

2017 TRAMPOLINE GYMNASTICS BC CHAMPIONSHIPS

April 7-9, 2017



Port Coquitlam Recreation Complex

Port Coquitlam, BC
Workplan #2



HOST CLUB

Flip City Gymnastics
#4-20279 97th Avenue
Langley, BC V1M 4B9
(P) 604-888-3366
Website: www.flipcitygym.com

Nicole Maryschak
(C) 604-807-0734
nmaryschak@dsamedia.ca

GYMNASTICS BC

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

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

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

WEBSITE

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

Event Information

COMPETITION DATE	April 7-9, 2017												
VENUE	<p>Port Coquitlam Recreation Complex 2150 Wilson Avenue Port Coquitlam, BC V3C 6J5</p> <p>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</p>												
REFUNDS AND WITHDRAWALS	<p>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 6, 2017. A \$10 administration fee will be withheld for those withdrawing from the competition after March 10, 2017.</p>												
ATHLETE ELIGIBILITY	<p>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.</p>												
COACH ELIGIBILITY	<p>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.</p> <p>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.</p> <p>Any coach with missing certification, who is found to be coaching on the floor during the event, will be subject to a \$200 fine.</p> <p>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.</p>												
ACCOMMODATIONS	<p>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</p> <table border="1" data-bbox="407 1583 1533 1856"> <tr> <td>Standard Queen</td> <td>1 Queen Beds</td> <td>\$149 (+tax)</td> </tr> <tr> <td>Standard Queen</td> <td>2 Queen Beds</td> <td>\$149 (+tax)</td> </tr> <tr> <td>Standard King</td> <td>1 King / 1 Queen sofa bed</td> <td>\$149 (+ tax)</td> </tr> <tr> <td>Kitchen Suites</td> <td>1 Queen / 1 sofa</td> <td>\$189 (+ tax)</td> </tr> </table> <p>Rooms have been blocked at Poco Inn and Suites Hotel. To secure the preferred rate, book before Friday, March 17, 2017.</p>	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)
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)											

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.

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

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

SYNCHRO TRAMPOLINE

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

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

For all Pre-National levels 1-4, synchro 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 (novice) and Senior, synchro 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 2017 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.

Exception – there will be NO finals competed in Synchro Trampoline.

COMPETITION RULES

	TRAMPOLINE	DOUBLE MINI	TUMBLING
Level 1 AND Level 2	<u>Preliminary Round</u> 1 compulsory routine 1 voluntary routine <u>Finals Round</u> 1 voluntary pass <u>Awards</u> Will be presented as of the official results following the <u>FINALS</u> round	<u>Preliminary Round</u> 2 voluntary passes <u>Finals Round</u> 2 voluntary passes <u>Awards</u> Will be presented as of the official result following the <u>FINALS</u> round	<u>Preliminary Round</u> 1 compulsory pass 1 voluntary pass <u>Finals Round</u> 1 voluntary pass <u>Awards</u> Will be presented as of the official results following the <u>FINALS</u> round

LEVEL 3	<u>Preliminary Round</u> 1 compulsory routine 1 voluntary routine <u>Finals round</u> 1 voluntary routine <u>Awards</u> Will be presented as of official results following <u>FINALS</u> round	<u>Preliminary Round</u> 2 voluntary passes <u>Finals Round</u> 2 voluntary passes <u>Awards</u> Will be presented as of the official results following the <u>FINALS</u> round	<u>Preliminary Round</u> 1 compulsory pass 1 voluntary pass <u>Finals Round</u> 1 voluntary pass <u>Awards</u> Will be presented as of the official results following the <u>FINALS</u> round
LEVEL 4	<u>Preliminary Round</u> 1 compulsory routine 1 voluntary routine <u>Finals round</u> 1 voluntary routine <u>Awards</u> Will be presented as of official results following <u>FINALS</u> round	<u>Preliminary Round</u> 2 voluntary passes <u>Finals Round</u> 2 voluntary passes <u>Awards</u> Will be presented as of official results following <u>FINALS</u> round	<u>Preliminary Round</u> 1 compulsory pass 1 voluntary pass <u>Finals Round</u> 2 voluntary passes <u>Awards</u> Will be presented as of the official results following the <u>FINALS</u> round
LEVEL 5	As per the 2016-2020 GCG Canadian Competition rules V-2	As per the 2016-2020 GCG Canadian Competition rules V-2 <u>Preliminary round</u> 2 voluntary passes <u>Finals round</u> 2 voluntary passes	As per the 2016-2020 GCG Canadian Competition rules V-2
LEVEL 6 JR / SR	As per the 2016-2020 GCG Canadian Competition rules <u>V-2</u>	As per the 2016-2020 GCG Canadian Competition rules <u>V-2</u> <u>Preliminary round</u> 4 voluntary passes <u>Finals round – FRESH START</u> 2 voluntary passes	As per the 2016-2020 GCG Canadian Competition rules <u>V-2</u>

REFER TO THE 2016-2020 GCG CANADIAN COMPETITION RULES – Version 2 (dated Jan 11, 2017)

MOBILITY

MOBILITY – Athletes Eligibility to Attend the 2017 Canadian Championships

- Athletes that mobilize up to and including the 2017 TAG CUP are eligible to compete at the WESTERN CANADA CUP providing they have not already competed L5 at ANY EVENT IN THE 2016-2017 competitive season
- Athletes that mobilize up to and including the 2017 OGC INVITATIONAL are eligible to compete at CANADIAN CHAMPIONSHIPS as L5, providing the TEAM BC UNIFORM has been ordered AND the commitment to

attend Canadian Championships has been made by APRIL 24, 2017

- Athletes that mobilize at the WESTERN CANADA CUP will NOT be eligible to compete at the 2017 CANADIAN CHAMPIONSHIPS.

EXCEPTION : if an athlete is ALREADY registered to compete at Canadian Championships in one (or more) events, they will be eligible to compete in the ADDITIONAL event(s) for which they have mobilized at the Western Canada Cup.

EQUIPMENT

TR 4 Eurotramp Grandmasters with Dave Ross bed
DMT 2 Eurotramp
TU 1 Ross Athletics rod floor

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

	<p>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.</p>																				
SCORING	<p>This ISS scoring system will be used.</p>																				
TIES	<p>In both the Preliminary and Final round, there will be no ties. Athletes will automatically be ranked according to GCG Regulations.</p>																				
AWARDS	<table border="1" data-bbox="321 411 976 772"> <tr> <td colspan="2">INDIVIDUAL</td> </tr> <tr> <td>Medals</td> <td>1st – 3rd</td> </tr> <tr> <td>Ribbons</td> <td>4th – 6th</td> </tr> <tr> <td colspan="2">All AROUND – KEEPER PLAQUE</td> </tr> <tr> <td>Pre-National</td> <td>1st – 6th</td> </tr> <tr> <td>National</td> <td>1st – 6th</td> </tr> <tr> <td colspan="2">TEAM AWARDS</td> </tr> <tr> <td>Trampoline</td> <td>1st – 3rd</td> </tr> <tr> <td>Double Mini</td> <td>1st – 3rd</td> </tr> <tr> <td>Tumbling</td> <td>1st – 3rd</td> </tr> </table>	INDIVIDUAL		Medals	1 st – 3 rd	Ribbons	4 th – 6 th	All AROUND – KEEPER PLAQUE		Pre-National	1 st – 6 th	National	1 st – 6 th	TEAM AWARDS		Trampoline	1 st – 3 rd	Double Mini	1 st – 3 rd	Tumbling	1 st – 3 rd
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COMPETITION ATTIRE (COACHES & SPOTTERS)	<p>Coaches and spotters must dress appropriately:</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 • Appropriate indoor sport footwear 																				
COMPETITION ATTIRE ATHLETES	<p>Dress for Competitors</p> <p>All athletes must dress in their <u>CURRENT</u> 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 <u>CURRENT</u> club’s team competitive attire <u>will receive a 0.1 dress code violation per routine/pass.</u></p> <p>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.</p> <p>Women: Leotard with or without sleeves (must be skin tight). Long tights or full-length one piece leotard will be accepted.</p> <p>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 MID-thigh.</p> <p>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.</p> <p>Jewellery: No jewelry may be worn by competitors, spotters and coaches acting as spotters. Taping of jewelry is not adequate. Medic alert</p>																				

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 7	8:00 – 8:30am	Run & Stretch (Pre-Nat Synchro Athletes
	8:30 – 12:30	Pre-National Synchro Competition
	12:00 – 1:00	Coaches / Judges Meeting Opening Ceremonies Awards Pre-National Synchro
	12:30	Awards – Pre National Synchro
	1:00 – 4:30	Preliminary Competition Trampoline / DMT
	4:30 – 7:30	Preliminary Competition Trampoline / DMT
	7:30 pm	Parent & Athlete Meeting All L4 & L5 athletes attending Western Canada Cup AND Canadian Championships
Saturday April 8	8:00 – 8:30am	Run & Stretch
	8:30 – 12:30pm	Preliminary Competition L4 & L5 Trampoline Pre-National DMT Prelim and FINALS Competition Tumbling
	12:30 – 4:30pm	Prelim & FINALS Competition National TR Preliminary Competition Pre-National DMT
	4:30 – 7:00pm	Prelim Competition L5 Synchro Finals Competition Pre-National DMT
		WCC Organizing Committee Meeting (all club representatives)
Sunday April 9	8:30 – 9:00am	Run & Stretch
	9:00 – 3:00	FINAL Competition Pre-National Trampoline Prelim & FINALS Competition National DMT

PLEASE REFER TO THE DETAILED SCHEDULE FOR THE FULL LIST OF EVENTS, CATEGORIES AND TIMES.

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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. on **Thursday April 6, 2017** (Fax: 604-333-3499).

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

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

Clubs will select one athlete from each of 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 10, 2017. Revisions will be accepted until **Wednesday March 29, 2017**

Email: Debbie McBoyle (dmcboyle@gymbc.org)