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Gym Sport MATOSINHOS

CENTRO DE DESPORTOS E CONGRESSOS DE MATOSINHOS

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25 e 26 de ABRIL de 2026



SPORT CLUB DO PORTO



15th GYMSPORT MATOSINHOS INTERNATIONAL TOURNAMENT MEN AND WOMEN ARTISTIC GYMNASTICS

Matosinhos – Portugal

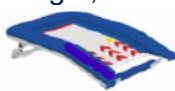
April 25th and 26th 2026

SPORT CLUB DO PORTO is pleased to invite you to the 15th GYMSPORT MATOSINHOS 2026 – International Men and Women Artistic Gymnastics Tournament, which will be held in Centro de Desportos e Congressos de Matosinhos, Portugal.



TECHNICAL REQUIREMENTS



MAG			
YOUTH (2012 to 2015)			
E score (short exercise)	D Score (difficulty)	Vault	Additional Information
Junior FIG	Junior FIG	Height: 125 cm or 135 cm Junior FIG	<p>ELEMENT GROUPS:</p> <p>Group I - Junior FIG - <u>A value</u> – 0,50 pts</p> <p>Group II, III / Group IV (just for floor)</p> <ul style="list-style-type: none"> - <u>A value</u> – 0,30 pts. - <u>B value</u> or higher – 0,50 pts. <p>Dismounts</p> <ul style="list-style-type: none"> - Junior FIG - dismount group value equals to the difficulty <p>BONUS:</p> <ul style="list-style-type: none"> - Stick landing – 0,10 pts. - <u>B value</u> (or higher) dismounts / last element on floor (except Pommel Horse) <p>NO PENALTY FOR:</p> <ul style="list-style-type: none"> - Floor - lack of double salto on floor routine - Rings - lack of swing to handstand element on rings routine - Vault - gymnasts performing salto in the 2nd flight, can use an elastic trampoline <div style="text-align: center;">  </div>
JUNIOR (2008 to 2011)			
Junior FIG	Junior FIG	Junior FIG	Junior FIG
SENIOR (2007 and older)			
Senior FIG	Senior FIG	Senior FIG	Senior FIG

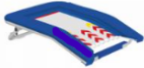
Notes:

- 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.



TECHNICAL REQUIREMENTS

WAG				
YOUTH (2013 to 2015)				
E score	Vault	Uneven Bars	Beam	Floor
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>1m 20 or 1m 25 (see note below)</p> <p><u>General rules for both age group</u></p> <p>C-II and C-IV</p> <p>1 Vault</p> <p>C-III and qualification for C-III</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>Notes:</p> <p>The Group IV vaults (Yourchenko) will have the</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 rolls/Flairs (FIG) (12.3)</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 and 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) – 0,50p. • From 2 D or more element (0,5 for each), except salto 	<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. • Salto bwd with LA turn ($\geq 720^\circ$) – 0,30p. • Any acro element D or more – 0,50p (each time)

<p>same D value as the Group III vaults (Tsukahara) with the same second flight</p> <p>. Vault 1.40=2,40p.</p> <p>Gymnasts who perform vaults with salto in 2nd flight, can use an elastic trampolim</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 fulfill the 2nd Comp. requirem.) • Element, min B, executed in Reverse ou L Grip - 0,50p. • Flight elem. same bar – 0,50p. (each time) • Dmt with fwd or bwd stretched salto – 0,30 p. • Dmt “B” or more – 0,50 p. • <p>The ADITONAL VALUE is awarded even with a fall</p> <p>FIG CP bonus are awarded ONLY when the elements are performed with success</p>	<p>fwd in or for the beam – Example: 2D (0,5 bonus); 3 D (1,00p bonus)</p> <p>The ADITONAL 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 ADITONAL 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 (2011 and 2012)				
C-I and III Junior FIG	Junior FIG	Junior FIG	Junior FIG	Junior FIG
SENIOR (2010 and older)				
Senior FIG	Senior FIG	Senior FIG	Senior FIG	Senior FIG

Notes:

- All youth gymnasts must perform the jumps at the height defined in the regulations (1m20 or 1m25), including born in 2015.



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 Organizing Committee

Porto, 16/01/2026

