

**chicago park district**

# 2011 Beach Meet

JULY 16 & 17, 2011



City of Chicago, Rahm Emanuel, Mayor  
Chicago Park District Board of Commissioners  
Chicago Park District, Timothy J. Mitchell, General Superintendent & CEO  
For more information about your Chicago Park District visit [www.chicagoparkdistrict.com](http://www.chicagoparkdistrict.com)  
or call (312) 742-PLAY or (312) 747-2001 (TTY).

# chicago park district

## 2011 BEACH MEET

Dear Gymnastics and Tumbling enthusiast:

The Chicago Park District will host their 21<sup>st</sup> Annual Beach Meet on **July 16 & 17, 2011**. **This year's location will be at Montrose Beach, 4400 NORTH Lake Shore Dr. This location offers more parking on the beach.** We look forward to your participation in this annual get-together for sun, fun, and competition on the beach.

Enclosed you will find information on the Beach Meet for both the gymnastics, and tumbling competition along with entry forms. Please read the information closely and return your entry forms as soon as possible.

As you know, we use a different set of rules and competition format for the Gymnastics Beach Meet. Each team enters a specialist for each event and all the specialists perform a "tag team" floor exercise routine. All routines are limited to five parts of value. Please refer to the Beach Meet Rules (enclosed).

The Tumbling Beach Meet will be divided into two exciting divisions; team and individual. The team competition; in which each team enters three tumblers to perform one optional tumbling pass as a "tag team". All routines are limited to five parts of value. The individual competition will be divided into ten levels with each tumbler competing in USAGTT tumbling rules. Participants may enter both the team and individual competition. Please refer to the Tumbling Beach Meet rules that are enclosed with this letter.

The competition will be held over two days. Please note that the competition may be canceled if the weather is inclement.

We look forward to seeing you at this year's competition.

Sincerely,

Juan C. Mendoza  
Gymnastics Program Manager

Enclosures

# chicago park district



## 2011 BEACH MEET

- EVENT:** Chicago Park District Beach Meet Competition
- DATE:** Saturday, July 16, 2011      **Gymnastics** - Female Junior Division;  
Female Senior Division; All Male Divisions  
Sunday, July 17, 2011      **Gymnastics** – Female Children Division  
**Tumbling** – All male & Female Division;
- SITE:** Montrose Beach, 4400 N. Lake Shore Dr. (Map) <http://mapq.st/iLegeJ>
- TIME:** 9:30 AM      Check-in / Stretch  
10:00 AM      Warm-ups  
11:30 AM      Opening Ceremonies  
11:45 AM      Competition
- AGES:** **AGE WILL BE DETERMINED BY THE DATE OF THE BEACH MEET**  
Hotshot      7 and younger (Tumbling)  
Children      11 and younger (Gymnastics);  
8 –11 (Tumbling)  
Juniors      12 - 14 years  
Seniors      High School and College division (15 +)
- AWARDS:** Team      Trophies 1 - 3  
Individual      Trophies 1<sup>st</sup> place  
Medals 2 - 3  
Ribbons 4 - 10
- ENTRY FEES:** **All gymnastics entries are by teams.**  
Male Gymnastics Teams      \$200 (5 Individuals)  
Female Gymnastics Teams      \$120 (3 Individuals)  
**Tumbling Team**      \$45 (3 Individuals)  
**Individual Tumbling**      \$20 – Individual Fee
- CHECKS TO:** CHICAGO PARK DISTRICT  
BEACH MEET
- MAIL TO:** Chicago Park District – Gymnastics  
541 N. Fairbanks Ct. 4 – W  
Chicago, IL. 60611
- DEADLINE:** All entries must be received by **June 27, 2011**  
You can E-mail your entries and mail your check separately to save a spot in the meet.
- INFORMATION:** Juan C. Mendoza      Phone (312) 742-4927  
[Juan.mendoza@chicagoparkdistrict.com](mailto:Juan.mendoza@chicagoparkdistrict.com)

## **Male Gymnastics Teams**

All male teams will consist of five athletes. All team members must participate in a “tag team” floor exercise routine. Each team member must compete in one event and each team member must compete on a different event. All six event scores will count towards the team score. Average age (1/2 year goes to higher age) will determine which age division a team will compete.

## **Female Gymnastics Teams**

All female teams will consist of three athletes. All team members must participate in “tag team” floor exercise routine. Each team member must compete in one event and each team member must compete on a different event. All four event scores will count towards the team score. Average age (1/2 year goes to higher age) will determine which age division a team will compete.

## **GYMNASTICS RULES**

1. All routines are optional with five value parts.
2. All routines will be evaluated in an “open ended/most difficult” format using the FIG Code of Points.
3. Difficulty - each routine will be limited to five skills with the following values:
  - “A” skills are valued at 0.3
  - “B” skills are valued at 0.5
  - “C” skills are valued at 0.7
  - “D” and “E” skills are valued at 0.9
4. Execution will be valued at 5.0 and all deductions will be applied as per FIG Code of Points.
5. Bonus - a maximum of 0.5 can be awarded as bonus.
6. Combination/Special Requirements - are not applicable in this meet.
7. Vaults will be valued as per FIG rules for both men and women.
8. The primary rule of the Beach Meet is Safety First! Have fun but stay safe.

## **Tumbling Teams (Coed, Female or Male)**

Each team will consist of three athletes. Each member must compete in one optional tumbling pass. All scores will count towards the team score. Average age (1/2 year goes to higher age) will determine which age division a team will compete. Team competition is across genders.

## **TEAM TUMBLING RULES**

1. All routines are optional with five value parts.
2. Difficulty - will be applied as per FIG Code of Points.
3. Execution will be valued at 5.0 and all deductions will be applied as per FIG Code of Points.
4. The primary rule of the Beach Meet is Safety First! Have fun but stay safe.

## **Individual Tumbling**

Boys and girls will compete separately and the age groups are: Hot shot (7 and under), Children (8 to 11), Junior (12 to 14) and Senior (15 & over).

## **INDIVIDUAL TUMBLING RULES**

1. USATT rules / Levels 1 – 10 (See Enclosed Routines)

## **DIRECTIONS AND PARKING**

### **Directions from the North**

Take I-90/94 (Kennedy) to Chicago. Exit on Lawrence Ave and go east for 5.5 miles. Go under LAKE SHORE DR. and turn into N. Simonds Dr. Beach Meet will be by the boat house. Park along the beach.

### **Directions from the West**

Take I-88 to I-290 (Eisenhower) east to I-90/94 (Kennedy) to Wisconsin. Go 1.5 miles to Ohio exit. Turn left on Michigan Ave. and then turn slight right and merge into LAKE SHORE Dr. Travel 4.9 miles and exit on Montrose Ave. Road will turn left and become Simonds Dr. Beach Meet will be by the boat house. . Park along the beach

### **Directions from the South**

Take I-90/94 (Dan Ryan) north to the Stevenson (I-55) North into LAKE SHORE DR. NORTH. Travel 9.1 miles and exit on Montrose Ave. Road will turn left and become N. Simonds Dr. Beach Meet will be by the boat house. . Park along the beach

## **HOTELS**

Best Western Hotel O'Hare  
10300 W. Higgins Rd.  
Rosemont Township, Illinois  
847.296.4471

Holiday Inn Express Chicago  
640 N. Wabash Ave.  
Chicago, Illinois 60611  
312.787.4030

Embassy Suites – Chicago  
511 N. Columbus Dr.  
Chicago, Illinois  
312.836.5900

Congress Plaza  
520 South Michigan  
Chicago, Illinois 60605  
312-212-8192

Chicago Hilton & Towers  
720 South Michigan Avenue  
Chicago, Illinois  
312-922-4400

# Tumbling Routines

**Mobility for 2008/2009: Athletes may enter the new quad at their current level, or move down one level if needed. If an athlete has met the current 2008 mobility requirements, they may move up one level; however, mobility forms must be completed and turned in to your State Chair for approval prior to competing in the next level.**

Level 1	
Pass 1	Pass 2
1. Front roll pike straddle out	1. Front roll tuck
2. Front roll tuck	2. Front roll tuck
3. Front roll tuck	3. Jump ½ twist
4. Front roll tuck	4. Roll to candle stick
5. Rebound	5. Rebound

Level 2	
Pass 1	Pass 2
1. Front roll tuck	1. Pike forward to front roll tuck
2. Front roll tuck	2. Front roll tuck stand up
3. Jump ½ twist	3. One step forward to cartwheel step-in
4. Back roll tuck	4. Rebound
5. Rebound	5. Back roll tuck

Level 3	
Pass 1	Pass 2
1. Power hurdle round-off	1. Handstand front roll
2. Rebound	2. Front roll tuck
3. Back roll tuck	3. One step forward to cartwheel step-in
4. Back extension roll, pike down	4. Rebound
5. Back roll pike	5. Back roll tuck
OR	
4. Back extension roll, step down	
5. back walkover step-in	

Level 4	
Pass 1	Pass 2
1. Power hurdle round-off	1. Power hurdle round-off
2. Flic-flac	2. Flic-flac
3. Rebound	3. Flic-flac
	4. Rebound

Level 5	
Pass 1	Pass 2
1. Power hurdle round-off	1. <b>Running</b> round-off
2. Flic-flac	2. Flic-flac
3. Flic-flac	3. Flic-flac
4. Rebound	4. Flic-flac
	5. Flic-flac
	6. Rebound

Level 6	
Pass 1	Pass 2
1. <b>Running</b> round-off	1. Running round-off
2. Flic-flac	2. Flic-flac
3. Flic-flac	3. Flic-flac
4. Flic-flac	4. Flic-flac
5. Flic-flac	5. Back somersault tuck
6. Flic-flac	
7. Flic-flac	
8. Rebound	

Level 7	
Pass 1 Voluntary	Pass 2 Voluntary
1. Round-off	8-skill pass
2. Flic-flac	Must contain 2 somersaults one of which must be a whip and one of which must be the
3. Flic-flac	8 <sup>th</sup> element in the tuck or pike position
4. Flic-flac	
5. Flic-flac	No bounding somersaults
6. Flic-flac	No front somersaults
7. Flic-flac	
8. Back somersault tuck or pike	

Level 8	
Pass 1 Voluntary	Pass 2 Voluntary
8-skill pass	8-skill pass
Must end in back somersault tuck pike or straight	Must end in back somersault pike straight or full
Must contain one or two additional <b>non-twisting</b> somersaults placed anywhere in the pass	Must contain <b>2 or 3 additional non-twisting</b> somersaults, 2 of which must be bounding somersaults (directly connected)

Level 9	
Pass 1 Compulsory	Pass 2 Voluntary
1. Round-off	8-skill pass
2. Whip back	Must contain a minimum of 4 somersaults
3. Whip back	and a maximum of 7 somersaults.
4. Flic-flac	One somersault must contain a minimum of 360 degrees twist or a maximum of 720 degrees of twist. One additional somersault may contain 360 degrees of twist.
5. Whip Back	
6. Flic-flac	
7. Flic-flac	
8. Back somersault pike	
	One somersault with or without twist must be performed as the last (8th) element.
	The remaining somersaults must contain no more than 180 degrees of twist.
	Bounding full-twisting somersaults are not allowed

Level 10	
Pass 1 Compulsory	Pass 2 5-Skill Voluntary
1. Roundoff	Minimum of 2 somersaults, last somersault must have a minimum difficulty of 0.6.
2. Flic-flic	
3. Back somersault straight	<b>Pass 3 8-Skill Voluntary</b>
4. Whip back	Minimum of 4 somersaults, one which must contain a minimum of 360 degrees of twist and one which must be performed as the last (8th) skill and must contain a minimum of 720 degrees of twist.
5. Whip back	
6. Flic-flac	
7. Flic-flac	
8. Back somersault <b>straight</b>	
<b>OR</b>	
Requirements to meet between the two voluntaries:	
No reversals.	
No double twisting double somersaults.	
Optional passes must end with different skills regardless of the preceding skill.	
Bounding fulls are allowed.	
Combination of two different twisting skills are allowed. (Full, Double Full)	
Level 10 Finals will consist of 2 passes:	
5-skill voluntary and 8-skill voluntary with the same requirements as preliminaries.	

*Unless otherwise noted, all round-offs must begin with a run.*

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**GYMNASTICS ENTRY FORM**

**2011  
BEACH MEET**

If submitting for a club, please fill out a separate form for each team.

Team Name: \_\_\_\_\_  
Team Address: \_\_\_\_\_  
Team contact: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Coache Name: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Coache Name: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Coache Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

**Age Group:** Children Junior Senior (Circle One)  
**Organization:** Private Club Park District University Independent (Circle One)

All Team members will be entered in a tag team on Floor Exercise.

	Last Name	First Name	Age as of 7/16/11	B-Date	Female Events
1					Vault
2					U.Bars
3					B.Beam

All Team members will be entered in a tag team on Floor Exercise.

	Last Name	First Name	Age as of 7/16/11	B-Date	Male Events
1					P.H.
2					Rings
3					Vault
4					P.Bars
5					H. Bar

FEE: \$200.00 MALE TEAM \$120.00 FEMALE TEAM

Checks Payable to: Chicago Park District  
Mail entries to: Chicago Park District - Gymnastics  
541 N. Fairbanks Ct. 4 - W  
Chicago, IL. 60611  
OR E-mail entries to: [juan.mendoza@chicagoparkdistrict.com](mailto:juan.mendoza@chicagoparkdistrict.com)  
312.742.4927 312.742.5346 fax  
ENTRY DEADLINE: Monday, June 27, 2011

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**INDIVIDUAL TUMBLING ENTRY FORM**

**2011  
BEACH MEET**

Team Name: \_\_\_\_\_  
Team Address: \_\_\_\_\_  
Team contact: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Coache Name: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Coache Name: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Coache Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

**Age Group:** Hot Shot Children Junior Senior **(Circle One)**

**Organization:** Private Club Park District School / University Independent **(Circle One)**

	Last Name	First Name	Age as of 7/16/11	B-Date	USATT Level	Gender
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						

FEE: \$20.00

Checks Payable to: Chicago Park District  
Mail entries to: Chicago park District - Gymnastics  
541 N. Fairbanks Ct. 4 - W  
Chicago, IL. 60611

OR E-mail entries to: [juan.mendoza@chicagoparkdistrict.com](mailto:juan.mendoza@chicagoparkdistrict.com)  
312.742.4927 312.742.5346 fax

ENTRY DEADLINE: Monday, June 27, 2011

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TEAM TUMBLING ENTRY FORM

2011  
BEACH MEET

Team Name: \_\_\_\_\_  
Team Address: \_\_\_\_\_  
Team contact: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Coache Name: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Coache Name: \_\_\_\_\_ Phone #: \_\_\_\_\_  
Coache Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

**Age Group:** Children Junior Senior (Circle One)  
**Organization:** Private Club Park District School / University Independent (Circle One)

	Last Name	First Name	Age as of 7/16/11	B-Date	USATT Level	Gender
1						
2						
3						

FEE: \$45.00  
Checks Payable to: Chicago Park District  
Mail entries to: Chicago Park District - Gymnastics  
541 N. Fairbanks Ct. 4 - W  
Chicago, IL. 60611  
OR E-mail entries to: [juan.mendoza@chicagoparkdistrict.com](mailto:juan.mendoza@chicagoparkdistrict.com)  
312.742.4927 312.742.5346 fax  
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