

AVIVA TG INVITATIONAL 2023



APRIL 14 - 16, 2023

Pinetree Community Centre
Coquitlam, BC

Workplan #1
February 2023



HOST CLUB

Club Aviva
98 Brigantine Dr
Coquitlam, BC V3K 6Z6
604-526-4464
www.clubaviva.ca

Jake Maxim
jake@clubaviva.ca

Comp Admin
604-526-4464
comp@clubaviva.ca

GYMNASTICS BC

Gymnastics BC
268-828 West 8th Avenue
Vancouver, B.C. V5Z 1E2
T 604-333-3496 F 604-333-3499
info@gymbc.org

Debbie McBoyle
TG Program Coordinator
T 604-333-3496 *9921
dmcboyle@gymbc.org

Leanne James
Administrative and Events Coordinator
T 604-333-3495
ljames@gymbc.org

WEBSITE LINK

<https://activitymessenger.com/org/867>

EVENT INFORMATION														
COMPETITION DATE	April 14 – 16, 2023													
VENUE	Pinetree Community Centre 1260 Pinetree Way Coquitlam, BC V3B 7Z4													
REGISTRATION DEADLINE & FEES	<table border="1"> <thead> <tr> <th>Registration Deadlines</th> <th>Athlete</th> <th>Coach</th> </tr> </thead> <tbody> <tr> <td>On or before March 13</td> <td>\$130</td> <td>\$20</td> </tr> <tr> <td>March 14 - 24 (\$130 + 15)</td> <td>\$145</td> <td>\$20</td> </tr> <tr> <td>March 25 – 31 (\$130 + \$130)</td> <td>\$260</td> <td>\$20</td> </tr> </tbody> </table> <p>Entries will not be accepted after March 31, 2023</p> <p>Late registrants are not guaranteed a spot, or an athlete gift</p>		Registration Deadlines	Athlete	Coach	On or before March 13	\$130	\$20	March 14 - 24 (\$130 + 15)	\$145	\$20	March 25 – 31 (\$130 + \$130)	\$260	\$20
Registration Deadlines	Athlete	Coach												
On or before March 13	\$130	\$20												
March 14 - 24 (\$130 + 15)	\$145	\$20												
March 25 – 31 (\$130 + \$130)	\$260	\$20												
ATHLETE REGISTRATION	<p>Clubs should now have received their Sportzsoft Club membership number. Please register through your club account.</p> <p>https://sportzsoftlivemeet.com/find-meet/ Event: Aviva TG Invitational 2023</p> <p>Follow the instructions in your club account to register your athletes and coaches.</p> <p>NOTES:</p> <ul style="list-style-type: none"> All athletes registered on the entry form must be properly registered with Gymnastics BC prior to the registration deadlines. For each athlete that is not registered, a \$100 fine will be levied against the club. Unregistered athletes will not be permitted on the competition floor until GBC registration is complete, and all fines have been paid. Failing to register a coach who is on the floor will result in a \$50 fee charged to the club where the coach is employed. 													
JUDGES REGISTRATION	<p>Judges must be registered on the Judges excel spreadsheet. Sportzsoft does NOT currently have a place to enter your judges.</p> <p>Deadline: March 13, 2023 Send to: Karen Yendley (bcjudgingchair@gmail.com)</p> <p>A complete list of all registered judges must be forwarded to the TG Judging Chair (Karen Yendley bcjudgingchair@gmail.com) by the listed deadline.</p>													

Information must include the event to be judged, level of certification and availability. All clubs participating in GymBC Trampoline Gymnastics sanctioned meets must provide a qualified judge at every competitive level and event that the club has athletes competing, at a ratio of one (1) judge for every five (5) athletes. A cap of seven (7) judges from any one club will be implemented

Failure to meet the required judging quota as stated above, shall result in the club being fined \$20 per registered athlete over the required judging quota.

PAYMENT OF FEES
(Athletes & Coaches)

Payment must be received by **March 31, 2023 to be considered on-time.** Payment received after this date will be considered late and be subject to a \$50 late fee.

PAYMENT METHODS (please make ONE CLUB payment):

- » E-transfer to vivien@clubaviva.ca
- » Cheque to Club Aviva Recreation (98 Brigantine Drive Coquitlam BC V3K 6Z6)

Include the following information with your payment:

- » 2023 Aviva TG Invitational
- » Club Name
- » Number of athletes/coaches you are paying for

REFUNDS AND WITHDRAWALS

Deadline	Refund
Up until March 13	Refund less \$10 admin fee
March 14 – April 13	Medical scratches only (must be accompanied by doctor’s note), refund less \$10 admin fee
No refunds for no-shows or on-site scratches.	
Refund request forms and medical certificates must be sent to comp@clubaviva.ca by the above due dates.	

ATHLETE GIFT

We will be giving out a special gift to every athlete attending. This year's gift will be a pair of Aviva TG Invitational 2023 joggers!

NOTE: Athletes registered after March 13 will not receive an athlete gift.

Please include your athletes' sizes in your Sportzsoft registration (sizing chart below). We also have some sizers in our office you are welcome to try on! (Sizers available: YS / YM / YL / AS)

Jogger features:

- Pocketed
- NuBlend pill-resistant pre-shrunk fleece
- Elastic waistband and cuffs
- External drawcord (on adult sizes only)

YOUTH JOGGERS SIZE CHART				
Size	S (6/8)	M (10/12)	L (14/16)	XL (18/20)
Waist	18"	21"	23"	24"
Inseam	21.5"	24"	27"	30"
ADULT JOGGERS SIZE CHART				
Size	S	M	L	XL
Waist	25"	27"	31"	35"
Inseam	31"	31.5"	32"	32.5"

ATHLETE ELIGIBILITY

All athletes registered on the entry form must be properly registered with Gymnastics BC prior to the entry deadline. For each athlete that is not registered, a \$100 fine will be levied against the club. Unregistered athletes will not be permitted on the competition floor until registration is complete and all fines have been paid.

COACH ELIGIBILITY

All trampoline coaches must have a minimum of Level 2/Comp 1 certification (NCCP) as per the GymBC [Coaching Education Operations Manual](#) as well as successful completion of the Respect in Sport course.

Coaching certification and Respect in Sport (RiS) completion will be verified by Gymnastics BC for all coaches registered for the championships. 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 floor during the event, will be subject to a \$200 fine.

Coaches not meeting the minimum level of certification may apply for a one-time exemption. The exemption will be granted until the next applicable NCCP course(s) is/are offered. More information regarding exemptions will be released in Bulletin #2. If you have any questions prior to the release of the workplan, please contact coaching@gymbc.org.

TEAM BC SELECTION
2023 Western Canada Cup

2023 Western Canada Cup

Provincial L-3 and L-4 athletes wishing to be considered for Team BC to the Western Canada Cup must compete at a minimum of one (1) BC Provincial Cup AND BC Championships. The athletes' best qualifying scores at two (2) eligible BC Provincial Cup AND/OR BC Championships shall be totaled, and shall count towards team selection. For trampoline, double mini and tumbling Provincial L-3 and L-4 athletes will be listed in descending order of their ranking score. Prospective Team BC athletes **MUST** submit a Team BC uniform order.

Beginning with the 2023 westerns event, the Team BC selection policy have been updated as follows:

- All team BC athletes will be permitted to travel and stay with their personal club, at the clubs' chosen accommodations, under the direction supervision of the club coaches and/or parents.

TEAM BC SELECTION EVENTS

- 2023 AJM – 1st BC Provincial Cup (Feb 2023)
- 2023 GymBC BC Championships (March 31-April 2)
- 2023 Aviva Invitational (April 14-16, 2023)

TECHNICAL INFORMATION

CATEGORIES

Trampoline

Provincial: L1-12U / 13+ / L2-12U / 13+ / L3-14U / 15+ / L4-14U / 15+
National: L5 14U / L5 15-16 / L5 17+ / L6 14U / L6 15-16 / JR / L7 / SR

Double Mini

Provincial: L1-12U / 13+ / L2-12U / 13+ / L3-14U / 15+ / L4-14U / 15+
National: L5 14U / L5 15-16 / L5 17+ / L6 14U / L6 15-16 / JR / L7 / SR

Tumbling

Provincial: L1-12U / 13+ / L2-12U / 13+ / L3-14U / 15+ / L4-14U / 15+
National: L5 14U / L5 15-16 / L5 17+ / L6 14U / L6 15-16 / JR / L7 / SR

Synchro

Mixed Synchro L4 / L5 / L6 / SR

Pairs will compete one (1) voluntary routine only

Age is determined by the participant's age as of December 31, 2023.

COMPETITION RULES 2022 – 2023 PROVINCIAL LEVEL 1 & 2	<table border="1"> <thead> <tr> <th></th> <th>TRAMPOLINE</th> <th>DOUBLE MINI</th> <th>TUMBLING</th> </tr> </thead> <tbody> <tr> <td> Level 1 AND Level 2 </td> <td> <u>Preliminary Round</u> 1 compulsory routine 1 voluntary routine <u>Finals Round</u> No final <u>Awards</u> Will be presented as of the official results following the <u>PRELIMINARY</u> round </td> <td> <u>Preliminary Round</u> 2 voluntary passes <u>Finals Round</u> No final <u>Awards</u> Will be presented as of the official result following the <u>PRELIMINARY</u> round </td> <td> <u>Preliminary Round</u> 1 compulsory pass 1 voluntary pass <u>Finals Round</u> No final <u>Awards</u> Will be presented as of the official results following the <u>PRELIMINARY</u> round </td> </tr> </tbody> </table>		TRAMPOLINE	DOUBLE MINI	TUMBLING	Level 1 AND Level 2	<u>Preliminary Round</u> 1 compulsory routine 1 voluntary routine <u>Finals Round</u> No final <u>Awards</u> Will be presented as of the official results following the <u>PRELIMINARY</u> round	<u>Preliminary Round</u> 2 voluntary passes <u>Finals Round</u> No final <u>Awards</u> Will be presented as of the official result following the <u>PRELIMINARY</u> round	<u>Preliminary Round</u> 1 compulsory pass 1 voluntary pass <u>Finals Round</u> No final <u>Awards</u> Will be presented as of the official results following the <u>PRELIMINARY</u> round							
		TRAMPOLINE	DOUBLE MINI	TUMBLING												
Level 1 AND Level 2	<u>Preliminary Round</u> 1 compulsory routine 1 voluntary routine <u>Finals Round</u> No final <u>Awards</u> Will be presented as of the official results following the <u>PRELIMINARY</u> round	<u>Preliminary Round</u> 2 voluntary passes <u>Finals Round</u> No final <u>Awards</u> Will be presented as of the official result following the <u>PRELIMINARY</u> round	<u>Preliminary Round</u> 1 compulsory pass 1 voluntary pass <u>Finals Round</u> No final <u>Awards</u> Will be presented as of the official results following the <u>PRELIMINARY</u> round													
<table border="1"> <thead> <tr> <th></th> <th>TRAMPOLINE</th> <th>DOUBLE MINI</th> <th>TUMBLING</th> </tr> </thead> <tbody> <tr> <td> Level 3 & Level 4 </td> <td>GymCan Canadian Pathways (most current version)</td> <td>GymCan Canadian Pathways (most current version)</td> <td>GymCan Canadian Pathways (most current version)</td> </tr> <tr> <td> Nat Levels 5 & 6 </td> <td>GymCan Canadian Pathways (most current version)</td> <td>GymCan Canadian Pathways (most current version)</td> <td>GymCan Canadian Pathways (most current version)</td> </tr> <tr> <td> HP JR / L7 SR </td> <td>GymCan Canadian Pathways (most current version)</td> <td>GymCan Canadian Pathways (most current version) with clarification on Q1, Q2, and Finals</td> <td>GymCan Canadian Pathways (most current version)</td> </tr> </tbody> </table>		TRAMPOLINE	DOUBLE MINI	TUMBLING	Level 3 & Level 4	GymCan Canadian Pathways (most current version)	GymCan Canadian Pathways (most current version)	GymCan Canadian Pathways (most current version)	Nat Levels 5 & 6	GymCan Canadian Pathways (most current version)	GymCan Canadian Pathways (most current version)	GymCan Canadian Pathways (most current version)	HP JR / L7 SR	GymCan Canadian Pathways (most current version)	GymCan Canadian Pathways (most current version) with clarification on Q1, Q2, and Finals	GymCan Canadian Pathways (most current version)
	TRAMPOLINE	DOUBLE MINI	TUMBLING													
Level 3 & Level 4	GymCan Canadian Pathways (most current version)	GymCan Canadian Pathways (most current version)	GymCan Canadian Pathways (most current version)													
Nat Levels 5 & 6	GymCan Canadian Pathways (most current version)	GymCan Canadian Pathways (most current version)	GymCan Canadian Pathways (most current version)													
HP JR / L7 SR	GymCan Canadian Pathways (most current version)	GymCan Canadian Pathways (most current version) with clarification on Q1, Q2, and Finals	GymCan Canadian Pathways (most current version)													
PROVINCIAL LEVEL 3 & 4																
NATIONAL LEVEL 5 & 6																
HP JR / L7 / SR																
ADDITIONAL RULES	2022-2023 GymCan Canadian Pathways (Please refer to the most recent version)															
EQUIPMENT	Gymnastics BC Equipment TR 2 Trampolines DMT 2 Eurotramp TU 1 Ross Athletics rod floor															
CHANGES / CORRECTIONS / WITHDRAWALS	Please complete all changes/corrections directly through your Sportzsoft Club account by the deadline. Deadline: Wednesday April 5, 2023 **No changes or corrections will be accepted at the event**															

<p>DD SHEETS</p>	<p>Only the GymCan formats (excel or PDF) will be accepted.</p> <p>Submit DD sheets to: comp@clubaviva.ca Deadline: 12:00pm Monday April 3, 2023</p> <p>NOTE: DD sheets that are late, missing, or have errors (including changes) will be subject to a \$20 fine per DD sheet. Fines must be paid prior to the start of the event.</p> <p>DD Sheet Reminder (DMT ONLY) DD Sheets for DMT L1 and L2 – you do NOT need to indicate what passes your athletes will be competing. Please leave the DD sheet blank.</p>														
<p>SCORING</p>	<p>This event will be using Sportzsoft Live Meet</p> <p>Download the Sportzsoft app for full details, including the competition schedule, start lists and results.</p> <ul style="list-style-type: none"> » https://sportzsoftlivemeet.com/#sid1568395553763 » https://sportzsoftlivemeet.com/find-meet/ 														
<p>TIES</p>	<p>In both the preliminary and final round, there will be NO ties. Athletes will be ranked according to the GymCan Tie Breaking regulations.</p>														
<p>AWARDS</p>	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th colspan="2" style="background-color: #d9e1f2;">Pre-National</th> </tr> <tr> <td style="width: 60%;">Medals</td> <td>1st – 3rd place</td> </tr> <tr> <td>Ribbons</td> <td>4th – 6th place</td> </tr> <tr> <td colspan="2" style="background-color: #d9e1f2;">National</td> </tr> <tr> <td>Medals</td> <td>1st – 3rd place</td> </tr> <tr> <td>Ribbons</td> <td>4th – 6th place</td> </tr> <tr> <td colspan="2">Duplicate awards will be presented for guest athletes. No BC athletes will be displaced.</td> </tr> </table>	Pre-National		Medals	1 st – 3 rd place	Ribbons	4 th – 6 th place	National		Medals	1 st – 3 rd place	Ribbons	4 th – 6 th place	Duplicate awards will be presented for guest athletes. No BC athletes will be displaced.	
Pre-National															
Medals	1 st – 3 rd place														
Ribbons	4 th – 6 th place														
National															
Medals	1 st – 3 rd place														
Ribbons	4 th – 6 th place														
Duplicate awards will be presented for guest athletes. No BC athletes will be displaced.															
<p>OUT OF PROVINCE GUESTS</p>	<p>Club Aviva is pleased to invite and welcome out-of-province guests. The Provincial Judging Chair has asked that ALL guest clubs provide a minimum of one (1) NATIONAL LEVEL judge who will be available for the entire event.</p>														
<p>COMPETITION ATTIRE (Coaches & Spotters)</p>	<p>Coaches and spotters must dress appropriately:</p> <ul style="list-style-type: none"> • Appropriate training suit; hats, shorts, midriff tops, ripped or torn clothing or similar will NOT be accepted • Top: t-shirt, polo shirt or training jacket • Appropriate indoor sport footwear 														

**COMPETITION
ATTIRE**
(Athletes)

Dress for Competitors

All GCG rules apply for proper attire for specific and general warm-up and competition. Athletes must dress in their current club's team competitive attire for all preliminaries at BC Championships unless prior approval of the TGTC is given.

Inclusivity:

All competitors must be dressed in the current club's team competitive attire. All GCG rules apply for proper attire for all preliminary competitions. Athletes may wear either male or female club team uniform.

GymCan uniform recommendations are as follows:

Women

- Leotard with or without sleeves (must be skin tight)
- Long tights or full-length one-piece leotard will be accepted
- Gym shorts may be worn (must be part of the uniform)
 - must not be longer than mid-thigh
 - must be skin tight
 - shorts can either be the same colour as the leotard or plain black, but must coordinate with the leotard
 - athletes who choose to wear shorts from the same club OR province must have the same brand
 - no obvious logos

Men

- Sleeveless or short sleeve singlet
- Competition longs OR gym shorts in a single colour
 - Exception: black or any other deep dark colour
 - Length of shorts must not be longer than mid-thigh

Footwear

- Mandatory for TR and DMT. TU may compete barefoot.
- TG/DMT Women: White trampoline shoes and/or white foot covering.
- TG/DMT Men: White trampoline shoes and/or foot covering of the same colour as the competition longs.

Jewellery

- No jewelry may be worn by competitors, spotters and/or coaches as spotters. Taping of jewelry is NOT adequate.
- Medic alert bracelets can be worn but must be taped. Medical support braces can be white or beige in colour.

Warm-up

- When warm-up is conducted in the competition gym, all competitors and coaches must dress in proper club competition attire or equivalent.

TENTATIVE SCHEDULE

Final schedule will be sent out after the final registration deadline

Friday April 14	8:00am – 8:00pm	Preliminary Competition
		Finals Competition (TBC)
	8:30pm	Awards
Saturday April 15	8:00am – 8:00pm	Preliminary Competition
		Finals Competition (TBC)
	8:30pm	Awards
Sunday April 16	8:00am – 5:00pm	Preliminary Competition
		Finals Competition (TBC)
	5:30pm	Awards

ADDITIONAL INFORMATION

CONCESSION

A concession will be available throughout the event. Hot dogs, popcorn, granola bars, candy, chips, coffee, water, pop, juice, and more!

PARKING

Please be advised that there are a limited number of parking stalls at the Pinetree Community Centre, and it is **PAY PARKING**.

The pay-parking rate is \$3 per 3 hours.

HOST HOTEL

EXECUTIVE PLAZA HOTEL & CONFERENCE CENTRE
405 North Road, Coquitlam, BC V3K 3V9

For reservations, quote **Booking ID #: 32859**
604-936-9399 OR 1-888-433-3932 or reservationsc@executivehotels.net

Deluxe Double.....\$175
Deluxe King.....\$160

Rooms subject to applicable taxes. Rates include: Parking, Internet

Reservations will be accepted until **Monday February 27, 2023**, based on availability.

AVIVA TG INVITATIONAL 2023



APRIL 14 - 16, 2023

Pinetree Community Centre
Coquitlam, BC

Workplan #1
(February 2023)



REQUEST FOR REFUND

Refunds will only be issued, provided that a medical certificate and this request for refund form is submitted to Club Aviva by Thursday April 13, 2023. Email this form to comp@clubaviva.ca

Please refer to the Refund Policy for applicable refunds and fees.

Club:

Contact:

Address:

City:

Postal Code:

Participant Name	Competition Level(s)	Medical Note
		___ Yes ___ No
		___ Yes ___ No
		___ Yes ___ No
		___ Yes ___ No
		___ Yes ___ No
		___ Yes ___ No
		___ Yes ___ No
		___ Yes ___ No
		___ Yes ___ No
		___ Yes ___ No