



HAWAIIAN HULA FUN MEET

May 2nd & 3rd, 2020

Dynamyx Gymnastics Club

As always our Fun Meet will be about participation and the opportunity for the gymnasts to perform in front of their family, friends and peers.

We will be hosting an **ADVANCED REC CATEGORIES "A & B"** for all girls starting at the **CANGYM** Purple badge

We will also be hosting sessions for girls competing in the JO1 to JO2.
This follows the JO 1- 2 guidelines for judging based on the new AGF guidelines.

These athletes will have the opportunity to register in Category A, B.

Category A will be for routines based on the Purple and Blue badge levels

Category B will be for routines based on the Turquoise, Silver, Orange badge levels

JO 1- 2 - will be for all JO 1 to 2 athletes

Number scores will not be flashed; instead we will have colors for first, second and third.

In the CanGym categories the girls will be adjudicated on performance and will receive participation medals and ribbons.

The JO 1-2 girls will be scored in accordance to the JO compulsory standard by sanctioned judges.

TO REGISTER:

<https://www.sportzsoft.com/meet/meetWeb.dll/MeetLogin?Id=950>

FEES:

EARLYBIRD PRICING - \$100

EARLYBIRD DEADLINE: up to Midnight Mar 21st, 2020

REGULAR PRICING - \$110

REGULAR DEADLINE: up to Midnight April 4th 2020

LATE REGISTRATION: Is at the discretion of host club if room allows

Waiver Forms must be returned before the event via email or mail.

PAYMENTS:

Accept MASTERCARD, VISA and AMEX

You must call in to Office Manager at 780-458-1623 within 7 days of registration to make payment.

CHEQUES: Made payable to "**DYNAMYX GYMNASTICS CLUB**".

Please scan copy of cheque to **dynamyx@telusplanet.net** if possible before mailing.

Mailing address:

Dynamyx Gymnastics Club

104, 25 Chisholm Ave. St. Albert, AB T8N 5A5

REFUNDS:

No refunds will be given, except for medical reasons. A refund request must be in writing and accompanied by a Doctor's Note. Refunds will incur a \$20.00 Administration fee. All refund requests must be received no later than May 1st, 2020

MUSIC:

All WAG floor music must be uploaded on the link indicated on our website page

A backup on iPod or CD must be available on floor.

All compulsory music will be available, but is recommended to be uploaded to ensure you have the version you prefer.

CONTACTS:

Technical: Kristin Rosichuk, Head Coach

Administrative: Betty Matwie

Email: dynamyx@telusplanet.net

PHONE: 780-458-1623

UNDERSTANDING SCORING BREAKDOWN: NO SCORES WILL BE FLASHED

Ribbons will be awarded for each event

✿ **RED:** 9.00 or above

✿ **BLUE:** 8.00 to 8.99

✿ **WHITE:** below 8

These will be attached to the athlete's certificate at the judges table.

This follows the new general guidelines presented by AGF for JO 1- 2

ALL AROUND MEDALS will also be presented as a total of all four events as follows:

✿ **GOLD** – 36.00 or above

✿ **SILVER**- 32.00 – 35.99

✿ **BRONZE** – below 31.99

The Certificates will be presented at the awards ceremony.

SKILL REQUIREMENTS for Categories A & B (CanGym or Advanced Rec levels)

VAULT:

Vault Requirements Category A and B

Vault table or mat stack can be used

Vault height can be adjusted as needed

2 Vaults can be performed

BARS:

Bars Requirements Category A

Routine time (no minimum, max time is 1:00 minute)

No deductions for coach spot on bar transfer or dismount

- ✳ **Pullover**
- ✳ **Cast to bar height**
- ✳ **Back hip circle**
- ✳ **Tuck on or climb on to jump to high bar**
- ✳ **Long hang swing**
- ✳ **Dismount**

Any bar skills up to including CanGym Blue can be incorporated

Bars Requirements Category B

Routine time (no minimum, max time is 1:00 minute)

No deductions for coach spot on bar transfer or dismount

- ✳ **Glide swing pullover or kip**
- ✳ **Back hip circle or free hip circle**
- ✳ **Tuck or pike on jump to high bar**
- ✳ **Long hang pullover**
- ✳ **Cast to push away to mini giant under swing Dismount or Under swing Dismount**

Any bar skills up to and including CanGym Orange can be incorporated. However the focus should be on Turquoise and up skills

BEAM:

Beam Requirements Category A

Routine time (no minimum, max time is 1:15 seconds)

Beam height can be selected by athlete

- ✳ **Tuck/straddle on**
- ✳ **Dance element CanGym A**
- ✳ **Forward roll to stand**
- ✳ **Handstand lunge**
- ✳ **Round off dismount**

Any beam skill up to and including CanGym Blue can be incorporated, Minimum 5 skills, & minimum 1 dance element. Max time 1:15 sec

Beam Requirements Category B

Routine time (no minimum, max time is 1:15 seconds)

Beam height can be selected by athlete

- ✳ **1 foot mount**
- ✳ **2 elements series from CanGym**
- ✳ **Handstand**
- ✳ **Cartwheel**
- ✳ **Front handspring dismount**

Any beam skills up to and including CanGym Orange can be incorporated, however the focus should be on Turquoise & up skills. Minimum 5 skills & 1 minimum dance element. Max time 1:15 sec.

FLOOR:

Floor Requirements Category A

Routine time (no minimum, maximum time is 1:15 seconds, floor music optional, no lyrics)

Skills: Minimum of 5 of these elements should be included:

- * **Handstand roll**
- * **3 cartwheels**
- * **Round off**
- * **Handstand**
- * **Handstand bridge**
- * **Straight arm backward roll**
- * **Cartwheel round off**
- * **Pivot turn**
- * **Step ½ turn**

Floor Requirements Category B

Routine time (no minimum, maximum time is 1:15 seconds, floor music optional, no lyrics)

Skills: Minimum of 5 of these elements should be included:

- * **Forward or back walk over**
- * **Full turn**
- * **Dive cartwheel**
- * **Back extension**
- * **Forward handspring**
- * **Backward handspring**
- * **Forward salto**
- * **2 elements from CanGym A**

For Category A & B

Advance Rec. will be adjudicated on execution and form. Participants will receive written comments for each event on their certificate as well as a ribbon indicating their achievement. Coaches will be briefed on awarding of results at the coaches meeting.

JO 1 to 2

Follows the AGF Junior Olympic 1 - 2 Event Guidelines

