

Gymnastics
Saskatchewan

CHALLENGE CUP 2010

Saturday May 1st



Regina, Saskatchewan

Hosted by

Adamo Rhythmic Gymnastics Club &

Gymnastics Saskatchewan



Challenge Cup 2010 - 14th edition

BULLETIN #1 December 17, 2009

TENTATIVE SCHEDULE

DATE: Saturday, May 1st, 2010

LOCATION: FW Johnson Collegiate – 400 Fines Drive, Regina, Saskatchewan

Challenge Cup Group Practices 9:00am -11:00am
(group times will be provided in final bulletin)

Challenge Cup Performance 11:00am – 1:30pm

Coaches' meeting with light lunch 1:30pm – 2:30pm

Gala Group Practices 2:30pm – 4:30pm

(coaches can sign up for times in the morning)

Gala Performance 5:00pm – 7:00pm

Registration fees: \$50 per group

Deadline

Registration form and payment must be received no later than **April 8th, 2010.**

After the deadline, a \$25 late registration fee per group will apply.

Registration may be submitted electronically.

Payments can be done by credit card.

Registration Procedure

The attached 2010 Registration Workbook (Excel 2003) is designed to input all relevant registration information. The workbook can be emailed to info@gymsask.com. For fax or mail registrations, the workbook pages can be printed and submitted, or a paper registration form is available below.

For information, contact: Alynn Brischuk (306) 780-9229 or abrischuk@gymsask.com

Send registration and payment to:

Gymnastics Saskatchewan

1870 Lorne St., Regina, Sk. S4P 2L7

Ph: (306) 780-9229 Fax: (306) 780-9475

Email: info@gymsask.com

CHALLENGE CUP RULES AND REQUIREMENTS

Eligibility

Challenge Cup is not for beginners, it is recommended that athletes have a minimum of 4 years of experience to participate in the event. For the under 12 category, the recommendation is a minimum of 2 years experience in rhythmic gymnastics, including the current season.

Challenge cup is for non-competitive, performing groups and provincial level athletes.

Groups may only perform in one age category.

Athletes may only perform with one team to be eligible for Challenge Cup awards. Coaches may choose to allow an athlete to perform on two teams, but must declare which team is eligible.

Coaches must be Certified Gymnastics Foundations (or NCCP Level 1) and must complete the Respect in Sport program in order to coach a team at Challenge Cup.

Age Categories

Age category is determined by the oldest gymnasts in the group as of the day of the Challenge Cup. When 2 gymnasts fit into the higher category the team will participate in the higher category.

Age under 12 years old

Age 12 to 14 years old

Age 15 to 17 years old

Age 18 years and older

Group Size

In order to be eligible for awards groups must have a minimum of 6 gymnasts and a maximum of 11 gymnasts for the 12 and under age group and the 12 – 14 age group. Smaller groups may perform in the Challenge Cup but cannot be declared “winner”.

The older two categories, 15 – 17 and 18+, may have 5 gymnasts and qualify for awards, provided they are not a competitive team.

Routine Length

Routines may be a maximum of 2 minutes 30 seconds for all age categories.

Music

Music must be properly cut to fit the routine, including properly timed to match the ending.

Music is to be submitted electronically to info@gymsask.com by April 23rd, 2010. Coaches are to bring a backup CD of each routine (one routine per disc).

Apparatus Requirements

Under 12 category will perform only the free routine.

All other groups may perform one free and one apparatus routine, for a maximum two routines per group. Groups may choose to participate in one routine only.

Free routines for the 15-17 and 18 and older age categories only may include the use of long skirts.

Technical Requirements

Each routine must display the following by ALL gymnasts:

- 4 formations
- 2 exchanges (executed by all members of the group)
- 1 balance (visibly held and on toe)
- 1 pivot (360 degrees on 1 leg)
- 1 jump/leap
- 1 flexibility movement
Choices are: splits, backbend at least at horizontal, tonneau, bodywave over toes in distinctly shaped arch, push up/hip lift in arch, pull through, split roll
- 1 body wave movement

Under 12 category: requirements will be the same with the exception of the flexibility and body wave movement. This category can choose to do one or the other.

All athletes on the team must do all of the same skills. If they do not do them at the same time they must be done in immediate sequence (*canon*)

NEW! Coaches must declare the required technical skills to be performed in each routine for adjudication, and list the order of appearance. Area provided on registration forms.

Adjudication

Adjudicators will be from *rhythmic and dance backgrounds*.

There will be two panels of 3 adjudicators (2 rhythmic judges and one dance judge on each panel)

The following components will be evaluated:

- team unity
- choreography composition
- originality
- technical merit (components)
- execution
- music & theme

REGISTRATION CAN BE SUBMITTED WITH THE FOLLOWING FORMS, OR THE ATTACHED EXCEL FILE. PLEASE MAKE SURE TO CHECK THE DROP-DOWN MENUS IN SEVERAL OF THE SHEETS. ONLY ONE REGISTRATION IS REQUIRED. EITHER METHOD WILL BE ACCEPTED.

Registration Form for Challenge Cup 2010

CLUB INFORMATION: *Please print clearly.*

CLUB NAME	
CLUB CONTACT	
PHONE (work, home, cell)	
EMAIL	

SUBMIT REGISTRATION FORMS AND PAYMENT BY APRIL 8TH, 2010

Please include this summary of payment with your registration.

Number of groups registered for Challenge Cup

Late fees # groups _____ x \$50
_____ x \$25

TOTAL ENCLOSED _____

Payment options:

Cheque _____ *Please make payable to Gymnastics Saskatchewan.*

Visa _____ Mastercard _____

Card Number _____

Expiry Date _____

CHALLENGE CUP INFORMATION *(Please copy this section as many times as needed)*

Group Name:	Coach:	
Age Category:	E-mail:	Phone:
# of gymnasts:		

Performing in Gala (please fill out attached page)	YES	NO
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Apparatus Routine Name:		Routine Length:
Apparatus:		
<u>Technical Skills:</u>	<u>Order:</u>	
Balance:		
Pivot:		
Jump/Leap:		
Bodywave:		
Flexibility:		

Free Routine Name:		
Skirt (15-17 or 18+):	YES	NO
	Routine Length:	
<u>Technical Skills:</u>	<u>Order:</u>	
Balance:		
Pivot:		
Jump/Leap:		
Bodywave:		
Flexibility:		

Gymnast Name	Birth Date (dd/mm/yyyy)	Age as of May 1, 2010
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		

GALA PERFORMANCE INFORMATION:

Each group will be allowed to submit 2 routines in order of preference. It is preferable that these routines are different from their Challenge Cup routines shown earlier in the day. Depending on numbers it may be possible to perform both routines.

Group Name:	Coach:
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<i>List gymnasts' names if different from Challenge Cup routine:</i>
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Routine #1 Name:	Apparatus:	Length:
Routine #2 Name:	Apparatus:	Length:

HOTELS

Country Inn & Suites

3321 Eastgate Bay
Regina, SK S4Z 1A4
(306) 789-9117

Gymnastics Saskatchewan Room Rate

Available for April 30th and May 1st

2 queen beds - \$114/night

1 king bed - \$124/night

Includes free continental breakfast with a waffle bar.

Booking code: Gymnastics Saskatchewan

Rooms must be booked before March 30th to guarantee availability.



RESTAURANTS

close to the hotel & school.

- Moxie's Classic Bar & Grill
- Denny's
- Wendy's
- Tim Horton's
- Earl's
- KFC
- Boston Pizza
- Subway
- Panago Pizza
- Pizza Hut
- The Hub Sports Bar & Grill
- Applebee's
- Houston Pizza
- The Mongolie Grill
- Rock Creek Tap & Grill
- Quizno's
- Extreme Pita
- East Side Mario's
- McDonald's
- Perkins
- Chili's
- Chuck E. Cheese's
- Booster Juice

OTHER AMMENITIES

- Safeway
- Shopper's Drug Mart
- Petro Canada Gas
- Shell Gas
- Superstore
- Sobeys
- Walmart

MAP

