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Gym Sport

CENTRO de DESPORTOS e CONGRESSOS de
MATOSINHOS

30 de ABRIL e 1 de MAIO de 2022

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SPORT CLUB DO PORTO



INVITATION

11th GYMSPORT MATOSINHOS INTERNATIONAL TOURNAMENT MEN'S AND WOMEN'S ARTISTIC GYMNASTICS

Matosinhos – Portugal

April 30th to May 1st 2022

SPORT CLUB DO PORTO is pleased to invite you to the 11th GYMSPORT MATOSINHOS – International Men's and Women's Artistic Gymnastics Tournament, which will be held in Centro de Desportos e Congressos de Matosinhos, Portugal.

11th GYMSPORT MATOSINHOS 2020
General informations and Programm

ORGANIZATION	<p>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</p>
CONTACT PERSON	<p>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</p>
DATE	April 30 th to May 1 st 2022
VENUE	<p>Matosinhos. Centro de Desportos e Congressos de Matosinhos Rua do Estádio, 4460-381 Sra da Hora - Portugal</p>
PROGRAM (After Definitive entries, the program may be revised)	<p>Friday April 29th - 2022 Arrival of delegations Official training Technical Meeting in the evening</p> <p>Saturday April 30th - 2022 WAG and MAG - Competition I and IV Award Ceremony</p> <p>Sunday May 01st 2022 WAG and MAG Finals – Competition III Award Ceremony Closing dinner for delegations</p> <p>Monday May 02nd - 2022 Departure of delegations</p>

COMPETITION CATEGORIES	<p>MAG</p> <p>a) Youth – 2008 to 2011</p> <p>b) Junior – 2004 to 2007</p> <p>c) Senior – 2003 and older</p> <p>WAG</p> <p>a) Youth – 2009 to 2012</p> <p>b) Junior – 2007 and 2008</p> <p>c) Senior – 2006 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>1 Youth, 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. Those who do not compete in a team, can compete individually.</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>
REGISTRATION AND DEADLINES	<p><i>Provisional and final entries:</i> online www.gymsport.org</p> <p><u>Provisional: till February 15th 2022</u></p> <p>Provisional registration (link)</p> <p>Accommodation preferences (online form)</p>

<p style="text-align: center;">REGISTRATION AND DEADLINES</p>	<p>Final registrations (Nominative): online www.gymsport.org till March 15th2022</p> <p>Travel Schedule form</p> <p>Music in digital format (WAG)</p> <p>Entry Fees Payment <u>March 30th 2022</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 11thGymsport 2022 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 + judge (required)</p> <p>WAG – gymnasts + coach/es + judge (required)</p>
<p style="text-align: center;">Entry Fees And Extra fees</p> <p>to be paid the latest on <u>March 30th2022</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 – 420,00€ ✓ in double room - 380,00€ ✓ in triple room - 320,00€ • Extra fee (per person): <ul style="list-style-type: none"> • Absence of Judge - 200,00 € (penalty) • Additional person extra competition - participation fee + 20€ • 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€ • Extra meal – (per person) – 12,00€ <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>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 29th until May 01st 2022 • 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"> • <i>Diploma</i> for all gymnasts • <i>Individual C-I</i> - Medals for the 3 best gymnasts by age group MAG/WAG • <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 • GYMSPORT TROPHY – it's a trophy for the best delegation in competition (MAG or WAG). • The delegations will earn points from 10 highest score of the team rankings, plus the score of each team member rankings in MAG or WAG (CI and CIV). • Points will be awarded according to the following table: <table border="1" data-bbox="528 1429 1356 1563"> <tr> <td>Ranking</td> <td>1º</td> <td>2º</td> <td>3º</td> <td>4º</td> <td>5º</td> <td>6º</td> <td>7º</td> <td>8º</td> <td>9º</td> <td>10º</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	1º	2º	3º	4º	5º	6º	7º	8º	9º	10º	Points	10 pts	9 pts	8 pts	7 pts	6 pts	5 pts	4 pts	3 pts	2 pts	1 pts
Ranking	1º	2º	3º	4º	5º	6º	7º	8º	9º	10º													
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. 																						

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 organization committee has the possibility to limit the Teams/Countries. The date of registration will be taken into account.</p>
COVID RULES	<p>Covid Tests will be necessary before competition.</p> <p>However, the final rules for both audience and participants, will be updated, through the measures imposed by the Portuguese Government before the competition date.</p>

MEN'S ARTISTIC GYMNASTICS

TECHNICAL REQUIREMENTS

MAG			
YOUTH (2008, 2009, 2010 and 2011)			
E score (short exercises)	D Score (difficulty)	Vault	Dismount
Junior FIG	Junior FIG	<i>Height:</i> 1m 25 or 1m 35 Junior FIG	Without dismount - 0,00 pts A value - 0,30 pts B value or higher - 0,50 pts
JUNIOR (2004, 2005, 2006 and 2007)			
Junior FIG	Junior FIG	Junior FIG	Junior FIG
SENIOR (2003 and older)			
Senior FIG	Senior FIG	Senior FIG	Senior FIG

WOMEN'S ARTISTIC GYMNASTICS

TECHNICAL REQUIREMENTS

WAG				
YOUTH (2009 to 2012)				
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 2011 and 2012 – 1m 10 or 1m 20</p> <p>(two vaults, can be the same vault) best account</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 both age groups</u></p> <p>If performed the same vault twice, 1,00p. penalty in the second vault</p> <p><u>General rules</u></p> <p>C-I, C-III , C-IV</p> <p>2 vaults</p> <p>1 springboard</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) • The ADDITIONAL VALUE is awarded even with a fall 	<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 aerals)</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.

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	<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 . 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 fulfill the 2nd Comp. requirem.) • Giant circle with different hand support from the 3rd Comp. Req. • 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>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 2007, 2008)				
C-I and III Junior FIG	Junior FIG	Junior FIG	Junior FIG	Junior FIG
SENIOR (2006 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, 17/01/2022