

2023 Ontario Championships for Trampoline and Acrobatic Gymnastics,
Aerobic Gymnastics Invitational, and Ontario Gymnaestrada
THURSDAY, JUNE 1 TO SUNDAY, JUNE 4, 2023



Host Club Information

The Osborne Academy of Acrobatics Inc.
16-1420 Bayly Street, Pickering, ON, L1W 3R4
905.492.9299
events@OAAgym.ca
oaagym.ca



Gymnastics Ontario Liaisons

Lauren Cohen, GFA & TG Manager
gfa@gymnasticsontario.ca
tnt@gymnasticsontario.ca

Ekaterina Kharlip, ACRO & AERO Manager
acro@gymnasticsontario.ca

Venue and Surrounding Area

Campus Recreation and Wellness Centre
21 Avenue of Champions, Oshawa, ON, L1G 8C4
(905) 721-3040

The venue is located approximately 10-kilometers North of the 401, or just South of the 407, both taking the Simcoe Street exit. Bus routes are available to the campus from the Oshawa GO station. Parking is available for free in Founders Lot Two, North of the venue.

Quick overview of tourist attractions in Oshawa

Oshawa Centre: <https://www.oshawacentre.com/>
Tribute Communities Centre: <https://www.tributecommunitiescentre.com/>
The Canadian Automotive Museum: <https://www.canadianautomotivemuseum.com/>
Parkwood National Historic Site: <https://www.parkwoodestate.com/>
The Ontario Regiment RCAC Museum: <https://www.ontrmuseum.ca/tankmuseum/>



Accommodations

Group rates have been blocked at The South Village Residence:

Address: 32 Commencement Drive, Oshawa, Ontario (on-campus with venue)

Contact Info: oshawa@stayrcc.com

Group Block Name and Direct Link: **2023 TG + AG Ontario Championships - Jun.1-4**

Group Promo Code: **GYM22961**

Drop Date: Wednesday, May 10, 2023

Block Dates: Thursday, June 1 to Saturday, June 3, 2023

Units available: Two-bedroom suite with kitchen for **\$99.95+HST**, which includes:

- 2 separate bedrooms: each bedroom has 1 double bed + 1 desk
- Kitchenette with mini-fridge, sink, and microwave
- 3-piece washroom with stand-up shower
- 32" flat screen TV, wireless internet, and local calling
- Thermostat temperature control
- Complimentary parking for guests on-site
- **<https://stayrcc.com/locations/oshawa/> and include the promo code or call (905)728-8700 ext. 8000 and request a room under the Group Name**

Valuables

Neither the host club nor Gymnastics Ontario will be responsible for any lost or forgotten items. You may email the host club after the event if you wish to make inquiries concerning lost items.

First Aid Information

Coaches must have Participant Consent and Medical Data Record forms for all participating gymnasts in their possession at the competition.

Gymnastics Ontario sanctioned events are NOT guaranteed to be Peanut/Tree Nut Free events.

Attendees are asked not to bring peanuts, peanut products, or products containing traces of peanuts or tree nuts into the gymnasiums/venue and/or change rooms where participants are present. Host clubs have been asked to refrain from serving/selling items with peanuts, peanut products, or products containing traces of peanuts or tree nuts at this event. Gymnastics Ontario asks for your assistance in supporting an inclusive environment for all participants.

General Eligibility for Coaches and Athletes

Please note that ALL athletes and coaches must be registered with Gymnastics Ontario for the 2022-2023 season. All athletes from outside of Ontario should contact the appropriate Gymnastics Ontario Liaison for additional sanctioning information. All on-site coaches MUST bring their 'Coach ID Tag', provided by Gymnastics Ontario, to the competition. For replacement IDs or an exemption contact Danielle at education@gymnasticsontario.ca. **[Digital Coach ID Application Form \(click here\)](#)**

Access to Competition/Performance Areas

Only athletes, accredited coaches, judges, and event volunteers are allowed in the competition/performance areas. Gymnasts are to only be in the competition/performance areas for their scheduled event(s) to reduce crowding on the floor.

Trampoline Gymnastics Ontario Championships Information **June 2 – 4, located in Gyms 3, 4, and 5 (south of main entrance)**

*For complete Trampoline Gymnastics Technical Rules and Regulations, please go to:
<https://www.gymnasticsontario.ca/tt-competition-hosting/tt-ontario-rules-regulations/>*

Athlete Registration Information

Events offered: Individual, Double-Mini, & Synchronized Trampoline, Tumbling
Levels offered: Provincial 1 to Senior National (with the exception of Provincial 1 SYN)
Initial registration fee (1st event): \$105.00 (\$45.00 to Senior Athletes)
Each additional event fee: \$35.00

Coach Registration Information

Coach registration fee: \$20.00 Flat Rate for the entire weekend
Coaching requirements: Up-to-date Coach Certification Requirements are listed in *Section I of the Gymnastics Ontario TG Technical Rules and Regulations, item 5 (pg 5).*

Registration Forms

All clubs must fill out the event registration forms provided by either the host club or GO Liaison. Clubs are required to email their completed Excel registration form to the host club and GO prior to the registration deadline. Email the completed registration form to events@oaagym.ca AND tnt@gymnasticsontario.ca.

The completed REGISTRATION and PAYMENT must be received by the host club by the REGISTRATION DEADLINE: *Friday, April 28, 2023*. Post-dated cheques will NOT be accepted and will be considered as a late payment.

- **Late fees will be applied to clubs who do not submit a fully completed Excel registration form by the registration deadline, in addition to the full payment, to be paid to the host club.**
- **A late fee of \$25 *per athlete* will apply to all registrations received after the deadline.**
- **Late fees must be paid in full prior to the competition or the athlete(s) will not be permitted to compete.**
- **Deadline for REFUNDS, LATE REGISTRATIONS, and CHANGES: *Friday, May 12, 2023*. No refund requests, late registrations, or level changes will be accepted after this date.**

DD Cards must be completed prior to the competition and handed in before the start of each specific warm-up. Blank DD Cards are available on the Gymnastics Ontario website at the following link: <http://www.gymnasticsontario.ca/forms/>. The host club is not required to have blank DD Cards available at the competition; coaches and athletes must arrive at the meet prepared.

Equipment

Equipment will be supplied by Speith America, which includes (but not limited to): Four EuroTramp Ultimate Frames with Rebound pads, springs, and beds; a EuroTramp complete Double-Mini Trampoline; and a complete Speithway Rod Floor.

Acrobatic Gymnastics Ontario Championships Information **June 2 – 3, located in Gyms 1 and 2, just East of the main entrance**

For complete Acrobatic Gymnastics Technical Rules and Regulations, please go to:

<https://www.gymnasticsontario.ca/wp-content/uploads/2014/12/Section-I-ACRO-Technical-Rules-and-Regulations.pdf>

Athlete Registration Information

Events offered: Women's Pair (WP), Men's Pair (MP), Mixed Pair (MxP), Women's Group (WG), Men's Group (MG), and Mixed Group (MxG)

Levels offered: JO Levels, Age Groups, JR & SR

Initial registration fee (per athlete): \$96.30 (includes sanction fee)

Each additional event fee (per athlete): \$30.00

Demo performance (per athlete): \$35.00

Coach Registration Information

Coach registration fee: \$20.00 Flat Rate for the entire weekend

Coaching requirements: All Acrobatic Gymnastics' coaches MUST be GO members with a minimum NCCP Level Two certification (Theory, Technical, and Practical) or Competition 1 certified in Artistic Gymnastics for provincial stream.

Registration Submission

All clubs must register and submit all Tariffs and music for the event through KSIS. Official event link: http://rgform.eu/event.php?id_prop=4373

The completed REGISTRATION and PAYMENT must be received by the host club by the REGISTRATION DEADLINE: *Friday, May 12, 2023*. Post-dated cheques will NOT be accepted and will be considered as a late payment.

- Late fees will be applied to clubs who do not submit a fully completed registration by the registration deadline, in addition to full payment, to be paid to the host club.
- A late fee of \$25 *per athlete* will apply to all registrations received after the deadline.
- Late fees must be paid in full prior to the competition or the athlete(s) will not be permitted to compete.
- Deadline for REFUNDS, LATE REGISTRATIONS, and CHANGES: *Friday, May 19, 2023*. No refund requests, late registrations, or level changes will be accepted after this date.
- Deadline for Music and Tariffs: *Friday, May 19, 2023*.

Equipment

Equipment will be supplied by Procheer, which will include: 2 x 42' x 42' ACRO spring decks with H-Clips, Velcro, with Speith America flexi-roll carpeted floors. One floor will be sectioned off with curtains / drapes to be the warm-up floor and the other the performance floor.

Aerobic Gymnastics Invitational Competition Information **June 4, located in Gyms 1 and 2, just East of the main entrance**

For complete Aerobic Gymnastics Technical Rules and Regulations, please go to:
<https://www.gymnasticsontario.ca/wp-content/uploads/2014/12/Section-I-AERO-Technical-Rules-and-Regulations.pdf>

Athlete Registration Information

Events offered: AeroDance Individual, Mixed Pair, Trio, or Group

Levels offered: Demo, Aero Dance, JR Showcase, Nat Development, AG1, AG2, and Senior

Initial registration fee (per athlete): \$85.00

Each additional event fee (per athlete): \$25.00

Demo performance (per athlete): \$35.00

Coach Registration Information

Coach registration fee: \$20.00 Flat Rate for the entire weekend

Coaching requirements: Coaches must have completed a minimum NCCP Level 1

Foundations in order to coach Aerobic Gymnastics. To gain access to the competition floor for any Aerobic Gymnastics Competitions (Invitational &/or Provincial), coaches require certification in one of the following Levels: NCCP Level 2, Competition 1 (Artistic) or NCCP Level 2, FIG Academy (Aerobics) Certification or NCCP Level 1 Foundations along with NCCP Sport Specific – Aerobics Foundation certification.

Registration Submission

All clubs must register and submit all Tariffs and music for the event through KSIS. Official event link: http://rgform.eu/event.php?id_prop=4374

The completed REGISTRATION and PAYMENT must be received by the host club by the REGISTRATION DEADLINE: *Friday, April 21, 2023*. Post-dated cheques will NOT be accepted and will be considered as a late payment.

- Late fees will be applied to clubs who do not submit a fully completed registration by the registration deadline, in addition to full payment, to be paid to the host club.
- A late fee of \$25 *per athlete* will apply to all registrations received after the registration deadline.
- Late fees must be paid in full prior to the competition or the athlete(s) will not be permitted to compete.
- Deadline for REFUNDS, LATE REGISTRATIONS, and CHANGES: *Friday, April 28, 2023*. No refund requests, late registrations, or level changes will be accepted after this date.

Equipment

Equipment will be supplied by Procheer, which will include: 2 x 42' x 42' ACRO spring decks with H-Clips, Velcro, with flexi-roll carpeted floors. One floor will be sectioned off with curtains / drapes as the warm-up floor and the other the performance floor.

Ontario Gymnaestrada Performance Information **Training – June 3, Performance – June 4** **Located in Gyms 1 and 2, just East of the main entrance**

Event Description

Ontario Gymnaestrada is a participation-based, non-competitive, group routine gymnastics festival! It is a Gymnastics for All performance event that allows groups of all ages, genders, skill levels, and disciplines to showcase their talents, creativity, and love of gymnastics

Regulations for Group Routine/Performance

Athlete Eligibility

- A performance team should consist of a minimum of 8 active athletes.
- There is no maximum number of athletes for a team, however group size should be restricted to as many athletes as it is safe for the routine and performance area.
- Athletes must be at least 6 years of age as of December 31, the year prior to the Ontario Gymnaestrada.

Routine/Performance Regulations

- **HAVE FUN WITH YOUR ROUTINE!!!** Be creative; include costumes, make-up, props, equipment, or anything your imagination can create!
- Suggested maximum performance time (based on group size):
 - o Groups with 8 to 19 gymnasts: 5 minutes
 - o Groups with 20 to 35 gymnasts: 10 minutes
 - o Groups with 36 or more gymnasts: 15 minutes
- Performance times include entrances/exits and the placement/removal of all equipment. Each team is responsible for setting up and clearing the equipment used in their performance.
- Each group will have one performance time. Teams wishing to perform twice will be required to have a different routine for each performance.
- Each group will have the opportunity to choose their own music for this event. Music with vocals is allowed and must be appropriate for all ages.
- Clubs are responsible for supplying any additional equipment from what is supplied by the host (list below).

Athlete Registration Information

Initial registration fee (per athlete): \$95.00

Each additional performance fee (per athlete): \$50.00

Coach Registration Information

Coach registration fee: \$20.00 Flat Rate for the entire weekend

Coaching requirements: All Gymnaestrada coaches must be minimum NCCP Foundations Trained (or Level 1 Certified) in an appropriate gymnastics discipline and have completed the Respect in Sport training program. Coaches with athletes

performing inverted flight skills must be minimum NCCP Competition 1 Trained (or Level 2 Technical) in the appropriate discipline and may not coach beyond their formal NCCP certification level.

Teams are required to maintain a 1:10 coach/manager to athlete ratio (ratio required for all athletes under age 15.)

Registration Submission

All clubs must fill out the event registration forms provided by either the host club or GO Liaison. Clubs are required to email their completed Excel registration form, Routine Descriptions, and music to the host club and GO prior to the registration deadline.

The completed REGISTRATION and PAYMENT must be received by the host club by the REGISTRATION DEADLINE: *Friday, April 21, 2023*. Post-dated cheques will NOT be accepted and will be considered as a late payment.

- Late fees will be applied to clubs who do not submit a fully completed registration by the registration deadline, in addition to full payment, to be paid to the host club.
- A late fee of \$25 *per athlete* will apply to all registrations received after the registration deadline.
- Late fees must be paid in full prior to the event or the athlete(s) will not be permitted to perform.
- Deadline for REFUNDS, LATE REGISTRATIONS, and CHANGES: *Friday, April 28, 2023*. No refund requests or late registrations will be accepted after this date.
- Clubs are responsible to bring a back-up copy of their music to the event.

Equipment

Equipment will be supplied by Procheer, which will include: 2 x 42' x 42' flexi-roll carpeted floors (non-sprung). One floor will be sectioned off with curtains / drapes as the warm-up floor and the other the performance floor.

Additional equipment available:

- 4 training mats (5' x 10' x 8")
- 2 incline mats
- 4 spotting blocks (20" x 24" x 60")
- 4 spotting blocks (20" x 24" x 30")
- 2 mini trampolines
- 1 Complete Set of (4) Trapezoid Blocks

General Registration, Admission, and Payment Information

Athlete and Coach Payment Information

Participating clubs must remit payment on or before the registration deadline by 1) cheque issued to 'OAA Inc.' and mailed to: 16-1420 Bayly Street, Pickering, Ontario, L1W 3R4; OR 2) E-transfer to events@oaagym.ca (no password required).

Athlete Party (All Events)

There will be an athlete dance party following the events on either Saturday or Sunday (pending final schedule). This will be an *optional* event open to ALL athletes. Registration fee and additional information will be provided closer to the event.

Coaches and Judges Social

There will be a coaches and judges social following Saturday's competition which will include food, with drinks available for purchase. Details will be provided closer to the event.

Vendor Information

There will be a variety of vendors on site, such as: custom event apparel, trampoline slippers, OAA merchandise, gymsuits, food/beverage sales. Vendor information will be announced closer to the event date and communicated to participating clubs. Vendors' methods of payment may vary.

Spectator Admission (on-site sales only)

	1-Day Pass	2-Day Pass	3-Day Pass
Adult (18 years of age and older)	\$12	\$20	\$28
Youth (11 to 17 years of age)	\$8	\$13	\$18
Senior (55 years of age and older)	\$8	\$13	\$18
Children (6 – 10 years of age)	\$5	\$8	\$12
Children (5 years of age or younger)	Free	Free	Free

All athletes competing in the competition are not required to pay an admission fee throughout the weekend. Only Cash, Debit, Visa, and Mastercard accepted.

