

## 2024 Flip City Holiday Classic



Trinity Western University  
Langley, BC  
Work plan #2  
December 13-15 2024



### HOST CLUB

Flip City Gymnastics  
#4-20279 97 Ave  
Langley, BC  
V1M 4B9  
[www.flipcitygym.com](http://www.flipcitygym.com)

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### WEBSITE

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

### SPECIAL EVENT – HOLIDAY CLASSIC CRAFT FAIR

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

At this year's holiday classic featured booths include Bee Kind Designs, LF Cookies, Owl Gift and Design, Dipsy Doodle Designz, a booth with craft items by the Flip City Academy, and more!

We will also be selling Taylor Swift bracelets at one of our stands so athletes can make and bring their own to trade or buy them on site to keep or trade!

# Event Information

## COMPETITION DATE

December 13-15, 2024

## VENUE

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

## FEES

	Athlete	Coach
*Early Registration* Aug 1 – Sept 15	\$130	\$0
*Regular Registration* Sept 15 – Oct 31	\$135	\$0
*Late Registration* Nov 1 – Nov 15	\$155	\$25
*Latest Registration* Nov 16 – Nov 30	\$175	\$50

**Entries will not be accepted after November 30, 2024**

## REGISTRATION

### Registration Deadlines

Sept 15	Early bird registration deadline for all categories.
November 30	Latest registration deadline: any registrations received after October 31, 2024 may be refused at Flip City's discretion. <b>Absolutely no registrations will be accepted after November 30, 2024.</b>

The 2024 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 31, 2024 deadline** to be considered on-time. Flip City will only accept one payment from the club, not cheques from individual members. Payment can be via etransfer to [flipcitygymnasticsclub@gmail.com](mailto:flipcitygymnasticsclub@gmail.com) or by cheque.

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 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 12<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:

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	NCCP Competition Introduction Advanced (Comp 2) Certified and Respect in Sport.
WAG CCP Levels 9-10, HP	NCCP Competition Development (Comp 3) Certified and Respect in Sport

**ACCOMMODATION**

Use code 2412FLIPCITY when booking!

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

Signature King Room - \$179/night + taxes  
Signature 2 Queens - \$189/night + taxes  
Corporate King Suite - \$199/night + taxes  
Executive King Suite - \$229/night + taxes

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

Standard 1 Queen - \$159/night + taxes  
Standard Double (2 Double Beds) - \$169/Night + taxes  
Executive King Suite - \$179/Night + taxes

<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!

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

Tickets will be sold on site.

**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

## 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>• Medals 1-3</li> <li>• Ribbons 4-10</li> <li>• Team award trophy</li> </ul>	In all categories on all apparatuses a judge may or may not award a special award of their choosing.
CCP 1-2	<ul style="list-style-type: none"> <li>• G/S/B Ribbon</li> <li>• AA medal</li> <li>• Team award trophy</li> </ul>	
CCP 3-10	<ul style="list-style-type: none"> <li>• Medals 1-3</li> <li>• Ribbons 4-10</li> <li>• Team Award Trophy</li> </ul>	

### TRIALS

This event serves as trials for the 2025 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 the Classic Rock Invitational in Arizona January 30-February 2.

### 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 13 (categories and times are tentative)

<i>Session 1</i>	8:00 – 10:00	WAG	CCP 7 (42)
<i>Session 2</i>	10:30 – 13:30	WAG	CCP 9 (29) + 10 (18) – L10 Trials for LEAD Team
<i>Session 3</i>	14:00 – 16:30	WAG	CCP 8 (38)
<i>Session 4</i>	17:00 – 20:00	WAG	CCP 6 (65)

SATURDAY, DECEMBER 14 (categories and times are tentative)

<i>Session 5</i>	8:00 – 10:00	WAG	CCP 1 (21), CCP 2 (45)
<i>Session 6</i>	10:30 – 13:00	WAG	CCP 3 (56), CCP 4 2016-2018 (10)
<i>Session 7</i>	13:30 – 16:30	WAG	CCP 4 2015-2012 (45), CCP 5 (31)
<i>Session 8</i>	17:00 - 20:30	WAG	Xcel Gold 2012-2007 (46), Platinum (20), Diamond (6)

SUNDAY, DECEMBER 15 (categories and times are tentative)

<i>Session 9</i>	8:00 – 10:30	WAG	Xcel Gold 2013-2014 (19), Silver 2008-2012 (47)
<i>Session 10</i>	11:00 – 14:00	WAG	Xcel Silver 2013-2016 (68), Bronze 2013-2011 (16)
<i>Session 11</i>	14:30 – 17:00	WAG	Xcel Bronze 2014-2017 (78)