

2024-2025 WOMEN'S ARTISTIC GYMNASTICS

DIRECTIVE



BURLINGTON GYMNASTICS CLUB 35TH ANNUAL SPRING CUP MAY 2-4, 2025



NOTE: THIS DIRECTIVE MAY CHANGE AT ANY TIME

HOST CLUB	Burlington Gymnastics Club 710 Maple Ave Burlington, ON, L7S 1M6 (905) 335-1765
MEET DIRECTOR	Lisa Hayashi springcup@bgcgym.com
GO LIAISON	Gymnastics Ontario Audra Sederavicius Phone : (647) 598-0982 E-mail : wag@gymnasticsontario.ca Website: www.gymnasticsontario.ca
COMPETITION FORMAT	Mainway Recreation Centre ****RETURN TO OLD LOCATION**** 4015 Mainway, Burlington, ON L7P 3N9
REGULATIONS	As per the Gymnastics Ontario Technical Rules and Regulations Manual and competition manuals. Competition Format: OCP Warm Up (ODP Warm Up as applicable) Scoring Program: KSIS Music: Music <u>must</u> be submitted via KSIS as part of each athlete's competition registration. All music must be clearly labeled by the athlete's name, club, level. Music <u>must</u> be uploaded by March 14, 2025. Coaches are encouraged to bring a back up of their gymnasts' music to the competition via mp3 format or external mp3 device (i.e. iPhone, USB, AUX). All music must be clearly labeled. Awards: For Events and All Around (1 st to 3 rd Medals, 4 to 10 th Ribbons). No Bumping of places for ties. For ODP & OCP Age 7 & 8 – awards according to G.O. Technical Regulations
LEVELS OFFERED	OCP Levels 1 - 10 Youth (Age 10) Youth (Age 11) National Novice, Junior & Senior Xcel Bronze, Silver, Gold ODP Pairs Levels 6-10
REGISTRATION	All athletes and coaches must be registered with G.O. for the 2024-2025 season.

Athlete Registration Fee (Regular Competition):

- OCP, Xcel \$155
- ODP \$105

Athlete Registration Fee (Pairs Competition):

- \$80 per athlete

Coach Registration Fee: \$30 (\$35 for coaches who arrive at the meet that did not pre-register, as well as coaches who pay at the meet and not ahead of time)

Registration Deadline: **December 13 , 2024**

Mail cheque to: (Make Cheque payable to the **Burlington Gymnastics Club Inc.**)

*Burlington Gymnastics Club
Attention: Jacqueline Boyle, Club Administrator
710 Maple Ave
Burlington, ON, L7S 1M6*

Registration: KSIS

NOTE: Confirmation of your gymnasts' registration is on a first-come-first-served basis once the Registration Fees and KSIS Registration are received.

Level Changes/Withdraws Policy:

Level Changes:

- Please inform the MD of any level changes as soon as possible. The deadline for level changes is Friday, February 14. After that time, level changes will be accepted if the schedule allows for it.

Withdrawals:

- Please inform the MD of any scratches/withdrawals as soon as possible.
- Withdrawals are to be communicated directly to the host club no later than **Feb 14, 2025**. All changes must be submitted to springcup@bgcgym.com

Refunds Policy: No refunds or substitutions for any reason after midnight EST on **Feb 14, 2025**.

ATHLETE/COACH GIFT

ATHLETE GIFT: Spring Cup Leotard from Jagwear. *****PLEASE EMAIL LISA WITH YOUR ATHLETE'S SUIT SIZE USING JAGWEAR'S SIZE CHART ATTACHED AT THE BOTTOM OF THE DIRECTIVE WITH PICTURE OF THE SUIT. ALL SUIT SIZES MUST BE SUBMITTED NO LATER THAN DEC 14, 2024. PLEASE ENSURE SIZES ARE CORRECT AS THERE WILL NOT BE ANY EXTRA TO EXCHANGE WITH*****

COACH GIFT: Spring Cup T-Shirt. *****PLEASE EMAIL LISA WITH YOUR COACHES SHIRT SIZE USING THE T-SHIRT SIZE CHARTS THAT ARE ATTACHED AT THE BOTTOM OF THE DIRECTIVE. ALL SHIRT SIZES MUST BE SUBMITTED NO LATER THAN DEC 14, 2024. PLEASE ENSURE SIZES ARE CORRECT AS THERE WILL NOT BE ANY EXTRA TO EXCHANGE WITH*****

EQUIPMENT

Spieth America (3 full sets of equipment plus ODP)

HEALTH AND SAFETY

First Aid Certified Personnel On-Site.

- Guidelines from Government, Health, G.O. and the Burlington Gymnastics Club will be followed at the time of the competition.
- 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.

Burlington 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 coaches responsibility, to ensure they have the correct certifications and coaching ID for competition.
- Please see coaching requirements for floor access:
[GO Coaching Requirements | Gymnastics Ontario](#)

Provincial Coaches:

- must be NCCP Competition 1 (Introduction) Trained, MED 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 you need to request a coaching ID please visit the GO website:

[Digital Coach ID Information | Gymnastics Ontario](#)

ADMISSIONS

Tickets can be purchased at the door with **DEBIT OR CREDIT ONLY, NO Cash**

Admission Fees	1 Day	2 Days	3 Days
Adult	\$16	\$25	\$35
Student (Age 6-18) / Senior (Age 60+)	\$12	\$18	\$30
Family (2 Adults, 2 Students/Seniors)	\$45	\$65	\$85
Children age 5 and under	Free	Free	Free

All Athletes competing in the competition are not required to pay an admission fee throughout the weekend.

ACCOMMODATIONS

All participants must pay for their accommodation costs.

VENDORS

Jagwear and trinkets

SOCIAL MEDIA

If posting on social media, please use the following hashtags:

- #WAG, #BGC, #SpringCup

**TOURISM &
ADDITIONAL
INFORMATION**

Link:

<https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=YHMBUHX&groupCode=CHHGC3&arrivaldate=2025-05-01&departuredate=2025-05-04&cid=OM.WW.HILTONLINK.EN.DirectLink&fromId=HILTONLINKDIRECT>

Hotel: Hampton Inn & Suites by Hilton Burlington

Group Name: **Burlington Gymnastics Club**

Arrival Date: 2025-05-01

Departure Date: 2025-05-04

Cut-off Date: 2025-03-28

Rate: \$ 179.00 CAD (single/double occupancy) per night plus applicable taxes

If calling in to book a reservation with the Hampton reservation line at 1-800-426-7866 refer to the **Group Code: GC3** and **Group Name: Burlington Gymnastics Club**

Please note, the entire URL must be copied and pasted for it to work properly.

Local Accommodations:

Hampton Inn & Suites

1215 Appleby Line, Burlington, ON L7L 5H9
905.592.7866

Courtyard by Marriott Burlington

1110 Burloak Drive, Burlington, ON L7L 6P8
289.337.2700

Best Western PLUS Burlington Inn and Suites

2412 Queensway Drive, Burlington ON L7R 3T3
905.639.2700 / 1.866.280.7778

Comfort Inn

3290 South Service Road, Burlington ON L7N 3M6
905.639.1700

Hilton Garden Inn Burlington

985 Syscon Road, Burlington ON L7L 5S3
905.631.7000 / 1.866.432.6555

City of Burlington Website: <http://cms.burlington.ca/Page40.aspx#.VErJY5UtCP8>

Directions to Appleby Ice Centre Competition Site (Map and Written Directions)

From the West:

401 East to 403 East/ QEW
Exit at Appleby Line
Turn left (North) on Appleby Line
Appleby Ice Centre is on your right

From the East:

401 West to QEW/403 West
Exit at Appleby Line
Turn right (North) on Appleby Line
Appleby Ice Centre is on your right

From the North:

400 South to 401 West to QEW/403 West
Exit at Appleby Line
Turn Right (North) on Appleby Line
Appleby Ice Centre is on your right

From Niagara:

QEW Toronto to Burlington over the Skyway to QEW East
Exit at Appleby Line
Turn left (North) on Appleby Line
Appleby Ice Centre is on your right

PAIRS COMPETITION

~ Eligible for Levels 6-10 Age 9+ ~

Theme: Things That Come in Pairs



**It's the end of the season. Pick a partner and enter the Pairs Competition
Annual Spring Cup Tradition!**

***Theme Costumes are encouraged – Prizes for best costume (Athletes & Coaches)!
Limbo contest, of course!***

You can partner up with someone in your level and you each compete your 2 best events. You can team up with someone in a higher level and try your required new skills on that event.

- Age categories will be dependent on registration. However, if one gymnast is 9 years old and the other is 14, they must compete in the older age category.
- You may compete with an athlete from a lower level. However, they must be moving up to your level to compete.
- You may compete on any 2 combinations of events (vault & bars, vault & floor, beam & bars, etc.)
- All 4 events must be competed, i.e., you can't both compete on the same two events in one pair team. As well, it must be 2 & 2 not one athlete competing one event with the other competing 3 events.
- The two partners will compete as a team. There will be event awards and AA awards (each partner will receive the AA award)
- The rules will follow all GO standards for every level. The only catch is that you must compete in your 2023-2024 competitive level or higher.

IMPORTANT INFORMATION

Valuables: Neither the host club, Gymnastics Ontario, nor Gymnastics Canada will be responsible for any lost or forgotten items. You may email the meet director after the event if you wish to make inquiries concerning lost items.

Insurance:

The host Federation and The Organizing Committee will not be held responsible for any liabilities in case of accidents, illness, and reparation. All participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation for all the members of their Delegation. The LOC will verify the insurance upon arrival of the delegation members (i.e., note or photocopy of the valid policy.) Delegation Members with insufficient cover must inform the LOC in advance.

Electronic Travel authorization: Clubs from outside of Canada

As of November 09, 2016, all visa-exempt foreign nationals who fly to or transit through Canada will need an **Electronic Travel Authorization (eTA)**. Exceptions include U.S. citizens and travelers with a valid Canadian visa, Canadian citizens, including dual citizens, and Canadian permanent residents do not need to apply for an eTA. To apply you must have a valid passport, a credit card and an email address. It only takes a few minutes to apply. Approved eTAs are valid for 5 years or until your passport expires, whichever comes first. Contact the Meet Director for more information and/or questions.

OCP & ODP ATHLETE GIFT: JAGWEAR LEOTARD



JAGWEAR LEOTARD SIZE CHART

GIRL'S SIZING CHART (INCHES)

LEOTARDS

SIZE	GIRTH	CHEST	WAIST	HIPS
4	36-38	17-19	18-19	19-20
6	39-41	20-22	19-21	20-22
8	42-43	23-25	21-23	23-25
10	44-46	25-27	22-24	26-28
12	47-48	26-29	24-25	27-29
14	49-50	28-30	26-27	28-30
16	51-53	29-31	26-27	28-31
YS	54-55	31-33	27-30	29-32
YM	56-58	32-34	28-31	30-33
YL	59-60	35-36	30-33	34-39
YXL	61-62	36-38	32-35	36-42

***Please note that YS is actually considered AS (Adult Small), YM is AM (Adult Medium), YL is AL (Adult Large) and YXL is AXL (Adult XLG) ***

YOUTH T-SHIRT SIZE CHART FOR ALL COACHES GIFT & SHOWCASE ATHLETE GIFT

	XS	S	M	L	XL
Body Length	20 1/2	22	23 1/2	25	26 1/2
Body Length Tolerance	-/+ 1	-/+ 1	-/+ 1	-/+ 1	-/+ 1
Chest Tolerance	-/+ 1	-/+ 1	-/+ 1	-/+ 1	-/+ 1
Chest Width (Laid Flat)	16	17	18	19	20
Numerical Sizes	4	6-8	10-12	14-16	18-20

ADULT T-SHIRT SIZE CHART FOR ALL COACHES GIFT & SHOWCASE ATHLETE GIFT

	S	M	L	XL	2XL
Body Length	28	29	30	31	32
Body Length Tolerance	-/+ 1	-/+ 1	-/+ 1	-/+ 1	-/+ 1
Chest Tolerance	-/+ 1	-/+ 1	-/+ 1	-/+ 1	-/+ 1
Chest Width (Laid Flat)	18	20	22	24	26