


# 2024 Compulsory Gymnastics BC Championships

## Workplan #2



<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

<b>COMPETITION DATES</b>	April 11-12, 2024															
<b>VENUE</b>	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>															
<b>FEEES &amp; REGISTRATION</b> <i>Registration is closed</i>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: left;">Dates</th> <th style="text-align: left;">Athlete</th> <th style="text-align: left;">Coach</th> </tr> </thead> <tbody> <tr> <td>On or before March 20, 2024</td> <td>Deadline passed</td> <td></td> </tr> <tr> <td>March 21-24, 2024 (Late Registration)</td> <td>Deadline passed</td> <td></td> </tr> <tr> <td>March 25-27, 2024 (Very Late Registration)</td> <td>Deadline passed</td> <td></td> </tr> <tr> <td colspan="3" style="text-align: center;">Entries will not be accepted after March 27, 2024</td> </tr> </tbody> </table> <p><a href="#">Click here</a> to access the Kscore registration website.</p>	Dates	Athlete	Coach	On or before March 20, 2024	Deadline passed		March 21-24, 2024 (Late Registration)	Deadline passed		March 25-27, 2024 (Very Late Registration)	Deadline passed		Entries will not be accepted after March 27, 2024		
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<b>REFUNDS AND WITHDRAWALS</b>	<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> </ul> <p><b>Please note: Refund requests will ONLY be monitored via <a href="#">the electronic form</a>.</b>  <b>Scanned paper copies from previous years will not be accepted.</b></p>															
<b>ACCREDITATION</b>	<ul style="list-style-type: none"> <li>All athletes, coaches, judges, vendors, and any recognized VIP personnel must pick up their accreditation badge from the accreditation table before attending the event. See map below for reference:</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.
- **Booking Deadline: Deadline Passed** - 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

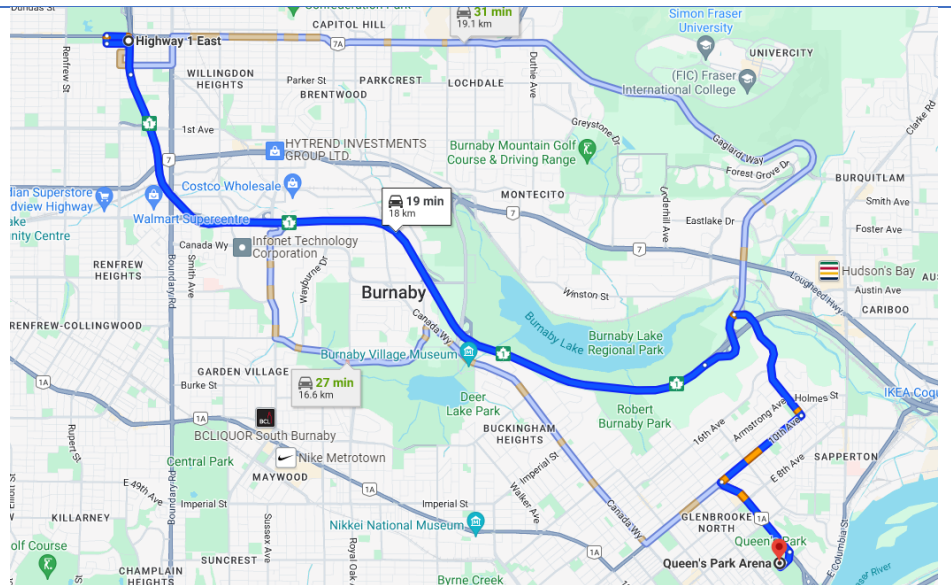
### Parking

- Free parking at the arena
- There is ample metered parking available on the streets nearby. 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



## ADMISSIONS




Type	1 Day Pass	2 Day Pass	Weekend (4 Days)
Adult	\$25	\$35	\$50
Child (5-16)/Senior	\$20	\$30	\$45
4 and Under	Free	Free	Free
Family (2 adults, 2 students)	\$55	\$65	\$80

- Payment will be handled at the event. Cash or card available

## 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).

## EVENT INFORMATION (CON'T)

EVENT PHOTOGRAPHER	<ul style="list-style-type: none"> <li>• Luke O'Geil is the official photographer of this event!</li> <li>• Get your BC Championship photo package early!</li> <li>• Pre-order packages are available now on the website <a href="https://www.lukeogeil.com/2024-bc-compulsory-provincials---excel-championships">https://www.lukeogeil.com/2024-bc-compulsory-provincials---excel-championships</a></li> </ul>
RAFFLES	<ul style="list-style-type: none"> <li>• A 50/50 will be running in the lobby area during each session of the event.</li> <li>• An online silent auction is running, and is open until April 13, 2024 at 1 p.m. Please see the link below to place your bids. The highest bidder will be contacted after the form closes, to pick up their item at the venue.             <ul style="list-style-type: none"> <li>○ <a href="#">2024 Online Silent Auction</a></li> </ul> </li> </ul>
CONCESSION	<ul style="list-style-type: none"> <li>• The venue has a concession with hot/cold snacks and beverages.</li> <li>• Cash, credit, and debit accepted.</li> </ul>
VENDORS	<ul style="list-style-type: none"> <li>• A handful of vendors will be set up in the lobby of the arena. Be sure to check them out!</li> </ul> <div style="display: flex; justify-content: space-around; align-items: center; text-align: center;"> <div style="text-align: center;">  </div> <div style="text-align: center;">  </div> </div> <div style="display: flex; justify-content: center; align-items: center; text-align: center; margin-top: 20px;"> <div style="text-align: center;">  </div> <div style="text-align: center;"> <p><i>Mila Earth</i> MAGNESIUM SKINFOOD</p> </div> </div>
TRAVEL SUBSIDY	<ul style="list-style-type: none"> <li>• Gymnastics BC is pleased to allocate funds to contribute towards travel costs for athletes (age 18 years and under) who attend the 2024 Compulsory Gymnastics BC Championships.</li> <li>• Please review the <a href="#">Travel Subsidy Criteria document</a> for information on the selection and allocation process.</li> <li>• Applications must be submitted no later than <b>11:59 p.m. on Friday May 3, 2023</b>. No late submissions will be accepted.</li> <li>• If you have any questions regarding the application process, please email <a href="mailto:events@gymbc.org">events@gymbc.org</a>.</li> </ul>

# 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> <table border="1" style="width: 100%; border-collapse: collapse; margin-top: 10px;"> <thead> <tr style="background-color: #d9e1f2;"> <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="text-align: center; vertical-align: middle;">CCP L1-5</td> <td style="padding: 5px;"> <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> </td> <td style="padding: 5px;"> <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> </td> <td style="padding: 5px;"> <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> </td> </tr> </tbody> </table>	Category	Eligibility	Individual Awards	Team Awards	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>
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<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 Compulsory 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 - FINAL

This is the **final schedule**.

Award ceremonies begin shortly after each session.

## **Thursday April 11, 2024**

**Opening Ceremonies: 08:00 – 08:15 (Level 1's should attend the opening ceremonies)**

Session 1:

- 08:15 – 10:15 – CCP 1 (39) 4-rotations

Session 2:

- 10:30 – 13:30 – CCP 2 (85) 8-rotations, floor blocked warm-up  
2016 – 2018

Session 3:

- 14:00 – 16:15 – CCP 2 (52) 8-rotations, floor blocked warm-up  
2011 – 2015

Session 4:

- 16:45 – 19:30 – CCP 3 (77) 8-rotations, floor blocked warm-up  
2011 – 2014

## **Friday April 12, 2024**

Session 5:

- 07:30 – 10:00 – CCP 3 (72) 8-rotations, floor blocked warm-up  
2015 – 2018

Session 6:

- 10:15 – 12:45 – CCP 4 (55) 8-rotations, floor blocked warm-up  
May 2014 – Dec 2016

Session 7:

- 13:00 – 15:30 – CCP 4 (50) 8-rotations, floor blocked warm-up  
Jan 2011 – Apr 2014

Session 8:

- 15:45 – 18:00 – CCP 5 (40) 8-rotations, floor blocked warm-up