

2026 Flip City Holiday Classic



Trinity Western University
Langley, BC
Work plan #1
December 11-13 2026



HOST CLUB

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

Flip City Gymnastics Contact:
Bobbie Worrall – Competitive Program Director
(E) competitive.flipcity@gmail.com

WEBSITE

<https://www.flipcitygym.com/hosted-events/>

SPECIAL EVENT – HOLIDAY CLASSIC CRAFT FAIR

We will once again be offering the Holiday Classic Craft Fair!

Local artisans from all over the lower mainland will have booths set up around our awards room where you can get some shopping done just in time for the holidays! It's a great opportunity to support local businesses, buy some gifts, or get yourself a treat. A full vendor list will be available in Workplan #2.

Event Information

COMPETITION DATE December 11-13, 2026

VENUE Trinity Western University
22500 University Dr
Langley, BC
V2Y 1Y1

FEES

	Athlete	Coach
Regular Registration Sept 1–Oct 15	\$140	\$15
Late Registration Oct 16 – Nov 1	\$160	\$30
Latest Registration Nov 2 – Nov 15	\$180	\$50

Entry requests received after November 16th will be at the host's discretion. If requests can be accommodated a \$50 late charge will apply on top of the latest registration fee.

REGISTRATION

Registration Deadlines

October 15	Regular registration deadline for all categories.
November 15	Latest registration deadline: any registrations received after November 15, 2026 may be refused at Flip City's discretion.

The 2026 Flip City Holiday Classic registration is available through the K-Score online registration process. Please ensure you have uploaded each athlete's music.

Please ensure that the birth year entered for each athlete is correct, as this will determine in which age group athletes will be competing.

Full payment must be received within seven days of the October 15, 2026 deadline to be considered on-time. Flip City 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 \$100 fee charged to the club where the coach is employed.

REFUNDS AND WITHDRAWALS

Until October 15th athletes can be withdrawn with no additional fees.

From October 16th onward refunds will only be issued provided a medical note is submitted with the refund request. Refunds will be issued less \$40 and the athlete will still receive a gift.

Any refund requests received after December 10th at 4:00pm will not be accepted.

To request a refund please fill out the linked form! Only requests submitted through the form will be accepted.

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 Operations Manual as well as successful completion of the Respect in Sport (RiS) program. Coaching certification will be verified by Flip City 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 (from Gymnastics BC)

Minimum certification requirements:

WAG CCP 1-2	NCCP Gymnastics Foundations Certified and Respect in Sport.
WAG CCP 3-5, Xcel Bronze-Gold	NCCP Competition Introduction (Comp 1) Certified and Respect in Sport
WAG CCP Levels 6-8, Xcel Platinum-Diamond, Aspire, Youth 1	NCCP Competition Introduction Advanced (Comp 2) Certified and Respect in Sport.
WAG CCP Levels 9-10, HP, Youth 2-3	NCCP Competition Development (Comp 3) Certified and Respect in Sport

ACCOMMODATION

Prices and booking details coming soon

Sandman Signature Suites - 8828 201 St, Langley, BC V2Y 0C8

Sandman Hotel - 8855 202 St., Langley Twp, BC V1M 2N9

<https://www.sandmanhotels.com>

COMPETITION INFORMATION

Women's Artistic Gymnastics

CATEGORIES

- CCP 1-10
- Aspire Youth Entry and Youth Advanced
- HP Novice, HP Junior, HP Senior
- Xcel Bronze - Diamond

Athletes will be grouped by birth year(s). Ideally, groupings for awards will be balanced with a maximum of approximately 14 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

EVENT SUMMARY

Category	Individual Awards	Special Awards
Xcel, CCP 3-10, Aspire	• Medals 1-3 • Ribbons 4-10	In all categories on all apparatuses a judge may or may not award a special award of their choosing.
CCP 1-2	• G/S/B Ribbon • AA medal	
HP	• Medals 1-3	

TRIALS

This event serves as trials for the 2026 GymBC LEAD Team! GymBC LEAD – Long term Excellence And Development – is a GymBC WAG Team Travel event for level 10s born 2008-2015 that will take place in non-Canada Winter Games years. This year's GymBC LEAD competition is Rock the Rockies

This event is also trials for the 2026 BC Winter Games for Zone 3-4-5 WAG athletes levels 7 and 8 born 2011-2016.

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://www.gymbc.org/media/njth5fbq/bc-ccp-charts-xcel-program.pdf>

COMPETITION ATTIRE (COACHES)

Coaches must dress according to the GymBC Guidelines.

<https://www.gymbc.org/media/z3mlz1mc/wag-operations-manual.pdf>

- 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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DRAFT SCHEDULE

This is a draft schedule only and may change following the final registration deadline.

FRIDAY, DECEMBER 11 (categories and times are tentative)

<i>Session 1</i>	8:00 – 10:30	WAG	Xcel Bronze
<i>Session 2</i>	11:00 – 13:30	WAG	Xcel Silver
<i>Session 3</i>	14:00 – 16:30	WAG	Xcel Silver + Gold
<i>Session 4</i>	17:00 – 20:00	WAG	Xcel Gold + Platinum + Diamond

SATURDAY, DECEMBER 12 (categories and times are tentative)

<i>Session 5</i>	8:00 – 10:30	WAG	CCP 8 + Aspire
<i>Session 6</i>	11:00 – 13:30	WAG	CCP 9 + Youth
<i>Session 7</i>	14:00 – 17:00	WAG	CCP 10 – Canada winter games
<i>Session 8</i>	17:30 - 20:30	WAG	CCP 7

SUNDAY, DECEMBER 13 (categories and times are tentative)

<i>Session 9</i>	8:00 – 10:00	WAG	CCP 6
<i>Session 10</i>	10:30 – 12:30	WAG	CCP 4+5
<i>Session 11</i>	13:00 – 15:00	WAG	CCP 3
<i>Session 12</i>	15:30 – 18:00	WAG	CCP 1-2