

2023 Artistic Gymnastics BC Championships



North Surrey Sport & Ice
Complex
Surrey, BC
Work plan #1
March 31-April 2, 2023



HOST CLUB

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

Flip City Gymnastics Contacts:

Jen Peterson
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ed.flipcity@gmail.com

Bobbie Worrall
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GYMNASTICS BC

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

Gymnastics BC Contact:

Leanne James
Business Development & Events Manager
events@gymbc.org
604-333-3493

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>

FEEES

	Athlete	Coach
On or before March 3	\$140	\$20
March 4-10 (Late Registration)	\$160	\$25
March 11-19 (Very Late Registration)	\$200	\$30
Entries will not be accepted after March 19, 2023		

REGISTRATION

Registration Deadlines

March 1, 2023	Deadline to make changes to an athlete's category with Gymnastics BC (WAG/MAG).
March 3, 2023	Registration deadline for all categories. Any registrations received after March 3, 2023 may be refused at Gymnastics BC's discretion. WAG L6 must achieve 32.00+ AA at least once at a GymBC sanctioned event during the 2022-2023 competitive season (prior to registration) to qualify for the BC Championships event. The qualifying score/link to results must be included in the Kscore registration.
March 19, 2023	Late registration deadline: Absolutely no registrations will be accepted after March 19, 2023.

The 2023 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 3, 2023 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 33, 2023. A \$10 administration fee will be withheld for those withdrawing from the competition after March 3, 2023.

ATHLETE ELIGIBILITY

All athletes registering for the 2023 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 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 [GymBC Registration Handbook](#) (pg. 17), a club may not change the category of an athlete after March 1, 2023. 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 [GymBC Coaching Education Operations Manual](#) (pg. 9) 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 Education 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

Inn at the Quay

900 Quayside Drive New Westminster, BC, Canada V3M 6G1
<https://www.innatwestminsterquay.com/>

Room Rates:

- \$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.

Reservations:

- 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.

Hotel Amenities:

- Wi-fi is complimentary and is throughout the Hotel.
- *Underground parking is an additional \$11 plus tax per night/vehicle.*
- Breakfast is not included, however, there is a restaurant next door - Angelina's, and they offer 10% off for all hotel guests.

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

Men's Artistic Gymnastics

CATEGORIES	Provincial 1 to 5 MAG, National Open, Aspire, Junior and Senior athletes									
EVENT SUMMARY	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 30%;">Category</th> <th style="width: 35%;">Birth Year</th> <th style="width: 35%;">Individual Awards</th> </tr> </thead> <tbody> <tr> <td>Provincial 1</td> <td>2016 or earlier</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 Aspire Junior Senior</td> <td>2015, 2014, 2013, 2012, 2011 2011-2013, 2010 or earlier 2011-2013, 2010 or earlier 2006-2009 2008 or earlier 2009-2011 2008-2009, 2005-2007 2003-2005, 2002 or earlier</td> <td>Plaque: AA Champion Medals 1-3 Ribbons 4-6</td> </tr> </tbody> </table>	Category	Birth Year	Individual Awards	Provincial 1	2016 or earlier	Ribbons for each apparatus AA medal; Certificate and All-Star Certificates	Provincial 2 Provincial 3 Provincial 4 Provincial 5 National Open Aspire Junior Senior	2015, 2014, 2013, 2012, 2011 2011-2013, 2010 or earlier 2011-2013, 2010 or earlier 2006-2009 2008 or earlier 2009-2011 2008-2009, 2005-2007 2003-2005, 2002 or earlier	Plaque: AA Champion Medals 1-3 Ribbons 4-6
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COMPETITION AGE CALCULATION	<p>The GymCan Provincial and Elite pathways documents can be found on the GymCan website: http://www.gymcan.org/disciplines/mens-artistic-gymnastics/technical-information/technical-documents</p>									
TRIALS	This event is trials for the 2023 Canadian Championships for the following categories: Aspire, National Open, Junior, and Senior.									
WARM-UP FORMAT	<p>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.</p> <p>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.</p>									
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)	<p>Coaches must dress according to the GymBC Guidelines:</p> <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 Youth
- 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 2023 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	CCP 6 athletes attaining qualifying score (32.00+ AA) All registered CCP 7-8-9-10 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. ^[L1]
Aspire	Aspire Youth		Based on registration numbers (following the first registration deadline), it will be determined if Team Awards will be offered for the Aspire Youth category.
HP Novice, Junior and Senior	All HP athletes compete together. 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 Youth ^[combined]^[MK2] - to be confirmed following the first registration deadline.

Clubs must identify team members during registration. Changes to the team will be accepted up to 24 hours before the start of the competition for that CCP level/Aspire; the changes must be submitted in writing to the GymBC master ^[scorer]^[MK3].

TRIALS	This event serves as trials for the 2023 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 GymBC Warm-Up Procedures: https://gymbc.org/public/uploads/BC-CCP-Charts-Xcel-Program.pdf
COMPETITION ATTIRE (COACHES)	Coaches must dress according to the GymBC Guidelines. https://gymbc.org/public/uploads/WAG-Operations-Manual.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.
JUDGES	Judges assigned at the 2023 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. The organizing committee (host club) will pay for transportation and accommodation of all judges.

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PRELIMINARY SCHEDULE (Subject to change)

This is a **draft schedule only** and may change following the first registration deadline – March 3, 2023. 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, MARCH 30, 2023

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

FRIDAY, MARCH 31, 2023 (categories and times are tentative)

Session 1 7:30 – 11:00 WAG CCP 6
Session 2 11:00 – 15:00 WAG CCP 6
Session 3 15:30 – 18:00 WAG CCP 6
Session 4 18:00 – 21:00 WAG CCP 9, CCP 10

SATURDAY, APRIL 1, 2023 (categories and times are tentative)

Session 5 7:45 – 12:00 WAG Group A: CCP 7
MAG Group B: Level 3 (sub-division 1)
Session 6 12:00 – 14:30 WAG Group A: CCP 7
MAG Group B: Level 3 (sub-division 2)
Session 7 14:30 – 17:00 WAG Group A: CCP 8
MAG Group B: Elite 3 (compulsory), Elite 4, Level 4
Session 8 17:00 – 20:30 WAG Group A: CCP 8,
MAG Group B: Junior, Senior, National Open, Level 5

SUNDAY, APRIL 2, 2023 (categories and times are tentative)

Session 9 8:00 – 11:00 WAG Group A: Aspire Youth
MAG Group B: Provincial 1 (sub-division 1)
Session 10 11:00 – 14:00 WAG Group A: HP
MAG Group B: Provincial 1 (sub-division 2)
Session 11 14:00 – 17:00 WAG Group A: JO 9, JO 10
MAG Group B: Provincial 2

This schedule is based on the GymBC registration numbers from the 2022 BC Championships. 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 2023 Artistic Gymnastics BC Championships is complete (approximately the middle of March 2023 - in final workplan).

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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 30, 2023.

A \$10 administration fee will be withheld for those withdrawing from the competition after March 3, 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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