

2024-2025 WOMEN'S ARTISTIC GYMNASTICS

DIRECTIVE



QUALIFIER/INVITATIONAL "EMERALD CUP" JANUARY 16-19, 2025



HOST CLUB	Forest City Gymnastics Club 2449 Dundas Street, London, ON N5V 3C5 519-452-3242 www.forestcitygym.com
MEET DIRECTOR	Cindy Smith-Rex fgcmanager@gmail.com 519-200-7552
GO LIASON	Audra Sederavicius, Women's Program Manager Phone : 647-598-0982 E-mail : wag@gymnasticsontario.ca Website: www.gymnasticsontario.ca
COMPETITION VENUE	Forest City Gymnastics Club 2449 Dundas Street London, ON N5V 3C5
REGULATIONS	As per the Gymnastics Ontario Technical Rules and Regulations Manual and competition manuals. Competition Format: OCP Warm Up Scoring Program: KSIS Music: Music must be in submitted via the KSIS as part of each athlete's competition registration. All music must be clearly labelled by athlete's name, club, level. For Level 3-5 event, the compulsory music will be provided by host club. Awards: For events and all around (1st-3rd Medals, 4th-8th ribbons) No bumping of places for ties
LEVELS AND AGES	Level 3-9 age 7+ Qualifying meet Level 3-9 Age 9+
REGISTRATION	All athletes and coaches must be registered with G.O. for the 2024-2025 season. Athlete Registratoin Fee: \$115 Coach Fee: \$20 Registration Deadline: November 1, 2024 Cheque mailed to FCGC London 2449 Dundas Street, London, ON N5V 4V3 Etransfer to fgcmanager@gmail.com Level Changes/Withdraws Policy: December 1, 2024 Refunds Policy: Deadlines for refunds December 1, 2024
EQUIPMENT	Spieth Anderson (1 set of equipment), Vault landing is a resi pit landing.
HEALTH AND SAFETY	First Aid Certified Personnel On-Site. 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. <i>Forest City Gymnastics and Gymnastics Ontario asks for your assistance in supporting an inclusive environment for all participants.</i>

COACH REQUIREMENTS	<p>Coaches must:</p> <ul style="list-style-type: none"> - 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). <p>It is the club's and individual coach's responsibility to ensure they have the correct certifications and coaching ID for competition.</p> <p>Please see coaching requirements for floor access: http://www.gymnasticsontario.ca/coaching-requirements/</p> <p>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.</p> <p>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.</p> <p>If need to request a coaching ID please visit the GO website: https://www.gymnasticsontario.ca/digital-coach-id-information/</p>																								
ADMISSIONS	<table border="1" data-bbox="408 1003 1469 1263"> <thead> <tr> <th><i>Cups and Qualifiers</i></th> <th>1 Day Pass</th> <th>2 Day Pass</th> <th>3 Day Pass</th> </tr> </thead> <tbody> <tr> <td>Adult: 18 years of age & older</td> <td>\$10</td> <td>\$18</td> <td>\$23</td> </tr> <tr> <td>Senior: 55 years of age & older</td> <td>\$8</td> <td>\$12</td> <td>\$15</td> </tr> <tr> <td>Student: 11 to 17 years of age</td> <td>\$5</td> <td>\$8</td> <td>\$10</td> </tr> <tr> <td>Children: 6 to 10 years of age</td> <td>\$5</td> <td>\$8</td> <td>\$10</td> </tr> <tr> <td>Children: 5 & Under</td> <td>Free</td> <td>Free</td> <td>Free</td> </tr> </tbody> </table> <p>All Athletes competing in the competition are not required to pay an admission fee throughout the weekend.</p>	<i>Cups and Qualifiers</i>	1 Day Pass	2 Day Pass	3 Day Pass	Adult: 18 years of age & older	\$10	\$18	\$23	Senior: 55 years of age & older	\$8	\$12	\$15	Student: 11 to 17 years of age	\$5	\$8	\$10	Children: 6 to 10 years of age	\$5	\$8	\$10	Children: 5 & Under	Free	Free	Free
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ACCOMMODATIONS	<p>Delta Hotels by Marriott London, 325 Dundas Street, London ON N6T1B9 (519)679-6111 Doubletree by Hilton 300 King Street, London, ON N6B 1S2 (519) 439-1661 Four Points by Sheraton London, 1150 Wellington Road, London, ON N6E1M3 (519)681-0600</p> <p>The participants must pay for their accommodation costs.</p>																								
VENDORS	<p>JAGWEAR LEOS</p>																								
SOCIAL MEDIA	<p>#emeraldcup #eccupldn #wagquaifiers #ontchamps, #SportStartsHere #GymnasticsOntario #gymnastics #gymnastique #gymnast #artisticgymnastics #WAG #vault #bars #beam #floor #vaultbarsbeamfloor #balancebeam #unevenbars etc. Tag Gymnastics Ontario.... Facebook: @gymnasticsontario Instagram: @gymnasticsontario</p>																								
TOURISM & ADDITIONAL INFORMATOIN	<p>Located in the middle of Toronto and Detroit and with a population of 422,000, London is considered the heart of Southwestern Ontario.</p>																								