

2024–2025 WOMEN’S ARTISTIC GYMNASTICS

DIRECTIVE



DATE: MAY 8TH– 11TH, 2025

THE XCEL XTRAVAGANZA



HOST CLUB	Whitby Gymnastics 330 Taunton Rd E. Unit C5 Whitby, ON L1R 0H4 905-493-7888 www.whitbygymandcircus.com
MEET DIRECTOR	Kim Dunning & Amy White whitbyxcel@outlook.com
GO LIASON	Gymnastics Ontario Audra Sederavicius Phone : 647-598-0982 E-mail : wag@gymnasticsontario.ca Website: www.gymnasticsontario.ca
COMPETITION FORMAT	Competition Venue: 330 Taunton Rd E. Unit C5 Whitby, ON L1R 0H4
REGULATIONS	As per the Gymnastics Ontario Technical Rules and Regulations Manual and Virtual Invitational Competition Protocols. Competition Format: OCP Warm Up Scoring Program: KSIS Music: Music can be submitted via the KSIS as part of each athlete’s competition registration. All music must be clearly labelled by athlete’s name, club, level. USB available if needed. Awards: AA trophies place 1st-3rd. AA ribbons place 4th and up Event medals place 1st-3rd. Event ribbons place 4th-10th. Free Team Awards-club banners
LEVELS AND AGES	Xcel Ages 7+ & Xcel Masters (18+)
REGISTRATION	KSIS registration <i>and</i> hard copy registration required. Athlete Registration Fee: \$125 plus hst for Xcel \$20 plus hst per coach First come, first serve. Payment in full must be received no later than August 31st.

	<p>Only club cheque is accepted. Hard copy registration required with payment. \$65 NSF fee applies.</p> <p>Level Changes: Any level change after March 1st, 2025 is subject to a \$25.00 plus hst admin fee. All level changes are subject to approval and are not guaranteed even before deadline.</p> <p>Athlete Substitution Policy: Any athlete substitution after April 1st, 2025 is subject to a \$25.00 plus hst admin fee. Any athlete substitution that is not the same age and same level is subject to approval and is not guaranteed even before the deadline.</p> <p>Registration Closed: Level changes or athlete substitutions will not be accepted after April 1st, 2025.</p> <p>Refunds Policy: no refunds for any reason.</p>
EQUIPMENT	<p>Speith America</p> <p>1 set of equipment</p> <p>Post 1 inch inside white line on floor on 2 sides. Last 2m of vault runway through standard size door frame. Bar mounting space 3m (9.5ft).</p>
HEALTH AND SAFETY	<p>First Aid Certified Personnel On-Site.</p> <p>We care about the well-being of all gymnasts and families so if you are not feeling well please stay home.</p> <p>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.</p> <p><i>Whitby Gymnastics and Gymnastics Ontario asks for your assistance in supporting an inclusive environment for all participants.</i></p>
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>

If need to request a coaching ID please visit the GO website:
<https://www.gymnasticsontario.ca/digital-coach-id-information/>

ADMISSIONS

<i>Spectator Admission-cash only</i>	1 Day Pass	2 Day Pass	3 Day Pass
Adult: 18 years of age & older	\$10	\$15	\$20
Senior: 55 years of age & older	\$5	\$10	\$15
Student: 11 to 17 years of age	\$5	\$8	\$15
Children: 6 to 10 years of age	\$5	\$5	\$10
Children: 5 & Under	Free	Free	Free
All Athletes competing in the competition are not required to pay an admission fee.			

ACCOMMODATIONS

The participants must pay for their accommodation costs.

VENDORS

TBA

**LIVE STREAMING,
BROADCASTING &
SOCIAL MEDIA**

Facebook @whitbygymcircus & @gymnasticsontario
Instagram @whitbygymcircus & @gymnasticsontario

**TOURISM &
ADDITIONAL
INFORMATION**