

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 (2015,2016,2017) | youth (2013,2014) | junior (2011,2012) | senior (... 2010)
- B level - kids (2015,2016,2017) | youth (2013,2014) | junior (2011,2012) | senior (... 2010)

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/NuP83ZE781kuN7J6>
- pre-registration until july 31st
- final registration until september 30th

6. Music

- submission of floor music until october 23rd 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 (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 16th

- 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 12/13

- arrival of delegations / accreditation
- training at the competition venue - friday (9:00h - 20:30h) without schedule

november 14

- judges' meeting
- competition (all day)

november 15

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

november 16/17

- departure of delegations

A level			
kids	Youth	Junior	Senior
2015, 2016, 2017	2013 - 2014	2011 - 2012	...- 2010
own technical program		FIG	

technical program - A level			
	kids	Youth	Junior / Senior
vault	height – 1,10m or 1,20m	height – 1,20m or 1,25m	FIG 1 vault
	<u>Composition Requirements (CR):</u> 1 vault <u>Considerations:</u> - 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		
bars	<u>Composition Requirements (CR):</u> #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 <u>Additional elements (A value):</u> - underswing (support of feet) with 180° turn and kip to support - A - swing to front support - A - cast to support feet - A <u>Bonus:</u> - 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	<u>Composition requirements:</u> #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 <u>Bonus</u> - 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	<u>Composition requirements:</u> #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 <u>Bonus</u> - salto bwd 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 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		FIG
Note: Additional Value is awarded even with fall Short exercise: <u>5 elements - 4,00 p.</u> <u>3-4 elements - 6,00p.</u> <u>1-2 element - 8,00 p.</u>			

B level			
kids	Youth	Junior	Senior
2015, 2016, 2017	2013 - 2014	2011 - 2012	...- 2010
own technical program			

technical program - B level				
	kids	Youth	Junior	Senior
vault	<u>Composition requirements:</u> - high – 1,15m or 1,25m 2 vaults (can be the same) counts the best score Note: gymnasts can use elastic trampoline without penalty		<u>Composition requirements:</u> - high – 1,25m 2 vaults (can be the same) counts the best score	
bars	<u>Composition requirements (0,5):</u> #1 – Kip #2 – LB to HB element (FIG element) #3 – Giant #4 – Dismount with salto <u>Additional elements with A - value</u> - Feet LB jump to HB - Swing to front support - Pull up – roll bwd to support			
beam	<u>Composition requirements (0,5):</u> #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> - Dismount round-off (feet on floor) - Dismount handspring fwd (feet on floor)			
floor	<u>Composition requirements (0,5):</u> #1 – Dance series (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> - Walkover bwd - Walkover fwd			
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.				

