

# ÅLAND INVITATIONAL

**Åland 26th-28th of April 2024**

*Welcome to a competition on the Åland Islands!*

*We are excited to invite you all to the 5th Åland Invitational.*



**Organiser: Gymnastics Åland r.f.**

**Date: Friday 26th - Sunday 28th of April 2024**

**Place: GymnastikArena Åland, Verkaregränd 2, 22120 Mariehamn**

**Competition format:** Easy FIG rules (younger and older division) and Modified FIG rules (juniors and seniors). The all around finals and qualifications to the event finals will be held on Friday (Easy FIG) and Saturday (Modified FIG). The event finals will take place on Sunday. The top six gymnasts on each apparatus from each competition will make it to the event finals.

**Competition rules:** Attached below.

**Competition Fee:** 50€ per gymnast

**Registration:** By email to [alandinvitational@gymnastik.ax](mailto:alandinvitational@gymnastik.ax) including name, club and competition format (Easy FIG or Modified FIG). Deadline: 20.3 2024. Late registrations will be charged a double fee. Include names and level of judges.

**Insurance:** All competitors must have valid insurance for competition.

**Floor music:** Email to [alandinvitational@gymnastik.ax](mailto:alandinvitational@gymnastik.ax) in an MP3-format.

**Judges:** 1 judge / 1-6 gymnasts per competition format (Easy FIG/Modified FIG). The judges need to have successfully completed a national level judges course. The penalty for not bringing a judge is 200€ for each competition format.

### **Preliminary schedule for the weekend:**

*Friday, Easy FIG: all around competition and event final qualifying. Modified FIG: open training. Times might change depending on number of gymnasts.*

9.30 General warm up Easy FIG Sub 1

10.00 Apparatus warm up Easy FIG Sub 1

10.00 March in and competition start Easy FIG Sub 1

12.00 End of competition Easy FIG Sub 1

13.00 General warm up Easy FIG Sub 2

13.30 Apparatus warm up Easy FIG Sub 2

14.30 March in and competition start Easy FIG Sub 2

16.30 End of competition Easy FIG Sub 2

17.00 Award ceremony Easy FIG + revealing of the finalists

18.00 Scheduled training day for Modified FIG. All participating clubs are welcome to train in the gym. Slots will be communicated in PM 1.

*Saturday, Modified FIG all around competition and event final qualifying (times might change depending on number of gymnasts)*

9.30 General warm up Modified FIG Sub 1  
10.00 Apparatus warm up Modified FIG Sub 1  
10.00 March in and competition start Modified FIG Sub 1  
12.00 End of competition Modified FIG Sub 1

13.00 General warm up Modified FIG Sub 2  
13.30 Apparatus warm up Modified FIG Sub 2  
14.30 March in and competition start Modified FIG Sub 2  
16.30 End of competition Modified FIG Sub 2

17.00 Award ceremony Modified FIG + revealing of the finalists

After the medal ceremony a social gathering will be held on the second floor of the gym. All gymnasts, coaches and judges are invited. More details will be sent out with the first PM.

***Sunday, apparatus finals***

8.50 General warm up  
9.20 Apparatus warm up  
10.20 March in  
10.30 Competition starts  
13.00 End of competition and medal ceremony

Times are preliminary. Please note that divisions into sub groups are subject to the number of entries.

To book your trip to Åland and to get the best deals for hotels and ferry transport, we recommend that you get in contact with our partner Viking Line. Please mention that you are traveling to Åland for Åland Invitational 2024. Contact details: [sportaland@vikingline.com](mailto:sportaland@vikingline.com).

The closest international airport is Stockholm Arlanda.

For more information and/or any questions, please do not hesitate to contact us:

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## COMPETITION RULES ÅLAND INVITATIONAL 29-30.4 2024

### Easy FIG Rules

The Easy FIG competitors will be divided into a younger and older division. It's possible to qualify for the event finals from both divisions. 14 year-olds and older (born 2009 and earlier ) will make the older division and 13 year-olds and younger (born 2010 and later) will make the younger division.

Only A-, B- and C-elements from CoP to make up DV. Elements above C-value will have a value of 0.3. No extra points for CV (connection values). Execution score as per CoP.

### VAULT

FIG vaulting table, height 115 cm (Easy FIG younger) and 125 (Easy FIG older). Gymnasts are allowed to perform 2 vaults.

- The two vaults must have different vault numbers
- The first vault will be for the individual overall title. The second vault will be averaged with the first vault for the apparatus medals.
- Vault tariffs will be taken from the code of points at time of competition.

### UNEVEN BARS

FIG bars set up. The gymnast is allowed to use a springboard for mounts.

Short routine deductions: 8-6 elements = no deduction. 5 elements = -2,0 points. 4 elements = -3,0 points. 3 elements = -4,0 points. 2 elements = -5,0 points. 1 element = -6.0 points.

### CR

- |  |     |
|--|-----|
| • Element to/through handstand         | 0.5 |
| • Circle element with B-value          | 0.5 |
| • Another circle element from the code | 0.5 |
| • Dismount at least A-value            | 0.5 |

### BEAM

Beam set up according to FIG rules. The gymnast is allowed to use a springboard for mounts.

All CR must be performed on the beam (not as mounts or dismounts).

- Combination of two gymnastic leaps or jumps, with at least one leap/jump showing split 0.5.
- A turn from the CoP (group 3), roll or flare 0.5.
- A combination of two acrobatic elements (same or different. Can be non-flight) 0.5.
- Acrobatic elements on the beam forward/sideways and backwards 0.5.

### FLOOR

The routine is performed on a 12x12 m floor. The routine is performed to music.

## CR

- A dance passage with at least one of the leaps showing split 0.5
- An acrobatic combination of at least two flight elements, one being a salto with at least B-value 0.5
- An acrobatic combination of at least two flight elements, one being a salto forward. 0.5
- An acrobatic combination of at least two flight elements, one being a salto backward. 0.5

## Modified FIG Rules

DV and CV as per CoP. CR is modified and there are possibilities to get bonus points.

## VAULT

FIG vaulting table, height 125 cm. Gymnasts are allowed to perform 2 vaults.

- The two vaults must have different vault numbers
- The first vault will be for the individual overall title. The second vault will be averaged with the first vault for the apparatus medals.
- Vault tariffs will be taken from the code of points at time of competition.

## UNEVEN BARS

FIG bars set up. The gymnast is allowed to use one springboard for mounts.

Short routine deductions: 5-6 elements = -2,0 points. 3-4 elements = -4,0 points. 1-2 elements = -6,0 points

If a shaposhnikova is performed the gymnast will be allowed to kip after without deduction.

CR. Maximum = 2.0.

- Flight element from HB to LB 0.5
- Flight element on the same bar 0.5
- Different grips (no cast, MT or DMT) 0.5
- Non flight element with min. 360° turn (no MT) 0.5

BONUS: For a flight element to re-catch the same bar of a minimum of a D value performed with visible flight and without a fall, a bonus of 0.50 will be awarded. This bonus will only be awarded once.

## BEAM

Beam set up according to FIG rules. The gymnast is allowed to use one springboard for mounts.

CR. Maximum = 2.0.

- One connection of at least 2 different dance elements, 1 being a leap, jump or hop with 180° split or straddle position. 0.5
- Turn (Gr. 3) roll or flare 0.5
- One acro series min. of 2 flight elements 1 being a salto 0.5
- Acro elements in different directions (fwd/swd and bwd). Can be non flight. 0.5

BONUS: If an acro series (min. of 2 flight elements 1 being a salto) is successfully performed a bonus of 0.50 will be awarded. This bonus will only be awarded once.

## **FLOOR**

The routine is performed on a 12x12 m floor. The routine is performed to music.

CR. Maximum = 2.0.

- A dance passage composed of two different leaps (from the Code), connected directly or indirectly 0.5
- Salto with LA turn (min. 360°) performed in an acro line 0.5
- Salto with double BA performed in an acro line 0.5
- Salto bwd and salto fwd (no aerials) in the same or different acro line 0.5

**BONUS:** For a double salto successfully performed a bonus of 0.50 will be awarded. This bonus will only be awarded once.