



GymSport

**CENTRO de DESPORTOS
e CONGRESSOS de MATOSINHOS**

27 e 28 de ABRIL de 2019

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SPORT CLUB DO PORTO



10th GYMSPORT MATOSINHOS INTERNATIONAL TOURNAMENT MEN'S AND WOMEN'S ARTISTIC GYMNASTICS

Matosinhos – Portugal

April 27th and 28th 2019

SPORT CLUB DO PORTO is pleased to invite you to the 10^o GYMSPORT MATOSINHOS – International Men's and Women's Artistic Gymnastics Tournament, which will be held on April 27th and 28th 2019, in Centro de Desportos e Congressos de Matosinhos, Portugal.

10th GYMSPORT MATOSINHOS 2018
General informations and Programm

ORGANIZATION	<p>Sport Club do Porto Estrada da Circunvalação, nº 15687 4100-183 Porto Portugal Tel: 00351 963480798 Email: sportginastica@gmail.com http: www.gymsport.org</p>
CONTACT PERSON	<p>Head of Organization Committee: Mrs Alda Côrte-Real TIm: 00351 963480798 Email: gymsport.scp@gmail.com Address: Estrada da Circunvalação, 15687 4100-183 PORTO - PORTUGAL</p>
DATE	April 27 th and 28 th 2019
VENUE	<p>Matosinhos. Centro de Desportos e Congressos de Matosinhos</p>
PROGRAMME (After Definitive entries, the program may be revised)	<p>Friday April 26th - 2019 Arrival of delegations Official training Technical Meeting in the evening Saturday April 27th - 2019 WAG and MAG - Competition I and IV Award Ceremony Sunday April 28th - 2019 WAG and MAG Finals – Competition III Award Ceremony Closing dinner for delegations Monday April 29th - 2019 Departure of delegations</p>
COMPETITION CATEGORIES	<p>MAG a) Youth – 2004, 2005, 2006 and 2007 b) Junior – 2001 2002, 2003</p>

	<p>c) Senior – 2000 and older</p> <p>WAG</p> <p>a) Youth – 2006, 2007</p> <p>b) Junior –2004, 2005</p> <p>c) Senior – 2003 and older</p>
COMPETITION FORMAT	<p><u>Individual CI</u> - by age group MAG/WAG</p> <p><u>Apparatus Final CIII</u> –Youth, Junior and Senior FIG</p> <ul style="list-style-type: none"> the top 6 youth gymnasts MAG and WAG from the youth qualifications the top 6 Junior gymnasts MAG and WAG from the junior qualifications the top 6 Senior gymnasts MAG and WAG from the Senior <u>Teams CIV</u> qualifications– composed by 3 gymnasts MAG/WAG <p>Composition of the TEAM:</p> <p>MAG – 3 gymnasts (team) - must have at least 1 Youth gymnast and not more than 1 Senior gymnast</p> <p>WAG – 3 gymnasts (team) - must have at least 1 Youth gymnast and not more than 1 Senior gymnast</p> <p><i>Ex. Team possibilities:</i></p> <p>1Youth, 1 Jun, 1 sen / 1 youth, 2 jun / 2 youth, 1 sen / 2 youth, 1 jun / 3 Youth</p> <p>Countries have the possibility to bring more gymnasts, paying the additional fee for gymnast, coach or judge (See Entry Fees for additional gymnast, coach or judge)</p>
TIE-BREAKING RULES	<p>In case of a tie at any place, the tie-breaking rules as set up for all FIG competitions shall be applied (Technical Regulations, Section 2).</p>
JUDGES	<p>Judges must provide their official certification, issued by the respective National Federation</p>
	<p><i>Provisional and final entries:</i> online www.gymsport.org</p> <p><u>Provisional: December 2018 till January 31st2019</u></p> <p>Pré-registration (online form)</p> <p>Accommodation preferences (online form)</p>

<p>REGISTRATION AND DEADLINES</p>	<p>Final registrations (Nominative): online www.gymsport.org</p> <p><u>February 01st 2019 till February 28th2019</u></p> <p>Travel Schedule form</p> <p>Music in digital format (WAG)</p> <p>Entry Fees Payment - <u>February 28th2019</u></p> <p>Missing judge payment (if applied)</p> <p>Visa request (if needed)</p> <p>All participants must be booked (accommodation and meals) through the 10thGymsport 2018 organization to guarantee the transport airport/hotel/gym Hall</p>
<p>DELEGATIONS</p>	<p>Composition of the delegations:</p> <p>MAG – 3 gymnasts + 1 coach + 1 judge (required)</p> <p>WAG – 3 gymnasts + 1 coach+ 1 judge (required)</p> <p>Countries have the possibility to bring more gymnasts, paying the additional fee for gymnast, coach (See Entry fees for additional gymnast, coach)</p>
<p>Entry Fees And Extra fees</p> <p>to be paid the latest on <u>February 28th2019</u></p>	<p>Entry fee (participation plus accommodation):</p> <ul style="list-style-type: none"> • Participation fee (include fee for competition, meals and accommodation): per gymnast, per coach and per judge <ul style="list-style-type: none"> ✓ in single room – 320,00€ ✓ in double room - 280,00€ ✓ in triple room - 250,00€ • Extra fee (per person): <ul style="list-style-type: none"> • Absence of Judge - 150,00 € (penalty) • Additional gymnast, coach – participation fee + 20€ • Additional person extra competition - participation fee + 40€ • Extra night only Bed and Breakfast – (per person/per day) <ul style="list-style-type: none"> ✓ in single room - 75,00€ ✓ in double room - 65,00€ ✓ in triple room - 55,00€ • Extra meal – (per person) – 12,00€ <p>Entry fees and travel costs are covered by the delegations.</p>
	<ul style="list-style-type: none"> • Accommodation expenses (3 nights) • Transport from airport to the hotel and from the hotel to the airport; Shuttlebus between Hotel and Gym Hall

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SUBSCRIPTION FEES INCLUDE	<ul style="list-style-type: none"> • Catering and accommodation from April 26th until April 28th 2019 • Closing Dinner
CANCELLATION REIMBURSEMENT POLICY	<p>The fees reimbursement is only possible if the cancellation occurs up to 1 and half month prior to the event. Afterwards, no reimbursement will be made</p>
MEDALS REWARDS	<ul style="list-style-type: none"> • <i>Diploma</i> for all gymnasts • <i>Individual C-I</i> - Medals for the 3 best gymnasts • <i>Teams C-IV</i> – Trophies for the 3 best MAG and WAG teams • <i>Finals C-III</i> <ul style="list-style-type: none"> ✓ Medals for the 3 best Youth gymnasts MAG and WAG ✓ Medals for the 3 best Junior gymnasts MAG and WAG ✓ Medals for the 3 best Senior gymnasts MAG and WAG • <i>TROPHY GYMSPORT</i> – for the best delegation MAG + WAG (Total of the 6 and 4 all-around scores)
INSURANCE	<p>Declaration of your Federation that:</p> <ul style="list-style-type: none"> • All members of the delegation (gymnasts, coaches and judges) must be covered by a valid insurance. • The organization does not accept any kind of responsibility.
ACCREDITATION	<p>Accreditation will be given after the arrival of delegations.</p> <p>Delegations must bring to the accreditation:</p> <ul style="list-style-type: none"> - Proof of all payments - Certification of valid insurance - Judge official certification
BANK ACCOUNT INFORMATION	<p>Payment by Bank transfer at the following account:</p> <ul style="list-style-type: none"> • IBAN : PT50.0033.0000.45251429552.05 • SWIFT/BIC: BCOMPTPL • Beneficiary: SPORT CLUB DO PORTO • Reference: NAME OF YOUR CLUB
GENERAL INFORMATION	<p>The number of Teams is limited – date of registration will be taken into account.</p> <p>The organization committee has the possibility to limit the Teams/Countries.</p>

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INTERNATIONAL TOURNAMENT
MEN'S AND WOMEN'S ARTISTIC GYMNASTICS**

TECHNICAL REQUIREMENTS

MAG				
YOUTH (2004, 2005, 2006 and 2007)				
E score (short exercises)	D Score (difficulty)	Vault	Dismount	Bonus
FIG Evaluation: 7 or more elements -10,00 p. 6 elem - 8,00 p. 5 elem - 7,00 p. 4 elem - 6,00 p. 3 elem - 5,00 p. 2 elem - 3,00 p. 1 elem - 1,00 p.	Junior FIG	<i>Height:</i> 1m 25 or 1m 35 <i>D Score:</i> FIG Qualification for vault final: - Gymnast must perform 2 jumps from different vault groups, but it is allowed to use the same 2 nd flight phase	without Dmt 0,00 pts Dmt A - 0,10 pts Dmt B - 0,30 pts Dmt C or more - 0,50 pts	+ 0.10 pts → B + 0.20 pts → C, D, E, F CP FIG
JUNIOR (2001, 2002, 2003)				
Junior FIG	Junior FIG	Junior FIG	Junior FIG	Junior FIG
SENIOR (2000 and older)				
Senior FIG	Senior FIG	Senior FIG	Senior FIG	Senior FIG

10th GYMSPORT MATOSINHOS - INTERNATIONAL TOURNAMENT
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TECHNICAL REQUIREMENTS

WAG				
YOUTH (2006, 2007)				
E score	Vault	Uneven Bars	Beam	Floor
Penalty of: 7-8 elem - 0,00 p. 6 elem - 2,00 p. 4-5 elem - 4,00p. 2-3 elem - 6,00p. 1 elem - 8,00 p. 0 elem - 10,00 p.	<i>Height: 1m 20</i> OR 1m25 1 springboard C-I 2 vaults (same vault allowed) best account C-III 2 vaults (same group allowed but must be different) Final score =average of 2 vaults If the second vault is the same of 1 st vault Evaluation=FIG Code	7 best elements + dismount <u>Comp.requirements</u> - Flight elem. HB to LB or LB to HB - Close bar circle elem. min. B (group2,4.5) - 2 different grips - Elem. with 360° LA rotation <u>Notes:</u> <ul style="list-style-type: none"> • Underswing on LB (support of feet) with half turn (180°) and glide skip to support on LB = "A" value • Giant circle ending on front support = "A" value • Is permitted to perform cast to put both feet on the LB and jump to HB is not an element but do not deduct for uncharacteristic element 	7 best elements + dismount (3 acro elem; 3 dance elem, and 2 optional elements) <u>Comp. requirements</u> - 2 different dance elem 1 being 180° split pos. (FIG) -Turn gr. 3 (FIG) - 1 Acro serie with 2 flight elements (with or without hand support. Allowed the same element) - Acrob elem fwd/swd or bwd (FIG) <u>Additional Value:</u> <ul style="list-style-type: none"> • Dmt connection with Round-off or flic-flac landed on both feet with salto, or handspring with fwd salto, or cartwheel or flic-flac 1 leg and Auerbach salto – 0,20 p. 	7 best elements + dismount (3 acro elem; 3 dance elem. and 2 optional elements) <u>Comp. requirements.</u> - Dance passage (FIG rules) - Salto with LA turn (min.360°) - 2 acro lines with salto bwd and salto fwd (no aerials) - Turn (360°) min. B ACRO LINE (FIG rules) MAX 3 ACRO LINES <u>Additional Value:</u> <ul style="list-style-type: none"> • 1 acro line with 3 flight fwd elements -0,30 p. (different) • 1 acro line with 4 flight bwd/sidew elements - 0,30 p. (different) • Double bwd salto – 0,50 p.

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	<p>Notes:</p> <p>The Group IV vaults (Yourchenko) will have the same D value as the Group III vaults (Tsukahara) with the same second flight</p> <p>. Vaults 1.40=2,80p. 1.50=3.00p.</p>	<p><u>Additional Value:</u></p> <ul style="list-style-type: none"> • Cast to handstand – 0,30p. • Flight elem. different from the 1st Comp. Req. – 0,50p • Elem. with 180° LA rotation (except from cast to handstand=0,30p. -0,50p. • Flight elem same bar – 0,50p. • Dmt starting from bwd or fwd stretched salto • Dmt with LA rotation (min. 360°) – 0,50 p. • Dmt double salto bwd with or without LA rotation – 0,50 p. <p>The ADITIONAL VALUE is awarded even with a fall</p> <p>FIG CP bonus are awarded ONLY when the elements are performed with success</p>	<ul style="list-style-type: none"> • Acro serie with 2 flight elements, one with 1 salto – 0,30 p. • DMT with LA rotation ($\leq 360^\circ$)– 0,30p. <p>The ADITIONAL VALUE is awarded even with a fall</p> <p>FIG CP bonus are awarded only when the elements are performed with success</p>	<ul style="list-style-type: none"> • Fwd salto with LA turn ($\leq 540^\circ$) -0,30 p. Bwd salto with LA turn ($\leq 720^\circ$) -0,30 p. <p>The ADITIONAL VALUE is awarded even with a fall</p> <p>FIG CP bonus are awarded only when the elements are performed with success</p> <p><u>Note:</u></p> <ul style="list-style-type: none"> - Additional mat can be used without penalty for double saltos or double LA turn. The mat CANNOT be moved during the floor routine and the other acro lines CANNOT have reception in the mat (FIG deduction) - The same acro line can only receive one Additional Value. Will be award the highest Additional Value
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JUNIOR 2004, 2005)

<p>C-I - Junior FIG</p> <p>C-III – Senior FIG</p> <p>NOTE: All <i>junior gymnasts</i> who wants to participate in C-III must perform in C-I two vaults</p>	<p align="center">Junior FIG</p>	<p align="center">Junior FIG</p>	<p align="center">Junior FIG</p>	<p align="center">Junior FIG</p>
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SENIOR (2003 and older)

<p align="center">Senior FIG</p>	<p align="center">Senior FIG</p>	<p align="center">Senior FIG</p>	<p align="center">Senior FIG</p>	<p align="center">Senior FIG</p>
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We are looking forward to your participation.

It will be a great pleasure to welcome you in Matosinhos, Portugal.

Kind regards on behalf of the organizing Committee.

Porto, 03/12/2018

Alda Côrte-Real
Head of Organization Comitee

