



## **WE FLIPPIN' 2025 - MEET DIRECTIVES**

**Dates:** Saturday 22<sup>nd</sup> & Sunday 23<sup>rd</sup> March, 2025

**Venue:** National Cycling Velodrome, Couva, Trinidad

**Competitive Levels:** USAG WAG Levels 1 – 10 & TTGF Pre-Competitive

**Contact Information:** Michelle Frankland + 1 868 684 8954 or Annette Telfer + 1 868 357 0920

**Website:** [www.totsandtumblers.com](http://www.totsandtumblers.com)

**Email:** [we.flippin@gmail.com](mailto:we.flippin@gmail.com)

**Individual Meet Fees:** TT\$450 TTGF Members; US\$120 Foreign Gymnasts. Fees are transferable, up to the competition entry deadline, but are non-refundable.

**Entry Deadline:** Saturday 1<sup>st</sup> March 2025

**Late Entries:** TT\$500 per TTGF athlete or USD\$130 per foreign athlete.

Clubs may enter as many gymnasts as they would like. Please use the link on the We Flippin' website [www.weflippin.com](http://www.weflippin.com)

OR

[WE FLIPPIN' 2025 - Tots & Tumblers Gymnastic Club \(totsandtumblers.com\)](http://www.weflippin.com)

Foreign-based gymnasts can arrange either a bank transfer prior to arrival (banking details available on request) or pay US\$ cash, before the competition, at the meet venue.

**Meet Sanction:** This event is sanctioned by the Trinidad & Tobago Gymnastics Federation and may form part of a national selection criteria for the TTGF for upcoming events. This event is a TTGF National Championships qualifying event.

**Judges:** Foreign-based USAG Judges officiate throughout the event.

**Athlete's Age:** An athlete's age will be determined as at 31<sup>st</sup> December 2025.

**Competitive Categories:** Within each level, gymnasts are sorted in age from youngest to oldest. Gymnasts are then divided into groups of equal numbers and compete within these groups. The number of groups within each level will depend on the number of entries for each specific level. We aim not to exceed 15 gymnasts



within a competitive group and wherever possible, gymnasts within each group will not exceed 2 years age difference.

**Individual Awards:** Within each competitive group – \*Ties are broken as per USAG Rules & Policies

Apparatus – Ribbons for places 4<sup>th</sup> – 6<sup>th</sup> // Medals for 1<sup>st</sup> – 3<sup>rd</sup>

All-Around – 100% All Around Medals // Trophies for 1<sup>st</sup> – 3<sup>rd</sup>

Gift Bag & Participation Certificate for All Athletes

**Tots & Tumblers' Special Award:** Our trademark “Best in Level” special award is given to the gymnast with the highest All-Around score within each level, regardless of age.

**Teams:** Clubs with 3 or more gymnasts entered in any Level will automatically be entered the Team Competition. The highest three apparatus scores count towards the team total.

1<sup>st</sup> – 3<sup>rd</sup> Place teams will be awarded.

**Mandatory Team Entry Fee:** TT\$60 per local team or US\$10 per foreign team

**Rules:** As per TTGF, and where applicable, USAG Rules & Policies are used for guidance.

**Apparatus:** AAI, Spieth Anderson

**Accreditation:** Please email coaches' names for accreditation when submitting athletes' entries. Only accredited coaches will be permitted on the competition floor.

**Attire:** Athletes must be properly attired, according to USAG guidelines, for gymnastic competition. Their hair must be properly secured and any plaits / ponytails should not be long enough to touch the athlete's eyes.

Coaches must be appropriately attired - Athletic shoes with rubberized soles. No slippers, sandals or clogs. Athletic track pants or "Dockers-style" pants. Athletic or tailored shorts that are of a reasonable length. No holes, tears or short shorts. No denim jeans or denim shorts. Collared shirts, business casual shirts or T-shirts with gym logo. No spaghetti straps, low-cut tops or midriff revealing shirts. No hats, visors or shades.

**Video Recording & Photography:** Coaches and / or athletes are not permitted to photograph or take video recording of another club's athletes. Official photography will be arranged by the host club. Images will be available for purchase from the official photographer after the event. Individual clubs are not permitted to invite their own photographers / videographers onto the competition floor. Flash photography is not permitted at the meet venue during competition.

**Media:** Local media houses will be invited to provide coverage of the event. Links to reports and coverage will be posted on our Facebook, Instagram & web page.

**International Travel:** Individual participants are responsible for covering all international travel costs. Destination Airport – Piarco International Airport (POS).



**Airport & Venue Transfers:** Airport and competition venue transfers are available upon request for foreign athletes, at a cost of US\$50 per person. If you prefer to arrange your own ground transport, we'll be happy to provide you with reliable transport options.

**Host Hotel:** Information upon request for foreign-based gymnasts.

**Proposed Schedule of Events (SUBJECT TO CHANGE!)**

**Saturday 22<sup>nd</sup> March**

10:00 a.m. – Level 1  
1:00 p.m. – Level 2  
4:00 p.m. – Levels 4 – 10

**Sunday 23<sup>rd</sup> March**

9:00 a.m. – Pre Com Juniors  
11:00 a.m. – Pre Com Seniors  
2:00 p.m. – Level 3

We will aim to publish a final schedule of events on or before Monday 10<sup>th</sup> March.

**Venue Admission Prices:**

Adults: TT\$50 / USD\$10

Children under 12: TT\$30 / US\$5

**Venue Refreshments:** Food and drink at the venue can be purchased from our fully stocked cafeteria throughout the course of the event. The cafeteria will accept both TT\$ and US\$ at an exchange rate of TT\$7 to US\$1.

**Emergency Medical Assistance:** An ambulance service will be on site throughout the event. All foreign-based gymnasts are required to have their own international medical insurance. The host club and affiliated personnel are not responsible for any medical expenses that may occur through accident or injury sustained during the event or at the meet venue.

**Event Software:** The event utilizes ProScore software. Scores will be displayed in real time on electronic scoreboards in the competition arena. Live scoring will be available on [www.meetscoresonline.com](http://www.meetscoresonline.com) and on the Score Cat App.

**Optional Floor Music:** Music must be emailed, in MP3 format, before the event to [we.flippin@gmail.com](mailto:we.flippin@gmail.com). The file must contain the gymnast's name, level and current year e.g. Jane Doe Level 6 2020.

**Other Matters:** Matters arising which are not detailed within these directives will be handled by the host club and organizing committee as required. Details and information contained within these Meet Directives are subject to change as necessary.