

2024-2025 WOMEN'S ARTISTIC GYMNASTICS

DIRECTIVE



RED & WHITE 2025

(QUALIFIER LEVEL 3-5, INVITATIONAL LEVEL 1-5, XCEL)

FEBRUARY 28 – MARCH 2, 2025



Updated: July 29, 2024

HOST CLUB	ASF Gymnastic Club 40 Vogell Road, Unit 32, Richmond Hill, Ontario L4B 3N6 Phone: (905) 780-0913 Website: https://sites.google.com/view/asf2025/
MEET DIRECTOR	Ron Ophir / TBC asfcompetitions@gmail.com Phone: (905) 780-0913
GYMNASTICS ONTARIO LIAISON	Audra Sederavicius, , Women's Program Manager Phone: (647) 598-0982 E-mail: wag@gymnasticsontario.ca Website: www.gymnasticsontario.ca
COMPETITION VENUE	ASF Gymnastics Club (host club) 40 Vogell Road, Unit 32, Richmond Hill, Ontario L4B 3N6 Parking: Please respect parking signs and directions. Neighboring businesses are open weekends.
REGULATIONS	<p>As per the Gymnastics Ontario Technical Rules and Regulations Manual and competition manuals.</p> <p>Competition Format: OCP Warm Up</p> <p>Scoring Program: http://ksis.eu/resultx.php?id_prop=6970</p> <p>Music: <i>Level 1-5:</i> Floor compulsory music will be provided by the host club. <i>Xcel:</i> Floor music must be uploaded to KSIS no later than January 15, 2025. Clubs responsible for <i>backup music</i> (mp3 format). Music files should be clearly named and identified with the club name (shortened or acronym), level and full name of the athlete, for example: CLUB_XcelBronze_FirstName_LastName.</p> <p>Awards: For Events and All Around: 1st to 3rd Medals, 4th to 10th Ribbons (all ages). No Bumping of places for ties. Small groups for awards.</p> <p>Every session: Special awards for events (individual trophies) AND a team spirit award (club trophy or plaque)</p> <p>Top team awards for 1st, 2nd, 3rd place club (large column trophies) based on all-weekend top scores.</p> <p>Fun athlete gifts for all participants.</p> <p>Coaches: Coaches will be treated to healthy food options and beverages. Please inform host club with dietary restrictions. Coaches' draw every session.</p>
LEVELS AND AGES	All athletes and coaches must be registered with G.O. for the 2024-2025 season. Level 1-5 (Ages 7+) [Qualifier for Level 3-5, Ages 9+] Xcel (Ages 7+)

REGISTRATION	<p>All athletes and coaches must be registered with G.O. for the 2024-2025 season.</p> <p>Registration Fees: \$135 per athlete \$15 per coach</p> <table border="1"> <tr> <td data-bbox="335 293 608 562">Registration & Deadline</td> <td data-bbox="608 293 1540 562"> <p>Registration via KSIS: https://rgform.eu/event.php?id_prop=6970</p> <p>Registration Deadline: November 1, 2024 Registration is on a first-come first-serve basis. For registrations <u>after</u> the deadline, please email us directly for availability (\$25 late registration fee, if spots available).</p> <p>Gymnastics Ontario guidelines: Once athlete is entered into KSIS competition they are <u>considered registered</u> and corresponding payment must be remitted to club.</p> </td> </tr> <tr> <td data-bbox="335 562 608 1077">Payment</td> <td data-bbox="608 562 1540 1077"> <p>To receive your INVOICE: Please email us immediately after you have registered, so that we can email you an invoice. We do NOT receive automatic notification from KSIS about your registration.</p> <p>Please send payment ASAP after registration. Payment must be received to finalize KSIS registrations and secure spots. For later payment arrangements, please contact us via email.</p> <p>Methods: e-Transfer or cheque.</p> <ol style="list-style-type: none"> e-Transfer (preferred). Please e-transfer the total amount noted on the invoice to academy.inc.info@gmail.com. No password is needed as the account is set for automatic deposit. Please include a message "Red White 2025 - <YourClubName>", so that we can associate the transfer with your club. or, cheque. Mail in a copy of the invoice along with a cheque (payable to "ASF Gymnastics") [NSF fee: \$35]. Mailing address: ASF Gymnastics Club, 40 Vogell Road, Unit 32, Richmond Hill, ON L4B 3N6. </td> </tr> <tr> <td data-bbox="335 1077 608 1151">Confirmation of Registration</td> <td data-bbox="608 1077 1540 1151">Please submit payment promptly. You will receive confirmation of registration once payment is received.</td> </tr> <tr> <td data-bbox="335 1151 608 1496">Changes & Level Changes</td> <td data-bbox="608 1151 1540 1496"> <p><i>All registration changes in KSIS must be made through our Meet Director (you will not be able to make those changes on KSIS yourself).</i></p> <p>Please review athlete names and spelling and communicate and typos immediately to the Meet Director.</p> <p>Level Change Deadline: November 15, 2024. Any change submitted after that date is not guaranteed; we always do our best to accommodate late changes based on scheduling constraints. A late-change fee of \$25/change will apply for changes received after the deadline. All changes as per Gymnastics Ontario Technical Rules and Regulations Manual and host club availability.</p> </td> </tr> <tr> <td data-bbox="335 1496 608 1765">Withdrawals & Refund Policy</td> <td data-bbox="608 1496 1540 1765"> <p>Withdrawal Deadline: November 15, 2024.</p> <p>All registration changes/swaps are subject to a \$25/athlete administrative fee. Refunds will be processed after the competition.</p> <p>No refunds, swaps, transfers of fees for any reason after the withdrawal deadline (including, but not limited to, illness, injury, inclement weather, or public-health mandated closures).</p> </td> </tr> <tr> <td data-bbox="335 1765 608 1832">Email for club queries:</td> <td data-bbox="608 1765 1540 1832"> <p>asfcompetitions@gmail.com [Club ONLY. Families should address any questions with their home club/coach(es)]</p> </td> </tr> </table>	Registration & Deadline	<p>Registration via KSIS: https://rgform.eu/event.php?id_prop=6970</p> <p>Registration Deadline: November 1, 2024 Registration is on a first-come first-serve basis. For registrations <u>after</u> the deadline, please email us directly for availability (\$25 late registration fee, if spots available).</p> <p>Gymnastics Ontario guidelines: Once athlete is entered into KSIS competition they are <u>considered registered</u> and corresponding payment must be remitted to club.</p>	Payment	<p>To receive your INVOICE: Please email us immediately after you have registered, so that we can email you an invoice. We do NOT receive automatic notification from KSIS about your registration.</p> <p>Please send payment ASAP after registration. Payment must be received to finalize KSIS registrations and secure spots. For later payment arrangements, please contact us via email.</p> <p>Methods: e-Transfer or cheque.</p> <ol style="list-style-type: none"> e-Transfer (preferred). Please e-transfer the total amount noted on the invoice to academy.inc.info@gmail.com. No password is needed as the account is set for automatic deposit. Please include a message "Red White 2025 - <YourClubName>", so that we can associate the transfer with your club. or, cheque. Mail in a copy of the invoice along with a cheque (payable to "ASF Gymnastics") [NSF fee: \$35]. Mailing address: ASF Gymnastics Club, 40 Vogell Road, Unit 32, Richmond Hill, ON L4B 3N6. 	Confirmation of Registration	Please submit payment promptly. You will receive confirmation of registration once payment is received.	Changes & Level Changes	<p><i>All registration changes in KSIS must be made through our Meet Director (you will not be able to make those changes on KSIS yourself).</i></p> <p>Please review athlete names and spelling and communicate and typos immediately to the Meet Director.</p> <p>Level Change Deadline: November 15, 2024. Any change submitted after that date is not guaranteed; we always do our best to accommodate late changes based on scheduling constraints. A late-change fee of \$25/change will apply for changes received after the deadline. All changes as per Gymnastics Ontario Technical Rules and Regulations Manual and host club availability.</p>	Withdrawals & Refund Policy	<p>Withdrawal Deadline: November 15, 2024.</p> <p>All registration changes/swaps are subject to a \$25/athlete administrative fee. Refunds will be processed after the competition.</p> <p>No refunds, swaps, transfers of fees for any reason after the withdrawal deadline (including, but not limited to, illness, injury, inclement weather, or public-health mandated closures).</p>	Email for club queries:	<p>asfcompetitions@gmail.com [Club ONLY. Families should address any questions with their home club/coach(es)]</p>
Registration & Deadline	<p>Registration via KSIS: https://rgform.eu/event.php?id_prop=6970</p> <p>Registration Deadline: November 1, 2024 Registration is on a first-come first-serve basis. For registrations <u>after</u> the deadline, please email us directly for availability (\$25 late registration fee, if spots available).</p> <p>Gymnastics Ontario guidelines: Once athlete is entered into KSIS competition they are <u>considered registered</u> and corresponding payment must be remitted to club.</p>												
Payment	<p>To receive your INVOICE: Please email us immediately after you have registered, so that we can email you an invoice. We do NOT receive automatic notification from KSIS about your registration.</p> <p>Please send payment ASAP after registration. Payment must be received to finalize KSIS registrations and secure spots. For later payment arrangements, please contact us via email.</p> <p>Methods: e-Transfer or cheque.</p> <ol style="list-style-type: none"> e-Transfer (preferred). Please e-transfer the total amount noted on the invoice to academy.inc.info@gmail.com. No password is needed as the account is set for automatic deposit. Please include a message "Red White 2025 - <YourClubName>", so that we can associate the transfer with your club. or, cheque. Mail in a copy of the invoice along with a cheque (payable to "ASF Gymnastics") [NSF fee: \$35]. Mailing address: ASF Gymnastics Club, 40 Vogell Road, Unit 32, Richmond Hill, ON L4B 3N6. 												
Confirmation of Registration	Please submit payment promptly. You will receive confirmation of registration once payment is received.												
Changes & Level Changes	<p><i>All registration changes in KSIS must be made through our Meet Director (you will not be able to make those changes on KSIS yourself).</i></p> <p>Please review athlete names and spelling and communicate and typos immediately to the Meet Director.</p> <p>Level Change Deadline: November 15, 2024. Any change submitted after that date is not guaranteed; we always do our best to accommodate late changes based on scheduling constraints. A late-change fee of \$25/change will apply for changes received after the deadline. All changes as per Gymnastics Ontario Technical Rules and Regulations Manual and host club availability.</p>												
Withdrawals & Refund Policy	<p>Withdrawal Deadline: November 15, 2024.</p> <p>All registration changes/swaps are subject to a \$25/athlete administrative fee. Refunds will be processed after the competition.</p> <p>No refunds, swaps, transfers of fees for any reason after the withdrawal deadline (including, but not limited to, illness, injury, inclement weather, or public-health mandated closures).</p>												
Email for club queries:	<p>asfcompetitions@gmail.com [Club ONLY. Families should address any questions with their home club/coach(es)]</p>												
EQUIPMENT	<p>Spieth America (1 set of equipment) Vault runway length 24 m. Floor is close to wall. Low ceiling (15 ft) makes handstand on high bar difficult for taller athletes.</p>												
CODE OF CONDUCT	<p>Aggressive behaviour is not accepted and will not be tolerated. Anyone displaying aggressive or disruptive behaviour, or refusing to adhere to health and safety guidelines, will be asked to leave the premises. If warranted, the police will be contacted.</p>												

HEALTH AND SAFETY

First Aid Certified Personnel On-Site.

We care about the well-being of all gymnasts and families so if you are not feeling well, please stay home.

Coaches are responsible for the **behaviour** of their athletes and parents. Any form of aggression will not be tolerated.

Gymnastics Ontario sanctioned events are NOT guaranteed to be Peanut/Tree Nut Free events. Attendees are asked not to bring peanuts, peanut products, or products containing traces of peanuts or tree nuts into the gymnasiums/venue and/or change rooms where participants are present. Host clubs have been asked to refrain from serving/selling items with peanuts, peanut products, or products containing traces of peanuts or tree nuts at this event.

ASF Gymnastics Club and Gymnastics Ontario asks for your assistance in supporting an inclusive environment for all participants.

COACH REQUIREMENTS

Coaches must:

- be registered with Gymnastics Ontario for membership
- registered in KSIS,
- be present with athletes on-site
- bring and show their GO Coaching ID provided by Gymnastics Ontario to the competition showing they have up-to-date NCCP requirements for the level of athlete participating to gain access to the competition floor (field of play).

It is the club’s and individual coach’s responsibility to ensure they have the correct certifications and coaching ID for competition.

Please see coaching requirements for floor access:

<http://www.gymnasticsontario.ca/coaching-requirements/>

Provincial Coaches: must be NCCP Competition 1 (Introduction) Trained, MED, Safe Sport and up to date Risk Management certification (Respect in Sport) to be eligible for the competition floor.

National Coaches: must be minimum NCCP Competition 2 (Intro Advanced) Trained in addition to the provincial coach requirements to be eligible for the competition floor.

If need to request a coaching ID please visit the GO website:

<https://www.gymnasticsontario.ca/digital-coach-id-information/>

SPECTATORS & ADMISSIONS

NOTE: In adherence with fire regulations capacity, athletes of the next session will be admitted only at the start of their onsite registration period; spectators for the next session will be admitted only after the previous session competition ended.

ADMISSION FEES - CASH ONLY	1 Day	2 Days	3 Days
Adult/Teen Ages 13 to 54)	\$10	\$15	\$20
Adult Ages 55+	\$5	\$8	\$10
Child 3-12 years of age	\$5	\$8	\$10
Child under 3 y/o	<i>free</i>	<i>free</i>	<i>free</i>
Family of 4 (up to 2 adults/teens)	\$25	\$40	\$50
<i>All Athletes competing in the competition are not required to pay an admission fee throughout the weekend.</i>			

“**Best Seat in the House**” raffle: buy your raffle ticket(s) and get a chance to sit close to the action, while you dine on tasty food and drinks.

FOOD & BEVERAGES

Snack bar available on site throughout the competition with a wide selection of food and beverages. **CASH ONLY.**

Outside food and drinks are not permitted, with the exception of reusable water bottles.

SOCIAL MEDIA

Instagram: @gymnasticsontario, @ASFGymnastics

Facebook: @gymnasticsontario, @ASFGymnastics

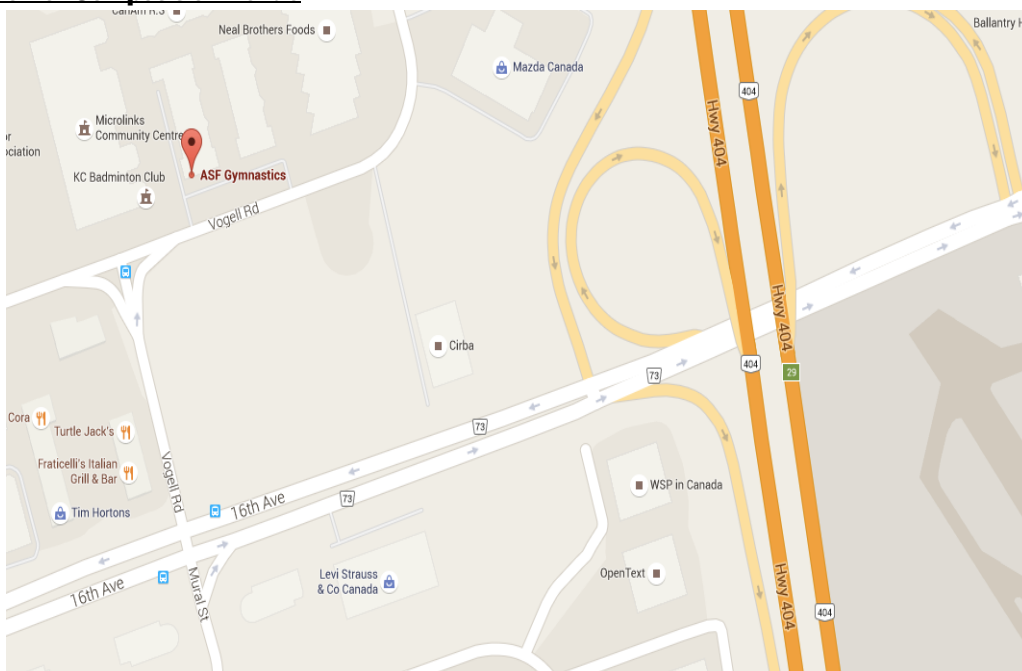
Hashtags: #asfgymnastics #wagquifiers #SportStartsHere #GymnasticsOntario #gymnastics #gymnastique #gymnast #artisticgymnastics #WAG #vault #bars #beam #floor #vaultbarsbeamfloor #balancebeam #unevenbars etc.

ACCOMMODATIONS

The participants must pay for their accommodation costs.

ADDITIONAL INFORMATION

Location of Competition Venue:



Directions from south via Highway 404

Take 404 North to 16th Avenue. From interchange, take a right (west) onto 16th Avenue West (right). At the second traffic light, take a right onto Vogell Road going north. At the stop sign, veer to the right to stay on Vogell Rd. Venue located at 2nd driveway on left (building 40, unit #32).

Note: ongoing construction at the intersection of Hwy 404 and 16th Avenue. Please drive safely.

Parking @ ASF

