

2024 GymBC Xcel Challenge Workplan #1



<p>EVENT INFORMATION</p>	<p>Dates: April 13-14, 2024 Location: Queens Park Arena, New Westminster, BC</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>Flicka Gymnastics Club 123-23rd St. East North Vancouver, BC V7L 3E2</p> <p>Marti Farkas P: (604) 973-0890 E: marti@flickagymclub.com</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>MEDIA INFORMATION</p>	<p>Social Media Handles: Instagram: @gymnasticsbc @flickagymclub Facebook: Gymnastics BC Flick Gymnastics Club X: @GymnasticsBC</p> <p>Hashtags: #GymBCXcelChallenge2024 #GymnBCxFlicka</p> <p>Media Contact: communications@gymbc.org</p>

EVENT INFORMATION

COMPETITION DATES	April 13-14, 2024								
VENUE	Queens Park Arena 51 3 rd Ave New Westminster, BC V3J 1L7 To find out more, visit the website to view the facility https://www.newwestcity.ca/parks-and-recreation/facilities/queens-park-arena								
FEES	Dates	Athlete	Coach						
	On or before March 20, 2024	\$150	\$25						
	March 21-24, 2024 (Late Registration)	\$170	\$35						
	March 25-27, 2024 (Very Late Registration)	\$200	\$60						
	Entries will not be accepted after March 27, 2024								
REGISTRATION	<p>Registration Information: Registration will be conducted through Kscore. Registration opens in January. Click here to access the Kscore registration website.</p> <p>Registration Deadlines:</p> <table border="1" style="width: 100%;"> <tr> <td style="background-color: #d9e1f2;">March 1, 2024</td> <td>Deadline to make changes to an athlete's category with Gymnastics BC.</td> </tr> <tr> <td style="background-color: #d9e1f2;">March 20, 2024</td> <td>First registration deadline for all categories.</td> </tr> <tr> <td style="background-color: #d9e1f2;">March 27, 2024</td> <td>Very late registration deadline: Absolutely no registrations will be accepted after March 27, 2024.</td> </tr> </table> <p>Please note: Floor music MUST be uploaded through Kscore. There will be no access to play music directly off of a device.</p>			March 1, 2024	Deadline to make changes to an athlete's category with Gymnastics BC.	March 20, 2024	First registration deadline for all categories.	March 27, 2024	Very late registration deadline: Absolutely no registrations will be accepted after March 27, 2024.
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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 20, 2024). A medical certificate is not required for coaches withdrawing from the competition. Following March 20, 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, April 10, 2024 Please note: Refund requests will ONLY be monitored via the electronic form. <i>Scanned paper copies from previous years will not be accepted.</i> 								

EVENT INFORMATION (CON'T)

ATHLETE ELIGIBILITY

- All athletes registering for the 2024 GymBC Xcel Challenge 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 (charged to the club) and may be ruled ineligible for the championships.
- Please see specific eligibility requirements below.
- As indicated in the [GymBC Registration Handbook](#), a club may not change the category of an athlete after March 1, 2024. 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 membership@gymbc.org prior to the March 1 deadline.

COACH ELIGIBILITY

NCCP Certification

- All coaches must have the appropriate NCCP certification to be on the field of play as per the [GymBC Coaching Education Operations Manual](#) 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 field of play 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. For more information on exemptions consult the [GymBC Coaching Education Operations Manual](#) or contact coaching@gymbc.org.

Minimum Certification Requirements

Bronze, Silver, Gold	NCCP Competition Introduction Certified and Respect in Sport (RiS)
Platinum, Diamond	NCCP Competition Introduction 2 Certified and RiS

EVENT INFORMATION (CON'T)

ACCOMMODATIONS

Executive Plaza Hotel & Conference Centre - Coquitlam

Room Category	Rates	Beds
Deluxe Double (DN)	\$185 per night	2 Double Beds
Double Queen (QQ)	\$195 per night	2 Queen Beds
Queen Suite (SN)	\$200 per night	1 Queen Bed, 1 Sofa Bed

How to Book:

- Email salesmktg.coq@executivehotels.net with the following information:
 - Guest Name
 - Contact Number
 - Number of Guests in Room (Max 4)
 - Check in date
 - Check out date
 - Room Category: DN/QQ/SN
 - Booking ID: 33993
 - Group Name: Flicka Gymnastics
 - Credit Card Number, Expiry, CVV
 - If you do not wish to email your credit card information, add your phone number instead, and you will receive a phone call from the hotel to book.
- *Rooms subject to availability, above rates do not include tax.*

The Met Hotel

Room Category	Rates	Beds
2 Queen	\$151 per night (\$143 on Sunday)	2 Queen Beds
Deluxe River View	\$159 per night (\$151 on Sunday)	2 Queen Beds
Deluxe River View	\$151 per night (\$143 on Sunday)	1 King Bed

How to Book:

- Phone (604) 520-3815 and mention **Flicka Gymnastics**.

Additional Options (No room blocks; subject to availability):

Arundel Mansion

48 Begbie Street, New Westminster BC V3M 3L9

www.arundelmansion.com

(1.5 km from venue)

Inn At The QUAY

900 Quayside Drive, New Westminster BC V3M 6G1

www.innatwestminsterquay.com

(2.0 km from venue)

EVENT INFORMATION (CON'T)

PARKING & TRANSIT

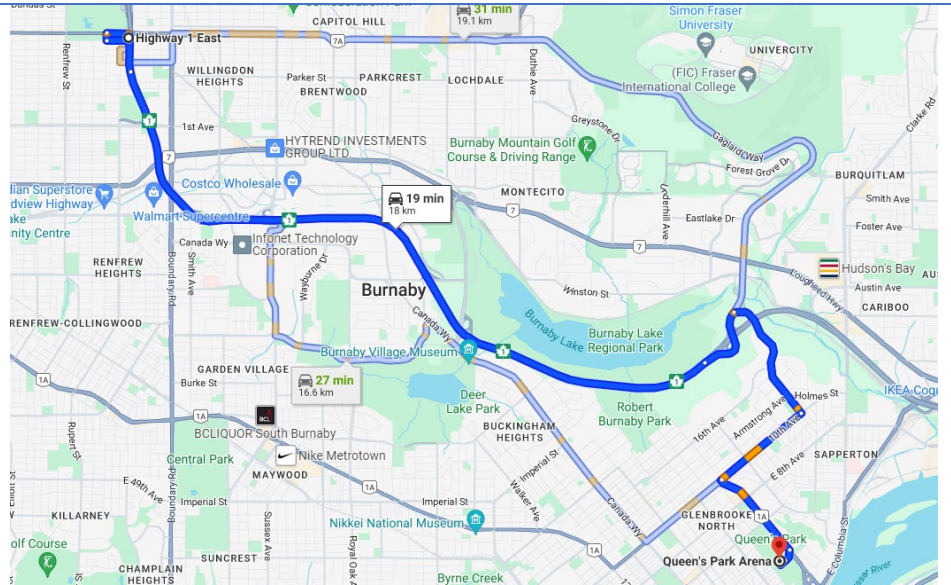
Parking

- There is ample metered parking available at the venue. The hourly parking rate ranges from \$2.50 - \$3.00 with a minimum charge of \$1.00, or a minimum cash payment of \$0.25.

Public Transit

- Busses available to WB Queens Park Care Centre @ Blackberry Drive. The venue is about a 10-minute walk from the bus 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 Flicka Gymnastics Club permission to post media to social media channels and websites during and after the competition.
- The deadline to complete the Declaration of Compliance Form is Friday April 5, 2024
- 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 - WAG

CATEGORIES	<ul style="list-style-type: none"> Xcel Bronze, Silver, Gold, Platinum, Diamond Athletes categories will be grouped by birth year(s). Ideally, groupings for awards will be balanced with a maximum of approximately 24 in any given level/birth year. Athletes registered in level/birth year with few participants will be grouped together. No changes to the groupings will be made once they are circulated with the final schedule. <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr style="background-color: #e6f2ff;"> <th style="text-align: left;">Category</th> <th style="text-align: left;">Eligibility</th> <th style="text-align: left;">Individual Awards</th> <th style="text-align: left;">Team Awards</th> </tr> </thead> <tbody> <tr> <td style="vertical-align: top;">Xcel Bronze- Diamond</td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> Qualifying score of 32.00+ AA at least once, at a GymBC sanctioned event or at an out of province competition with verifiable online results, prior to registration for the 2024 GymBC Xcel Challenge. </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> All-Around: by category and competitive age groupings Medals 1-3 Ribbons 4-10 Plaque AA champion </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> Club awards (1-3) for each level. Min 3 athletes per club, all birth years combined. Top 3 scores on each apparatus to count </td> </tr> </tbody> </table>	Category	Eligibility	Individual Awards	Team Awards	Xcel Bronze- Diamond	<ul style="list-style-type: none"> Qualifying score of 32.00+ AA at least once, at a GymBC sanctioned event or at an out of province competition with verifiable online results, prior to registration for the 2024 GymBC Xcel Challenge. 	<ul style="list-style-type: none"> All-Around: by category and competitive age groupings Medals 1-3 Ribbons 4-10 Plaque AA champion 	<ul style="list-style-type: none"> Club awards (1-3) for each level. Min 3 athletes per club, all birth years combined. Top 3 scores on each apparatus to count
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RESTRICTIONS	If there is only one competitor in any one (1) category, only an all-around award will be given. If there are two or more competitors, all awards will be given.								
TIE-BREAKERS	There is no tie-breaking rule. If there is a tie, the following position is skipped. For example; if there are two athletes tied for second place, there will be no third place awarded. The next athlete in rank order will receive the fourth-place award.								
WARM UP PROCEDURES	Please review the GymBC Warm-Up Procedures found in the BC CCP Charts and Xcel Program Manual .								
JUDGES	<ul style="list-style-type: none"> Judges assigned at the 2024 Artistic Gymnastics BC Championships (or at any other meet) must be registered as judges with Gymnastics BC. The organizing committee (host club) will pay for transportation and accommodation of all judges. 								
COMPETITION ATTIRE (COACHES)	<ul style="list-style-type: none"> Coaches must be dressed according to GymBC Guidelines; outlined in the WAG Operations Manual. In order to maintain a professional image, coaches are required to abide by the regulations for attire while on the competition floor, during warm-up and competition: <ul style="list-style-type: none"> Appropriate club/team uniform; T-shirt, polo shirt, or training jacket; appropriate indoor sport footwear; and No hats, sandals, slippers, shorts, crop tops, tank tops, jeans, ripped, or torn clothing or similar Coaches dressed inappropriately will receive a warning from the Competition Head Judge. The coach will have 30 minutes to comply. 								

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.

Saturday April 13, 2024

Session 1: 07:30 – 9:45 – Xcel Bronze
Session 2: 10:00 – 12:15 – Xcel Bronze
Session 3: 12:30 – 14:45 – Xcel Bronze
Opening Ceremonies: 15:00 – 15:15
Session 4: 15:15 – 17:30 – Xcel Silver
Session 5: 17:45 – 20:00 – Xcel Silver

Sunday April 14, 2024

Session 6: 8:00 – 10:15 – Xcel Silver
Session 7: 10:30 – 13:00 – Xcel Gold
Session 8: 13:15 – 15:45 – Xcel Gold
Session 9: 16:00 – 19:00 – Xcel Platinum & Diamond

The competition days and time listed above are tentative until registration for the 2024 GymBC Xcel Challenge is complete. To be finalized in workplan #2.