



# 2020 LA LIGHTS TOURNAMENT OF CHAMPIONS

## JANUARY 23-26, 2020

Hosted by LA School of Gymnastics

**LA Lights Tournament of Champions** – International Invitational RG Meet for all JO Levels (3-10) and FIG categories.

**DATES:** January 23-26, 2020

**VENUE:** Veterans Memorial Auditorium  
4117 Overland Avenue  
Culver City, CA 90230

### EVENT WEBSITE

[www.lalightsmeet.com](http://www.lalightsmeet.com)

Participant lists, competition and award schedules, results and other event information will be available on the event website.

### REGISTRATION

All participants should register online on USAG website [www.usagym.org](http://www.usagym.org) and on KSIS [https://rgform.eu/event.php?id\\_prop=1561](https://rgform.eu/event.php?id_prop=1561)

Entry fees should be received by November 19<sup>th</sup>, 2019.

Late entries, if accepted, are subject to an additional \$25 fee per athlete.

Level 3: \$140

Level 4: \$160

Level 5: \$185

Level 6: \$195

Level 7: \$205

Level 8: \$210

Level 9: \$230

Level 10: \$230

FIG Groups: \$190 per routine

**Entry fees are non-refundable!**

For domestic teams:

One check per team, payable to LA School of Gymnastics, c/o LA Lights  
Mail to: LA School of Gymnastics  
8450 Higuera St, Culver City, CA 90232

For international teams:

Bank transfer info. Submit your Entry Form via e-mail and forward the payment to:

Name: LA School of Gymnastics

Bank: Chase Bank N.A.

Address: 270 Park Avenue, New York, NY 10017

Phone: 212-740-7093

Routing Number: 322271627

Account Number: 230796010

SWIFT Code: CHASUS33

**COACHES & JUDGES**

Domestic: Coaches, judges and officials who are Professional members with current background and safety certification will be issued credentials. All coaches must have completed the U100 and SafeSport.

International: USA Gymnastics requires all gymnasts, coaches and judges participating in USA Gymnastics sanctioned events to be registered members of USA Gymnastics.

Please submit your Foreign Membership application directly to USAG.

For more information, contact USA Gymnastics Member Services by telephone at 800.345.4719, or at the following e-mail address: [membership@usagym.org](mailto:membership@usagym.org)

LA LIGHTS management will maintain its annual policy of 1 coach per 5 athletes competing on the floor at any given time. If your team consists of 5, or up to 5 athletes, ONE COACH will be allowed on the floor, please allocate your organizational leadership in advance.

**RULES**

Levels 3-8 follow the US Rhythmic JO Handbook, Levels 9-10 follow the current FIG Code of Points.

**APPARATUS CHART**

|               |                            |
|---------------|----------------------------|
| Level 3       | Floor, Hoop, Ball          |
| Level 4       | Floor, Rope, Ball          |
| Level 5       | Floor, Rope, Hoop, Clubs   |
| Level 6       | Floor, Rope, Ball, Ribbon  |
| Level 7       | Floor, Hoop, Ball, Clubs   |
| Level 8       | Floor, Ball, Clubs, Ribbon |
| Level 9/10 JR | Rope, Ball, Clubs, Ribbon  |
| Level 9/10 SR | Hoop, Ball, Clubs, Ribbon  |

## **LEVELS 7-8 D-FORMS AND MUSIC**

PDF files of D-Forms (Levels 7-8) and all music (MP3) should be uploaded to KSIS

[https://rgform.eu/event.php?id\\_prop=1561](https://rgform.eu/event.php?id_prop=1561) by January 14<sup>th</sup>, 2020.

The files names format:

**Club Name/Athlete first and last name/Level/Apparatus.**

For Levels 3/4 music, please put the club name under the "Gymnast Name".

As indicated in the Rules & Policies, any D Forms received after the above deadlines will be subject to a \$20/form late fee. Emailed forms are not accepted for this meet.

Note: All athletes must also bring a set of CD's to the event as a backup.

## **TRAINING**

There will be no podium training available.

## **AWARDS**

According to USAG Rhythmic Rules & Policies

## **TICKETING**

\$25+tax – Adult Daily Pass

\$20+tax – Senior (75 and older) / Children (3 years and younger) Daily Pass

Door donation – Infant – 6mo or under (does not require a seat)

## **HOTEL**

Courtyard Marriott Los Angeles Westside

6333 Bristol Parkway

Culver City, CA 90230

Hotel: 310-484-7000

Direct: 310-590-2512

Fax: 310-590-2593

[joyce.mak@hershahotels.com](mailto:joyce.mak@hershahotels.com)

[www.courtyardlawestside.com](http://www.courtyardlawestside.com)

**Important: Please contact the hotel directly to ensure the best group rate!**

Call the reservation hotline at (800) 736-0698 and ask for the "LA Lights 2020" group rate at Courtyard Marriott LA Westside in Culver City, CA

Last Day to Book: Tuesday, January 7, 2020

Hotel is offering your special group rate 169 USD per night

\*All participants are responsible for making their own travel, accommodation and transportation arrangements.

## **VOLUNTEERS**

Volunteers are needed in many areas at LA Lights Tournament of Champions, including music, awards, staging, computer data entry, scoring and competition administration.

Interested parties should email Elena Bokova at [elena@lagymnastics.com](mailto:elena@lagymnastics.com).

## **CONTACTS**

General inquiries [info@lagymnastics.com](mailto:info@lagymnastics.com)

Tanya Berenson, Meet Manager, [tanya@lagymnastics.com](mailto:tanya@lagymnastics.com)

Elena Bokova, Meet Director, [elena@lagymnastics.com](mailto:elena@lagymnastics.com)

SEE YOU IN SUNNY LOS ANGELES!