

2023 Flip City Holiday Classic



Trinity Western University
David E Enarson Gymnasium
Langley, BC
Work plan #2
December 8-10 2023



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

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.

Some of our vendors include Arbonne health and wellness products, Rikki Gagne Crafts, Maully handmade plushies and ornaments, Fluffy Bunny cotton candy, and more!

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; David E Enarson Gymnasium
7600 Glover Rd
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. Absolutely no registrations will be accepted after November 30, 2023.

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 31st refunds will be issued less a \$10 administrative fee.

From November 1st 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 7th 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)

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>

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 your 50/50 tickets through this link now!](#)

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

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 given one free ticket to our raffle!

ADMISSIONS

Admissions can be purchased in advance through the links below! Admissions purchased in advance are available at a discounted rate, so buy now!

	Day Pass (advance purchase)	Day Pass (same day)
Adult (19+)	\$13	\$15
Student (6-18)/Senior *Children under 6 enter free	\$7	\$10
Family (2 adults 2 students)	\$25	\$30

HOLIDAY DECOR

Do you like our festive décor and want a little extra around the house? All décor will be for sale following the competition! See admissions for details and to add your name to the purchase list!

COMPETITION INFORMATION

Men's Artistic Gymnastics

CATEGORIES	Provincial 3, Aspire, Junior, Senior												
EVENT SUMMARY	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 33%;">Category</th> <th style="width: 33%;">Age</th> <th style="width: 33%;">Individual Awards</th> </tr> </thead> <tbody> <tr> <td>Provincial 3</td> <td>Under 13, 13+</td> <td>Medals 1-3 Ribbons 4-6</td> </tr> <tr> <td>Elite Screening</td> <td></td> <td></td> </tr> <tr> <td>MAG Judges Cup</td> <td>All Ages</td> <td style="text-align: center;">N/A</td> </tr> </tbody> </table>	Category	Age	Individual Awards	Provincial 3	Under 13, 13+	Medals 1-3 Ribbons 4-6	Elite Screening			MAG Judges Cup	All Ages	N/A
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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: <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 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	<ul style="list-style-type: none"> • CCP Levels 1-10 • Xcel Bronze to Diamond <p>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</p>										
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CCP 1	<ul style="list-style-type: none"> • G/S/B Ribbon • AA medal 										
CCP 2-10	<ul style="list-style-type: none"> • Medals 1-3 • Ribbons 4-10 										
TRIALS	<p>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.</p>										
EQUIPMENT	<p>Equipment in the competition gyms will be branded S/A Sport. Clubs may NOT bring any additional pieces of equipment.</p>										
WARM UP PROCEDURES	<p>Please review the GymBC Warm-Up Procedures: https://gymbc.org/public/uploads/BC-CCP-Charts-Xcel-Program.pdf</p>										
COMPETITION ATTIRE (COACHES)	<p>Coaches must dress according to the GymBC Guidelines. https://gymbc.org/public/uploads/GBC-WAG-Ops-Manual-2022.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. (NO shorts). • Appropriate indoor sport footwear. 										

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FINAL SCHEDULE

FRIDAY, DECEMBER 8 (categories and times are tentative)

<i>Session 1</i>	7:30 – 10:30	WAG	Xcel Bronze (65)
<i>Session 2</i>	11:00 – 13:30	WAG	Xcel Silver 2015-2012 (58)
<i>Session 3</i>	14:00 – 16:30	WAG	Xcel Silver 2011-2006 (42) + Gold 2015-2012 (18)
<i>Session 4</i>	17:00 – 20:00	WAG	Xcel Gold 2011-2006 (45), Platinum (14), Diamond (6)

SATURDAY, DECEMBER 9 (categories and times are tentative)

<i>Session 5</i>	8:00 – 10:30	WAG	CCP 6 (44)
<i>Session 6</i>	11:00 – 14:00	WAG	CCP 7 – BC Winter Games Trials (65)
<i>Session 7</i>	14:30 – 16:30	WAG	CCP 8 – BC Winter Games Trials (30)
<i>Session 8</i>	17:00 - 20:00	WAG	CCP 9 (28) + 10 (13)

SUNDAY, DECEMBER 10 (categories and times are tentative)

<i>Session 9</i>	8:00 – 10:00	WAG	CCP 1 (16) – 2 (25)
<i>Session 10</i>	10:30 – 1:30	WAG MAG	CCP 3 (57) Prov 3 – BC Winter Games Trials (30)
<i>Session 11</i>	2:00 – 4:30	WAG MAG	CCP 4 (38) + 5 (17) Elite Screening (3), MAG Judges Cup (0)