

Open Gymnastics Challenge 2026

Host Club	Titans Gymnastics and Trampoline Club
Event Location	Titans Gymnastics and Trampoline Club 40 Broom Rd, Westphal, NS B2W 0J4
Website	Titans Gymnastics and Trampoline Gymnastics Nova Scotia
Date	Sunday June 28th, 2026
Contact	Sherry Watters gnsprograms@sportnovascotia.ca Lydia Doyle gnsstudent@sportnovascotia.ca
Event Information	
Purpose	<p>The Open Gymnastics Challenge is designed to celebrate gymnastics in an inclusive, supportive, and exciting environment. This event allows athletes of all backgrounds and experience levels to participate on any apparatus they wish, regardless of traditional discipline or gender divisions.</p> <p>Our goals are to:</p> <ul style="list-style-type: none"> • Promote clean and well-executed gymnastics • Encourage creativity, artistry, and skill exploration • Provide a fun opportunity to try new apparatus • Support participation across all genders and experience levels • Celebrate gymnastics as a shared sport for everyone • Create a positive and welcoming competition atmosphere
Categories/ Eligibility	<p>Athletes may register in one of the following age groups:</p> <ul style="list-style-type: none"> • Youth Division: Ages 10–12 • Open Division: Ages 13+ <p><i>(Age is determined as of December 31, 2026.)</i></p>

<h2>Fees and Registration</h2>	<table border="1" data-bbox="602 226 1287 342"> <thead> <tr> <th>Registration</th> <th>Opens</th> <th>Fees</th> </tr> </thead> <tbody> <tr> <td>Youth</td> <td>May 1st</td> <td>\$25</td> </tr> <tr> <td>Open</td> <td>May 1st</td> <td>\$25</td> </tr> </tbody> </table> <p>Registration closes June 12th, 2026.</p>	Registration	Opens	Fees	Youth	May 1 st	\$25	Open	May 1 st	\$25
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<h2>Competition Format</h2>	<p>This is a non-scored exhibition-style competition focused on participation, creativity, and performance rather than rankings.</p> <p>Athletes may choose to compete on any combination of the following apparatus:</p> <ul style="list-style-type: none"> • Floor Exercise • Pommel / Mushroom • Balance Beam • Rings • Vault • Parallel Bars • Uneven Bars • High Bar • Trampoline/DMT • Tumbling <p>Athletes may enter one event or up to four events.</p>									
<h2>Coach Eligibility</h2>	<p>All participating athletes must be supervised during the event by a registered coach.</p> <p>The supervising coach must hold NCCP certification at a level appropriate to the level of gymnastics and skills being performed by the athlete(s) they are supervising.</p> <p>Coaches are responsible for:</p> <ul style="list-style-type: none"> • Ensuring athletes only perform skills they can complete safely and competently • Providing active supervision during warm-up and competition • Following all club, provincial, and national safety policies • Assisting with athlete readiness and apparatus setup where required 									

	<ul style="list-style-type: none"> • Promoting respectful conduct and positive sportsmanship <p>The competition organizers reserve the right to restrict participation in any activity if appropriate qualified coaching supervision is not present.</p>
<p>Schedule</p>	<p>The Open Gymnastics Challenge will run from 10:00 AM to 12:00 PM.</p> <p>Tentative Event Schedule</p> <ul style="list-style-type: none"> • 9:30 AM – Athlete Check-In Opens • 10:00 AM – 10:20 AM General Warm-Up • 10:20 AM – 11:00 AM Apparatus Warm-Up <ul style="list-style-type: none"> ○ Open warm-up period on selected events under coach supervision • 11:00 AM – 11:55 AM Competition / Showcase Session • 11:55 AM – 12:00 PM Awards Presentation & Closing Remarks <p>A final rotation schedule and warm-up groups will be provided once registration numbers are confirmed.</p>
<p>Awards</p>	<p>Awards will be presented to recognize outstanding performances and participation.</p> <p>Examples include:</p> <ul style="list-style-type: none"> • Best Floor Routine • Best Vault • Best High Bar Routine • Best Beam Routine • Best Bars Routine • Most Creative Routine • Best New Skill Attempt • Best Presentation • Crowd Favourite • Rising Star Award • Spirit of Gymnastics Award <p>Additional awards may be presented at judges' discretion.</p> <p>All participants will receive a commemorative gift or participation award.</p>

Music	<p>Floor routines may be performed with or without music.</p> <p>Music submission details: Floor music must be emailed by June 20, 2026 in MP3 format.</p> <p>Coaches should bring a backup device.</p>
Admission	<p>Spectator admission: \$5</p> <p>Family and friends are encouraged to attend and support athletes.</p>
Venue	<p>Titans Gymnastics and Trampoline Club 40 Broom Rd, Westphal, NS B2W 0J4 Website: Titans Gymnastics and Trampoline Gymnastics Nova Scotia</p>
Parking	<p>Free on-site parking is available at the facility.</p>
Medical Services	<p>A certified first aid attendant will be present throughout the competition.</p>
Competition Guidelines	
General Competition Guidelines	<ul style="list-style-type: none"> • Routines should consist of 8 elements on each event. Supplementary A skills are permitted. • All skills performed must be recognized in the FIG Code of Points. • Repetition of identical skills is discouraged. • Extra swings are allowed on apparatus. • Additional safety or supplementary mats may be used on all events where appropriate. • All skills must be performed at a level appropriate to the athlete's training and under coach supervision.

<p>Event Specific Guidelines</p>	<p>Floor Exercise</p> <ul style="list-style-type: none"> • Maximum 90 seconds • Music optional • Tumbling, dance, strength, and creativity encouraged <p>Vault</p> <ul style="list-style-type: none"> • Standard vault table and training setups available • Mini tramp options may be permitted where safe <p>Pommel / Mushroom</p> <ul style="list-style-type: none"> • Mushroom available for developing athletes • Full horse available where appropriate <p>Balance Beam</p> <ul style="list-style-type: none"> • Standard beam height and training height options available <p>Bars (UB / PB / HB)</p> <ul style="list-style-type: none"> • Standard settings available • Adjustable settings where possible <p>Rings</p> <ul style="list-style-type: none"> • Open to athletes with prior training experience
<p>Spirit of the Event</p>	<p>This competition is about trying new things, celebrating gymnastics, and having fun. Whether you are performing your best event or attempting something completely new, we welcome your participation.</p>

