

# 2016 TRAMPOLINE GYMNASTICS BC CHAMPIONSHIPS

## April 15-17, 2016



**Langley Events Centre**

Workplan #1

**Gymnastics BC**  
play | perform | progress



### HOST CLUB

Flip City Gymnastics  
#4-20279 97<sup>th</sup> Avenue  
Langley, BC V1M 4B9  
(P) 604-888-3366  
Website: [www.flipcitygym.com](http://www.flipcitygym.com)

Nicole Maryschak  
Trampoline Coordinator  
([maryschak@gmail.com](mailto:maryschak@gmail.com))

Andrea Hobot  
Artistic Coordinator  
([andrea.hobot@gmail.com](mailto:andrea.hobot@gmail.com))

### GYMNASTICS BC

Gymnastics BC  
268-828 West 8th Street  
Vancouver, BC V5C 1E2  
(B) 604-333-3496 (F) 604-333-3499  
[info@gymbc.org](mailto:info@gymbc.org)

Debbie McBoyle  
Trampoline Gymnastics Coordinator  
(B) 604-333-3497 (F) 604-333-3499  
Email: [dmcboyle@gymbc.org](mailto:dmcboyle@gymbc.org)

Chantelle Judd  
Administrative and Event Coordinator  
(B) 604-333-3495 (F) 604-333-3499  
Email: [cjudd@gymbc.org](mailto:cjudd@gymbc.org)

### WEBSITE

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

# Event Information

**COMPETITION DATE** April 15-17, 2016

**VENUE** Langley Events Centre  
7888 200<sup>th</sup> Street  
Langley, BC  
V2Y 3J2

To find out more- Visit the website to view the facilities [www.langleyeventscentre.com](http://www.langleyeventscentre.com)

## FEES

REGISTRATION DEADLINES	Athlete	Coach
On or before March 14	\$95	\$10
March 15 – March 18	\$105	\$20
March 21 – March 25	\$190	\$20
<b>Absolutely no entries will be accepted after March 25, 2016</b>		

Gymnastics BC will only accept ONE club cheque

### ALL FEES ARE PAYABLE TO GYMNASTICS BC

Mail to: #268 828 West 8<sup>th</sup> Avenue  
Vancouver, B.C. V5Z 1E2

The 2016 Trampoline Gymnastics BC Championships registration form is available to GBC member clubs on the Gymnastics BC website **after February 8, 2016**. All clubs registering athletes must complete the Excel registration form and email to CHANTELE JUDD ([cjudd@gymbc.org](mailto:cjudd@gymbc.org)) and DEBBIE MCBOYLE ([dmcboyle@gymbc.org](mailto:dmcboyle@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**.

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.

## PAYMENT OF FEES

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 14, 2016 deadline** to be considered on-time.

## REFUNDS AND WITHDRAWALS

Refunds will only be issued, provided that a medical certificate and the request for refund forms 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 registered on the entry form must be properly registered with Gymnastics BC **PRIOR** to the entry deadline. For each athlete that is not registered, a \$100 fine will be levied against the club. Unregistered athletes will not be permitted on the competition floor until registration is complete and all fines have been paid.

## COACH ELIGIBILITY

All trampoline coaches must have a minimum of Level 2 certification (NCCP) as per the GBC Policies and Procedures as well as successful completion of the Respect in Sport course.

Coaching certification and Respect in Sport (RiS) completion will be verified by Gymnastics BC for all coaches registered for the championships. 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:

<http://www.gymbc.org/Request-nccp-exemption>.

## ACCOMMODATIONS

### Sandman Signature Hotel Langley

8828 201<sup>st</sup> 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 stalls available.

# Competition Information

## CATEGORIES

### TRAMPOLINE

Women: L-1 / L-2 / L-3 / L-4 / L-5 / L-6 / JR / SR

Men: L-1 / L-2 / L-3 / L-4 / L-5 / L-6 / JR / SR

### DOUBLE MINI

Women: L-1 / L-2 / L-3 / L-4 / L-5 / L-6 / JR / SR

Men: L-1 / L-2 / L-3 / L-4 / L-5 / L-6 / JR / SR

### TUMBLING

Women: L-1 / L-2 / L-3 / L-4 / L-5 / L-6 / JR / SR

Men: L-1 / L-2 / L-3 / L-4 / L-5 / L-6 / JR / SR

### SYNCHRO TRAMPOLINE

Women: L-1 / L-2 / L-3 / L-4 / L-5 (national) / SR

Men: L-1 / L-2 / L-3 / L-4 / L-5 (national) / SR

For all Pre-National levels 1-4, pairs will compete one (1) voluntary (optional) routine ONLY. There will be NO finals. Pairs with the top 6 scores following the optional round will be declared the winners.

For L-5 (national) and Senior, pairs will compete one 1st Voluntary and one 2nd voluntary routine as per the GCG Competition requirements. There will be NO finals. Pairs with the top 6 scores following this round will be declared the winners.

**NOTE:** Following the registration deadline, any age group may be split, by the athlete's date of birth, should groups exceed 32 participants. Any age groups that were re-aligned OR amalgamated at the Aaron Johnson Memorial Cup - BC Provincial Cup will remain as consistent as possible. New competitors will be added to the appropriate level/event as needed.

**REMINDER:** 10&U athletes **MUST** have competed Level 1 a minimum of **ONCE** in the province to be eligible to attend the 2016 Western Canada Cup as a club athlete.

## COMPETITION FORMAT

At GBC BC Championships, Level 1 through senior, with the ten best scores from the preliminary round will advance to finals.

## COMPETITION RULES

Refer to the 2015-2016 GCG Competition Structure – dated **January 9, 2016**

## EQUIPMENT

TR 3 Eurotramp Grandmasters with Dave Ross bed

DMT 2 Eurotramp

TU 1 Ross Athletics rod floor

## TEAM COMPETITION

Clubs will pre-determine their team athletes in advance of the competition in trampolines, double mini and tumbling. Team lists **MUST** be submitted on the attached form as part of their official registration. Revisions will be accepted until **NOON** on **WEDNESDAY APRIL 13**. **Late entries will not be accepted.**

Clubs will select one athlete from the following categories:

- 1 L-2 OR L-1
- 1 L-3 OR L-4
- 1 L-5 16U OR L-5 17+
- 1 L-6 / Junior / Senior

Clubs may choose a minimum of 3 and a maximum of 4 athletes (men and women combined) in trampoline, double mini and tumbling.

In the case where a club cannot fill their team with athletes from the above categories, then they may substitute an athlete from a lower category. A substitution may only be utilized if a club does **NOT** have any athletes competing in one of the above categories (ie: L-2 may be substituted with L-1).

Preliminary scores for each athlete in each discipline will be used towards the clubs team total. The top three scores will be totaled to determine the team winner.

Awards will be presented as follows:

Team Trampoline 1st – 3rd  
Team Double Mini 1st – 3rd  
Team Tumbling 1st – 3rd

**DD SHEETS  
SUBMISSION &  
FINES**

All completed DD sheets must be submitted by **EMAIL** to **Debbie McBoyle** ([dmcboyle@gymbc.org](mailto:dmcboyle@gymbc.org)) **NO LATER THAN NOON ON WEDNESDAY APRIL 6.** Only the 2014-2015 Excel format will be accepted.

Submission	Due Date	Fines
Received complete without errors or omissions (Fines will be enforced for missing and/or errors)	April 6, 2016	No fines
April 7 to April 8 (late, missing and/or errors including changes)		\$10 per DD sheets
April 9 to April 10 (late, missing and/or errors including changes)		\$15 per DD sheet
April 11 to later (All unresolved issues)		\$20 per DD sheet

(i.e. One athlete changes in three different discipline = three times the fine)

All fines must be paid to the host club prior to the start of warm-up on Friday, April 15.

**CHANGES /  
CORRECTIONS**

Forward all changes/corrections/withdraws to:  
Debbie McBoyle ([dmcboyle@gymbc.org](mailto:dmcboyle@gymbc.org))  
**DEADLINE: WEDNESDAY APRIL 6**

**\*\* Absolutely NO changes or corrections will be accepted at the event \*\***

**JUDGES**

A complete list of all registered judges must be forwarded to the TG Judging Chair immediately following the registration deadline. Information must include the event to be judged, level of certification and availability. All clubs participating in GBC Trampoline Gymnastics sanctioned meets must provide a qualified judge at every competitive level and event that the club has athletes competing, at a ratio of one (1) judge for every five (5) athletes. A cap of seven (7) judges from any one club will be implemented.

Failure to meet the required judging quota as stated above, shall result in the club being charged the actual cost of supplying a judge or a fine of \$20 per registered athlete over the required judging quota, whichever is the greater amount. (i.e.; if a judge must travel from outside the competition area, expenses of shared travel and shared lodging will be billed to the club who has failed to meet their judging quota.)

Fines will be calculated by the Provincial Judging Chairperson. Invoices will be issued by GBC in a timely manner. All fines will be collected by GBC and held as part of the TG Technical Committee budget.

### Judge Availability

All judges must be available for a minimum of two (2) full days of the competition schedule. A judge who is also competitive athlete OR a registered coach, maybe included as part of the athlete/judge ratio if the following has been met:

- Must be available for a MINIMUM of two (2) full days of the competition schedule
- Consideration will be given for the athletes(s) competition schedule
- Consideration will be given for the coach(s) competitive coaching obligations

### Trampoline & DMT

Trampoline and DMT certified judges must be available for a MINIMUM of three (3) panels for each competitive schedule to be considered a half (0.5) judge.

Trampoline and DMT certified judges must be available for available for a MINIMUM of four (4) panels for each competition schedule to be considered a full (1.0) judge

### Tumbling

Tumbling certified judges must be available a MINIMUM of two (2) panels for each competition schedule to be considered a full (1.0) judge.

### TRAINING SESSIONS

In order for currently certified judges to improve their abilities and encourage newer judges to become certified in more than one discipline, training sessions in a minimum of one discipline will be offered at GBC BC Championships. Participation will be on a voluntary basis. Each session will be facilitated by a National or FIG certified judge. The facilitator will be paid an honorarium from the TG Technical Committee judging budget, based on a summary report provided to the GBC Trampoline Coordinator by the Judging Chairperson. The facilitator will be paid based on their current rate of certification.

### SCORING

This ISS scoring system will be used.

### TIES

In both the Preliminary and Final round, there will be no ties. Athletes will automatically be ranked according to GCG Regulations.

### AWARDS

INDIVIDUAL	
Medals	1 <sup>st</sup> – 3 <sup>rd</sup>
Ribbons	4 <sup>th</sup> – 6 <sup>th</sup>
All AROUND – KEEPER PLAQUE	
Pre-National	1 <sup>st</sup> – 6 <sup>th</sup>
National	1 <sup>st</sup> – 6 <sup>th</sup>
TEAM AWARDS	
Trampoline	1 <sup>st</sup> – 3 <sup>rd</sup>
Double Mini	1 <sup>st</sup> – 3 <sup>rd</sup>
Tumbling	1 <sup>st</sup> – 3 <sup>rd</sup>

### COMPETITION ATTIRE (COACHES & SPOTTERS)

Coaches and spotters must dress appropriately:

- Appropriate training suit, excluding hats, shorts, midriff tops, ripped or torn clothing or similar
- Top: t-shirt, polo shirt or training jacket
- Appropriate indoor sport footwear

**COMPETITION  
ATTIRE**

**Dress for Competitors**

All athletes must dress in their club's team competitive attire for all preliminaries at GBC BC Championships unless prior approval of the TGTC is given. Any/all athletes not dressed in their club's team competitive attire will receive a 0.1 dress code violation per routine/pass.

**ATHLETES**

Those athletes participating in any team event(s) must be dressed in identical team competitive attire during all preliminary rounds of competition. Failure to do so will result in the team being disqualified from any/all TEAM EVENTS.

Women: Leotard with or without sleeves (must be skin tight).  
Long tights or full-length one piece leotard will not be accepted.

Men: Sleeveless or short sleeve singlet.  
Gym trousers in a single colour, except black or any other deep dark colour,  
OR gym shorts. Length of shorts must not be longer than half thighs.

Footwear: Mandatory for TR and DMT. TU may compete barefoot.

TG Women: White trampoline shoes and/or white foot covering.

TG Men: White trampoline shoes and/or foot covering of the same colour as the trousers.

Jewellery: No jewelry may be worn by competitors, spotters and coaches acting as spotters. Taping of jewelry is not adequate. Medic alert bracelets can be worn, but must be taped Support pieces can be white or **beige in colour.**

Warm-up: When warm-up is conducted in the competition gym all competitors and coaches must dress in competition attire or equivalent.

**SCHEDULE  
TBC**

Friday, April 15	Morning	Warm-up
		Opening Ceremonies
		Coaches/Judges meeting
	Afternoon	Preliminary competition
Saturday, April 16	All day	Preliminary competition
Sunday, April 17	All day	Finals competition

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## Langley Events Centre

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



## 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. on **Thursday April 14, 2016** (Fax: 604-333-3499).

A \$10 administration fee will be withheld for those withdrawing from the competition after March 14, 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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## TEAM AWARD REGISTRATION

Club:		Contact:	
Address:		City:	Postal Code:
Email:		Phone:	

Clubs will select one athlete from the following categories:

- 1 L-2 OR L-1
- 1 L-3 OR L-4
- 1 L-5 16U OR L-5 17+
- 1 L-6 / Junior / Senior

Clubs may choose a minimum of three and a maximum of four athletes (men and women combined) in trampoline, double mini and tumbling:

TRAMPOLINE		DOUBLE MINI		TUMBLING	
NAME	LEVEL	NAME	LEVEL	NAME	LEVEL

Please submit your TEAM AWARD entries with your official registration.

**DEADLINE: March 14, 2016.** Revisions will be accepted until **Wednesday April 13, 2016**

Email: Debbie McBoyle ([dmcboyle@gymbc.org](mailto:dmcboyle@gymbc.org))