

2021 TRAMPOLINE GYMNASTICS WESTERN CANADA CUP

June 1-19, 2021

DIRECTIVE #2 – May 5, 2021



GYMNASTICS SASKATCHEWAN

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Co-Chairs – Cheryl Russell & Kristi Mandzuk

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OFFICIAL HOST

Gymnastics Saskatchewan

WEBSITE LINK & SOCIAL MEDIA:

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

Check out the Event Facebook Page: [HERE](#)

Follow Gym Sask on Facebook & Instagram @gymsask

Hashtag for the event: #VirtualWCC2021

SOUVENIR

We are also excited to announce that we have partnered with DNA Performance Wear to bring you an official souvenir leo & singlet for participants at this event! Please see the attached poster. Leo or Singlet is \$49.99 and use the promo code in the poster for free shipping!

Link to order can be found [HERE](#) starting June 1, 2021.

TEAM SPIRIT CONTEST	<p>Gym Sask is excited to announce we will be having a Team Spirit contest!! We invite clubs to video their athletes who are attending WCC while chanting a team cheer!</p> <p>Rules: One team cheer video per participating club Videos MUST be posted in the 2021 WCC Facebook Event page found HERE Video entry is June 1-11, 2021 Videos must be posted in the Facebook Event page with the caption of: "Club Name – Team Cheer – City, Province" Ex: Gym Sask – Team Cheer – Regina, SK Voting will take place in the Facebook Group June 12-19 "Votes" are "likes" on the video, the video with the most "likes" in the Facebook Event Page will be the winner. Winner will be announced week of June 21, 2021</p> <p>Prizes: 1st prize - \$1000.00 credit to Spieth 2nd prize - \$500.00 credit to Spieth 3rd prize - \$250.00 credit to Spieth</p>
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EVENT INFORMATION

COMPETITION DATE	JUNE 1-19, 2021														
VENUE	HOME CLUB														
INVITED MEMBERS	All members who met the eligibility requirements according to the WCC protocol document.														
ELIGIBILITY	<p>Athletes who are in good standing with their Provincial/Territorial Federation/Association are eligible to register.</p> <p>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.</p>														
REFUNDS	<p>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.</p> <p>Refunds will be issued less a \$10 administration fee.</p>														
REGISTRATION FEES and PAYMENT	<table border="1" style="width: 100%;"> <thead> <tr> <th style="text-align: left;">Registration Fee</th> <th></th> <th style="text-align: left;">Payable to:</th> </tr> </thead> <tbody> <tr> <td>Athletes – By June 4</td> <td style="text-align: center;">\$75</td> <td style="text-align: center;">GYM SASK</td> </tr> <tr> <td>Athletes – June 5-19</td> <td style="text-align: center;">\$90</td> <td style="text-align: center;">GYM SASK</td> </tr> <tr> <td>Coaches/Judges</td> <td style="text-align: center;">N/C</td> <td></td> </tr> </tbody> </table>	Registration Fee		Payable to:	Athletes – By June 4	\$75	GYM SASK	Athletes – June 5-19	\$90	GYM SASK	Coaches/Judges	N/C		<p>Checklist:</p> <ol style="list-style-type: none"> The completed excel electronic registration form must be submitted ELECTRONICALLY to Gym Sask (crussell@gymsask.com) by the set deadline. 	
Registration Fee		Payable to:													
Athletes – By June 4	\$75	GYM SASK													
Athletes – June 5-19	\$90	GYM SASK													
Coaches/Judges	N/C														

2. 100% of all Registration fees are to be received at the Gym Sask office **NO LATER THAN JUNE 19, 2021**. Videos will NOT be judged unless payment has been received in full by June 19th.

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
- Full payment must be received within 10 days of the close of registration (**May 25, 2021**) to be considered on-time. Athletes will NOT be considered registered until ALL fees have been paid.
- Fees received after JUNE 4 will be subject to the applicable late fees

TECHNICAL INFORMATION

EVENTS

Trampoline: L1 12U / L1 13+ / L2 13U / L2 14+ / L3 14U / L3 15+ / L4 15U / L4 16+
Double Mini: L1 12U / L1 13+ / L2 13U / L2 14+ / L3 14U / L3 15+ / L4 15U / L4 16+
Tumbling: L1 12U / L1 13+ / L2 13U / L2 14+ / L3 14U / L3 15+ / L4 15U / L4 16+

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 **36** athletes will be split by the median age.

COMPETITION FORMAT

TOF will NOT be included in trampoline scores for L1 – L3.

TOF will be included in trampoline scores for L4 for mobility.

DMT – L4 will perform 4 passes for mobility.

TUM – L3 & L4 will submit a compulsory, optional and short pass.

There will be NO finals. Individual and team placings will be determined based on preliminary round scores.

There will be NO team events. There will be NO synchro event.

Videos may be recorded June 1st to June 19th and must be submitted by 11:59 pm on June 19th

Videos MUST be uploaded to Google Drive

Please upload videos in folders, ex: L1 Trampoline 15+, L3 DMT 12U (see example at end of document)

Folders & videos MUST be shared with following email address: 2021westerncc@gmail.com

You are encouraged to upload the videos as you go and not to leave them until the last day to upload in order to help with the quick turn around required to organize the videos for judges.

	<p>Videos are to be labelled with the following format:</p> <p>event_level_age group_last name_first name_M/F_Pass –</p> <p>Example: DMT_L3_15+_Roy_Danielle_F_1</p> <p>For HD Videos:</p> <p>HD_TRA__L3_15+_Roy_Danielle_F_1</p> <p>A whiteboard/paper is to be held up to the camera indicating the athlete’s name, level and pass number before the athlete commences routine.</p> <p>Routines will be judged June 24 – June 27, 2021. Final results will be sent out after verification no later than 10 days after the close of the event.</p>
DD SHEETS	<p>DD sheets are required for TRAMPOLINE ONLY. Only the OFFICIAL WESTERN CANADA CUP DD sheets will be accepted. Master copies can be found at the link below under “DD Sheets”.</p> <p>http://gymsask.com/western-canada-cup/</p> <p>ALL routines and passes MUST be completed, in the PROPER FIG CODE on ALL DD SHEETS. Required elements should be clearly marked.</p> <p>PLEASE NOTE: The master copies will automatically populate. Please choose the appropriate (Gym Can Category) drop down box to populate your form.</p> <p>Please submit via EMAIL to: Cheryl Russell (crussell@gymsask.com) by May 25, 2021.</p>
EQUIPMENT	<p>Each participating club will need the following:</p> <ul style="list-style-type: none"> • Video recording device (1080p, 30fps) • Tripod for your device • Whiteboard and markers or paper and black sharpie <p>Trampoline</p> <ul style="list-style-type: none"> • All lines must be clearly visible • Time of Flight will be applied by judges <p>Double Mini</p> <ul style="list-style-type: none"> • Must have a clearly marked landing zone and area as per FIG code of points • All lines must be visible on the camera view <p>Tumbling</p> <ul style="list-style-type: none"> • Full rod floor plus legal run up with appropriate start line clearly marked • Landing area must have marked out landing area as per FIG code of points • All lines on the track must be clearly visible
SCORING	<p>The ISS Scoring program will be used.</p> <p>Final placings will be based on preliminaries.</p>
TIES	<p>There will be no ties. Athletes will automatically be ranked according to GCG Regulations.</p>

VIDEO SUBMISSION & INSTRUCTIONS

Videos may be recorded anytime between June 1 and June 19 and **MUST** be submitted by 11:59 pm on June 19th.

Trampoline

- Each routine may not exceed 3 minutes in length
- Filming will commence with showing of the whiteboard and conclude with athlete presenting to camera
- Routines must be filmed from the side of the trampoline and the camera must capture the routine in its entirety without being moved up and down. The head at the top of each element and the feet at the trampoline bed must always be within the frame.
- The HD camera must be placed so as to give the same view as an HD judge would see if standing at the side of the trampoline.

Double Mini

- Filming will commence with showing of the whiteboard and conclude with athlete presenting to camera
- Pass must be filmed adjacent to the DMT and must follow the athlete from at least mid-run, hurdle through to landing.
- The head at the top of each frame and feet at the bottom must always be visible within the frame without the camera moving up and down.
- Passes must be filmed using a current competition landing mat with landing zones clearly visible. Where clubs do not have a marked DMT landing zone, for judging purposes they are required to create a landing one using contrasting coloured tape. Dimensions must comply with Canadian Competition norms.

Tumbling

- Filming will commence with showing of the whiteboard and conclude with athlete presenting to camera
- The head at the top of each frame and feet at the bottom must always be visible within the frame without the camera moving up and down.
- Passes must be filmed using a current competition landing mat with landing zones clearly visible. Where clubs do not have a marked DMT landing zone, for judging purposes they are required to create a landing one using contrasting coloured tape. Dimensions must comply with Canadian Competition norms.
- Passes must be filmed at a 5 m distance from the track and from where the judges would normally sit, between 2/3 and 3/4 of the way down the track.

Before filming, please ensure that the recording device is set to video settings of **30 FRAMES PER SECOND**.

If at all possible, coaches should try to avoid standing at the same side of the DMT or Tumbling Track where the video equipment has been placed. It tends to block the judges' view which puts your athlete at a disadvantage.

Videos may be recorded June 1st to June 19th and must be submitted by 11:59 pm on June 19th

Videos MUST be uploaded to Google Drive

Please upload videos in folders, ex: L1 Trampoline 15+, L3 DMT 12U (see example at end of document)

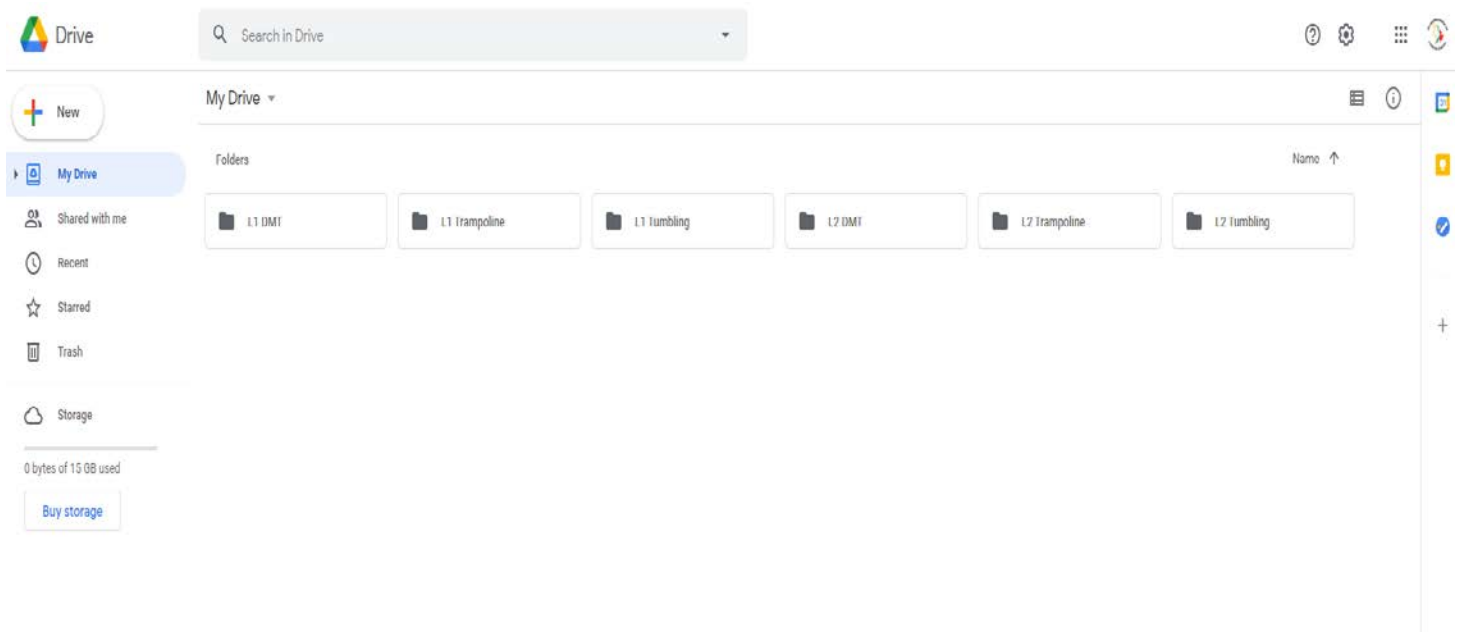
Folders & videos MUST be shared with following email address: 2021westerncc@gmail.com

You are encouraged to upload the videos as you go and not to leave them until the last day to upload in order to help with the quick turnaround required to organize the videos for judges.

VIDEO TIPS

<p>AWARDS and PROTOCOL</p>	<p><u>Individual</u></p> <p>Medals: 1st to 3rd Ribbons: 4th to 10th</p> <p><u>Individual All Around</u> 1st – 6th (NOTE: L1 and L2 athletes will NOT be eligible for the All Around Award)</p> <p><u>Team Awards</u></p> <p>Trampoline 1st – 3rd Double Mini 1st – 3rd Tumbling 1st – 3rd Team All Around 1st (Grand Aggregate Trophy) Awards will be mailed out to the clubs.</p>
<p>COMPETITION ATTIRE</p>	<p>Club/Provincial Team Competition Attire</p> <p>Women: Sleeve or sleeveless bodysuit Shorts may be worn but must be mid-thigh or shorter Shorts must be skin-tight and black or matching the leotard Unitard may be mid-thigh length</p> <p>Men: Singlet & shorts (or trampoline longs) Shorts: may NOT be longer than mid-thigh.</p> <p>Footwear: Trampoline shoes or white footwear is required for trampoline and DMT</p>

Google Drive folder example:



2021 WESTERN CANADA CUP



Official Souvenir
Leo and Singlet

\$49.99



Available for Order
Starting June 1st

Free Shipping
(Expedited)
Promo Code

21WCC