

1ST ONTARIO CUP | DIRECTIVE

Qualifier for: 2026 Elite Canada
2026 MAG Tour
Screening for: 2026 ON Championships
2026 Canadian Championships
2026 MAG Elite Training Camp
2026-27 Ontario High-performance status



Hosted by Ottawa Gymnastics Centre
December 12 to 14, 2025

HOST CLUB	Ottawa Gymnastics Centre 294 Elmgrove Avenue Ottawa, ON, K1z 6V1 Phone: (613) 722-8698 Website: www.ottawagymnasticscentre.ca
MEET DIRECTOR	Cate Heggveit Meet Director Phone: (613) 722-8698 Email: meets@ottawagymnasticscentre.ca
GYMNASTICS ONTARIO LIAISON	Jorge A. Solorzano-Filho MAG Program Manager: Phone: (647) 598-8710 E-mail: mag@gymnasticsontario.ca Website: www.gymnasticsontario.ca
VENUE	Host Club (Address above)

REGULATIONS

As per the Gymnastics Ontario Technical Rules and Regulations Manuals.

Music: Background music for the audience and competitors plays during all MAG competitions.

Commentary: Commentary might be available depending on the availability of knowledgeable volunteers.

Rotations: Clubs with a large number of athletes in the same session should send two coaches, since not all athletes may be able to rotate together.

The number of athletes per squad is determined by the number of athletes competing in the session.

Ontario High-performance athletes rotate together.

Dressing Code: **Club attire is mandatory to all coaches and athletes.**

Except for Ontario's High-performance athletes (team Ontario attire is allowed and strongly recommended).

Warm Up: Athletes will receive a timed general warm-up (stationary stretching only) prior to the start of the competition as follows:

- P1 & P2 _____ 10 min.
- P3 to P5, O, PN, & NN _____ 15 min.
- PJr, PSr, NJr & NSr _____ 20 min.

Provincial levels 1, 2 and 3 use a bump start warm-up on pommel horse/mushroom, still rings, parallel bars and horizontal bar. On the floor, the warm-up will have a total of 5 minutes for the entire group. On the vault, each athlete is allowed a maximum of three (3) vaults to warm-up.

REGULATIONS (CONT.)

Provincial 4, Provincial Open and Novice use 50 seconds warm-up/athlete and compete.

Open, Provincial Junior, Provincial Senior, National Junior, and National Senior will use the FIG warm-up; one-hour apparatus, and one-touch warm-up.

Coaching:

Athletes have the right to have their coaches at the event when competing. However, an athlete cannot compete without their own coach present at the field of play.

At the still rings and horizontal bar a coach must be present to act as a spotter in case the athlete loses control and fall. Otherwise, athletes cannot compete in these events.

Scoring Program: KSIS

Tie-Breaking:

Events and all-around ties will be broken using the FIG tie-breaking rules.

In case a tie persists after applying the FIG tie-breaking rules, there is no bumping places for ties.

REGISTRATIONS

Registration:

Opens: September 15, 2025 via GO's Uplifter

Deadline: October 15, 2025, at 5 PM

Payment due: October 15, 2025

Athletes Fees:

All Categories: _____ \$130.00

Late Payment Fee: _____ \$25.00

Coach Fees:

Free - All coaches must be registered in Uplifter for the Ontario Cups to access the field of play.

REGISTRATION PAYMENT	Payment: Cheque payable to Ottawa Gymnastics Centre or e-transfer to: payments@ottawagymnasticscentre.ca Clubs MUST honour the <u>payment for EVERY athlete they register in Gymnastics Ontario's Uplifter for the Ontario Cups.</u> Late payment: <u>Will be subject to a \$25 per athlete per Cup fee.</u> Also, clubs must pay for all three (3) host clubs, regardless of if the athlete missed a cup. No athletes will be permitted to compete without payment, including late fees.
WITHDRAWS AND REFUNDS	Withdrawal: Withdrawals are to be communicated directly to the MAG Program Manager no later than 3 days prior to the competition for the change to be applied to the athlete draws. Refunds Policy: <u>P1, P2, P3, P4, P5, PN and NN categories</u> – If an athlete who is registered in the Provincial Qualifying system does not participate in any of the three qualifiers during the entire competitive season, the club must submit the "MAG Athlete Refund Form - Ontario Cup" (available at GO Website). All refunds claims must be submitted for approval within 2 weeks after the last Ontario Cup of the season. <u>O, PJr, PSr, NJr, and NSr categories</u> – There are no refunds or transferable money for athletes who have missed the competition due to illness, injury or inclement weather conditions.

CATEGORY CHANGES	Procedure: Any clubs requesting level changes must submit the MAG Level Change Form (available at GO Website) request to the MAG Program Manager via email to mag@gymnasticsontario.ca. Deadline: Level changes must be received no later than November 7, 2025, at 5 PM. Any request after the deadline will not be accepted. <u>No exceptions!</u>
EQUIPMENT	Spieth America Observation: Pit landing vault with a 23.5 m runway. Two sides of the floor are close to a raised platform.
MEDICAL	First Response Medical Staff On-Site. Participant Consent and Medical Data Record forms for all participating gymnasts in their possession at the competition. <u>Gymnastics Ontario sanctioned events are NOT guaranteed to be Peanut/Tree Nut Free events.</u> Attendees are asked not to bring peanuts, peanut products, or products containing traces of peanuts, tree nuts into the gymnasiums/venue and/or change rooms where participants are present. Host clubs have been asked to refrain from serving/selling items with peanuts, peanut products, or products containing traces of peanuts or tree nuts at this event. Gymnastics Ontario asks for your assistance in supporting an inclusive environment for all participants.

COACHES REQUIREMENTS

All coaches must be registered with G.O. as a Coach for the 2024-25 season. (Please note that below are the minimum requirements only).

All coaches MUST be in possession of their Digital Coach ID at the competition. Coaches who do not have the Digital Coach ID will not be allowed access to the competition or warm up floor, neither the athletes area.

Provincial Coaches (i.e. coaches of O1, O2, O3, O4, OO, P1, P2, P3, P4, P5, PN, and NN category gymnasts) **MUST** be Competition 1 Trained in Men's Artistic AND all its pre-requirements to be eligible for the competition floor. That includes the following requirements:

- Completion of Respect in Sport for Activity Leaders, and
- Completion of Safe Sport Module in the Locker, and
- Completion of NCCP Theory 2 modules (Competition Introduction Theory), and
- Gymnastics Foundations Trained (or old NCCP Level 1 Certified), and
- All pre-requirements for the items above.

National Coaches (i.e. coaches of O, PJr, PSr, NJr, and NSr category gymnasts) **MUST** be Comp 2 Trained in Men's Artistic AND all its pre-requirements to be eligible for the competition floor. That includes all requirements described in the paragraph above and:

- Completion of NCCP Level 3 Technical or Competition 2 trained, and
- Completion of NCCP Theory 3 or 4 out of 6 Competition Development Modules (this only pertains to coaches trained under the old "Levels System"), and
- All pre-requirements for the items above.

For obtaining a Digital Coach IDs, visit the GO website:
<https://www.gymnasticsontario.ca/coach-education/coach/digital-coach-id-information/>

PRESENTING THE CITY OF OTTAWA

Nestled at the junction of three picturesque rivers, Ottawa is one of the world's most beautiful capitals. From world-renowned museums and galleries, to international culture and world-class entertainment, Ottawa has something for everyone. Some top things to do in Ottawa include seeing Parliament Hill; visiting our National Galleries and Museums, the Byward Market, Rideau Canal; and taking in the performing Arts at our many theatres.

See ottawatourism.ca for many great ideas.

ADMISSIONS

Spectators, athletes, and coaches are required to check- in upon arrival at the competition.

All athletes competing in the competition are not required to pay an admission fee throughout the weekend.

Payment method: TBC - Payment by cash/debit/credit card only (no AMEX)

Admission Fees:

	1 Day	2 Day Pass	3 Day Pass
Children under 5 years old	Free		
Children 6 to 17 years old	\$5	\$10	\$15
Regular (18 to 54 years old):	\$10	\$15	\$20
Seniors (55 years and older)	\$5	\$10	\$15

ACCOMMODATION

The participants must pay for their accommodation costs.

SOCIAL MEDIA

Tags:

#OGC
#SportStartsHere
#GymnasticsOntario
#GoMagCups
#artisticgymnastics
#MAG

Instagram:

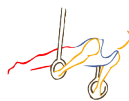
@ottawagymnasticscentre
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Facebook:

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@gymnasticsontario

ADDITIONAL INFORMATION

Map: <https://maps.app.goo.gl/yjezpV1KrxFkKNgm6>



MEN'S ARTISTIC PROGRAM

Visit our website:

www.GymnasticsOntario.ca

