



WOMEN'S NATIONAL TEAM

ATHLETE ASSISTANCE PROGRAM

PROCESS, ELIGIBILITY & CRITERIA FOR NOMINATION

JUNE 2025 - MAY 2026



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1. PURPOSE

The purpose of this document is to describe the process and criteria that will be used by Canada BASKETBALL (CB) to nominate athletes for Sport Canada's Athlete Assistance Program (AAP).

2. GOAL

The goal of the Athlete Assistance Program (AAP) is to provide financial support to athletes to train and compete successfully for Canada at Olympic Games and World Cup.

3. PROGRAM DESCRIPTION

The Athlete Assistance Program (AAP), funded by Sport Canada, ensures identified high-performance athletes are afforded the necessary resources to achieve international success. The program contributes to improving Canadian performances at major international sporting events such as the Olympic Games and World Cup.

Athletes who are nominated for funding, and who are approved by Sport Canada for AAP financial support are referred to as 'carded' athletes, and AAP funding is referred to as 'carding'.

The financial assistance provided to identified Canadian athletes comes in the form of a monthly living and training allowance and, where applicable, post-secondary school tuition support. This assistance helps athletes with their training and competition needs, as well as assisting in preparing for a post-sport career.

An athlete's carding status is subject to the obligations and commitments as detailed in Canada Basketball's Athlete Agreement and Sport Canada policy and procedures which govern the AAP and the establishment and application of criteria.



4. QUOTA

In 2025-2026, Canada Basketball is eligible to receive twenty-two (22) Senior Cards or \$574,200 (subject to periodic review by Sport Canada). This allocation may be split into Senior or Development Cards. The number of cards allocated by Sport Canada is subject to change – in which case, there may need to be adjustments to the allotment of cards. The carding cycle is from June 1st to May 31st each year.

5. TYPES OF CARDING

Athletes approved by Sport Canada for the AAP may be eligible for a living and training allowance, tuition support (in a Sport Canada approved University, College program or other post-secondary institution) and deferred tuition support. This allowance is usually paid in advance every two months. Athletes funded through the AAP receive a monthly financial stipend as follows:

Carding Type	Monthly Allowance
Senior Card (SR1, SR2, SR)	\$2,175
Development Card (DE)	\$1,305

Notes:

Approved athletes must be nominated a minimum of 4 months, and up to a maximum of 12 months.

6. ELIGIBILITY STANDARDS

To be eligible to be considered for support through the AAP, an athlete must:

- Be a **Canadian citizen** at the beginning of the carding cycle for which the athlete is being nominated.
- Under the eligibility requirements of FIBA, the athlete must be eligible to represent Canada at major international competitions at the beginning of the carding cycle for which the athlete is being nominated.
- The athlete must meet the published Canada Basketball approved, AAP-compliant sport-specific carding criteria.



7. DECISION MAKING PROCESS

- The Women's High Performance Leadership Group (WHP) will recommend nominations for the Sport Canada Athlete Assistance Program (AAP) to Sport Canada. The WHP will consist of a minimum of 3 of the following individuals from Canada Basketball:
 - Chief Executive Officer
 - Head of Women's High Performance
 - Director, Basketball Operations
 - NextGen Lead
- Sport Canada reviews all nominations put forward by Canada Basketball and approves them in accordance with the Athlete Assistance Program (AAP) policies and Canada Basketball approved carding criteria.
- Athletes that do achieve the standards, are not guaranteed to be awarded a card. Final selections for the Athlete Assistance Program (AAP) will be based on the Gold Medal Profile (GMP) rankings and players who exhibit characteristics conducive to team cohesion, learning and contribute to a positive culture.

8. CARDING CATEGORIES & DEFINITIONS OVERVIEW

- A. **Senior International carding criteria (SR1/SR2):** In team sports, athletes must be on the roster of the team that finishes in the top 8 at the Olympic Games or World Cup. Athletes who meet the International Criteria are eligible to be nominated by Canada Basketball for two consecutive years; the first-year card is referred to as SR1; the second, SR2. Eligibility for an SR2 card is contingent on the athlete maintaining a training and competitive program outlined in Section 10 Canada Basketball Carded Athlete Requirements as approved by Canada Basketball (CB), on being re-nominated by CB, on signing an Athlete/CB Agreement and completing an AAP Application Form for that year.
- B. **Senior National carding criteria (SR):** Senior National Carding Criteria is established by Canada Basketball based on in competition and training performance assessment utilizing the Gold Medal Profile evaluation criteria. SR carded athletes are eligible for up to one year of AAP support.



C. Development Card carding criteria (DE): Intended to support the development needs of younger athletes who clearly demonstrate the potential to achieve the Senior Card international criteria but are not yet able to meet the Senior Card criteria. Development carded athletes are eligible for up to one year of AAP support.

Athlete who meets one of the following criteria is eligible for nomination at the DE card level:

- A senior national team athlete that does not qualify for senior carding due to their priority ranking in the nomination process.
- NextGen prospects who are involved in competition and training programs with the backing and support of Canada Basketball for a minimum of 30 days per year.
- Exceptional cases may be made for specialty players who play a pivotal role within the National Team Depth Chart but do not meet the targeted qualifications for Development Program carding.

Athletes who have held a senior card for two or more years and were not eligible for age-team competition during that period are ineligible to be reclassified to a development card.



D. Health-Related Circumstances: At the end of a carding cycle during which an Athlete has, for strictly health- related reasons, not achieved the standards required for the renewal of carded status, they may be considered for re-nomination for the upcoming carding period under the following conditions:

- The athletes previous GMP Evaluation ranks them in the current depth chart for carding as per the Priority Rankings outlined in the Nomination Process.
- The carded athlete has fulfilled all reasonable training and rehabilitation requirements aimed at a speedy return to full high-performance training and competition during the period of their injury, illness, pregnancy, or other health-related circumstance, or is continuing a rehabilitation program approved by Canada Basketball.
- In the view of Canada Basketball (CB), the Athlete's failure to attain the applicable carding standards is strictly due to health-related circumstances.
- The Athlete has demonstrated and continues to demonstrate their long- term commitment to high performance training and competition goals, as well as their intention to pursue full high-performance training and competition throughout the carding period for which they wish to be renewed despite not having met the carding criteria.

An athlete is only eligible to receive an injury card for a maximum of two years.

NOTE: An athlete card labelled as pregnancy will not count toward the injury card maximum years.

9.NOMINATION PROCESS

Because of the limited card quota available, the number of months an athlete is nominated for carding will be based on the following:

- A. The card quota established by Sport Canada
- B. The player's position in the national depth chart according to the GMP Evaluation Criteria (see section 10) with consideration given to body of work, positional needs, level of opposition, number of days with the national team program and trajectory;



- C. The potential of an Athlete to compete in the Olympic Games. This assessment will be based on the year in the quadrennial (e.g., number of years to the next Olympic Games), an assessment of the improvement demonstrated by the Athlete in the past season, the position in the depth chart compared to the previous season and they demonstrated commitment to training on and off-court;

Nominations will be provided to Sport Canada in the following Priority Rankings order:

RANKING	CRITERIA
PRIORITY 1	Athletes meeting the SR1 Criteria
PRIORITY 2	Athletes meeting the SR2 Criteria
PRIORITY 3	Top 15 available athletes from the Senior Core, based on the Depth Chart, devised from the GMP Evaluation nominated for Senior (SR) carding.
PRIORITY 4	Previous senior carded athletes that has, for strictly health- related reasons, not achieved the standards required for the renewal of carded status.
PRIORITY 5	Athletes under the age of 24 years within the Senior Core on the Depth Chart based on the GMP Evaluation. Carding will be prioritized based ranking. Canada Basketball will consider body of work, ranking in position, trajectory, and commitment in determining carding.
PRIORITY 6	Previous development carded athletes that has, for strictly health-related reasons, not achieved the standards required for the renewal of carded status.
PRIORITY 7	Athletes aged 24 years and older with the Senior Core on the Depth Chart based on the GMP Evaluation. Carding will be prioritized based ranking. Canada Basketball will consider body of work, ranking in position, trajectory, and commitment in determining carding.
PRIORITY 8	A Canada Basketball NextGen athlete, under the age of 24, showing progress in the GMP Evaluation is eligible for nomination for DE carding.
PRIORITY 9	An athlete(s) showing senior national team potential via the GMP Evaluation identified in NSO, PTSO, professional, college or club environments is eligible for a Development (DE) card.



10. DEPTH CHART DEVELOPMENT

Canada Basketball will establish a seasonal Women's Basketball Depth Chart following the completion of a FIBA window (typically July, November, and March) of each season. Final decisions on the Depth Chart will be determined by the Head of Women's High Performance (or equivalent).

Canada Basketball Senior and NextGen Head Coaches will be consulted prior to final decisions.

The Gold Medal Profile Evaluation Criteria [Appendix A](#) will form the basis of building the National Women's depth chart with consideration given to body of work, positional needs, level of opposition and trajectory. The athletes considered will include the following:

- all athletes who were involved in the Canada Basketball High Performance Programing from the season that just concluded
- Non-Basketball High Performance Program players evaluated over the course of the season may be included in this list.
- Position specific requirements for the team will be a consideration in the nomination of athletes for carding.

Invitations to training sessions will be derived from this list of athletes.

- Prior to submitting the final nominations for carding to Sport Canada a 'Final Depth Chart' will be established at the conclusion of the training sessions.
- Ranking in the Women's Depth Chart and Senior Core will be based on:
 - o Depth Chart created from the Gold Medal Profile Rankings from previous season
 - Depth Chart created from the Gold Medal Profile Rankings from the most recent FIBA window
 - Roster Design: Position specific requirements for team success
 - On and Off-Court testing results / commitment to prescribed training program
 - Character Evaluations: Possess a positive attitude including coachability, desire to improve personal skills, and desire to contribute to team objectives



11. CARDING MINIMUM REQUIREMENTS

Minimum Standards: To be eligible to receive full funding at any carding level (12 months of living and training allowance plus tuition where applicable), the following minimum standards must be in place:

To qualify for four months of carding, participants must demonstrate participation in a National Team program for a minimum duration of thirty (30) days. For twelve months of carding, sixty (60) days of participation are required. This minimum duration includes:

1. National Team Events, Camps and Training (Development Program applies)
2. Athletes must comply with individualized year-round intensive training programs that are supervised or monitored by the National Team Strength & Conditioning Coach.
3. In accordance with the above, athletes are required to routinely share training and development plans from external environments.

12. CARDED ATHLETE REQUIREMENTS

In order to receive and maintain their AAP support, carded Athletes must:

- Attend all scheduled activities they are invited to participate in unless the athlete has extenuating circumstances that are approved by Canada Basketball.
- Avoid any action or conduct that would reasonably be expected to significantly disrupt or interfere with a competition or the preparation of any Athlete for a competition.
- Perform all health and fitness testing as prescribed by the program established by Canada Basketball;
- Follow their prescribed, individualized training programs as provided by Canada Basketball;
- The athlete must sign a Canada Basketball Athlete Agreement, complete the Athletes Assistance Program application form for the year in question and abide by all Canada Basketball regulations and protocols including but not limited to conduct, anti-doping, Safe Sport;



- Complete all CCES and anti-doping education, True Sport Clean 101 and Sport Canada - Athlete Assistance Program courses, at the beginning of each new carding cycle and at times thereafter as required by Sport Canada;
- Abide by specific Sport Canada and Federal Government policies that Canada Basketball and carded athlete must comply with, including the following:
 - The Canadian Anti-Doping Program;
 - The Canadian Policy Against Doping in Sport
 - Completion of the AAP anti-doping education module(s) as requested and available on the Canadian Centre for Ethics in Sport website;
 - The AAP policies and procedures (this document);
 - The Cannabis Act
 - The Federal Government Official Languages Act; and
 - The Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS).
- Canada Basketball reserves the right, in its sole discretion, to request further documentation or information from the carded athlete any time after the June 1st, 2025.

Canada Basketball will implement and facilitate a monitoring plan for each athlete that will allow an evaluation of each athlete's individual training plan, provide feedback and measure progress accomplished by the athlete.



Notwithstanding Sport Canada policy for special situations described in Section 11 of the AAP policy ('Withdrawal of Carded Status'), if a carded Athlete fails to meet training or competition commitments or fails to perform any other requirement as assigned by Canada Basketball (within the deadlines set), then the following process will be applied:

- Provide an oral warning to the athlete, including the steps and timelines to remedy the situation and the consequences of a failure to heed the warning.
- Follow-up with a written warning to the athlete if the oral warning is not heeded.
- Written notification advising the Athlete that a member of the High-Performance Leadership Group recommend to AAP withdrawal of carded status following the procedures outlined in Section 11 Withdrawal of Carded Status.

<https://www.canada.ca/en/canadian-heritage/services/funding/athlete-assistance/policies-procedures.html#a13>

13. APPEAL PROCESS

Appeals of Canada Basketball AAP nomination/re-nomination decision or of a Canada Basketball recommendation to withdraw carding may be pursued only through the Canada Basketball's review process, which includes an application to the Sport Dispute Resolution Centre of Canada (SDRCC). Appeals of AAP Decision made under Section 6 (Application for and Approval of Cards) or Section 11 (Withdrawal of Carding Status) may be pursued through Section 13 of the AAP Policies, Procedures and Guidelines

<https://www.canada.ca/en/canadian-heritage/services/funding/athlete-assistance/policies-procedures.html#a15>

14. LIST OF ABBREVIATIONS

AAP – Athlete Assistance Program
CADP – Canadian Anti-Doping Program
CB – Canada Basketball
CCES - Canadian Centre for Ethics in Sport
COC - Canadian Olympic Committee
DTE – Daily Training Environment
DE – Development carding
HPD – High-Performance Director
WHP – Women’s High-Performance
IOC – International Olympic Committee
IST – Integrated Support Staff
NSO – National Sport Organization
IF – International Federation
OSG – Olympic Summer Games
OTP – Own The Podium
SR1 – First year of International Criteria carding
SR2 – Second year of International Criteria carding
SR – Senior carding
SDRCC – Sport Dispute Resolution Centre of Canada
WADA – World Anti-Doping Agency
WC – World Cup

APPENDIX A

CANADA BASKETBALL WOMEN'S GMP EVALUATION CRITERIA

The collection of skills and attributes that underpin the performances of athletes capable of stepping onto the Olympic Podium and the metrics by which those skills and attributes are tracked over time.

The GMP is a tool that can be used in a range of player evaluation contexts. It provides a tool to evaluate new talent as well as evaluate current player performances. It also creates a comprehensive analysis framework to identify gaps in player performance.

When using the rubric to assess an athlete a minimum of 10 observations are required and the criteria should be applied to the athletes relative to their age-level competition.

TECHNICAL/TACTICAL

Performance Factor	Evidence	Rating	Subjective Descriptor
Score the ball (shooting and rim attacks)	FG%, 3PM, FT%	1	Stationary catch and shoot, limited accuracy when contested.
		3	Ability to move then shoot. Accuracy not consistent when contested.
		5	World-class shot accuracy. Ability to create a shot with movement or dribble. Same effectiveness when contested.
Creating	Fouls drawn, offensive rating, free throw rate, assists	1	Plays well in obvious advantages, inconsistent versus higher competition or in dynamic environments.
		3	Can start dominoes versus weaker competition and maintain against the best. Susceptible to bad decisions when trying to start dominoes against the best.
		5	World-class ability to start dominoes. Maintains composure and advantage against pressure and in crowds.

Rebounding	Rebounds, rebounding rate	1	Will rebound shots in area on both offence and defence, will protect defensive space against minimal effort.
		3	Consistent effort to rebound and protect defensive area when rebounding. Susceptible to high pressure on defensive glass. Offensively is inconsistent in rebounding responsibility.
		5	Ability to overcome crowds. Consistent effort to protect defensive glass against high pressure. Ability to rebound outside of their body.
Control	Turnover rate, turnover type	1	Control is evident in predictable situations and against weaker competition. Focused on primary option.
		3	Good control at speed, but susceptible to bad decisions versus pressure and help defence.
		5	World-class control at speed and against multiple defenders. Maintains composure and identifies options.
1v1 defence	Blow bys, defensive rating, +/-	1	Limited ability to contain opponents in 1v1 settings.
		3	1v1 defence that requires support versus secondary options on top teams.
		5	Ability to guard best offensive players 1v1.
Defensive decision making	Defensive rating, +/- , steals, blocks	1	Basic understanding of defensive principles but slow to position.
		3	Good, but inconsistent, positional play on defence. Limited ability to react to teammate decisions or unpredictable offence.
		5	Excellent understanding of defensive role and positioning. Ability to identify and react to teammate and opponent actions.

Offensive decision making	+/-, offensive rating, defensive rating	1	Able to react to limited changes in environment. Makes good decisions versus weaker opponents.
		3	Consistently makes good decisions according to positioning, game plan and opponent. Struggles against stronger teams and pressure.
		5	Automatically and quickly reacts to multiple factors to make good decisions according to game plan and opponent under pressure. Excellent pattern recognition and anticipation.

MENTAL PERFORMANCE

Performance Factor	Evidence	Rating	Subjective Descriptor
Consciousness (Fundamental)	Motivation, confidence, resilience	1	Lacks understanding or ability to apply the fundamental competencies of motivation, confidence, and resilience in their mental performance.
		3	Has understanding but application of the fundamental competencies of motivation, confidence, and resilience in their mental performance are impacted by external factors.
		5	Demonstrates and applies the fundamental competencies of motivation, confidence, and resilience in their mental performance under stress.
Composure (Self-regulation)	Self-awareness, stress, emotional and arousal control, attention	1	Limited self-awareness. External environment dictates athlete stress as well as emotional, arousal and attentional control.
		3	External factors or environment will dictate the athletes' self-awareness, stress management, emotion, arousal, and attentional control.
		5	Self-awareness, stress management, as well as emotion, arousal, and attentional control show as strengths in most challenging situations.
Connection (Interpersonal)	Athlete-coach relationship, leadership, teamwork, communication	1	Individual motivation and focus. Does not connect or contribute to the team development outside of their individual scope.
		3	Is part of the team; shares group values and contributes to team growth and purpose.
		5	Demonstrates positive mental health and creates safe, productive environments conducive to learning and team growth. Contributes to the greater cause.

PHYSICAL PERFORMANCE: NEXTGEN

Performance Factor	Evidence	Rating	Subjective Descriptor		
Aerobic capacity	Yo-Yo Intermittent Recovery Test #2; converted VO2max score (ml/kg/min-1)	1	Level 18.3 or lower 45-49		
		3	Level 20.6 or lower 50-54		
		5	Level 20.7 or greater ≥ 55		
Lower body strength	Isometric Mid-Thigh Pull; N/kg	1	24-27		
		3	27-29		
		5	≥ 30		
Lower body power	Squat Jump (Force Plates – cm)		SJ	CMJ	AJ
	Countermovement Jump (Force Plates – cm)	1	20	25	45
		3	25	30	50
	Approach Jump (Vertec - cm)	5	≥ 30	≥ 35	≥ 55
Upper body strength	Paced push-ups	1	10		
		3	15		
		5	≥ 20		
Speed	20m (sec)		G	F	C
		1	U17 3.45 U19 3.36	U17 3.50 U19 3.40	U17 3.60 U19 3.51
		3	U17 3.40 U19 3.30	U17 3.40 U19 3.35	U17 3.51 U19 3.45
		5	3.25	3.30	3.40
Height	Standing height (cm), wingspan		G	F	C
		1	U17 170 U19 175	U17 180 U19 189	U17 195 U19 200
		3	U17 172 U19 177	U17 182 U19 192	U17 197 U19 202
		5	U17 175 U19 180	U17 185 U19 195	U17 199 U19 205

PHYSICAL PERFORMANCE: SENIOR

Performance Factor	Evidence	Rating	Subjective Descriptor		
Aerobic capacity	Yo-Yo Intermittent Recovery Test #2; converted VO2max score (ml/kg/min-1)		G	F	C
		1	52.0	50.0	48.0
		3	55.0	52.0	49.0
		5	58.0	55.0	52.0
Lower body strength	Isometric Mid-Thigh Pull; N/kg	1	24-27		
		3	27-29		
		5	≥ 30		
Lower body power	Absolute Power – Squat Jump (force plates – cm) Elastic Power – Countermovement Jump (force plates – cm)		Guards		Forwards
		1	SJ 29 CMJ 33		SJ 27 CMJ 31
		3	SJ 36 CMJ 40		SJ 34 CMJ 38
		5	SJ 39 CMJ 45		SJ 37 CMJ 42
Upper body strength	Absolute strength (Chin ups – max #) Relative strength (1RM Bench Press relative to bodyweight)		G	F	C
		1	Chin-up 2 Bench 0.70	Chin-up 1 Bench 0.65	Chin-up 0 Bench 0.60
		3	Chin-up 4 Bench 0.75	Chin-up 2 Bench 0.73	Chin-up 1 Bench 0.70
		5	Chin-up 6 Bench 0.80	Chin-up 4 Bench 0.80	Chin-up 2 Bench 0.80
Speed	Max velocity (km/hr) Converted 20m sprint		Guards		Forwards
		1	22 km/hr 3.27s		20 km/hr 3.65s
		3	25 km/hr 2.90s		21 km/hr 3.46s
		5	26km/hr 2.80s		24hm/hr 3.00s
Height	Standing height (cm), wingspan		G	F	C
		1	178	190	200
		3	180	192	202
		5	183	195	205