

2024-2025 WOMEN'S ARTISTIC GYMNASTICS

DIRECTIVE



18TH COME SHINE WITH US
SMITHS FALLS GYM STARS
NOV 30TH, DEC 1ST 2024
QUALIFIER/INVITATIONAL



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| HOST CLUB | Smiths Falls Gym Stars Gymnastics Club 2 Gould Street, Smiths Falls K7A 2S5 613-283-9343 www.smithsfallsgymstars.com sfgymstars@gmail.com |
| MEET DIRECTOR | Amy Callan sfgymstars@gmail.com amymariecallan@gmail.com 613-267-0785 |
| GYMNASTICS ONTARIO LIASON | Audra Sederavicius, Women's Program Manager Phone : 647-598-0982 E-mail : wag@gymnasticsontario.ca Website: www.gymnasticsontario.ca |
| VENUE | Smiths Falls Gym Stars 2 Gould Street, Smiths Falls, ON K7A 2S5 613-283-9343 sfgymstars@gmail.com |
| 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: KSIS</p> <p>Music: Music can 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.</p> <p>For Level 1-5 event, the compulsory music will be provided by host club.</p> <p>Awards: Medals for 1st-3rd on each event and all around Ribbons 4-8 on all events and all around</p> |
| LEVELS AND AGES | OCP Level 1-5, Level 6-7 Ages 7-8, Ages 9+ Masters (Qualifying Competition for Level 3-7 (Ages 9+)) |
| REGISTRATION | All athletes and coaches must be registered with G.O. for the 2024-2025 season. Athlete Registratoin Fee: \$105 |

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| | Registration via KSIS | September 30th, 2024 <i>Once athlete is entered into KSIS competition they are considered registered and corresponding payment must be remitted to Smiths Falls Gym Stars.</i> <i>*music upload with athlete registration</i> <i>**all registration changes in KSIS must be made through Meet Director</i> |
| | Payment | October 15, 2024 Cheques payable to Smiths Falls Gym Stars Etransfer: sfgymstars@gmail.com |
| | Level Changes/ Withdraws | Withdraws/changes must be communicated directly to the host club November 1, 2024 |
| | Refunds | November 1, 2024 |
| EQUIPMENT | Spieth America -1 set of equipment Vault runway 65 feet (19.8 m). One side of floor against stage wall. | |
| 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. 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>Smiths Falls Gym Stars and Gymnastics Ontario asks for your assistance in supporting an inclusive environment for all participants.</i> | |
| 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/>

ADMISSIONS

Cash exact change or e-transfer to sfgymstars@gmail.com at the door

| <i>Cups and Qualifiers</i> | 1 Day Pass | 2 Day Pass |
|--------------------------------------------|-------------------|-------------------|
| Adult: 18 years of age & older | \$8 | \$13 |
| Senior: 55 years of age & older | \$5 | \$8 |
| Student: 11 to 17 years of age | \$5 | \$8 |

ACCOMMODATIONS

Best Western Smiths Falls Hotel

88 Lombard Street
613-284-0001

The participants must pay for their accommodation costs.

VENDORS

MAD Sportswear
Shane Croskery Photography

SOCIAL MEDIA

Facebook: @gymnasticsontario @smithsfallsgymstars

Instagram: @gymnasticsontario @sfgymstarsgymnasticsclub

**TOURISM &
ADDITIONAL
INFORMATOIN**

Parking for Gym Stars is adjacent to the entrance and extra parking is available across from the Smiths Falls Hospital. Please be aware that parking on the one-way streets leading to and from the facility is not permitted.