



2026 MANITOBA WINTER GAMES

Gymnastics Technical Package

Technical Packages are a critical element of the Manitoba Games. They guide the selection of teams by detailing age and eligibility requirements, govern competition by outlining tournament formats and scoring procedures, and identify the minimum/maximum number of participants permitted by region.

Technical Packages are developed 12-18 months prior to the Games by the relevant Provincial Sport Organization (PSO) following the standards set in place by Sport Manitoba.

After publication, any changes to the Technical Packages must be approved by Sport Manitoba – requests should first be sent to the PSO for consideration. Adjustments to age groups, eligibility requirements, team sizes, or competition formats will not be considered within six months of the start of Games.

1. SPORT: GYMNASTICS

2. PARTICIPANTS

2.1. Athletes

Up to 2 female athletes, per age category and grouping, with a maximum of 18 per regional team.

2.2. Coaches and Managers

Up to 3 coach per regional team and up to 1 manager per regional team.

Managers are permitted on the floor in a coaching capacity.

2.3. Regional Teams

Region	Number of Teams
North	1
East	1
South	1
West	1
Winnipeg Blue	1
Winnipeg Gold	1
Total	6

3. CLASSIFICATION

Level 3

Level 3 – Age 10–11: Open to athletes born between January 1, 2015 and March 1, 2016.

Level 3 – Age 12–13: Open to athletes born in the years 2013–2014.

Level 3 – Age 14–17: Open to athletes born between March 8, 2008, and December 31, 2012.

Xcel Gold

Xcel Gold – Age 10–11: Open to athletes born between January 1, 2015 and March 1, 2016.

Xcel Gold – Age 12–13: Open to athletes born in the years 2013–2014.

Xcel Gold – Age 14–17: Open to athletes born between March 8, 2008, and December 31, 2012.

Level 4

Level 4 – Age 10–11: Open to athletes born between January 1, 2015 and March 1, 2016.

Level 4 – Age 12–13: Open to athletes born in the years 2013–2014.

Level 4 – Age 14-17: Open to athletes born between March 8, 2008, and December 31, 2012.

4. ELIGIBILITY

4.1. Athletes

All athletes must meet the eligibility requirements identified in the Manitoba Games [Eligibility Policy](#).

All athletes must be registered in Level 3, Level 4, or Xcel Gold and be in good standing of the Manitoba Gymnastics Association.

Athletes who have competed Level 5 or above are ineligible to participate.

4.2. Coaches and Managers

4.2.1. Sport Manitoba Requirements

All coaches and managers participating in the Games must have completed:

- Criminal Record Check
- [Respect in Sport](#)
- [Understanding the Rule of Two eLearning Module](#)

4.2.2. Sport-Specific Requirements

All coaches and managers must be at least 18 years of age as of the Manitoba Games registration deadline.

All coaches and managers must be minimum NCCP Competition 1 Women's Artistic Gymnastics Trained. Those unable to achieve NCCP credentials prior to the start of the Games may request an exemption through the Manitoba Gymnastics Association.

5. COMPETITION

5.1. Competition Format

All athletes must compete on an All-Around basis.

Each level has one competition session.

The total scores of each athlete on all four events will determine the All-Around total.

5.2. Competition Rules

The rules to be used are as follows:

- Developmental Program Compulsory Exercises (2021–2029).
- Xcel Program Code of Points (2022–2026).
- Regional Stream Technical Regulations (2025–2026).
- Gymcan Combined HP and CCP Manual (2025–2026).

5.3. Tie-Breaking Procedure

Ties will not be broken. If there is a tie for third place, both athletes will receive a bronze medal.

6. MEDALS

Individual All-Around gold, silver, and bronze medals will be presented for the first, second, and third place competitors respectively in each category.

Individual Event gold, silver, and bronze medals will be presented for the first, second, and third place competitors respectively in each event in each category.

7. EQUIPMENT AND UNIFORMS

7.1. Regional Team Uniforms

Competitive uniforms will be supplied by the Provincial Sport Organization as per the Manitoba Games Competitive Uniform Policy.

8. PROTESTS AND APPEALS

Protests and appeals will follow the process identified in the Gymcan Combined HP and CCP Manual (2025–2026).

9. ATHLETE FILL POLICY

9.1. Sport Manitoba Requirements

Regional teams may utilize athletes from outside of their region's boundaries to fill out rosters in accordance with the Manitoba Games Regional Team Policy.

Fill position athletes will be treated as an athlete representing their fill region (competition, walkout/ceremonies, accommodations, etc.), but may be travelling with participants from other regions and sports.

9.2. Sport-Specific Requirements

The All-Around score of athletes not previously selected will be used to determine the order of allocation for fill positions in each category.

- If two athletes have the same All-Around score, the highest individual event score will be used to break the tie. If the highest individual event score is tied, the second highest individual event score will be used to break the tie. This process will be used until the tie is broken. If the tie is still not broken, a draw will be done to determine position on the fill order.

Allocation of fill position will be done by category and will take place in the following order:

1. Level 3 – Age 10-11
2. Level 3 – Age 12-13
3. Level 3 – Age 14-17
4. Xcel Gold – Age 10-11
5. Xcel Gold – Age 12-13
6. Xcel Gold – Age 14-17
7. Level 4 – Age 10-11
8. Level 4 – Age 12-13
9. Level 4 – Age 14-17