

# 2024-2025 WOMEN'S ARTISTIC GYMNASTICS

## DIRECTIVE

L·O·N·D·O·N  
WITH  
FRIENDS

**QUALIFIER/INVITATIONAL MARCH 6-9, 2025**  
**LONDON FRIENDS**  
"THE ONE WHERE THEY COMPETE IN LONDON  
ONTARIO"



<b>HOST CLUB</b>	Forest City Gymnastics Club 2449 Dundas Street, London, ON N5V 3C5 519-452-3242 <a href="http://www.forestcitygym.com">www.forestcitygym.com</a>
<b>MEET DIRECTOR</b>	Cindy Smith-Rex <a href="mailto:fcgcmanger@gmail.com">fcgcmanger@gmail.com</a> 519-200-7552
<b>GO LIASON</b>	Audra Sederavicius, Women's Program Manager Phone : 647-598-0982 E-mail : <a href="mailto:wag@gymnasticsontario.ca">wag@gymnasticsontario.ca</a> Website: <a href="http://www.gymnasticsontario.ca">www.gymnasticsontario.ca</a>
<b>COMPETITION VENUE</b>	Forest City Gymnastics Club 2449 Dundas Street London, ON N5V 3C5
<b>REGULATIONS</b>	<b>As per the Gymnastics Ontario Technical Rules and Regulations Manual and competition manuals.</b> <b>Competition Format:</b> OCP Warm Up <b>Scoring Program:</b> KSIS <b>Music:</b> 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. <b>Awards: For events and all around (1st-3rd Medals, 4th-8th ribbons) No bumping of places for ties</b>
<b>LEVELS AND AGES</b>	Level 1-9 age 7+ Excel Gold, Silver, Bronze age 7+ Qualifying meet Level 3-9 Age 9+
<b>REGISTRATION</b>	All athletes and coaches must be registered with G.O. for the 2023-2024 season. <b>Athlete Registration Fee: \$115</b> <b>Coach Fee: \$20</b> <b>Registration Deadline:</b> December 1, 2024 <b>Cheque mailed to FCGC London 2449 Dundas Street, London, ON N5V 4V3</b> <b>Level Changes/Withdraws Policy: January 1, 2025</b> <b>Refunds Policy: Deadlines for refunds January 1, 2025,</b>
<b>EQUIPMENT</b>	Spieth Anderson (1 set of equipment), Vault landing is a resi pit landing.
<b>HEALTH AND SAFETY</b>	<b>First Aid Certified Personnel On-Site.</b>  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>

<b>COACH REQUIREMENTS</b>	<p><b>Coaches must:</b></p> <ul style="list-style-type: none"> <li>- be registered with Gymnastics Ontario for membership</li> <li>- registered in KSIS,</li> <li>- be present with athletes on-site</li> <li>- 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 (filed of play).</li> </ul> <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:  <a href="http://www.gymnasticsontario.ca/coaching-requirements/">http://www.gymnasticsontario.ca/coaching-requirements/</a></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:  <a href="https://www.gymnasticsontario.ca/digital-coach-id-information/">https://www.gymnasticsontario.ca/digital-coach-id-information/</a></p>																												
<b>ADMISSIONS</b>	<table border="1" data-bbox="411 1043 1474 1377"> <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 &amp; older</td> <td>\$10</td> <td>\$18</td> <td>\$23</td> </tr> <tr> <td>Senior: 55 years of age &amp; 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 &amp; Under</td> <td>Free</td> <td>Free</td> <td>Free</td> </tr> <tr> <td colspan="4">All Athletes competing in the competition are not required to pay an admission fee throughout the weekend.</td> </tr> </tbody> </table>	<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	All Athletes competing in the competition are not required to pay an admission fee throughout the weekend.			
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<b>ACCOMMODATIONS</b>	<p>Delta Hotels by Marriott London, 325 Dundas Street, London ON N6T1B9 (519)679-6111</p> <p>Doubletree by Hilton 300 King Street, London, ON N6B 1S2 (519) 439-1661</p> <p>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>																												
<b>VENDORS</b>	<p>JAGWEAR LEOS</p>																												
<b>SOCIAL MEDIA</b>	<p>#emeraldcup #eccupldn #wagquaifiers #ontchamps, #SportStartsHere #GymnasticsOntario #gymnastics #gymnastique #gymnast #artisticgymnastics #WAG #vault #bars #beam #floor #vaultbarsbeamfloor #balancebeam #unevenbars etc.</p> <p>Tag Gymnastics Ontario... Facebook: @gymnasticsontario Instagram: @gymnasticsontario</p>																												
<b>TOURISM &amp; ADDITIONAL INFORMATOIN</b>	<p>Located in the middle of Toronto and Detroit and with a population of 366,000, London is considered the heart of Southwestern Ontario</p>																												