

2010 BC GAMES
Terrace, March 4-7, 2010

TECHNICAL PACKAGE

As of July 20, 2009

Venue: Calendonia Senior Secondary School

1. DELEGATION

ATHLETES

A maximum of 96 athletes will be permitted to attend the Games. Each Zone is permitted to bring:

- 3 WAG athletes – CPP Provincial 4 rules
 - 3 WAG athletes – CPP Provincial 5 rules
 - 4 MAG athletes – Level 4 rules
- All athletes must be registered with Gymnastics BC as competitive members.
 - Athletes can compete at the Zone Trials and at the BC Games without affecting their category for the remainder of the year.
 - At the Zone trials, athletes must compete in the category where they want to qualify for BC Games.
 - **Wildcards:** If a zone has athletes eligible to be named as wildcards, they MUST be registered in the BC Games Database at the same time as other Zone team members.

COACHES / MANAGERS

A total of 24 coaches / managers will accompany teams.

- 1 coach / manager – WAG Provincial 4
 - 1 coach / manager – WAG Provincial 5
 - 1 coach / manager – MAG
- All coaches must be NCCP Level 2.
 - Unlimited number of (registered) coaches allowed on the floor during warm up. Only 2 coaches per zone once competition starts (tag coaching is allowed).
 - If a Zone has male and female athletes, they must send at least 1 male and 1 female coach or chaperones. Those coaches / chaperones are responsible for chaperoning athletes of the same gender, regardless of the category.

2. WOMEN'S ARTISTIC GYMNASTICS

Eligibility:

Age: Athletes born 1995 – 2000

Competition format: Team (Day 1) and All Around and Event Final (Day 2)

- All age eligible athletes registered as competitive members in the CPP (P1 to P5)
 - All age eligible athletes registered as competitive members in the Canadian Pre-Novice or National Novice category, excluding the Top 3 AA at the previous Canadian Championships and/or Elite Canada.
 - Athletes can compete at the Zone Trials and at the BC Games without affecting their category for the remainder of the year.
 - Athletes that competed in the CPP P4 category in previous BC Games are eligible if they compete in the P5 category.
- **Wildcards:** 10 wildcards are available for WAG. Priority will be given to National Level and Provincial 5 athletes. If a zone has athletes eligible to be named as wild cards, they MUST registered these athletes in the BC Games Database at the same time as other Zone team members.

DAY 1 – TEAM COMPETITION

6 athletes from each zone will compete under Provincial 4 Rules. No elements restricted. Apparatus at FIG height. All Wildcards must compete, as independent.

- 6 athletes to compete on each event, with a minimum of 3 athletes in the CPP P4 category
- Top 4 scores to count on each event for Team award

DAY 2 – ALL AROUND AND EVENT FINAL COMPETITION

- 3 athletes – Provincial 4 Rules (apparatus at FIG height)
- 3 athletes – Provincial 5 Rules (apparatus at FIG height)

ZONES THAT DO NOT HAVE ATHLETES P5 CATEGORY AND UP

To assist our outlying zones that do not have age eligible P5 athletes, BC Games has accepted the following change in their rules. If a Zone does not have enough age eligible P5 athletes registered to fill its 3 member team (re: if between all clubs within a zone there are not 3 age eligible athletes registered in the P5 category):

- The Zone will be able to register up to 3 additional athletes in the P4. Zones will need to request permission from the Provincial Advisor.
- The Provincial Advisor will review the circumstances and notify them of approval. Example: A zone has in total 1 athlete in P5 and 5 athletes in P4. The zone could name their P5 athlete to the team and request that 2 additional P4 athletes be allowed to compete in the P4 category.

3. MEN'S ARTISTIC GYMNASTICS

Eligibility:

Age: Athletes born 1995 – 1999

Competition format: Team and All Around (Day 1) and Event Final (Day 2)

Competition rules: Canadian Levels Program, Level 4, No Special Requirements

- All age eligible athletes registered as a competitive members (Levels 1 – 5 and High Performance)
- Athletes can compete at the Zone Trials and at the BC Games without affecting their category for the remainder of the year.
- Athletes may not attend more than one Game. However, permission may be granted by the Provincial Advisor and BC Games Society to some Zones if they have a limited number of athletes.
 - **Wildcards:** 6 wildcards are available for MAG. If a zone has eligible athletes to be named as wild cards, these athletes MUST be registered in the BC Games Database at the same time as other Zone team members.

NOTE from the GBC Men's Technical Committee

- *Eligible athletes' participation at BC Winter Games is MANDATORY if they wish to be considered for AAP funding the following year.*
- *High Performance Argo Compulsory is no longer an option for BC Games rules.*

DAY 1 – TEAM COMPETITION AND ALL AROUND

- 4 athletes to compete on each event
- Top 3 scores to count on each event

DAY 2 – EVENT FINAL COMPETITION

- 10 athletes on each event
- Top 8 athletes according to Day 1 ranking
- To ensure Zone participation in Event Finals, 2 gymnasts may be added for zone representation, (until all athletes have competed on at least one event).

4. STAFF (COACHES, MANAGERS, CHAPERONES)

A total of 24 coaches / managers will accompany teams.

- 1 coach / manager – WAG Category 1
- 1 coach / manager – WAG Category 2
- 1 coach / manager – MAG
 - All coaches must be NCCP Level 2.
 - Unlimited number of (registered) coaches allowed on the floor during warm up. Only 2 coaches / zone once competition starts (tag coaching is allowed).
 - If a Zone has male and female athletes, they must sent at least 1 male and 1 female coach / chaperone. Those coaches / chaperones are responsible for chaperoning athletes of the same gender, regardless of the category.

- **Extra coaches:** Zones must register their coaches, managers and chaperones in ranked order on the BC Games Database. If extra spots become available, only those individuals registered on the BC Games Database can be considered. Priority will be given to zones that have been granted wildcard spots. It is up to the zones to request extra spots.

5. AWARDS

The Minus-one rule will be implemented (for all BC Games sports). This means that where there are four or more competitors or teams, Bronze, Silver and Gold medals will be awarded; when there are three competitors or teams, Silver and Gold medals will be awarded.

6. UNIFORMS

Zone uniforms must be worn during all BC Games competitions and award ceremonies. Wildcards are considered part of the team and must wear their zone's uniform. Deductions for teams wearing non identical uniform will be applied.

Suits (bodysuit, singlet, shorts and longs) need not be zone colours. Tracksuits need not be identical. It is the responsibility of each Zone to determine their Zone's uniform.

7. ACCOMODATION AND TRAVEL

All coaches, managers, chaperones and athletes are required to travel on BC Winter Games transportation and stay in BC Games accommodations.

8. ZONE TRIALS

All zone trials must be completed by January 11, 2010. Zones will need to submit their team members (athletes, coaches, managers and chaperones) and possible wildcards and extra coaches (listed in ranked order) to GBC by January 14, 2010.

Registration must be received by the BC Games office no later than 4:00pm, January 18, 2010.

Late entries will not be accepted.

It is each zone's responsibility to ensure a fair process for selection of athletes and coaches.

9. OFFICIALS

Transportation, accommodation and meals arranged by the host community will be provided for 22 officials / delegates.

All officials under the age of 19 residing outside of the City of Terrace are required to stay in Games accommodation.

Officials may be required to use BC Games transportation and accommodation.

10. GBC STAFF / PROVINCIAL ADVISOR

Any questions should be directed to either the Provincial Advisor or at the GBC Technical Director.

Provincial Advisor:	Michelle Ricks – (250) 426-2090 mgricks@telus.net
Assistant Provincial Advisor:	Garry Ricks – (250) 426-2090 mgricks@telus.net
GBC HP and Technical Director:	Andrée Montreuil – (604) 333-3491 amontreuil@gymnastics.bc.ca

11. ZONE REPS

Zone 1 – Kootenays	Sandra Long – (250) 352-2227 info@glaciergeymnastics.com
Zone 2 – Thompson-Okanagan	Heather Ivanitz – (250) 765-0888 heatherivanitz@yahoo.ca
Zone 3 – Fraser Valley	Leslie Drown – (604) 820-4284 lesley_drown@hotmail.com Stephanie Marner (assistant) gcsj1930@yahoo.ca
Zone 4 – Fraser River-Delta	Kristina Sharp – (604) 943-0460 kristinasharp@hotmail.com
Zone 5 – Vancouver-Squamish	Jennifer Dober – (604) 943-0460 yawnifer@hotmail.com Tami Mitchell – (604) 902-3547 (assistant) coachtami@whistlerymnastics.com
Zone 6 – Vancouver Island-Central Coast	Megan Conway – (250) 740-0330 meg_gym@hotmail.com
Zone 7 - North West	Angela Pitzel - (250) 632-6733 gymnast@telus.net
Zone 8 – Cariboo-North East	Jennifer Fendelet – (250) 564-7353 jen_frontflip@hotmail.com