

2023 TRAMPOLINE GYMNASTICS BC CHAMPIONSHIPS

March 31-April 2, 2023

North Surrey Sport & Ice
Complex
Surrey, BC
Work plan #1
(released November 2022)



HOST CLUB

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

Jen Peterson
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ed.flipcity@gmail.com

Bobbie Worrall
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GYMNASTICS BC

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

Debbie McBoyle
Trampoline Program Coordinator
(B) 604-333-3498 *9921
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Leanne James
Business Development & Events Manager
(B) 604-333-3493
Email: events@gymbc.org

WEBSITE

<https://activitymessenger.com/org/867/page/kEq1OBC/2023-artistic-wag-mag-and-tg-bc-championships>

EVENT INFORMATION

COMPETITION DATE March 31 – April 2, 2023

VENUE North Surrey Sport & Ice Complex
10950 126A St.
Surrey, BC
V3V 0E5

To find out more- Visit the website to view the facilities
<https://www.surrey.ca/culture-recreation/23437.aspx>

REGISTRATION DEADLINES & FEES

REGISTRATION DEADLINES	Athlete	Coach
On or before March 1	\$140	\$20
March 2-8 (Late Registration)	\$160	\$25
March 9-15 (Very Late Registration)	\$200	\$30
Entries will not be accepted after March 15, 2023		

REGISTRATION
(GymCan new scoring program – TBC)

Gymnastics Canada is currently seeking a new scoring program. Information will be provided as soon as possible should the new program affect the process for which GymBC will be collecting athlete and coach registration.

Only the official registration process will be accepted.

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.

PAYMENT OF FEES

Full payment must be received within seven days of the March 1, 2023 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:

- 2023 TG BC Champs;
- GymBC Invoice (if you have already received one);
- Club Name;
- Number of athletes & coaches you are paying for.

Cheques are payable to:

Gymnastic BC
#268 – 828 West 8th Avenue
Vancouver, B.C. V5Z 1E2

REFUNDS AND WITHDRAWALS

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, March 30, 2023**. A \$10 administration fee will be withheld for those withdrawing from the competition after the **March 1, 2023** deadline.

ATHLETE ELIGIBILITY

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>All trampoline coaches must have a minimum of Level 2/Comp 1 certification (NCCP) as per the GymBC Coaching Education Operations Manual 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. 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.</p>
ACCOMMODATIONS	<p>Inn at the Quay</p> <p>900 Quayside Drive New Westminster, BC, Canada V3M 6G1 https://www.innatwestminsterquay.com/</p> <p>Room Rates:</p> <ul style="list-style-type: none"> - \$145 plus tax/night – 2-night minimum stay required. - 30 two -bedded rooms available in this block. Rooms are available on a first come first served basis. <p>Reservations:</p> <ul style="list-style-type: none"> - Call Reservations at 604-520-1776 and book under the Gymnastics BC Championships room block. - 1st cut-off date - February 2, 2023 – some of the block rooms released at this date. - 2nd cutoff deadline – March 3, 2023 – remaining rooms in the block released. - Rooms booked after the 2nd deadline will be at the Best Available Rate at the time of booking. <p>Hotel Amenities:</p> <ul style="list-style-type: none"> - Wi-fi is complimentary and is throughout the Hotel. - <i>Underground parking is an additional \$11 plus tax per night/vehicle.</i> <p>Breakfast is not included, however, there is a restaurant next door - Angelina's, and they offer 10% off for all hotel guests.</p>
PARKING	Please be advised that there are a limited number of parking stalls at the North Surrey Sport & Ice Complex; however, additional nearby street parking is available as well as a paid parking lot located at the Scott Road Skytrain Station.

COMPETITION INFORMATION

CATEGORIES	<p>Trampoline:</p> <p>Provincial: L1-12U / L1 13+ / L2 12U / L2 13+ / L3 14U / L3 15+ / L4 14U / L4 15+</p> <p>National: L5 14U / L5 15-16 / L5 17+ / L6 14U / L6 15-16 / JR / L7 / SR</p>
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	<p>Double Mini: Provincial: L1-12U / L1 13+ / L2 12U / L2 13+ / L3 14U / L3 15+ / L4 14U / L4 15+ National: L5 14U / L5 15-16 / L5 17+ / L6 14U / L6 15-16 / JR / L7 / SR</p> <p>Tumbling: Provincial: L1-12U / L1 13+ / L2 12U / L2 13+ / L3 14U / L3 15+ / L4 14U / L4 15+ National: L5 14U / L5 15-16 / L5 17+ / L6 14U / L6 15-16 / JR / L7 / SR</p> <p>Synchro: L1 / L2 / L3 / L4 / L5 / L6 / SR Prelim Only</p> <p>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.</p> <p>For SR synchro, pairs will compete one 1st Voluntary and one 2nd voluntary routine as per the GymCan 2022-2023 Canadian Pathways requirements. There will be NO finals. Pairs with the top 6 scores following this round will be declared the winners.</p> <p>NOTE: <u>Any age groups that were re-aligned OR amalgamated at the 2023 Shasta Invitational 1st BC Provincial Cup will remain as consistent as possible.</u> New competitors will be added to the appropriate level/event as needed.</p>
TEAM FINAL	TBC in Bulletin #2.
COMPETITION FORMAT	<p>At the BC Championships, Level 1 through senior, with the ten best scores from the preliminary round will advance to finals.</p> <p>Exception – there will be NO finals competed in Synchro Trampoline.</p>
COMPETITION RULES	As per GymCan 2022-2023 Canadian Pathways requirements.
GymBC EQUIPMENT	TR 2 Trampolines DMT 2 Eurotramp TU 1 Ross Athletics rod floor
JUDGES	<p>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 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.</p> <p>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).</p>

Fines will be calculated by the Provincial Judging Chairperson. Invoices will be issued by GymBC in a timely manner. All fines will be collected by GymBC 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 a competitive athlete OR a registered coach, may be included as part of the athlete/judge ratio if the following are 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.

SCORING

The official GymCan scoring program will be used.

TIES

In both the Preliminary and Final round, there will be no ties. Athletes will automatically be ranked according to GymCan 2022-2023 [Competition Regulations](#).

AWARDS

INDIVIDUAL	
Medals	1 st – 3 rd
Ribbons	4 th – 6 th
ALL AROUND - KEEPER PLAQUE	
Provincial	1 st – 6 th
National	1 st – 6 th
TEAM AWARDS - KEEPER PLAQUE	
Trampoline	1 st – 3 rd
Double Mini	1 st – 3 rd
Tumbling	1 st – 3 rd

NOTE: should there be guest competitors, dual awards will be presented. No BC athlete will be displaced by a guest competitor(s).

COMPETITION ATTIRE (COACHES & SPOTTERS)

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

COMPETITION ATTIRE (ATHLETES)

Dress for Competitors

All GCG 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.

SCHEDULE

(subject to change following the registration deadline)

Please refer to the detailed competition schedule for full details for events, categories and times

Friday March 31	8:00am – 8:00pm	Preliminary Competition
		Preliminary Competition
Saturday April 1	8:00am – 8:00pm	Preliminary Competition
Sunday April 2	8:00am – 5:00pm	Finals Competition
		TEAM FINAL

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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 March 30, 2023**.

A \$10 administration fee will be withheld for those withdrawing from the competition after March 1, 2023.

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 GymBC use only

Date received:	Date processed:	Medical notes received:	Registration paid:	Administration fee:
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