



## 2016 BC Games Gymnastics Technical Package

As of April 16, 2105

**Venue:** Okanagan College, Penticton

**Date:** February 26-28, 2016

### 1. Delegation

#### Athletes

A maximum of 96 athletes will be permitted to attend the Games. Each zone is permitted to bring:

- 3 WAG athletes – JO Level 7
  - 3 WAG athletes – JO Level 8
  - 4 MAG athletes – Level 3 rules
  - Wildcards – 8 WAG wildcards, 8 MAG wildcards
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- All athletes must be registered with Gymnastics BC as competitive members.
  - For the BC Games, athletes must be registered in the zone where they reside (not the zone their club is in). It is up to each club to ensure that their athletes are registered correctly for trials.
  - At the zone trials, athletes must compete in the category that they want to qualify for BC Games.
  - Zones that do not have more than the maximum number of athletes in a given category are not required to have trials. For example, if a zone has only three age-eligible boys, they are encouraged to organize a trial for the boys but it is not mandatory.
  - **Wildcards:** If a zone has athletes eligible to be named as wildcards, they MUST be registered in the BC Games database at the same time as other zone team members.

#### Coaches/Managers

A total of 24 coaches / managers will accompany teams.

- 1 coach / manager – WAG JO Level 7
  - 1 coach / manager – WAG JO Level 8
  - 1 coach / manager – MAG
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- Each zone must determine before its trial the selection process for team coaches.
  - All coaches must be NCCP Level 2.
  - If a zone has male and female athletes, it must send at least one male and one female coach or chaperone. The coaches / chaperones are responsible for chaperoning athletes of the same gender, regardless of the category.
  - An unlimited number of (registered) coaches is allowed on the floor during warm up. Only two coaches per zone once competition starts (tag coaching is allowed).
  - **Extra coaches:** Zones must register their coaches, managers and chaperones in ranked order in the BC Games database. If extra spots become available, only those individuals registered in the BC Games database can be considered. Priority will be given to zones that have been granted wildcard spots. It is up to the zones to request extra spots.

## 2. Women's artistic gymnastics

### Eligibility

Age: Athletes born 2001 - 2006

Competition format: Team and All Around competition (Day 1); Apparatus Finals (Day 2)

- All age eligible athletes registered as competitive members in the JO Level 5 to Level 8
- All age eligible athletes registered as competitive members in the Canadian Pre-Novice
- Athletes can compete at the zone trials and at the BC Games without affecting their category for the remainder of the year, with the following exception. If an athlete plans to compete at BC Championships in JO level 8 or CPN Elite, the athlete must compete at trials and at BC Games in JO Level 8. Athletes registered at the Games in JO Level 7 will not be allowed to compete at BC Champs in either JO Level 8 or CPN Elite.
- Athletes that competed in previous Games in the CPP-P3 category are eligible to attend a second BC Games in the JO Level 8 category.
  - **Wildcards:** 8 wildcards are available for WAG. Priority will be given to JO Level 8 athletes. Wildcards will be allocated by comparing the All Around scores of JO Level 8 athletes who have qualified as a zone team member. If a zone has athletes eligible to be named as wildcards, they MUST register these athletes in the BC Games Database at the same time as other zone team members.

### Day 1 – Team competition and All Around competition

- All Around: All athletes compete in their respective category (JO Level 7 or JO Level 8), including wildcards.
- Team: the top 4 scores on apparatus to count towards the team total.
- Apparatus at FIG height.
- Zone teams will be split into two subdivisions for the team competition.
- Competition order will be determined by the host.

### Day 2 – Apparatus Finals

- Top eight athletes on each apparatus according to day 1 ranking
- Up to two additional athletes on each apparatus for zone representation:

To ensure participation of all athletes in the apparatus finals, two additional gymnasts may compete on one apparatus for which they have not qualified in top eight. This is done to ensure all athletes compete on at least one apparatus on day 2 (unless ill or injured).

The coach of these athletes will be consulted to determine each athlete's best or second best event to compete in finals. The GBC master scorer (or representative) and provincial advisor are in charge of determining finalists on each apparatus.

### Zones that do not have athletes registered in JO Level 8 or higher category

To assist our outlying zones that do not have age-eligible Level 8 athletes, BC Games has accepted the following change in the rules: if a zone does not have enough age-eligible Level 8 athletes registered to fill its three member team (i.e. if between all clubs within a zone there are not three age eligible athletes registered in the L8 category):

- The zone will be able to register up to three additional athletes in the JO Level 7 category. Zones will need to request permission from the provincial advisor.
- The provincial advisor will review the circumstances and notify them of approval. Example: A zone has in total one athlete in L8 and five athletes in L7. The zone could name their L8 athlete to the team and request that two additional L7 athletes be allowed to compete in the L7 category.

### 3. Men's artistic gymnastics

#### Eligibility

Age: Athletes born 2001 - 2006  
Competition format: Team and All Around (Day 1) and Apparatus Final (Day 2)  
Competition rules: Canadian Levels Program, Level 3

- All age eligible athletes registered as a competitive member in the Canadian Levels or HP programs.
  - Athletes can compete at the zone trials and at the BC Games without affecting their category for the remainder of the year.
  - Athletes may not attend more than one Games. However, permission may be granted by the provincial advisor and BC Games Society to some zones if they have a limited number of athletes.
- **Wildcards:** Eight wildcards are available for MAG. Wildcards will be allocated by comparing the all around scores at the trial event of athletes who have not qualified for their zone team
- If a zone has eligible athletes to be named as wildcards, these athletes MUST be registered in the BC Games database at the same time as other zone team members.

#### Day 1 – Team and All Around competition

- Four athletes to compete on each event
- Top three scores on each event to count towards the team total

#### Day 2 – Apparatus Finals

- Top eight athletes on each apparatus according to day 1 ranking
- Up to two additional athletes on each apparatus for zone representation:

To ensure participation of all athletes in the apparatus finals, two additional gymnasts may compete on one apparatus for which they have not qualified in top eight. This is done to ensure all athletes compete on at least one apparatus on day 2 (unless ill or injured).

The coach of these athletes will be consulted to determine each athlete's best or second best event to compete in finals. The GBC master scorer (or representative) and provincial advisor are in charge of determining finalists on each apparatus.

### 4. Awards

The minus-one rule will be implemented (for all BC Games sports). This means that where there are four or more competitors or teams, bronze, silver and gold medals will be awarded; when there are three competitors or teams, silver and gold medals will be awarded.

Team Awards:	BC Games medals (Gold, Silver, Bronze)
All Around and Apparatus Finals:	BC Games medals (Gold, Silver, Bronze), and GBC ribbons (4th to 6th positions)

### 5. Uniforms

For the team competition, all athletes from a zone, including wildcards must wear the same bodysuit / singlet, shorts and longs. Deductions for teams wearing non-identical uniforms will be applied. The suits (bodysuit, singlet, shorts and longs) need not be zone colours. It is the responsibility of each zone to determine their zone's uniform.

Tracksuits need not be identical. Zone uniforms must be worn for both days of the competitions, For award ceremonies, athletes must wear their zone uniform.

## **6. Accommodation and travel**

All coaches, managers, chaperones and athletes are required to travel on BC Winter Games transportation and stay in BC Games accommodations.

## **7. Zone trials**

Athletes must register for trials in the zone where they reside (not the zone of the club where they are training). It is up to each club to ensure that their athletes are registered in the appropriate zone. It is each zone's responsibility to ensure a fair process for selection of athletes and coaches.

All zone trials must be completed by January 10, 2016. Zones will need to submit their team members (athletes, coaches, managers and chaperones) and possible wildcards and extra coaches (listed in ranked order) to GBC by January 11, 2016.

Registration must be received by the BC Games office no later than 4 p.m. on January 18, 2016. Late entries will not be accepted.

## **8. Officials**

Transportation, accommodation and meals arranged by the host community will be provided for 22 officials / delegates. Officials may be required to use BC Games transportation and accommodation.

All officials under the age of 19, residing in School District #67, are required to stay in Games accommodation.

## 9. GBC staff and Provincial Advisor

Any questions should be directed to either the Provincial Advisor or at the GBC High Performance and Technical Director.

Provincial Advisor: Michelle Ricks – (250) 417-5716  
[mgricks@telus.net](mailto:mgricks@telus.net)

Assistant Provincial Advisor: Garry Ricks – (250) 417-5715  
[mgricks@telus.net](mailto:mgricks@telus.net)

GBC Technical Director: Andrée Montreuil – (604) 333-3491  
[amontreuil@gymbc.org](mailto:amontreuil@gymbc.org)

## 10. Zone Representatives

The list of Zone Reps will be circulated shortly.

## 2016 BC Games – Draft Schedule

### Friday, February 26, 2016

#### **Session 1: WAG – Team and All Around competition**

Warm up Format: *General warm-up – 20 minutes. Athletes are not authorized on the apparatus during the general warm-up. Only light tumbling (beam type elements) are allowed on the floor. See the GBC warm-up procedure, attached, for more information.*

#### **Subdivision 1: TBD in 2016**

*5 rotations of 5/6 gymnasts; warm-up: 90 sec per athlete)*

Coaches meeting	8:05
General warm-up	8:10– 8:30
Judges meeting	8:00
March-in and competition	8:35
End of competition	11:00

#### **Subdivision 2: TBD in 2016**

*5 rotations of 6 gymnasts; warm up: 90 sec per athlete*

Coaches meeting	11:15
General warm-up	11:20 – 11:40
March-in and competition	11:45
End of competition	14:00
<b>WAG Medal Presentation</b>	<b>14:10</b>
<b>(Team, All Around Level 7 and All Around Level 8)</b>	

#### **Session 2: MAG – Team and All Around competition**

Warm up format: *Open warm-up – 90 minutes*

Competition *Three events simultaneously, floor, pommel horse and rings (all athletes compete three events), then vault, parallel bars, high Bar*

Coaches Meeting	15:00
Warm-up	15:00 – 16:25
Judges Meeting	16:00
March in and competition	16:30
End of competition	19:00
<b>MAG Team and All Around Medal Presentations</b>	<b>19:05</b>

**Saturday, February 27, 2016**

**Session 4: WAG – JO Level 7 and Level 8 – Apparatus Finals Uneven Bars and Beam**

Format: *General warm-up – 20 minutes. Athletes are not authorized on the apparatus during the general warm-up. Only light tumbling (beam type elements) are allowed on the floor. See the GBC warm-up procedure, attached, for more information (1 min per athlete)*

Coaches meeting	9:40
Judge meeting	9:40
General warm-up	9:30 – 9:50
March-in and competition	10:00
End of competition	11:00
<b>WAG Uneven Bars and Beam Medal Presentations</b>	<b>11:05</b>

**Session 5: WAG – JO Level 7 and Level 8 – Apparatus Finals Vault and Floor  
MAG – Apparatus Finals (1 event at a time)**

MAG: *90 min warm-up. The floor will not be available for warm-up as of 12:30 when WAG will start their general warm-up*

WAG: *20 min warm-up. The floor will not be available for warm-up as of 12:30 when WAG will start their general warm-up*

MAG Coaches meeting	12:00
MAG General warm-up	12:00 – 13:30
WAG General warm-up	13:10 – 13:30
MAG/WAG Judges meeting	13:00
March-in and competition	13:35
End of competition	15:45

*MAG and WAG will rotate independently.*

*Rotation 1: WAG L8 Vault – MAG FX*

*Rotation 2: WAG L8 FX – Level 7 Vault – MAG PH*

*Rotation 3: WAG L7 FX – MAG Rings*

*Rotation 4: MAG Vault*

*Rotation 5: MAG PB*

*Rotation 6: MAG HB*

**JO Level 7 and Level 8 Apparatus Final and MAG Apparatus Final Medal Presentations 15:50**