

2022 Artistic Gymnastics BC Championships



North Surrey Sport & Ice
Complex
Surrey, BC
Work plan #2
April 1-3, 2022



HOST CLUB

Flip City Gymnastics
#4-20279 97 Ave
Langley, BC
V1M 4B9
www.flipcitygym.com

Flip City Gymnastics Contact:
Bobbie Worrall
(W) 604-888-3366
bcchamps.flipcity@gmail.com

GYMNASTICS BC

GYMNASTICS BC
#268-828 West 8th Avenue
Vancouver, BC V5Z 1E2
(B) 604-333-3496
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info@gymbc.org
www.gymbc.org

Bobbie Worrall
Coaching and Events Coordinator
events@gymbc.org
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WEBSITE

<https://events.gymbc.org/events/events/post/2010>

Event Information

COMPETITION DATE

April 1-3, 2022

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>

Please note that the other two arenas will still have ice in so the competition arena is expected to be cold! Make sure to bring additional warm clothes as a spectator and as a participant!

ADMISSIONS

| | Day Pass | Weekend Pass |
|-------------------------------|----------|--------------|
| Adults | \$20 | \$45 |
| Student/Seniors | \$15 | \$35 |
| Children (6 and under) | FREE | FREE |
| Family | \$45 | \$65 |

**** Please Note: Admissions will be Credit or e-transfer online only. Spectators are strongly encouraged to purchase their tickets in advance [via this link!](#)**

Family = 2 Adults & 2 Students
Student = ages 6-18 or with valid Student ID card

FEES

| | Athlete | Coach |
|--------------------------------------|---------|-------|
| March 8-14 (Late Registration) | \$160 | \$20 |
| March 15-20 (Very Late Registration) | \$200 | \$30 |

Entries will not be accepted after March 20, 2022

REGISTRATION

Registration Deadlines

| | |
|----------------|--|
| March 1, 2022 | Deadline to make changes to an athlete's category with Gymnastics BC (WAG/MAG). |
| March 7, 2022 | Registration deadline for all categories. There is no minimum score requirement for Level 6 WAG for the 2022 BC Championships |
| March 20, 2020 | Late registration deadline: any registrations received after March 7, 2022 may be refused at Gymnastics BC's discretion. Absolutely no registrations will be accepted after March 20, 2022. |

The 2022 Artistic Gymnastics BC Championships registration is available through the K-Score online registration process.

Please ensure that the birth year entered for each athlete is correct, as this will determine in which age group athletes will be competing. Please do **NOT complete the registration form in All CAPITALS.**

Full payment must be received within seven days of the March 7, 2022 deadline to be considered on-time. Gymnastics BC will only accept one payment from the club, not cheques from individual members.

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.

REFUNDS AND WITHDRAWALS

Refunds will only be issued, provided that a medical certificate and the request for refund are submitted to Gymnastics BC by 4:30 p.m. on Thursday, March 31, 2022. A \$10 administration fee will be withheld for those withdrawing from the competition after March 7, 2022.

ATHLETE ELIGIBILITY

All athletes registering for the 2022 Artistic 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, xcel, or recreational, etc.) will be subject to a \$200 fine (charged to the club) and may be ruled ineligible for the championships.

As indicated in the GBC Operations Manual, a club may not change the category of an athlete after March 1, 2022. 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 services at membership@gymbc.org prior to the deadline.

COACH ELIGIBILITY

Minimum NCCP requirements

NCCP Certification

All coaches must have the appropriate NCCP certification to be on the field of play as per the GBC 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 [Coaching Operations Manual](#) or contact coaching@gymbc.org.

Minimum certification requirements:

| | |
|---|---|
| MAG Provincial Level 1 | NCCP Gymnastics Foundations Certified and Respect in Sport. |
| MAG Provincial Level 2 | NCCP Competition Introduction (Comp 1) Certified and Respect in Sport |
| MAG Provincial Level 3-4, Elite 3-4 WAG CCP Levels 6-8, Aspire | NCCP Competition Introduction Advanced (Comp 2) Certified and Respect in Sport. |
| MAG Level 5, Open, Junior, Senior WAG CCP Levels 9-10, HP | NCCP Competition Development (Comp 3) Certified and Respect in Sport |

ACCOMMODATION

Civic Hotel, Autograph Collection by Marriott

13475 Central Ave, Surrey, BC, V3T 0L8
(P) 1-855-255-8933 www.civichotel.ca

Best Western King George Inn & Suites

2033 King George Inn & Suites
(P) 604-502-9000 <https://www.bestwesternsurrey.com/>

A complimentary hot/cold breakfast is served daily from 6:30 – 10:00am.

Free self-parking is available onsite.

PARKING & TRANSIT

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.

****Recommendation**** - please allow for extra time to drop your athlete off and proceed to find parking. A drop off zone will be available for athletes only at the main entrance of the facility. Parents and guests will not be allowed access at this entrance, please use the school entrance.

Transit

Surrey Sports & Ice Complex is a 6 minute walk from the Scott Road Skytrain Station on the Expo Line.

ACCREDITATION

Coaches accreditation table will be at the ground floor level arena entrance. All coaches must collect their accreditation before entering the Field of Play

WAITING AREA


There will be a change room available at the venue. Athletes will follow signage and to the designated area.

Athletes **MUST TAKE ALL BELONGINGS TO THE FLOOR**. There will be 2 athletes' waiting areas where they may leave their belongings during the competition. Coaches are asked to explain the waiting system to their athletes and to assist with keeping personal items in the athletes' waiting areas and the competition area free of both athletes and debris.

Out of respect for those competing and the spectators, all competitors and coaches are required to stay in the designated waiting area until the last event is complete. Only athletes and coaches allowed outside of the designated waiting areas are the athletes next up on the apparatus and the athletes currently competing.

MUSIC

Music must be supplied digitally (iPad, iPod, phone, MP3). ALL music from a club must be in a single iPod, with the music identified by the athlete's name. If you use a playlist, please clearly identify the list by category and have the athlete's name identified in the music title. This means that clubs may not have some music on one iPod and others on an iPad. Music is required to be downloaded onto the device, reliance on wifi or Bluetooth is not permitted.

| | |
|--------------------------------|--|
| <p>PHOTOGRAPHY</p> | <p>Information regarding photography will be distributed in workplan #3.</p> |
| <p>RAFFLE</p> | <p>50/50 raffle tickets will be available for online purchase for \$5 each! Purchase link will be distributed in workplan #3</p> |
| <p>FOOD & DRINK</p> | <p>A concession will be available on site that will include breakfast items, pizza and hotdogs, snacks and beverages. Cash, debit and credit will be accepted at the concession.</p> <p>As we are trying to cut down on waste at the event, please make sure to bring a reusable water bottle for the duration of the competition. Coaches and judges who will be availing themselves of the hospitality rooms are also strongly encouraged to bring their own reusable plates/cutlery. Thank you!</p> |
| <p>APPAREL</p> | <p>Official BC Championships bodysuit is available for purchase at www.gymgear.ca. Cost is \$55+ tax. To be able to pick up your bodysuit at BC Championships please place your order by March 24 2022.</p> <p>Late orders placed between March 25 and April 7 will be mailed out.</p>  <p>Other apparel (hoodies, t-shirts, sweatpants etc) will be available for purchase on-site through Northwest Designs.</p> |
| <p>ATTRACTIONS</p> | <p>For information on attractions, restaurants, activities, and family fun, please visit the City of Surrey's website, https://www.surrey.ca/</p> |

COVID 19

All participants will be required to abide by the most current Provincial Health Order. The current facility requirements are listed below as of March 11 2022.

Masks are optional for spectators and participants alike.

Athletes: At this time, any participating athlete who is under twenty-one (21) years **will not be** required to provide proof of full vaccination when entering a City of Surrey Arena. Personnel affiliated with youth sports associations including, all volunteers (twelve (12) years and older), parent helpers, safety designates, non-paid adult support leading or assisting with programs, **will be** required to provide proof of full vaccination and valid government ID when entering a City of Surrey Arena

Spectators: All spectators (twelve (12) years and older) will be required to provide proof of full vaccination for all indoor sporting events.

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 GBC with your registration fees.

This form affirms that your club will adhere to all COVID-19 policies in affect.

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 Flip City Gymnastics Club permission to post media to our social media channels 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

Men's Artistic Gymnastics

| CATEGORIES | Provincial 1 to 5 MAG, National Open, Elite 3, 4, Junior and Senior athletes | | | | | | | | | | | |
|---|---|---|--|----------|-----|-------------------|--------------|------|---|---|--|--|
| EVENT SUMMARY | <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 33%;">Category</th> <th style="width: 33%;">Age</th> <th style="width: 33%;">Individual Awards</th> </tr> </thead> <tbody> <tr> <td>Provincial 1</td> <td>(8+)</td> <td>Ribbons for each apparatus AA medal; Certificate and All Star Certificates</td> </tr> <tr> <td>Provincial 2 Provincial 3 Provincial 4 Provincial 5 National Open Elite 3 Elite 4 Junior Senior</td> <td>Under 10, 10-12 Under 13, 13+ Under 13, 13+ 13-17 15+ 10-12 (as per GCG) 12-14 (as per GCG) 14-18 (as per FIG) 18+</td> <td>Plaque: AA Champion Medals 1-3 Ribbons 4-6</td> </tr> </tbody> </table> | | | Category | Age | Individual Awards | Provincial 1 | (8+) | Ribbons for each apparatus AA medal; Certificate and All Star Certificates | Provincial 2 Provincial 3 Provincial 4 Provincial 5 National Open Elite 3 Elite 4 Junior Senior | Under 10, 10-12 Under 13, 13+ Under 13, 13+ 13-17 15+ 10-12 (as per GCG) 12-14 (as per GCG) 14-18 (as per FIG) 18+ | Plaque: AA Champion Medals 1-3 Ribbons 4-6 |
| Category | Age | Individual Awards | | | | | | | | | | |
| Provincial 1 | (8+) | Ribbons for each apparatus AA medal; Certificate and All Star Certificates | | | | | | | | | | |
| Provincial 2 Provincial 3 Provincial 4 Provincial 5 National Open Elite 3 Elite 4 Junior Senior | Under 10, 10-12 Under 13, 13+ Under 13, 13+ 13-17 15+ 10-12 (as per GCG) 12-14 (as per GCG) 14-18 (as per FIG) 18+ | Plaque: AA Champion Medals 1-3 Ribbons 4-6 | | | | | | | | | | |
| COMPETITION AGE CALCULATION | The GCG Provincial or Elite pathways documents can be found on the GCG website: http://www.gymcan.org/disciplines/mens-artistic-gymnastics/technical-information/technical-documents | | | | | | | | | | | |
| TRIALS | This event is trials for the 2022 Canadian Championships for the following categories: Elite 4, National Open, Junior, and Senior. | | | | | | | | | | | |
| WARM-UP FORMAT | For all categories using the short general warm-up format, athletes will not be allowed on the apparatus during warm-up. This policy will be enforced. For all categories using the long open warm-up format, gymnasts should be prepared to complete their floor warm-up within the first hour of the warm-up times. | | | | | | | | | | | |
| AWARDS | There are no tie-breaking rules in effect. If two athletes are tied in second place, they will both receive silver medals and no bronze medal will be awarded. | | | | | | | | | | | |
| COMPETITION ATTIRE (COACHES) | Coaches must dress according to the GBG Guidelines: <ul style="list-style-type: none"> Appropriate training suit, excluding hats, shorts, midriff tops, ripped or torn clothing or similar. Top: t-shirt, polo shirt or training jacket. (NO shorts). Appropriate indoor sport footwear. | | | | | | | | | | | |
| EQUIPMENT | Equipment in the competition gym will be the Spieth brand. Clubs may NOT bring any additional pieces of equipment. | | | | | | | | | | | |
| JUDGES | Judges assigned at the Championships (or at any other meet) must be registered as judges with Gymnastics BC. | | | | | | | | | | | |

COMPETITION INFORMATION

Women's Artistic Gymnastics

CATEGORIES

- CCP Levels 6, 7, 8, 9, and 10
- Aspire 1 and 2
- HP Novice, Junior, and Senior

Athletes registered in the CCP 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.

Coaches are reminded that attendance at the 2022 Artistic Gymnastics BC Championships for all HP athletes is mandatory. HP athletes who do not compete, or demonstrate full or partial routine, coach or judge must be available for other activities such as award presentations. Clubs must request in writing to the WTC that athletes be exempt.

EVENT SUMMARY

| Category | Eligibility | Individual Awards | Team Awards * |
|------------------------------|--|--|---|
| CCP 6-7-8-9-10 | All registered athletes | <ul style="list-style-type: none"> • Plaque AA champion • Medals 1-3 • Ribbons 4-10 | Club Team Awards: Team: min 3 athletes, max 5 athletes per club. Clubs must identify their team prior to the competition; top 3 scores per apparatus to count. |
| Aspire | Aspire 1 and 2 | | |
| HP Novice, Junior and Senior | If there are only one to three athletes competing on one apparatus, only the gold medal will be awarded. | | No team awards. |

*** Team Awards:**

Club team awards (1-3) for CCP levels, all age groups combined.

Club team awards (1-3) for Aspire 1 and 2 combined.

Please review the Operations Manual for more information.

<https://gymbc.org/public/uploads/GBC-WAG-Ops-Manual-2022.pdf>

TRIALS

This event serves as trials for the 2022 Canadian Championships for WAG CCP 9 and 10 athletes.

| | |
|-------------------------------------|--|
| EQUIPMENT | Equipment in the competition gyms will be branded S/A Sport. Clubs may NOT bring any additional pieces of equipment. |
| WARM UP PROCEDURES | Please review the GBC Warm-Up Procedures: https://gymbc.org/public/uploads/BC-CCP-Charts-Xcel-Program.pdf |
| JUDGES | Judges assigned at the 2022 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. Travel and accommodation for <u>all</u> judges will be arranged by GBC. |
| COMPETITION ATTIRE (COACHES) | Coaches must dress according to the GBG Guidelines. https://gymbc.org/public/uploads/GBC-WAG-Ops-Manual-2022.pdf <ul style="list-style-type: none">• Appropriate training suit, excluding hats, shorts, midriff tops, ripped or torn clothing or similar.• Top: t-shirt, polo shirt or training jacket. (NO shorts).• Appropriate indoor sport footwear. |

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SCHEDULE

March 8, 2022

Gymnasts are not allowed on the floor until the start of general warm up.

THURSDAY, MARCH 31, 2022

18:30 - 19:00 WAG Coaches Technical Meeting
19:00 - 21:00 WAG Women's Technical Assembly

FRIDAY, APRIL 1, 2022

Session 1 WAG - CCP 6 - 2008 (21), 2008-07 (24), 2007-03 (20)

7:30 - 7:45 **General warm up**
7:45 - 10:15 Competition (format: single panel, 8 apparatus)
10:30 Award presentation

Session 2 WAG - CCP 6 - 2010 (23), 2010-09 (21), 2009 (22)

10:30 - 10:45 **General warm up**
10:45 - 13:15 Competition (format: single panel, 8 apparatus)
13:30 Award presentation

Session 3 WAG - CCP 6 - 2012-15 (20) 2011 (24), 2011-10 (21)

13:30 - 13:45 **General warm up**
13:45 - 16:15 Competition (format: single panel, 8 apparatus)
16:30 Award presentation

Opening Ceremonies

16:30 - 16:45

Session 4 WAG - CCP 9 2011-2009 (7), CCP 9 2008-2004 (22), CCP 10 2008-2007 (4), CCP 10 2006-2004 (16)

17:00 - 17:20 **General warm up**
17:20 - 20:50 Competition (format: single panel, 8 apparatus)
*Awards for CCP 9 and 10 will be based on day 2 of competition

SATURDAY, APRIL 2, 2022

Session 6 WAG - CCP 7 - 2005-06 (21), 2006-07 (21), 2008 (19),

7:30 - 7:45 General warm up
7:45 - 10:45 Competition (format: single panel, 8 apparatus)
11:00 Award presentation

MAG - Level 3 (35)

8:00 - 8:20 General warm up
8:20 - 10:30 Competition
10:45 Award presentation

Session 7 WAG - CCP 7 - 2008-09 (20) 2009-10 (22) 2010-12 (20)

11:00 - 11:15 General warm up
11:15 - 14:15 Competition (format: single panel, 8 apparatus)
14:30 Award presentation

MAG - Level 4 (22), Elite 4 (3), Elite 3 (5)

11:30 - 12:45 Open warm up
12:45 - 15:00 Competition
15:15 Award presentation

Session 8 WAG - CCP 8 - 2009-11 (22)

14:45 - 15:00 General warm up WAG
15:00 - 16:30 Competition (format: single panel, 4 apparatus)
16:45 Award presentation

MAG - Junior (17), Senior (4), National Open (9), Level 5 (9)

15:45 - 17:00 Open warm up
17:00 - 19:30 Competition
19:45 Award presentation

Session 9 WAG - CCP 8 - 2007-08 (18), 2004-06 (16)

16:45 - 17:00 General warm up
17:00 - 19:00 Competition (format: single panel, 8 apparatus)
19:15 Award presentation

SUNDAY, APRIL 3, 2022

Session 10 WAG - **Aspire 1 (11), Aspire 2 (7), HP Senior (4) HP Junior (4) HP Novice (3)**

8:30 - 8:50 General warm up
8:50 - 12:00 Competition (format: single panel, 4 apparatus)
12:15 Award presentation

MAG - Level 1 (39)

8:00 - 8:20 General warm up
8:20 - 10:20 Competition
10:30 Award presentation

Session 11 WAG - **CCP 9 2011-2009 (7), CCP 9 2008-2004 (22), CCP 10 2008-2007 (4), CCP 10 2006-2004 (16)**

13:00 - 13:20 General warm up
13:20 - 16:50 Competition (format: single panel, 8 apparatus)
17:00 Award presentation

MAG - Level 2 (32)

11:00 - 11:20 General warm up
11:20 - 13:20 Competition
13:30 Award presentation

17:15- 18:00 WTC and eligible coaches for CC (Team Selection for CC)

APPENDIX 1 - WAG COMPETITION FORMAT INFORMATION

Warm up time and Equipment

For all categories, the warm up and equipment specs will be as indicated in the appropriate manual.

CCP: BC Manual

<https://gymbc.org/public/uploads/BC-CCP-Charts-Xcel-Program.pdf>

WAG athletes CCP 9 and 10 must use the GCG equipment specs as BC Champs is a trial for Canadian Championships. Any violation will be penalized. No warning will be given.

Aspire: GCG Aspire Manual

http://gymcan.org/uploads/content/wag_technical/2019/2021/aspire.pdf

High Performance: GCG HP Manual

http://gymcan.org/uploads/content/wag_technical/2019/2021/hp_manual.pdf

General Information:

- There is no march in. All athletes (side A and B) must line up in front of the judges table before the 1st rotation. Participating clubs will be officially introduced and judges will give instructions.
- Athletes do not need to line up in front of judges for other rotations.
- Be ready to rotate as soon as your club group is done competing.
- The competition order is determined by the coaches, for CCP 6 to 8, Aspire and HP.
- The competition order for CCP 9 and 10 is as indicated in the OOP.
- Athletes' cards will need to be picked up from the secretary and submitted by the coach in the correct order to the secretary at the next apparatus.
- If there is more than one club in a rotation, coaches must discuss and agree on the most efficient way to warm up and compete before submitting their cards.
- Instruct your athletes to listen to the name being called by the judges to make sure every athlete gets the correct score. Coaches should check the cards after each rotation to make sure there are no mistakes.
- At the end of the competition, coaches will have 5 minutes to review the results once they become available. If they find a mistake, they should tell the master scorer or competition head judge immediately. Once that time has elapsed, results will be deemed correct.
- The award groups have been set and will not be altered.

Single panel – 8 rotations:

- Warm up must be completed when the judges arrive at the apparatus.
- On V, UB, BB: Group warm up only.
- On FX, athletes will warm up and compete on both floors. When MAG competes, the athletes can warm up in between (in-and-outs), except for the CCP 9 and 10 sessions, where athletes will warm up as a group.

Single panel / 4 rotations:

- On V, UB, BB and FX: All warm up will be done in groups. On BB, 5 seconds will be allowed between gymnasts.

2022 Artistic Gymnastics BC Championships



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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., Thursday, March 31, 2022.

A \$10 administration fee will be withheld for those withdrawing from the competition after March 7, 2022.

| | | | |
|----------|----------|--------------|--|
| 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 GBC use only

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