

# 2018 TRAMPOLINE GYMNASTICS WESTERN CANADA CUP

June 1-3, 2018

DIRECTIVE #2 – March 29, 2018



**REGINA SPORTPLEX  
FIELDHOUSE**  
1717 Elphinstone Street,  
Regina, SK



**GYMNASTICS  
SASKATCHEWAN**

**GYMNASTICS SASKATCHEWAN**  
300-1734 Elphinstone Street  
Regina, Sask S4T 1K1  
(B) 306-780-9229 (F) 306-780-9475  
[www.gymsask.com](http://www.gymsask.com)

Co-Chairs – Cheryl Russell & Kristi Mandzuk  
Phone: 306-780-9229  
Email: [crussell@gymsask.com](mailto:crussell@gymsask.com) & [kmandzuk@gymsask.com](mailto:kmandzuk@gymsask.com)

Technical Chairs – Traci House & Danielle Roy  
Email: [tracihouse2015@gmail.com](mailto:tracihouse2015@gmail.com) & [danni@gymadv.ca](mailto:danni@gymadv.ca)

**OFFICIAL HOST**

Gymnastics Saskatchewan

**DIRECTIVES**

Directive #1 – February 2018  
Directive #2 – April 3, 2018  
Full registration package  
Directive #3 – May 1, 2018

**WEBSITE LINK:**

<http://gymsask.com/western-canada-cup/>

**SOCIAL MEDIA:**

Check out the Event Facebook Page: [HERE](#)  
Follow Gym Sask on Facebook, Instagram & Twitter @gymsask  
Add us on Snapchat: gymsask  
Hashtag for the event: #WCCRegina2018

## EVENT INFORMATION

### COMPETITION DATE

JUNE 1-3, 2018

### VENUE

REGINA SPORTPLEX - FIELDHOUSE  
1717 Elphinstone Street,  
Regina, SK

### INVITED MEMBERS

All members who met the eligibility requirements according to the WCC protocol document.

### ELIGIBILITY

Athletes who are in good standing with their Provincial/Territorial Federation/Association are eligible to register.

#### **COACHES**

All registered coaches must be certified Level 2 in Trampoline in order to coach Trampoline or Double Mini Trampoline. Coaches registered to coach Tumbling must be certified Level 2 in either Trampoline or Artistic Gymnastics. If an exemption is required please contact your provincial organization.

### REGISTRATION and DEADLINES

REGISTRATION	DATE	TO
Intent to Participate	March 15, 2018	<a href="mailto:crussell@gymsask.com">crussell@gymsask.com</a>
<b>REGISTRATION DEADLINE</b>		
Electronic Registration	May 1, 2018	<a href="mailto:crussell@gymsask.com">crussell@gymsask.com</a>
100% payment of athletes and coaches fees	May 1, 2018	GYM SASK
Late Registration (athletes & coaches) with penalty	May 8, 2018	<a href="mailto:crussell@gymsask.com">crussell@gymsask.com</a>
Refund Deadline (with medical certificate)	May 31, 2018	<a href="mailto:crussell@gymsask.com">crussell@gymsask.com</a>
PSO and/or Club Statutory Declaration (for medical and waiver forms)	May 8, 2018	<a href="mailto:crussell@gymsask.com">crussell@gymsask.com</a>
Athlete gift order form	May 8, 2018	<a href="mailto:crussell@gymsask.com">crussell@gymsask.com</a>
Judge transportation form	May 18, 2018	<a href="mailto:crussell@gymsask.com">crussell@gymsask.com</a>

**NO ENTRIES WILL BE ACCEPTED AFTER MAY 9, 2018**

Refunds will only be issued, provided a medical certificate and the request for refund forms are submitted to Gymnastics Saskatchewan before 4:30 p.m. May 31, 2018. Medical certificates must be received within 14 days of the conclusion of the competition.

Refunds will be issued less a \$10 administration fee.

**REGISTRATION FEES  
and  
PAYMENT**

Registration Fee		Payable to:
Athletes – May 1	\$140 per athlete	GYM SASK
Coaches – May 1	\$ 45 per coach	GYM SASK
Athletes – May 2-9 with \$20 penalty	\$160 per athlete	GYM SASK
Coaches – May 2-9 with \$20 penalty	\$65 per coach	GYM SASK
Managers	N/C	
Judges	N/C	

Checklist:

1. The completed excel electronic registration form must be submitted ELECTRONICALLY to Gym Sask ([crussell@gymsask.com](mailto:crussell@gymsask.com)) by the set deadline.
2. 100% of all Registration fees are to be received at the Gym Sask office **NO LATER THAN MAY 11, 2018.**

Please make payment via one club/provincial cheque payable to: **Gymnastics Saskatchewan.**

Mail payment to:

**Gymnastics Saskatchewan**  
#300 – 1734 Elphinstone Street  
Regina, SK S4T 1K1

- Payment may also be made by Visa, Mastercard or E-transfer to [crussell@gymsask.com](mailto:crussell@gymsask.com)
- Full payment must be received within 10 days of the close of registration (**May 11, 2018**) to be considered on-time. Athletes will NOT be considered registered until ALL fees have been paid.
- Fees received after MAY 11 will be subject to the applicable late fees

**ADDITIONAL  
DOCUMENTATION**

Each PSO and/or Club must submit their **Statutory Declaration** (for Risk Waivers and Medical Forms) to the Host Organizing committee by May 8<sup>th</sup>. Please email to [cruseell@gymsask.com](mailto:cruseell@gymsask.com).

<http://gymsask.com/western-canada-cup/>

**HOST HOTEL**

**Delta Hotels Regina**

1919 Saskatchewan Drive, Regina SK  
306-525-5255

<http://www.marriott.com/hotels/travel/yqdr-delta-hotels-regina/>

[Book your group rate for Western Cup TG](#) - Click this link to book

Booking Name: 2018 Western Cup TG  
 Room Availability: Thursday May 31 –Sunday June 4  
**Booking Deadline:** **APRIL 16, 2018 (subject to availability)**  
 Rates include: Internet, local calls, fitness centre, pool  
 Parking: Parking \$5/day above ground parkade

Deluxe Room	2-Double bed	\$139 (+ tax)
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<b>MEALS</b>	<p>There is no meal plan for this event. A number of restaurants are available within walking distance of the host hotel. There is a concession in the venue and a few restaurants within walking distance of the competition venue.</p> <p><b><u>A hospitality room will be provided for coaches and judges.</u></b></p>
<b>EVENT TRANSPORTATION</b>	<p>All Provincial teams and clubs are responsible for their own transportation.</p> <p>Driving Distances:  Regina International to Delta Hotels Regina                      6 km</p> <p>Delta Hotels Regina to Regina Sportplex Fieldhouse    3km</p> <p>Judge transportation will be provided between the airport and hotel <b><u>ONLY</u></b>. Please submit the attached travel form by May 18<sup>th</sup> to <a href="mailto:crussell@gymsask.com">crussell@gymsask.com</a>.</p>
<b>MEDICAL</b>	<p>The Saskatchewan Sport Science and Medicine Council will provide medical services on site during training and competition. Club managers and/or head coaches may be asked to produce digital or hard copy medical waivers to access medical care for minors on-site.</p>
<b>PHOTOS</b>	<p>Piper Sports Photography (PSP) will be onsite all weekend taking photos. Photos will only be available for sale on site.</p>
<b>ATHLETE GIFT</b>	<p>Athlete gifts will be a 2018 Western Canada Cup tshirt. Please see the order form at the end of the bulletin. Please send <b>ONE</b> form per team <a href="mailto:crussell@gymsask.com">crussell@gymsask.com</a> by May 8<sup>th</sup>.</p>

## TECHNICAL INFORMATION

<b>EVENTS</b>	<p>Trampoline: L1 12U / L1 13+ / L2 13U / L2 14+ / L3 14U / L3 15+ / L4 15U / L4 16+</p> <p>Double Mini: L1 12U / L1 13+ / L2 13U / L2 14+ / L3 14U / L3 15+ / L4 15U / L4 16+</p> <p>Tumbling: L1 12U / L1 13+ / L2 13U / L2 14+ / L3 14U / L3 15+ / L4 15U / L4 16+</p> <p>Synchro: L1 / L2 / L3 / L4</p> <p>Following the registration deadline, all the categories will be reviewed to determine that the numbers in each age group are well suited for a good competitive experience. Some age groups may be re-aligned OR amalgamated in order to achieve this goal. Groups in excess of <b>36</b> athletes will be split by the median age.</p>
<b>COMPETITION FORMAT</b>	As per the <u>MOST CURRENT</u> GCG 2018 Canadian Competition Rules
<b>EQUIPMENT</b>	<p>4 – full sets of trampoline (2 warm-up / 2 competition)</p> <p>2 – full sets of DMT</p> <p>1 – Tumbling</p>
<b>CHANGES / CORRECTIONS</b>	<p>Please forward all changes/corrections/withdrawals to: Cheryl Russell (<a href="mailto:crussell@gymsask.com">crussell@gymsask.com</a>) Deadline: 1-4 days after verification – no fine 5+ days after verification - \$10/change (ie; 1 athlete changed in 3 disciplines = \$30)</p>
<b>DD SHEETS</b>	<p>Only the <b>OFFICIAL WESTERN CANADA CUP DD</b> sheets will be accepted. Master copies can be found at the link below under “DD Sheets”.</p> <p><a href="http://gymsask.com/western-canada-cup/">http://gymsask.com/western-canada-cup/</a></p> <p>Please submit via EMAIL to: Cheryl Russell (<a href="mailto:crussell@gymsask.com">crussell@gymsask.com</a>) by <b>Wednesday May 23, 2018</b>.</p> <p><b>Deadline:</b> On or before deadline- no fine 1 or more days following the deadline - \$10 per late submission, error or omission (ie; 1 athlete changed in 3 disciplines = \$30)</p> <p>The Organizing Committee is most grateful for your kind cooperation.</p>
<b>SCORING</b>	The ISS Scoring program will be used.
<b>TIES</b>	In both the Preliminary and Final round, there will be no ties. Athletes will automatically be ranked according to GCG Regulations.

<p><b>AWARDS and PROTOCOL</b></p>	<p><u>Individual</u></p> <p>Medals: 1<sup>st</sup> to 3<sup>rd</sup>  Ribbons: 4<sup>th</sup> to 10<sup>th</sup></p> <p><u>Individual All Around</u> 1<sup>st</sup> – 6<sup>th</sup>  (NOTE: L1 and L2 athletes will NOT be eligible for the All Around Award)</p> <p><u>Team Awards</u></p> <p>Trampoline 1<sup>st</sup> – 3<sup>rd</sup>  Double Mini 1<sup>st</sup> – 3<sup>rd</sup>  Tumbling 1<sup>st</sup> – 3<sup>rd</sup>  Team All Around 1<sup>st</sup> (Grand Aggregate Trophy)</p> <p>Dress code on the awards podium will be competitive attire</p>								
<p><b>ATTIRE (Competition Floor)</b></p>	<p>Warm-up will be conducted in the competition gym. All competitors and coaches must dress in competition attire.</p>								
<p><b>COMPETITION ATTIRE (Athletes)</b></p>	<p><u>Preliminary Competition:</u> Club/Provincial Team Competition Attire</p> <p>Women: Sleeve or sleeveless bodysuit (no shorts)  Unitard could be mid-thigh length</p> <p>Men: Singlet &amp; shorts (or trampoline longs)  Shorts: may NOT be longer than mid-thigh.</p> <p>Footwear: White (or uniform) footwear is required for trampoline and DMT</p> <p><u>Finals competition:</u> Athletes choice. Athletes may NOT wear competition attire from another country. The right to wear the current or any past National Team competition attire is reserved for ONLY those athletes that are currently a member of a Canadian Team (Worlds, WAGs other international competitions).</p> <p><u>Team Final:</u> Club/Provincial Team Competition attire</p>								
<p><b>JUDGES</b></p>	<p>Each Province is asked to send their higher certified or experienced judges whenever possible. If a province is unable to meet their quota they are to contact the Organizing Committee who will use their discretion if they are able to meet the requirements with judges from their province.</p> <p>The list of the judges, along with their qualification must be submitted, by the judging chair of each province, as part of the entry forms.</p> <p>Failure to provide sufficient judges, or have those judges named not show up, shall result in a \$500 fine per missing judge which will be levied against the Province.</p> <p><b>Allocation for the 2018 event</b></p> <table border="1" data-bbox="451 1801 824 1948"> <tr> <td>British Columbia</td> <td>7</td> </tr> <tr> <td>Alberta</td> <td>9</td> </tr> <tr> <td>Manitoba</td> <td>2</td> </tr> <tr> <td>Saskatchewan</td> <td>8</td> </tr> </table>	British Columbia	7	Alberta	9	Manitoba	2	Saskatchewan	8
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<b>PROVINCIAL BLOCK TRAINING</b>	<p>As provided in the Hosting Protocol, in an effort to manage the increasing number of athletes, there will be NO provincial block training schedule at this event. There will be warm-up trampolines and two DMT which allow for more competition time.</p>																
<b>PRELIMINARY SCHEDULE</b>	<table border="1"> <tr> <td data-bbox="440 394 824 491">Thursday, May 31</td> <td data-bbox="824 394 1198 491">Arrival of Delegates</td> <td data-bbox="1198 394 1588 491">All Day</td> </tr> <tr> <td data-bbox="440 491 824 718" rowspan="2">Friday, June 1</td> <td data-bbox="824 491 1198 642">Morning</td> <td data-bbox="1198 491 1588 642">Coaches / Judges Meeting Opening Ceremonies Preliminary Competition</td> </tr> <tr> <td data-bbox="824 642 1198 718">Afternoon</td> <td data-bbox="1198 642 1588 718">Preliminary Competition</td> </tr> <tr> <td data-bbox="440 718 824 793">Saturday, June 2</td> <td data-bbox="824 718 1198 793">All Day</td> <td data-bbox="1198 718 1588 793">Preliminary Competition Finals Competition</td> </tr> <tr> <td data-bbox="440 793 824 928">Sunday, June 3</td> <td data-bbox="824 793 1198 928">All Day</td> <td data-bbox="1198 793 1588 928">Finals Competition Team Final Departure of All Delegates</td> </tr> </table>			Thursday, May 31	Arrival of Delegates	All Day	Friday, June 1	Morning	Coaches / Judges Meeting Opening Ceremonies Preliminary Competition	Afternoon	Preliminary Competition	Saturday, June 2	All Day	Preliminary Competition Finals Competition	Sunday, June 3	All Day	Finals Competition Team Final Departure of All Delegates
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# AND THE 2018 WESTERN CANADA CUP TEAM FINALS THEME IS...



What's that?!

For our Team Finals we would like EVERYONE to be dressed in NEON!! You can be as creative as you want, we would love coaches, judges, parents, volunteers, and non-competing athletes to participate in this fun event.

Competing athletes may also participate in this but please be reminded to wear the proper suit for competition.

Prizes for:

- Best dressed competing team
- Best dressed non-competing athlete
  - Best dressed judge
  - Best dressed coach







**Western Canada Cup**  
 REGINA SPORTPLEX  
 FIELDHOUSE  
 1717 Elphinstone Street,  
 Regina, SK  
 June 1-3, 2018



**REQUEST FOR REFUND**

Refunds will only be issued, provided that a medical certificate and this request for refund form is submitted to Gymnastics Saskatchewan by 4:30 p.m., **Thursday May 31, 2018** (Fax: 306.780.9475).

**A \$10 administration fee will be withheld for those withdrawing from the competition after May 31, 2018.**

Team / Club: \_\_\_\_\_ Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Postal: \_\_\_\_\_

Participant Name	Competition Level(s)	Medical Note
		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes <input type="checkbox"/> No
		<input type="checkbox"/> Yes <input type="checkbox"/> No

**Office Use Only**

Date Received: \_\_\_\_\_

Date Processed: \_\_\_\_\_

Medical Note(s) Received: \_\_\_\_\_

Registration Paid: \_\_\_\_\_

Administration Fee: \_\_\_\_\_

Total Refund: \_\_\_\_\_





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 REGINA SPORTPLEX  
 FIELDHOUSE  
 1717 Elphinstone Street,  
 Regina, SK  
 June 1-3, 2018



**ATHLETE GIFT – TSHIRT ORDER FORM**

Team: \_\_\_\_\_ Contact Name: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Athlete Name	Youth Small	Youth Medium	Youth Large	Youth Extra Large	Adult Small	Adult Medium	Adult Large	Adult Extra Large
<b>TOTAL NUMBER</b>								

Please return to: Cheryl Russell ([crussell@gymsask.com](mailto:crussell@gymsask.com))  
**DEADLINE: May 8, 2018**