

# 2024 Compulsory Gymnastics BC Championships

## Workplan #1



<p><b>EVENT INFORMATION</b></p>	<p><b>Dates:</b> April 11-12, 2024  <b>Location:</b> <a href="#">Queens Park Arena</a>, New Westminster, BC</p> <p><a href="#">2024 Event Website</a>  <i>Workplans, schedules, event information will consistently be updated on the event website.</i></p>
<p><b>HOST CLUB CONTACTS</b></p>	<p>Flicka Gymnastics Club  123-23<sup>rd</sup> St. East  North Vancouver, BC  V7L 3E2</p> <p><b>Marti Farkas</b>  P: (604) 973-0890  E: <a href="mailto:marti@flickagymclub.com">marti@flickagymclub.com</a></p>
<p><b>GYMNASTICS BC CONTACTS</b></p>	<p>Gymnastics BC  268-828 West 8<sup>th</sup> Ave  Vancouver, BC  V5Z 1E2</p> <p><b>Aidan Muth</b>  Communications and Events Coordinator  P: (604) 333-3490  E: <a href="mailto:amuth@gymbc.org">amuth@gymbc.org</a></p>
<p><b>MEDIA INFORMATION</b></p>	<p><b>Social Media Handles:</b>  <b>Instagram:</b> @gymnasticsbc   @flickagymclub  <b>Facebook:</b> Gymnastics BC   Flick Gymnastics Club  <b>X:</b> @GymnasticsBC</p> <p><b>Hashtags:</b>  #GymBCCompulsoryChamps2024 #ProvincialChamps2024 #GymnBCxFlicka</p> <p>Media Contact: <a href="mailto:communications@gymbc.org">communications@gymbc.org</a></p>

# EVENT INFORMATION

COMPETITION DATES	April 11-12, 2024																	
VENUE	Queens Park Arena 51 3 <sup>rd</sup> Ave New Westminster, BC V3J 1L7  To find out more, visit the website to view the facility <a href="https://www.newwestcity.ca/parks-and-recreation/facilities/queens-park-arena">https://www.newwestcity.ca/parks-and-recreation/facilities/queens-park-arena</a>																	
FEES	<table border="1"> <thead> <tr> <th data-bbox="571 499 1143 541">Dates</th> <th data-bbox="1143 499 1279 541">Athlete</th> <th data-bbox="1279 499 1516 541">Coach</th> </tr> </thead> <tbody> <tr> <td data-bbox="571 541 1143 583">On or before March 20, 2024</td> <td data-bbox="1143 541 1279 583">\$150</td> <td data-bbox="1279 541 1516 583">\$25</td> </tr> <tr> <td data-bbox="571 583 1143 625">March 21-24, 2024 (Late Registration)</td> <td data-bbox="1143 583 1279 625">\$170</td> <td data-bbox="1279 583 1516 625">\$35</td> </tr> <tr> <td data-bbox="571 625 1143 667">March 25-27, 2024 (Very Late Registration)</td> <td data-bbox="1143 625 1279 667">\$200</td> <td data-bbox="1279 625 1516 667">\$60</td> </tr> <tr> <td colspan="3" data-bbox="571 667 1516 699">Entries will not be accepted after March 27, 2024</td> </tr> </tbody> </table>	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				
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REGISTRATION	<p><b>Registration Information:</b>                  Registration will be conducted through Kscore. Registration opens in January. <a href="#">Click here</a> to access the Kscore registration website.</p> <p><b>Registration Deadlines:</b></p> <table border="1"> <tr> <td data-bbox="571 852 857 932">March 1, 2024</td> <td data-bbox="857 852 1516 932">Deadline to make changes to an athlete's category with Gymnastics BC.</td> </tr> <tr> <td data-bbox="571 932 857 974">March 20, 2024</td> <td data-bbox="857 932 1516 974">First registration deadline for all categories.</td> </tr> <tr> <td data-bbox="571 974 857 1052">March 27, 2024</td> <td data-bbox="857 974 1516 1052">Very late registration deadline: Absolutely no registrations will be accepted after March 27, 2024.</td> </tr> </table>			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"> <li>• Please complete the <a href="#">Request for Refund Form</a>, to request a refund.</li> <li>• A medical certificate <b>must be provided</b> for all athlete withdrawing from the competition, after the first registration deadline (March 20, 2024).</li> <li>• A medical certificate <b>is not required</b> for coaches withdrawing from the competition.</li> <li>• Following March 20, 2024, a \$10 administration fee will be withheld for athletes withdrawing from the competition.</li> <li>• No fees will be held from coach withdrawals.</li> <li>• No refunds will be issued after Wednesday, April 10, 2024</li> <li>• <b>Please note: Refund requests will ONLY be monitored via <a href="#">the electronic form</a>. Scanned paper copies from previous years will not be accepted.</b></li> </ul>																	

## EVENT INFORMATION (CON'T)

### ATHLETE ELIGIBILITY

- All athletes registering for the 2024 Compulsory 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 (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](mailto: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](mailto:coaching@gymbc.org).

#### Minimum Certification Requirements

Levels 1-2	NCCP Gymnastics Foundations Certified and Respect in Sport (RiS)
Levels 3-5	NCCP Competition Introduction (Comp 1) 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](mailto: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](http://www.arundelmansion.com)

(1.5 km from venue)

#### **Inn At The QUAY**

900 Quayside Drive, New Westminster BC V3M 6G1

[www.innatwestminsterquay.com](http://www.innatwestminsterquay.com)

(2.0 km from venue)

# EVENT INFORMATION (CON'T)

## PARKING & TRANSIT

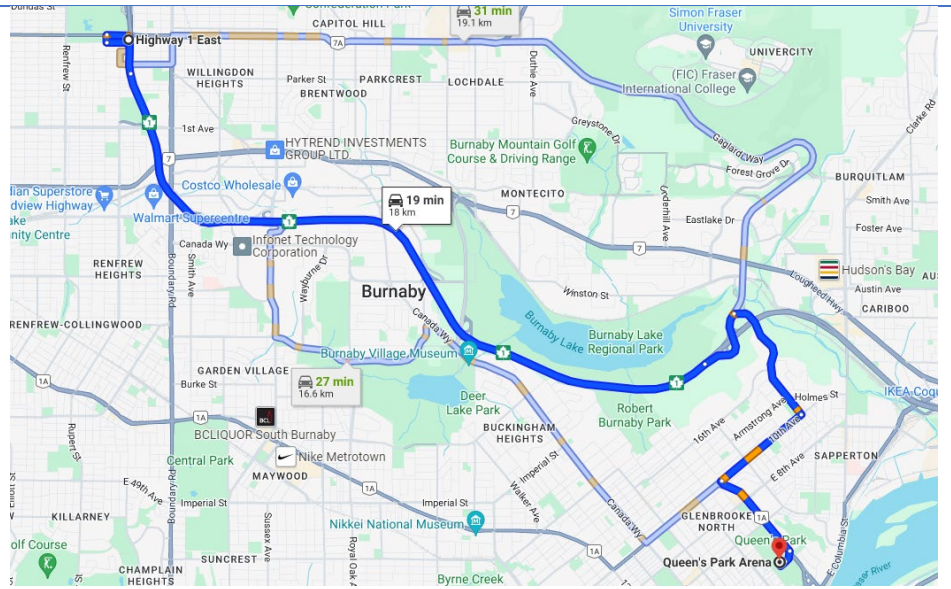
### Parking

- 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](mailto:safety@gymbc.org).
- Any questions regarding these requirements can be sent to [events@gymbc.org](mailto:events@gymbc.org).

# COMPETITION INFORMATION

<b>CATEGORIES</b>	<ul style="list-style-type: none"> <li>• CCP Levels 1,2,3,4,5</li> <li>• 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.</li> </ul>			
	<b>Category</b>	<b>Eligibility</b>	<b>Individual Awards</b>	<b>Team Awards</b>
	CCP L1-5	<ul style="list-style-type: none"> <li>• 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 Compulsory Gymnastics BC Championships.</li> </ul>	<ul style="list-style-type: none"> <li>• All-Around: by category and competitive age groupings</li> <li>• Medals 1-3</li> <li>• Ribbons 4-10</li> <li>• Plaque AA champion</li> </ul>	<ul style="list-style-type: none"> <li>• Club awards (1-3) for each level. Min 3 athletes per club, all birth years combined. Top 3 scores on each apparatus to count</li> </ul>
<b>RESTRICTIONS</b>	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.			
<b>TIE-BREAKERS</b>	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.			
<b>WARM UP PROCEDURES</b>	Please review the GymBC Warm-Up Procedures found in the <a href="#">BC CCP Charts and Xcel Program Manual</a> .			
<b>JUDGES</b>	<ul style="list-style-type: none"> <li>• Judges assigned at the 2024 Artistic Gymnastics BC Championships (or at any other meet) must be registered as judges with Gymnastics BC.</li> <li>• The organizing committee (host club) will pay for transportation and accommodation of all judges.</li> </ul>			
<b>COMPETITION ATTIRE (COACHES)</b>	<ul style="list-style-type: none"> <li>• Coaches must be dressed according to GymBC Guidelines; outlined in the <a href="#">WAG Operations Manual</a>.</li> <li>• 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"> <li>○ Appropriate club/team uniform;</li> <li>○ T-shirt, polo shirt, or training jacket; appropriate indoor sport footwear; and</li> <li>○ No hats, sandals, slippers, shorts, crop tops, tank tops, jeans, ripped, or torn clothing or similar</li> </ul> </li> <li>• Coaches dressed inappropriately will receive a warning from the Competition Head Judge. The coach will have 30 minutes to comply.</li> </ul>			

## 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 April 11, 2024**

Session 1: 08:30 – 11:00 – CCP 1 and CCP 2

Session 2: 11:15 – 13:15 – CCP 2

Opening Ceremonies: 13:45 – 14:00

Session 3: 14:00 – 16:30 – CCP 3

Session 4: 16:45 – 19:15 – CCP 3

### **Friday April 12, 2024**

Session 5: 8:30 – 11:00 – CCP 3

Session 6: 11:15 – 13:45 – CCP 4

Session 7: 14:00 – 16:30 – CCP 4

Session 8: 16:45 – 19:00 – CCP 5

This schedule is based on the 2023 Compulsory Gymnastics 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 Compulsory Gymnastics BC Championships is complete. To be finalized in workplan #2.