2017 Artistic Gymnastics BC Championships



Port Coquitlam Recreation Complex

Port Coquitlam, BC Workplan #2





HOST CLUB

Flip City Gymnastics #101-7888 200th Street Langley, BC

www.flipcitygym.com

Flip City Gymnastics Contact:

Nicole Maryschak (C) 604-807-0734

nmaryschak@dsamedia.ca

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

<u>cjudd@gymbc.org</u> 604-333-3495

Andrée Montreuil Technical Director 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/FacilitiesAmenities/Port_Coquitlam_Recreation_Complex.htm				
ADMISSIONS	Day Pass Weekend Pass				
FEES	Athlete Coach March 22-28 \$190 \$20 Absolutely no entries will be accepted after March 28, 2017				
REGISTRATION	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 March 28, 2017). 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. 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) 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

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	NCCP Level 2 certified and
WAG JO Levels 5-8, Aspire	Respect in Sport
MAG Level 5, Open, Junior, Senior	NCCP Level 3 certified and
WAG JO Levels 9-10, HP	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.

Best Western Chelsea Inn Coquitlam

725 Brunette Avenue, Coquitlam, BC (B) 604-525-7777 (F) 604-525-3051

Toll free: 1-866-525-7779

Group Block Reference: Gymnastics BC Championships

2 Double Beds	\$119.99 (+tax)
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Additional person is \$10

Continental breakfast is included

PARKING

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

Due to construction, what is now the main entrance of the Port Coquitlam Recreation Complex will be closed. There will be two new entrances: one on the west side of the building near the "blue" Artistic arena (approximately 150 spaces) and one on the east side of the building near the "green" TG arena (approximately 60 spaces).

These two parking lots will have one-way traffic only. There will be wheelchair-accessible parking on the east side; accessible parking on the west side is to be confirmed by the venue.

NOTE: There will be signs up in these parking lots that say "3hr parking," but the venue will NOT be ticketing that weekend (Friday included), so the 3 hour limit will <u>not apply</u>. There is also a possibility of another large lot (likely gravel), to extend the west parking area to twice the size, to be confirmed by the venue.

Street Parking:

- There is street parking on Kelly Avenue (south of the facility), as well as on the west side of Kingsway (east of the facility).
- Directly kiddie-corner (to the northeast) of the facility is the West Coast Express parking lot, which is quite large. Anyone can park there, but on Friday you will have to pay using the transit parking machines, just as the general public does. On evenings and weekends, parking is free there.



ACCREDITATION

Athletes will be issued accreditation tags, coaches and judges will be issued accreditation lanyards at the 2017 Artistic Gymnastics BC Championships. All accreditation will be available in the lobby at the Accreditations table. Accreditation will be organized by club team. Accreditation bracelets MUST be worn in order to access the floor.

WAITING AREA

Out of respect for those competing 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.

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.

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.

MUSIC

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.

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.

MEDICAL

There will be medical on-site provided by Be Prepared. As well, there will be a Physiotherapist for the athletes on-site provided by Performance Integrated Health. If your athlete needs to be taped, please bring your own tape.

COACH + JUDGE SOCIAL	The coach and judge social will take place on Thursday, April 6, following the WAG Coaches Technical meeting in the hospitality room at the venue. As well, on Saturday, April 8, following the MAG Technical Assembly. There will be appetizers, snack and mock tails served.
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 Media North Digital.
ATTRACTIONS	For information on attractions, restaurants, activities, and family fun, please visit the City of Port Coquitlam website, http://www.portcoquitlam.ca/Discover_Port_Coquitlam.htm .

COMPETITION INFORMATION Men's Artistic Gymnastics

CATEGORIES	Provincial 1 to 5, National Open, Elite 3, 4, Junior and Senior athletes

JUDGES

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EVENT SUMMARY	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		

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 2017 Canadian Championships for the following categories: National Open, Junior and Senior.
WARM-UP FORMAT	For all categories using the 20 minute general warm up format, athletes will not be allowed on the apparatus during warm up. This policy will be enforced.
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. • 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.

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	Plaque AA	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	Qualification through Zone trials: max 20 athletes per Zone, up	championMedals 1-3Ribbons 4-10	Club Team Awards:	
Min: born in 2010 or before	to 160 participants in total		Team: min 3 athletes, max 5 athletes per club club, must	
JO 7-8-9-10	All registered athletes		be identified prior to the competition. Top 3 scores per apparatus to	
Aspire	Aspire 1 and 2		count	
HP Novice, Junior and Senior	All HP athletes compete are only one to three ath on one apparatus, only be awarded.	letes competing	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.				
JO 5 & 6 QUALIFICATION and REGISTRATION	JO 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 12, 2017 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. 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. 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).				
EQUIPMENT	Equipment in the training and competition gyms will be SA Sport. Clubs may NOT bring any additional pieces of equipment.				
COMPETITION FORMAT	Please review the 2016-2017 Gymnastics BC Warm-Up procedure included in the WAG P&P manual (available on the GBC website).				
COMPETITION ATTIRE (COACHES)	Coaches must dress according to the GCG Guidelines. • 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				
JUDGES	Judges assigned at the 2017 Artistic Gymnastics BC Championships (or at any other meet) must be registered as judges with Gymnastics BC. 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. The organizing committee (host club) will pay for transportation and accommodation of all judges. Travel and accommodation for all judges will be made by GBC.				

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Port Coquitlam, BC April 7-9, 2017 Workplan #2





FINAL SCHEDULE March 24, 2017

WAG - Age groups Information:

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

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

THURSDAY, APRIL 6, 2017

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

FRIDAY, APRIL 7, 2017

Session 1 WAG - JO Level 6: 2004 (30), 2006 (27)

8:00 – 8:20 General warm-up WAG

8:30 – 11:15 Competition (format: single panel, 8 apparatus)

11:25 Awards presentation

Session 2 WAG – JO Level 6 –2008-2007 (14), 2003 (26), 2005 (25)

11:30 – 11:50 General warm-up

11:55 – 14:20 Competition (format: single panel, 8 apparatus)

14:30 Awards presentation

Session 3 WAG – JO Level 6 – 2002/1999 (30), JO Level 7 – 2008/2006 (25)

14:30 – 14:50 General warm-up

15:00 – 17:30 Competition (format: single panel, 8 apparatus)

17:35 Awards presentation

Session 4 WAG – JO Level 7 – 2003 (22), 2002/1999 (29)

18:00 – 18:20 General warm-up

18:30 – 20:45 Competition (format: single panel, 8 apparatus)

20:50 Awards presentation

SATURDAY, APRIL 8, 2017

Session 5 WAG – JO Level 8 – 2007/2004 (30), 2002/1999 (34)

7:30 – 7:50 General warm-up

8:00 – 11:15 Competition (format: single panel, 8 apparatus)

11:20 Awards presentation

Session 6 WAG – JO Level 5 – 2009/2007 (20), 2006/2003 (26)

11:30 – 1:50 General warm-up

12:00 – 14:30 Competition (format: single panel, 4 apparatus)

14:35 Awards presentation

MAG - **Level 3** (37)

11:00 General warm-up 11:20 – 13:45 Competition

14:00 Awards presentation

Session 7 WAG – JO Level 7 – 2004-2005 (30)

14:45 – 15:05 General warm-up 15:10 – 17:30 Competition

17:40 Awards presentation

MAG - Level 4 (22), Elite 4 (7), Elite 3 (5) - Compulsory

14:00 – 15:15 Open warm-up 15:20 – 17:30 Competition

17:50 Awards presentation

Session 8 WAG – JO 8 2003 (20)

17:40 – 18:00 Open warm-up 18:00 – 20:00 Competition

20:05 Awards presentation

MAG – Junior (3), Senior (6), National Open (16), Level 5 (6)

18:00 – 19:15 Open warm-up 19:20 – 21:30 Competition

21:35 Awards competition

20:15 – 22:00 WAG: Women's Judges Assembly (immediately after session 8 – WAG) 22:00 – 23:00 MAG: Men's Technical Assembly (immediately after session 8 – MAG)

SUNDAY, APRIL 9, 2017

Equipment: WAG athletes JO 9 (2004-2006) and JO 10 must use the GCG equipment specs as this is a trial for

Canadian Championships. Any violation will be penalized. No warning will be given.

Session 9 WAG - JO Level 9 2003/1999 (22), JO Level 9 2006/2004 (23)

WAG - HP Junior (2), HP Novice (3)

7:40 – 8:00 General warm-up

8:05 – 11:00 Competition (format: single panel, 8 apparatus)

11:15 Awards presentation

Session 10 WAG – JO Level 10 2005/2002 (23), 2001/1999 (12)

11:30 – 11:50 General warm-up

12:00 – 14:30 Competition (format: single panel, 4 apparatus)

14:40 Awards presentation

MAG - Level 1 (30)

Clubs: Wayland Sports (Richmond), Flicka, Surrey, TAG, Vancouver Phoenix, Terrace

Peaks, Flip City

10:20 – 10:40 General warm-up 10:45 – 12:30 Competition

12:35 Awards presentation

Session 10b MAG – Level 1 (33)

Clubs: Campbell River, Langley, Delta, Prince George, Twisters

12:40 – 13:00 General warm-up 13:05 – 14:45 Competition

14:55 Awards presentation

Session 11 WAG – **Aspire 1** (22), **Aspire 2** (10)

14:45 – 15:05 General warm-up 15:10 – 17:30 Competition

17:15 Awards presentation

MAG - **Level 2** (31)

15:00 – 15:20 General warm-up 15:30 – 17:30 Competition

17:35 Awards presentation

17:30 – 18:30 MAG: MTC meeting (Team Selection for Canadian Championships) 17:15 – 18:15 WAG: WTC meeting (Team Selection for Canadian Championships)

APPENDIX 1 - WAG COMPETITION FORMAT INFORMATION

Warm up time and Equipment specifications are available in the BC JO Manual. The BC JO Manual is available on the GBC Website at the link below.

https://www.gymbc.org/files/Programs/WAG/JO/BC%20Charts%202016-17%20Final%20Sept.pdf

WAG athletes JO 9 (2004-2006) and JO 10 must use the GCG equipment specs as this is a trial for Canadian Championships. Any violation will be penalized. No warning will be given.

General Information:

- There is no march in. All athletes (side A and B) must line up in front of the judges table before the 1st rotation. Participating clubs will be officially introduced and judges will give instructions.
- Athletes do not need to line up in front of judges for other rotations.
- Be ready to rotate as soon as your group is done competing.
- Coaches will determine the competition order. Athletes' cards will need to be picked up from the secretary and submitted by the coach in the correct order to the secretary at the next apparatus. If there is more than one club in a rotation, coaches must discuss and agree on the most efficient way to warm up and compete before submitting their cards.
- Competition order for Sessions 9 and 10 (trial to Canadian Championships) will be done by draw.
- Instruct your athletes to listen to the name being called by the judges to make sure every athlete gets the correct score. Coaches should check the cards after each rotation to make sure there are no mistakes.
- At the end of the competition, coaches will have 5 minutes to review the results once they become available. If they find a mistake, they should report it to the master scorer or competition head judge <u>immediately</u>. Once the 5 minutes have elapsed, results will be deemed correct.

Single panel – 8 rotations:

- Warm up must be completed when the judges arrive.
- On V, UB, BB: Group warm up only.
- On FX: as soon as they are done on BB, athletes should go to floor and start warming up in between athletes who are competing. Judges will ring a bell to clear the floor.

Single panel / 4 rotations:

• On V, UB, BB and FX: All warm up will be done in groups. On BB, 5 seconds will be allowed between gymnasts.

2017 Artistic Gymnastics BC Championships



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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 6, 2017 (Fax: 604-333-3499).

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

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Address:			City	<i>r</i> :		Postal Code:	
Athlete or coach refunds	requested for:						
Participant name:			Competition level			Medical note submitted	
						☐ Yes ☐ No	
						☐ Yes ☐ No	
						☐ Yes ☐ No	
						☐ Yes ☐ No	
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For GBC use only							
Date received:	Date processed:	Medical notes received:		Registration paid:	Admi	Administration fee:	