PRE-COMPETITIVE INFORMATION

2022-2023 Season

Last updated July 2022

LEVEL OPTIONS

Also called "Interclub" or "Rhythm Cat", gymnasts are divided by age specific levels of Pre-Novice, Novice, Junior, Senior, and Open.
Pre-comp athletes attend competitions throughout the season to compete against other pre-comp gymnasts in the province. They cannot attend out of province competitions.

PN
PRE-NOVICE

Ages 7, 8 as of Dec, 2023

Birth years: 2016, 2015

This level is not scored at competitions.

Compulsory routine = Free

Optional routine is chosen by the coach out of Ball, Rope, or Hoop, based on athlete skill level.

N
NOVICE

Ages 9, 10, 11 as of Dec, 2023

Birth years: 2014, 2013, 2012

Compulsory routine = Ball

Optional routine is chosen by the coach out of Rope, Hoop, or Free, based on athlete skill level.

J
JUNIOR

Ages 12, 13, 14 as of Dec, 2023

Birth years: 2011, 2010, 2009

Compulsory routine = Hoop

Optional routine is chosen by the coach out of Ball, Ribbon, Free, or Club, based on athlete skill level.

S
SENIOR

Ages 15, 16, 17 as of Dec, 2023

Birth years: 2008, 2007, 2006

Compulsory routine and optional routine are both chosen by the coach and athlete based on athlete skill level.

O
OPEN

Ages 18+ as of Dec, 2023

Birth years: 2005+

Compulsory routine and optional routine are both chosen by the coach and athlete based on athlete skill level.

G
GROUP

Pre-competitive groups consist of 2-5 gymnasts of similar age. The oldest athlete dictates the level of group.

Pre-Novice = Free

Novice = Rope, Hoop, or Ball

Junior, Senior, and Open = Ball, Ribbon, Club, or Hoop

TRAINING SCHEDULE

Pre-Competitive athletes are required to train on Mondays from 6-8:30PM.
Short breaks will be taken during training as needed.

Session 1 runs from Sept 12th-Dec 19th.
Session 2 runs from Jan 9th-April 24th.

There is generally no training on statutory holidays.

Pre-competitive athletes are also recommended to join any "extra" opportunities that may pop up during the season (for example, a four week Acrobatic session).

TRAINING FEES

RITMO
GYMNASTICS

2021-2022 Season - Price List	Length of Session	Hrs per week	Base Fee	Gym Sask/ Canada Fee	Ritmo Admin Fee	Total	GST	Total Registration Fee (5% GST Inc)	Monthly Tuition (Sept-June)
Novice, Junior, or Senior Rec	4 months	.75-1	175	46	15	236	9.5	**$245.50**	**N/a**
Novice, Junior, or Senior Rec	8 months	.75-1	290	46	15	351	15.25	**$366.25**	**N/a**
Next Generation	4 months	1.5	325	46	15	386	17	**$403.00**	**N/a**
Next Generation	8 months	1.5	525	46	15	586	27	**$613.00**	**N/a**
Pre-Competitive/Rhythm Cat	8 months	2.5	1100	90	15	1205	55.75	**$1,260.75**	**$146.34** *
Provincial Stream Competitive (Level A)	**10 months**	6	2100	159	15	2274	105.75	**$2,379.75**	**$222.08**
Western Stream Competitive (Level B-C)	**10 months**	9	2500	159	15	2674	125.75	**$2,799.75**	**$264.08**
Western Stream Competitive (Level B-C)	**10 months**	12	3000	159	15	3174	150.75	**$3,324.75**	**$316.58**
Western Stream Competitive (Level B-C)	**10 months**	15	3200	159	15	3374	160.75	**$3,534.75**	**$337.58**
Provincial Stream High Performance Competitive (Level C)	**10 months**	15	3200	159	15	3374	160.75	**$3,534.75**	**$337.58**
Provincial Stream High Performance Competitive (Level C)	**10 months**	17.5	3400	159	15	3574	170.75	**$3,744.75**	**$358.58**
National Stream High Performance Competitive (National)	**10 months**	15	3200	306	15	3521	160.75	**$3,681.75**	**$337.58**
National Stream High Performance Competitive (National)	**10 months**	17.5	3400	306	15	3721	170.75	**$3,891.75**	**$358.58**

**Monthly tuition for pre-competitive ends in April*

The Gym Sask/Gym Canada membership fee is due in full upon registration in September. This membership is valid province-wide from September 2022-August 2023. This fee is non-refundable once a gymnast attends their first class.

The rest of the base and admin fee is payable in monthly tuition, due by the 1st of each month from Sept-April. We accept cash, e-transfer to ritmogymnastics@gmail.com, cheque to Ritmo Gymnastics, or major credit cards through Square. You will receive a re-occurring invoice each month and may choose to save a credit card on file for easy processing.

The above fees DO NOT cover: performance outfits, athlete travel to events/competitions, entry fees for competitions, individual equipment, coach travel and honorarium to all competitions, choreography fees, and any other expenses that may arise while participating in any Ritmo program.

SHOWS AND COMPETITIONS

Performance experience is the best way for athletes to gain confidence and improve routines throughout the season. They are an added expense with entry fees and travel expenses.

Dec 2022
- Ritmo Winter Showcase

Feb 2023
- Ritmo Invitational

March 2023
- Wascana Invitational

April 2023
- Wascana Shoot for the Stars
- Ritmo Spring Showcase

This is a rough idea of what to expect during a pre-competitive season. A detailed competition calendar with estimated costs will be finalized and sent out as early as possible in the season.

Athletes who attend competitions share the travel expenses and wage for the required coaches (and sometimes judges) to attend. Fees are invoiced before attending and are **non-refundable.**

COMPETITION TRAVEL

Ritmo does not coordinate team travel, meaning that when we attend a competition athletes and their families are responsible for getting to and from the competition however they wish. This allows for flexibility in travel choices (driving or flying) as well as accommodation (hotel or family/friends). Sometimes coaches may join in on a carpool to save costs. Any travel arrangements (hotel rooms, rental cars, purchasing meals) involving Ritmo coaches must be approved by Dalena beforehand.

Despite this flexibility, there are still expectations that all families MUST abide to during a weekend/week of competition:

1) The coach attending with the team has the first authority on any team decisions for the duration of the competition. Examples of this include but are not limited to:

- -Arrival and departure times to the host city, as well as the competition gym
- -Required team meetings (usually held at the coaches hotel, no matter who else may or may not be staying there)
- -Recreational activities (for example asking athletes not to swim the night before a competition)
- -Meals (including suggested meal times, types of food, and whether or not the team will be required to go for team meals at any point)
- -Athlete's use of phones and recommended curfews

2) Parents and other spectators are expected to remain positive in and out of the competition area, especially around other people (Ritmo or other clubs). You never know who is next to you and who could be hurt by what you think may be an innocent comment. Competition is often stressful for everyone - please reflect on how you react to situations and how those reactions may affect those around you.

3) EVERYONE is expected to refrain from commenting on teammate's scores and/or providing any feedback to other Ritmo athletes and parents. These conversations should be kept between the athlete, parents, and Ritmo coaches.

MOCK COMPETITIONS

A mock competition is a practice competition. We simulate all aspects of a competition as best we can in our space and usually hold them one week before a real competition. This season we will be scheduling mocks on Sunday afternoons as extra training.

Why?

Competing is a skill that needs to be practiced. Competitions include things we can control and things we can't control.

Athletes need to know how to control their performance. They also need to be prepared to be unaffected by things they can't control. Competitors may not know how they will react to changes until they are faced with them; for example many athletes will make more mistakes when their parents are watching. It is important to learn what affects an athlete negatively so that they can build tools to be able to master these fears for when it counts. Competing well is a learned and developed skill. This process takes work and time.

By holding mock competitions, we help athletes get closer to their goals of knowing themselves well enough to become confident at competitions.

Please help by coming out to watch all the athletes!

Athletes:

Come with hair and make-up competition ready, with all competition suits ready to be changed into.

Parents:

As a parent, the most important thing your child needs to hear from you is that you loved watching her. It is up to her and her coaches to make any adjustments to her competition preparation. As a parent you can help most by facilitating healthy food, hydration, good sleep, organized bags, and being supportive of any performance outcome.

Things athletes can control:

Their belongings
Their reactions
Their focus
Their eating
Their energy and mindset
Their sleep
Their attitude

Things athletes can't control:

Environoment
Warm up space and time
Height of ceiling
Audience: who is watching
Judges
Other athletes
Scores

Tracksuits must be worn to all competitions, showcases, and other events/performances.

Pre-Comp Athletes:

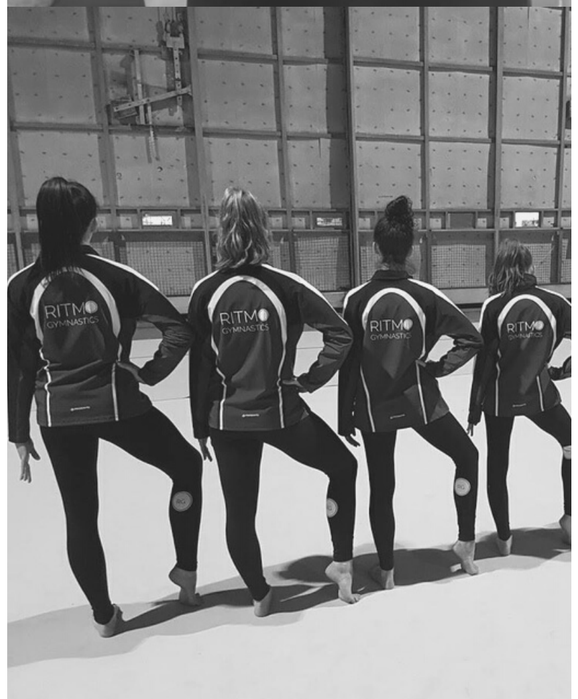
- Ritmo Tank Top ($50)
- Ritmo Warm Up Shorts (Athletes bring their own black shorts to be screen printed for $15 each piece)

Competitive Athletes:

- Ritmo Tank Top ($50)
- Ritmo Jacket ($130)
- **Ritmo Warm Up Shorts (Athletes bring their own black shorts to be screen printed for $15 each piece).**

Order forms are distributed at the beginning of the season for all track suit items.

TRACKSUITS
BODYSUITS



Body suits must fit the requirements below.

DRESS OF GYMNASTS (INDIVIDUAL AND GROUP)

REQUIREMENTS for GYMNASTICS LEOTARDS

- A correct gymnastics leotard must be in non-transparent material; therefore, leotards that have some parts in lace will have to be lined (from the trunk to the chest).
- The neckline of the front and back of the leotard must be no further down than half of the sternum and the lower line of the shoulder blades.
- Leotards may be with or without sleeves, but dance leotards with narrow straps are not allowed.
- The cut of the leotard at the top of the legs must not go beyond the fold of the crotch (maximum); undergarments worn beneath the leotard should not be visible beyond the seams of the leotard itself.
- The leotard must be tight-fitting to enable the judges to evaluate the correct position of every part of the body; however, decorative applications or details are allowed as long as the applications do not jeopardize the safety of the gymnast.
- The leotards of Group gymnasts must be identical (of the same material, style, design and color). However, if the leotard is made of a patterned material, some slight differences due to the cut may be tolerated.

5.1.1. It is allowed to wear:

- Long tights over or under the leotard.
- A full-length one-piece leotard (unitard) provided that it is tight-fitting.
- The length and colors(s) of the fabric covering the legs must be identical on both legs (the “harlequin” look is forbidden), only the style (cut or decorations) may be different.
- A skirt that does not fall further than the pelvic area over the leotard, tights or the unitard.
- The style of the skirt (cut or decorations) is free, but the skirt must always fall back on the hips of the gymnast
- Gymnasts may perform their exercises with bare feet or gymnastics slippers.
- The hair style must be neat and trim and the make-up clear and light.

Pre-competitive regulations are not as strict as competitve but should still be shown to the coaches first to ensure athletes will not be deducted at an event.

EQUIPMENT REQUIREMENTS

There is equipment at the gym that athletes can borrow for training, however most competitive gymnasts prefer to purchase their own to select colours/brands and ensure it is up to date. Equipment can be ordered online through Bermo, Romsport, Pastorelli, and Franca RG.

Ball: Chacott, Sasaki, Pastorelli brands

Hoop: Any brand is fine as long as it is the proper weight, diameter, and is FIG approved.

Club: Any brand is fine as long as the clubs are the correct size and weight. Make sure they are linkable or interlocking (rubber on the top not hard plastic).

Ribbon: All sticks should be regulation senior sized fiberglass. Sasaki and Chacott have the best weighting but any brand will work. Ribbon sticks are not all FIG approved, but as long as they have the correct dimensions it is fine. For the actual ribbons any Chacott, Sasaki, or Pastorelli ribbon is great as long as it has the FIG approved symbol. You will see online that some descriptions say "training ribbon" and those are NOT FIG approved.

For pre-competitive athletes, the most important rule for apparatus is that it is appropriate for the gymnast's size and age. To get the best use of your equipment in the long run, it would be best you follow the above recommendations when purchasing equipment.

NORMS FOR PROVINCIAL GYMNASTS

Ball	Level 1,2,3 Level 4, 5, 6	Minimum 14 to 16 cm in diameter Weight 270-400 grams Minimum 16- 20 cm in diameter Weight minimum300 grams
Hoop	Level 3 Level 4 Level 5&6	Minimum 70cm in diameter Weight minimum 200 grams Minimum 75cm in diameter Weight minimum 200 grams Minimum 80cm in diameter Weight minimum 300 grams
Clubs	Level 5&6	Length: 40-50 cm Weight minimum 150 grams per club
Ribbon	Level 4 Level 5&6	Minimum 4 m. Minimum 5 m.

**All equipment should be fig approved*:*

SCORING GUIDE

D + E = TOTAL

Difficulty Score:

- Starts at ZERO
- Score increases based on the number of elements in a routine that the judges see the gymnast perform **perfectly,** including:
  - Body Difficulties (Jumps/Leaps, Turns, Balances)
  - Dance step series
  - Apparatus Difficulties
  - Risks

Execution Score:

- Starts at 10
- Score decreases based on a table of deductions that the judges note throughout the routine:
  - Artistry faults (connections, use of music, expression, character/theme of routine, etc).
  - Technical faults (toes, knees, incomplete movements, apparatus faults, etc).

Awards

- Pre-Competitive gymnasts receive either a white, blue, or red ribbon based on their total score for each routine they compete.
- Once all routines are complete, they also receive a bronze, silver, or gold medal based on their all-around rankings in THIRDS within their level.
  - EXAMPLE - There are 9 gymnasts the Novice level. They are ranked from lowest to highest score, the top 3 gymnasts receive gold, the next 3 silver, the bottom 3 bronze.
- *Pre-Novices are not ranked and only receive participation gifts.*