

2016 Artistic Gymnastics BC Championships



Langley Events Centre

Langley, BC
April 15-17, 2016
Workplan #1

Gymnastics BC
play | perform | progress



HOST CLUB

Flip City Gymnastics
#101-7888 200th Street
Langley, BC
www.flipcitygym.com

Flip City Gymnastics Contact:
Andrea Hobot
andrea.hobot@gmail.com

GYMNASTICS BC

GYMNASTICS BC
268-828 West 8th Avenue
Vancouver, BC V5Z 1E2
(B) 604-333-3496
(F) 604-333-3499
info@gymbc.org
www.gymbc.org

Chantelle Judd
Administrative & Events Coordinator
cjudd@gymbc.org
604-333-3495

Andrée Montreuil
Technical Director
amontreuil@gymbc.org
604-333-3491

WEBSITE

<http://www.gymbc.org/events/events/post/501>

Event Information

COMPETITION DATE

April 15-17, 2016

VENUE

Langley Events Centre
#101-7888 200th Street
Langley, BC
V2Y 3J2

To find out more- Visit the website to view the facilities www.langleyeventscentre.com

FEES

	Athlete	Coach
On or before March 16	\$95	\$10
March 17-20	\$105	\$20
March 21-25	\$190	\$20
Absolutely no entries will be accepted after March 25, 2016		

REGISTRATION

Registration Deadlines

March 1, 2016	Deadline to make changes to an athlete's category with Gymnastics BC (WAG/MAG).
March 16, 2016	Registration deadline for all categories. Levels 5 and 6: all Zones should have selected their team by Sunday March 13, 2016.
March 20, 2016	Late registration deadline (Any registrations received after March 16, 2016 may be refused at Gymnastics BC's discretion if categories are full. Absolutely no registrations will be accepted after March 25, 2016).

The 2016 Artistic Gymnastics BC Championships registration is available to GBC member clubs on the Gymnastics BC website **after January 27, 2016**. All clubs registering athletes must complete the Excel registration form and email to info@gymbc.org. Hard copies or other formats will not be accepted.

Please ensure that the birth year entered for each athlete is correct, as this will determine in which age group athletes will be competing. Additionally, please do **NOT complete in All CAPITALS**.

Registration forms may be e-mailed to the office with a copy of the cheque faxed. **Full payment must be received within seven days of the March 16, 2016 deadline** to be considered on-time.

Gymnastics BC will only accept one payment from the club, not cheques from individual members.

Failing to register a coach who is on the floor will result in a \$65 fee charged to the club where the coach is employed.

REFUNDS AND WITHDRAWALS

Refunds will only be issued, provided that a medical certificate and the request for refund are submitted to Gymnastics BC by 4:30 p.m. on Thursday, April 14, 2016. A \$10 administration fee will be withheld for those withdrawing from the competition after March 14, 2016.

ATHLETE ELIGIBILITY

All athletes registering for the 2016 Artistic Gymnastics BC Championships will be verified by Gymnastics BC. Any athlete who is not registered properly (i.e. not in the correct category, registered as interclub or recreational, etc.) will be subject to a \$200 fine and may be ruled ineligible for the championships.

As indicated in the GBC Policies and Procedures Manual, a club is not allowed to change the category of an athlete after March 1, 2016. It is the club's responsibility to ensure that all athletes are registered in the appropriate category by that date. If you have any questions regarding your athletes and their categories, please contact Brittany Cawson (bcawson@gymbc.org) prior to the deadline.

WAG Athlete eligibility will also be checked following participation at the 2016 BC Games. Female athletes who competed in Level 8 at BC Games are not allowed to move up or down for BC Champs. They may return to Aspire 2. Athletes who competed in Level 7 at BC Games can only register for BC Champs in Levels 5, 6, 7 or Aspire 1.

COACH ELIGIBILITY

Minimum NCCP
requirements

NCCP Certification

All artistic coaches must have the appropriate NCCP certification to be on the field of play as per the GBC Policies and Procedures as well as successful completion of the Respect in Sport (RiS) program. Coaching certification and RiS completion will be verified by Gymnastics BC for all coaches registered for the competition. Coaches with inadequate certification will be contacted to advise them of the situation.

Any coach with missing certification who is found to be coaching on the floor during the event, will be subject to a \$200 fine.

Coaches not meeting the minimum level of certification may apply for a one-time exemption. The exemption will be granted until the next applicable NCCP course(s) is/are offered. All Exemption Requests must be submitted online at: www.gymbc.org/Request-nccp-exemption

Minimum certification requirements:

MAG Provincial Level 1-2	NCCP Gymnastics Foundations trained plus Level 2 technical and Respect in Sport
MAG Provincial Level 3-4 WAG JO Levels 5-8, Aspire	NCCP Level 2 certified and Respect in Sport
MAG Provincial Level 5, Open, Elite WAG JO Levels 9-10, HP	NCCP Level 3 certified and Respect in Sport

ACCOMMODATION

Sandman Signature Hotel Langley

8828 201st Street, Langley, BC

(B) 604-455-7263 (F) 604-881-0225

Group Reference: Flip City Invitational Group#100806

Signature Standard Queen	2 Queen Beds	\$124 (+tax)
Signature King Room	1 King Bed	\$124 (+tax)
Signature Family Suite	1 King Bed / Bunk Beds	\$143 (+ tax)

Sandman Hotel Langley
8855 202 Street, Langley, BC
(P) 604-888-7263 (F) 604-888-7271
Toll Free 1-800-Sandman (726-3626)
Group Reference: Flip City Invitational Group #323159

Standard Queen	1 Queen Bed	\$94 (+tax)
Standard Twin	2 Double Beds	\$99 (+tax)
Standard King	1 King Bed	\$94 (+tax)

Rooms have been blocked at Sandman Hotel Langley. To secure the preferred rate, book **before April 1, 2016.**

PARKING

The Langley Events Centre has 1,496 free parking stall available.

COMPETITION INFORMATION

Men's Artistic Gymnastics

CATEGORIES	Provincial 1 to 5, National Open, Elite 3, 4, Novice, Junior and Senior athletes																													
EVENT SUMMARY	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%;">Category</th> <th style="width: 30%;">Age</th> <th style="width: 40%;">Individual Awards</th> </tr> </thead> <tbody> <tr> <td>Provincial 1</td> <td>(7+)</td> <td>Ribbons for each apparatus AA medal; Certificate</td> </tr> <tr> <td>Provincial 2</td> <td>10 & under, 11-12</td> <td rowspan="9" style="text-align: center; vertical-align: middle;"> Plaque: AA Champion Medals 1-3 Ribbons 4-6 </td> </tr> <tr> <td>Provincial 3</td> <td>Under 13, 13+</td> </tr> <tr> <td>Provincial 4</td> <td>Under 13, 13+</td> </tr> <tr> <td>Provincial 5</td> <td>13-15</td> </tr> <tr> <td>National Open</td> <td>15+</td> </tr> <tr> <td>Elite 3</td> <td>9-10</td> </tr> <tr> <td>Elite 4</td> <td>11-12</td> </tr> <tr> <td>Novice</td> <td>13-14</td> </tr> <tr> <td>Junior</td> <td>Under 18</td> </tr> <tr> <td>Senior</td> <td>18+</td> </tr> </tbody> </table>			Category	Age	Individual Awards	Provincial 1	(7+)	Ribbons for each apparatus AA medal; Certificate	Provincial 2	10 & under, 11-12	Plaque: AA Champion Medals 1-3 Ribbons 4-6	Provincial 3	Under 13, 13+	Provincial 4	Under 13, 13+	Provincial 5	13-15	National Open	15+	Elite 3	9-10	Elite 4	11-12	Novice	13-14	Junior	Under 18	Senior	18+
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Elite 4	11-12																													
Novice	13-14																													
Junior	Under 18																													
Senior	18+																													
COMPETITION AGE CALCULATION	The GCG Provincial or Elite pathways documents can be found on the GCG website: http://www.gymcan.org/site/view_doc.php?cat=2&subcat=5																													
TRIALS	This event is trials for the 2016 Canadian Championships for the following categories: National Open, Novice, Junior and Senior.																													
WARM-UP FORMAT	For all categories using the 30 minute general warm up format, athletes will not be allowed on the apparatus during warm up. This policy will be enforced. For all categories using the 90 minute open warm up format, gymnasts should be prepared to complete their floor warm up within the first hour of the warm up times.																													
AWARDS	There are no tie breaking rules in effect. If two athletes are tied in second place, they will both receive silver medals and no bronze medal will be awarded.																													
COMPETITION ATTIRE (COACHES)	Coaches must dress according to the GCG Guidelines. <ul style="list-style-type: none"> Appropriate training suit, excluding hats, shorts, midriff tops, ripped or torn clothing or similar Top: t-shirt, polo shirt or training jacket; Bottom: full length pants are required (NO shorts) Appropriate indoor sport footwear 																													
EQUIPMENT	Equipment in the training and competition gyms will be SA Sport. Clubs may NOT bring any additional pieces of equipment.																													
JUDGES	Gymnastics BC will only fund those attending in a judging capacity. Judges assigned at the Championships (or at any other meet) must be registered as judges with Gymnastics BC.																													

COMPETITION INFORMATION

Women's Artistic Gymnastics

CATEGORIES

- JO Level 5 (zone teams only)
- JO Level 6 (zone teams only)
- JO Levels 7, 8, 9 and 10
- Aspire 1 and 2
- HP Novice, Junior and Senior

Athletes registered in the JO categories will be grouped by birth years, up to a maximum of 36 athletes in one give level/birth year. Athletes registered in level / birth year with few participants will be grouped.

Coaches are reminded that attendance at the 2016 Artistic Gymnastics BC Championships for all HP athletes is mandatory. HP athletes who do not compete must be available for other activities such as award presentations. Clubs must request in writing to the WTC that athletes be exempt.

TRIALS

This event is trials for the 2016 Canadian Championships and Western Canadian Championships for the Levels 8, 9 and 10.

JO LEVELS 5 + 6 QUALIFICATION

Level 5: Athletes born 2009 or before. Zone team of a maximum of 6 athletes. It is up to each Zone to determine what age groups they will prioritize. Additional athletes will be invited as wildcards to a maximum of 48 athletes in L5.

Level 6: Athletes born in 2009 or before. Zone team of a maximum of 20 athletes. It is up to each Zone to determine what age groups they will prioritize. Additional athletes will be invited as wildcards to a maximum of 180 athletes in L6.

L5 and L6 uniform: it is NOT mandatory for zone teams to wear identical bodysuits or tracksuit. It is recommended that athletes wear their club tracksuit and bodysuit.

L5 and L6 coaches: coaches must be registered through their club to have access to the floor. Even though the athletes are representing their zone, athletes may be accompanied on the floor by their club coaches.

Levels 5 and 6 Registration and Timeline:

Each zone must submit the names of their athletes AND the results of the trial to Andrée Montreuil (amontreuil@gymbc.org) by Sunday March 13, 2016

Wildcard selection will be determined by GBC based on all of the zone trial results. Wildcards will be assigned up to the maximum number of athletes in each level (48 athletes in L5 and 180 athletes in L6). Wildcards will be awarded by comparing the all-around scores of athletes at each of the individual zone trials. The athletes with the highest AA scores will be selected first. Athletes will be selected through that process until the total number of athletes is reached. The clubs of wild card athletes will be informed as soon as the last Zone trial is completed. Wildcard athletes will need to be registered immediately.

Clubs are required to register the Level 5 and 6 athletes with their club registration within the regular deadline when possible. All zones should have selected their team by Sunday March 13, 2016

N.B. The zone representative **must** send a copy of results **AND** a list of all qualified zone team members who have confirmed their attendance to Andrée Montreuil (amontreuil@gymbc.org).

TEAM REGISTRATION (EXCEPT L5- L6)	<p>Clubs must identify team members on the registration form. Changes to the team will be accepted up to 24 hours before the start of the competition for that category; the changes must be submitted in writing to the GBC master scorer. Please review the Policies and Procedures manual for more information.</p>
COMPETITION FORMAT	<p>Please review the 2015-2016 Gymnastics BC Warm-Up procedure included in the WAG P&P manual (available on the GBC website).</p>
AWARDS	<p>There are no tie breaking rules in effect. For example, if two athletes are tied in second place, they will both receive silver medals and no bronze medal will be awarded.</p> <p>All HP Novice, Junior and Senior athletes will compete together. If there are only one to three athletes competing on one apparatus, only the gold medal will be awarded.</p>
COMPETITION ATTIRE (COACHES)	<p>Coaches must dress according to the GCG Guidelines.</p> <ul style="list-style-type: none"> • Appropriate training suit, excluding hats, shorts, midriff tops, ripped or torn clothing or similar • Top: t-shirt, polo shirt or training jacket; Bottom: full length pants are required (NO shorts) • Appropriate indoor sport footwear
EQUIPMENT	<p>Equipment in the training and competition gyms will be SA Sport. Clubs may NOT bring any additional pieces of equipment.</p>
JUDGES	<p>Each zone must provide two judges for all sessions held under the JO rules. It is the responsibility of the Zone Judging Chairperson to communicate the names of the zone assigned judges to the Women's Judges Committee and to GBC.</p> <p>Each zone must pay transportation and accommodation for their assigned judges. Meals and honoraria will be provided by the organizing committee. Judges assigned at the 2016 Artistic Gymnastics BC Championships (or at any other meet) must be registered as judges with Gymnastics BC.</p>

SUMMARY

For all categories, individual awards will be presented as follows:

- Plaque AA champion
- Medals 1-3
- Ribbons 4-10

Category	Age Groups / Levels	Team Awards
Level 5 Min: born in 2009 or before	All eligible birth years Zone team: max 6 athletes per Zone, up to 48 participants	Zone Team Award (1-3); combined award for all birth years. Team: All members of the zone team, not including wildcards (maximum 6 members per zone) Top 3 scores per apparatus to count
Level 6 Min: born in 2009 or before	All eligible birth years Zone team: max 20 athletes per Zone, up to 180 participants	Zone Team Award (1-3); combined award for all birth years. Team: All members of the zone team, not including wildcards (maximum 20 members per zone) Top 3 scores per apparatus to count
Levels 7-8-9-10	All registered athletes	Club Team Award (1-3); combined award for all birth years. Team: minimum of 3 athletes & maximum 5 athletes per club, must be identified prior to the competition. Top 3 scores per apparatus to count
Aspire	Aspire 1 and 2	Club Team Award (1-3); combined award for both birth years. Team: minimum of 3 athletes & maximum 5 athletes per club, must be identified prior to the competition. Top 3 scores per apparatus to count
HP Novice, Junior and Senior	n/a	No team awards.

2016 Artistic Gymnastics BC Championships



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PRELIMINARY SCHEDULE

December 15, 2015

This is a draft schedule only and may change following the registration deadline. Age groups for each session will only be confirmed once the final registration is complete. Please keep this in mind when making travel arrangements.

THURSDAY, APRIL 14, 2016

19:00 – 19:30 WAG Coaches Technical Meeting
19:30 – 21:30 WAG WAG Technical Assembly

FRIDAY, APRIL 15, 2016 (categories and times are tentative)

Session 1 7:30 – 11:00 WAG JO Level 6
Session 2 11:00 – 15:00 WAG JO Level 6
Session 3 15:30 – 18:00 WAG JO Level 6, JO Level 7
Session 4 18:00 – 21:00 WAG JO Level 7, JO Level 8

SATURDAY, APRIL 16, 2016 (categories and times are tentative)

Session 5 7:45 – 12:00 WAG JO Level 8, JO Level 5
Session 6 12:00 – 14:30 WAG JO Level 8
MAG Provincial 3
Session 7 14:30 – 17:00 WAG JO Level 8
MAG Provincial 4, Elite 4 (optional), Elite 3 (compulsory)
Session 8 17:00 – 20:30 WAG JO Level 8, JO Level 9
MAG Novice (compulsory), Junior, Senior, National Open
Ceremony 20:30 – 21:00 MAG 2016 Artistic Gymnastics BC Championships Ceremonies (awards to follow)

SUNDAY, APRIL 17, 2016 (categories and times are tentative)

Session 9 8:00 – 11:00 WAG Aspire 1 and 2
MAG Provincial 1
Session 10 11:00 – 14:00 WAG JO Level 9, JO Level 10
MAG Provincial 1
Session 11 14:00 – 17:00 WAG Level 9, JO Level 10, High Performance Novice, Junior and Senior
MAG Provincial 2, Elite 4 (compulsories), Novice (optional), Provincial 5

This schedule is based on the GBC registration numbers as of December 2015. It is our experience that these numbers can vary greatly from year to year. The competition days and time listed above are tentative until registration for the 2016 Artistic Gymnastics BC Championships is complete (approximately the middle of March, 2016).

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REQUEST FOR REFUND

Refunds will only be issued, provided that a medical certificate and this request for refund form is submitted to Gymnastics BC by 4:30 p.m., Thursday, April 14, 2016 (Fax: 604-333-3499).

A \$10 administration fee will be withheld for those withdrawing from the competition after March 16, 2016.

Club:		Contact:	
Address:		City:	Postal Code:

Athlete or coach refunds requested for:

Participant name:	Competition level	Medical note submitted
		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes <input type="checkbox"/> No

For GBC use only

Date received:	Date processed:	Medical notes received:	Registration paid:	Administration fee:
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