Delta Gymnastics Invites you to "Embrace the Journey" at our Annual Delta Invitational & Cash and Carry Cup!

Host Club	delta gymnastics KIDS FIRST SINCE 1975	**Club Location:** **4680 Clarence Taylor Crescent** **Delta, BC V4K3X3** **604-943-0460** **deltainvitational@deltagymnastics.com**
Event Location	 RICHMOND SPORT HOSTING	**Competition Location:** **Richmond Olympic Oval** **6111 River Road** **Richmond, BC V7C 0A2**
Website	http://deltagymnastics.com/delta-invitational/	
Date	**May 1-3, 2026**	

Event Information

Categories

A. **Interclub Performance & Performance Plus –** Men's and Women's - As per GBC Interclub Guidelines
B. **Xcel –** Bronze/Silver/Gold/Platinum/Diamond
C. **CCP -** Levels 1-8
D. **Aspire** - 1 & 2
E. **MAG –** Prov.1 - 3 age groups, Prov. 4 (2013 & under)
F. **WAG Cash & Carry Cup –** CCP 9 & 10 Athletes - See attached in WAG Rules
G. **MAG Cash & Carry Cup –** All other levels; L4 (age 13+), L5, 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
Late Registration	February 14 – April 24 (space permitting)	$155.00	$140.00

*Competitive includes MAG, WAG, Xcel

NO COACH FEES

(All coaches on the field of play must be registered)

Register through Kscore - www.register.kscore.ca

Payment must be received by **February 13, 2026**, to secure your spots. Payment for late registration will be **due at the time of registration**. Payment can be made by cheque or Visa/MasterCard/etransfer to; **info@deltagymnastics.com**

Refunds

Refunds will only be issued following the receipt of a medical certificate **by 4 p.m. on Thursday April 30, 2026.** 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.*

Withdrawal & Athlete Request Form:
Delta Gymnastics Society – Delta Invitational / Cash and Carry Cup 2026 – Withdrawal & Refund Request Form

Level Change Request Form:
Delta Gymnastics Society - Delta Invitational 2026- Level Change Request Form

Refund Deadlines	
Up to January 1st, 2026	Full Refund
January 2nd – February 13th, 2026	Full Refund with a $15 withdrawal fee per athlete
February 14- April 30, 2026	Medical Withdrawal Only: Full refund minus a $25 withdrawal fee. ***MEDICAL NOTE REQUIRED FOR REFUND.***
Event Dates	No Refund + will receive gift

Coach Eligibility

NCCP Certification: All coaches must be registered through Kscore and have the appropriate NCCP certification to be on the field of play, as per the GymBC Operations Manual, as well as successful completion of the Respect in Sport (RiS) program. Coaching certification and RiS completion will be verified by Delta Gymnastics for all coaches registered for the competition. Coaches with inadequate certification will be

(minimum NCCP requirements)	contacted to advise them of the situation. Any coach with missing certification who is found to be coaching on the field of play during the event will be subject to a $200 fine (from Gymnastics BC).
Schedule	Final Schedule now available here!
Awards	**A. Interclub –** Performance athletes will receive a certificate and a participation medal. Performance Plus will receive a B,S,G Sticker for each event and AA medal **B. Xcel Bronze/Silver/Gold/Platinum/Diamond –** 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. CCP** 1-2 will receive B,S,G sticker for each event and AA medal, **CCP** 3-8 & Aspire 1& 2, top 10 per event and AA. **E. Cash & Carry Cup –** $15,000 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	All WAG athletes will need to have their floor music added into Kscore. Coaches are asked to have a backup device in case of technical difficulty. **An auxiliary cord will be provided for backup – NO CD player will be at the event.** Please bring any needed adapters to the event. Interclub Athletes: Please keep floor routines to a max of 45-60 seconds.
Giveaways	All Athletes, Coaches & Judges will receive a gift. This will be announced later!
Vendors	**Icy Active Wear** will be set during the weekend selling bodysuits and other gymnastics apparel.
Admission	Entrance will be accessible on the **north-facing side of the Oval** on the plaza level along the river. **Please do not enter through the Oval.** **Tickets** / **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.
Food at the Venue	**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. **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.
Transportation	**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.
Accommodation	**Hotel:** Executive Hotel Vancouver Airport 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”. Rooms available for Apr 30th, May 1st, 2nd, 3rd, and 4th, 2026, must be reserved no later than March 15th, 2026. ***Room Rates:*** Courtyard Standard - $259.00 per night (single or double) Courtyard Junior Suite/Plaza Room - $279 per night (single or double) One bedroom condo suite - $329.00 per night (single or double) Two-bedroom condo suite - $369.00 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. Special rate includes: • 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 – 11pm (Value $40 both way)
Parking Plans	• There is very limited underground parking located at the Olympic Oval for $2.75/hour • There are 44 pay parking stalls that can be used for event parking in the Fumanlou parking lot across the road - 6951 Elmbridge Way • Impark Paid Parking lot located on the corner of Elmbridge Way and Gilbert Road

	• Paid parking lot at the Richmond Curling Club - 5540 Hollybridge Way • Free parking available at the City Works Yard located at 5599 Lynas Lane, Richmond - available Saturday and Sunday Only • Westpark Pay Parking lot located at the end of Lansdowne Road • Limited FREE 3-hour street parking along River Road
Attractions	**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

Women's 2026 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 9, 10, National Open & HP athletes of all ages.
3. Athletes will be judged according to CCP 9 value parts and special requirements. CCP 9 & 10 bonus applies to the benefit of the athlete. CCP 10 restrictions will apply.
4. All athletes are ranked together for the cash awards.

MAG Cash & Carry Rules

Men's 2026 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, 2025.
- 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 2026 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 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.