

**CHICAGO PARK DISTRICT**



City of Chicago, Rahm Emanuel, Mayor  
Chicago Park District Board of Commissioners  
Chicago Park District, Michael P. Kelly, 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



Dear Gymnastics and Tumbling enthusiast:

The Chicago Park District will host their 27th Annual Beach Meet on **July 22 & 23, 2016**. The meet will be at **Montrose Beach 4400 NORTH Lake Shore Dr. This year we're adding a new feature to our registration. You will be able to register each team online and pay online at**

[http://apm.activecommunities.com/chicagoparkdistrict/Activity\\_Search/199770](http://apm.activecommunities.com/chicagoparkdistrict/Activity_Search/199770). 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. The Coed division has been a great success, 3 or 5 gymnast team are the options to compete. Any combination of events is possible. The only exception is that 2 gymnasts can't compete in the same event such as vault. 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 tumbling series are limited to five parts of value. The individual competition will be divided into eight levels (3 to 9) 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;

City of Chicago, Rahm Emanuel, Mayor  
Chicago Park District Board of Commissioners  
Chicago Park District, Michael P. Kelly, General Superintendent & CEO

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# 2017 BEACH MEET

<b>EVENT</b>	<b>2017 BEACH MEET</b>	
<b>DATE</b>	<b>Saturday July 22, 2017</b>	<b>Gymnastics</b> – All Senior Coed, All Male, Female Seniors
	<b>Sunday July 23, 2017</b>	<b>Gymnastics</b> – Female Junior and Children. <b>Tumbling - All</b>
<b>LOCATION:</b>	<b>Montrose Beach</b>	<b>4400 N. Lake Shore Dr.</b>
	<a href="http://www.chicagoparkdistrict.com/parks/montrose-beach">www.chicagoparkdistrict.com/parks/montrose-beach</a>	
<b>TIME:</b>	Gymnastics 8:30 AM Check –in / Stretch 9:00 AM Event Warm –ups 10:30 AM Opening Ceremonies 10:45 AM Competition Awards to follow	<b>Tumbling</b> 9:00 AM Check –in / Stretch 9:30 AM General Warm –ups 9:45 AM 1 <sup>st</sup> flight warm up and comp. 10:05 AM 2 <sup>nd</sup> flight warm up and comp. Every flight will have its own warm up Awards to follow
<b>AGE:</b>	Age will be determined by date of Beach Meet Teams will be placed on the age group of the oldest Gymnast.	
	<b>Gymnastics</b> Children 11 and younger Junior 12 to 14 Senior 15 to 18 College 19 and older	<b>Tumbling</b> Hot Shot 5 to 7 Children 8 to 11 Junior 12 to 14 Senior 15 and older
<b>AWARDS:</b>	<b>GYMNASTICS &amp; TUMBLING TEAMS</b> Trophies 1 – 3 <b>INDIVIDUAL</b> Small trophy 1 <sup>st</sup> place Medals 2 – 3 place Small medals 4 - 10	
<b>FEES:</b>	<b>GYMNASTICS</b> Male or Coed 5 team \$250.00 Female or Coed 3 team \$150.00	<b>Tumbling</b> Individual \$30.00
<b>SPECTATORS</b>	<b>FREE</b>	<b>(Sorry no pets)</b>
<b>PAYMENTS:</b>	<b>ONLINE REGISTRATION:</b> <a href="http://www.chicagoparkdistrict.com/events/Gymnastics-Beach-Meet-at-Montrose-Beach6/">http://www.chicagoparkdistrict.com/events/Gymnastics-Beach-Meet-at-Montrose-Beach6/</a>	<b>CHECKS TO:</b> <b>CHICAGO PARK DISTRICT</b> <b>Mail to:</b> Attn.: Beach Meet 5801 N. Pulaski – Building “J” Chicago, IL. 60646
<b>DEADLINE</b>	<b>JULY 7, 2017</b> Submit entry and payment electronically.	
<b>Contact:</b>	<b>Juan C. Mendoza 312.742.4927</b>	<a href="mailto:Juan.mendoza@chiagoparkdistrict.com">Juan.mendoza@chiagoparkdistrict.com</a>

## TEAM COMPETITION RULES

### **Male & Co-Ed 5 Athlete Gymnastics Teams**

All male or Co-Ed 5teams 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 (men’s events or combination of male-female events) and each team member must compete on a different event. All six event scores will count towards the team score. **Age of older gymnast will determine age group of the team.**

### **Female & Co-Ed 3 Athlete Gymnastics Teams**

All female or Co-Ed 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 (female events or combination of male-female events) and each team member must compete on a different event. All four event scores will count towards the team score. **Age of older gymnast will determine age group of the team.**

## 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 (Co-Ed, 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.

## TUMBLING RULES

- Boys and girls will compete separately.
- Age groups: Hot shot (5 to 7), Children (8 to 11), Junior (12 to 14) and Senior (15 & over).
- Warm up compete format (15 – 20 minutes between flight)
- Each flight will be awarded
- USAG, T&T rules / Levels 2 – 9 (See Enclosed Routines)

## **DIRECTIONS AND PARKING**

[www.chicagoparkdistrict.com/parks/montrose-beach](http://www.chicagoparkdistrict.com/parks/montrose-beach)

### **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. You may 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 north and exit on Montrose Ave. (right) The 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 north and exit on Montrose Ave. (right). This road will turn left and become Simonds Dr. - Beach Meet will be by the boat house. Park along the beach.

## **HOTELS**

Best Western Hotel O'Hare (15.7 miles)  
10300 W. Higgins Rd.  
Rosemont Township, Illinois  
847.296.4471

Holiday Inn Express Chicago (5.6 miles)  
640 N. Wabash Ave.  
Chicago, Illinois 60611  
312.787.4030

Embassy Suites – Chicago (6.3 miles)  
511 N. Columbus Dr.  
Chicago, Illinois  
312.836.5900

Congress Plaza (5.6 miles)  
520 South Michigan  
Chicago, Illinois 60605  
312-212-8192

Chicago Hilton & Towers (7.7 miles)  
720 South Michigan Avenue  
Chicago, Illinois  
312-922-4400

Days Inn Chicago (3 miles)  
644 W. Diversey Pkwy  
Chicago IL. 60614  
(773)525.7010

Heart O'Chicago (Motel) (3.1 miles)  
5990 N. Ridge Ave.  
Chicago, IL 60660  
(773) 271-9181

**Free parking**

## Tumbling Routines

Level 2		Level 3	
Pass 1	Pass 2	Pass 1	Pass 2
1. Handstand Forward Roll Step out	1. Power hurdle round-off, rebound	1. Power hurdle Cartwheel	1. Run, Round off
2. Cartwheel	2. back roll tuck	2. Round – off, Rebound	2. Back Handspring
3. Cartwheel step in	3. back roll tuck	3. Back Extension Roll Pike down	3. Rebound
4. Back roll tuck	4. Back roll Pike		

Level 4		Level 5	
Pass 1	Pass 2	Pass 1	Pass 2
1. power hurdle round-off	1. Run round-off	1. Run Round-off	1. Running round off
2. back handspring	2. Back handspring	2. Back handspring	2. Back handspring
3. Back handspring rebound	3. Back handspring rebound	3. Back handspring	3. Back handspring
		4. Back handspring	4. Back handspring
		5. Back handspring rebound	5. Back somersault tuck

Level 6		Level 7	
Pass 1 Compulsory	Pass 2 Compulsory	Pass 1 Compulsory	Pass 2 (8 – Skill) Voluntary
1. Run Round off	1. Run, Round off	1. Run Round off	1. Run Round off
2. Back handspring	2. Back handspring	2. Whip back	2. Whip back
3. Back handspring	3. Back handspring	3. Back handspring	3. Whip back
4. Back handspring	4. Back handspring	4. Back handspring	4. Back handspring
5. Back handspring	5. Back handspring	5. Back handspring	5. Back handspring
6. Back handspring	6. Back handspring	6. Back handspring	6. Back handspring
7. Back handspring	7. Back handspring	7. Back handspring	7. Back handspring
8. Back Somersault Tuck	8. Back somersault pike	8. Back somersault straight	8. Back somersault pike

Level 8 – 2 Voluntary Routines		Level 9 – Voluntary Qualifications	
Pass 1 – 8 Skills	Pass 2 – 8 Skills	Pass 1 8-Skill	Pass 2 8-Skill
1. Minimum of 4 Somersaults, one of which must be the	Minimum Pass DD 1.8	Minimum of 5 Somersaults	Minimum Pass DD 2.5
Last skill and be performed in the straight position	Maximum Pass DD 3.3	Must perform bounding somersaults one of which	Maximum Pass DD 3.4
3. Minimum Pass DD 1.6	Maximum skill DD 1.3	must be a back somersault with 1/1 twist	Maximum skill DD 2.2
4. Maximum Pass DD 1.9	Must end in a somersault with at least 360° of twist	Minimum Pass DD 2.4	
5. Minimum Skill DD 0.6		Maximum Pass DD 2.9	
		Maximum skill DD 0.9	