

Gaia it



ESCOLA
de GINÁSTICA



**NOV.
15 - 16**

PAVILHÃO
MUNICIPAL
DE GAIA

1. Contacts

Escola de Ginástica de Gaia

email: gaia.it@egggaia.pt

phone: +351965072169 (Liliana Almeida); +351919314516 (Raimundo Amorim)

2. Competition Venue

pavilhão municipal da lavandeira: Rua Almeida Garret, Gaia, Portugal

<https://goo.gl/maps/6C13XVc71EsNBu9T6>

3. Age Groups

- A level - kids (2014,2015,2016) | youth (2012,2013) | junior (2010,2011) | senior (... 2009)
- B level - kids (2014,2015,2016) | youth (2012,2013) | junior (2010,2011) | senior (... 2009)

4. Regulation

- A level kids and youth - own technical program
- A level junior and senior - FIG
- B level kids, youth, junior and senior - own technical program

5. Registrations

- registrations link: <https://forms.gle/NuP83ZEr781kuN7J6>
- pre-registration until july 31st
- final registration until september 30th

6. Music

- submission of floor music until october 15th to mail: sara.calado@egggaia.pt
- e.g. format: 12_Sofia Amorim_EGG

7. Prizes

- all-around kids A, kids B, youth A, youth B, junior B, senior B (1st, 2nd and 3rd place)
- all-around junior A (1st: 250€; 2nd: 150€; 3rd: 50€)
- all-around senior A (1st: 350€; 2nd: 250€; 3rd: 150€)
- team kids/youth A (3 nominal gymnasts)
- team kids/youth B level (3 nominal gymnasts)
- team junior/senior A (3 nominal gymnasts)
- team junior/senior B (3 nominal gymnasts)
- "Barros de Almeida Trophy", team of 4 gymnasts:
 - 1 gymnast (kids A or youth A)
 - 1 gymnast (junior A or senior A)
 - 1 gymnast (kids B or youth B)
 - 1 gymnast (junior B or senior B)

8. Accommodation Pack

- booking through the link: <https://forms.gle/hwGkkRJAWYipP4ZV7>
- single room: 130€ per person per day
- double room or more: 110€ per person per day
- includes: accommodation, breakfast, lunch, dinner, transfers to and from the airport, cultural program, banquet party

9. Individual Services

- lunch: 15€ per person
- dinner: 15€ per person
- banquet Party: 40€ per person

10. Payment details, registrations and accommodations

- registration until september 30th - 60€ / gymnast
- registration after september 30th- 80€ / gymnast
- registration without judge - 300€ penalty
- no refund after october 15th
- beneficiary: Escola de Ginástica de Gaia - EGG
- IBAN: PT50 0007 0000 00278517944 23 (Escola de Ginástica de Gaia - EGG)
- SWIFT: BESCPTPL

11. Provisional Program:

november 13/14

- arrival of delegations / accreditation
- training at the competition venue - friday all day without schedule

november 15

- judges' meeting
- competition (all day)

november 16

- competition (morning)
- cultural program (afternoon)
- banquet party (evening)

november 17/18

- departure of delegations

A level			
kids	Youth	Junior	Senior
2014-2015-2016	2012-2013	2010-2011	...-2009
own technical program		FIG	

technical program - A level			
	kids	Youth	Junior / Senior
	<ul style="list-style-type: none"> height – 1,10m or 1,20m 	<ul style="list-style-type: none"> height – 1,20m or 1,25m 	
vault	<p>Composition Requirements (CR):</p> <ul style="list-style-type: none"> 1 vault <p>Considerations:</p> <ul style="list-style-type: none"> vault 1.40 (2nd flight without salto) - 2,40pts group IV vaults (Yurchenko) same D score as group III (Tsukahara) with the same 2nd flight vaults with salto in 2nd flight can use elastic trampoline 		FIG 1 vault
bars	<p>Composition Requirements (CR):</p> <ul style="list-style-type: none"> #1 – HB to LB or LB to HB (element from code FIG) #2 – close bar circle element (group 2,4,5) B or more #3 – giant #4 – element with 360° in handstand <p>Additional elements (A value):</p> <ul style="list-style-type: none"> underswing (support of feet) with 180° turn and kip to support - A giant to front support - A cast to support feet - A <p>Bonus:</p> <ul style="list-style-type: none"> flight between bars in different direction of #1 CR - 0,5 close bar circle element (group 2,4,5) C or more - 0,3 (can fulfil #2 CR) reverse or L grip element B or more - 0,5 flight in same bar - 0,5 (each time) dismount with fwd and bwd stretched salto - 0,3 dismount B or more - 0,5 		FIG
beam	<p>Composition requirements:</p> <ul style="list-style-type: none"> #1 – turn or roll (according to FIG code) #2 – dance series (according to FIG code) #3 – acro series (2 acro with flight) #4 – fwd/swd and bwd acro <p>Bonus</p> <ul style="list-style-type: none"> acro series (with salto) - 0,5 second element with D value or higher (0,5 each time from second D element), except forward salto mount or on beam. dismount C or more - 0,5 		FIG
floor	<p>Composition requirements:</p> <ul style="list-style-type: none"> #1 – dance series (according to FIG code) #2 – salto with LA turn (360° or more) #3 – 2 acro lines with salto in different directions #4 – Turn (360°) B or more OR dance element C or more <p>Bonus</p> <ul style="list-style-type: none"> salto with LA turn 720° or more - 0,3 acro line with 2 different followed saltos (one B or more) - 0,5 acro elements of D value or more - 0,5 each time <p>Additional mat without penalty for double salto or 720° (or more) LA turns. The mat cannot be moved. Other elements to the mat will have FIG deduction. Maximum of 3 acro lines</p>		FIG

Note: bonus is awarded even with fall;

Short exercise: 5 elements - 4.00 p. 3-4 elements - 6.00p. 1-2 element - 8.00 p.

B level			
kids	Youth	Junior	Senior
2014-2015-2016	2012-2013	2010-2011	...-2009
own technical program			

technical program - B level				
	kids	Youth	Junior	Senior
vault	<u>Composition requirements:</u> <ul style="list-style-type: none">high – 1,15m or 1,25m2 vaults (can be the same) counts the best score <p>Note: gymnasts can use elastic trampoline without penalty</p>		<u>Composition requirements:</u> <ul style="list-style-type: none">high – 1,25m2 vaults (can be the same) counts the best score	
bars	<u>Composition requirements (0,5):</u> <ul style="list-style-type: none">#1 – Kip#2 – LB to HB element (FIG element)#3 – Giant#4 – Dismount with salto <u>Additional elements with A - value</u> <ul style="list-style-type: none">Hold 2" L positionHold 2" V positionFeet LB jump to HBSwing to front supportPull up – roll bwd to support			
beam	<u>Composition requirements (0,5):</u> <ul style="list-style-type: none">#1 – Dance series (according to FIG code)#2 – Turn or roll (according to FIG code)#3 – Acro with flight#4 – Acro salto / Aerial <u>Additional elements with A - value</u> <ul style="list-style-type: none">Dismount round-off (feet on floor)Dismount handspring fwd (feet on floor)			
floor	<u>Composition requirements (0,5):</u> <ul style="list-style-type: none">#1 – Dance serie (according to FIG code)#2 – Salto LA turn 360°#3 – Acro line front-salto#4 – Acro line back-salto <u>Additional elements with A - value</u> <ul style="list-style-type: none">Walkover bwdWalkover fwd			

