

2022 Flip City Holiday Classic

Trinity Western University
Langley, BC
Work plan #1
December 9-11 2022



HOST CLUB

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

Flip City Gymnastics Contact:
Jen Peterson
(P) 604-888-3366
(E) ed.flipcity@gmail.com

Office
(P) 604-888-3366
(E) flipcitygymnasticsclub@gmail.com

WEBSITE

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

SPECIAL ACTIVITY

At the Flip City Holiday Classic we are excited to host a special holiday activity: a holiday gift exchange. To participate, a registered athlete just has to bring a gift (valued at \$5-\$20) to add to the gift pile, and in exchange they get to choose something for themselves from the pile!

Athletes can also choose to bring two gifts instead of one! Athletes who bring an extra gift will be entered into a draw to win a \$50 gift card from select merchants.



Event Information

COMPETITION DATE

December 9-11, 2022

VENUE

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

FEES

	Athlete	Coach
On or before October 31	\$125	\$0
November 1 - November 15	\$150*	\$15
November 16-November 30	\$175*	\$30

Entries will not be accepted after November 30, 2022

*MAG athletes who advance after the 1st CWG trials will be able to register at the early-bird rate of \$125

REGISTRATION

Registration Deadlines

October 31, 2022	Early registration deadline for all categories.
November 15	Late registration deadline: any registrations received after October 31, 2022 may be refused at Flip City's discretion. Absolutely no registrations will be accepted after November 30, 2022.

The 2022 Flip City Holiday Classic 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 be sure to carefully verify your athletes' zone and birth year

Full payment must be received within seven days of the October 31, 2022 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 \$75 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 Flip City by 4:30 p.m. on Thursday, December 8, 2022. A \$10 administration fee will be withheld for those withdrawing from the competition after October 31, 2022.

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 and RiS completion 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.

Minimum certification requirements:

MAG Provincial Level 1 WAG CCP 1-2	NCCP Gymnastics Foundations Certified and Respect in Sport.
MAG Provincial Level 2 WAG CCP 3-5, Xcel Bronze-Gold	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

Sandman Signature Suites

8828 201 St, Langley, BC V2Y 0C8

<https://www.sandmanhotels.com/signature-langley>


Use code 2212FLIPCITY when you register to book a standard room with two double beds for \$144/night.

Free WiFi and Parking

ATHLETE GIFT

The athlete gift will be a GymGear bodysuit for WAG athletes and Holiday Classic t-shirt for MAG athletes. Please be sure to include the athlete's size upon registration.

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.

COMPETITION INFORMATION

Men's Artistic Gymnastics

CATEGORIES	Provincial 1 to 3 (BCWG Trials) and Canada Winter Games MAG									
EVENT SUMMARY	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="text-align: center;">Category</th> <th style="text-align: center;">Age</th> <th style="text-align: center;">Individual Awards</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">Provincial 1</td> <td style="text-align: center;">(7+)</td> <td style="text-align: center;">Ribbons for each apparatus AA medal; Certificate and All Star Certificates</td> </tr> <tr> <td style="text-align: center;">Provincial 2 Provincial 3 CWG trials</td> <td style="text-align: center;">2012, 2013, 2014, 2015 Under 13, 13+ 2004-2011</td> <td style="text-align: center;">Plaque : AA Champion Medals 1-3 Ribbons 4-6</td> </tr> </tbody> </table>	Category	Age	Individual Awards	Provincial 1	(7+)	Ribbons for each apparatus AA medal; Certificate and All Star Certificates	Provincial 2 Provincial 3 CWG trials	2012, 2013, 2014, 2015 Under 13, 13+ 2004-2011	Plaque : AA Champion Medals 1-3 Ribbons 4-6
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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	<p>This event is trials for the 2023 Canada Winter Games for athletes 2004-2011, National Open rules.</p> <p>This event is trials for the 2023 BC Winter Games for athletes 2007-2013, Provincial Level 3</p>									
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 GBG 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.									

COMPETITION INFORMATION

Women's Artistic Gymnastics

CATEGORIES

- CCP Levels 1-10
- Xcel Bronze, Silver, Gold, Platinum

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	<ul style="list-style-type: none"> • Trophy AA champion • 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	<ul style="list-style-type: none"> • G/S/B Ribbon • AA medal 	
CCP 2-10	<ul style="list-style-type: none"> • Trophy AA champion • Medals 1-3 • Ribbons 4-10 	

TRIALS

This event serves as trials for the 2023 Canada Winter Games trials for athletes competing in level 10.

This event serves as trials for the 2023 BC Winter Games trials for zones 3, 4 and 5 athletes 2007-2013 in levels 7 and 8.

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/GBC-WAG-Ops-Manual-2022.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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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.

FRIDAY, DECEMBER 9 (categories and times are tentative)

<i>Session 1</i>	7:30 – 10:30	WAG	CCP 3-5
<i>Session 2</i>	11:00 – 14:00	WAG	CCP 6
<i>Session 3</i>	14:30 – 17:30	WAG	CCP 8 - BC Winter Games Trials
<i>Session 4</i>	18:00 – 20:00	WAG	CCP 9

SATURDAY, DECEMBER 10, 2022 (categories and times are tentative)

<i>Session 5</i>	7:30 – 11:00	WAG	CCP 7 - BC Winter Games Trials
<i>Session 6</i>	11:30 – 14:30	WAG	CCP 10 - Canada Winter Games Trials
<i>Session 7</i>	16:00 – 18:00	WAG MAG	Xcel Silver Canada Winter Games trials
<i>Session 8</i>	18:00 - 20:00	WAG MAG	Xcel Gold + Platinum CWG Trials <i>ctnd</i>

SUNDAY, DECEMBER 11, 2022 (categories and times are tentative)

<i>Session 9</i>	7:30 – 10:00	WAG MAG	Xcel Bronze Provincial 1-2
<i>Session 10</i>	11:00 – 14:00	WAG MAG	CCP 1-2 Provincial 3 - BCWG Trials
<i>Session 11</i>	14:00 – 17:00	WAG MAG	Interclub Interclub

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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 Flip City at flipcitygymnastics@gymbc.org by December 8 2022 at 4:30pm.

A \$10 administration fee will be withheld for those withdrawing from the competition after October 31st 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 Flip City Office

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