



DELTA INVITATIONAL
CASH & CARRY CUP 2023

**Join us on May 5th to May 7th, 2023
 at the Richmond Olympic Oval!**

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

Host club

Competition Location:
 Richmond Olympic Oval
 6111 River Road
 Richmond, BC
 V7C 0A2

Club Location:
 Delta Gymnastics
 4680 Clarence Taylor Crescent
 Delta, BC V4K 3X3
 (P) 604-943-0460
<http://deltagymnastics.com/delta-invitational/>
deltainvitational@deltagymnastics.com

Event Information

Date

May 5-7th, 2023

Categories

- A. **Interclub-** Men's and Women's - As per GBC Interclub Guidelines
- B. **Xcel** – Bronze/Silver/Gold/Platinum
- C. **High School** – Women's, BC High School Rules Level 1-5
- D. **WAG-CCP** 1-8
- E. **MAG-** FIG Level 1&2 Age group, Level 3&4 GCG Provincial Pathways Rules
- F. **WAG Cash and Carry Cup-CCP** 9 & 10 Athletes- See attached in WAG Rules.
- G. **MAG Cash & Carry Cup-** All other levels; L5, Aspire, Novice, National Open, Jr. and Sr. are all combined into one category, optional routines only. See attached in MAG Rules. (L4 boys are eligible for C&C)

Fees & Registration

Deadlines	Date	Competitive	Interclub/High School
Registration	Up to Mar 24 th , 2023	\$135.00	\$115.00
Late Registration	March 25 th , 2023, until full	\$150.00	\$130.00

Register through Kscore!
 *Payment can be made by cheque or Visa/MasterCard

Refunds

Refunds will only be issued, following the receipt of a medical certificate **by 4 p.m. on Thursday May 4th, 2023**. Scratches without documentation from a doctor will not be refunded. All scratches must be done through the athlete withdrawal form (SEE BELOW) ****No refunds will be given for on-site scratches and no refunds will be processed after June 1st for any reason.**

[**ATHLETE SCRATCH FORM**](#)

Refund Deadlines	Date
Up to March 24 th	Full Refund
March 25 th - May 4 th	Registration Fee less \$50 + will receive gift
May 5 th – Event Date	No Refund + will receive gift

Schedule

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

Awards

- A. Interclub**-Performance athletes will receive a certificate and a participation medal. Performance Plus will B,S,G ribbon for each and AA medal
- B. Xcel Bronze/Silver/Gold/Platinum**– Top 10 per event and AA
- C. High School** – Level 1-5 top 10 per event and AA.
- D. MAG**-Level 1 as per GBC awards protocol, Level 2-4 top 10 per event and AA.
- E. WAG-CCP** 1-2 will receive B,S,G ribbon for each event and AA medal, CCP 3-8, top 10 per event and AA.
- F. 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 on the north facing side of the oval on the plaza level across from the river.

	Day Pass	Weekend Pass
Adult (Over 18)	\$15	\$30
Youth/Seniors (7-18 or 65+)	\$7	\$15
Children (6 and under)	FREE	FREE
Family (2 Adults, 2 Youth)	\$30	\$50

Payments can be made with cash, debit, or credit cards.

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.

<p>Food at the Venue</p>	<p>Concession Available on Competition Floor: light snacks, coffee, drinks, treats. Water re-fill station with No disposable water bottles being offered at the event so please bring your own refillable bottles. *There is also a Café located at the Parking level.</p> <p>Other: There are a variety of smaller coffee shops and restaurants in complexes surrounding the performance venue. It is also only a 10–15-minute walk to Richmond Centre Mall which has a full-service food-court and a variety of restaurants.</p>
<p>Transportation</p>	<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>
<p>Accommodation</p>	<p>Hotel: Executive Hotel Vancouver Airport</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”.</p> <p>Rooms available for May 4, 5, 6 and 7th 2023, must be reserved no later than March 16, 2023.</p> <p>Room Rates: Plaza/Courtyard - \$209.00 per night (single or double) One bedroom condo suite - \$249.00 per night (single or double) Two-bedroom condo suite - \$299.00 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"> • Special Rate for Breakfast at Free Bird Restaurant \$18 plus tax. • 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)
<p>Parking Plans</p>	<p>Parking:</p> <ul style="list-style-type: none"> • There is very limited underground parking located at the Olympic Oval for \$2.25/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

Attractions

Other Attractions and Activities:

Tourism Delta: tourismdelta.com/Events

Tourism Richmond: <http://www.tourismrichmond.com/events/>

Tourism Vancouver: tourismvancouver.com/events

Cash & Carry Cup Rules

WAG Cash & Carry Rules

MAG Cash & Carry Rules

Women's 2023 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 CCP Level 9 and CCP Level 10 athletes of all ages.
3. CCP Level 9 rules will apply but with no restrictions.
4. All CCP Level 9 and CCP Level 10 athletes are ranked together for the cash awards.

Men's 2023 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, 2023.
- 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 2023 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
- PH A strength hold or balance part is required (e.g. a scale or held handstand)
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.