



Master The Canes (MTC)
Gymnaestrada/Team Performance
Junior Olympic (JO)
Youth/FIG

General Information

This event is open to all competitive acrobatic athletes (JO 5-10, Youth, FIG Age Group 1-Senior, Gymnaestrada, and Hand balancers. All routines will be performed on a FIG standard 13x 13-meter sprung floor. There will be a full 13x13- meter sprung warm up floor, as well as an un-sprung warmup/stretching carpet.

Please see specific discipline rules for age requirements and performance criteria.

Registration can be mailed to:

Salto Gymnastics
Box 57013, 2020 Sherwood Drive
Sherwood Park, AB, T8A 5L7

Or by Email to:

Cfenn@saltogymnastics.com

Important Dates & Deadlines

- Provisional Registration Form due: December 1st, 2019 - NO PAYMENT
- Registration Package + Final Payment due: January 1st, 2020
- **Registrations received after January 1st, 2020 are subject to a \$20 late fee per entry.**
- **Registrations will not be accepted after February 20th.**
- Music due: February 15th, 2020
- Tariff Sheets Due: February 15th, 2020 (JO 7-10, Youth/FIG, and MTC)



Event Details

We will once again be hosting our competition at the Northlands Expo Centre! **New this year- Acro will be hosted in a separate hall in the venue!**



Venue Address:

7515 118 Ave NW
Edmonton, Alberta T5B 0J2

Fees:

JO 5-7 + Youth: \$110

JO 8-10 + FIG: \$150

MTC: \$35

Gymnaestrada: As first entry \$50; As additional entry \$30

Spectators:

	Day	Weekend
Children (5 and under)	FREE	FREE
Youth & Seniors (6-17 & 65+)	\$6.00	\$10.00
Adult (18+)	\$12.00	\$20.00
Family (max. 4 members)	\$25.00	\$40.00

Parking: \$16.00/Day



General Schedule

A finalized schedule will be circulated once registration is closed. A minute-by-minute schedule will be sent out in the weeks before the competition. The following is a tentative general schedule:

Date	Description
Friday February 28th	Tentative Podium Training
Saturday February 29th	Day 1 competitions/ Performances
Sunday March 1st	Day 2 competition/ Performances

Awards

JO/YOUTH/FIG- Medals for podium finishes (1st-3rd)
Ribbons for 4th-8th place

MTC- Medals for podium finishes (1st-3rd)

Gymnaestrada- Athletes will receive a participation medal. Coaches will receive a copy of the evaluation form. As well as a certificate of performance.

Additional Requests

Please feel free to contact cfenn@saltogymnastics.com at any time with additional requests, and we will do our best to accommodate.



Group Category

Gymnaestrada/Team Performance

Rules:

See evaluation sheet for what the judges will be assessing.

Suggested Routine Length:

- 8-19 Athletes- 5 minutes
- 20-35 Athletes- 10 minutes
- 36+ Athletes- 15 minutes

For special requests please email us

Ages:

No Age restrictions, this category is open for all!

Awards: Teams will be resented a certificate of performance, and team coaches will be given a copy of the judging sheet.

Music:

Please Labeled as follows: (Dropbox link will be sent once your clubs registration forms have been received)

ID#_CLUBNAME_ROUTINENAME (Example: 32_SALTO_RUNBOY.mp3)

Please bring back-up music, either on a USB, or AUX input

Deadline to Submit music is: February 15th, 2020



Gymnaestrada Evaluation Form 2020



= Developing



= Attained



= Excelled

Execution and Safety	
Choreography	
Artistry	
Entertainment	

Highlight of the Routine!



Junior Olympic (JO)

JO 5-10

All USAG rules apply and will be followed. Each club must provide a trained or certified judge to be on the panel. Clubs unable to provide a qualified judge will be required to pay a \$200 Judging fee.

Levels:

JO 5-10 (As per update 3/3/17)

Ages:

No Age categories.

Music:

Please Labeled as follows: (Dropbox link will be sent once your clubs registration forms have been received)

ID#_CLUBNAME_SPECIALITY_CATEGORY_EXERCISE
(Example: 21_SALTO_W3_AG2_BAL.mp3)

Please bring back-up music, either on a USB, or AUX input

Tariff:

Please email a copy of your tariffs to cfenn@saltogymnastics.com Labeled as follows:

ID#_CLUBNAME_SPECIALITY_CATEGORY_EXERCISE
(Example: 21_SALTO_W3_AG2_BAL.mp3)

Tariffs required for JO 7-10 only

Deadline for Music and Tariffs is: February 15th, 2020

Junior Olympic Rules:

See USAG COP- https://usagym.org/PDFs/Acro/Rules/16_codeofpoints_030317.pdf

The logo for SGC (Sporting Goods Canada) features the letters 'SGC' in a bold, green, sans-serif font with a white outline and a slight drop shadow.

Master the Canes

Master the Canes Canada sanctioned event. Specific rules and info can be found at <https://masterthecanes.ca>.

General Rules

D-Level:

Specific requirements- 1 static hold
Limitations- max 2 static holds
Forbidden elements- Handstand, elements on 1 hand

C-Level:

Specific requirements- 2 different static holds
Limitations- max 3 different static holds
Forbidden elements- handstand (with the exception of a straight handstand on 2 hands or 2-on-1)

B-Level:

Specific requirements- 3 different static holds (1 handstand)
Limitations- max 4 different static holds

A-Level:

Specific requirements- 4 different static holds, 2 different handstands (Planche is not considered a handstand) No limitations

Tariff Sheets Due: February 15th, 2020

Tariffs must be submitted using the online tariff sheet maker, this can be found on the MTC website



Youth/ FIG

All FIG rules apply and will be followed. Each club must provide a trained or certified judge to be on the panel. Clubs unable to provide a qualified judge will be required to pay a \$200 Judging fee.

Ages:

Youth	8-16 years old
AG 1	9-16 years old
AG 2	10-18 years old
Junior	11-19 years old
Senior	Minimum 12 Years old

Music:

Please Labeled as follows: (Dropbox link will be sent once your clubs registration forms have been received)

ID#_CLUBNAME_SPECIALITY_CATEGORY_EXERCISE
(Example: 21_SALTO_W3_AG2_BAL.mp3)

Please bring back-up music, either on a USB, or AUX input

Tariff:

Please email a copy of your tariffs to cfenn@saltogymnastics.com Labeled as follows:

ID#_CLUBNAME_SPECIALITY_CATEGORY_EXERCISE
(Example: 21_SALTO_W3_AG2_BAL.mp3)

FIG Rules: <https://www.gymnastics.sport/site/rules/rules.php#8>

(See below for Youth rules)



Youth Rules

1 combined exercise (difficulty is calculated by the FIG 11-16 Age Group rules)
2 minutes maximum time limit. Lyrics are permitted.

Pairs: choose 2 balance elements from 11-16 difficulty tables + 1 optional element from FIG tables and 2 dynamic elements from 11-16 difficulty tables + 1 optional element from FIG tables. *OPTIONAL can be from 11-16 difficulty tables but cannot be from the same rows used for the compulsory elements*

Groups: choose 1 pyramid from 11-16 difficulty tables + 1 optional pyramid from FIG tables (only 2 static holds of 3" are required in the routine) and 2 dynamic elements from 11-16 difficulty tables + 1 optional element from FIG tables. *OPTIONAL can be from 11-16 difficulty tables but cannot be from the same rows used for the compulsory elements*

Individual: 3 individual elements must be executed – Category does not matter i.e. can be cat1 or cat2 (NO SALTO REQUIRED).

FIG Rules: <https://www.gymnastics.sport/site/rules/rules.php#8>



Provisional Registration Form (Due December 1st, 2019)

Club Name: _____ Email: _____

Please list any additional contact emails to be added to the list:

Primary Club Contact (name): _____ Phone: _____

This form is for planning purposes only, please complete as close to your expected numbers as possible. Clubs will not be charged for any changes to this form.

General Planning						
	Yes	No	Maybe			
Will your team require additional training?						
JO 5-10						
Level	WP	MP	MxP	WG	MG	Total # of Units
JO 5						
JO 6						
JO 7						
JO 8						
JO 9						
JO 10						
Youth/FIG						
Level	WP	MP	MxP	WG	MG	Total # of Units
Youth						
AG 1						
AG 2						
Junior						
Senior						
Gymnaestrada			Master the Canes (MTC)			
	Number of Athletes			Number of Athletes		
5 min			D			
10 min			C			
15 min			B			
			A			

This form will also be sent in an Excel document