



14<sup>th</sup>

# Gym Sport MATOSINHOS



**MATOSINHOS'25**  
CIDADE EUROPEIA DO DESPORTO  
EUROPEAN CITY OF SPORT



matosinhos

matosinhos  
sport



# **SPORT CLUB DO PORTO**



## **14<sup>th</sup> GYMSPORT MATOSINHOS INTERNATIONAL TOURNAMENT MEN AND WOMEN ARTISTIC GYMNASTICS**

Matosinhos – Portugal

**April 12<sup>th</sup> and 13<sup>th</sup> 2025**

SPORT CLUB DO PORTO is pleased to invite you to the 14<sup>th</sup> GYMSPORT MATOSINHOS 2025 – International Men and Women Artistic Gymnastics Tournament, which will be held in Centro de Desportos e Congressos de Matosinhos, Portugal.

**14<sup>th</sup> GYMSPORT MATOSINHOS 2025**  
**General information and Program**

<b>ORGANIZATION</b>	<p><b>Sport Club do Porto</b>  Estrada da Circunvalação, nº 15687  4100-183 Porto Portugal  <b>Mobile phone:</b> 00351 913368803  <b>Email:</b> <a href="mailto:gymSPORT.scp@gmail.com">gymSPORT.scp@gmail.com</a>  <b>Website:</b> <a href="http://www.gymSPORT.org">www.gymSPORT.org</a></p>
<b>CONTACT PERSON</b>	<p>Head of Organization Committee: <b>Mrs Alda Côrte-Real</b>  <b>Mobile phone:</b> 00351 963480798  <b>Email:</b> <a href="mailto:gymSPORT.scp@gmail.com">gymSPORT.scp@gmail.com</a>  <b>Address:</b> Estrada da Circunvalação, 15687  4100-183 PORTO - PORTUGAL</p>
<b>DATE</b>	April 12 <sup>th</sup> and 13 <sup>th</sup> 2025
<b>VENUE</b>	<p>Centro de Desportos e Congressos de Matosinhos  <b>Address:</b> Rua do Estádio, 4460-381 Sra da Hora - Portugal</p>
<b>PROGRAM</b>  (After Definitive entries, the program may be revised)	<p><b>Friday April 11<sup>th</sup> - 2025</b>  Arrival of delegations  Official training  Technical Meeting in the evening</p> <p><b>Saturday April 12<sup>th</sup> - 2025</b>  WAG and MAG - Competition I and IV  Award Ceremony</p> <p><b>Sunday April 13<sup>th</sup> - 2025</b>  WAG and MAG Finals – Competition III  Award Ceremony  Closing dinner for delegations</p> <p><b>Monday April 14<sup>th</sup> - 2025</b>  Departure of delegations</p>



<p><b>ACCREDITATION</b></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"> <li>• Proof of all payments</li> <li>• Certification of valid insurance</li> </ul> <p>Judge official certification</p>
<p><b>COMPETITION CATEGORIES</b></p>	<p><b>MAG</b></p> <ul style="list-style-type: none"> <li>a) Youth – 2010 to 2014</li> <li>b) Junior – 2007 to 2009</li> <li>c) Senior – 2006 and older</li> </ul> <p><b>WAG</b></p> <ul style="list-style-type: none"> <li>a) Youth – 2012 to 2015</li> <li>b) Junior – 2010 and 2011</li> <li>c) Senior – 2009 and older</li> </ul>
<p><b>COMPETITION FORMAT</b></p>	<p><b>QUALIFICATIONS</b></p> <ul style="list-style-type: none"> <li>• <u>Individual C-I</u> by age group MAG/WAG (Youth, Junior and Senior)</li> <li>• <u>Team C-IV</u> – composed by 3 best gymnasts MAG/WAG.</li> </ul> <p>Team composition:</p> <ul style="list-style-type: none"> <li>○ <u>MAG</u> – 3 gymnasts (team) - must have at least 1 Youth gymnast and not more than 1 Senior gymnast</li> <li>○ <u>WAG</u> – 3 gymnasts (team) - must have at least 1 Youth gymnast and not more than 1 Senior gymnast</li> </ul> <p>Team possibilities:</p> <ul style="list-style-type: none"> <li>○ 1 Youth, 1 Jun, 1 Sen</li> <li>○ 1 Youth, 2 Jun</li> <li>○ 2 Youth, 1 Sen</li> <li>○ 2 Youth, 1 Jun</li> <li>○ 3 Youth</li> </ul> <p>Countries have the possibility to bring more gymnasts. <b>Those who do not compete in a team, can compete individually.</b></p>



<p style="text-align: center;"><b>COMPETITION FORMAT</b></p>	<p><b>APPARATUS FINAL CIII</b> –Youth, Junior and Senior</p> <ul style="list-style-type: none"> <li>• the top 6 Youth gymnasts MAG and WAG from the youth qualifications (1 per delegation)</li> <li>• the top 6 Junior gymnasts MAG and WAG from the junior qualifications (1 per delegation)</li> <li>• the top 6 Senior gymnasts MAG and WAG from the senior qualifications (1 per delegation)</li> </ul> <p><b>GYMSPORT TROPHY</b></p> <p>– it’s a trophy for the best delegation in competition.</p> <ul style="list-style-type: none"> <li>○ The all-around results will be ordered considering the best 3 scores of each delegation (MAG or WAG) according to the Medals /rewards table.</li> </ul>
<p style="text-align: center;"><b>TIE-BREAKING RULES</b></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 .7º).</p>
<p style="text-align: center;"><b>JUDGES</b></p>	<p>Judges must provide their official certification, issued by the FIG or the respective National Federation</p>
<p style="text-align: center;"><b>REGISTRATION AND DEADLINES</b></p>	<p><b>Provisional registration</b></p> <p style="text-align: center;"><b><u>Until December 15<sup>th</sup> 2024</u></b></p> <p>Online form: will be available soon</p> <p><b>Final registration</b> (nominative)</p> <p style="text-align: center;"><b><u>Until February 10<sup>th</sup> 2025</u></b></p> <p>Online form: available after provisional registration Travel Schedule form Music in digital format (WAG)</p> <p><b>Entry Fees Payment</b></p> <p style="text-align: center;"><b><u>Until February 10<sup>th</sup> 2025</u></b></p> <p>Missing judge payment (if applied) Visa request (if needed)</p> <p><b>All participants must book (accommodation and meals) through the 14<sup>h</sup> Gymsport 2025 organization, to guarantee the transport airport / hotel / gym hall</b></p>



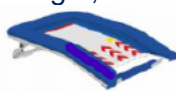
<p><b>DELEGATIONS</b></p>	<p><b>Composition of the delegations:</b></p> <p>MAG – gymnasts + coach/es + 1 judge (required)</p> <p>WAG – gymnasts + coach/es + 1 judge (required)</p>
<p><b>Entry and Extra fees</b></p> <p>to be paid, the latest, until</p> <p><b><u>February 26<sup>th</sup>2025</u></b></p>	<p><b>Entry fee</b> (participation plus accommodation and meals):</p> <ul style="list-style-type: none"> <li>• <b>Participation fee</b> (include competition fee, meals, and accommodation) <u>per gymnast, per coach and per judge:</u> <ul style="list-style-type: none"> <li>○ in <b>single room</b> – 485,00€</li> <li>○ in <b>double/twin room</b> - 455,00€ (twin upon availability)</li> <li>○ in <b>triple room</b> - 420,00€ (triple upon availability)</li> </ul> </li> </ul> <p><b>Extra fee</b> (per person):</p> <ul style="list-style-type: none"> <li>• <b>Absence of Judge</b> - 400,00 € (penalty)</li> <li>• <b>Additional person</b> (extra competition) - participation fee + 20€</li> <li>• <b>Extra meal</b> – (per person) – 15,00€</li> <li>• <b>Extra night</b> only Bed and Breakfast (per person/per day) <ul style="list-style-type: none"> <li>○ in single room - 90,00€</li> <li>○ in double room - 80,00€</li> <li>○ in triple room - 65,00€ (triple upon availability)</li> </ul> </li> </ul> <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>
<p><b>SUBSCRIPTION FEES INCLUDE</b></p>	<ul style="list-style-type: none"> <li>• Accommodation expenses (3 nights)</li> <li>• Transport from airport to the hotel and from the hotel to the airport; Shuttlebus between Hotel and Gym Hall</li> <li>• Catering and accommodation from <b>April 11<sup>th</sup> until April 13<sup>th</sup> 2025</b> (14<sup>th</sup> only breakfast)</li> <li>• Closing Dinner - <b>April 13<sup>th</sup></b></li> </ul>
<p><b>CANCELLATION REIMBURSEMENT POLICY</b></p>	<p>The fees reimbursement <b>is only possible if the cancellation occurs <u>up to one month prior to the event.</u></b> Afterwards, <b>no reimbursement</b> will be made.</p>





<p style="text-align: center;"><b>MEDALS REWARDS</b></p>	<ul style="list-style-type: none"> <li>• <b>Diploma for all gymnasts</b></li> <li>• <b>Individual C-I</b> - Medals for the 3 best gymnasts by age group MAG/WAG</li> <li>• <b>Teams C-IV</b> – Trophies for the 3 best MAG and WAG teams</li> <li>• <b>Finals C-III</b> <ul style="list-style-type: none"> <li>○ Medals for the 3 best <b>Youth</b> gymnasts MAG and WAG</li> <li>○ Medals for the 3 best <b>Junior</b> gymnasts MAG and WAG</li> <li>○ Medals for the 3 best <b>Senior</b> gymnasts MAG and WAG</li> </ul> </li> <li>• <b>GYMSPORT TROPHY</b> – it's a trophy for the best delegation in competition. <ul style="list-style-type: none"> <li>○ The all-around results will be ordered considering the best 3 scores of each delegation (MAG or WAG), according to the following table:</li> </ul> </li> </ul> <table border="1" data-bbox="528 875 1355 1010" style="margin-left: auto; margin-right: auto;"> <tr> <td>Ranking</td> <td>1<sup>o</sup></td> <td>2<sup>o</sup></td> <td>3<sup>o</sup></td> <td>4<sup>o</sup></td> <td>5<sup>o</sup></td> <td>6<sup>o</sup></td> <td>7<sup>o</sup></td> <td>8<sup>o</sup></td> <td>9<sup>o</sup></td> <td>10<sup>o</sup></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 <sup>o</sup>	2 <sup>o</sup>	3 <sup>o</sup>	4 <sup>o</sup>	5 <sup>o</sup>	6 <sup>o</sup>	7 <sup>o</sup>	8 <sup>o</sup>	9 <sup>o</sup>	10 <sup>o</sup>	Points	10 pts	9 pts	8 pts	7 pts	6 pts	5 pts	4 pts	3 pts	2 pts	1 pts
Ranking	1 <sup>o</sup>	2 <sup>o</sup>	3 <sup>o</sup>	4 <sup>o</sup>	5 <sup>o</sup>	6 <sup>o</sup>	7 <sup>o</sup>	8 <sup>o</sup>	9 <sup>o</sup>	10 <sup>o</sup>													
Points	10 pts	9 pts	8 pts	7 pts	6 pts	5 pts	4 pts	3 pts	2 pts	1 pts													
<p style="text-align: center;"><b>INSURANCE</b></p>	<p>Declaration of your Federation that:</p> <ul style="list-style-type: none"> <li>• All members of the delegations (gymnasts, coaches and judges) are responsible for ensuring the adequate coverage against all accidents and diseases.</li> <li>• Members that are not covered by a valid insurance, will not be allowed to compete.</li> <li>• The organization does not accept any kind of responsibility.</li> </ul>																						
<p style="text-align: center;"><b>BANK ACCOUNT INFORMATION</b></p>	<p>Payment by Bank transfer at the following account:</p> <ul style="list-style-type: none"> <li>• IBAN : PT50.0033.0000.45251429552.05</li> <li>• SWIFT/BIC: BC0MPTPL</li> <li>• Beneficiary: SPORT CLUB DO PORTO</li> <li>• Reference: <b>NAME OF YOUR CLUB</b></li> </ul>																						
<p style="text-align: center;"><b>GENERAL INFORMATION</b></p>	<p>The organization committee has the possibility to limit the Teams/Countries. The date of registration will be taken into account.</p>																						



<b>MAG</b>			
<b>YOUTH (2010 to 2014)</b>			
E score (short exercise)	D Score (difficulty)	Vault	Additional Information
Junior FIG	Junior FIG	Height: 125 cm or 135 cm  Junior FIG	<b>ELEMENT GROUPS:</b>  <b>Group I - Junior FIG - <u>A value</u> – 0,50 pts</b> <b>Group II, III and Group IV (just for floor)</b> - <u>A value</u> – 0,30 pts. - <u>B value</u> or higher – 0,50 pts.  <b>Dismounts</b> - Junior FIG - dismount group value equals to the difficulty  <b>BONUS:</b> - <b>Stick landing</b> – 0,10 pts. - <u>B value</u> (or higher) dismounts / last element on floor (except Pommel Horse)  <b>NO PENALTY FOR:</b> - <b>Floor</b> - lack of double salto on floor routine - <b>Rings</b> - lack of swing to handstand element on rings routine - <b>Vault</b> - gymnasts performing salto in the 2nd flight, can use an elastic trampoline  
<b>JUNIOR (2007 to 2010)</b>			
Junior FIG	Junior FIG	Junior FIG	Junior FIG
<b>SENIOR (2007 and older)</b>			
Senior FIG	Senior FIG	Senior FIG	Senior FIG

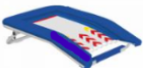
**Notes:**

- Will be possible to use 1 supplementary mat (10 cm thickness) on **Vault and High bar** for all age groups.
- Only the **youth gymnasts** can use 1 trampoline to jump for the pommel horse.



**WAG**
**YOUTH (2012 to 2015)**

<b>E score</b>	<b>Vault</b>	<b>Uneven Bars</b>	<b>Beam</b>	<b>Floor</b>
Penalty of:  6-8 elem - 0,00p.  5 elem - 4,00p.  3-4 elem - 6,00p.  1-2 elem - 8,00p.  0 elem - 10,00p.	<p><i>Height:</i></p> <p>- Gymnasts born 2014 and 2015 – <b>1m 10 or 1m 20</b></p> <p>- Gymnasts born 2012 and 2013 – <b>1m 20 or 1m 25</b></p> <p><u>General rules for both age group</u></p> <p><b>C-II and C-IV</b></p> <p>1 Vault</p> <p><b>C-III</b></p> <p>2 Vaults (can be the same group, but must be different)</p> <p><i>Final score - average</i></p> <p><i>A bonus of 0.50 will be awarded for performing 2 vaults for different groups with saltos in the second flight</i></p>	<p>8 best elements including dismount</p> <p><b><u>Comp.requirements</u></b></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><b><u>Notes:</u></b></p> <ul style="list-style-type: none"> <li>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</li> <li>Giant circle ending on front support = “A” value</li> <li>Gymnasts can perform cast to put both feet on the LB and jump to HB = “A” value</li> </ul>	<p>8 best elements including dismount</p> <p>(3 acro elem; 3 dance elem, and 2 optional elements)</p> <p><b><u>Comp. requirements</u></b></p> <p>-Turn gr. 3 or rolls/Flairs (FIG) (12.3)</p> <p>- 2 <b>different</b> 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><b><u>Additional Value:</u></b></p> <ul style="list-style-type: none"> <li>DMT C or more - 0,50p.</li> <li>One Acro series, min. of 2 flight elements, 1 being a salto (elements may be the same) – 0,50p.</li> </ul>	<p>8 best elements including dismount</p> <p>(3 acro elem; 3 dance elem. and 2 optional elements)</p> <p><b><u>Comp. requirements.</u></b></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 <b>OR</b> dance element min. C (may be included in Comp. Req. 1</p> <p>ACRO LINE (FIG rules) MAX 3 ACRO LINES</p> <p><b><u>Additional Value:</u></b></p> <ul style="list-style-type: none"> <li>Acro line with 2 different followed saltos, one being min. B - 0,50 p.</li> <li>Salto bwd with LA turn (<math>\geq 720^\circ</math>) – 0,30p.</li> </ul>

<p>(additional for de Bonus FIG CP)</p> <p><b>Notes:</b></p> <p>The Group IV vaults (Yourchenko) will have the same D value as the Group III vaults (Tsukahara) with the same second flight . Vault 1.40=2,40p.</p> <p>Gymnasts who perform vaults with salto in 2<sup>nd</sup> flight, can use an elastic trampolim</p> 	<p><b>Additional Value:</b></p> <ul style="list-style-type: none"> <li>• Flight elem. in different direction from the 1<sup>st</sup> Comp. Req. – 0,50p</li> <li>• Close bar circle elem. (group 2,4.5) min. C = 0,30 p. (can fulfill the 2<sup>nd</sup> Comp. requirem.)</li> <li>• Element, min B, executed in Reverse ou L Grip - 0,50p.</li> <li>• Flight elem. same bar – 0,50p. (each time)</li> <li>• Dmt with fwd or bwd stretched salto – 0,30 p.</li> <li>• Dmt “B” or more – 0,50 p.</li> <li>•</li> </ul> <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"> <li>• From 2 D or more element (0,5 for each), except salto fwd in <b>or</b> for the beam – Example: 2D (0,5 bonus); 3 D (1,00p bonus)</li> </ul> <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"> <li>• Any acro element D or more – 0,50p (each time)</li> </ul> <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><b>Note:</b></p> <ul style="list-style-type: none"> <li>- 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)</li> <li>- Acrobatic line is the connection of minimum 2 acrobatic elements, 1 being a salto</li> </ul>
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**JUNIOR (2010, 2011)**

C-I and III Junior FIG	Junior FIG	Junior FIG	Junior FIG	Junior FIG
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**SENIOR (2009 and older)**

Senior FIG	Senior FIG	Senior FIG	Senior FIG	Senior FIG
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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.

**Alda Côrte-Real**  
**Head of Organization Committee**

Porto, 28/10/2024



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