



British Columbia Secondary Schools Gymnastics Association

Member of BC SCHOOL SPORTS

August, 2009

Dear Coach:

Welcome to the 2009-2010 Secondary Schools Gymnastics Season. We look forward to an excellent meet in Duncan.

To assist you in your preparation for the upcoming season you will find enclosed:

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Windsor Secondary –2008-2009 Provincial Champions



Good Luck this Season!
Rhonda Dale
Commissioner

Changes are outlined in Bold Font & Shaded

BCSSGA DIRECTORS 2008-2009

COMMISSIONER – Rhonda Dale

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Home:

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Delta District

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TREASURER – Pamela Mutsaerts

School: St. Thomas Aquinas

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SECRETARY –Joyce Percey

604-485-0520

School: Powell River District

E-mail: prgymnastics@shaw.ca

GIRLS' REP – Kristina Sharp

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MEMBERS-AT-LARGE

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Cath Dimmock

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Diana Wilson

Seycove

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Heather Henderson

Delta

Phone: 604-943-0460

ZONE REPRESENTATIVES 2009-2010

ZONE REPRESENTATIVE	SCHOOL	SCHOOL PHONE	SCHOOL FAX	HOME PHONE
CENTRAL VANCOUVER ISLAND Rhonda Dale	Quamichan Middle School 3515 Beverly St, Duncan, B.C. V9L 3A5	250-746-6168	250-746-4539	250-743-9559
COQUITLAM <i>Michelle Morin</i>	Gleneagle Secondary School 1195 Lansdowne Drive, Coquitlam Email mmorin@sd43.bc.ca		Fax:	604-464-5793 604-464-5796 778-229-7591
DELTA <i>Kristina Sharp</i>	Delta Gymnastics Society #21-4756-62 nd St, Delta, B.C. V4K 4V8	604-943-0460	604-943-1610	604-220-6353
EAST KOOTENAY <i>Joyce Lawrence</i>	Prince Charles Secondary	250-428-2274	250-428-5090	250-428-4776
LOWER VANCOUVER ISL. <i>Rhonda Dale</i>				
NORTH CENTRAL INT. Colleen Kaminski	Prince George Gymnastics		email: coachcolleen56@hotmail.com	
NORTH OKANAGAN <i>T.B.A.</i>	<i>No Representative</i>			
NORTH SHORE <i>Nicky Carroll</i>	Windsor Secondary	604-903-3700	604-903-3701	604-980-5294
SURREY <i>T.B.A.</i>				
UPPER FRASER VALLEY <i>Commissioner</i>				
UPPER VANCOUVER ISL. <i>Joyce Percey</i>	<i>Powell River Schools</i>	604-485-0520		604-485-4205
VANCOUVER Harp Sohi	Vancouver School Board	604-713-5207	604-713-5243	
WEST KOOTENAY <i>Chris Buccini</i>	Trail District #20		250-368-5689	250-364-2843
SOUTH OKANAGAN Athletic Director	Penticton Secondary	250-770-7750	250-770-7766	

RULES AND REGULATIONS FOR THE BRITISH COLUMBIA SECONDARY SCHOOL GYMNASTICS CHAMPIONSHIPS AND ZONE QUALIFYING MEETS

2009-2010 School Year

A. DIRECTORS

Commissioner:	<i>Rhonda Dale</i>	250-246-4177	President:	Rachael Fortier	604-377-8662
Secretary:	Joyce Percey	604-485-0520	Boys' Rep:	Chris Sheremeta	604-644-1439
Girls' Rep:	<i>Kristina Sharp</i>	604-220-6353	Member-At-Large:	Lucinda Donaldson	604-904-1062
Treasurer:	Pamela Mutsaerts	604-984-7342		Heather Henderson	604-943-0460
				Cath Dimmock	604-988-5103
				Diana Wilson	604-929-0525

B. PROVINCIAL CHAMPIONSHIPS

Date:	Feb 27, 28 Mar 1
Place:	Quamichan Middle School, Duncan BC
Coordinators:	Rhonda Dale, Melanie Parker mel@mcpcanada.com
Entry Fee:	\$50.00

1. Information re: meet schedule, contact people, meet entry fee, etc. will be mailed to all registered schools in January.
2. SCHOOL & TEAM REGISTRATION – Refer to Section C2 "Registration Requirements", pg 83 of the BC SCHOOL SPORTS Handbook.

ALL Player Registration Forms will now be completed using the BCSS "On-line" Registration system, no hardcopy PRF will be accepted by BCSS.

- a) In order to register your school, make sure that your Athletic Director has declared gymnastics on the "on-line" system with BC SCHOOL SPORTS before **October 7th**. Please complete the coach's information when declaring gymnastics.
- b) **PLAYER REGISTRATION FORM DEADLINE is December 7th**. PRF MUST be completed "on-line" by **December 7th (All grades)**. After **December 7th**, a late fee of \$50 and the completed PRF must be submitted to BCSS or your gymnasts will not be allowed to compete at the zone qualifying meet or B.C. Championship. **The FINAL deadline that students can be added to the roster "on-line" is February 1st or 7 days prior to the Zone meet, whichever is earlier.** (Note: The last date for the qualifying meet is **February 15th**). The late school registration fee is \$50 dollars per school. (Additional Gymnasts can be added up to the same FINAL deadline date). Registered schools will receive a copy of the current Rules and Regulations, Boys' Routine Rules, and Girls' Routine Rules. A copy of the constitution is available from the Commissioner on request.
- c) Each School and Feeder School must register separately. Students can only compete for the school at which they are enrolled.

3. MEET ENTRY FEE AND FORM

Each school coach is responsible for sending their gymnastics entry form and entry fee so that they arrive (in the hands of the Meet Registrar) **on or before February 17th** deadline. To ensure arrival, use a FAX or send via Priority Post. The mail delivery system is **no excuse**. **THERE IS A LATE MEET ENTRY FORM and/or FEE CHARGE OF \$50/SCHOOL, PAYABLE BEFORE YOUR GYMNASTS COMPETE**. This applies to both B.3(a) and B.3(b) below.

- a) Send an original entry form and entry fee (make check payable to BCSSGA) to **Melanie Parker**, Meet manager (c/o 5903 CHAPARRAL PL Duncan, BC V9L5M5) **Team photo to be emailed to** nchristopher@bcschoolsports.ca

C. ROUTINES

Boys' Events (*Olympic Order*)

Floor Exercise
Pommel Horse
Rings
Vault
Parallel Bars
High Bar

Girls' Events (*Olympic Order*)

Vault
Uneven Bars
Balance Beam
Floor Exercise

D. LEVELS

There are 5 levels. The levels are named I, II, III, IV and V. Level V is the most advanced skill level.

1. Guidelines for INITIAL PLACEMENT:

Place gymnast in as high a category as possible so that the gymnast is competitive, safe and does his/her routine with style and control. Winter Games does not count for initial placement. Before final initial placement, consult an experienced coach in your area or your Zone Representative. Phone the Girls or Boys Representative (see attached list) if you would like more input.

If a gymnast has not competed at a zone qualifying playoff and/or BCSSGA Championship, then placement is as follows:

GIRLS:

- Level I - a gymnast with no previous training or 1-2 hours per week recreational, and no competitive experience during the period preceding **September 1st 2009, not competing with Gym B.C. this season**
- Level II - a gymnast who has not been a member of a school or community group or club for more than 8 months from September 1st, **2007** to present, or training 3-4 hours per week: **Gym B.C. Level 1**
- Level III - a gymnast who has not been a member of a school or community group or club for more than 12 months from September 1st, **2007** to present. **Level 2 Gym B.C.**
- Level IV - any gymnast who is competing at Level 3 Gym B.C or has been 3, or 4 Provincial or National gymnast before September 1st, **2007. Gym B.C.**
- Level V - any gymnast who is competing in the Provincial (**Level 4&5**) or National or has competed at those levels since September 1st, **2007. Gym B.C.** (Petitioning is available)

2. Levels for gymnasts who have already competed at a zone qualifying playoff (at BC's Level 1 two years only) and/or BCSSGA Championship:

- Level I - a gymnast who has not placed in the top three all-round in the BCSSGA Championship at a Level I otherwise a gymnast may remain at Level I for two years at most. (at BC Championships)
- Level II - a gymnast who has placed in the top three all-round in the BCSSGA Championship as a Level I.
- a gymnast who has not placed in the top three all-round in the BCSSGA Championship as a Level II.
- Level III - a gymnast who has placed in the top three all-round in the BCSSGA Championship as a Level II.
a gymnast who has not placed in the top three all-round in the BCSSGA Championship as a Level III.
- Level IV - a gymnast who has placed in the top three all-round in the BCSSGA Championship as a Level III or is training at Level 3. **Gym B.C.**
- a gymnast who has stopped competing and training at Level 2 (*old*) or higher level prior to September 1st, **2007**.
- Level V - a gymnast who has competed or trained at a Gym B.C. level 3 or higher since September 1st, **2007**.
no level IV gymnast has to move up unless they meet initial placement guidelines. (Petitioning available)

BOYS: – as suited to the levels – competing or training Gym BC Boys must go Level 4 or 5.

- Note:**
- a) All-round means best six events for boys and best four events for girls.
 - b) A gymnast may advance through levels more quickly than these rules state. Once a gymnast competes at a zone playoff or BCSSGA Championship he/she can only go back in levels upon successful appeal to the Girls or Boys Representative (*Note exception Level V - E.2. V*). Level cannot be changed between zone meet and B.C. Championship.
 - b) A gymnast must compete in one level only in a zone qualifying meet and BCSSGA Championship.
 - c) An appeal may be made to the Commissioner if at any one level the numbers competing are insufficient to warrant the top three advancing to the next level.

E. AWARD SYSTEM

1. Certificates with date for all competitors. Certificates will be separate from the program. On the certificates there will be space for routine Scores.
2.
 - a) Ribbons for the top 8 winners in each event and each member of the winning school team.
 - b) Rosettes for the top 8 all-round winners for each level) THESE RIBBONS WILL BE DISTINCT FROM EVENT RIBBONS.
 - c) Medals for the top three all-round winners.
 - d) **Level Trophies** – see number 3 new scoring system (2004)
 - e) Minimum two gymnasts required for team trophies plus level trophies.
 - f) Aggregate Trophy and Pennant for winning boys' team. Teams placing second receive a Trophy and Pennant. Teams placing third receive a Pennant. Termed AAA.
 - g) Aggregate Trophy and Pennant for winning girls' team. Teams placing second receive a Trophy and Pennant. Teams placing third receive a Pennant. Termed AAA.
 - h) Aggregate School Trophy and BC SCHOOL SPORTS Championship Banner for winning school team. Second placing school

teams receive a Trophy and a Pennant. Third placing school teams receive a Pennant. Termed AAA.

l) Aggregate Trophy – the sum of the girls and boys points

3. Scoring System –

1. Ribbons for events awarded 1st place to 8th place.
2. All Around medals for 1st to 3rd place and rosettes for 4th to 8th place.
3. Scoring Program formulas:

The school team placings by level are based on adding up the best event scores and all around score per level which is then divided by the best possible score and multiplied by ten. The school overall results use the points which take the above calculation, multiplying by ten and subtracting 70 (You have to have at least 70% of best possible to get points.) You add up all the teams level points to get girls points and same for boys points. Add both together to get school points.

4. **Gymnasts will remain in competitive attire until ribbons have been presented. It is the coach's responsibility to ensure that this occurs.**
5. Ties will not displace lower placing.

F. MEET ORGANIZATIONAL RULES

1. Entry fees are non-refundable and payable to the Treasurer. Fees must include the banquet fee and be sent with the entry form.
2. Ties will not displace lower placing when giving awards.
3. Event Ribbons and ALL AROUND will be awarded at meet.
4. All other awards to be given at the awards ceremonies.
5. An honorarium will be given to judges in appreciation for judging at the B.C. Championship.
6. Qualified judges will be used. For example, one Level III judge per girl's event, plus one other.
7. All gate receipts, concessions and other sales will be directed to the school hosting the meet.
8. Competitive etiquette will be stressed and no protest as far as a gymnast's event score will be allowed. Gymnasts must be on the competitive floor ready for the competition. Videos may be used for personal use only.
9. The BCSS Code of Conduct will be followed at this meet - see Commissioner regarding problems after seeing the coach involved.
10. The host school will assume copying, paper, writing, postage and telephone costs that are incurred in running the Championship.
11. There must be clearly defined pathways during the meet. Establish a "picket fence" situation.
12. Competitors from the same school in each level will be grouped together in the rotations where possible as a coaching/safety measure.
Coaches must be on the competitive floor or assign a coach to their gymnast.
13. Warm-up/compete format of competition. General warm-up will be 30 minutes. Timing begins once the gymnast begins the warm-up on the apparatus and does not include the time taken to adjust the equipment.
14. Marshalls, with a list of competitors and order of competition shall organize gymnasts at each event during each rotation.

G. RESPONSIBILITY OF ZONE REPRESENTATIVE

1. Must be a member of the committee hosting the zone qualifying meet.
2. Must see that the zone qualifying meet is run in a manner that will allow eligible contestants to qualify for the B.C. Championship; i.e. meet is completed by **February 15th, 2010**.
3. Must see that all coaches and qualifying gymnasts are fully informed about pertinent instructions and information concerning the B.C. Championship.
4. Must encourage schools to submit their entry fee and entry forms as per the previous text B.3.a), b), and c) on page 1.
5. Must be responsible for making any changes to the zone qualifiers.
6. May conduct a general meeting of zone coaches at the zone-qualifying meet. This meeting is to determine the Zone Representative for the next year and recommendations to the B.C.S.S.G.A.'s AGM.
7. Will be responsible for setting league play for the following school year.
8. Must send zone results to commissioner.

Suggested League Practices:

- a. Each school has at least one dual meet with each school in their zone. In the case of a zone that is composed of a division(s), then each school in a division should have at least one dual meet with each school in their respective division. That all league play be finished before the zone-qualifying meet.
- b. These dual meets may be bars, side horse, parallel bar, or full meet

- c. A zone may elect to have levels within its zone. Levels may be formed due to geographical distance, number of registered schools, or any other reason deemed appropriate by the registered schools within that zone.
9. Discuss with Commissioner re: appeals due to sickness/injury resulting in no participation at zone qualifying meet. See L-1
 10. **Assure that all gymnasts who compete in zone qualifying meet come from a registered school before they compete and have paid their entry fee. "Very Important"**
 11. Obtain the sanction of the local Athletic Association for qualifying zone meet. This should provide a budget, trophies and liability coverage for zone meet.
 12. Recognized zone-qualifying competitions:

<ul style="list-style-type: none"> - Central Vancouver Island Secondary School Gymnastics Championship - North Shore Secondary School Gymnastics Championship - Surrey Secondary School Gymnastics Championship - Fraser Valley Secondary School Gymnastics Championship - West Kootenay Secondary School Gymnastics Championship - Peace River Secondary School Gymnastics Championship - North West Secondary School Gymnastics Championship 	<ul style="list-style-type: none"> - Vancouver Secondary School Gymnastics Championship - Coquitlam Secondary School Gymnastics Championship - Upper Fraser Valley Secondary School Gymnastics Championship - North Okanagan Secondary School Gymnastics Championship - Upper Island Secondary School Gymnastics Championship - South (Okanagan) Secondary School Gymnastics Championship - BC Northern Winter Games
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H. RESPONSIBILITY OF B.C.S.S.G.A. PROVINCIAL CHAMPIONSHIP MEET COORDINATOR

1. Organize the B.C. Championship in all aspects.
2. Supply registered schools and Zone Representatives with Meet information and entry forms in early January.
3. Submit Meet Budget to the Commissioner by September 15th of the current school year.
 - a) 50% of BC SCHOOL SPORTS registration fees plus 100% of the championship fees. All other expenses beyond this funding is the liability of the host school/zone.
4. Ensure that all Meet standings and scores be given to the Commissioner and Secretary for keeping as official records.
5. Commissioners must submit Meet report, pictures, and results to BC SCHOOL SPORTS after the B.C. Championship.
6. There must be a clearly designated first-aid station and attendant. All coaches must be informed of its location.
7. Equipment will be used only for official warm-up and competition. Gymnasts warming-up must do skills that are part of their level only and must be competing next. Demonstrations must be supervised and approved by the Meet Coordinator.
8. B.C. Co-ordinator contact BC SCHOOL SPORTS (Sue Keenan – skeenan@bcschoolsports.ca) Re: Conflict of Corporate Sponsor if applicable.

I. ELIGIBILITY

All gymnasts must be eligible in accordance with the BC SCHOOL SPORTS Eligibility Rules (see attached addendum) or the BCSS 2009-2010 Handbook & Directory.

J. BERTHS AND ZONES

Girls' Qualifying

1. The zones are Central Vancouver Island, Lower Vancouver Island, Vancouver, North Shore, Coquitlam, Surrey, Delta, Upper Fraser Valley, Fraser Valley, North Okanagan, West Kootenay, Upper Island, Peace River, North Central, North, West and South Okanagan. Schools from other areas of the province will form zones as per their local Athletic Association.
2. Berths for the B.C. Championship will be allotted according to the formula: number of competitors at zone championships (0-15 gymnasts = 2 gymnasts to championships; 16-25 = 3 to championships; 26-35 = 4 to championships; 36-45 = 5 to championships; 46-55 = 6 championships; over 55 = 8 to championships) per Level. The Zone Representative will be informed of berth allocations as soon as number of participating schools in zonal championship is confirmed.
3. Berths can only qualify for the B.C. Championship through the zone-qualifying meet.
4. In addition to zonal qualifications the host school will be allowed to send additional girls to make up a full team for the host school. A full team consists of 3 gymnasts per level.
5. Zone berths are comprised of the top 4-event all-round girls in each level. The number of berths is qualified by K2.
6. A qualified gymnast should have competed in at least 1 meet prior to the B.C. Championship. In areas where there is no meet within a reasonable travelling distance, these meets may be inter-squad meets.
7. Additional level 3,4,5 girls above the berthing allotment may be petitioned to compete at BC's – attention to Commissioner.

Boys' Qualifying

All boys are invited to the Provincial Meet. Coaches should send only boys that are able to achieve 8 out of a possible 12/14 on each competing event. In the event that there will be too many boys attending the B.C. Championship, the Commissioner will notify schools as soon as possible.

Team Qualifying**Girls' Team**

The first place girls' team in zone championships will qualify as a team. (3 per Level)

School Team

The first place school team in zone championships will qualify as a full team – Boys and Girls (3 per Level)

For additional gymnasts to qualify to the B.C.'s contact the commissioner.

K. APPEAL PROCEDURE

For the B.C. CHAMPIONSHIP AND ZONE QUALIFYING MEETS.

1. Medical byes must be appealed to the zone representative and are only successful if there is room in the zone allotment.
2. In the event of a misrepresentation of either the Boys' or Girls' Rules, the coach must contact the respective Boys' or Girls' Rep. The Rep, after discussions with coach, judge, head judge, and Meet Coordinator, will adjudicate on the matter. If the Rep is unavailable, then the Meet Coordinator assumes her/his role for the appeal.
3. In the event there is a misinterpretation of the Rules and Regulations or the Rules and Regulations do not cover a case, or they are unfair as applied to a particular situation, a coach must appeal the situation to the Commissioner. The Commissioner will communicate the decision and reasons to the Board of Directors at its annual meeting. They will decide if the decisions are to be published in that meeting's minutes.

B.C. SECONDARY SCHOOLS GYMNASTICS ASSOCIATION GIRLS' ROUTINE RULES

Revised August 2009

The Girls' routine rules were formatted from the B.C. Gymnastics Women's code, which were altered to suit the beginner to experienced coach as well as the beginner to experienced school gymnast. These rules have the flexibility to suit large as well as small groups. The following are some helpful hints in this regard.

1. A school coach or a group of school coaches may select only certain "A", "B" or "C" moves to teach their gymnasts; thus concentrating their efforts as well as their gymnasts' regards.
2. Music may be obtained from any instrumental arrangement. Ask the gymnast to find their favorite instrumental piece. Cut and record until the desired length of music is reached. Music with jazz arrangements are particularly appropriate. Normally, a routine's music will have a fast tempo portion for tumbling and a slow tempo portion for dance and controlled acrobatics. No vocals are permitted. One tape/CD per gymnast, with gymnast's name and school name attached. Music must begin within 10 seconds from the beginning. Tape and CD players will be available.
3. ATTIRE - gymnastic body suit (long sleeve), gymnastic shoes and grips (optional). Tights may be worn if they are no longer than thigh length and match exactly the body suit in colour and material.
0.3 deduction - for shorts other than above, each time.
0.1 deduction for jewelry, each time. (stud earring only)
4. A vault, bar, beam, or floor routine may be repeated only if the apparatus malfunctions. It is the decision of the head judge of the particular apparatus to decide upon appeal of the gymnast's coach. The appeal must be made immediately after the malfunctions.
5. New Judging System

A SCORE:

DIFFICULTY: – each A or supplementary has .1 value, B = .2, C = .3, D = .4. Each Level has a required number of A's to do.

Bonus – some Levels/Events are able to acquire bonus points for certain levels of skill **to a maximum .6**

EGR – Element Group Requirements: Each Level/Event has five requirements each worth .5 value = 2.5

Total of Difficulty + bonus + EGR = A score (**maximum in some levels per event**)

B SCORE:

- Execution, composition, artistry deductions.

- Maximum value = 10 points.

Landing bonus

- .1 point

Score = A score + B score + Landing bonus

The following pages show a detailed breakdown of the points in general as well as for each apparatus.

DIFFICULTY:

LEVELS:

- | | |
|------------|---|
| ONE | 6 "A" & "Supplementary" -.10 value each (3 must be supplementary, 3 others may be either) |
| | Restrictions -NO Saltos or Aerials on floor, beam or bars |
| | -NO "B" or "C" value elements, exceptions on floor |
| TWO | 6 "A" & "Supplementary" -.10 value each (Min. 4 "A" except bars-Min. 3 "A") |
| | Restrictions -NO Saltos on floor, beam or bars |
| | -One only side or front aerial on floor & off beam |
| | -NO more than Handspring vault |
| | -NO "C" value elements |

THREE	6 "A" -.10 value each (1 supplementary may replace 1 "A" - on bars only) Restrictions -maximum 2 Saltos/aerials on floor & beam - not less than Horizontal vault	
FOUR	VAULT Not less than Handspring BEAM 6 "A" -.1 value each & 1 "B" -.2 value	BARS 6 "A" -.1 value each FLOOR 5 "A" -.1 value each 2 "B" value -.2 each
FIVE	Gym B.C. Level 4 – see individual apparatus requirements	

-Additional landing mats permitted up to 20cm. - suggested that all gymnasts use 10cm minimum.

-A COACH must be present at the event during warm-ups and competition.

-All elements may be used once only for difficulty, **but can be repeated to make a series as many times as needed.**

-There is no penalty for using a higher value element as long as it is not restricted. Use of restricted elements will result in a .50 deduction EACH.

-ACRO elements are tumbling (rolls, handsprings) and strength (handstand)

-GYM elements are dance (leaps, turns, jumps)

-Flash start value

B SCORE – Max 10.0 Value

Any skill not listed in the High School Code will be given its FIG value.

COMPOSITION: The use of elements and the apparatus

- 1) Direction - forward, backward, sideways as well as both straight & curved lines.
- 2) Use of both Acrobatic and Gymnastic elements from different groups (individually & in series).
- 3) Use of the apparatus spatially and directionally – i.e.
 - use of entire floor or beam area, both bars
 - elements close to and away from the apparatus
 - changes in direction
- 4) Elements should be evenly spaced throughout routine:
 - don't perform all leaps at beginning and acrobatics at end.
 - don't perform all "B" or "C" elements at beginning or end of routine.

EXECUTION + ARTISTRY + COMPOSITION DEDUCTIONS: The quality of the performance of elements and dance

-slight loss of balance .1, .3, steps .1 each up to .7 maximum

-faulty body positions - bent legs/arms .1, .3, .5 each

-insufficient height of leaps/jumps/acro elements .1, .3 each

-precision (clear start + finish) .1

-insufficient tuck, pike or stretch .1, .3 each

-relaxed leg, body, trunk throughout routine up to .1, .3

-coaching from sidelines .3

-under-time/overtime .1 less than or equal to 2 seconds, .3 > 2 seconds

-concentration stops (2 seconds or more) .10 each

-lack of presentation before or after routine .3 each

-adjusting of gym clothing during routine .10 each

SHORT EXERCISE

- uneven bars .5 per missing element (6 needed)
- beam/floor minimum 30 seconds 5.0 points taken from final score
- no mount or dismount .30 each
- extra arm swings or bounces .1
- deep squat .5
- assistance from coach .8 each (value will not count)
- fall on hips, knees, etc. on/off or against apparatus .8 each
- double/triple bounce on the beat board during a mount .8 (fall)

BONUS – STUCK LANDING (added to the final score)

A .1 will be awarded if the landing from Vault, Bars or Beam has no steps, has fewer than .3 deduction for balance & lean, amplitude, and body deductions. The feet must be close enough together to pull the heels together.

VAULT

The highest score of 2 vaults performed is the counting score. The coach must inform the chief judge of the vault to be performed. The runway may be up to 20 meters long. The gymnast may have one extra run providing she does not touch the vault or board. Vault values are determined by the level of difficulty. A coach must be present at the vault during warm-ups and competition.

HEIGHT: Minimum 110 cm for levels 1 & 2
120 cm -125 cm for Levels 3, 4, & 5

VAULTS & VALUES: Level 1 through 4 only

Tuck or Straddle through Difficulty Value	1.00	Handspring, handspring ½	2.9
Handspring to back on mats (beat board).....	1.00	Handspring 1/1.....	3.7
Layout Straddle or Tuck over		Handspring 1 ½.....	4.5
feet above hips, above shoulders.....	2.00	Yamashita.....	2.9
*Mini-tramp Handspring (Level 1 and 2 only).....	2.00	Yamashita ½.....	3.5
Handspring/ Yamashita.....	3.50	Yamashita 1/1.....	4.0
Handspring on ½ turn off/Yamashita½.....	3.50	½ on, ½ off.....	2.9
½ turn on Handspring on and ½ turn off.....	4.00	½ on, 1/1 off.....	3.5
Handspring on and full turn off.....	4.00	½ on, 1 ½ off.....	4.3
½ turn Handspring on and full turn off.....	4.50	½ on, 2/1 off.....	4.5
OTHER HIGHER VALUE VAULTS	4.50	Tsukahara tuck	4.4
		Tsukahara tuck open	4.5
		Tsukahara pike	4.5
		Tsukahara tuck with ½ turn.....	4.5

VAULTS & VALUES: Level 5 Vault Values as per CPP Level 4

SPECIFIC DEDUCTIONS: all deductions stated are up to a maximum except falls & assistance.

PREFLIGHT:	knees bent1, .3, .5
	lack of stretch before tuck, straddle, pike5
	required turn incomplete1, .3
	technique hip angle, arch, arm1, .3 each
	leg separations1, .3
SUPPORT:	poor technique shoulders1, .3
	feet brushing horse3
	bent arms/legs1, .3, .5
	leg separations1, .3
	LA turn begun too early1, .3, .5
POST FLIGHT:	body position.....	.1, .3
	required turn incomplete1, .3
	insufficient length1, .3, .5
	insufficient height1, .3, .5, .8
	lack of stretch before landing.....	.1, .3
	leg separations1, .3
LANDING:	direction faults.....	.1, .3
	Steps.....	.1 each, max .7
	Fall8
	coach assistance during landing8 (high school)
THROUGHOUT:	poor foot, head, arms.....	.10
	relaxed, leg, body1
	insufficient dynamics.....	.1, .3, .5
GENERAL:	coach assistance during vault.....	void
RESTRICTIONS:	Level 1 2.0 vault or less	
	Level 2 may not perform more than handsprings	
	Level 3 may not perform less than horizontal	
	Level 4 may not perform less than handspring	
	Level 5 will be judged from GBC values	
BONUS:	Stuck Landing1

ELEMENTS AND THEIR VAULES BARS

SUPPLEMENTARY

Mounts

- 1 or 2 foot pullover L.B./H.B.
- jump hang on H.B. – tuck/straddle over L.B.
- jump squat/stop/straddle on L.B. to support
- jump to support on L.B. to stride sit

Elements

- Russian turn
- ½ turn in stride support/ to high bar
- pull over to high bar
- beat swing /belly whip
- single leg cut away
- knee or stride circle
- skin the cat
- pullover H.B.

Dismounts

- hock off
- straddle off low bar
- any simple dismount

“A” ELEMENTS

Mounts

- jump front/back hip circle
- vault over L.B. catch H.B. – with touch
- short/glide kip
- jump ½ turn kip - L.B.
- jump ½ turn catch – H.B.
- jump to H.B. – kip up

Elements

- sole circle catch high bar
- ¾ sole circle forward
- stride circle catch high bar
- cast straddle/squat on
- front/back hip circle L.B.
- front/back hip circle high bar
- short/long ½ turn kip
- seats/sole circle
- hock off ½ turn catch H.B.
- underswing ½ turn below horizontal
- counterswing to stand on L.B.
- stem uprise
- long swing pullover H.B.
- cast to long swing pull over from H.B. to H.B (baby giant)
- cast to horizontal (Level 1, 2,3)
- long swing to horizontal

Dismounts

- flyaways (saltos) Tuck, Pike
- handstand dismount
- cast to straddle underswing off L.B./ H.B.

“B” ELEMENTS

Mounts

- jump full turn-catch H.B.
- vault over L.B. to catch H.B. – no touch
- jump full turn kip L.B.
- jump & straddle to handstand
- jump full turn front hip circle
- jump ½ turn kip ½ turn

Elements

- front sole circle ¾ to kip
- straddle cut
- underswing ½ turn H.B. – at bar height
- straddle back over L.B.
- uprise
- underswing H.B. shoot ½ turn – catch L.B.
- cast/free hip to 45°
- giant circle backward
- cast to handstand
- salto between bars
- transfer (sole circle release to high bar to horizontal swing)

Dismount

- layout flyaway also with full twists 1½ twist
- underswing 1½ twist
- flyaway with full twist
- straddle underswing ½ turn back salto

“C” ELEMENTS

Mounts

- jump full turn kip H.B.
- jump straddle handstand – full turn after

Elements

- shoot ½ turn to or from handstand
- front giant
- back giant ½ turn in or full turn after
- cast handstand ½ turn in handstand
- straddle back to handstand
- free hip to handstand

Dismounts

- flyaway – double twist
- giant swing double back salto
- straddle underswing front salto

BALANCE BEAM

Balance Beam routines are a true test of balance. There should be a variety of acrobatics, gymnastics and dance. The complete 10 cm wide & 4.9 meter long beam should be utilized and there should be both lively and slow portions. The entire routine should flow continuously and show elements above and low to the beam.

TIME: **No minimum** 1:15 maximum (level 1 & 2) **No minimum** 1:30 maximum (level 3 to 5)

Time begins when gymnasts' feet leave the floor/board to mount and ends when gymnast leaves the beam on dismount. Timing stops if the gymnast falls, and resumes when gymnast has remounted. Gymnast is allowed 10 seconds to resume after a fall.

HEIGHT: 120 cm from floor.

SPECIFIC APPARATUS DEDUCTIONS:

Missing one element close to beam1
Routine under/over time	< 2 second .1
.....	> 2 second .3
More than ½ turn on 2 feet (Level 3, 4, 5)1
Insufficient use of entire beam1
Artistry – rhythm, unsure, lack of creativity/style.....	.1 each

SPECIAL REQUIREMENTS AND DIFFICULTY:

<u>LEVEL</u>	<u>DIFFICULTY</u>	<u>BONUS</u>	<u>EGR</u>
1	6 "A" or supplementary Min. 3 supplementary		1. acro on beam 2. ½ turn on one foot 3. balance 2 secs. 4. gym series – 2 elements 5. dismount
2	6 "A" or Supplementary Min. 4 A's	Bonus Max .2 +2 Full turn on one foot	1. "A" acro on beam 2. ½ turn on one foot 3. "A" balance 2 secs. 4. gym series – 2 elements 5. dismount
3	6"A"	Bonus Max .6 +2 Leap & jump @ 180° split +3 Front/back walkover	1. 2 acro on beam – one minimum "A" 2. full turn on one foot 3. acro/gym series – 2 elements 4. gym series 2 elements 5. A dismount – salto .5, other .3
4	6"A", 1 "B"	Bonus max. 6 +1 Leap/jump 180° split +2 Acro B with flight +2 Acro A/B directly connected to A salto	1. acro series – 2 elements 2. Full turn on one foot 3. gym series – 2 elements 4. Acro elements in different directions 5. A dismount salto .5, other .3
5	G.B.C Level 4 Code No Acro D No Acro C in series Max. 1.4	Bonus max. 6, (Dance max .2) +2 any C +2 any Dance D+ +2 Acro series with 2 flight elements +2 Acro B directly connected to A+ salto dismount	1. gym series with 180° split 2. turrn 360degree. 3. Acro series one with flight 4. Acro in different directions, backward and side/forward 5. Dismount B or C = .5, A = .3

COMPOSITION:

Rhythm, one-sided gym/acro, lack of progressive distribution, lack of diversified composition, insufficient use of beam spatially/directionally, lack of artistic presentation, lack of dynamics.

RESTRICTIONS: .50 each

Level 1 – NO saltos or aerials (includes dismount), NO "B" or "C" elements.

Level 2 – NO saltos, Max. one "B" Dance, no "B" acro, No C elements, aerial dismount allowed.

SERIES: ie.- All series must have NO stops, steps or wobbles between the required 2 elements.

The mixed series must be Gym/Acro or Acro/Gym.

A Gym series must be 2 leaps/jumps/turns & an Acro series must be 2 rolls/cartwheels/springs/walkovers.

Acro skills must start and finish on the beam.

ELEMENTS AND THEIR VAULES

BALANCE BEAM

SUPPLEMENTARY

Mounts

- kick leg over beam to straddle support
- jump-hand support to clear straddle support
- jump-hand support-squat/stoop through
- pull over

Gym Elements

- knee scale or v-sit-hand support
- splits-hand support
- leaps with low amplitude
- ½ turn on one foot-tuck jump-1 leg extended to horizontal
- any pose held for 2-3 seconds
- straight jump**

Acro Elements

- kick to momentary handstand **within 30%**
- forward roll to straddle sit (grab under beam allowed)
- backward shoulder roll

Dismounts

- straight/tuck jump with amplitude
- knee scale-lift off side

"A" ELEMENTS

Mount

- jump to straddle/tuck stand
- shoulder stand
- flank over
- jump to one or two feet stand
- jump to forward roll

Gym Elements

- full turn-one foot
- most leaps/jumps with amplitude
- splits no hands (going into)
- shoulder stand on beam
- body wave-backward/forward/sideways
- arabesque, needle or Y scale
- v-sit no hand support

Acro Elements

- planche with elbow support**
- forward roll to feet(no grab under beam)
- handstand to forward roll to cross sit support
- walkover-front/back
- cartwheel/cartwheel to handstand
- handstand **held 2 seconds**
- tic-toc; backward head roll to feet/knees

Dismounts

- front handspring
- round off
- side aerial
- back salto tuck/pike**
- cartwheel off the side
- front salto tuck/pike**

"B" ELEMENTS

Mounts

- press handstand
- dive cartwheel

- aerial walkover to rear support
- jump ½ turn to clear straddle support

Gym Elements

- cat-scissor leap or tuck jump ½ turn
- split leap ¼ turn
- straight jump ¾ turn
- tuck jump-1 leg extended to horizontal (wolf also ½ turn)
- pike jump
- full turn in sit or prone position

Acro Elements

- no hands forward roll; forward shoulder roll- seat to seat
- back/front handspring
- back extension roll
- roundoff-on beam
- clear pike support
- gainer back hand spring; back handspring swing down

Dismounts

- salto backward full twist
- handspring full twist or aerial walkover
- front salto layout, **back salto layout**
- gainer

"C" ELEMENTS

Mounts

- press handstand 1½ turns
- planche
- front salto to sit

Gym Elements

- straight/tuck jump or cat leap-full turn 360°
- switchleg split leap
- ring leap
- sheep jump

Acro Elements

- hecht or free shoulder roll
- planche in handstand hold**
- any element 1½ + turn in handstand
- side aerial
- salto backward piked or stretched step out

Dismounts

- front salto-full twist
- aerial cartwheel-2 ¼ twist
- salto backward stretched-1 ½ twist

FLOOR EXERCISE

Floor exercise routines are accompanied by music (no vocal). There should be a variety of acrobatics, gymnastics and dance synchronized with the chosen music. The complete 12 meter square should be utilized and there should be both lively and slow portions. The entire routine should flow continuously.

AREA: 12 x 12 meters

TIME: :45 to 1:15 maximum (level 1 & 2) 1:10 to 1:30 maximum (level 3 to 5)

Timing begins with the first movement & ends with the last movement of the gymnast

COMPOSITION & ARTISTRY:

-Starting, stopping & restarting exercise - unless it is a faulty tape or machine.....	.30
-Music & movement not in harmony.....	.10 or .3
-If music contains <u>any</u> singing or routine performed without music.....	1.0
-Missing movement close to floor.....	.10 each
-Routine is undertime or overtime1 <2 sec, .2 over 3 sec
-Concentration pause > 2 seconds1 each
-Insufficient variation of rhythm, creative choreography, personal style1 each

SPECIAL REQUIREMENTS AND DIFFICULTY:

<u>LEVEL</u>	<u>DIFFICULTY</u>	<u>BONUS</u>	<u>EGR . 5 each</u>
1	6"A" or Supplementary Min. 3 supplementary		1. acro Series – min. 3 elements 2. gym series – min. 2 elements 3. mixed series – min. 2 elements directly connected 4. full turn on one foot 5. minimum 10 elements
2	6"A" or Supplementary Min. 4A	+2 One acro series with flight	1. 2 different Acro series – 3 elements 2. gym series – min. 2 elements directly connected 3. 1 mixed series – min. 2 elements 4. full turn on one foot 5. minimum 10 elements
3	6"A" 1"B"	<u>Max. .6 bonus</u> +2 leap/jump 180° <u>split</u> once +2 acro series with 3 elements of flight +3 each different salto	1. 2 different acro series – 3 elements 2. gym series – min. 2 elements directly connected 3. mixed series – min. 2 elements 4. Dismount (non-repeated) 'A' or 'B' Salto .5 ; Acro 'A' Flight .3 5. full turn one foot
4	5"A", 2"B"	<u>Max. .6 bonus</u> +1 once leap/jump 180° <u>split</u> +2 acro series with 2 saltos +3 B salto +2 3 tumbling lines with flight, skills may be repeated	1. 2 different acro series – both with saltos 2. gym series – 2 elements 3. mixed series – 2 elements 4. 1 "B" gym element 5. full turn (min) one foot
5	GBC Level 4 Code A =.1, B=.2, C=.3, D=.4 Max. 1.4	<u>Max. .6 bonus (Dance max .2)</u> +2 any Dance B +2 any C +3 Acro Series of 2 salto's, one being a B+	1. dance passage – min. 2 elements one 180° 2. acro series with 2 different saltos 3. two saltos in different directions 4. salto with 180°L.H. turn 5. dismount B or C=.5, layout salto backward .3

COMPOSITION:

Variation in rhythm & temp, one-sided gym or acro, lack of progressive distribution, lack of diversified composition, insufficient floor use spatially & directionally, lack of artistic presentation, lack of dynamics.

RESTRICTIONS: .50 each

Level 1 - NO saltos or aerials, NO "B" or "C" acro, NO BACKHAND SPRINGS, only one Gym B, NO Gym C's

Level 2 - NO saltos, MAX. 1 side/front aerial, NO "C" elements Acro, **No "B" Acro with flight, no flight required**

Level 3 - Max. 2 saltos or aerials

SERIES:

All acro series must have NO stops, steps or wobbles between the required 3 elements.

The mixed series must be Gym/Acro or Acro/Gym.

A Gym dance series must be leaps/jumps/turns.

Skills may be repeated again to be part of a series.

ELEMENTS AND THEIR VAULES FLOOR EXERCISE

SUPPLEMENTARY

Gym Elements

- knee scale/ v-sit
- splits
- needle Y scale/arabesque on whole foot
- shoulder balance
- any original pose
- any simple jump with height

Acro Elements

- back bend
- bridge/ bridge kickover
- round-off jump 1/2 turn
- back shoulder roll
- headstand-also to forward roll
- forward roll / log roll**

"A" ELEMENTS

Gym Elements

- tuck/straight/pike jumps
- body waves to scales
- full turn-one foot
- sissone
- arabesque/scale on toe
- cat/split/stag leaps
- jump full turn, hop full turn**

Acro Elements

- handstand to forward roll
- walkover-front or back
- cartwheel/roundoff**
- backward roll-to handstand
- back/front handspring
- salto backward-tuck/pike/layout
- salto forward-tucked/pike
- handstand ½ + full pirouette
- forward roll-no hands
- aerial side or front**

"B" ELEMENTS

Gym Elements

- tuck jump full turn
- split leap ½ turn
- straight jump 1½ turn
- tuck jump ½ turn - 1 leg extended (wolf)
- 1½ pirouette on toe
- ring leap or straddle jump
- switch leap
- pike jump
- cat leap full turn**
- tour jeté**

Acro Elements

- handstand 1½ + pirouette
- back extension roll full turn in handstand
- back salto full twist
- back layout 2 foot landing/ + with ½ twist

"C" ELEMENTS

Gym Elements

- cat leap or tuck jump double turn**
- double pirouette on one foot
- straight jump double turn
- schuschunova
- switchleg ring leap
- tuck jump full turn-1 leg extended (wolf)

Acro Elements

- front salto-layout
- back salto- 1½ to 2 twist
- double back salto-tuck or pike
- front salto full twist-tuck or pike

B.C. SECONDARY SCHOOLS GYMNASTICS ASSOCIATION BOYS' ROUTINE RULES

Revised August 2008

1. PHILISOPHIC STATEMENT

The prime consideration in adding difficulty is that the difficulty of an exercise must never be escalated at the expense of correct form and technically correct execution. The exercises must therefore, in regards to content, be adapted to the ability of the gymnast, for in gymnastics, the gymnast is to maintain complete control of his body. Assurance, elegance and amplitude are three chief characteristics.

2. These rules were designed to suit the beginner to experienced coach as well as the beginner to experienced school gymnast. These rules have the flexibility to suit large as well as small groups. A school coach or a group of school coaches may select only certain "A", "B", and "C" moves to teach their gymnasts; thus concentrating their efforts as well as their gymnast's.
3. Attire - Gymnastics shorts (*or long whites*), socks and singlet or tunic (*must be predominantly white or cream colour*) - deduction is 0.3 each routine. This deduction is waived if the gymnast is wearing a team gymnastic uniform. No socks on vault.
4. A routine may be repeated only if the apparatus malfunctions. It is the decision of the head judge of the particular apparatus to decide upon appeal of the gymnast's coach. The appeal must be made immediately after the malfunction.

5. EVALUATION OF THE EXERCISES AND ROUTINE CONSTRUCTION

Routine Evaluation

Optional routines are based on the additive 2006 Code system. There are 2 components of this system; a Difficulty Score (A-Score_ and an Execution Score (B-Score)

A-Score

The A-Score is calculated based on adding together the following 2 components:

- 1) The values of the difficulties presented in the routine up to a specified maximum number.
- 2) The **0.5** for each Special requirement achieved in the routine.

To calculate the total A-score:

First, determine if the required Element Group Skills have been performed in the routine and credit the gymnast **05** for each one met (plus the value of the skill itself).

Second, credit the gymnast with the values of the most difficult skills recognized for value in the routine, including the value of the dismount, to fulfill the maximum number of skills permitted. As an example: if a Level 5 gymnast has met the 4 Special Requirements then the Judge must find the credit the gymnast with 4 more skills for a total of 8 skills. If the gymnast has met only 3 Special Requirements then the Judge finds 5 more skills to make up the maximum 8 elements.

A final "A"-score is flashed to the audience and the competition participants. Only A-score can be discussed with the judges.

The chart below indicates the maximum number of difficulty parts that may be counted towards the A-score at each level and the value of those parts. It also indicates which parts may not be performed at a given level. Check specific apparatus rules for specific skills that are prohibited.

THE CODE SKILLS NOT LISTED IN THE CODE

Any recognizable gymnastics skill not listed in the code will be given at least an A value. Any skill that is listed in the FIG code of points will be given at least the FIG value.

LEVEL	MAXIMUM # OF SKILLS THAT CAN COUNT TOWARDS A-SCORE	A-PART VALUE	B-PART VALUE	C-PART VALUE
Level 1	6	0.2	Not permitted Only permitted on pommels	Not permitted
Level 2	7	0.2	0.3	Not permitted Only permitted on pommels
Level 3	8	0.2	0.3	0.4
Level 4	8	0.2	0.3	0.4
Level 5	8	0.2	0.3	0.4

B-Score

The B-score is determined by subtracting points for deficiencies in technical or aesthetic execution. The definitions of those deductions are as per the 2006 Code of Points except;

Small error	=	.10
Medium error	=	.20
Large error	=	.30
Fall	=	.50

Individual Judges present their B-score out of the maximum 10 points and then a final B-score out of 10 points is flashed to the audience and the competition participants.

Short Routines

The following chart indicates how the B-jury must evaluate short routines at each Level. It is the duty of the A-jury to notify the B-jury how many skills were credited. A skill with a large error can still count towards the total number of skills required.

Level 1 and 2	6 skills/7 skills	5 skills/6skills	4 skills/5 skills	3 skills/4 skills	2 skills/3 skills	1 skill/2 skills
Max B-score	10.0	9.0	8.0	6.0	4.0	2.0

Level 3, 4 and 5	8 skills	7 skills	6 skills	5 skills	4 skills	3 skills	2 skills	1 skill
Max B-score	10.0	9.0	8.0	6.0	4.0	3.0	2.0	1.0

6. Comments on Routine Composition

Can be defined as the use of a variety of connective moves, which connect "A", "B", or "C" moves. These connections can be difficult or simple, but they should compliment and enhance the routine. Also included in composition marks is the choice of difficulties and how they are connected.

Routines which have good composition should include:

- i) Choice of variety of difficulties and connections (to avoid monotony in the routine) e.g. not all difficulties should be in the same direction, not all difficulties should be chosen from the same group (i.e. mix forward and backward handspring/saltos rather than all backward handsprings/saltos).
 - ii) Direct connections of difficulties and have smooth and fluent connections. Note that 0.3 is not deducted each time there is an intermediate swing. Swings are considered a skill and it is the many repetitions of them that may lead to this deduction.
 - iii) Changes in levels e.g. movements close to and away from apparatus
 - iv) Use of full floor area and full length of parallel bars and side horse.
 - v) Each exercise must include a mount and dismount, equal in value to the general division of difficulty displayed.
- Omission of any of the composition requirements would result in the deduction of up to 0.4 points each.

Stick Bonus- "0.1" stick bonus is applied to the final score for stuck landings.

7. EXECUTION

a) Technique

Can be defined as the general performance of the difficulties and the routine as a whole. Moves executed with poor techniques receive deductions - i.e. bent legs and arms (*see General Execution and Amplitude Faults*).

b) Amplitude

Can be defined as the quality of performing all movements to their maximum. Therefore:

- i) the body should be straight, tight and extended
- ii) all moves should be executed with good posture

c) General Execution and Amplitude Faults: Applies to all routines in points deducted upon each occurrence

Small Faults - 0.1

- slight loss of balance, deduction per step to a maximum of .40
- slightly bent arms/legs (angular deviation 0.1<15 degrees)
- poor technique / form
- legs apart < 15 degrees
- incomplete twist < 30 degrees (ex. Jump full twist on floor)
- hold part 1-2 sec. (hold part is 3 sec.)
- strength move with swing or vice versa (0.1-0.2)
- legs apart during saltos or landing (0.1-0.2)

Medium Faults - 0.2

- large step on landing
- 1 or 2 hands on landings
- 3 successive repetition of skill
- bend arms / legs 16 - 30 degrees
- legs apart 16 - 30 degrees
- strength move with swing and vice versa
- hold part 1 sec. Only (hold part is 3 sec.)
- interrupting without falling (hesitation)
- incomplete twist 31 - 60 degrees
- touching apparatus or floor to maintain balance
- unsportsman like behaviour
- lack of presentation before/after routine
- atypical structure

Large Faults - 0.3

- support with 1 or 2 hands on landing
- coach assistance - except a lift to grip apparatus
- fall on or against apparatus
- 2 + attempts to arrive to a strength/hold
- unsteadiness or fall form
- angular deviation 31 - 45 degrees above (ex. legs apart)
- hold parts <1sec.
- incomplete twist 61 - 90 degrees
- lack of harmony, rhythm, and flexibility (0.1 - 0.4; + 0.5)

8. SPOTTING AND ASSISTANCE (*Judges may use F.I.G. deductions*)

- a) For the prevention of accidents and for moral support of the competitor, one spotter will be permitted on horizontal bar, parallel bars, rings, and horse vault.
- b) On the pommel horse and in the floor exercise, the presence of a spotter is not permitted. However, if a spotter appears, the gymnast will be penalized 0.3 points.
- c) Any assistance will cause the gymnast to be deducted 0.5 - 0.7 points each time depending on difficulty of skill. The skill will receive no difficulty value if the assistance was the key to executing the skill.

On the horizontal bar and the rings, a gymnast may be assisted into the long position, but he must maintain the correct posture from the moment his feet leave the floor, i.e. the evaluation of the gymnast's exercise begins at the moment he leaves the floor (*see the specific apparatus deduction*).

9.

REQUIREMENTS**FLOOR EXERCISES**

	Level 1	Level 2	Level 3	Level 4	Level 5
Start Value	Requirements 6A (A=0.2) Special Req. 0.5 ea. Execution 10.0	Requirements 5A 1B (A=0.2 B=0.3) Special Req. 0.5 ea. Execution 10.0	Requirements 4A 2B 1C (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.0	Requirements 4A 2B 2C (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.1	Requirements 3A 3B 2C (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.0
Special Requirements	1) One acrobatic series. Min. 2 elements	1) 2 acrobatic series (1 must have minimum 3 elements) 2) Any balance or hold element.	1) 2 acrobatic series (1 must have minimum 3 elements) 2) Any balance or hold element.	1) One acrobatic series that begins with round off (min. 3 elements) 2) One acrobatic series that begins with a forward acrobatic element. 3) Any balance or hold element.	1) One acrobatic series that begins with round off (min. 3 elements) 2) One acrobatic series that begins with a forward acrobatic element. 3) Any balance or hold element 4) Back walkover, Arabian element or back extension.
Additional Regulations	No time limit Any one skill may be performed twice for value. NO Saltos (1.0 deduction) NO Back handsprings (1.0 deduction)	No time limit Any one skill may be performed twice for value. NO Saltos (1.0 deduction)	No time limit	No time limit	No time limit

"A" Skills	"B" Skills	"C" Skills
-Forward roll -Backward roll -Round off -L-sit -Windmill -Any jump or leap -Headstand -Prone fall	-Dive roll -Cartwheel -Any scale -Pike sit -Momentary handstand -Single leg circle -Headspring -Pike press to stand	-Front handspring -Back handspring -Double leg circle -Kip to stand -Arabian dive roll Headstand push to handstand -Front handspring to dive roll (2 B's) -Front handspring to handspring (2 B's) -Back roll to handstand (back extension) -V-sit
	-Flyspring -Back/Front walkover -Flair -Handstand (3 sec.) -Any split (180 Degree)	-Front tuck -Back tuck -Front pike -Back pike -Back layout -Back layout -Side somersault/aerial -Y-scale w/ 180° Split -Two flairs
		-Press handstand -Two double leg circles -Front handspring flyspring (1 C) -Two consecutive back handsprings (1 C) -Press to wide arm handstand V-sit press to handstand (2 C's)

10.

REQUIREMENTS**POMMEL HORSE**

	Level 1	Level 2	Level 3	Level 4	Level 5
Start Value	Requirements 6A (A=0.2) B allowed, no C's Special Req. 0.5 ea Execution 10.0	Requirements 5A 1B (A=0.2 B=0.3) Special Req. 0.5 ea. Execution 10.0	Requirements 4A 2B 1C (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.0	Requirements 4A 2B 2C (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.0	Requirements 3A 3B 2C (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.0
Special Requirements	1) Any swing element.	1) Any swing element. 2) Must use two parts of the horse.	1) Any swing element. 2) Must use two parts of the horse.	1) Any swing element. 2) Must use two parts of the horse. 3) Scissor or double leg circle.	1) Any swing element. 2) Must use two parts of the horse. 3) Scissor or double leg circle. 4) Dismount finishing through Wende or handstand
Additional Regulations	Any skill may be performed twice for value. One B allowed at A value	Any skill may be performed twice for value.	2 extra swings allowed.	Pommels optional	Pommels optional

"A" Skills	"B" Skills	"C" Skills
<ul style="list-style-type: none"> -Single leg cut -Reverse single leg cut -Front support travel (1 third) -Single leg travel (1 third) -Stride swing -Pendulum swing -Rear support swing -Single leg swing to dismount 	<ul style="list-style-type: none"> -Single leg circle -Reverse single leg circle -Scissors -Reverse scissors -Double leg circle -Flair -Flank dismount -Loop -¼ Spindle in circle or flair -¼ Turn in circle or flair -Downhill loop 	<ul style="list-style-type: none"> -Two consecutive single leg circles -Two consecutive scissors -Two consecutive double leg circles -Circle or flair to handstand dismount -Flank with ½ turn to dismount (Wende) -Downhill loop -Two consecutive flairs -½ Spindle in circle or flair -Stockli -Moore -⅓ Magyar -⅓ side travel -⅓ Shivado -Scissor with ½ turn -½ turn in circle or flair -Scissor with hop to leather

11.

REQUIREMENTS**RINGS**

Note of Caution: Gymnasts performing "dislocates" for the first time should understand that it is important to maintain pressure on the rings throughout the stunt. Proceed with caution. In virtually all transition moves from one level to another, for example, support to hands, the gymnast should maintain constant pressure on the rings. Do not allow them to go slack.

	Level 1	Level 2	Level 3	Level 4	Level 5
Start Value	Requirements 6A (A=0.2) Special Req. 0.5 ea. Execution 10.0	Requirements 5A 1B (A=0.2 B=0.3) Special Req. 0.5 ea. Execution 10.0	Requirements 4A 2B 1C (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.0	Requirements 4A 2B 2C (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.0	Requirements 3A 3B 2C (A=0.2 B=0.5 C=0.4) Special Req. 0.3 ea. Execution 10.0
Special Requirements	1) Any swing element.	1) Any swing element. 2) L-sit in front support	1) Any swing element. 2) L-sit in front support.	1) Any swing element. 2) L-sit in front support. 3) Any inlocate.	1) Any swing element. 2) Held handstand. 3) Any inlocate. 4) Any strength element excluding L-sit or hangs.
Additional Regulations	Any skill may be performed twice for value. Long hang swing may be used as an A part.	Any skill may be performed twice for value. May be boosted to support without deduction.	2 extra swings allowed.		

"A" Skills	"B" Skills	"C" Skills
<ul style="list-style-type: none"> -Pike flyaway -Straddle dismount -Skin the cat -Inverted pike hang -Forward roll from support to hang -Back roll from support to hang 	<ul style="list-style-type: none"> -Tuck flyaway -Layout flyaway -Inverted hang -Tuck to inverted hang 	<ul style="list-style-type: none"> -Inlocate -Back uprise -Shoulder stand -Front pike dismount -Front/back bail from handstand
<p>Strength Elements</p> <ul style="list-style-type: none"> -L-hang -V-hang 	<p>Strength Elements</p> <ul style="list-style-type: none"> -L-sit -Straddled back lever -Straight arm bent body pull to inverted hang -Straight body bent arm pull to inverted hang 	<ul style="list-style-type: none"> -Dislocate -Kip -Muscle up -Layout ½ flyaway
		<ul style="list-style-type: none"> -Straight body inlocate --Kip to L-sit (1 C) -Any swing handstand -Front pike dismount with ½ turn -Layout flyaway with full turn -Front support back/front roll to support -Back uprise with straight arms -Back roll to support with/without swing (Felge) <p>Strength Elements</p> <ul style="list-style-type: none"> -Press handstand -Front lever
		<ul style="list-style-type: none"> -Dislocate above rings -Front uprise -Double back
		<ul style="list-style-type: none"> -V-sit -Back lever

12.

REQUIREMENTS**VAULT**

	Level 1	Level 2	Level 3	Level 4	Level 5
Vault Setup	115 to 135 cm. Cross horse or table	115 to 135 cm. Cross horse or table	115 to 135 cm. Cross horse or table	115 to 123 cm. Cross horse or table	115 to 135 cm. Cross horse or table
Additional Regulations	2 nd vault permitted with 0.5 deduction. Prohibited from handspring vault.	2 nd vault permitted with 0.5 deduction. Prohibited from more than a handspring vault.	2 nd vault permitted with 0.5 deduction. Prohibited from flipping vault. (i.e. Tsukahara)	2 nd vault permitted with 0.5 deduction.	2 nd vault permitted with 0.5 deduction.

Start Values			
Layout tuck through	2.0	Higher value vaults	4.5
Layout straddle through	2.0	Tuck Tsukahara	
Layout stoop through	2.0	Handspring front tuck	
Handspring	3.5	Pike Tsukahara	
Handspring ½ off	3.5	Handspring front pike	
Handspring ½ on, ½ off	4.0	Tucked Yurchenko	
Handspring 1/1 off	4.0	Handspring double twist	
Level 1 – 2.0 value vaults only			
Level 2 – max. 3.5 vault			
Level 3 – max. 4.0 vault, minimum handspring			
Level 4 & 5 – minimum handspring			

REQUIREMENTS**PARALLEL BARS**

	Level 1	Level 2	Level 3	Level 4	Level 5
Start Value	Requirements 6A (A=0.2) Special Req. 0.5 ea Execution 10.0	Requirements 5A 1B (A=0.2 B=0.3) Special Req. 0.5 ea. Execution 10.0	Requirements 4A 2B 1C (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.0	Requirements 4A 2B 2C (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.0	Requirements 3A 3B 2C (A=0.2 B=0.3 C=0.4) Special Req. 0.5 ea. Execution 10.0
Special Requirements	1) Any swing element.	1) Any swing element. 2) Any hold element.	1) Any swing element. 2) Any hold element.	1) Any swing element. 2) Any hold element. 3) Momentary handstand.	1) Any swing element. 2) Any hold element. 3) Momentary handstand. 4) Any swing element that passes through 2 phases. (i.e. long hang swing to upper arm support)
Additional Regulations	Any skill may be performed twice for value. NO Saltos allowed. (1.0 deduction) Swings will count as an A part.	Any skill may be performed twice for value. NO Saltos allowed. (1.0 deduction)	2 extra ½ swings allowed.	2 extra ½ swings allowed.	

"A" Skills	"B" Skills	"C" Skills
<ul style="list-style-type: none"> -L-sit -Shoulder stand -Rear dismount -Front uprise to straddle sit -Straddle travel -Long hang swing to upper arm -Forward shoulder roll -Flank dismount -Kip to straddle sit 	<ul style="list-style-type: none"> Back uprise -Kip -Back shoulder roll -Swing to shoulder stand -Drop kip -Any kip to immediate L-sit (2 B's) -Moy to upper arm -Back stutz to upper arm -Flyaway -Front uprise -L-sit press shoulder stand -Back shoulder roll to support -Staddle cut -V-sit -Stutz to upper arm -Cast up to upper arm -Front toss to upper arm 	<ul style="list-style-type: none"> -Long hand back uprise to support -Front uprise immediate swing to handstand (2 C's) -Kip to immediate swing o handstand (2 C's) -Moy to upper arm from handstand -Kip staddle cut to handstand -Back uprise to straddle cut -Front toss to support -Swing handstand -Handstand pirouete -Any salto dismount off side -Stutz to support -Wende dismount -Press handstand -Cast up to support -Moy to support

14.

REQUIREMENTS**HORIZONTAL BAR**

	Level 1	Level 2	Level 3	Level 4	Level 5
Start Value	Difficulty 6A (A=0.2) Special Req. 0.5 each Execution 10	Difficulty 5A 1B (A=0.2 B=0.3) Special Req. 0.5 each Execution 10	Difficulty 54A 2B 1C (A=0.2 B=0.3 C=0.4) Special Req. 0.5 each Execution 10	Difficulty 4A 2B 2C (A=0.2 B=0.3 C=0.4) Special Req. 0.5 each Execution 10	Difficulty 3A 3B 2C (A=0.2 B=0.3 C=0.4) Special Req. 0.5each Execution 10
Special Requirements	1) In-bar element.	1) Any swing element. 2) In-bar element.	1) Any swing element. 2) In-bar element.	1) Any swing element. 2) In-bar element. 3) Any swing half turn.	1) Any swing element. 2) In-bar element. 3) Any swing half turn. 4) Any flyaway dismount.
Additional Regulations	Any one skill may be performed twice for value. NO Saltos allowed. (1.0 deduction)	Any one skill may be performed twice for value. NO Saltos allowed. (1.0 deduction) 2 extra ½ swings allowed. Spotters must be present.	2 extra ½ swings allowed. Spotters must be present.	2 extra ½ swings allowed. Spotters must be present.	Spotters must be present.

Level 1 (Low Bar) Height 5'6", vaulting board may be used for the mount.

"A" Skills	"B" Skills	"C" Skills
<ul style="list-style-type: none"> -Pull over -Back hip circle -Stride circle -Cast to straddle/pike underswing dismount <p>* Single leg cut in support and ½ turn in support may be used as an A part in level 1</p>	<ul style="list-style-type: none"> -Single leg kip -Front hip circle -Underswing 	<ul style="list-style-type: none"> -Any kip -Straddle cut -Swing hop ½ turn -Jam cast immediate back uprise (2 B's) -Underswing ½ turn dismount -Cast straddle over dismount
	<ul style="list-style-type: none"> -Back uprise -Free hip circle -Sole circle 	<ul style="list-style-type: none"> -Kip to immediate cast handstand (2 C's) -Back uprise to immediate free hip to handstand (2 C's) -Back uprise to handstand -Free hip to handstand -Back giant -Cast handstand -Pirouette -Swing hop full turn -Flyaway
		<ul style="list-style-type: none"> -Sole circle to handstand -Front giant -Blind change -Double back -Front tuck ½ turn -Front tuck dismount

APPLICATION FOR CHANGE OF LEVEL IN B.C.S.S.G.A. - 2010

Name: _____ Male/Female: _____ Current Level: _____

Placement in B.C. Championship: _____ Year: _____ All round score: _____

School: _____ Phone: _____ Fax: _____ Date: _____

School Address: _____

Coach: _____ or Sponsor: _____

Rationale for application; (give all reasons for moving down a level)

Ruling: Consideration will be given to those gymnasts who have placed in the bottom 15% (all around score) of their level at B.C.S.S.G. Championships, to move down a level. The gymnast must apply to the B.C.S.S.G. Commissioner **prior** to any competition in the current year, and receive a written approval **prior** to competition.

Send Application to: Rhonda Dale at Box 472, Crofton, B.C. V0R 1R0

Coaches Signature: _____ Phone No.: _____ Fax No.: _____

FOR OFFICE USE ONLY:

APPROVED BY: _____ DATE RETURNED TO APPLICANT: _____

LOUISE CHESLEY MEMORIAL GYMNASTIC BURSARY APPLICATION

The purpose of this bursary is to acknowledge two graduating gymnasts who represent the positive aspects of our sport. The criteria are as follows:

1. Must be a member of a high school gymnastics team and be in a "passing position" in the school subjects.
2. Must be a role model for other gymnasts on the team. S/he should be a hard worker, who sets personal goals and has a positive "can-do" attitude. S/he should encourage others to work to their potential.
3. The gymnasts considered for this award should have provided service to their team in the form of helping the coach, fund raising, or otherwise promoting gymnastics in the school and the community. Ability and/or placing in competitions are not a part of the criteria for this award.
4. Sponsorship, fair play and respect for other athletes, coaches, judges and support staff should also be considered.

Gymnasts will be nominated for this award by their coaches. The nominations will go to the Director's meeting and from there the recipients will be selected.

NOMINATION FORM

(Deadline for applications: April 15, 2010)

I nominate _____

from _____ school for the B.C.S.S. Gymnastics Association, Louise Chesley Memorial Bursary. This student has participated in High School gymnastics for _____ years and currently has an _____ average at school.

Please explain why you believe this student should be a recipient of this award. You may also use the back of this form.

Signed: _____

Date: _____ Phone: _____ Fax: _____

Mail or fax to Rhonda Dale, Gymnastics Commissioner, Box 472 Crofton V0R1R0

BCSSGA AGM MINUTES

March 6, 2009

North Vancouver

Introduction -

In attendance: Rachael Fortier, Michele Morin, Chris Sheremeta, Alisha, Fortier, Heather Henderson, Cathy Fisher, Joyce Percy, Chris Buccini, Kerry Turner, Joy Zwicker, Nicky Carroll, Lucinda Donaldson, Anne Davis, Katherine Van Balken, Mary Cardle, Agata Kroondyk, Pamela Mutsaerts, Karen Magee, Sarah Howe, Jane Tilton, Rhonda Dale, Lisa Laundry, Alana, Jensen, Terry Mitruk, Cath Dimrock, James Brunswick, Diana Wilson, Lui Buffone, Scott Morgan, Will Erichson, Kristin Sharp.

New Business to add

School support- How can we attain this?

Compete under school district

Agenda Accepted :Diana Wilson

Adoption of agenda

1st Rachael Fortier 2nd Nicky Carroll

Presidents report - Rachael Fortier

Initiatives:

- Promotion for more schools to join by using gym clubs to initiate the process was tried by approaching Phoenix and UBC but there was no response from these clubs but Lucinda has had some success
- Coaching clinics were held this past summer and there was an exchange of coaching tips which proved to be very useful.
- Rachael suggested we initiate a Web page for High School Gymnastics , some possible inclusions:
 - Coaching Tips
 - Promotion
 - Results
 - Registration pages and forms
 - Blog page
 - Upload videos of routines
 - Links to BC school sports or visa versa

Actions for members to take:

- If anyone has any information on Web designing please contact Rachael Fortier
- If you are interested in having a coaching clinic in your area please contact Rachael Fortier to arrange and discuss.

Other subjects brought up during the discussion were:

- Due dates for registration need to be determined
- Could we make provincials 2 days?
- Consulting judges during your rotation is best if you have a question or concern but keep in mind this could slow down the meet
- Could we flash the "A" score?

Treasurers report - Jane Tilton

Income \$15,000

Expenses \$12,500 - 13,000 totals not yet complete

This year we made money due to the decrease in traveling expenses for the equipment

Late registration is a problem - 14 schools were late this year - this was very stressful!

Problems: BC School sports requires that every athlete to register on schedule or pay a \$250 penalty

Solutions:

Give it to your Athletic Director and demand a printout so that you can have a record of it for yourself- Proof!
 Rhonda will try to get the read only access code for us to check @ BC sports if they were registered
 Registered schools deciding not to support the team at the last minute was a big problem (BC School sports to help?)
 Please make a bigger effort!
 Refund policy - Revisit policy of refunds late fees should maybe be reinstated
 During the zone meet ask participating coaches for their registration fee and roster.

Balance as of March 1, 2009 - \$17,330.07 before expenses

For a full treasurers report please see attachment - ask Joyce Percy to obtain from Jane Tilton

Girls Technical report - Kristina Sharp

Coaches and judges reported a few items which will be discussed later at the Board of Directors meeting
 Vault issues were the height of the vault for level 1

Discussions:

P Bars - Bar heights for different heights of athletes' - can they be raised for the taller athletes' ? Smaller athletes?
 Floor routines - credit was given for tumbling lines that were not tumbling lines thereby not giving enough credit to the athletes which did have a true tumbling line
 Vault - could we add a vault to stacked mats as an intermediate vault to the handspring this would make for better trained handspring vaults which would keep the athlete safer.

Boys Technical report - Chris Sheremeta

When missing skills the deductions seem too high
 Mounting the Pbars into front support is this a skill?

Championship 2009

Nicky Carroll thanked her team for the long hours, hard work and fun. Great job!
 Judges were difficult to organize but we did meet the requirements - The newly trained judges were a great help.

Future championships

2010 - Cowichan Valley? Francis Kelsey to check into availability- dates will need to be determined depending on equipment and Olympics etc.
 2011 - Delta volunteered! Rachael Fortier to organize
 2012 - Moscrop? Lucinda Donaldson to check into possibility

New Business

How to achieve better school support?

BC School Sports questions:

Can we engage BCSS in helping us convince the schools to help us be more a part of the schools -
 What are their policies for the schools?
 Mission statement ?
 How can they help?
 Could we use them as a mediator?
 Perhaps our commissioner could speak to them?

Judges concerns:

Pass on to Kristina Sharp and Chris Sheremeta to discuss later and resolve with the board of directors

Election of Officers

Commissioner - Rhonda Dale

President - Rachael Fortier

Treasurer - Pamela Mutsaerts

Secretary - Joyce Percy

Girls Technical Rep - Kristina Sharp

Boys Technical Rep - Chris Sheremeta

Members at Large - Cath Dimmock, Heather Henderson, Lucinda Donaldson, Diana Wilson

Adjournment - 2009 BCSSGA AGM



BC SCHOOL SPORTS Travel Funding Criteria

- 1) **Absolutely no late applications will be processed after 4:00 PM on the specified deadline date per season of play.**
- 2) All applications will be separated out based on the season of play Spring, Fall, Winter \$ amounts will be allocated to each season based on information provided by every commission in 2005 and the total amount of funding provided.
Total amount provided to BCSS for travel subsidy this fiscal year is \$TBA

Spring	Fall	Winter
\$50,000.00	\$50,000.00	\$50,000.00

Any left over funding will be carried forward into the next season of play as all monies must be spent prior to the end of the Provincial fiscal year. (March 31)

- 3) Funding will be distributed 3 times per year **and can only be used for Transportation costs – no accommodations or other miscellaneous expenses will be considered.**
- 4) When grant requests exceed available funding – monies will be distributed on
 - i) Distance required for travel **to and from Senior Championships only at the following rates.**

Based on a Floating Point Scale (rates \$ will be adjusted as required based on \$ availability and demand.)

A) Distance (Return)

- | | |
|--|--|
| 1) 400-500 KM = \$40 per athlete/coach | 2) 501-600 KM = \$50per athlete/coach |
| 3) 601-700 KM = \$60 per athlete/coach | 4) 701-800 KM = \$70 per athlete/coach |
| 5) 801 – 900 KM = \$80 per athlete/coach | 6) 901 - 1000 KM = \$90 per athlete/coach |
| 7) 1001-1100 KM = \$100 per athlete/coach | 8) 1101-1200 KM = \$110 per athlete/coach |
| 9) 1201-1300 KM = \$120 per athlete/coach | 10) 1301-1400 KM = \$130 per athlete/coach |
| 11) 1401-1500 KM = \$140 per athlete/coach | 12) 1501-1600 = \$150 per athlete/coach |
| 13) 1601-1700 = \$160 per athlete/coach | 14) 1701-1800 = \$170 per athlete/coach |
| 15) 1801-1900- \$180 per athlete/coach | 16) 1901-2000 = \$190 per athlete/coach |
| 17) Over 2001 KM = \$200 per athlete/coach | |

(+ \$5.00 for ferry travel per athlete / coach) for travel over 400 Km return

All school PACS that are deemed eligible for funding will receive at minimum the base amount of \$40 per athlete / coach.

Critical Application Information

1. Please ensure your application is complete as well as legible. (Print or type only)
-Due to volume -***Incomplete applications WILL NOT be processed nor will notification be provided.***
2. All applications must have the a) Name of the PAC President, b) the PAC gaming number and c) total KMS to/from Senior Provincial Championships. (Please note that all mileage will be verified so please be accurate in your calculations).
3. Just a reminder to all Schools that the choice of transportation is yours, however, there is no guarantee on the amount of funding which will be provided so we encourage teams to travel together if possible as well as to travel in the most economical manner possible. When personal vehicles are used for travel please include 0.40 per Km as a mileage rate.



BC SCHOOL SPORTS "Travel Grant / Subsidy Program"



Program Description: With the support of the Ministry of Tourism, Sport and the Arts and in conjunction with the SportsFunder lottery program, travel subsidies (In-Province only) will be made available to all BCSS member schools competing at a **BCSS SENIOR Provincial Championship**. This is a six year (6) program which commenced in the spring of 2006 and funding amounts will be announced in the fall of each year with actual funding dependent on program sales.

Objective / Purpose: The intent of this grant is to promote, encourage and enhance the participation of individual athletes or school teams in any one of 18 sports by ensuring all schools who qualify can in fact actually afford to attend and participate in the championships. **Priority will be given to schools in rural, remote or isolated communities from across the Province of B.C.**

Eligibility: All BCSS member schools in good standing.

Application Process: An actual application form has been developed to ensure that there are sufficient funds to assist schools in all three seasons of play and to provide the Province with the accountability it requires for these types of initiatives. Applications will need to be submitted three times per school year to complement the Seasons of Play schedule.

Deadlines: 3 application deadlines →

Fall Season of Play	December 15
Winter Season of Play	April 13
Spring Season of Play	June 15

Application Submission Process: To be determined based on the following factors,

- 1) Funding will be calculated using the estimated figures submitted by all Sports Commissions for the upcoming school year and based on the following allocations:

Travel	Per Student Amount
Per person traveling 400+k	\$40
Per person for ferry	\$5

Eligibility Requirements for Travel Subsidy Claims:

- All schools must be members of and in good standing with BC SCHOOL SPORTS. (both public and independent schools may apply)
- The completed travel subsidy form must be submitted by the school PAC directly to the BCSS office by the applicable deadline dates as noted above and **include all original receipts.**
- All athletes claimed for must be from the school's PAC making the claim. (Different schools traveling together must make separate claims)
- The maximum number of people eligible for Travel Subsidy per Sport shall be as follows:

Aquatics	20	Badminton	20	Basketball	20	Curling	10
Field Hockey (girls)	20	Football	40	Golf	10	Gymnastics	30
Mountain Biking	10	Rugby (boys)	30	Skiing	15	Snowboarding	10
Soccer	25	Tennis	20	Track & Field	40	Volleyball	20
Wrestling	20	x-country	40				

**Within the Maximum, Teams are allowed one (1) coach and one(1) manager. Additional Coaches or Managers will only be allowed on the ratio of one Coach/Manager per ten athletes.*

Travel Subsidy Grants:

1. Schools must have a minimum expenditure of \$200 to apply for a grant
2. No Grant will exceed the Actual Travel Costs incurred as noted on this Travel Subsidy Claim form.
3. Reimbursements are calculated after the deadline, based on total amount requested and applicable portion available per season.
4. Grant Cheques will be mailed to the School PAC President at the conclusion of each season of play.

Contact Information: BC SCHOOL SPORTS 737-3066



