

13^o
Gym Sport
MATOSINHOS

CENTRO de DESPORTOS e CONGRESSOS de MATOSINHOS

www.gymsport.org // @ginasticasport

23 e 24 de MARÇO de 2024



SPORT CLUB DO PORTO



13th GYMSPORT MATOSINHOS INTERNATIONAL TOURNAMENT MEN AND WOMEN ARTISTIC GYMNASTICS

Matosinhos – Portugal

March 23th and 24th 2024

SPORT CLUB DO PORTO is pleased to invite you to the 13th GYMSPORT MATOSINHOS – International Men and Women Artistic Gymnastics Tournament, which will be held in Centro de Desportos e Congressos de Matosinhos, Portugal.

13th GYMSPORT MATOSINHOS 2024
General information and Program

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	March 23 th and 24 th 2024
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 March 22th - 2024 Arrival of delegations Official training Technical Meeting in the evening</p> <p>Saturday March 23th - 2024 WAG and MAG - Competition I and IV Award Ceremony</p> <p>Sunday March 24th 2024 WAG and MAG Finals – Competition III Award Ceremony Closing dinner for delegations</p> <p>Monday March 25th – 2024 Departure of delegations</p>

<p>ACCREDITATION</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"> • Proof of all payments • Certification of valid insurance <p>Judge official certification</p>
<p>COMPETITION CATEGORIES</p>	<p>MAG</p> <ul style="list-style-type: none"> a) Youth – 2010 to 2013 b) Junior – 2006 to 2009 c) Senior – 2005 and older <p>WAG</p> <ul style="list-style-type: none"> a) Youth – 2011 to 2014 b) Junior – 2009 and 2010 c) Senior – 2008 and older
<p>COMPETITION FORMAT</p>	<p>QUALIFICATIONS</p> <ul style="list-style-type: none"> • <u>Individual C-I</u> – by age group MAG/WAG (Youth, Junior and Senior) • <u>Team C-IV</u> – composed by 3 best gymnasts MAG/WAG. <p>Team composition:</p> <ul style="list-style-type: none"> ○ <u>MAG</u> – 3 gymnasts (team) - must have at least 1 Youth gymnast and not more than 1 Senior gymnast ○ <u>WAG</u> – 3 gymnasts (team) - must have at least 1 Youth gymnast and not more than 1 Senior gymnast <p>Team possibilities:</p> <ul style="list-style-type: none"> ○ 1 Youth, 1 Jun, 1 Sen ○ 1 Youth, 2 Jun ○ 2 Youth, 1 Sen ○ 2 Youth, 1 Jun ○ 3 Youth <p>Countries have the possibility to bring more gymnasts. Those who do not compete in a team, can compete individually.</p> <p>APPARATUS FINAL CIII – Youth, Junior and Senior</p> <ul style="list-style-type: none"> • the top 6 Youth gymnasts MAG and WAG from the youth qualifications (1 per delegation)

	<ul style="list-style-type: none"> the top 6 Junior gymnasts MAG and WAG from the junior qualifications (1 per delegation) the top 6 Senior gymnasts MAG and WAG from the senior qualifications (1 per delegation) <p>Note: Only 1 gymnast per delegation for the finals, but if the 6 places are not filled, will be allowed more than one gymnast.</p> <p>GYMSPORT TROPHY</p> <p>– it's a trophy for the best delegation in competition.</p> <ul style="list-style-type: none"> The all-around results will be ordered considering the best 3 scores of each delegation (MAG, WAG) according to the following table: <table border="1" data-bbox="528 840 1355 974"> <tr> <td>Ranking</td> <td>1^o</td> <td>2^o</td> <td>3^o</td> <td>4^o</td> <td>5^o</td> <td>6^o</td> <td>7^o</td> <td>8^o</td> <td>9^o</td> <td>10^o</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 ^o	2 ^o	3 ^o	4 ^o	5 ^o	6 ^o	7 ^o	8 ^o	9 ^o	10 ^o	Points	10 pts	9 pts	8 pts	7 pts	6 pts	5 pts	4 pts	3 pts	2 pts	1 pts
Ranking	1 ^o	2 ^o	3 ^o	4 ^o	5 ^o	6 ^o	7 ^o	8 ^o	9 ^o	10 ^o													
Points	10 pts	9 pts	8 pts	7 pts	6 pts	5 pts	4 pts	3 pts	2 pts	1 pts													
TIE-BREAKING RULES	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 .7 ^o).																						
JUDGES	Judges must provide their official certification, issued by the FIG or the respective National Federation																						
REGISTRATION AND DEADLINES	<p>Provisional registration</p> <p><u>Until January 10th 2024</u> Online form: Provisional registration (link)</p> <p>Final registration (nominative)</p> <p><u>Until February 10th 2024</u> Online form: Final registration (link) Travel Schedule form Music in digital format (WAG)</p> <p>Entry Fees Payment</p> <p><u>Until February 10th 2024</u> Missing judge payment (if applied) Visa request (if needed)</p>																						

SPORT CLUB DO PORTO

Estrada da Circunvalação, nº 15687 - 4100-183 PORTO/ PORTUGAL / TIm 0035 963 480 798

www.gymsport.org – www.facebook.com/sportclubdoportoginastica – [@ginasticasport](https://www.instagram.com/ginasticasport)

	All participants should book (accommodation and meals) through the 13^h Gymsport 2024 organization, to guarantee the transport airport/hotel/gym Hall
DELEGATIONS	<p>Composition of the delegations:</p> <p>MAG – gymnasts + coach/es + 1 judge (required)</p> <p>WAG – gymnasts + coach/es + 1 judge (required)</p>
<p>Entry and Extra fees</p> <p>to be paid, the latest, until</p> <p><u>February 10th2024</u></p>	<p>Entry fee (participation plus accommodation and meals):</p> <ul style="list-style-type: none"> • Participation fee (include competition fee, meals, and accommodation) <u>per gymnast, per coach and per judge:</u> <ul style="list-style-type: none"> ○ in single room – 450,00€ ○ in double/twin room - 420,00€ (twin upon availability) ○ in triple room - 380,00€ (triple upon availability) <p>Extra fee (per person):</p> <ul style="list-style-type: none"> • Absence of Judge - 500,00 € (penalty) • Additional person (extra competition) - participation fee + 20€ • Extra meal – (per person) – 15,00€ • 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€ (triple upon availability) <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>
SUBSCRIPTION FEES INCLUDE	<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 March 22th until March 24th 2024 (24th only breakfast) • Closing Dinner
CANCELLATION REIMBURSEMENT POLICY	<p>The fees reimbursement is only possible if the cancellation occurs <u>up to one month prior to the event</u>. Afterwards, no reimbursement will be made.</p>
MEDALS REWARDS	<ul style="list-style-type: none"> • Diploma for all gymnasts • Individual C-I - Medals for the 3 best gymnasts by age group MAG/WAG • Teams C-IV – Trophies for the 3 best MAG and WAG teams

	<ul style="list-style-type: none"> • Finals C-III <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. <ul style="list-style-type: none"> ○ The all-around results will be ordered considering the best 3 scores of each delegation (MAG, WAG), according to the following table: <table border="1" data-bbox="528 741 1355 878"> <tr> <td>Ranking</td> <td>1^o</td> <td>2^o</td> <td>3^o</td> <td>4^o</td> <td>5^o</td> <td>6^o</td> <td>7^o</td> <td>8^o</td> <td>9^o</td> <td>10^o</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 ^o	2 ^o	3 ^o	4 ^o	5 ^o	6 ^o	7 ^o	8 ^o	9 ^o	10 ^o	Points	10 pts	9 pts	8 pts	7 pts	6 pts	5 pts	4 pts	3 pts	2 pts	1 pts
Ranking	1 ^o	2 ^o	3 ^o	4 ^o	5 ^o	6 ^o	7 ^o	8 ^o	9 ^o	10 ^o													
Points	10 pts	9 pts	8 pts	7 pts	6 pts	5 pts	4 pts	3 pts	2 pts	1 pts													
INSURANCE	<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. 																						
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: BC0MPTPL • 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>																						

TECHNICAL REQUIREMENTS

MAG			
YOUTH (2010 to 2013)			
E score (short exercises)	D Score (difficulty)	Vault	Additional Information
Junior FIG	Junior FIG	Height: 125 cm or 135 cm Junior FIG	Dismounts: Without dismount - 0,00 pts A value - 0,30 pts B value or higher - 0,50 pts No penalty for: - lack of giant swing to handstand element on rings routine - lack of a double salto element on floor routine
JUNIOR (2006 to 2009)			
Junior FIG	Junior FIG	Junior FIG	Junior FIG
SENIOR (2005 and older)			
Senior FIG	Senior FIG	Senior FIG	Senior FIG

Notes:

- Will be possible to use 1 supplementary mat 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

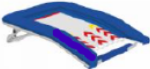
YOUTH (2011 to 2014)

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> <ul style="list-style-type: none"> - Gymnasts born 2013 and 2014 – 1m 10 or 1m 20 - Gymnasts born 2011 and 2012 – 1m 20 or 1m 25 <p>-----</p> <p><u>General rules for both age group</u></p> <p>Junior FIG</p> <p>The 1st vault score counts for C-I and CIV</p> <p>-To qualify for C-III and C-III, gymnasts must perform 2 vaults (same group allowed, but must show a different 2nd flight phase) and the Final Score will be the average</p> <p><u>For gymnasts born 2013 and 2014</u></p> <p>If the 1st vault is a "0", the gymnast can perform</p>	<p>8 best elements including dismount</p> <p><u>Comp.requirements</u></p> <ul style="list-style-type: none"> 1 - Flight elem. HB to LB or LB to HB (FIG Code element) 2 - Close bar circle elem. min. B (group 2,4.5) 3 – Giant circle - Elem. with 360° LA rotation <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> <ul style="list-style-type: none"> -Turn gr. 3 or roll/Flairs (FIG) - 2 different dance element 1 being a leap, jump or hop with 180° split pos, or straddle (FIG) - 1 Acro serie with 2 flight elements Allowed the same element - Acro elem fwd/swd or bwd (FIG) <p><u>Additional 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) – 0,50 p. • The ADITIONAL 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> <ul style="list-style-type: none"> - Dance passage (FIG rules) - Salto with LA turn (min.360°) - 2 acro lines with salto in different directions (no aerials) - Turn (360°) min. B OR dance element min. C (may be included in Comp. Req. 1 <p>ACRO LINE (FIG rules) MAX 3 ACRO LINES</p> <p><u>Additional 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.

SPORT CLUB DO PORTO

Estrada da Circunvalação, nº 15687 - 4100-183 PORTO/ PORTUGAL / TIm 0035 963 480 798

www.gymsport.org – www.facebook.com/sportclubdoportoginastica – [@ginasticasport](https://www.instagram.com/ginasticasport)

	<p>another vault for C-I and C-IV score, but they have 1,00p penalty in this vault. They can't perform a 3rd vault</p> <p>Notes:</p> <p>Gymnasts performing vaults with salto in the 2nd flight, can use an elastic trampoline as the example</p>  <p>The Group IV vaults (Yourchenko) will have the same D value as the Group III vaults (Tsukahara) with the same 2nd flight</p> <p>Vault n^o 4.10=3.10 = 3.20p</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” in reverse grip or in L-grip- 0,50p. • Flight elem. same bar – 0,50p. • Dmt with fwd or bwd stretched salto – 0,30 p. • Dmt “B” or more – 0,50 p. • The ADITIONAL VALUE is awarded even with a fall <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 2009, 2010)

C-I and III Junior FIG	Junior FIG	Junior FIG	Junior FIG	Junior FIG
---------------------------	------------	------------	------------	------------

SENIOR (2008 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



(Alda Côrte-Real)

Porto, 26/11/2023

SPORT CLUB DO PORTO

Estrada da Circunvalação, nº 15687 - 4100-183 PORTO/ PORTUGAL / TIm 0035 963 480 798
www.gymsport.org – www.facebook.com/sportclubdoportoginastica – [@ginasticasport](https://www.instagram.com/ginasticasport)