

2024 TG Gymnastics BC Championships

Workplan #1



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| <p>EVENT INFORMATION</p> | <p>Dates: March 28 – 30, 2024 Location: PNE Forum, Vancouver BC</p> <p>SPORT HOSTING</p> <p>VANCOUVER</p> <p>2024 Event Website <i>Workplans, schedules, event information will consistently be updated on the event website.</i></p> |
| <p>HOST CLUB CONTACTS</p> | <p>TAG Sports Centre 1110-819 Seaborn Ave Port Coquitlam, BC V3B 8G8</p> <p>Leonna Wojcik P: (604) 375-7846 E: leonnaw@telus.net</p> <p>Barb Fraser P: (604) 763-8414 E: gymnut@telus.net</p> |
| <p>GYMNASTICS BC CONTACTS</p> | <p>Gymnastics BC 268-828 West 8th Ave Vancouver, BC V5Z 1E2</p> <p>Aidan Muth Communications and Events Coordinator P: (604) 333-3490 E: amuth@gymbc.org</p> <p>Sandra Poelzer TG Program Coordinator P: (604) 333-3496 ext 7,3 E: tg@gymbc.org</p> |
| <p>MEDIA INFORMATION</p> | <p>Social Media Handles: Instagram: @gymnasticsbc @tag.gymnastics Facebook: Gymnastics BC TAG Gymnastics X: @GymnasticsBC</p> <p>Hashtags: #GymBCChamps2024 #ProvincialChamps2024 #GymnBCxTAG</p> <p>Media Contact: communications@gymbc.org</p> |

EVENT INFORMATION

| COMPETITION DATES | March 28 – 30, 2024 | | | | | | | | | | | | | | | |
|---|---|-------|---------|-------|----------------------------|--------|------|-----------------------|------|--|-------------------------------------|-------|------|---|-------|------|
| VENUE | <p>PNE Forum 2901 E Hasting St. Vancouver, BC V5K 5J1</p> <p>To find out more, visit the website to view the facility https://www.pne.ca/</p> | | | | | | | | | | | | | | | |
| FEES | <p>Registration Fees</p> <table border="1" data-bbox="586 541 1382 779"><thead><tr><th>Dates</th><th>Athlete</th><th>Coach</th></tr></thead><tbody><tr><td>On or before March 3, 2024</td><td>\$150*</td><td>\$25</td></tr><tr><td>Each Additional Event</td><td>\$10</td><td></td></tr><tr><td>March 4-7, 2024 (Late Registration)</td><td>\$170</td><td>\$35</td></tr><tr><td>March 8-10, 2024 (Very Late Registration)</td><td>\$200</td><td>\$60</td></tr></tbody></table> <p>Entries will not be accepted after March 10, 2024</p> <p>Payment of Fees</p> <ul style="list-style-type: none">• Full payment must be received within seven days of the March 3, 2024 deadline to be considered on-time. Payment received after March 10, 2023 will be considered late and subject to a \$50 late fee fines.• Gymnastics BC will only accept one payment from the club.• E-Transfer: may be sent to accounting@gymbc.org. Please include the following information:<ul style="list-style-type: none">○ 2024 TG BC Champs;○ GymBC Invoice (if you have already received one);○ Club Name; and○ Number of athletes & coaches you are paying for.• Cheques are payable to: Gymnastic BC, #268 – 828 West 8th Avenue, Vancouver, B.C. V5Z 1E2 | Dates | Athlete | Coach | On or before March 3, 2024 | \$150* | \$25 | Each Additional Event | \$10 | | March 4-7, 2024 (Late Registration) | \$170 | \$35 | March 8-10, 2024 (Very Late Registration) | \$200 | \$60 |
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| March 8-10, 2024 (Very Late Registration) | \$200 | \$60 | | | | | | | | | | | | | | |
| REGISTRATION | <p>Registration Information: Clubs should now have received their Sportsoft Club membership account. Please register through your club account. Please follow the instructions in your club account to register your athletes and coaches.</p> <p>Event: 2024 TG Gymnastics BC Championships https://sportsoftlivemeet.com/find-meet/</p> <p>Only the official registration process will be accepted.</p> <p>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.</p> | | | | | | | | | | | | | | | |

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|-------------------------|---|---------------|---|----------------|---|
| | <p>Registration Deadlines:</p> <table border="1"> <tr> <td data-bbox="571 170 857 212">March 3, 2024</td> <td data-bbox="857 170 1531 212">First registration deadline for all categories.</td> </tr> <tr> <td data-bbox="571 212 857 289">March 10, 2024</td> <td data-bbox="857 212 1531 289">Very late registration deadline: Absolutely no registrations will be accepted after March 10, 2023.</td> </tr> </table> | March 3, 2024 | First registration deadline for all categories. | March 10, 2024 | Very late registration deadline: Absolutely no registrations will be accepted after March 10, 2023. |
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| March 10, 2024 | Very late registration deadline: Absolutely no registrations will be accepted after March 10, 2023. | | | | |
| REFUNDS AND WITHDRAWALS | <ul style="list-style-type: none"> • Please complete the Request for Refund Form, to request a refund. • A medical certificate must be provided for all athlete withdrawing from the competition, after the first registration deadline (March 3, 2024). • A medical certificate is not required for coaches withdrawing from the competition. • Following March 3, 2024, a \$10 administration fee will be withheld for athletes withdrawing from the competition. • No fees will be held from coach withdrawals. • No refunds will be issued after Wednesday, March 27, 2024. • Please note: Refund requests will ONLY be monitored via the electronic form. Scanned paper copies from previous years will not be accepted. | | | | |
| ATHLETE ELIGIBILITY | <ul style="list-style-type: none"> • 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 | <p><u>NCCP Certification</u></p> <ul style="list-style-type: none"> • All trampoline coaches must have a minimum of Level 2/Comp 1 certification (NCCP) as per the GymBC GymBC Coaching Education Operations Manual 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. More information regarding exemptions will be released in Bulletin #2. If you have any questions prior to the release of the workplan, please contact coaching@gymbc.org. | | | | |
| ACCOMMODATIONS | <p>Pinnacle Hotel Harbourfront</p> <ul style="list-style-type: none"> • How to Book: <ul style="list-style-type: none"> ○ Booking Link ○ Cut-off Date: February 27, 2024 <p>Vancouver Marriott Pinnacle Downtown</p> <ul style="list-style-type: none"> • How to Book: <ul style="list-style-type: none"> ○ Booking Link ○ Cut-off Date: March 5, 2024 <p>Residence Inn by Marriott</p> <ul style="list-style-type: none"> • How to Book: <ul style="list-style-type: none"> ○ Booking Link | | | | |

Cut-off Date: February 11, 2024

PARKING & TRANSIT

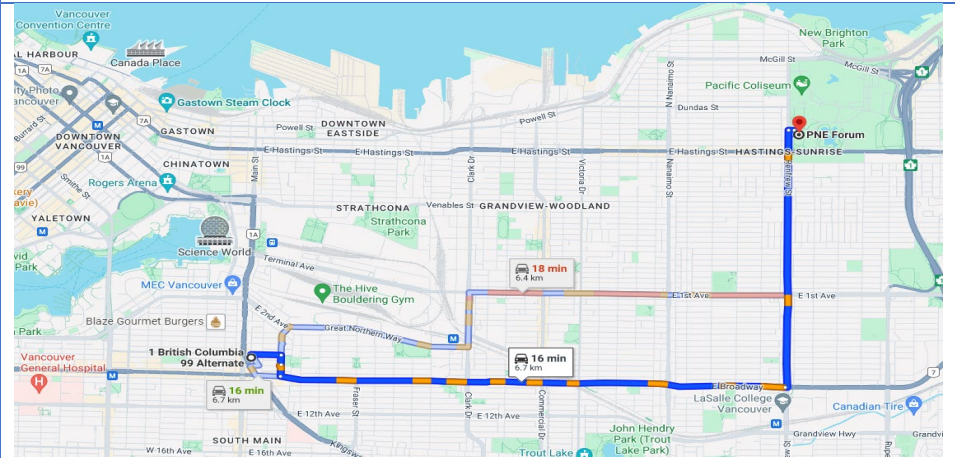
Parking

- Parking is available in the PNE's secure, well-lit lot located at Hastings & Windermere across the street from the Playland main gate; overflow parking is available in lot nine located off Bridgeway Street.
- Parking for disabled guests is available on both lots. Accepted methods of payment for parking: cash, credit and debit.

Public Transit

- Busses available to EB E Hastings St @ Renfrew St. The venue is a 5-minute walk from the bust stop.

GETTING THERE



DECLARATION OF COMPLIANCE AND MEDIA RELEASE

- In order to participate in this event, each club must sign a [Declaration of Compliance form](#) and submit it to GymBC with your registration fees.
- By signing this document, you are also ensuring that your club has attained a media release form for all participating athletes, coaches and/or members at your club that may appear on camera during the competition, and giving GymBC and TAG Sports Centre permission to post media to social media channels and websites during and after the competition.
- If you need a media release form template, please contact safety@gymbc.org.

Any questions regarding these requirements can be sent to events@gymbc.org.

COMPETITION INFORMATION - TG

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|--|--|----------------|-----------------------------|--|--|--|--|---|--|
| CATEGORIES | <p><u>Trampoline</u></p> <ul style="list-style-type: none"> • <u>Provincial</u> <ul style="list-style-type: none"> ○ Women: L1 10+U / L1 11+ / L2 12U / L2 13+ / L3 14U / L3 15+ / L4 14U / L4 15+ ○ Men: L1 10+U / L1 11+ / L2 / L3 / L4 14U / L4 15+ • <u>National:</u> <ul style="list-style-type: none"> ○ Women: L5 16U / L5 17+ / L6 / L7 / SR ○ Men: L5 / L6 / L7 / SR <p><u>Double Mini</u></p> <ul style="list-style-type: none"> • <u>Provincial</u> <ul style="list-style-type: none"> ○ Women: L1 10+U / L1 11+ / L2 12U / L2 13+ / L3 14U / L3 15+ / L4 14U / L4 15+ ○ Men: L1 10+U / L1 11+ / L2 / L3 / L4 14U / L4 15+ • <u>National</u> <ul style="list-style-type: none"> ○ Women: L5 16U / L5 17+ / L6 / JR / L7 / SR ○ Men: L5 / L6 / L7 / SR <p><u>Tumbling</u></p> <ul style="list-style-type: none"> ○ Women: L1 10+U / L1 11+ / L2 13U / L2 14+ / L3 / L4 / L5 / JR / SR ○ Men: L1, L2, L3, L4, L5 <p><u>Synchro</u></p> <ul style="list-style-type: none"> ○ L1 / L2 / L3 / L4 / L5 / L6 / Senior ○ Prelim Only <ul style="list-style-type: none"> • For Provincial Levels 1-4 AND National L5 and L6 synchro pairs will compete one (1) voluntary routine ONLY. There will be NO finals. Pairs with the top 6 scores following the optional round will be declared the winners. • For SR synchro, pairs will compete one 1st Voluntary and one 2nd voluntary routine as per the GCG TG Pathways requirements. There will be NO finals. Pairs with the top 6 scores following this round will be declared the winners. | | | | | | | | |
| CHANGES & CORRECTIONS | <p><u>Changes & Corrections Due Date</u></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="background-color: #d9e1f2;">March 10, 2024</td> <td style="background-color: #d9e1f2;">All changes and corrections</td> </tr> <tr> <td colspan="2">All changes MUST be completed through your Sportzsoft Club registration account.</td> </tr> <tr> <td colspan="2">ABSOLUTELY no changes will be accepted after MARCH 10th.</td> </tr> <tr> <td colspan="2">ABSOLUTELY no changes will be accepted at the competition.</td> </tr> </table> | March 10, 2024 | All changes and corrections | All changes MUST be completed through your Sportzsoft Club registration account. | | ABSOLUTELY no changes will be accepted after MARCH 10 th . | | ABSOLUTELY no changes will be accepted at the competition. | |
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| ABSOLUTELY no changes will be accepted at the competition. | | | | | | | | | |
| DD SHEETS | All completed DD sheets must be submitted by EMAIL by NOON ON Monday March 15, 2023 . | | | | | | | | |
| TEAM FINAL | To be confirmed in Workplan #2. | | | | | | | | |
| COMPETITION FORMAT | <ul style="list-style-type: none"> • 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 | As per GymCan's Canadian Pathways requirements. | | | | | | | | |
| GYMBC EQUIPMENT | TR: 2 Trampolines DMT: 1 Eurotramp TU: 1 Ross Athletics Rod Floor | | | | | | | | |
| SCORING | Scoring will be monitored by Sportzsoft. | | | | | | | | |
| TIE-BREAKERS | In both the Preliminary and Final round, there will be no ties. Athletes will automatically be ranked according to GymCan's Competition Regulations . | | | | | | | | |

| AWARDS | Individuals | Medals 1-3 Ribbons 4-6 | <i>Please note: should there be guest competitors, dual awards will be presented. No BC athlete will be displaced by a guest competitor.</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|-----------------------------|--|-------|------------------|----------------|------------|-----|-----------|-----|--------|-----|-----|-----|-------------------|------|-----|--------------------|-----|---------------------|-----|---------------|-----|--------------|-----|------------|-----|-----|-----|---------------------|-----|
| | All Around – Keeper Plaque | Prov. 1-6 Nat. 1-6 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Team Awards – Keeper Plaque | TR 1-3 DMT 1-3 TU 1-3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| JUDGES | <u>Judging Information</u> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <ul style="list-style-type: none"> A complete list of all registered judges must be forwarded to the TG Judging Chair (Karen Yendley bcjudgingchair@gmail.com) immediately following the registration deadline. Information must include the event to be judged, level of certification and availability. All clubs participating in GymBC Trampoline Gymnastics sanctioned meets must provide a qualified judge. A cap of seven (7) judges from any one club will be implemented. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <u>Judge Availability</u> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | All judges must be available for a minimum of two (2) full days of the competition schedule. A judge who is also a competitive athlete OR a registered coach, may be included as part of the athlete/judge ratio if the following has been met: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <ul style="list-style-type: none"> Must be available for a MINIMUM of two (2) full days of the competition schedule Consideration will be given for the athlete(s) competition schedule Consideration will be given for the coach(s) competition obligations | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <u>Trampoline & DMT</u> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | 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 a MINIMUM of four (4) panels for each competition schedule to be considered a full (1.0) judge. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | <u>Tumbling</u> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Tumbling certified judges must be available a MINIMUM of two (2) panels for each competition schedule to be considered a full (1.0) judge. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <u>Club Requirements</u> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| All clubs participating in GymBC TG sanctioned meets must provide qualified judges as follows: | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="background-color: black; color: white;">REGION</th> <th style="background-color: black; color: white;">CLUBS</th> <th style="background-color: black; color: white;">ATHLETE TO JUDGE</th> </tr> </thead> <tbody> <tr> <td rowspan="4" style="text-align: center;">Lower Mainland</td> <td>Club Aviva</td> <td style="text-align: center;">1:5</td> </tr> <tr> <td>Flip City</td> <td style="text-align: center;">1:5</td> </tr> <tr> <td>Shasta</td> <td style="text-align: center;">1:5</td> </tr> <tr> <td>TAG</td> <td style="text-align: center;">1:5</td> </tr> <tr> <td rowspan="8" style="text-align: center;">Outside the Lower</td> <td>KGTC</td> <td style="text-align: center;">1:8</td> </tr> <tr> <td>Kelowna Gymnastics</td> <td style="text-align: center;">1:8</td> </tr> <tr> <td>Okanagan Gymnastics</td> <td style="text-align: center;">1:8</td> </tr> <tr> <td>Prince George</td> <td style="text-align: center;">1:8</td> </tr> <tr> <td>Port Alberni</td> <td style="text-align: center;">1:8</td> </tr> <tr> <td>Revelstoke</td> <td style="text-align: center;">1:8</td> </tr> <tr> <td>VIP</td> <td style="text-align: center;">1:8</td> </tr> <tr> <td>Whistler Gymnastics</td> <td style="text-align: center;">1:8</td> </tr> </tbody> </table> | | | REGION | CLUBS | ATHLETE TO JUDGE | Lower Mainland | Club Aviva | 1:5 | Flip City | 1:5 | Shasta | 1:5 | TAG | 1:5 | Outside the Lower | KGTC | 1:8 | Kelowna Gymnastics | 1:8 | Okanagan Gymnastics | 1:8 | Prince George | 1:8 | Port Alberni | 1:8 | Revelstoke | 1:8 | VIP | 1:8 | Whistler Gymnastics | 1:8 |
| REGION | CLUBS | ATHLETE TO JUDGE | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Lower Mainland | Club Aviva | 1:5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Flip City | 1:5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Shasta | 1:5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | TAG | 1:5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Outside the Lower | KGTC | 1:8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Kelowna Gymnastics | 1:8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Okanagan Gymnastics | 1:8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Prince George | 1:8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Port Alberni | 1:8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Revelstoke | 1:8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | VIP | 1:8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | Whistler Gymnastics | 1:8 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Failure to meet the required judging quota as stated above, shall result in the club being fined based on the following tiered system. Fines will be calculated by the TG Judging Chair based on the Sportzsoft registration as of the official registration deadline. Any additions after the registration deadline will be counted in the final calculations. Documented medical withdraws, after the registration deadline, MAY be considered in the final calculations. NO SHOWS will NOT be considered.

JUDGING SURCHARGES

| TIERED SURCHARGES | FINE IMPOSED per ATHLETE UNDER THE RATIO |
|---|--|
| LOWER MAINLAND CLUBS | |
| First 5 athletes a club is short a judge | \$20 per athlete |
| For the second 5 athletes a club is short a judge | \$30 per athlete |
| For the third 5+ athletes a club is short a judge | \$40 per athlete |
| OUTSIDE THE LOWER MAINLAND CLUBS | |
| First 8 athletes a club is short a judge | \$20 per athlete |
| For the second 8 athletes a club is short a judge | \$30 per athlete |
| For the third 8+ athletes a club is short a judge | \$40 per athlete |

COMPETITION ATTIRE

Coaches

Coaches and spotters must dress appropriately:

- Appropriate training suit; hats, shorts, midriff tops, ripped or torn clothing or similar will NOT be accepted
- Top: t-shirt, polo shirt or training jacket
- Appropriate indoor sport footwear

Athletes

All GymCan rules apply for proper attire for specific and general warm-up and competition. Athletes must dress in their CURRENT club's team competitive attire for all preliminaries at BC Championships unless prior approval of the TGTC is given.

GymCan Uniform recommendations are as follows:

Women:

- Leotard with or without sleeves (must be skin tight)
- Long tights or full-length one-piece leotard will be accepted.
- Gym Shorts MAY be worn (must be part of the uniform)
 - Must NOT be longer than mid-thigh
 - Must be skin tight
 - Shorts can either be the same colour as the leotard OR plain BLACK but must coordinate with the leotard
 - Athletes who choose to wear shorts from the club OR province MUST have the same brand
 - There may NOT be any obvious logos

Men:

- Sleeveless or short sleeve singlet.

- Competition Longs OR gym shorts in a single colour
 - Exception: black or any other deep dark colour
 - Length of shorts must not be longer than MID-thigh.

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 competition longs.

Jewellery:

- No jewelry may be worn by competitors, spotters and/or coaches as spotters.
- Taping of jewelry is NOT adequate. Medic alert bracelets can be worn, but must be taped. Medical support braces 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 proper club competition attire or equivalent.

COMPETITION SCHEDULE - DRAFT

This is a **draft schedule only** and may change following the first registration deadline. Please keep this in mind when making travel arrangements. Age groups for each session will only be confirmed once the final registration is complete.

Thursday March 28, 2024

- 8 a.m. – 8 p.m. – Preliminary Competition

Friday March 29, 2024

- 8 a.m. – 8 p.m. – Preliminary Competition

Saturday March 30, 2024

- 8 a.m. – 5 p.m. – Finals Competition
- 5 p.m. – 8 p.m. – Team Final

This schedule is based on the 2023 BC Championships registration numbers. 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 2024 BC Championships is complete. To be finalized in workplan #2.

