



INTERNATIONAL TOURNAMENT ARTISTIC GYMNASTICS

# GAIA IT 2023



WOMEN ARTISTIC GYMNASTICS

PAVILHÃO DA LAVANDEIRA

11 AND 12 NOVEMBER

ORGANIZAÇÃO:



APOIOS:



invitation

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**GAIA IT** 11-12 november 2023  
**WAG International Tournament**



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The “Escola de Ginástica de Gaia” (EGG), the “Portuguese Gymnastics Federation” (FGP) and the “City Hall of Gaia” are pleased to invite you to the fifth *Gaia International Tournament (GAIA IT)* - WAG competition 11-12 november 2023, in Gaia – Oporto – Portugal.

# program

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## **GAIA IT 11-12 november 2023** **WAG International Tournament**

1. Organization – Escola de Ginástica de Gaia | email: [gaia.it@egggaia.pt](mailto:gaia.it@egggaia.pt)  
phone: 00351 919314516 (Raimundo Amorim)  
00351 965072169 (Liliana Almeida)

2. Local – Gaia – Porto, Portugal <https://goo.gl/maps/6C13XVc71EsNBu9T6>

### 3. WAG competition

- A level – Kids (2012,2013,2014) | Youth (2010,2011) | Junior (2008,2009) | Senior (... 2007)
- B level – Kids (2012,2013,2014) | Youth (2010,2011) | Junior (2008,2009) | Senior (... 2007)

### 4. Delegations

- gymnasts can compete individually and for "Trophy Barros de Almeida"
- 1/2 coaches
- 1 judge

### 5. Registrations / Fees

- 60€ /gymnast
- Until September 15th (after that 20€ penalty/gymnast)
- No refund after September 15th
- Penalty for delegations without judge 250€
- IBAN: PT50 0007 0000 00278517944 23
- registration by email: [gaia.it@egggaia.pt](mailto:gaia.it@egggaia.pt)

### 6. Awards

- First 3 gymnasts all around (per level and per age group)
- "Trophy Barros de Almeida":
  - Team of 4 gymnasts: 1 gymnast A level (Kids or Youth)  
1 gymnast A level (Junior or Senior)  
1 gymnast B level (Kids or Youth)  
1 gymnast B level (Junior or Senior)

### 8. Preliminary Program:

#### november **9/10**

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- arrival of delegations / accommodation
- training in competition hall
- technical meeting / judges meeting

#### november **11**

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- competition

#### november **12**

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- competition
- cultural program
- banquet party

#### november **13**

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- departure of delegations



<b>B level</b>			
kids	Youth	Junior	Senior
<b>2012-2013-2014</b>	<b>2010-2011</b>	<b>2008-2009</b>	<b>...-2007</b>
FIG adapted			

<b>B level</b>				
	kids	Youth	Junior	Senior
<b>vault</b>	<ul style="list-style-type: none"> <li>high – 1,15m or 1,25m</li> <li>2 vaults (can be the same) counts the best score</li> </ul> <p><u>Note:</u> Kids can use 2 trampolines with 0,5 penalty</p>		<ul style="list-style-type: none"> <li>high – 1,25m</li> <li>2 vaults (can be the same) counts the best score</li> </ul>	
<b>bars</b>	<p><u>Additional elements with A-value:</u></p> <ul style="list-style-type: none"> <li>Hold 2" L position</li> <li>Hold 2" V position</li> <li>Feet LB jump to HB</li> <li>Swing to front support</li> <li>Pull up – roll bwd to support</li> </ul>		<p><u>Composition requirements (0,5):</u></p> <ul style="list-style-type: none"> <li>#1 – Kip</li> <li>#2 – LB to HB element</li> <li>#3 – Giant</li> <li>#4 – Dismount with salto</li> </ul>	
<b>beam</b>	<p><u>Additional elements with A-value:</u></p> <ul style="list-style-type: none"> <li>Show handstand position</li> <li>Roll fwd or bwd</li> <li>Dismount round-off (feet on floor)</li> <li>Dismount handspring fwd (feet on floor)</li> </ul>		<p><u>Composition requirements (0,5):</u></p> <ul style="list-style-type: none"> <li>#1 – Dance serie</li> <li>#2 – Turn group 3</li> <li>#3 – Acro with flight</li> <li>#4 – Acro salto</li> </ul>	
<b>floor</b>	<p><u>Additional elements with A-value:</u></p> <ul style="list-style-type: none"> <li>Walkover bwd</li> <li>Walkover fwd</li> </ul>		<p><u>Composition requirements (0,5):</u></p> <ul style="list-style-type: none"> <li>#1 – Dance serie</li> <li>#2 – Salto LA turn 360°</li> <li>#3 – Acro line front-salto</li> <li>#4 – Acro line back-salto</li> </ul>	

A level			
kids	Youth	Junior	Senior
<b>2012-2013-2014</b>	<b>2010-2011</b>	<b>2008-2009</b>	<b>...-2007</b>
FIG adapted		FIG	FIG

A level				
	kids	Youth	Junior	Senior
<b>vault</b>	<ul style="list-style-type: none"> <li>• heigh – 1,20m or 1,25m</li> <li>• 2 vaults (can be the same) counts the best score</li> </ul> <p><u>Note:</u> Kids can use 2 trampolines with 0,5 penalty</p>		<ul style="list-style-type: none"> <li>• heigh – 1,25m</li> <li>• 1 vault</li> </ul>	
<b>bars</b>	<p><b><u>Composition requirements:</u></b></p> <ul style="list-style-type: none"> <li>• #1 – Giant</li> <li>• #2 – Dismount stretch</li> <li>• #3 – B (or more) group 2,4,5</li> <li>• #4 – LB to HB</li> </ul> <p><b><u>Bonus</u></b></p> <ul style="list-style-type: none"> <li>• 360° (except cast) – 0,5</li> <li>• HB to LB – 0,5</li> <li>• Flight same bar – 0,5</li> <li>• Dismount 360° or double salto – 0,5</li> </ul>		FIG	
<b>beam</b>	<p><b><u>Composition requirements:</u></b></p> <ul style="list-style-type: none"> <li>• #1 – Dance serie</li> <li>• #2 – Turn group 3</li> <li>• #3 – Front / back acro</li> <li>• #4 – Acro serie (2 acro with flight – can be the same)</li> </ul> <p><b><u>Bonus</u></b></p> <ul style="list-style-type: none"> <li>• Acro serie (with salto) – 0,5</li> <li>• Salto – 0,5 (one time only)</li> <li>• Dance Element D – 0,5</li> <li>• Dismount 540° LA turn or double salto – 0,5</li> </ul>		FIG	
<b>floor</b>	<p><b><u>Composition requirements:</u></b></p> <ul style="list-style-type: none"> <li>• #1 – Dance serie</li> <li>• #2 – Salto with LA turn 360°</li> <li>• #3 – 1 acro line with front-salto</li> <li>• #4 – 1 acro line with back-salto</li> </ul> <p><b><u>Bonus</u></b></p> <ul style="list-style-type: none"> <li>• Salto with LA turn 720° - 0,5</li> <li>• 1 acro serie with 2 salto – 0,5</li> <li>• Double salto – 0,5</li> <li>• Dance element D – 0,5</li> </ul>		FIG	

note: each Bonus value counts only one time

# cultural program

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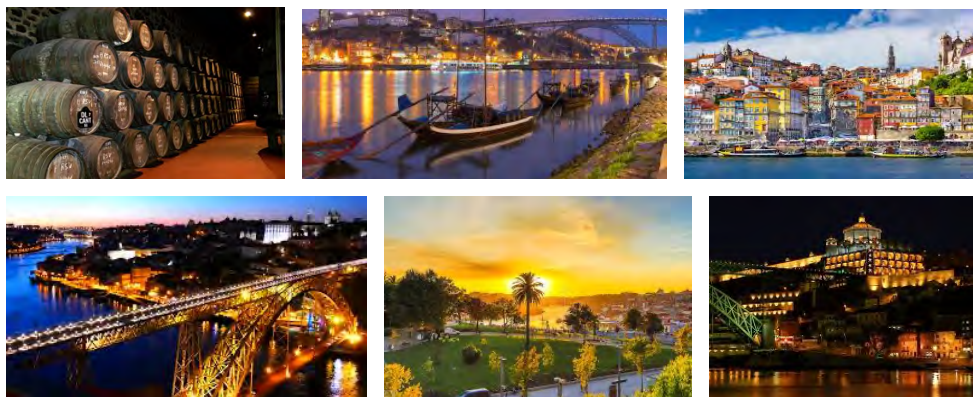
## **GAIA IT** 11-12 november 2023 **WAG International Tournament**

november **12**

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- cultural program for gymnasts/delegations

Visit to Oporto near the river:



## facilities

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**GAIA IT** 11-12 november 2023  
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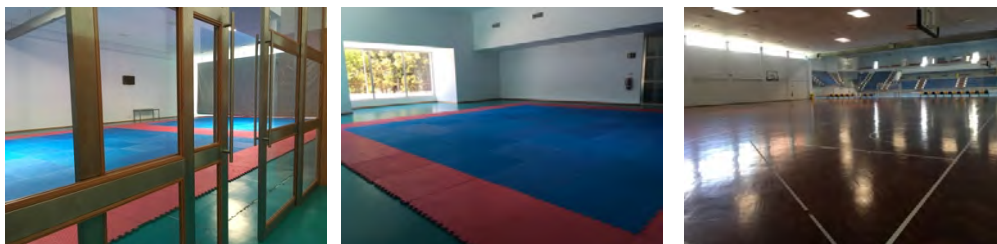
## outside view

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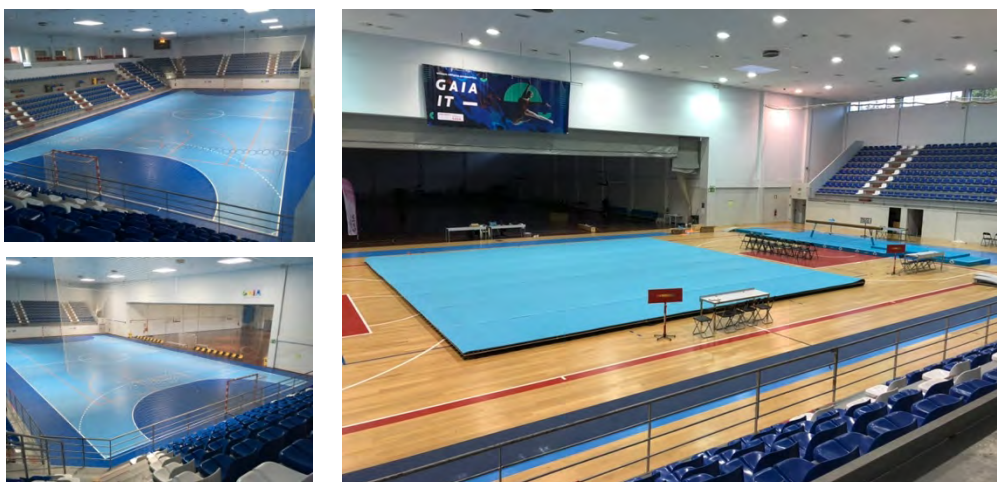
## warm up zone

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## competition hall

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## accommodations / meals

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### **GAIA IT** 11-12 november 2023 **WAG International Tournament**

85€ per day / per person

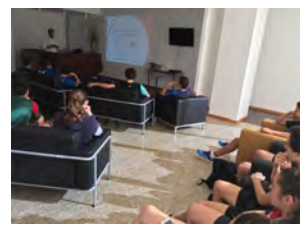
95€ per day / per person – single room

(Includes: accommodations – transfers airport/competition hall – breakfast – lunch – dinner party – cultural program)

40€ per person – final dinner/party

*Note: no refund after September 15th*

#### Centro de Alto Rendimento de Gaia:



#### Parque Biológico de Gaia:





# pre-registration

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## **GAIA IT** 11-12 november 2023 **WAG International Tournament**

DELEGATION		
club / federation		
head delegation	name	
	email	
	mobile	
coach 1	name	
coach 2	name	
coach 3	name	
judge 1	name	
judge 2	name	

A level					
Gymnasts		kids	Youth	Junior	Senior
		2012-2013-2014	2010-2011	2008-2009	...-2007
1		X	X	X	X
2		X	X	X	X
3		X	X	X	X
4		X	X	X	X
5		X	X	X	X
6		X	X	X	X
7		X	X	X	X
8		X	X	X	X
9		X	X	X	X
10		X	X	X	X

B level					
Gymnasts		kids	Youth	Junior	Senior
		2012-2013-2014	2010-2011	2008-2009	...-2007
1		X	X	X	X
2		X	X	X	X
3		X	X	X	X
4		X	X	X	X
5		X	X	X	X
6		X	X	X	X
7		X	X	X	X
8		X	X	X	X
9		X	X	X	X
10		X	X	X	X