

12º

Gym Sport MATOSINHOS

CENTRO de DESPORTOS e CONGRESSOS de MATOSINHOS

www.gymsport.org // @ginasticasport

28 e 29 de ABRIL de 2023



APOIOS

ORGANIZAÇÃO



matosinhos
sport



SPORT CLUB DO PORTO



12th GYMSPORT MATOSINHOS INTERNATIONAL TOURNAMENT MEN'S AND WOMEN'S ARTISTIC GYMNASTICS

Matosinhos – Portugal

April 27th to 29th 2023

SPORT CLUB DO PORTO is pleased to invite you to the 12th GYMSPORT MATOSINHOS – International Men's and Women's Artistic Gymnastics Tournament, which will be held in Centro de Desportos e Congressos de Matosinhos, Portugal.

SPORT CLUB DO PORTO

Estrada da Circunvalação, nº 15687 - 4100-183 PORTO/ PORTUGAL / Tlm 0035 963 480 798

www.gymsport.org – <http://www.facebook.com/sportclubdoportoginastica> – [@ginasticasport](https://www.instagram.com/ginasticasport)

12th GYMSPORT MATOSINHOS 2023
General information and Program

ORGANIZATION	Sport Club do Porto Estrada da Circunvalação, nº 15687 4100-183 Porto Portugal Mobile phone: 00351 963480798 Email: gymSPORT.scp@gmail.com Website: www.gymSPORT.org
CONTACT PERSON	Head of Organization Committee: Mrs Alda Côrte-Real Mobile phone: 00351 963480798 Email: gymSPORT.scp@gmail.com Address: Estrada da Circunvalação, 15687 4100-183 PORTO - PORTUGAL
DATE	April 27 th to 29 th 2023
VENUE	Matosinhos. Centro de Desportos e Congressos de Matosinhos Rua do Estádio, 4460-381 Sra da Hora - Portugal
PROGRAM (After Definitive entries, the program may be revised)	Thursday April 27th - 2023 Arrival of delegations Official training Technical Meeting in the evening Friday April 28th - 2023 WAG and MAG - Competition I and IV Award Ceremony Saturday April 29th - 2023 WAG and MAG Finals – Competition II I Award Ceremony Closing dinner for delegations Sunday April 30th - 2023 Departure of delegations

<p>COMPETITION CATEGORIES</p>	<p>MAG</p> <p>a) Youth – 2009 to 2013 b) Junior – 2005 to 2008 c) Senior – 2004 and older</p> <p>WAG</p> <p>a) Youth – 2010 to 2013 b) Junior – 2008 and 2009 c) Senior – 2007 and older</p>
<p>COMPETITION FORMAT</p>	<p><u>Individual CI</u> - by age group MAG/WAG</p> <p><u>Apparatus Final CIII</u> –Youth, Junior and Senior</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 qualifications • <u>Team CIV</u> qualification– composed by 3 gymnasts MAG/WAG <p>TEAM COMPOSITION:</p> <p><u>MAG</u> – 3 gymnasts (team) - must have at least 1 Youth gymnast and not more than 1 Senior gymnast</p> <p><u>WAG</u> – 3 gymnasts (team) - must have at least 1 Youth gymnast and not more than 1 Senior gymnast</p> <p><u>Team possibilities:</u></p> <ul style="list-style-type: none"> • 1 Youth, 1 Jun, 1 Sen • 1 Youth, 2 Jun • 2 Youth, 1 Sen • 2 Youth, 1 Jun • 3 Youth <p>Countries have the possibility to bring more gymnasts. Those who do not compete in a team, can compete individually.</p>
<p>TIE-BREAKING RULES</p>	<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 – Art .7).</p>
<p>JUDGES</p>	<p>Judges must provide their official certification, issued by the respective National Federation</p>

<p style="text-align: center;">REGISTRATION AND DEADLINES</p>	<p>Provisional and final forms</p> <p>website: www.gymsport.org</p> <p>Provisional registration - <u>until February 10th 2023</u></p> <p>online: provisional registration (link)</p> <p><i>Final registrations (nominative)</i> - <u>until March 10th 2023:</u></p> <p>Travel Schedule form</p> <p>Music in digital format (WAG)</p> <p>Entry Fees Payment - <u>until March 24th 2023</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 12thGymsport 2023 organization, to guarantee the transport airport/hotel/gym Hall</p>
<p style="text-align: center;">DELEGATIONS</p>	<p>Composition of the delegations:</p> <p>MAG – gymnasts + coach/es + 1 judge (required)</p> <p>WAG – gymnasts + coach/es + 1 judge (required)</p>
<p style="text-align: center;">Entry and Extra fees</p> <p>to be paid, the latest, until</p> <p><u>March 24th2023</u></p>	<p>Entry fee (participation plus accommodation):</p> <ul style="list-style-type: none"> • Participation fee (include competition fee, meals, and accommodation) <u>per gymnast, per coach and per judge:</u> <ul style="list-style-type: none"> ○ in single room – 450,00€ ○ in double/twin room - 420,00€ (twin upon availability) ○ in triple room - 380,00€ (triple upon availability) <p>Extra fee (per person):</p> <ul style="list-style-type: none"> • Absence of Judge - 200,00 € (penalty) • Additional person (extra competition) - participation fee + 20€ • Extra meal – (per person) – 15,00€ • Extra night only Bed and Breakfast (per person/per day) <ul style="list-style-type: none"> ○ in single room - 85,00€ ○ in double room - 75,00€ ○ in triple room - 65,00€ (triple upon availability) <p>Entry fees and travel costs are covered by the delegations.</p> <p>All payments must be processed in Euros</p> <p>All expenses in connections with bank fee's must be paid by the delegations</p>

SPORT CLUB DO PORTO

Estrada da Circunvalação, nº 15687 - 4100-183 PORTO/ PORTUGAL / Tlm 0035 963 480 798

www.gymsport.org – <http://www.facebook.com/sportclubdoportoginastica> – [@ginasticasport](https://www.instagram.com/ginasticasport)

<p>SUBSCRIPTION FEES INCLUDE</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 • Catering and accommodation from April 27th until April 29th 2023 • Closing Dinner 																						
<p>CANCELLATION REIMBURSEMENT POLICY</p>	<p>The fees reimbursement is only possible if the cancellation occurs up to one month prior to the event. Afterwards, no reimbursement will be made.</p>																						
<p>MEDALS REWARDS</p>	<ul style="list-style-type: none"> • Diploma for all gymnasts • Individual C-I - Medals for the 3 best gymnasts by age group MAG/WAG • Teams C-IV – Trophies for the 3 best MAG and WAG teams • Finals C-III <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 • GYMSPORT TROPHY – it's a trophy for the best delegation in competition. <ul style="list-style-type: none"> ○ The all-around results will be ordered considering the best 3 scores of each delegation (MAG, WAG or both), according to the following table: <table border="1" data-bbox="528 1234 1355 1368"> <tr> <td>Ranking</td> <td>1^o</td> <td>2^o</td> <td>3^o</td> <td>4^o</td> <td>5^o</td> <td>6^o</td> <td>7^o</td> <td>8^o</td> <td>9^o</td> <td>10^o</td> </tr> <tr> <td>Points</td> <td>10 pts</td> <td>9 pts</td> <td>8 pts</td> <td>7 pts</td> <td>6 pts</td> <td>5 pts</td> <td>4 pts</td> <td>3 pts</td> <td>2 pts</td> <td>1 pts</td> </tr> </table> 	Ranking	1 ^o	2 ^o	3 ^o	4 ^o	5 ^o	6 ^o	7 ^o	8 ^o	9 ^o	10 ^o	Points	10 pts	9 pts	8 pts	7 pts	6 pts	5 pts	4 pts	3 pts	2 pts	1 pts
Ranking	1 ^o	2 ^o	3 ^o	4 ^o	5 ^o	6 ^o	7 ^o	8 ^o	9 ^o	10 ^o													
Points	10 pts	9 pts	8 pts	7 pts	6 pts	5 pts	4 pts	3 pts	2 pts	1 pts													
<p>INSURANCE</p>	<p>Declaration of your Federation that:</p> <ul style="list-style-type: none"> • All members of the delegations (gymnasts, coaches and judges) are responsible for ensuring the adequate coverage against all accidents and diseases. • Members that are not covered by a valid insurance, will not be allowed to compete. • The organization does not accept any kind of responsibility. 																						
<p>ACCREDITATION</p>	<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 																						

SPORT CLUB DO PORTO

Estrada da Circunvalação, nº 15687 - 4100-183 PORTO/ PORTUGAL / Tlm 0035 963 480 798

www.gymsport.org – <http://www.facebook.com/sportclubdoportoginastica> – [@ginasticasport](https://www.instagram.com/ginasticasport)

<p>BANK ACCOUNT INFORMATION</p>	<p>Payment by Bank transfer at the following account:</p> <ul style="list-style-type: none"> • IBAN : PT50.0033.0000.45251429552.05 • SWIFT/BIC: BC0MPTPL • Beneficiary: SPORT CLUB DO PORTO • Reference: NAME OF YOUR CLUB
<p>GENERAL INFORMATION</p>	<p>The organization committee has the possibility to limit the Teams/Countries. The date of registration will be taken into account.</p>

TECHNICAL REQUIREMENTS

MAG			
YOUTH (2009 to 2013)			
E score (Short exercise)	D Score (difficulty)	Vault	Additional Information
Junior FIG	Junior FIG	<i>Height:</i> 1m 25 or 1m 35 Junior FIG	Dismounts: Without dismount - 0,00 pts A value - 0,30 pts B value or higher - 0,50 pts No penalty for: - lack of swing to handstand element on rings routine - lack of multiple salto on floor routine
JUNIOR (2005 to 2008)			
Junior FIG	Junior FIG	Junior FIG	Junior FIG
SENIOR (2004 and older)			
Senior FIG	Senior FIG	Senior FIG	Senior FIG

Notes:

- Will be possible to use 1 supplementary mat on Vault and High bar for all age groups;
- 2 gymnasts per delegation for the finals. More will be allowed if the 6 places are not filled.

TECHNICAL REQUIREMENTS

WAG

YOUTH (2010 to 2013)

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.	<p><i>Height:</i></p> <p>- Gymnasts born 2012 and 2013 – 1m 10 or 1m 20</p> <p>(two vaults, can be the same vault) best account</p> <p>-----</p> <p>- Gymnasts born 2009 and 2010 – 1m 20 or 1m 25</p> <p>(two vaults, same group allowed, but must be different) best account</p> <p><u>For gymnasts born 2010 and 2011</u></p> <p>If performed the same vault twice, 1,00p. penalty in the second vault</p> <p><u>General rules for both age group</u></p> <p>C-III</p> <p>(two vaults, same group</p>	<p>8 best elements including dismount</p> <p><u>Comp.requirements</u></p> <p>1 - Flight elem. HB to LB or LB to HB (FIG Code element)</p> <p>2 - Close bar circle elem. min. B (group 2,4.5)</p> <p>3 – Giant circle</p> <p>- Elem. with 360° LA rotation</p> <p><u>Notes:</u></p> <ul style="list-style-type: none"> • Underswing on LB (support of feet) with half turn (180°) and glide skip to support on LB (do not need to be in horizontal = “A” value • Giant circle ending on front support = “A” value • Gymnasts can perform cast to put both feet on the LB and jump to HB = “A” value 	<p>8 best elements including dismount</p> <p>(3 acro elem; 3 dance elem, and 2 optional elements)</p> <p><u>Comp. requirements</u></p> <p>-Turn gr. 3 or roll/Flairs (FIG)</p> <p>- 2 different dance element 1 being a leap, jump or hop with 180° split pos, or straddle (FIG)</p> <p>- 1 Acro serie with 2 flight elements Allowed the same element</p> <p>- Acro elem fwd/swd or bwd (FIG)</p> <p><u>Aditonal Value:</u></p> <ul style="list-style-type: none"> • DMT C or more - 0,50p. • One Acro series, min. of 2 flight elements, 1 being a salto (elements may be the same) – 0,50 p. 	<p>8 best elements including dismount</p> <p>(3 acro elem; 3 dance elem. and 2 optional elements)</p> <p><u>Comp. requirements.</u></p> <p>- Dance passage (FIG rules)</p> <p>- Salto with LA turn (min.360°)</p> <p>- 2 acro lines with salto in different directions (no aerials)</p> <p>- Turn (360°) min. B OR dance element min. C (may be included in Comp. Req. 1</p> <p>ACRO LINE (FIG rules) MAX 3 ACRO LINES</p> <p><u>Aditonal Value:</u></p> <ul style="list-style-type: none"> • Acro line with 2 different followed saltos, one being min. B - 0,50 p. • Double bwd salto – 0,50 p. • Salto bwd with LA turn (≥.720°) – 0,30 p.

SPORT CLUB DO PORTO

Estrada da Circunvalação, nº 15687 - 4100-183 PORTO/ PORTUGAL / Tlm 0035 963 480 798

www.gymsport.org – <http://www.facebook.com/sportclubdoportoginastica> – [@ginasticasport](https://www.instagram.com/ginasticasport)

<p>allowed, but must be different) best account</p> <p>If performed the same vault twice, 1,00p. penalty in the second vault</p> <p>1 springboard</p> <p><i>Final score - best account</i></p> <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>. Vault 1.40=2,40p.</p>	<p><u>Additional Value:</u></p> <ul style="list-style-type: none"> • Flight elem. in different direction from the 1st Comp. Req. – 0,50p • Close bar circle elem. (group 2,4,5) min. C = 0,30 p. (can fulfil the 2nd Comp. requirement.) • Giant circle with different hand support from the 3rd Comp. Req. - 0,50p. • Flight elem. same bar – 0,50p. • Dmt with fwd or bwd stretched salto – 0,30 p. • Dmt “B” or more – 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>	<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>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) - Acrobatic line is the connection of minimum 2 acrobatic elements, 1 being a salto.
---	--	--	--

JUNIOR (2008, 2009)

C-I and III Junior FIG	Junior FIG	Junior FIG	Junior FIG	Junior FIG
---------------------------	------------	------------	------------	------------

SENIOR (2007 and older)

Senior FIG	Senior FIG	Senior FIG	Senior FIG	Senior FIG
------------	------------	------------	------------	------------

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.

Alda Côrte-Real
Head of Organization Comitee



Porto, 31/12/2022