><td>6</td></tr><tr><td>A 4</td><td>5</td><td>5</td></tr><tr><td>B 4</td><td>2</td><td>1</td></tr><tr><td>C 0</td><td>0</td><td>0</td></tr><tr><td>SV 10</td><td>10</td><td>10</td></tr></table> Level 6/7/8: Allowable C's = B All Levels: Restricted elements = no VP credit -0.50 off SV Missing SR – -0.50 off SV	8	7	6	A 4	5	5	B 4	2	1	C 0	0	0	SV 10	10	10
8	7	6																		
A 4	5	5																		
B 4	2	1																		
C 0	0	0																		
SV 10	10	10																		

LEVEL 6 & 7 - ONLY THE FOLLOWING THREE VAULTS ARE ALLOWED AT LEVEL 6 / 7; ALL VALUED AT 10.0:

1.111	Front Handspring entry onto Table, to arrive on mat stack on the feet in a straight body position with tight arch in upper back and arms finishing high	
3.116	¼ - ½ twist on (Tsukahara Entry) onto Table, to arrive on mat stack on the feet in straight-hollow body position with arms finishing high	
4.111	Round-off entry (Yurchenko) onto Table, to arrive on mat stack on the feet in straight-hollow body position with arms finishing high	

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2018-2022 Junior Olympic LEVEL 6/7 VAULT SCORESHEET

(Effective August 1, 2018) Revised 8/3/18

1st FLIGHT	SUPPORT/REPULSION	2nd FLIGHT	LANDING/GENERAL
Incorr. foot form (flexed/sickled) ↑.10	Poor technique:	Incorrect foot form ↑.10	Slight hop/adj. feet toward Table ↑.10
<u>Incorrect Leg form:</u>	Staggered/alternate hands-on for all vaults except	Failure to maintain neutral head position ↑.10	Steps toward Table each .10 max .40
Crossed ↑.10	Tsukahara ↑.10	Insufficient Height ↑.50	Large step/Jump toward Table each .20 max. .40
Separated ↑.20	Shoulder Angle ↑.20	Insufficient Length ↑.30	Lands on feet alternately .20
Bent ↑.30	Excessive Arch ↑.20	Incorrect Leg form:	Deviation from Straight Direction ↑.30
<u>Poor Technique:</u>	Failure to maintain neutral head position ↑.10	Crossed ↑.10	Insufficient Dynamics ↑.30
Hip Angle ↑.20	Alternate Repulsion-all vaults except Tsukahara ↑.20	Separated ↑.20	Incorrect Body Posture on landing ↑.50
Excessive Arch ↑.20	Legs bent ↑.30	Bent ↑.30	Land on mat + Fall against Table ↑.50
Failure to maintain neutral head pos. ↑.10	Additional hand placements:	Failure to maintain prescribed Body Pos. ↑.30	Spotting assistance upon landing .50 (no penalty for spot/assist after landing)
<u>Angle of Arrival:</u> ↑.30	Steps/hops on hands each ↑.10 (Max. 0.30)	Brush/hit of body on table ↑.20	Coach between board & table .50 (except RO Entry vault-no penalty)
• Approx. 45° & below from vertical no ded.	Arms bent ↑.50 (90° or more = max. ded.) (slight lead arm bend allowed on Tsukahara vault)		Vaults without signal (from average by CJ) .50
• 1° - 44° from vertical .05 - .30	Too long in support ↑.50		Landing in a sitting, lying or standing position on top of the table VOID
	Angle of repulsion: ↑1.00		Failure to land on bottom of feet 1 st VOID
	By vertical no ded.		No safety zone mat (Ro Entry vault) VOID
	1° - 45° past vertical ↑.50		Spotting assistance during the vault VOID
	46° past vert. - Horiz. .55 -1.00		Use of alternative springboard VOID
	Touch with only 1 hand 1.00 CJ		Vault performed not one of allowable Choices VOID
	Head contacting table in support (includes 0.5 for bent arms) 2.00		Salto performed after landing VOID
	No hand contact on table VOID		

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Note: Revisions required in July 2022; information is subject to change.

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15. Appendix A

AWGP1 ATHLETE AND CULTURAL PERFORMER ELIGIBILITY POLICY

Preamble:

The Arctic Winter Games combine athletic competition, cultural exchange and social interaction among northern contingents. Arctic Winter Games athletic competitions feature sports that enjoy worldwide popularity and sports unique to the north. The AWG Cultural Program offers opportunities for northern artists to perform on a larger stage to diverse audiences. The Arctic Winter Games International Committee is responsible for providing direction and guidance to contingents to ensure meaningful competition and a diverse cultural program in the Arctic Winter Games Program.

Purpose: This policy provides direction and guidance to the participating contingents when selecting athletes and cultural participants for their teams.

1. To be eligible to compete in the Arctic Winter Games, an athlete shall:
 - a. be a "Developing Athlete" as described in the Glossary of Terms and not have been a member of a national team in the sport in which they are competing, nor competed in, nor have been selected for an international competition as a representative of their country in the sport within one (1) year of the opening date of the Games (sports without national sport governing bodies are exempt from this rule)
 - b. compete in one sport only
 - c) meet individual sport requirements as per the current technical package.
2. To be eligible to participate in the Arctic Winter Games, a Contingent Cultural performer shall comply with the eligibility requirements included in the current Cultural Technical Package.
3. To be eligible to participate in the Arctic Winter Games, all Contingent Athletes and Cultural performers shall:
 - a. be a resident of Yukon, Northwest Territories, Alberta North (north of 55 degrees), Greenland, Alaska, Nunavut or any other participating Contingent/Guest Contingent approved by the Arctic Winter Games International Committee (AWGIC).

Current approved Guest Contingents are Nunavik (Quebec,

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- Canada), Yamal-Nenets (Russia)*, Sapmi (Finland/Norway/Sweden);
- b. have been a continuous resident of the participating Contingent for six (6) months prior to the opening day of the Games;
 - c. comply with all other Arctic Winter Games rules and regulations as outlined in the Arctic Winter Games Staging Manual, Arctic Winter Games Technical Packages or other publications issued by the Arctic Winter Games International Committee;
 - d. comply with all rules and regulations of their Contingent.

NOTE #1.1: 'Resident' means a person who makes their permanent home in a jurisdiction and includes someone who may be temporarily absent from the jurisdiction but who maintains a close connection with the jurisdiction and has the intention of returning to the jurisdiction after a temporary absence. An individual leaving a jurisdiction with no intention of returning continues to be considered a resident of that jurisdiction up to 90 days after leaving and may participate if the first day of the Games falls within that 90-day period.

NOTE #1.2: A resident of a participating Contingent who is attending school outside the Contingent is deemed to be a continuous resident of their Contingent and is eligible to compete for their residence Contingent or the Contingent in which they are attending school (if a participating Contingent) but not both.

NOTE #1.3: An individual who is a resident of a jurisdiction not eligible to compete at the Games; but who lives in a participating jurisdiction as a student, or who is there on a temporary work visa, or who is otherwise temporarily living in a participating jurisdiction; is not considered a resident of the participating jurisdiction and is therefore ineligible to compete in the Arctic Winter Games.

NOTE #1.4: Individual Contingents may impose additional requirements for eligibility for their team provided they do not contravene the intent of the AWG International Committee policies.

* The Arctic Winter Games International Committee has suspended Yamal, Russia, with immediate effect, following the attacks unfolding in Ukraine in a March 1, 2022 decision.

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