

# 2017 Artistic Gymnastics BC Championships



**Port Coquitlam  
Recreation Complex**  
Port Coquitlam, BC  
Workplan #1



## HOST CLUB

Flip City Gymnastics  
#101-7888 200<sup>th</sup> Street  
Langley, BC  
[www.flipcitygym.com](http://www.flipcitygym.com)

Flip City Gymnastics Contact:  
Nicole Maryschak  
(C) 604-807-0734  
[nmaryschak@dsamedia.ca](mailto:nmaryschak@dsamedia.ca)

## GYMNASTICS BC

GYMNASTICS BC  
268-828 West 8<sup>th</sup> Avenue  
Vancouver, BC V5Z 1E2  
(B) 604-333-3496  
(F) 604-333-3499  
[info@gymbc.org](mailto:info@gymbc.org)  
[www.gymbc.org](http://www.gymbc.org)

Chantelle Judd  
Administrative & Events Coordinator  
[cjudd@gymbc.org](mailto:cjudd@gymbc.org)  
604-333-3495

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

## WEBSITE

<https://www.gymbc.org/events/events/post/786>

# Event Information

## COMPETITION DATE

April 7-9, 2017

## VENUE

Port Coquitlam Recreation Complex  
2150 Wilson Avenue  
Port Coquitlam, BC  
V3C 6J5

To find out more- Visit the website to view the facilities

[http://www.portcoquitlam.ca/Recreation\\_and\\_Culture/Facilities\\_Amenities/Port\\_Coquitlam\\_Recreation\\_Complex.htm](http://www.portcoquitlam.ca/Recreation_and_Culture/Facilities_Amenities/Port_Coquitlam_Recreation_Complex.htm)

## FEES

	Athlete	Coach
On or before March 15	\$105	\$10
March 16-21	\$115	\$20
March 22-28	\$190	\$20
<b>Absolutely no entries will be accepted after March 28, 2017</b>		

## REGISTRATION

Registration Deadlines

March 1, 2017	Deadline to make changes to an athlete's category with Gymnastics BC (WAG/MAG).
March 15, 2017	Registration deadline for all categories. WAG JO 5 and 6: all Zones should have selected their team by Sunday March 12, 2017.
March 20, 2017	Late registration deadline (Any registrations received after March 16, 2017 may be refused at Gymnastics BC's discretion if categories are full. Absolutely no registrations will be accepted after <b>March 28, 2017</b> ).

The 2017 Artistic Gymnastics BC Championships registration form will be distributed to GBC full member clubs via email and published on the Gymnastics BC website as soon as it becomes available. All clubs registering athletes must complete the Excel registration form and email it to [info@gymbc.org](mailto: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 15, 2017 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 6, 2017. A \$10 administration fee will be withheld for those withdrawing from the competition after March 15, 2017.

## ATHLETE ELIGIBILITY

All athletes registering for the 2017 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, 2017. 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](mailto:bcawson@gymbc.org)) prior to the deadline.

## 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](http://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, Elite 3-4 WAG JO Levels 5-8, Aspire	NCCP Level 2 certified and Respect in Sport
MAG Level 5, Open, Junior, Senior WAG JO Levels 9-10, HP	NCCP Level 3 certified and Respect in Sport

## ACCOMMODATION

### **Poco Inn and Suites Hotel & Conference Centre**

1545 Lougheed Highway, Port Coquitlam, BC

(B) 604-941-6216 (F) 604-941-6212

Toll free: 1-800-930-2235

Group Block Reference: Gymnastics BC Championship

Standard Queen	1 Queen Beds	\$149 (+tax)
Standard Queen	2 Queen Beds	\$149 (+tax)
Standard King	1 King / 1 Queen sofa bed	\$149 (+ tax)
Kitchen Suites	1 Queen / 1 sofa	\$189 (+ tax)

Rooms have been blocked at Poco Inn and Suites Hotel. To secure the preferred rate, book **before Friday, March 17, 2017.**

## PARKING

Please be advised that due to construction, there will be a limited number of parking stalls at the Port Coquitlam Recreation Centre; however, street parking is available within close proximity to the venue.

# COMPETITION INFORMATION

## Men's Artistic Gymnastics

<b>CATEGORIES</b>	Provincial 1 to 5, National Open, Elite 3, 4, Junior and Senior athletes											
<b>EVENT SUMMARY</b>	<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 Junior Senior</td> <td>Under 10, Under 13 Under 13, 13+ Under 13, 13+ 13-15 15+ 9-11 (as per GCG) 11-13 (as per GCG) Under 18 (as per FIG) 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 Junior Senior	Under 10, Under 13 Under 13, 13+ Under 13, 13+ 13-15 15+ 9-11 (as per GCG) 11-13 (as per GCG) Under 18 (as per FIG) 18+	Plaque: AA Champion Medals 1-3 Ribbons 4-6
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<b>COMPETITION AGE CALCULATION</b>	The GCG Provincial or Elite pathways documents can be found on the GCG website: <a href="http://www.gymcan.org/site/view_doc.php?cat=2&amp;subcat=5">http://www.gymcan.org/site/view_doc.php?cat=2&amp;subcat=5</a>											
<b>TRIALS</b>	This event is trials for the 2017 Canadian Championships for the following categories: National Open, Junior and Senior.											
<b>WARM-UP FORMAT</b>	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.											
<b>AWARDS</b>	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.											
<b>COMPETITION ATTIRE (COACHES)</b>	Coaches must dress according to the GCG Guidelines. <ul style="list-style-type: none"> <li>• Appropriate training suit, excluding hats, shorts, midriff tops, ripped or torn clothing or similar</li> <li>• Top: t-shirt, polo shirt or training jacket; Bottom: full length pants are required (NO shorts)</li> <li>• Appropriate indoor sport footwear</li> </ul>											
<b>EQUIPMENT</b>	Equipment in the training and competition gyms will be SA Sport. Clubs may NOT bring any additional pieces of equipment.											
<b>JUDGES</b>	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 Levels 5, 6, 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 year(s) Ideally, groupings for awards will be balanced with maximum of approximately 24 in any given level/birth year. Athletes registered in level / birth year with few participants will be grouped together.

Coaches are reminded that attendance at the 2017 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.

### EVENT SUMMARY

Category	Eligibility	Individual Awards	Team Awards *
JO 5 Min: born in 2010 or before	Qualification through Zone trials: max 6 athletes per Zone, up to 48 participants in total	<ul style="list-style-type: none"> <li>• Plaque AA champion</li> <li>• Medals 1-3</li> <li>• Ribbons 4-10</li> </ul>	Club Team Awards: Team: min 2 athletes, max 6 athletes per club, must be identified prior to the competition. Top 2 scores per apparatus to count
JO 6 Min: born in 2010 or before	Qualification through Zone trials: max 20 athletes per Zone, up to 160 participants in total		Club Team Awards:  Team: min 3 athletes, max 5 athletes per club club, must be identified prior to the competition. Top 3 scores per apparatus to count
JO 7-8-9-10	All registered athletes		
Aspire	Aspire 1 and 2		
HP Novice, Junior and Senior	All HP athletes compete together. If there are only one to three athletes competing on one apparatus, only the gold medal will be awarded.		No team awards

**\* Team Awards:**

Club team awards (1-3) for JO levels, all age groups combined.  
Club team awards (1-3) for Aspire 1 and 2 combined.

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 JO level/Aspire; the changes must be submitted in writing to the GBC master scorer. Please review the Policies and Procedures manual for more information.

### TRIALS

This event is trials for the 2017 Canadian Championships for WAG JO 9 and 10 athletes.

<p><b>JO 5 + 6 QUALIFICATION and REGISTRATION</b></p>	<p><b>JO 5 and 6 Registration and Timeline:</b></p> <p>Each zone must submit the names of their athletes AND the results of the trial to Andrée Montreuil (<a href="mailto:amontreuil@gymbc.org">amontreuil@gymbc.org</a>) by Sunday March 12, 2017</p> <p>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 JO 5 and 160 athletes in JO 6). 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.</p> <p>Clubs are required to register the JO 5 and 6 athletes with their club registration within the regular deadline when possible. All zones should have selected their team by Sunday March 12, 2017.</p> <p><b>N.B.</b> The zone representative <b>must</b> send a copy of results <b>AND</b> a list of all qualified zone team members who have confirmed their attendance to Andrée Montreuil (<a href="mailto:amontreuil@gymbc.org">amontreuil@gymbc.org</a>).</p>
<p><b>EQUIPMENT</b></p>	<p>Equipment in the training and competition gyms will be SA Sport. Clubs may NOT bring any additional pieces of equipment.</p>
<p><b>COMPETITION FORMAT</b></p>	<p>Please review the 2016-2017 Gymnastics BC Warm-Up procedure included in the WAG P&amp;P manual (available on the GBC website).</p>
<p><b>COMPETITION ATTIRE (COACHES)</b></p>	<p>Coaches must dress according to the GCG Guidelines.</p> <ul style="list-style-type: none"> <li>• Appropriate training suit, excluding hats, shorts, midriff tops, ripped or torn clothing or similar</li> <li>• Top: t-shirt, polo shirt or training jacket; Bottom: full length pants are required (NO shorts)</li> <li>• Appropriate indoor sport footwear</li> </ul>
<p><b>JUDGES</b></p>	<p>Judges assigned at the 2017 Artistic Gymnastics BC Championships (or at any other meet) must be registered as judges with Gymnastics BC. Each zone must submit the names of two judges. 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>The organizing committee (host club) will pay for transportation and accommodation of all judges. Travel and accommodation for <u>all</u> judges will be made by GBC.</p>

# 2017 Artistic Gymnastics BC Championships



## Port Coquitlam Recreation Complex

Port Coquitlam, BC

April 7-9, 2017

Workplan #1

Gymnastics BC  
play | perform | progress



## PRELIMINARY SCHEDULE

January 15, 2017

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 6, 2017

19:00 – 19:30 WAG Coaches Technical Meeting

19:30 – 21:30 WAG WAG Technical Assembly

### FRIDAY, APRIL 7, 2017 (categories and times are tentative)

Session 1 7:30 – 11:00 WAG JO 6

Session 2 11:00 – 15:00 WAG JO 6

Session 3 15:30 – 18:00 WAG JO 6, JO 7

Session 4 18:00 – 21:00 WAG JO 7, JO 8

### SATURDAY, APRIL 8, 2017 (categories and times are tentative)

Session 5 7:45 – 12:00 WAG Group A: JO 5, JO 7, JO 8

MAG Group B: Level 3 (sub-division 1)

Session 6 12:00 – 14:30 WAG Group A: JO 8

MAG Group B: Level 3 (sub-division 2)

Session 7 14:30 – 17:00 WAG Group A: JO 8

MAG Group B: Elite 3 (compulsory), Elite 4, Level 4

Session 8 17:00 – 20:30 WAG Group A: JO 8, JO 9

MAG Group B: Junior, Senior, National Open, Level 5

Ceremony 20:30 – 21:00

2017 Artistic Gymnastics BC Championships Ceremonies (awards to follow)

### SUNDAY, APRIL 9, 2017 (categories and times are tentative)

Session 9 8:00 – 11:00 WAG Group A: Aspire 1 and 2

MAG Group B: Provincial 1 (sub-division 1)

Session 10 11:00 – 14:00 WAG Group A: JO 9, JO 10

MAG Group B: Provincial 1 (sub-division 2)

Session 11 14:00 – 17:00 WAG Group A: JO 9, JO 10

MAG Group B: Provincial 2

17:30 – 18:30 WAG WAG Team BC Coaches meeting to name coaches/confirm athletes

This schedule is based on the GBC registration numbers as of December 2017. 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 2017 Artistic Gymnastics BC Championships is complete (approximately the middle of March, 2017).

# 2017 Artistic Gymnastics BC Championships



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Port Coquitlam, BC  
April 7-9, 2017  
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., Thursday, April 6, 2017 (Fax: 604-333-3499).

A \$10 administration fee will be withheld for those withdrawing from the competition after March 15, 2017.

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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