COMPETITIVE INFORMATION

2022-2023

Last updated Sept, 2022

PROGRAM OPTIONS

A

PROVINCIAL STREAM

This level is considered an introductory level. It is recommended athletes train a **minimum of 6 hours** per week.

Level A athletes are further divided by age specific numbers (2A, 3A, 4A, 5A, 6A). This level has 2-3 routines depending on age. Level As attend competitions throughout the season to compete against other athletes within the province, as well as attend provincial championships. Athletes in level 3A and higher can attend out of province competitions.

B

WESTERN STREAM

This level is considered an intermediate level. Athletes are required to train a **minimum of nine hours** per week, and more if they are hoping to qualify for Westerns.

Level B athletes are further divided by age specific numbers (1B*, 2B, 3B, 4B, 5B, 6B). This level has 2-3 routines depending on age. Athletes in level 3B and higher can attend out of province competitions and are also eligible to qualify for Western Championships.

*EXCEPTION: 1B athletes compete but are not scored at a competition, only receiving awards for participation. 1Bs do not attend provincial championships.

HP

HIGH PERFORMANCE STREAM

This level is advanced. Athletes in this stream are required to train a **minimum of 12 hours per week** and may go up to 17.5 if desired. Level C is suitable for athletes transitioning in or out of the national stream. National stream is the most advanced level of competition. Level B athletes in Levels 4 and under MAY be included in this stream by invitation only and must be aspiring to compete at the National level in the future.

The HP Stream includes Level C and National stream athletes. Level C athletes are further divided by age specific numbers (2C, 3C, 4C, 5C, 6C). This level has 3 routines. National stream athletes are further divided by age specific categories: Novice, Junior, Senior. These levels have four routines with apparatus varying for each level. Athletes in level 3C and higher can attend out of province competitions and are also eligible to qualify for Western Championships, Elite Canada & Canadian Championships (National only).

G

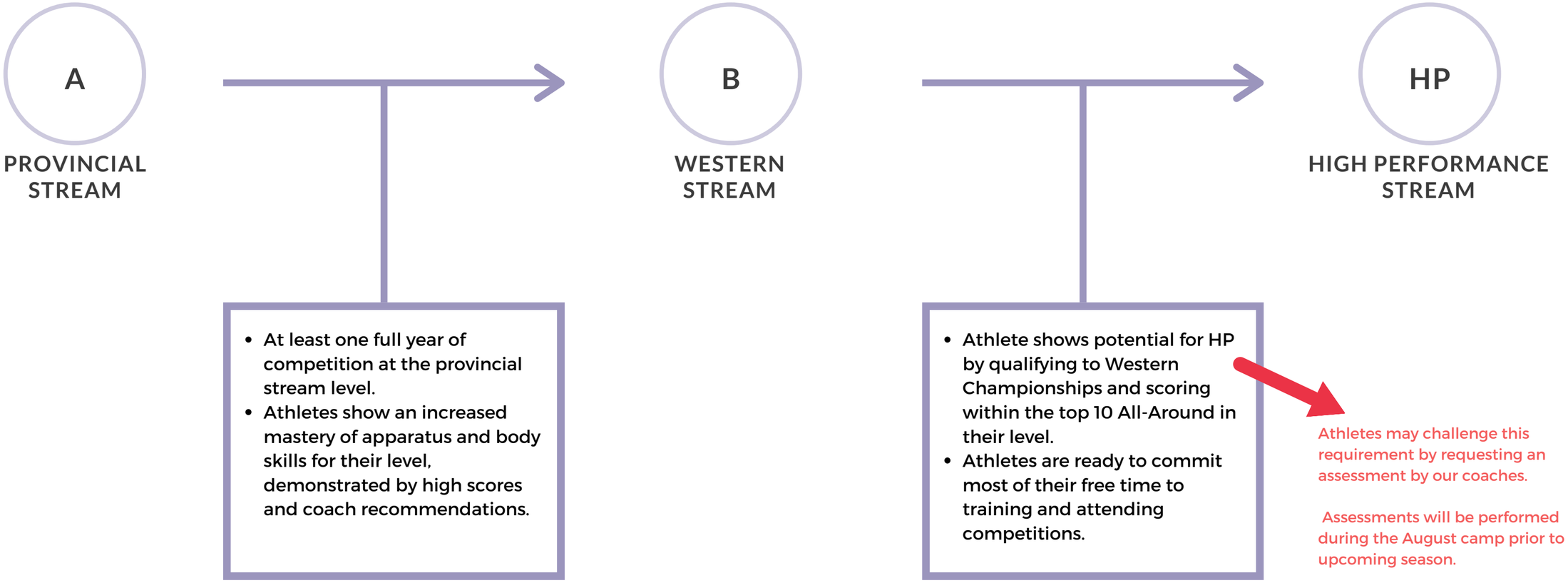
GROUP

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

Athletes will be required to train additional hours outside of their regular training as group requires the full carpet to practice collaborations and exchanges.

PROGRAM MOVEMENT

Athletes may move up through the competitive program based on the below criteria.
Exceptions may be made based on coach recommendations.



TRAINING SCHEDULE - PROVINCIAL STREAM (LEVEL A)

LEVEL A ATHLETES MUST TRAIN THE FOLLOWING EVENINGS:

Mondays from 6-9PM
Thursdays from 6-9PM

Additional nights may be added to their weekly schedule if desired as follows:

Tuesdays from 5-9PM
Wednesdays from 6-9PM
Fridays from 5-9PM (Including ballet)
Fridays from 6-9PM (No ballet)
Fridays from 5-6PM (Ballet only)

Additional open gym and private sessions may be utilized as required throughout the season on Saturday mornings.

There will be no training on holidays and training may be modified during holiday weeks in Feb and April.

TRAINING SCHEDULE - WESTERN STREAM (LEVEL B)

LEVEL B ATHLETES MUST TRAIN THE FOLLOWING EVENINGS:

Tuesdays from 5-9PM

PLUS a combination of any of the following evenings, to create a weekly schedule of a minimum of 9 hours per week*

Wednesdays from 6-9PM
Thursdays from 5-9PM, OR
Thursdays from 6-9PM
Fridays from 5-9PM (Including ballet)
Fridays from 6-9PM (No ballet)
Fridays from 5-6PM (Ballet only)

*Athletes hoping to qualify to Westerns should train a minimum of 12 hours per week, including ballet.

Additional open gym and private sessions may be utilized as required throughout the season on Saturday mornings.

There will be no training on holidays and training may be modified during holiday weeks in Feb and April.

TRAINING SCHEDULE - HP STREAM (LEVEL C + NATIONAL)

HP ATHLETES MUST TRAIN THE FOLLOWING EVENINGS:

Mondays from 4:30-6:30PM
Tuesdays from 4:30-9PM
Fridays from 5-6PM (ballet)

PLUS a combination of any of the following evenings, to create a weekly schedule of a minimum of 12 hours per week*

Wednesdays from 6-9PM
Thursdays from 5-9PM, OR
Thursdays from 6-9PM
Fridays from 6-9PM (after ballet)

*Athletes hoping to reach the National stream or compete at National events should be training at least 15-17.5 hours per week

Additional open gym and private sessions may be utilized as required throughout the season on Saturday mornings.

There will be no training on holidays and training may be modified during holiday weeks in Feb and April.

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**

If an athlete registers for a total number of hours that falls outside of this schedule (ex 10), tuition will be adjusted based on the fee for the levels before and after (ex 9 and 12)

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 2021-August 2022. 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-June. 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.

COMPETITIONS

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

Jan 2022

- Club Invitational - usually out of province

Feb 2022

- Ritmo Invitational
- Elite Canada (must qualify)

March 2022

- Wascana Invitational - dates TBC

April 2022

- Club Invitational - usually out of province
- Western Championships, April 12-16 in Regina

May 2022

- Provincial Championships, May 12-14th in Saskatoon
- Canadian Championships

This is a rough idea of what to expect during a 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.

Athletes trying to qualify for Westerns are expected to attend all recommended competitions to the best of their ability.

COMPETITION TRAVEL

Ritmo does not coordinate team travel. 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 Ritmo 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.

QUALIFYING TO COMPETITIONS

Some competitions require qualification before athletes can attend. Many of these qualification processes are created by Gymnastics Saskatchewan, with consultation by the Rhythmic Technical Committee (RTC). These standards are put in place to ensure that athletes with potential to rank highly at an event have the opportunity to represent Saskatchewan and receive funding for their travel.

Elite Canada

Elite Canada is unique in that the qualification process is based on the results of the Canadian Championships in the previous year. Gymnastics Canada sends out a qualification list months before the competitions, and if athletes have qualified they are permitted to register. It is not a Team Sask event, however Gymnastics Saskatchewan often funds one coach per club to attend, which brings down the cost for the club athletes.

Western Championships

The provincial qualification rules change from year to year. Historically, there has been a qualification score that is set by the RTC and athletes need to hit this score before a certain date to be named to Team Saskatchewan and receive funding for this competition.

Canadian Championships

Similar to Westerns, but for National Stream only. See the Saskatchewan tech regs for further information.

Ritmo's Responsibility

While there may be provincial/national qualification standards in place, it is also our job as coaches to determine if an athlete is ready to attend a major competition. Athletes will be asked at the beginning of the season what their goals are and we will work together to achieve them. However, if the coaching team does not feel an athlete is ready to attend a major competition, we will not support them to attend. If this is the case, we will have open and honest conversations with the athlete and family to determine the best course of action.

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 AS WELL as be approved by the coaches to ensure they fit the theme/music of each routine.

Pre-competitive outfits do not have to follow these rules as strict but should still be showing them to the coaches first.

10. DRESS OF GYMNASTS

10.1. 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 pelvic/crotch area (with or without a skirt) should be covered with non-transparent, non-skin-colored material up to the hip bones and a **small** lace or transparent or skin-colored area for connection/decoration is tolerated, if the following is respected:

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  - A solid, colored connection between the front and the back of the leotard is required
  - The connection may be from fabric or applications but must give the impression of a whole material (not separate pieces)
  - The connection must appear at the hip bones or lower
- The style of neckline of the front and back of the leotard is free
- Leotards may be with or without sleeves; the leotards with narrow straps also 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, this also includes tight-fitting sleeves
- The leotard must be all in one piece. It is not possible for a gymnast to wear a leotard and separate additional "socks," "gloves," decorative legwarmers, belt, etc.

10.1.1. It is allowed to wear:

- Long tights over or under the leotard
- A full-length one-piece leotard 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 look of a ballet "tutu" is forbidden
- Gymnasts may perform their exercises with bare feet or gymnastics slippers

Note: no penalty taken by the Responsible Judge if the gymnastics slipper of a gymnast involuntarily comes off during her performance.

10.1.2. Decorative appliques or details on the leotard are allowed:

- Decorative details should not jeopardize the safety of the gymnast. It is not allowed to decorate leotard with light-emitting diodes (LED)
- Design of a leotard with words or symbols is allowed if the design meets ethical standards and based on RG COP

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.

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

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

- Gymnasts receive a score for each routine as well as an All-Around score.
- Awards are generally presented for the top 8 competitors in each level for each routine and All-Around score.
- Groups generally perform their routines twice and their score is the sum of both routine scores.
- Level 1Bs are not scored and are awarded for participation only.

MISC NOTES

Music and Choreography

While coaches will look to each gymnast/family to provide input, the ultimate decision on music choice and choreography is the responsibility of the coaches. Music must be dynamic and appropriate for the age, skill level, and apparatus. If a certain song does not work one year, it could work the next.

Choreography fees will be billed out mid-October at the following rates:

- $25/routine for provincial/national athletes

While choreography is taught at the beginning of the season, routines are constantly changing throughout the year. Gymnasts should be prepared to adapt and change their ways of thinking to keep up with modifications, especially during competition season.

Facility Upkeep

The competitive programs utilize the facility on a very regular basis, and are also responsible for helping with upkeep. A carpet vacuum schedule will be distributed, assigning each family a few weeks each season to vacuum the carpets.

Birthday Treats

Many athletes love to bring birthday treats to the gym on/around their special day. We ask that if you are planning to do this that you find out how many gymnasts will be at the gym that night to ensure there is enough for everyone. Please keep treats as healthy and neat as possible to avoid any messes on the carpet.

Social Activities

Not all families and athletes will spend time together outside of the gym. However, please be sensitive to other athletes who may not be part of a private social gathering and refrain from associating it with the Ritmo tag (for example, having a small group of athletes together outside of training and saying something like "Ritmo is heading to the park today!").

Volunteering

While we understand not everyone can be there ALL the time - our club heavily relies on volunteers to operate during the season. Being a part of the competitive program means higher expectations when it comes to volunteering at club events and around the gym.