

GYMNASTICS CANADA GYMNASTIQUE DIRECTIVE

ELITE CANADA 2016 RHYTHMIC GYMNASTICS



Richmond Olympic Oval
February 11-14, 2016
Richmond, BC



GYMNASTICS CANADA

Gymnastics Canada Gymnastique

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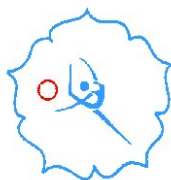
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ORGANIZING COMMITTEE



BCRSGF


268-828 West 8th Avenue
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604-333-3485
bcrsgf@rhythmicbc.com

We would like to thank the BCRSGF and its volunteers for the organization of this event!

Meet Director: Sashka Gitcheva
Assistant Meet Director (Scoring and Music): Adrianna Donaldson
Assistant Meet Director (Protocol): Joel Bernard
Head Scorer: Mario Lam

LOCATION

Richmond Olympic Oval
Richmond, BC

DATE	February 11-14, 2016
COMPETITION VENUE	<p>Richmond Olympic Oval</p> <p>6111 River Road Richmond, BC V7C 0A2 http://richmondoval.ca/venue/facility/overview.htm</p> <p>La compétition se tiendra sur les terrains 4 et 8.</p> <p>Underground parking free first 15 minutes. Each hour is a \$1 to maximum \$10 per day</p> 
APPARATUS SUPPLIED	<p>The equipment supplied is as follows:</p> <p>1 Competition Carpet (16m X 16m) Gymnova 2 Warm-up Carpets (16m X 16m) Gymnova Apparatus Placement is following the 2013 - 2016 FIG rules</p>
INVITED MEMBERS AND FORMAT	<p>Individual and group gymnasts from all provinces and territories.</p> <p>Individual Competition Events:</p> <ul style="list-style-type: none"> - Competition A: Individual Qualifying - Competition B: Individual AA & Finals - Competition A: Novice AA (born in 2004-Pre Junior) <p>Categories:</p> <ul style="list-style-type: none"> - Senior individual - Junior individual - Novice individual (born in 2004-Pre Junior) <p>Purpose:</p> <ol style="list-style-type: none"> 1. To declare 2016 Elite Canada Junior and Senior Champions. 2. To identify top 15 HP for direct entry to the Canadian Championships. 3. To provide a competition for gymnasts in their <u>final year</u> of Novice (Pre Jr.) 4. To initiate the selection process for GCG National Teams. 5. To identify and assign gymnasts to strategic International Competitions. <p>Group Competition Events:</p> <ul style="list-style-type: none"> - Competition A: All groups (AA for Non FIG) - Competition B: AA & Finals Junior and Senior FIG; All groups in top 8 invited to finals. <p>Categories:</p> <ul style="list-style-type: none"> - Groups of 3 & 4: Novice, Junior and Senior - Open Group - Group of 5: Novice, Junior Development, Junior FIG, Senior Development and Senior FIG <p>Purpose:</p> <ol style="list-style-type: none"> 1. To declare Elite Canada Champion in all Group categories 2. To determine the ranking of RG groups across Canada 3. To identify and assign Junior FIG groups to strategic International Competitions 4. To provide opportunity for GCG Senior Group to meet requirements of their training and competition plan.

<p>ELIGIBILITY</p>	<p>* All athletes, coaches, judges, team managers must be registered members of the GCG year in force.</p> <p>* All participating provincial/territorial organizations and their members commit themselves to respect the GCG and RG Program Technical Rules and Regulations especially the ones concerning the age and nationality of the gymnasts.</p> <p>* Provincial/Territorial Rhythmic Gymnastics Sport Governing Bodies, which do not respect the above directives, will miss the opportunity to qualify for the Canadian Championships and the National Team.</p> <p>Coaches According to the RG Technical Regulations, all coaches on the floor must be certified level 3 NCCP if coaching a National Level athlete or group. A coach without the proper certification must request an exemption from the RG National Team Director (complete form in Appendix C).</p> <p>The request must be sent directly to the GCG office c/o Brihana Mosienko no later than January 15th, 2016. The completed form must be joined by a cheque of \$25 to cover administrative cost.</p>
<p>AWARDS</p>	<p><u>Individuals:</u></p> <ul style="list-style-type: none"> - Certificates will be presented to the top 15 Junior & Senior from Competition A. - Top 8 All-Around: <u>Novice Competition A</u> (No Champion is declared). This event is for Novices in their final year who are preparing for Junior in 2017. No finals. - Top 8 All-Around: <u>Junior and Senior from Competition A + B.</u> - Top 8 Apparatus Finals: <u>Junior and Senior from Competition B only.</u> <p><u>Groups:</u></p> <ul style="list-style-type: none"> - Top 8 All Around: <u>Groups of 3 & 4 in Novice, Junior, Senior; Open Group; Junior Development; Senior Development</u> (one routine performed twice). - Top 8 All-Around: <u>Junior FIG & Senior FIG Competition A + B</u> (4 routines total). - Top 8 Apparatus Finals: <u>Groups of 3 & 4 in Novice, Junior, Senior; Open Group; Junior Development; Senior Development</u> (one routine performed once). - Top 8 Apparatus Finals: <u>Junior FIG & Senior FIG Competition B</u> (two routines performed once). <p>Note: Final awards for categories with 2 or more groups.</p> <p><u>Athlete Dress Code for Award Ceremonies:</u> Competitive Leotard, toe slippers.</p>
<p>SCHEDULE</p>	<p>See Appendix A for the draft schedule.</p>
<p>DRAW</p>	<p>The Draw will be conducted at the BCRSGF office with independent witnesses on January 22nd, 2016 and rotations will be distributed a week prior to the event.</p>

REGISTRATION

Deadlines

		To:
Registration and payment deadline	January 13 th , 2016	GCG
Medical and risk waiver forms	January 13 th , 2016	GCG
Coach exemption deadline	January 15 th , 2016	GCG
Late registration deadline	January 20 th , 2016	GCG
Refund Deadline	January 20 th , 2016	GCG
Music Submission	January 20 th , 2016	BCRSGF
Itinerary Form	January 20 th , 2016	BCRSGF
Gala Form	January 20 th , 2016	BCRSGF
Script Submission	January 30 th , 2016	BCRSGF

Registration Fee

Athletes: **\$160.00**

Coaches: **\$85.00**

Deadline: Wednesday January 13th, 2016

All clubs must register by completing the Excel registration form and returning it to Mariève Millaire (mmillaire@gymcan.org) by January 13th, 2016.

A hard copy of the Excel registration form, completed waiver and medical forms, along with the payment must be RECEIVED at the GCG National Office (GCG – Attention: Mariève Millaire) by the deadline.

- Clubs will have the opportunity to modify (athletes and coaches only) their registration until the registration deadline. Additions of coaches or gymnasts will be charged the regular registration fee until January 13th. We ask that all additions and/or changes be emailed to mmillaire@gymcan.org.
- A participant not registered by the deadline may be authorized to compete upon payment of the registration fee plus a **\$50.00 penalty per registered participant (athlete and coaches) until January 20th, 2016 – no refund.**
- All registrations and changes / additions to a current registration done **after the deadline, will be charged a \$50 late fee per person.**
- Withdraws will be accepted with refund until January 20th, 2016. In the event that a gymnast is declared unable to compete after this deadline, and ineligible for refund, the club still has the obligation to inform GCG of this as soon as possible. Please send notification to mmillaire@gymcan.org.
- Written request for withdraw/refund can be made to the attention of Mariève Millaire – mmillaire@gymcan.org until **January 20th, 2016**. After this date, there will be NO reimbursement of the registration fee, including due to injuries.

Other documents – mandatory for registration

The following documents must also be submitted in order for a registration to be considered complete.

- Medical form (separate document)
- Waiver / assumption of risk form (separate document)

	<ul style="list-style-type: none"> - Itinerary form – Appendix B - Gala – Appendix C <p>All forms must be duly and fully completed. Incomplete forms will be charged a penalty fee of \$20 per registered participant.</p> <p>No registration will be accepted if received at the National Office after January 20th, 2016 unless special dispensation is given by the RG Program Director.</p>
TRAVEL	<p>Boulevard Travel is pleased to offer special sport group rates to all participants. To secure the best available rate and to discuss booking details please contact:</p> <p><u>Boulevard Travel – 403-237-6233</u> Sharon Phelps, Senior Group & Sport Travel Consultant sharonp@boulevardtravel.com – 403-802-4270 Corinne Palin – Group Account Manager corinnep@boulevardtravel.com or 403-802-4284</p>
LOCAL TRANSPORTATION	<p>Clubs are responsible for their own transportation.</p> <p>The host hotel offers an airport shuttle that runs every 30 minutes.</p> <p>Transportation will be arranged between the venue and the Hilton hotel for the judges by the organizing committee.</p> <p>Judges must book their return flight with a departure time AFTER 6pm.</p>
ACCOMMODATION	<p>Clubs are responsible for their own accommodations.</p> <p>Hilton Vancouver Airport 5911 Minoru Blvd. Richmond, BC, V6X 4C7 1 km from the venue Tel: 604-273-6336 Fax: 613-232-5011</p> <p>Preferred rate: \$135 + tax per night 2 double beds or King Junior Suite</p> <p>Amenities: 40% off Full Buffet Breakfast Complimentary shuttle service to and from the airport every 30 minutes Complimentary WiFi in all guest rooms Complimentary parking</p> <p>PLEASE NOTE THAT ALL JUDGES MUST STAY AT THE HOST HOTEL TO RECEIVE TRANSPORTATION TO THE VENUE.</p> <p>To make reservations: Reservation Department: 1-800-445-8667 or 604-233-3990 <u>Code: 2016 Elite Canada Championships</u> Release date: January 11th, 2016</p>

MEALS	<p>Clubs are responsible for their own meals.</p> <p>The organizing committee will serve meals to judges only during competition.</p> <p>Snacks and drinks will be available to the coaches during competition.</p>
ACCREDITATION	<p>The GCG accreditation procedures will apply. The system consists of colour coded categories and access zones. GCG reserves the right to take away any accreditation if the rules are not followed.</p> <p>Accreditation will be distributed upon arrival to the competition venue. The accreditation must be worn to access the venue and the competitive area.</p>
MEDICAL	<p>Physiotherapy will be on-site.</p> <p>Doping control may be conducted for Senior athletes. For information on doping control procedures and banned substances, please go to www.cces.ca.</p>
MUSIC	<p>We will be playing all music from a computer set list and only use CD as backup. Music must be submitted by the Music deadline date January 20th, 2016 to allow it to be checked and loaded into the Score2u system.</p> <p>Please follow the instructions below:</p> <ol style="list-style-type: none"> 1. Create a folder with all of the music submissions for your club using the two letter province code and the clubs' name as the folder name. Example AB-Chinook 2. All music files must be named as follows (If music submission does not conform to the stated naming convention, it will be rejected.): Music file name consist of 3 parts with the first 2 being mandatory to match to rotation order (Note: upper/lower case are both fine and hyphens are optional only for readability): <ol style="list-style-type: none"> a. First name followed by last name of gymnast as registered. The system does not translate from Elizabeth to Beth or Elizabeth with an S. (Groups names must be self-explanatory). b. Apparatus (i.e. free, rope, hoop, ball, clubs, ribbon) c. (Optional) - level, province, title and name of song. <p>Eg. "Jane Doe - Hoop - Novice AB – Be My Girl.mp3" or "Jane Doe - Hoop your own text.mp3" are both acceptable.</p> <p>Note: Only mp3 and wma files are supported as other files may not be playable on all platforms of Windows and wav files are too large to work with when there are so many competitors.</p> 3. The music files should be sent via any of the major file share services (e.g. dropbox, google drive, skydrive) 4. Please email score2u@nucurve.com after your music has been submitted. 5. Please contact Mario at mariolam@nucurve.com if you have problems submitting the music.

<p>Scripts</p>	<p>A Hard Copy of all Scripts MUST be RECEIVED at the BCRGF offices by January 30th, 2016.</p> <p><u>Late Scripts:</u></p> <ul style="list-style-type: none"> - All late scripts will be charged a \$100 penalty fee per gymnast. - Changed scripts: Scripts changed prior to the Technical/Judges meeting will be charged \$100. - Scripts cannot be changed after the Technical/Judges Meeting. - Coaches will be allowed to change a script after the completion of Competition A and prior to Competition B without cost. The National Team Director must be informed in writing following Competition A.
<p>GALA</p>	<p>Please indicate on the Form in Appendix D if you have a showpiece or fun routine (individual, group or team) which you would like to perform at our Gala.</p>

APPENDIX A
2016 RHYTHMIC ELITE CANADA – DRAFT SCHEDULE

September 1st, 2015 Version

Wednesday February 10

All Day Delegation Arrivals

Thursday February 11

9:30 – 4:30 Podium Training
2:30 – 4:30 Judges Podium Observation
4:45 – 5:30 EC Technical Meeting at venue – Room TBC
5:30 – 8:00 Judges Course (Coaches Invited) at venue – Room TBC

COMPETITION - A **Friday February 12** **Qualification to Competition – B**

08:15 – 08:55 Judges Meeting
08:55 – 09:15 Preparation at Judges Table
08:00 – 09:15 Junior Warm Up & Timed Warm Up
09:15 – 10:45 **Junior (Flight 1) Rope & Hoop**
10:45 – 11:00 Break – Junior Timed Warm Up
11:00 – 12:30 **Junior (Flight 2) Rope & Hoop**
12:30 – 01:30 Lunch – Group Warm up – Opening Ceremonies
01:30 – 02:00 **Groups – 1st Performance**
02:00 – 02:15 Break – Senior Timed Warm Up
02:15 – 03:45 **Senior (Flight 1) Hoop & Ball**
03:45 – 04:00 Break – Senior Timed Warm Up
04:00 – 05:30 **Senior (Flight 2) Hoop & Ball**
06:00 – TBC **Novice Free & Hoop**
Time TBA **Brevet Judges Meeting**

COMPETITION – A **Saturday February 13** **Qualification to Competition – B**

08:15 – 08:55 Judges Meeting
08:55 – 09:15 Preparation at Judges Table
08:00 – 09:15 Junior Warm Up & Timed Warm Up
09:15 – 10:45 **Junior (Flight 1) Ball & Clubs**
10:45 – 11:00 Break – Junior Timed Warm Up
11:00 – 12:30 **Junior (Flight 2) Ball & Clubs**
12:30 – 01:30 Lunch – Group Warm up – Opening Ceremonies
01:30 – 02:00 **Groups – 2nd Performance**
02:00 – 02:15 Break – Senior Timed Warm Up
02:15 – 03:45 **Senior (Flight 1) Clubs & Ribbon**
03:45 – 04:00 Break – Senior Timed Warm Up
04:00 – 05:30 **Senior (Flight 2) Clubs & Ribbon**
06:00 – TBC **Novice Ball & Clubs**
Time TBA **National Team Coach Council Meeting**
Time TBA **Judge Development Working Group**

COMPETITION – B **Sunday February 14** **(Top 15 from Competition – A)**

08:30 – 08:50 Judges Meeting
08:00 – 09:00 Junior Warm Up & Timed Warm Up
09:00 – 11:30 **Junior AA & Finals**
11:30 – 11:45 Break – Group Timed Warm Up
11:45 – 12:00 **Group Finals – 1st Performance**
12:00 – 12:45 Lunch - Group & Senior Timed Warm Up
12:45 – 01:00 **Group Finals – 2nd Performance**
01:00– 03:30 **Senior AA & Finals**
03:30 Gala – Awards AA & Finals
04:00 – 05:30 **National Team Coach Council Meeting**

- **HP Level 10: Top 15 Junior & Senior gymnasts advance directly to CC.**
- **All other gymnasts qualify to Canadian Championships through their Regional Championships.**

Appendix B ITINERARY: Arrivals and Departures

This is essential information in order to plan the practice times efficiently. Please take the time to carefully fill it out, and advise the Meet Director immediately of any changes or adjustments. Also, please indicate if there will be judges traveling with your group.

PROVINCE :	CLUB :
CONTACT NAME :	PHONE # :
FAX # :	EMAIL :

ARRIVAL INFORMATION:

Arrival Date	Airline/Train/Car	Flight #	Arrival Time

DEPARTURE INFORMATION:

Departure Date	Airline/Train/Car	Flight #	Departure Time

Please return to Sashka Gitcheva bcrrsgf@rhythmicbc.com by January 20th, 2016.

This form is to accompany any request for specific training times.

APPENDIX C COACH EXEMPTION REQUEST FORM

TO BE COMPLETED AND SENT AT THE TIME OF REGISTRATION TO:

GCG OFFICE, c/o: Brihanna Mosienko

1900 City Park Drive, Suite 120, Ottawa, ON, K1J 1A3

The completed form must be joined by a cheque of \$25 to cover administrative cost.

A COPY OF THE AUTHORIZATION GIVEN WILL BE SENT TO THE ORGANIZING COMMITTEE WHO WILL ISSUE ACCREDITATION ONLY ON RECEIPT OF THE DULY SIGNED AUTHORIZATION.

NAME OF THE COACH	
PROVINCE	
CLUB	
REGISTRATION # WITH THE CAC	
NAME EVENT FOR WHICH THE EXEMPTION IS REQUESTED	
DATE OF THE EVENT	
LOCATION OF THE EVENT	
LEVEL COMPLETED	
DATE OF THE COMPLETION	
LEVEL TO BE COACHED AT THE COMPETITION	
REASON FOR NOT COMPLETING THE LEVEL REQUIRED	
PLAN FOR COMPLETION (TIME TABLE)	
SIGNATURE OF THE COACH	
DATE AND PLACE	
NAME OF THE PSO REP APPROVING THE REQUEST	
SIGNATURE OF THE PSO REP	
DATE AND PLACE	
FOR GCG OFFICE USE	CHEQUE RECEIVED:
AUTHORISATION GIVEN BY	
SIGNATURE	
DATE AND PLACE	

**APPENDIX D
GALA**

Please register a Show Piece Routine as Follows

	Name & Age of Participants	Name of Routine Music & Composer	Length of Time
1			
2			
3			
4			
5			
6			

Please return to *Sashka Gitcheva*– bcrsgf@rhythmicbc.com by January 20th, 2016.