

2010



**TECHNICAL PACKAGE
GYMNASTICS**

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2010 ARCTIC WINTER GAMES

GYMNASTICS

1. **RULES:** This competition will be conducted under the rules of the Federation International Gymnastics (FIG) except where noted and under the sanction of Canadian Gymnastics Federation. The competition will be conducted under the Canadian Provincial Program, provincial 3 rules.

2. **CATEGORIES:**

Junior Female: Born on January 1, 1992 or later.

Gymnasts who have previously competed at Provincial 4 Canadian or Level 8 United States level or higher are not eligible to compete.

3. **EVENTS:**

2. All events will be judged by Canadian Provincial Program, Provincial 3 standards.

Individual

Junior Female

Vault
Uneven Bars
Balance Beam
Floor Exercise
All Around

There is no limit on the number of individual events a gymnast may enter. Individual events will be conducted on the second day of competition. Each individual gymnast may enter any number of the individual events without pre-qualifying through the team event.

Individual All-Around Competition: Total score in all four (4) events.

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Team

Junior Female

Team competition in:

Vault
Uneven Bars
Balance Beam
Floor Exercise

Each individual gymnast may enter any number of the individual events making up the Team Competition; however, each Games Unit must enter a minimum of three (3) gymnasts in each event of the Team Competition. The top three (3) scores for each Games Unit in each event will go towards the overall team score. The Team Competition will be conducted in the first day of competition.

4. TEAM COMPOSITION:

Junior Female	4
Coach	1

5. MEDALS:

Individually by event:
Individually for All-Around Event
Individually by team for Team Event

GOLD	- 9
SILVER	- 9
BRONZE	- 9