





Canadian Sport Institute Pacific and **BC Sport Cheer** Athlete and Coach Nomination Criteria

Criteria Approved: [06/25/2025]

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PURPOSE

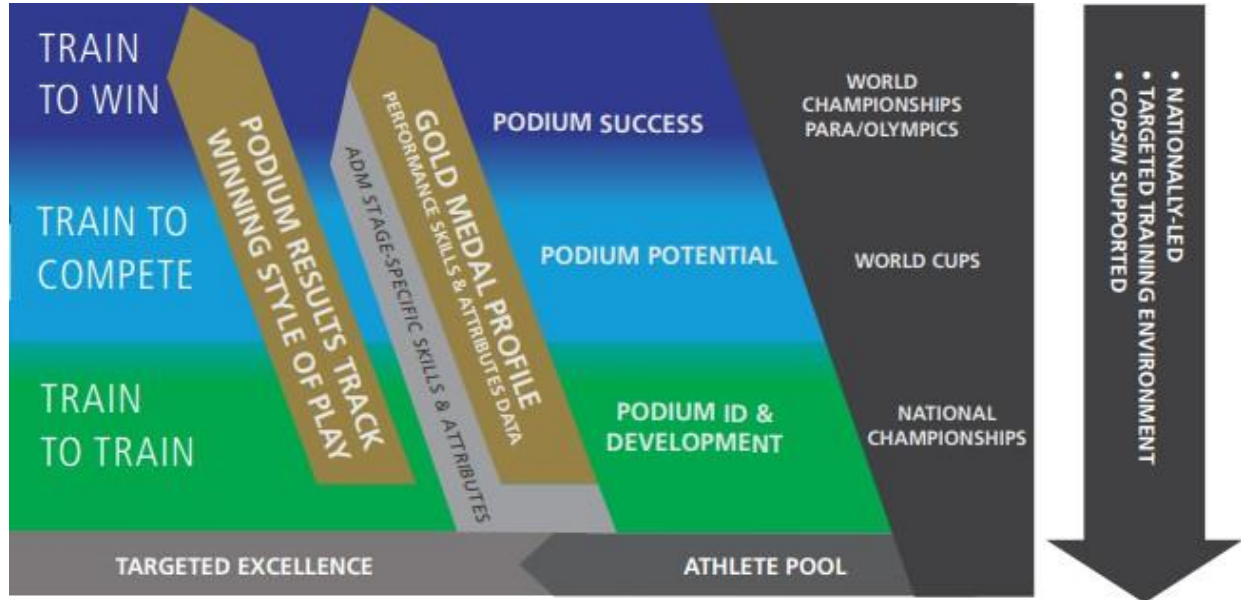
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and BC Sport Cheer, collaborates to deliver programs and services to place BC athletes¹ on national teams, and ensure athletes and coaches have every advantage to win medals for Canada. The partners work jointly to encourage sport excellence and increase podium performances in communities throughout BC.

This template provides a standardized process with which to identify athletes and coaches within BC Sport Cheer high performance program as well as athletes who are tracking against key development pathway metrics toward national teams. The levels within the targeted pathway seek to create a common standard across all sports; hence, the template must be used in its entirety. PSO/DSOs are able to adapt the template to suit their own purposes (e.g. branding, application process, etc.) provided all relevant information is contained within.

Canadian Sport Institute / PacificSport athlete and coach support for the Sport Canada AAP Carded nomination focuses on athletes and teams 0-4 years from the international podium, identified by the sport-specific Podium Pathway (Figure 1) and Gold Medal Profile. These athletes and teams represent the current generation of national team athletes who are carded by the NSO through Sport Canada’s Athlete Assistance Program.

Canadian Sport Institute / PacificSport athlete and coach support for the Canadian Development and Provincial Development nomination focuses on athletes and teams 5-12 years from the international podium, identified by the sport-specific Podium Pathway (Figure 1) and Gold Medal Profile. These athletes and teams represent both the next generation (5-8 years away) and future generations (9-12 years away) of Olympic and Paralympic or World Championship medallists.

Figure 1 – Podium Pathway (LTAD 3.0)



¹ A BC athlete is defined as an athlete born, developed, and/or trained/centralized (for a minimum of three (3) months in a twelve (12) month period) in British Columbia.

DETAILS

Through the above partnership, and with the above purpose in mind, BC Sport Cheer may nominate athletes and their coaches who meet specific criteria for Canadian Sport Institute Pacific / PacificSport athlete or coach enrollment. Upon completion of enrollment and onboarding, athletes and coaches can engage in enhanced programs, benefits, and selected support services through Canadian Sport Institute Pacific and the network of PacificSport regional centres in BC.

Canadian Sport Institute / PacificSport athlete support is divided into four levels based on performance, each with a slate of designated benefits. Please see Appendix A for an outline of BC Sport Cheer targeted athlete benefits, programs, and services as delivered through BC Sport Cheer.

Targeted athletes are nominated by BC Sport Cheer based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to [BC Sport Cheer Directors, hp@bc sportcheer.ca](mailto:hp@bc sportcheer.ca). As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward BC Sport Cheer high performance program benchmarks to remain targeted. BCSC and the Canadian Sport Institute technical lead working with BC Sport Cheer have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / BC Sport Cheer targeting runs **June 1st to May 31st** annually, and athletes are selected based on performances from the previous 12 months. Athletes who meet criteria throughout the annual nomination cycle may be added to the **BC Sport Cheer** targeted athlete list, on a case by case basis, by contacting the BC Sport Cheer All Star Director.

ATHLETE/COACH ENROLLMENT

Once the athlete or coach is nominated, they will be notified by BC Sport Cheer and will be provided with information on how to enroll. All athletes and coaches must enroll with Canadian Sport Institute / Pacific Sport in order to receive athlete or coach supports and benefits.

CORE CRITERIA

1. For PSO/DSO nominations, athletes must be considered in good standing at the discretion of the PSO/DSO with BC Sport Cheer as a competitive athlete and meet the definition of a BC athlete.
2. All athletes nominated should have a designated, certified coach who is responsible for planned programming. The designated coach(es) must be identified in Appendix D.
3. Athletes who fail to meet targeting criteria due to injury or absence, may remain on BC Sport Cheer's nomination list at the discretion of the PSO/DSO when:
 - a. There is an expectation the athlete in question would have met criteria if no injury or absence had occurred **AND**;
 - b. The athlete in question was nominated by BC Sport Cheer in the previous 12 months.
 - c. There is an agreed timeline on the return to play process

LEVEL-SPECIFIC CRITERIA

Please note both the Canadian Sport Institute criteria and the BC Sport Cheer sport-specific criteria:

Sport Canada AAP Carded

Canadian Sport Institute Criteria:

- Athletes who appear on the Sport Canada AAP Carding List and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway.
 - It is the responsibility of BC Sport Cheer to consult with the NSO, identifying and nominating any Sport Canada AAP Carded athletes in the province of British Columbia.

Canadian Development

Canadian Sport Institute Criteria:

- Athletes who compete on the senior national team in eligible events, but do not receive Sport Canada AAP funding, and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway **OR**;
- Athletes who are in the HP Athlete Development (L2W/T2W) stage of the Podium Pathway (including Gold Medal Profile) and verified by the NSO. If the NSO does not have an approved Podium Pathway, the following criteria will be used:
 - Athletes who have been targeted as “NextGen” defined as the expectation to be selected to the senior national team in eligible events **within 12 months** and verified by the NSO.
 - Evidence to be provided by PSO/DSO in order to confirm nomination.

Provincial Development Level 1

Canadian Sport Institute Criteria:

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward the HP Athlete Development stage according to the NSO-specific Podium Pathway and Gold Medal Profile. If the NSO does not have an approved Podium Pathway, the athlete must be tracking toward Canadian Development and meet the criteria below:
 - Meet specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile)

AND;

 - Athletes at this level are anticipated to convert to national team program as a Canadian Development or Podium athlete should they wish to compete at the ICU World Championships within a maximum duration of five years (combined Provincial Development Level One and Two) * to be reviewed within the next 12 months.

AND;

 - Competed at the appropriate² age group or junior world championships in an eligible event (or equivalent international developmental event) in the previous 12 months **OR**;
 - Won a medal in an eligible event at their sport-specific national senior/open, appropriate² age group or junior championships (or equivalent level of performance standard) in the previous 12 months.
 - Evidence to be provided by PSO/DSO in order to confirm nomination.

Provincial Development Level 2

Canadian Sport Institute Criteria:

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward Provincial Development One according to the NSO-specific Podium Pathway and Gold Medal profile. If the NSO does not have an approved Podium Pathway, the athlete must meet the criteria below:
 - Meet specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile) **AND**;
 - Athletes at this level are anticipated to convert to national team program as a Canadian Development or Podium athlete should they wish to compete at the ICU World Championships within a maximum duration of five years (combined Provincial Development Level One and Two) * to be reviewed within the next 12 months. **AND**;
 - Evidence to be provided by PSO/DSO in order to confirm nomination.
 - Competed in an eligible event at the appropriate² age group national championships (or equivalent level of performance standard) in the previous 12 months, **OR**;
 - Won a medal in an eligible event at their appropriate² age group provincial championships in the previous 12 months,

² Definition of appropriate is based on a number of factors such as peak development age, average age of National Team, sport's competition schedule, and logical pathway progression. Final determination will be made by CSI Pacific.

Coach Nomination

Canadian Sport Institute Criteria:

Coaches are nominated when they are the coach of an athlete who achieves designated criteria. The PSO/DSO may nominate up to two coaches per athlete in cases where both the Provincial/National coach and a personal coach have a significant impact on the athlete's training program. While not required, it is highly recommended that PSO/DSO nominated coaches meet at least one of the following criteria:

- Be the lead person designing and implementing an annual training program for the athlete.
- Be designated as Provincial or Regional coach by the PSO/DSO.
- Be designated as a National Development / Senior National coach by the NSO.
- Be designated as athlete's coach of record based on sport-specific criteria below.
- Evidence to be provided by PSO/DSO in order to confirm nomination.

BC Sport Cheer Criteria

Canadian Development 1.0

BC Sport Cheer Sport-Specific Criteria

- 1.1 Athletes who are rostered on the [Premier All-Girl](#) or [Premier Coed](#) National Team at the ICU World Championship within the previous 12 months

AND

- 1.2 Competed at the BC Provincial Championships in the previous 12 months* and ranked top 3 in their division
- 1.3 Meet the criteria in **Appendix B**

Provincial Development Level 1 2.0

BC Sport Cheer Sport-Specific Criteria:

- 2.1 Competed at the BC Provincial Championships in the previous 12 months* and ranked top 3 in their division

AND

- 2.2 Meet the criteria in **Appendix B**

AND

- 2.3 Selected to the [National Team Academy](#) in the previous 12 months
- 2.4 ICU Junior World Championships or ICU University World Championship in Premier in the previous 12 months

OR

- 2.5 Competed at the IASF World Championships Premier in the previous 12 months

Provincial Development Level 2 3.0

BC Sport Cheer Sport-Specific Criteria:

- 3.1 Competed at the BC Provincial Championships in the previous 12 months* and ranked top 5 in their division

AND

- 3.2 Meet the criteria in **Appendix C**

AND

- 3.3 Selected to the [National Team Training Program](#) in the previous 12 months

OR

- 3.4 Competed at the IASF World Championships in the previous 12 months

Coach Nomination

BC Sport Cheer Sport-Specific Criteria:

- Valid certification in BC Sport Cheer for Level 6 or higher
- Completed Commit 2 Kids
- Completed Respect in Sport for Activity Leaders
- Valid First Aid & CPR
- Clear Criminal Record Check in the last 2 years

APPENDIX A – Sport-Specific Benefits, Programs, and Services

BC Sport Cheer Targeted Athlete/Coach Benefits, Programs, and Services

Podium / Canadian Elite (Sport Canada AAP Carded) & Canadian Development

- Financial support eligibility for transportation costs to national training camps
- The opportunity to attend a BC Sport Cheer high performance training camp
- Sport eligibility for External Sport Credit –Athlete 12 (currently pending review)
- Support from Provincial Team coaches with respect to annual training plans (if required)

Provincial Development Level 1 & 2

- The opportunity to attend a BC Sport Cheer high performance training camp
- Sport eligibility for External Sport Credit – Athlete 11 (currently pending review)
- Support from Provincial Team coaches with respect to annual training plans (if required)

Progression Pathways

BC Sport Cheer acknowledges there are multiple pathways to becoming a high-performance athlete. The skills chosen in Appendix B and C are in line with BC's Long Term Development plan (available on the [BC Sport Cheer website](#)) and the progression towards skills to being selected on Team Canada's Senior National Team.

The criteria will be individual in nature, therefore, it is possible for athletes to be the only athlete eligible in their local training facility. If an athlete's local facility does not offer competition opportunities at IASF, that athlete is encouraged to continue individualized training and try-out for Team Canada Academy.

APPENDIX B- Sport Specific Athlete Criteria P1

Group Stunt Skills Requirement (P1) - Level 7

Athletes will be required to perform all skills within a base group (of 4). All basket requirements can add a front spot of their choice. All basket and stunt sequence skills must be performed. For additional requirements, athletes may select the tumbling OR the stunting skills (not a combination of both).

Basket	Stunt Sequence	Additional Requirements
1. 1 basket with flipping (Tuck, Layout, Front Flip, Arabian, Xout) 2. 1 basket with flipping and twisting (1 full twist- full basket, Xout full, double, Arabian Full, Arabian 1 ½,)	1. One FULL TWISTING INVERSION: - BHS Full Up OR - Cartwheel Full Up OR, - FHS 1.5 OR - Other full twisting inversions from prep level to extended level* With: a backward flipping dismount 2. Roundoff Rewind to extension, Front Flipping Dismount 3. Free Released 360 Switch Up to Body Position 4. Extended hand in hand pop through to extension, pop down *Inversion must be level 7	1. Jump Tuck, and 2 to Layout (minimum) 2. Specialty pass to a full or double OR 1. Rewind to body position, back layout half dismount 2. 1 ½ Twisting transition to extended Liberty (from prep level or above)

Coed Style Skills Requirement (P1)- Level 7

Athletes will be required to perform all skills within a group of (3). All basket requirements can add an additional base and front spot of their choice. All basket and stunt sequence skills must be performed. For additional requirements, athletes may select the tumbling OR the stunting skills. Please see the FAQ's document regarding use of spotters.

Basket	Stunt Sequence	Additional Requirements
<p>1. 1 basket with flipping (Tuck, Layout, Front Flip, Arabian, Xout)</p> <p>2. 1 basket with flipping and twisting (1 full twist- full basket, Xout full, double, Arabian Full, Arabian 1 ½,)</p>	<p>1. One FULL TWISTING INVERSION:</p> <ul style="list-style-type: none"> - BHS Full Up OR - Cartwheel Full Up OR, - FHS 1.5 OR - Other full twisting inversion from prep level to extended level* <p>With: a backward flipping dismount</p> <p>2. Roundoff Rewind to extension, Front Flipping Dismount</p> <p>3. Toss full up, pop down</p> <p>4. Extended hand in hand pop through to extension, pop down</p> <p>*Inversion must be level 7</p>	<p>1. Jump Tuck, and 2 to Layout (minimum)</p> <p>2. Specialty pass to a full or double</p> <p>OR</p> <p>1. Rewind to body position, back layout half dismount</p> <p>2. Extended Full Around</p>

APPENDIX C - Sport Specific Athlete Criteria P2**Group Stunt Skills Requirement (P2)- Level 6**

Athletes will be required to perform all skills within a base group (of 4). All basket requirements can add a front spot of their choice. All basket and stunt sequence skills must be performed. For additional requirements, athletes may select the tumbling OR the stunting skills (not a combination of both).

Basket	Stunt Sequence	Additional Requirements
1. Kick Double, Hit ch or Switch Kick Double Basket	<ol style="list-style-type: none"> 1. BHS up to body position OR FHS ½ to body position, with a level 5 or 6 dismount of your choice 2. Rewind to Extended Level- pop down 3. Free Released 360 Switch up to liberty 4. Prep level hand in hand, pop through to extended body position 	<ol style="list-style-type: none"> 1. Jump Tuck, and 2 to Layout (minimum) 2. Specialty pass to a full or double <p style="text-align: center;">OR</p> <ol style="list-style-type: none"> 1. 1 ½ twisting transition to extended Liberty (from prep level or above) 2. High to High body to body position with a double down dismount

Coed Style Stunt Skills Requirements- (P2)- Level 6

Athletes will be required to perform all skills within a group of (3). All basket requirements can add an additional base and front spot of their choice. All basket and stunt sequence skills must be performed. For additional requirements, athletes may select the tumbling OR the stunting skills. Please see the FAQ's document regarding use of spotters.

Basket	Stunt Sequence	Additional Requirements
1. Kick Double, Hit ch or Switch Kick Double Basket	1. BHS up to body position OR FHS ½ to body position, with a level 5 or 6 dismount of your choice 2. Rewind to Extended Level, pop down 3. Toss cupee (toss unassisted), pop down 4. Prep Level Hand in Hand, pop through to prep level or above	1. Jump Tuck, and 2 to Layout (minimum) 2. Specialty pass to a full or double OR 1. Rewind to liberty 2. Hands Full Around to Extended Level 3. Toss liberty, body position double down