

# 2024 TRAMPOLINE GYMNASTICS WESTERN CANADA CUP

May 24-26, 2024

DIRECTIVE #2 – March 2024



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



## GYMNASTICS SASKATCHEWAN

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Technical Chair – Danielle Roy

Email: [danni@gymadv.ca](mailto:danni@gymadv.ca)

## OFFICIAL HOST

Gymnastics Saskatchewan

## DIRECTIVES

Directive #1 – January 2024  
Directive #2 – March 2024  
Full registration package  
Directive #3 – April 2024

## SOCIAL MEDIA:

Follow Gym Sask on Facebook & Instagram @gymsask  
Hashtag for the event: #WCCRegina2024

## EVENT INFORMATION

<b>COMPETITION DATE</b>	MAY 24-26, 2024.																								
<b>VENUE</b>	REGINA SPORTPLEX - FIELDHOUSE 1717 Elphinstone Street, Regina, SK																								
<b>INVITED MEMBERS</b>	All members who met the eligibility requirements according to the WCC protocol document.																								
<b>ELIGIBILITY</b>	<p>Athletes who are in good standing with their Provincial/Territorial Federation/Association are eligible to register.</p> <p><b><u>COACHES</u></b> All registered coaches must be certified NCCP 2/TG Comp 1 Trampoline to coach Trampoline or Double Mini Trampoline. Coaches registered to coach Tumbling must be certified NCCP 2/Comp 1 in either Trampoline or Artistic Gymnastics. If an exemption is required please contact your provincial organization.</p>																								
<b>REGISTRATION and DEADLINES</b>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 40%;">REGISTRATION</th> <th style="width: 30%;">DATE</th> <th style="width: 30%;">TO</th> </tr> </thead> <tbody> <tr> <td><b>REGISTRATION DEADLINE</b></td> <td></td> <td></td> </tr> <tr> <td>Sportzsoft Registration</td> <td style="text-align: center;">April 19, 2024</td> <td></td> </tr> <tr> <td>100% payment of athletes and coaches fees</td> <td style="text-align: center;">April 19, 2024</td> <td style="text-align: center;">GYM SASK</td> </tr> <tr> <td>Late Registration (athletes &amp; coaches) with penalty</td> <td style="text-align: center;">April 27, 2024</td> <td></td> </tr> <tr> <td>Refund Deadline (with medical certificate and admin fee)</td> <td style="text-align: center;">May 17, 2024</td> <td style="text-align: center;"><a href="mailto:crussell@gymsask.com">crussell@gymsask.com</a></td> </tr> <tr> <td>PSO and/or Club Statutory Declaration (for medical and waiver forms)</td> <td style="text-align: center;">May 17, 2024</td> <td style="text-align: center;"><a href="mailto:crussell@gymsask.com">crussell@gymsask.com</a></td> </tr> <tr> <td colspan="3" style="text-align: center;"><b>NO ENTRIES WILL BE ACCEPTED AFTER APRIL 27, 2024</b></td> </tr> </tbody> </table> <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 17, 2024. Medical certificates must be received within 14 days of the conclusion of the competition. Refunds will be issued less a \$10 administration fee.</p>	REGISTRATION	DATE	TO	<b>REGISTRATION DEADLINE</b>			Sportzsoft Registration	April 19, 2024		100% payment of athletes and coaches fees	April 19, 2024	GYM SASK	Late Registration (athletes & coaches) with penalty	April 27, 2024		Refund Deadline (with medical certificate and admin fee)	May 17, 2024	<a href="mailto:crussell@gymsask.com">crussell@gymsask.com</a>	PSO and/or Club Statutory Declaration (for medical and waiver forms)	May 17, 2024	<a href="mailto:crussell@gymsask.com">crussell@gymsask.com</a>	<b>NO ENTRIES WILL BE ACCEPTED AFTER APRIL 27, 2024</b>		
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**REGISTRATION FEES and PAYMENT**

Registration Fee		Payable to:
Athletes – April 19	\$150 per athlete	GYM SASK
Coaches – April 19	\$ 60 per coach	GYM SASK
Athletes – April 20-27 with \$20 penalty	\$170 per athlete	GYM SASK
Coaches – April 20-27 with \$20 penalty	\$80 per coach	GYM SASK
Managers	N/C	
Judges	N/C	

**Checklist:**

- All registrations must be entered into Sportzsoft by the final deadline of April 27<sup>th</sup>.
- 100% of all Registration fees are to be received at the Gym Sask office **NO LATER THAN April 28<sup>th</sup>**.

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 be made by Visa, Mastercard (2.4% fee charged) or E-transfer to info@gymsask.com
- Full payment must be received by **April 19<sup>th</sup>** to be considered on time. Athletes will NOT be considered registered until ALL fees have been paid.
- Fees received after **April 19<sup>th</sup>** will be subject to the applicable late fees.

**ADDITIONAL INFORMATION**

Each PSO and/or Club must submit their **Statutory Declaration** (for Risk Waivers and Medical Forms) to the Host Organizing committee by **May 17<sup>th</sup>, 2024**. Please submit your declaration through this link: <https://am.lol/p/ZBF6aVY>

**Sportzsoft Registration Link:**

<https://www.sportzsoft.com/meet/meetWeb.dll/MeetLogin?Id=3E96E3375848787BE588BDAC781C8B02>

**WCC T-shirts and Hoodies will be available by pre-purchase only at the following link:**

<https://westerngymnastics2024.itemorder.com/shop/sale/>

**HOST HOTEL**

**DoubleTree by Hilton & Conference Centre**  
1975 Broad Street, Regina SK  
306-525-6767

[DoubleTree by Hilton Regina Hotel and Conference Centre](#)

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

Booking Name: 2024 Western Cup  
 Room Availability: Thursday May 23 – Sunday May 26  
 Booking Deadline: APRIL 23, 2024 (subject to availability)  
 Rates include: Internet, local calls, fitness centre, Hot Breakfast  
 Parking: Parking \$17/day covered

2 Queens	2-Queens	\$149 (+ 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:</p> <p>Regina International to DoubleTree by Hilton                      6 km</p> <p>DoubleTree by Hilton to Regina Sportplex Fieldhouse    3 km</p>
<b>MEDICAL</b>	<p>The Saskatchewan Sport Science and Medicine Council will provide medical services on site. 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>

# TECHNICAL INFORMATION

<b>EVENTS</b>	<p>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+            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>30</b> athletes will be split by the median age.</p>
<b>COMPETITION FORMAT</b>	As per the <u>MOST CURRENT</u> GymCan Canadian Competition Rules
<b>EQUIPMENT</b>	2 – full sets of Trampoline 1 – DMT 1 – Tumbling
<b>CHANGES / CORRECTIONS</b>	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
<b>DD SHEETS</b>	DD sheets will be required for <b>TRA ONLY</b> . Master copies of the Excel sheets can be found at the link below:  <a href="https://trampolinecanada.github.io/ddsheets/">https://trampolinecanada.github.io/ddsheets/</a>  Please submit via EMAIL to: Cheryl Russell ( <a href="mailto:crussell@gymsask.com">crussell@gymsask.com</a> ) by <b>Wed, May 15th</b>  The Organizing Committee is most grateful for your kind cooperation.
<b>SCORING</b>	The Sportzsoft 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.
<b>AWARDS and PROTOCOL</b>	<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></p> <p>Double Mini                    1<sup>st</sup> – 3<sup>rd</sup></p> <p>Tumbling                        1<sup>st</sup> – 3<sup>rd</sup></p> <p>Team All Around                1<sup>st</sup> (Grand Aggregate Trophy)</p>
<p><b>ATTIRE</b></p> <p><b>(Competition Floor)</b></p>	<p>All competitors and coaches must dress in competition attire.</p>
<p><b>COMPETITION ATTIRE</b></p> <p><b>(Athletes)</b></p>	<p>All GymCan rules apply for proper attire for specific and general warm-up and competition. Athletes may wear either male or female TEAM uniform.</p>
<p><b>JUDGES</b></p>	<p>Each province is asked to send their highest certified or experienced judges whenever possible. If a province is unable to meet their quota, they are to contact the LOC who will determine if they are able to meet the requirements with judges from the host province.</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>Allocation for the 2024 event will be sent to the PSO and/or their respective judging chairs.</p>

## 2024 Western Canada Cup – Tentative Schedule

<b>Friday, May 26</b>					
Judges and Coaches Meeting 8:00-8:10					
General Warm Up (run & stretch only) 8:00-8:30					
Opening Ceremonies 8:30-9:00					
		<b>DMT</b>	<b>TRA</b>	<b>TUM</b>	<b>Synchro</b>
Block 1	9:00 AM	L1, L2 & L3 M Prelims	L1 W & L4 M Prelims		
	1:00 PM				
General Warm Up (run & stretch only) 1:00-1:30					
Block 2	1:30 PM	L3 W & L4 M & W Prelims	L2 W Prelims	L1 M&W, L2 & L3 M Prelims	Synchro - All Levels
	5:30 PM				
General Warm Up (run & stretch only) 5:30-6:00					
Block 3	6:00 PM			L4 M & W Prelims	
	9:00 PM				

### Saturday May 27

General Warm Up (run & stretch only) 8:00-8:30					
		<b>DMT</b>	<b>TRA</b>	<b>TUM</b>	
Block 4	8:30 AM	L1 W Prelims	L1, L2 & L3 M, L4W Prelims	L2 & L3 W, L4M Prelims	
	1:30 PM				
General Warm Up (run & stretch only) 1:30-2:00					
Block 5	2:00 PM	L2 W Prelims L1 M Finals	L3 W Prelims, L1 W Finals	L1, L2, L3, L4 M L4 W Finals	
	6:00 PM				
General Warm Up (run & stretch only) 6:00-6:30					
Block 6	6:30 PM	L2, L3 M, L4 W Finals	L4 M & L2 W Finals	L1, L2 L3 W Finals	
	8:00 PM				
Awards for all Saturday finals & Synchro 8:00-8:45					
Coaches' and Judges' Forum - immediately following awards					

### Sunday May 28

General Warm Up (run & stretch only) 8:00-8:30					
		<b>DMT</b>	<b>TRA</b>	<b>TUM</b>	
Block 7	8:30 AM	L1, L2, L3 W L4 M Finals	L1, L2, L3 M L3, L4 W Finals		
	11:30 AM				
Awards for all Sunday Finals 11:45 - 12:30					
General Warm Up (run & stretch only) 12:30-1:00					
<b>Team Finals</b>					
		<b>DMT</b>	<b>TRA</b>	<b>TUM</b>	
Block 8	12:30 PM	AB & BC SK & MB	SK & MB AB & BC	SK & MB AB & BC	
	2:00 PM				
Awards for Team Finals 2:15-2:45					