

2023 Compulsory Gymnastics BC Championships

Langley Events Centre –
Field House
Langley, BC
April 21-23, 2023
Workplan #1



HOST CLUB

Langley Gymnastics Foundation (LGF)
Langley Gymnastics Foundation
7888- 200 Street
Langley, BC, V2Y 3J4
<http://www.langleygymnastics.ca/>

LGF Sports Centre Contacts:

Jennifer Coimbra
jenc@langleygymnastics.ca
(W) (778) 238-0485

GYMNASTICS BC

GYMNASTICS BC (GymBC)
#268-828 West 8th Avenue
Vancouver, BC V5Z 1E2
(B) 604-333-3496
(F) 604-333-3499
info@gymbc.org
www.gymbc.org

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

WEBSITE

<https://activitymessenger.com/org/867/page/iYCfyms/2023-compulsory-bc-championships>

Event Information

COMPETITION DATE

APRIL 21-23, 2023

VENUE

Langley Events Centre – Field House
7888- 200 Street
Langley, BC, V2Y 3J4

FEES

	Athlete	Coach
On or before March 24, 2023	\$140	\$20
March 25- 31 (Late Registration)	\$160	\$25
April 1-9	\$200	\$30
Absolutely no entries will be accepted after April 9, 2023		

REGISTRATION

Registration Deadlines

March 1, 2023	Deadline to make changes to an athlete's category with Gymnastics BC (WAG).
March 24, 2023	Registration deadline for all categories. All athletes must achieve an all-around score of 32.00+ at least once during the 2022-2023 competitive season at a GymBC Sanctioned event. The qualifying score must be included in the Kscore registration.
March 31, 2023	Late registration deadline. Any registrations received after March 31, 2023 may be refused at Gymnastics BC's discretion if categories are full. Absolutely no registrations will be accepted after April 9 2023.

The 2023 Compulsory 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. Additionally, please do **NOT complete in All CAPITALS**.


Full payment must be received within seven days of the March 24, 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.

ATHLETE GIFTS

For the event this year, our host club will be providing Gym Gear bodysuits to all registered athletes as a participant gift. During the registration process in Kscore, you will BE asked to provide the bodysuit size for each registered athlete. Please ensure you have collected all participant sizes before you begin the registration process. See sizing chart below.

Tanks	Toddler	Child XX Small 4/5	Child X Small 5/6	Child Small 6x/7	Child Medium 8	Child Large 10	Child X Large 12	Teen X Small 14	Teen Small 16	Teen Medium	Teen Large
Girth	38"	40"	42"	44"	46"	48"	51"	53"	56"	58"	60"
 Girth measurement to be taken from the top of the shoulder, down through the crotch and back up to the same shoulder.											

Accurate bodysuit sizes for late registrants may be impacted, and will be based on availability.

Bodysuits will be distributed to clubs at the event.

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, April 20, 2023. Bodysuits will still be provided to all those withdrawing from the competition after March 24, 2023. As such, a \$50 fee will be withheld from the full refund for administrative services and bodysuit charges for those withdrawing from the competition after March 24, 2023.

ATHLETE ELIGIBILITY

All athletes registering for the 2023 Compulsory 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 is not allowed to 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 artistic 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 floor 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:

WAG CCP Levels 1-2	NCCP Gymnastics Foundations Certified and Respect in Sport
WAG CCP Levels 3-5	NCCP Competition Introduction (Comp 1) certified and Respect in Sport

ACCOMMODATION**Host Hotels****Sandman Signature Langley**

Hotel features: Indoor Pool and hot tub, Fitness Facilities, Complimentary wired & wireless high-speed internet, 24-hour Business Centre, Moxie's Classic Grill / Room Service, Complimentary parking.

Room Rates:

Room Type	Signature King	Signature Two Queens	Executive King Suite w/ pull-out sofa and kitchenette
Rate	\$169	\$179	\$219

Sandman Langley Hotel

Hotel Features: Fitness facilities, Complimentary Wi-Fi throughout the hotel, Business Centre, Denny's 24-hour Restaurant w/ room service, complimentary parking.

Room Rates:

Room Type	Signature Queen	Standard Two Twin
Rate	\$149	\$159

Cut-off Date: March 30, 2023 is the cut-off date to reserve rooms at both of the hotels listed above.

**Please note that these room blocks are open group blocks and as such, bookings are on a first come first serve basis. **

Reservations: Call Sandman's Central Reservation line at 1-800-SANDMAN (726-3626).

Booking Reference: Sandman Signature Langley or Sandman Hotel Langley - 2304LANGYM

PARKING

Public Parking spaces are available at the Langley Events Centre. Parking is on a first come, first serve basis. Please allow sufficient time to secure a parking spot prior to event times.

COMPETITION INFORMATION

Women's Artistic Gymnastics

CATEGORIES	<p>All CCP compulsory categories are invited.</p> <ul style="list-style-type: none"> • CCP 1- 2, born 2017 or later (Gold/Silver/Bronze) • CCP 1- 5, born 2016 or earlier (Ranked) <p>Athlete categories will be grouped by birth year(s) Ideally, groupings for awards will be balanced with 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.</p>				
EVENT SUMMARY	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%;">Category</th> <th style="width: 50%;">Eligibility</th> </tr> </thead> <tbody> <tr> <td>CCP 1-5 Born in 2018 or earlier</td> <td>32.00+ AA at least once, at a GymBC sanctioned event, prior to registration</td> </tr> </tbody> </table>	Category	Eligibility	CCP 1-5 Born in 2018 or earlier	32.00+ AA at least once, at a GymBC sanctioned event, prior to registration
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CCP 1-5 Born in 2018 or earlier	32.00+ AA at least once, at a GymBC sanctioned event, prior to registration				
EQUIPMENT	Clubs may NOT bring any additional pieces of equipment.				
COMPETITION FORMAT	Please review the Gymnastics BC Warm-Up Procedure (available on the GymBC website). https://gymbc.org/public/uploads/BC-CCP-Charts-Xcel-Program.pdf				
COMPETITION ATTIRE (COACHES)	<p>Coaches must dress according to the GymBC Guidelines. https://gymbc.org/public/uploads/WAG-Operations-Manual.pdf</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; Bottom: full length pants are required (NO shorts) • Appropriate indoor sport footwear 				
JUDGES	<p>Judges assigned at the 2023 Compulsory BC Championships (or at any other meet) must be registered as judges with Gymnastics BC. Each zone must submit the names of two judges. It is the responsibility of the Zone Judging Chairperson to communicate the names of the zone assigned judges to the Women's Judges Committee and to GymBC.</p> <p>The organizing committee (host club) will pay for transportation and accommodation of all judges.</p>				

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PRELIMINARY SCHEDULE (Subject to change)

This is a **draft schedule only** and may change following the 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.

SATURDAY, April 22, 2023 (categories and times are tentative)

7:30 - 8:00 WAG Coaches Technical Meeting [MK1]

Session 1 8:00 - 10:30 CCP 1-2

Session 2 11:00 - 13:30 CCP 3

Session 3 14:00 - 16:30 CCP 3

Session 4 17:00 - 19:30 CCP 3

SUNDAY, April 23, 2023 (categories and times are tentative)

Session 5 8:00 - 11:00 CCP 4

Session 6 11:30 - 14:30 CCP 4

Session 7 15:00 - 17:30 CCP 5

This schedule is based on the 2022 Compulsory 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 2023 Compulsory BC Championships is complete (approximately the beginning of April 2023).

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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, April 20, 2023.

A \$10 administration fee will be withheld for those withdrawing from the competition after March 24, 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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