

# 2023 Flip City Holiday Classic



Trinity Western University  
Langley, BC  
Work plan #1  
December 8-10 2023



## HOST CLUB

Flip City Gymnastics  
#4-20279 97 Ave  
Langley, BC  
V1M 4B9  
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## WEBSITE

<https://www.flipcitygym.com/holiday-classic/>

## SPECIAL EVENT – HOLIDAY CLASSIC CRAFT FAIR

At this year's competition we are excited to offer the first ever 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.

## ATHLETE GIFT

This year's athlete gift will be a pair of Holiday Pyjama pants! Sizing charts are below – we recommend sizing up as the material will shrink after the first wash.

### Youth Sizes

	S	M	L	XL
Inseam	21 1/4	24 1/4	27 1/4	29 1/4
Waist Laid Flat	18	20	22	24

### Adult Sizes

	S	M	L	XL	2XL	3XL
Inseam	31	31 1/2	32	32 1/2	33	33 1/2
Waist Laid Flat	11	13	15	17	19	21

# Event Information

## COMPETITION DATE

December 8-10, 2023

## VENUE

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

## FEES

	Athlete	Coach
September 1 – October 31	\$130	\$0
November 1 - November 15	\$150	\$25
November 16-November 30	\$175	\$40
MAG Judges Cup and Elite Screening	\$75	\$0

**Entries will not be accepted after November 30, 2023**

## REGISTRATION

### Registration Deadlines

October 31	Early registration deadline for all categories.
November 15	Late registration deadline: any registrations received after October 31, 2023 may be refused at Flip City's discretion. <b>Absolutely no registrations will be accepted after November 30, 2023.</b>

The 2023 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. Please be sure to carefully verify your athletes' zone and birth year

**Full payment must be received within seven days of the October 31, 2023 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

Until October 31<sup>st</sup> refunds will be issued less a \$10 administrative fee.

From November 1<sup>st</sup> 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 7<sup>th</sup> 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 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 (from Gymnastics BC)

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, Xcel Platinum-Diamond	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

Standard Two Queen Room - \$169/night  
Standard Suite (1 King + Sofa Bed) - \$189/night

Use code 2312FLIPCITY when booking!

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

Standard Double (2 Double Beds) - \$149/Night  
Standard Suite (1 King + Sofa bed) - \$179/Night

Use code 2312FLIPCITY2 when booking!

<https://www.sandmanhotels.com>

Free WiFi and Parking

**RAFFLE AND 50/50**

Tickets will be on sale soon for our 50/50/50! You take home 50% of the pot, and Flip City will donate 50% of their 50% to the Langley Food Bank!

Purchase link will be available in Workplan #2

Raffle tickets will also be sold on site for your chance to win one of our great prize baskets!

**TOY DRIVE**

We are excited to be running a Toy Drive in conjunction with this year's competition. To participate please bring an unwrapped gift in its original packaging valued at \$15+ and you will be entered into our toy drive draw with a grand prize of a \$300 gift card! There will also be draws for a 2<sup>nd</sup> and 3<sup>rd</sup> place prize. One draw entry per gift!

# COMPETITION INFORMATION

## Men's Artistic Gymnastics

### CATEGORIES

Provincial 3, Aspire, Junior, Senior

### EVENT SUMMARY

Category	Age	Individual Awards
Provincial 3	Under 13, 13+	Plaque : AA Champion Medals 1-3 Ribbons 4-6
Elite Screening		
MAG Judges Cup	All Ages	N/A

### 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 2024 BC Winter Games in Quesnel for athletes 2009-2014, Provincial Level 3

### 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 GymBG Guidelines:

- 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 CUP

This year Flip City is excited to host the first ever MAG Judges Cup. Judges Cup is an opportunity for athletes to compete new skills or routines on a competition surface and get feedback from judges! It's also a chance to support MAG Judges in BC, as a portion of the registration fee will go towards MAG Judge Development.

## COMPETITION INFORMATION

### Women's Artistic Gymnastics

#### CATEGORIES

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

#### TRIALS

This event serves as trials for the 2023 BC Winter Games trials for zones 3, 4 and 5 athletes 2009-2014 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 8 (categories and times are tentative)

<i>Session 1</i>	8:00 – 10:00	WAG	Xcel Bronze
<i>Session 2</i>	10:30 – 12:30	WAG	Xcel Silver
<i>Session 3</i>	13:00 – 15:30	WAG	Xcel Silver
<i>Session 4</i>	16:30 – 19:30	WAG	Xcel Gold, Platinum, Diamond

SATURDAY, DECEMBER 9 (categories and times are tentative)

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

SUNDAY, DECEMBER 10 (categories and times are tentative)

<i>Session 9</i>	8:00 – 10:00	WAG	CCP 1-2
<i>Session 10</i>	10:30 – 1:00	WAG MAG	CCP 3 Prov 3 – BC Winter Games Trials
<i>Session 11</i>	1:30 – 4:00	WAG MAG	CCP 4 + 5 Elite Screening, MAG Judges Cup