

2024-2025 WOMEN'S ARTISTIC GYMNASTICS

DIRECTIVE



OTTAWA GYMNASTICS CENTRE
65TH ANNIVERSARY CELEBRATION
FEBRUARY 27, 2025 - MARCH 2, 2025



HOST CLUB	<p>Ottawa Gymnastics Centre 294 Elmgrove Avenue, Ottawa ON K1Z 6V1 (613) 722-8698 www.ottawagymnasticscentre.ca</p>
MEET DIRECTOR	<p>Sean Kirkwood / Suzanne Fisher meets@ottawagymnasticscentre.ca (613) 722-8698</p>
GYMNASTICS ONTARIO LIAISON	<p>Audra Sederavicius, Women's Program Manager Phone : 647-598-0982 E-mail : wag@gymnasticsontario.ca Website: www.gymnasticsontario.ca</p>
VENUE	<p>Ottawa Gymnastics Centre 294 Elmgrove Avenue, Ottawa ON K1Z 6V1 (613) 722-8698 www.ottawagymnasticscentre.ca</p>
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 must be submitted via KSIS. We request that you add the music to your athlete's registration no later than 2 weeks before the competition. KSIS automatically labels the music files with the athlete's name and level.</p> <p>For Level 1-5 events, the compulsory music will be provided by host club.</p> <p>Awards:</p> <p>Each Event and All Around: 1st to 3rd place medals; 4th to 8th place ribbons. No bumping places for ties. Categories around 20 athletes will be split.</p>
LEVELS AND AGES	<p>Qualifying: Levels 3-9 (Ages 9+)</p> <p>Invitational: L3-9: Ages 7&8, Levels 1-2: Ages 7+, Xcel (Gold, Silver, Bronze): Ages 7+</p>

REGISTRATION

All athletes and coaches must be registered with G.O. for the 2024-2025 season.

Registration via KSIS	<p>Registration and Payment Deadline: <i>January 17, 2025 at 4:00 pm (EST)</i></p> <p>Once an athlete is entered into KSIS, they are <u>considered registered and corresponding payment must be remitted to club.</u></p> <p><i>*all registration changes in KSIS must be made through Meet Director</i></p>
Payment	<p>Athlete Registration Fee:</p> <p>\$150 per athlete</p> <p>\$25 Late payment fee for all athletes after the deadline.</p> <p>All registration payments must be made through e-transfer to: payments@ottawagymnasticscentre.ca.</p>
Level Changes/ Withdraws	<p>Withdraws/changes must be communicated directly to the host club.</p> <p>Level Changes/Withdraws Policy:</p> <p>Withdrawals are to be communicated directly to the Meet Director and Host Club no later than 3 days prior to the competition for the change to be applied to the athlete draws.</p> <p>Any clubs requesting level changes must submit a written request to the Meet Director before the Registration Deadline. Acceptance of level changes after Registration Deadline depends on availability in the schedule.</p>
Refunds	<p>Refunds Policy:</p> <p>Refunds for an athlete will be granted up to the Registration Deadline.</p> <p>Refunds will also be granted with a medical note up to Competition Weekend.</p> <p>No other refunds will be granted after the registration deadline.</p>

EQUIPMENT

Spieth America (one set per apparatus)

Two sides of the floor are close to a raised platform (foam pit and tumble track).
Pit landing for vault (mats on top), **23.5 m runway**

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.

Ottawa Gymnastics Centre 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/>

ADMISSIONS

Tickets for spectators can be purchased online via Eventbrite starting one week before the competition, link on OGC website. There are no cash purchases on site.

	1 Day	2 Day	Event Pass
Adult: 18 years of age & older	\$15	\$25	\$30
Senior: 55 years of age & older	\$10	\$15	\$25
Student: 11 to 17 years of age	\$10	\$15	\$25
Children: 6 to 10 years of age	\$5	\$8	\$15
Children: 5 & under	Free		
Competing athletes are not required to pay an admission fee throughout the weekend.			

ACCOMMODATIONS

The Ottawa region has dozens of hotels, if you are looking for suites we recommend:

Embassy Hotel & Suites
25 Cartier Street, Ottawa ON K2P 1J2
(613) 237 2111

The participants must pay for their accommodation costs.

VENDORS

SOCIAL MEDIA

Facebook: @gymnasticsontario, @ottawagymnasticscentre

Instagram: @gymnasticsontario, @ottawagymnasticscentre

TOURISM & ADDITIONAL INFORMATION

Within the heart of the Westboro neighbourhood, please visit Google Maps for our location: <https://goo.gl/maps/oujhrbWHny12>
(Latitude / Longitude: 45.394048, -75.752251)

Limited street parking during the weekdays with paid parking at the rear of the OGC. Unlimited and free during the weekends. The OGC parking is reserved for vendors and judges; parking may be restricted so please do not expect to find parking at the front of the venue.