



DELTA INVITATIONAL
CASH & CARRY CUP 2018

Embrace the Journey

May 4-6, 2018

Delta Gymnastics would like to invite you to attend our annual Delta Invitational/Cash & Carry Cup

Host club	Club Location: Delta Gymnastics 4680 Clarence Taylor Crescent Delta, BC V4K 5V5 (P) 604-943-0460 http://deltagymnastics.com/delta-invitational/ deltainvitational@deltagymnastics.com	Competition Location: Richmond Olympic Oval 6111 River Road Richmond, BC V7C 0A2
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Event Information

Date	May 4-6, 2018
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Categories	A. Interclub - Men's and Women's - As per GBC Interclub Guidelines B. High School – Men's and Women's, BC High School Rules Level 1-5 C. WAG -JO 1-8, Aspire 1 & 2 D. MAG -FIG Level 1&2 Age group, Level 3&4 GCG Provincial Pathways Rules E. WAG Cash and Carry Cup -JO 9 & 10 Athletes- See attached in WAG Rules. F. MAG Cash & Carry Cup -All other levels; L5, Elite 3&4, Novice, National Open, Jr. and Sr. are all combined into one category, optional routines only. See attached in MAG Rules.
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Fees & Registration	Deadlines	Date	Competitive	Interclub/High School
	Early Registration	Before February, 15 th 2018	\$110.00	\$90.00
	Registration	From Feb 16 to March 28	\$120.00	\$100.00
	Late Registration	March 29 th - until full	\$135.00	\$115.00

****Please see our website for registration form****

Refunds	<p>Refunds will only be issued, following the receipt of a medical certificate by 4 p.m. on Thursday, May 3, 2018. No refunds will be considered once the event has started. Scratches without documentation from a doctor will not be refunded. All medical notes must be emailed to deltainvitational@deltagymnastics.com prior to May 3rd, 2018.</p> <p>**No refunds will be given for on-site scratches and no refunds will be processed after June 1st for any reason.</p>
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Refund Deadlines	Date
Full Refund	Up to February 15 th
Registration Fee less \$25	February 16 th -May 4 th
No Refund	May 4 th - Event Date

Schedule	A detailed schedule will be sent out by late February.															
Awards	<p>A. Interclub-Performance Interclub athletes will receive a certificate and a participation medal. Performance Plus athletes will receive a ribbon for each event and a participation medal. Every session will also have a variety of unique awards given to select gymnasts.</p> <p>B. High School – Level 1-5 top 10 per event and AA.</p> <p>C. MAG-Level 1 as per GBC awards protocol, Level 2-4 top 10 per event and AA.</p> <p>D. WAG-JO 1-2 will receive B,S,G ribbon for each event and AA, JO 3-8, top 10 per event and AA.</p> <p>E. Cash & Carry Cup- Over \$10,000 in prize money to be given out. Cash is given to top 3 per event, ribbons are given out from 4th-10th. Cash is given to top 6 AA and ribbons 7th-10th AA. Each athlete participating in this session will also receive a T-shirt.</p>															
Music	The event will be compatible for iPods ONLY .															
Admission	<p>Entrance will be accessible from the main lobby of the Oval.</p> <table border="1" data-bbox="456 827 1542 1012"> <thead> <tr> <th></th> <th>Day Pass</th> <th>Weekend Pass</th> </tr> </thead> <tbody> <tr> <td>Adult (Over 18)</td> <td>\$12</td> <td>\$20</td> </tr> <tr> <td>Youth/Seniors (7-18 or 65+)</td> <td>\$6</td> <td>\$10</td> </tr> <tr> <td>Children (6 and Under)</td> <td>FREE</td> <td>FREE</td> </tr> <tr> <td>Family (2 Adults, 2 Youth)</td> <td>\$25</td> <td>\$40</td> </tr> </tbody> </table> <p>**Please Note: Admission will be CASH ONLY. There is an ATM located in the venue.</p>		Day Pass	Weekend Pass	Adult (Over 18)	\$12	\$20	Youth/Seniors (7-18 or 65+)	\$6	\$10	Children (6 and Under)	FREE	FREE	Family (2 Adults, 2 Youth)	\$25	\$40
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Venue Information

Venue	<p>Competition Site: Richmond Olympic Oval-North Side</p> <p>**Please Note: The Olympic Oval is a Non-Smoking site</p>
Equipment	SA Sport
Medical Services	A medical attendant will be on-site throughout the duration of the competition.
Food at the Venue	<p>Concession: Popcorn, light snacks and a water re-fill station.</p> <p>Olympic Oval: O-Café located at the Parking level, open 7am-10pm.</p> <p>Other: There are a variety of smaller coffee shops and restaurants in complexes surrounding the performance venue. It is also only a 7-10 minute walk to Richmond Centre Mall which has a full service food-court and a variety of restaurants.</p>
Transportation and Parking	<p>Transportation: The Executive offers free 24 hour shuttle service to and from Vancouver International Airport. The distance from the hotel to the venue is seven city blocks and is approximately a 10-15 minute walk. No transportation services will be provided from the hotel to the competition venue.</p>

	<p>Parking: There is limited underground parking located at the Olympic Oval for \$1/hour. There is also an Impark Paid Parking lot located on the corner of Elmbridge Way and Gilbert Road. Similarly, there is a Westpark Pay Parking lot located at the end of Lansdowne Road. On Saturday and Sunday there is a Free overflow parking located 2 blocks from the oval at the Worksafe BC Building.</p>
Accommodation	<p>Hotel: Executive Airport Plaza</p> <p>For reservations, guests may call locally at 604-278-5555 or toll free at 1-800-663-2878 by quoting the group name "Delta Gymnastics Invitational". Rooms must be reserved no later than April 2, 2018 after that 100% of the unsold rooms remaining in the block shall be released back to the hotel.</p> <p>Room Rates: Plaza/Courtyard - \$149.00 per night One bedroom condo suite - \$169.00 per night Two bedroom condo suite - \$199.00 per night</p> <p>Buffet Breakfast – Adult \$11.20 - Children (5-12yrs) \$5.60 - Children (under 5yrs) Free</p> <p>Free Parking, Free High Speed Internet, Free Airport transfer 5:00am-11:00pm</p>
Attractions	<p>Other Attractions and Activities: Tourism Richmond: http://www.tourismrichmond.com/events/</p>

Cash & Carry Cup Rules

Video	<p>Check out highlights from the 2017 Cash and Carry Cup: https://vimeo.com/222016355</p>
Cash and Carry	<p>NOW BIGGER THAN EVER! The only competition in Canada with the coveted CASH prize purse: The Cash & Carry Cup, rewarding MAG and WAG athletes with training reimbursements of over \$10,000 for their performances.</p>
WAG Cash & Carry Rules	<p style="text-align: center;">Women's 2018 Cash and Carry Cup Rules Rationale and General Rules</p> <ol style="list-style-type: none"> 1. The intent of the "Cash and Carry Cup" is to promote clean and well executed gymnastics, in a setting that allows top athletes of all ages to compete fairly against each other in a friendly competition. 2. This session is open to JO 9 and JO 10 athletes of all ages. 3. JO 9 rules will apply but with no restrictions. 4. All JO 9 and JO 10 athletes are ranked together for the cash awards. 5. No Judging protests.

MAG Cash & Carry Rules

Men's 2018 Cash and Carry Cup Rules- All ages comp (everyone competes the same rules)

General Rules (keeping the perfect 10.0 alive!)

- 8 value parts per routine (Supplementary A skills allowed. Any contemporary style moves/skills listed in previous FIG code of points will be Supplementary A's).
- All gymnasts will have a start value of 9.7 (Vault 9.5 or 10.0).
- No skill repetition. See specific events below of clarification
- Short routines will be deducted 0.5 for each missing element.
- Each missing special requirement will be deducted 0.5 (see in house special requirements)
- Up to 0.2 virtuosity bonus is available to all gymnasts.
- Up to 0.1 artistic merit bonus is available to all gymnasts (for unique combinations or artistry).
- Unrecognized dismounts will also receive a 0.5 deduction (i.e. jumping off the high bar on a back swing).
- Some extra swings will be allowed without deduction for athletes under 13 on some apparatus (see individual apparatus section). Otherwise FIG rules for extra swings apply.
- No judging protests.
- On some events there will be some age stipulations which will allow for slightly different requirements. See Pommel, PB and HB apparatus specific requirements below.
- All age stipulations are as of December 31st, 2017.
- There will be a one touch warm-up on all apparatus.
- At Judges discretion – 0.05 deductions will be allowed otherwise FIG deductions apply
- Supplementary mats allowed on all events except Floor and Pommel Horse

Men's 2018 Cash and Carry Cup Rules

Event Special Requirements (to ensure all routines are equal)

- FX All 4 corners of the floor must be used
3 Tumbling lines
A strength hold or balance part is required (e.g. a scale or held handstand)
- PH 3 categories and competition apparatus will be used
Category A - under 13 years old- compete on the mushroom
Category B - 13-15 years old- compete big horse no handles
Category C - 16 years + - Compete FIG regulation horse
*flair and circle elements will be considered separate skills only once

Individuals can request to compete in a higher category but not a lower one
- R One strength hold part (not L-seat or press e.g. a lever or cross)
FIG height
- V Any salto vaults or vaults with 360 degree turns or greater have 10.0 SV
All other vaults will have a 9.5 SV
No deduction for using mini-tramp or double beat board
Vault height 135 cm for everyone
- PB FIG height
Athletes under 13 are allowed two extra swings, which are not to be counted as elements. These extra swings are however, subject to execution deductions.
- HB No Requirements
FIG height
Athletes under 13 are allowed two extra swings, which are not to be counted as elements. These extra swings are however, subject to execution deductions.