



British Columbia Secondary Schools
Gymnastics Association
bcssga.ca

BCSSGA Policies and Rules 2023-24



**2023 Champions
Argyle Secondary School**

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Part 1: General Policies

A. BCSSGA Directors:

Chair:	Terry Mitruk	tmitruk@sd44.ca	WAG Rep.:	Adriana Schemel	adrianaalexis@msn.com
Secretary:	Emily Bonner	emilylbonner@gmail.com	MAG Rep.:	Chris Sheremeta	csheremeta@gmail.com
Treasurer:	Kari Brackenbury	kari.brackenbury@ubc.ca	Awards:	Lucinda Donaldson	gymnsense@gmail.com
Judging Rep.:	Adriana Schemel	adrianaalexis@msn.com	Recognition Awards:	Adrian Wong	jockpunk@hotmail.com
Registrar:	Michael Mitruk	bcssga.registrar@gmail.com			

B. Zone Representatives:

Eastern Valley	SD 33,34,35,75,78	vacant	
Kootenay	SD 5,6,8,10,20,51	vacant	
North Central	SD 27,28,49,57,59,60,81,91	Maizie Munroe	pghighschoolgymnastics@gmail.com
North West	SD 50,52,54,82,87,92	vacant	
Sea to Sky	SD 44,45,46,48	Terry Mitruk	tmitruk@sd44.ca
South Fraser	SD 36,37,38	Jenn Watts	jwatts@deltagymnastics.com
Thompson-Okanagan	SD 19,22,23,53,58,67,73,74,83	Elise Seaman	eliseleya73@hotmail.com
Vancouver-Fraser North	SD 39,40,41,42,43	Lucinda Donaldson	gymnsense@gmail.com
Vancouver Island	SD 47,62,68,69,70,71,72,79,84,85	Chris Sheremeta	csheremeta@gmail.com

C. Provincial Championships:

Date:	February 25 – 27, 2024 (Sunday – Tuesday)
Host:	Prince George Secondary School, 2901 Griffiths Ave, Prince George
O.C. Chair:	Maizie Bernard - pghighschoolgymnastics@gmail.com

Information about the BCSSGA Provincial Gymnastics Championships will be available at bcssga.ca by December 1st.

D. Registration:

- a. With the BCSSGA
 - i. All coaches and gymnasts must be registered with the BCSSGA using the Excel Form available at bcssga.ca/registration
 - ii. Coaches must list each school they are affiliated with.
 - iii. Registration must be completed at least 2 weeks before the appropriate Zone Championships.
 - iv. Gymnasts and coaches must be endorsed by a school official whose name and email address is provided in the registration form.

b. For Provincial Championships

- i. All athletes, coaches and school team chaperones will register for the Championships using KScore, <https://register.kscore.ca>. Detailed registration instructions will be available on the BCSSGA website by January 1st.
- ii. Registration fees are to be paid by cheque and mailed to the BCSSGA Treasurer in advance of the event.
- iii. Invoices and/or Receipts of payment will be emailed to the address of the KScore account holder that was used for each registered participant.
Note: This is a change in procedure from the last 3 years. Where gymnasts from a particular school train at different clubs, each can be registered by their own coaches and the clubs will be sent the Registration Invoice and/or Receipt.
- iv. The registration deadline is Sunday February 18, 2023.
- v. Late registrations will be accepted at the discretion of the BC's Organizing Committee.

E. Awards:

- a. Individual
 - Ribbons for the top 10 scores in each event
 - Medals for the top 3 all-around scores and rosettes for the 4th – 10th place all-around scores
- b. Team
 - Each Level:
 - 1 trophy will be awarded per level per levels.
 - A team consists of a minimum of two gymnasts. If no school in a level has more than one gymnast, the trophy will be awarded to the top gymnast in that level.
 - Aggregate Team:
 - For the aggregate team awards, scores from each level will be used to determine the School Team ranking.
 - Trophy and Rosette for 1st and 2nd, and a Team Rosette for 3rd place, for the aggregate MAG Team, WAG Team, and Combined Team
 - BCSSGA Championships Banner for the 1st place Combined Team, with each member of the winning school team receiving a ribbon.

It is the responsibility of the trophy-winning Teams to obtain an engraved plate containing the year and school name, and attach it to the trophy. Trophies are to be returned the following year. The trophy should remain on display at the school throughout most of the year. Specific arrangements may be determined by the coach(es) and staff sponsor of the team.

To determine the winning teams, gymnast scores will be converted to TEAM POINTS based on a percentage formula. Its purpose is to allow MAG and WAG scores to contribute equally to the team total, while ensuring that each gymnast is performing at a minimum standard. Performance above a 70% standard earns points, resulting in a maximum of 30 points that can be earned in each level. Points will be calculated per event. Half of the team points will come from the best all-around score, while 1/8 (WAG) or 1/12 (MAG) of each event score will count toward the TEAM POINTS total.

Example: Considering the following set of best scores for a WAG Team (all levels have the same maximum of 10/event):

Event	Athlete score	Score as a %	Performance above 70% level <i>Score% – 70%</i>	Contribution to TEAM POINTS*	TEAM POINT TOTAL
Vault	8.4	$\frac{8.4}{10} \times 100\% = 84\%$	14	$\frac{1}{8} \times 14 = 1.750$	
U.Bars	8.8	$\frac{8.8}{10} \times 100\% = 88\%$	18	$\frac{1}{8} \times 18 = 2.250$	
Beam	9.25	$\frac{9.25}{10} \times 100\% = 92.5\%$	22.5	$\frac{1}{8} \times 22.5 = 2.813$	
Floor	9.1	$\frac{9.1}{10} \times 100\% = 91\%$	21	$\frac{1}{8} \times 21 = 2.625$	
All-around	34.3	$\frac{34.3}{40} \times 100\% = 85.75\%$	15.75	$\frac{4}{8} \times 15.75 = 7.875$	
<i>*Contributions to TEAM POINTS are rounded to the nearest thousandth (ie. three decimal places)</i>					17.313

The Team Points earned for this level would be 17.313 points.

Considering the following set of best scores for a Boys Level 1 Team (each level has its own maximum, Boys Level 1 Max=13.1/event):

Event	Athlete score	Score as a %	Performance above 70% level <i>Score% – 70%</i>	Contribution to TEAM POINTS*	TEAM POINT TOTAL
Floor	11.80	$\frac{11.8}{13.1} \times 100\% = 90.076\%$	20.076	$\frac{1}{12} \times 20.076 = 1.673$	
P.Horse	11.80	$\frac{11.8}{13.1} \times 100\% = 90.076\%$	20.076	$\frac{1}{12} \times 20.076 = 1.673$	
Rings	12.40	$\frac{12.4}{13.1} \times 100\% = 94.656\%$	24.656	$\frac{1}{12} \times 24.656 = 2.055$	
Vault	12.80	$\frac{12.8}{13.1} \times 100\% = 97.710\%$	27.710	$\frac{1}{12} \times 27.710 = 2.309$	
P.Bars	11.20	$\frac{11.2}{13.1} \times 100\% = 85.496\%$	15.496	$\frac{1}{12} \times 15.496 = 1.291$	
H.Bar	11.50	$\frac{11.5}{13.1} \times 100\% = 87.786\%$	17.786	$\frac{1}{12} \times 17.786 = 1.482$	
All-around	71.00	$\frac{71.0}{78.6} \times 100\% = 90.331\%$	20.331	$\frac{6}{12} \times 20.331 = 10.165$	
<i>*Contributions to TEAM POINTS are rounded to the nearest thousandth (ie. three decimal places)</i>					20.648

The Team Points earned for this level would be 20.648 points.

F. Berthing:

Berthing for the Provincial Championships can be awarded one of 4 ways: Direct Berth, Team Berth, Host Berth, or Wildcard Berth. All 4 of these criteria are used at the discretion of the Directors to fill all berths to the Championships. Only gymnasts that competed at the Zone Championships are eligible to receive a Team Berth or Host Berth.

- a. Direct Berth: The top 70% of all gymnasts competing in each level (rounding down) at the Zone Championships will earn a direct berth to the Provincial Championship, except for levels with 4 or fewer gymnasts as summarized below:

# of Gymnasts in a level at Zones	1	2	3	4
# of Direct Berths	1	2	2	3

- b. Team Berth: Top 3 gymnasts competing for the winning MAG, WAG, and Combined Team in each zone. Their berths are not in addition to athletes earning a direct berth. These are used to bring the school teams' complement of qualifying gymnasts to at least 3.
- c. Host Berth: Top 3 gymnasts per level for the Championships host school.
- d. Wildcard Berth: All remaining competition spots. Maximum of 60 gymnasts per level (40 for WAG junior and senior divisions) will be allocated by the Directors in collaboration with the Host Committee Chair. Wildcard Berths will be allocated based on the following criteria;
 - based on the all-around score at the Zone Championship,
 - to provide a balance of representation from the zones,
 - in proportion to the number of gymnasts competing in the level at the Zone Championships,
 - in consideration of a petition to compete.

If a zone is unable to fill their berths, the berth(s) will be awarded by Wild Card process. The Wild Card berthing structure will be used to fill any additional spaces to allow for a full complement at provincials.

G. Officials:

- a. Judges at the Provincial Championships will be active, registered judges with Gymnastics BC.
- b. In addition, all WAG judges will have a minimum certification of Xcel or CCP6-8.
- c. An honorarium will be given to judges in appreciation for judging at the BC Championships.

H. Responsibilities of the Provincial Championships Organizing Chair:

- a. Consult with the BCSSGA Treasurer and Chair in the development of the Budget.
- b. Organize the BC Championships in all aspects, in consultation with the BCSSGA Directors..
- c. Supply registered schools and Zone Representatives with Championships information by December 1st.
- d. Ensure that a complete set of Results are given to the BCSSGA Secretary for keeping as official records, and posting on our website.

I. Responsibilities of the Zone Representative:

- a. Be a conduit for information between the BCSSGA and the coaches, gymnasts, and school officials in the Zone.
- b. Provide School Athletic Directors and/or Principals with information about high school gymnastics.
- c. Ensure a Zone Championships is run in a manner that will allow eligible gymnasts to qualify for the BCSSGA Championships.
- d. Ensure that all gymnasts who compete in the Zone Championships are registered with the BCSSGA, with support of the BCSSGA Registrar.
- e. Make recommendations to the MAG, WAG, and Judging Rep.'s for potential rule changes, based on input from the coaches in their zone.
- f. Suggested League Practices:
 - Each gymnast has at least one opportunity to compete each of their routines in front of judges and with gymnasts from other schools.
 - These competitions may consist of any number of events and can be of varying formality.
- g. Inform the local Athletic Association of the date and location of the Zone Gymnastics Championships.
- h. Send Zone Championships results to the BCSSGA Chair within 48 hours of the event's conclusion. Include names of schools that won the WAG Team, MAG Team, and Combined Team titles. A Spreadsheet is available for this purpose: [2024 Zone Championships Results - Template](#)
- i. Discuss with the BCSSGA Chair any appeals due to a gymnast's inability to participate at the Zone Championships.
- j. Zones may combine their championships together into a single competition, but results must be made available for each Zone individually.

J. Provincial Championships Organization:

- a. Registration fees are payable to the BCSSGA.
- b. Refunds will be considered for medical reasons until 1 week prior to the Championships.
- c. All gate receipts, concessions and other sales will be kept by the school or club hosting the competition.
- d. There must be a clearly designated first-aid station and attendant. The attendant shall have a minimum of OFA1 (or equivalent).
- e. The Organizing Committee Chair or their designate shall perform an Equipment Safety Inspection at the beginning of each day of competition. A Safety Checklist is provided in the Appendices.
- f. There must be clearly defined pathways during the meet. There must be a clear path for spectators that does not interfere with athletes' safe movement between and on the apparatus.
- g. Gymnasts from the same school in each level will be grouped together in rotations where possible as a coaching and safety measure. The gymnast's coach must be on the competitive floor or have a trained coach assigned to their gymnast.
- h. Equipment will be accessible only for official warm-up and competition.
- i. Gymnasts warming up must only do skills that are appropriate for their level.
- j. A coaches meeting will be convened before or during the warm-up of each competition session. It shall review the location of the first-aid attendant, specific warm-up procedures, and other items as required.
- k. The display of D-Scores (Start Value) and Final Scores is required at each event.
- l. Event and All-around awards will be given out immediately following each level of competition. All other awards may be given at another time and location as indicated in the Championships Schedule established at the discretion of the Organizing Committee.

K. Appeal Procedure:

For the BC and ZONE Championships,

- a. Medical byes must be appealed to the BCSSGA Chair via the Zone Representative, and the gymnast will be considered for a Wildcard berth if any exist.
- b. In the event of a disputed D-Score (Start Value), the coach or gymnast (only if the coach is not present) may respectfully approach the judge for clarification. The Execution Score may not be disputed. The dispute must take place at the end of the event's rotation, and before the next one starts. If the dispute is still unresolved, the head judge will be called upon to help resolve the issue.
- c. In the event of a misrepresentation of either the MAG or WAG Rules, the coach must contact the respective MAG or WAG Representative. The Rep., after discussions with the coach, judge, head judge, and Organizing Chair, will adjudicate on the matter. If the Rep. is unavailable then the Organizing Chair will adjudicate the appeal.
- d. 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 perceived as unfair as applied to a particular situation, a coach must appeal the situation to the BCSSGA Chair who will consult with the available Directors and make a decision.
- e. In all cases, the Chair's decision is final.

Appendices



APPLICATION FOR CHANGE OF LEVEL IN BCSSGA

Name:	_____	MAG/WAG:	_____	Current Level:	_____	Date:	_____
School:	_____	Placement in BC Championships:	_____	Year:	_____	A.A. Score:	_____
Coach or Sponsor:				email:			

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 BCSSGA Championships, to move down a level. The gymnast must apply to the BCSSGA Chair prior to any competition in the current year, and receive a written approval prior to competing.

FOR OFFICE USE ONLY:

Approved by:

Date returned:



LOUISE CHESLEY MEMORIAL BURSARY APPLICATION

Louise Chesley was an accomplished gymnast, club founder, coach, and volunteer, that promoted high school gymnastics during her teaching career. She was a believer in a positive lifestyle that prioritized personal achievement over winning. Two \$250 Bursaries are awarded in her honour.

Please fill out one form per athlete.

Requirements:

- Each school may nominate a maximum of 2 gymnasts.
- The nominee must be in their final year of secondary school (grade 12).
- The nominee must have competed at the Provincial Gymnastics Championships.

School:

District:

Name of gymnast:

Name of Coach/Sponsor Teacher:

Contact Number:

email address:

Detailed description of why this athlete should receive this bursary (please include: number of years on team, work ethic, athletic progress, attitude and leadership, financial need, etc). Max. 250 words.

Please email form to bcssgymnastics@gmail.com by January 31st.



Contribution to Sport Award

The BCSSGA wishes to recognize the contributions of its longest serving members, in honour of their years of service. The Award will be given to members displaying at least 4 of the following traits:

- ✓ coach or sponsor teacher of a school team for 10 years or more
- ✓ Zone Representative for 5 years or more
- ✓ membership on the BCSSGA Executive Committee for 5 years or more
- ✓ BCSSGA Commissioner for 2 years or more
- ✓ member of the Organizing Committee for a Provincial Championships
- ✓ Judge for at least 5 years
- ✓ mentor for young coaches and judges

This award will not necessarily be given each year. In years when multiple nominees are received, preference will be given to nominees that come from the vicinity of the host school or region. Nominees that do not receive the award will be kept on file for future consideration. Winners of this award will be recognized at an appropriate time during the Championships, likely during the team awards or at the Championships, and their biography will appear in the event program the following year.

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To nominate someone for this award, please send a Nomination Letter of not more than two pages to bcssgymnastics@gmail.com before January 31st. In the letter, provide a detailed description of why this nominee should receive the award. Please include contributions to Secondary School Gymnastics in their community, zone and province. Also include the following with the nomination:

Nominating person:

Name: _____ Phone #: _____ Email: _____

Nominee:

Name: _____ School: _____