



FEATURING THE 17TH ANNUAL 'CASH & CARRY' CUP

DELTA INVITATIONAL
CASH & CARRY CUP 2019

Embrace the Journey



MAY 3-5, 2019 AT THE
RICHMOND OLYMPIC OVAL

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 3X3
(P) 604-943-0460
<http://deltagymnastics.com/delta-invitational/>
deltainvitational@deltagymnastics.com

Competition Location:

Richmond Olympic Oval
6111 River Road
Richmond, BC
V7C 0A2

Event Information

Date

May 3-5, 2019

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.

Fees & Registration

Deadlines	Date	Competitive	Interclub/High School
Early Registration	Before Feb 15 th 2019	\$110.00	\$90.00
Registration	From Feb 16 th to Mar 28 th	\$120.00	\$100.00
Late Registration	March 29 th - until full	\$135.00	\$115.00

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

Refunds

Refunds will only be issued, following the receipt of a medical certificate **by 4 p.m. on Thursday, May 2, 2019**. No refunds will be considered for any other reason, including Westerns. Scratches without documentation from a doctor will not be refunded. All medical notes must be emailed to deltainvitational@deltagymnastics.com prior to May 2nd, 2019.

****No refunds will be given for on-site scratches and no refunds will be processed after June 1st for any reason.**

Refund Deadlines	Date
Full Refund	Up to February 15 th
Registration Fee less \$30	February 16 th -May 3 rd
No Refund	May 3 rd - Event Date

Schedule

A detailed schedule will be sent out by the beginning of March.

Awards

- A. **Interclub**-Performance Interclub athletes will receive a certificate and a participation medal. Performance Plus and Challenge athletes will receive a ribbon for each event and an AA medal. Every session will also have a variety of unique awards given to select gymnasts.
- B. **High School** – Level 1-5 top 10 per event and AA.
- C. **MAG**-Level 1 as per GBC awards protocol, Level 2-4 top 10 per event and AA.
- D. **WAG**-JO 1-2 will receive B,S,G ribbon for each event and AA medal, JO 3-8, top 10 per event and AA.
- E. **Cash & Carry Cup**- Over \$10,000 in prize money to be given out. Cash is given to top 3 per event and the top 6 AA. Each athlete participating in this session will also receive a T-shirt.

Music

The event will **ONLY** have an Auxiliary cord available. NO CD player!
Interclub Athletes: Please keep floor routines to a max of 45-60 seconds.

Admission

Entrance will be accessible from the main lobby of the Oval.

	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

****Please Note: Admission will be CASH ONLY. There is an ATM located by Admissions.**

Venue Information

Venue

Competition Site: Richmond Olympic Oval-North Side
****Please Note:** The Olympic Oval is a Non-Smoking site

Equipment

SA Sport

Medical Services

A medical attendant will be on-site throughout the duration of the competition.

Food at the Venue

Concession: Popcorn, light snacks, coffee and a water re-fill station. No disposable water bottles will be offered at the event so please bring your own refillable bottles.
Olympic Oval: O-Café located at the Parking level, open 7am-10pm.
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.

<h2>Transportation</h2>	<p>Transportation: The Executive Hotel Vancouver Airport 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>
<h2>Accommodation</h2>	<p>Hotel: Executive Hotel Vancouver 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”.</p> <p>Rooms must be reserved no later than March 31, 2019.</p> <p>Room Rates: Plaza/Courtyard - \$165.00 per night (single or double) One bedroom condo suite - \$185.00 per night (single or double) Two bedroom condo suite - \$215.00 per night (single or double) Rates quoted is for Single or DBL Occupancy (maximum 2 Adult +2 Child under 15), additional charges of \$20 PP may apply</p> <p>Special rate includes:</p> <ul style="list-style-type: none"> • 40% Discount on Buffet B/fast in Tivoli’s when booked in advance with Hotel rooms • Overnight Parking (Value \$16.75/night) • High-speed Internet /WIFI in the guestroom (Value \$9.95/day). • Free Local Calls • Free Airport Transfer during 5am – 11.pm (Value \$40 both way)
<h2>Parking Plans</h2>	<p>Friday Event Parking:</p> <ul style="list-style-type: none"> • Free parking at Lansdowne Mall in Richmond with free Shuttle service to and from the venue • If coming from Vancouver or airport – Take the Canada Line to Lansdowne station and take the shuttle to the Oval <p>Saturday and Sunday Event Parking:</p> <ul style="list-style-type: none"> • Free parking at the Richmond Works Yard located at 5599 Lynas Ln, Richmond, BC V7C 5B2 with a free Shuttle service to and from the venue. <p>Other Parking:</p> <ul style="list-style-type: none"> • There is very limited underground parking located at the Olympic Oval for \$1/hour. • Under the T&T grocery store, there are 44 parking stalls that can be used for event parking • Impark Paid Parking lot located on the corner of Elmbridge Way and Gilbert Road. • Westpark Pay Parking lot located at the end of Lansdowne Road. • Limited free street parking along River Road
<h2>Attractions</h2>	<p>Other Attractions and Activities: Tourism Richmond: http://www.tourismrichmond.com/events/</p>

Cash & Carry Cup Rules

WAG Cash & Carry Rules

MAG Cash & Carry Rules

Women's 2019 Cash and Carry Cup Rules

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.

Men's 2019 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 repetitions. 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.
- 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 2019 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.