

2016 Artistic Gymnastics BC Championships



Langley Events Centre

Langley, BC
April 15-17, 2016
Workplan #2

Gymnastics BC
play | perform | progress



HOST CLUB

Flip City Gymnastics
#4-20279 97th Avenue
Langley, BC
www.flipcitygym.com

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

GYMNASTICS BC

GYMNASTICS BC
268-828 West 8th Avenue
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info@gymbc.org
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Chantelle Judd
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cjudd@gymbc.org
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Andrée Montreuil
Technical Director
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604-333-3491

WEBSITE

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

Event Information

COMPETITION DATE

April 15-17, 2016

VENUE

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

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

ADMISSIONS

	Day Pass	Meet Pass
Adult	\$10	\$20
Student/Seniors	\$5	\$10
Children (6 and under)	FREE	FREE
Family	\$25	\$45

**** Please Note: Admission will be CASH ONLY.**

Family = 2 Adults & 2 Students

Student = ages 6-18 or with valid Student ID card

FEES

	Athlete	Coach
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. 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

	Accreditations table. Accreditation will be organized by club team. Accreditation lanyards MUST be worn in order to access the floor.
WAITING AREA	<p>Out of respect for those completing and the spectators, all competitors and coaches are required to stay in the designated waiting area until the last event is complete. The only athletes and coaches allowed outside of the designated waiting areas are the athletes next up on the apparatus and the athletes currently competing.</p> <p>All bags, clothes and other miscellaneous items must be kept in the waiting areas at all times or they will be removed from the competition floor.</p> <p>Coaches are asked to explain the waiting system to their athletes and to assist with keeping the competition area free of athletes and debris in order to showcase all of the athletes.</p>
MUSIC	<p>A CD player will be available. Please ensure that each athlete's music is on its own CD (only one CD per athlete). CDs with more than one piece of music will not be accepted.</p> <p>iPod format is also accepted. If a club chooses to use iPod format, then ALL music from that club must be in a single iPod, with the music identified by the athlete's name. This means that clubs may not have some music on the iPod and some music on CDs.</p>
ATHLETE SOCIAL	The athlete social will take place on Friday, April 15, 6-9 p.m. at Moxies attached to the Sandman Signature hotel (8828 201 Street, Langley, BC). Athletes will need their accreditations to get into the social.
COACH + JUDGE SOCIAL	The coach & judge social will take place on Friday, April 15, 6-9 p.m. onwards, at NY Grill & Bistro (20204 Fraser Hwy, Langley, BC).
PHOTOGRAPHY	A photographer will be on-site throughout the event to capture the athlete photos for keepsakes. Participants will have the opportunity to purchase photos on-site through Digital North Media.
ATTRACTIONS	For information on attractions, restaurants, activities, and family fun, please visit Langley Tourism, http://www.tourism-langley.ca/ or Tourism Langley, http://www.hellobc.com/langley.aspx .

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: 33%;">Category</th> <th style="width: 33%;">Age</th> <th style="width: 33%;">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 Provincial 3 Provincial 4 Provincial 5 National Open Elite 3 Elite 4 Novice Junior Senior</td> <td>10 & under, 11-12 Under 13, 13+ Under 13, 13+ 13-15 15+ 9-10 11-12 13-14 Under 18 18+</td> <td>Plaque: AA Champion Medals 1-3 Ribbons 4-6</td> </tr> </tbody> </table>			Category	Age	Individual Awards	Provincial 1	(7+)	Ribbons for each apparatus AA medal; Certificate	Provincial 2 Provincial 3 Provincial 4 Provincial 5 National Open Elite 3 Elite 4 Novice Junior Senior	10 & under, 11-12 Under 13, 13+ Under 13, 13+ 13-15 15+ 9-10 11-12 13-14 Under 18 18+	Plaque: AA Champion Medals 1-3 Ribbons 4-6
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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.

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FINAL SCHEDULE

March 28, 2016

WAG - ADDITIONAL INFORMATION

Age groups Information:

2003-2002 – Athletes born in 2003 and 2002

2005/2001 – "/" indicates Athletes born in 2005, 2004, 2003, 2002 and 2001

Single panel / 8 apparatus: Competition format used for sessions 1 to 5. One set of judges will judge 8 rotations in a row, on 2 sets of apparatus (1 floor). Judges will switch apparatus after each rotation. Coaches are asked to review carefully the warm up process and explain it to their athletes (See in appendix).

For all sessions, gymnasts will not be allowed on the floor until the start of general warm up.

THURSDAY, APRIL 14, 2016

19:00 – 19:30 WAG: Coaches Technical Meeting
19:30 – 21:30 WAG: Women's Technical Assembly

FRIDAY, APRIL 15, 2016 – Session 1 (single panel / 8 apparatus)

WAG - JO Level 6: 2007-2006 (15), 2005 (25), 2002 (16)

8:00 – 8:20 General warm up WAG
8:00 Judges meeting
8:30 – 11:00 Competition
11:05 Award presentation

FRIDAY, APRIL 15, 2016 – Session 2 (single panel / 8 apparatus)

WAG – JO Level 6 – 2004 (39), 2001/1998 (25)

11:15- 11:35 General warm up
11:15 Judges meeting
11:40 – 14:10 Competition
14:15 Award presentation

Friday, April 15, 2016 – Session 3 (single panel / 8 apparatus)

WAG – JO Level 6 – 2003 (26), JO Level 7 – 2007/2004 (34)

14:30- 14:50 General warm up
14:30 Judges meeting
15:00 – 17:30 Competition
17:35 Award presentation

Friday, April 15, 2016 – Session 4 (single panel / 8 apparatus)

WAG – JO Level 7 – 2003 (30), 2000/1998 (23)

18:00 – 18:20 General warm up
18:00 Judges meeting
18:30 – 20:45 Competition
20:50 Award presentation

Saturday, April 16, 2016 – Session 5 (single panel / 8 apparatus)

WAG – JO Level 8 – 2005-2004 (12), 2003-2002 (31), 2001/1999 (26)

7:30 – 7:50 General warm up
7:30 Judges meeting
8:00 – 11:15 Competition
11:20 Award presentation

9:30-11:30 MAG: Men's Technical Assembly (New time!)

Saturday, April 16, 2016 – Session 6

WAG – JO Level 5 – 2008/2006 (30), 2005/2000 (18)
MAG – Level 3 (39)

11:30 – 11:50 General warm up
11:30 MAG Judges meeting
12:00 – 14:30 Competition
14:35 Award presentation

Saturday, April 16, 2016 – Session 7

WAG – JO Level 7 - 2002-2001 (36)
MAG – Level 4 (23), Elite 4 – Optional (7), Elite 3 (7)

14:45 – 15:05 General warm up
14:45 MAG Judges meeting
15:10 – 17:15 Competition
17:20 Award presentation

Saturday, April 16, 2016 – Session 8

WAG – JO Level 9 - 2002/1997 (21)

MAG – Novice Compulsory (1), Junior (4), Senior (5), National Open (12)

17:30 – 18:45 MAG 75 minute Open warm up – The floor will be available for warm up until 18:20, after which, the floor will be reserved for the WAG warm up.
18:20 – 18:40 WAG General warm up
18:45 – 21:00 Competition
21:05 Award presentation

21:00 – 22:00 WAG: Women’s Judges Assembly

21:15 – 22:30 MAG: Men’s Technical Assembly (time TBC)

Sunday, April 17, 2016 – Session 9

WAG – JO Level 9 2005/2003 (24)

MAG – Level 1 (31)

8:00 – 8:20 General warm up
8:00 Judges meeting
8:30 – 10:30 Competition
10:35 Award presentation

Sunday, April 17, 2016 – Session 10

WAG – JO Level 10 (18), HP Novice (5), HP Junior (3), HP Senior (4)

MAG – Level 1 (32)

10:45 – 11:05 General warm up
10:45 MAG and WAG Judges meeting
11:10 – 13:30 Competition
13:35 Award presentation

Sunday, April 17, 2016 – Session 11

WAG – Aspire 1 (19), Aspire 2 (12)

MAG – Level 2 (29), Elite 4 Compulsory (7), Novice Optional (1), Level 5 (5)

13:45– 15:00 MAG 75 minute Open warm up – The floor will be available for warm up until
14:40 after which, the floor will be reserved for the WAG warm up.
14:40 – 15:00 WAG Warm up
15:05 – 17:30 Competition
17:35 Award presentation

17:30 – 17:30 MAG: MTC meeting (Team Selection for Canadian Championships)

17:30 – 17:30 WAG: WTC meeting (Team Selection for Canadian Championships and Westerns)

APPENDIX 1 - WAG WARM UP INFORMATION

Two types of warm up will be used during BC Champs. Coaches are asked to review the details below and explain the process to their athletes.

Single panel – double apparatus

General information:

After the general warm up, athletes are split on 8 apparatus (side A and side B). After the march in, athletes on side A will start their warm up, then compete. Once competition begins on side A, athletes on side B will start warming up. As soon as competition on side A is done, judges will move to the apparatus on side B; athletes on side B should have completed their warm up and be ready to compete. Athletes on side A then move to their next apparatus and start warming up as soon as it becomes available. They should complete their warm up before the judges return from judging athletes on side B... and so on.

This format is used at most USA competitions. However, in order for this format to work well, coaches must be diligent and remain aware of what is happening on other apparatus during the entire competition.

Specific information:

- It is the coaches responsibility to make sure that the athletes rotate **immediately** after the last athlete in the rotation has competed on a given apparatus.
- It is the coaches and athletes responsibility to make sure that everyone has completed their warm up before the judges return.
- If athletes use different equipment specs (different vault/beam height, different width on UB), coaches must discuss and agree **prior to rotating to their next apparatus** on the most efficient way to warm up and compete.
- Athletes using this competition format will each have a card. Coaches must pick up the cards from the secretary prior to the rotation and hand them in to the secretary at the next apparatus in the correct competition order. If there are more than one club at a given apparatus, coaches must agree and give the cards for the entire rotation to the secretary. The secretary will take the cards and time the warm up. The secretaries will be instructed to place the cards at the end of the table, at the end of each rotation.
- The athletes will not line up in front of the judges (as they judges will be judging on the other set of apparatus). The cards, as submitted by the coaches, will indicate the competition order.
- On V, UB: All warm up will be done in group warm up.
- On BB: it will be a group warm up EXCEPT for the first rotation (rotation 1 of 8 only). In the first rotation (only) the athletes will warm up 2, compete 1, and so on.
- On FX: as soon as they are done on BB, athletes should go to floor and start warm up in between athletes who are competing. Judges will ring a bell to clear the floor. This may be delayed slightly if there was a bottleneck before floor.

Single panel / single set of apparatus

For all other sessions (session 6-11), only 1 set of apparatus will be used for the WAG competition.

Specific information:

- It is the coaches responsibility to make sure that the athletes get ready to rotate **immediately** after the last athlete in the rotation has competed on a given apparatus.
- If athletes use different equipment specs (different vault/beam height, different width on UB), coaches must discuss and agree **prior to rotating to their next apparatus** on the most efficient way to warm up and compete.
- The athletes will not line up in front of the judges.
- On V, UB, BB and FX: All warm up will be done in group warm up. On BB, 5 seconds will be allowed between gymnasts.

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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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