

Escola de Ginástica de Gaia
presents

GAIA IT

2024

Women Artistic Gymnastic

16th and 17th November

Vila Nova de Gaia, Porto
Portugal

1. Contacts

Escola de Ginástica de Gaia
email: gaia.it@egggaia.pt
contacts: +351965072169 (Liliana Almeida) +351919314516 (Raimundo Amorim)

2. Competition Venue

Pavilhão Municipal da Lavandeira: Rua Almeida Garret, Gaia
(<https://goo.gl/maps/6C13XVc71EsNBu9T6>)

3. Age Groups

- A level - kids (2013,2014,2015) | youth (2011,2012) | junior (2009,2010) | senior (... 2008)
- B level - kids (2013,2014,2015) | youth (2011,2012) | junior (2009,2010) | senior (... 2008)

4. Regulation

- A level kids e youth - own technical program
- A level junior e senior - FIG
- B level kids, youth, junior e senior - own technical program

5. Registrations

- registrations through the link: <https://forms.gle/6sxX1k6ioMQ8wMLE6>
- 60€ / gymnast until september 15th
- 80€ / gymnast after september 15th
- No refunds will be made from september 30th
- Penalty for delegations without a judge in the amount of €300

6. Music

- Submission of solo musics until october 31st to the mail: sara.calado@egggaia.pt
- E.g. format: 12_Sofia Amorim_EGG

7. Prizes

- All-around kids A, kids B, youth A, youth B, junior B, senior B (1st, 2nd and 3rd place)
- All-around junior A (1st: 250€; 2nd: 150€; 3rd: 50€)
- All-around senior A (1st: 350€; 2nd: 250€; 3rd: 150€)
- Team kids A and/or youth A (3 nominal gymnasts)
- Team Kids B and/or youth B level (3 nominal gymnasts)
- Team Junior A and/or senior A (3 nominal gymnasts)
- Team Junior B and/or senior B (3 nominal gymnasts)
- "Barros de Almeida Trophy", team of 4 gymnasts: 1 gymnast (Kids A or Youth A) + 1 gymnast (Junior A or Senior A) + 1 gymnast (Kids B or Youth B) + 1 gymnast (Junior B or Senior B)

8. Accomodation Package

- Booking through the link: <https://forms.gle/hwGkkRJAWYipP4ZV7>
- Single room: 120€ per person per day
- Double room or more: 105€ per person per day
- Includes: accommodation, breakfast, lunch, dinner, transfers to and from the airport, cultural program, banquet party

9. Individual Services

- Lunch: 15€ per person
- Dinner: 15€ per person
- Cultural Program / Banquet Party: 40€ per person

10. Payment details, registrations and accommodations

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| <ul style="list-style-type: none">• Beneficiary: Escola de Ginástica de Gaia - EGG• IBAN: PT50 0007 0000 00278517944 23 (Escola de Ginástica de Gaia- EGG) |
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11. Provisional Programme:

november 14/15

- arrival of delegations / accreditation
- training at the competition venue - friday all day without appointment

november 16

- judges' meeting
- competition (all day)

november 17

- competition (in the morning)
- cultural program / banquet party

november 18/19

- departure of delegations

A level			
kids	Youth	Junior	Senior
2013-2014-2015	2011-2012	2009-2010	...-2008
own technical program		FIG	

technical program - A level			
	kids	Youth	Junior / Senior
vault	<ul style="list-style-type: none"> height – 1,10m ou 1,20m 	<ul style="list-style-type: none"> height – 1,20m ou 1,25m 	FIG <ul style="list-style-type: none"> 1 vault
	<p>Composition requirements:</p> <ul style="list-style-type: none"> 1 vault <p>Bonus:</p> <ul style="list-style-type: none"> vault 1.40 (2nd flight without salto) - 2,40pts group IV vaults (Yourchenko) same D score as group III (Tsukahara) with the same 2nd flight vaults with salto in 2nd flight can use elastic trampoline 		
bars	<p>Composition requirements:</p> <ul style="list-style-type: none"> #1 – HB to LB or LB to HB element #2 – close bar circle element (group 2,4,5) B or more #3 – Giant #4 – element with 360° in handstand <p>Additional elements (A value):</p> <ul style="list-style-type: none"> underswing on LB (support of feet) with 180° turn and kip to support on LB giant to front support cast to feet in LB jump to HB <p>Bonus:</p> <ul style="list-style-type: none"> flight between bars in different direction of #1 composition requirements - 0,5 close bar circle element (group 2,4,5) C or more - 0,3 reverse or L grip element B or more - 0,5 flight in same bar - 0,5 dismount with fwd or bwd stretched salto - 0,3 dismount B or more - 0,5 		FIG
beam	<p>Composition requirements:</p> <ul style="list-style-type: none"> #1 – turn (group 3) #2 – dance serie #3 – acro serie (2 acro with flight - can be the same) #4 – fwd/swd or bwd acro <p>Bonus</p> <ul style="list-style-type: none"> dismount C or more - 0,5 acro serie (with salto) - 0,5 		FIG
floor	<p>Composition requirements:</p> <ul style="list-style-type: none"> #1 – dance serie #2 – salto with LA turn (360° or more) #3 – 2 acro lines with salto in different directions #4 – Turn (360°) B or more; dance element C or more <p>Bonus</p> <ul style="list-style-type: none"> salto with LA turn 720° or more - 0,3 acro line with 2 different flowed salto (one B or more) - 0,5 double salto - 0,5 <p>Additional mat without penalty for double salto or 720° (or more) LA turns. The mat cannot be moved. Other elements to the mat will have FIG deduction.</p>		FIG

Nota: bonus is awarded even with fall

short exercise:

- 6 elements - 2,00 p.
- 4-5 elements - 4,00p.
- 2-3 elements - 6,00p.
- 1 element - 8,00 p.

B level			
kids	Youth	Junior	Senior
2013-2014-2015	2011-2012	2009-2010	...-2008
FIG adapted			

technical program - B level				
	kids	Youth	Junior	Senior
vault	<p><u>Composition requirements:</u></p> <ul style="list-style-type: none"> high – 1,15m or 1,25m 2 vaults (can be the same) counts the best score <p>Note: gymnasts can use elastic trampoline without penalty</p>		<p><u>Composition requirements (0,5):</u></p> <ul style="list-style-type: none"> high – 1,25m 2 vaults (can be the same) counts the best score 	
bars	<p><u>Composition requirements (0,5):</u></p> <ul style="list-style-type: none"> #1 – Kip #2 – LB to HB element #3 – Giant #4 – Dismount with salto <p><u>Additional elements with A - value</u></p> <ul style="list-style-type: none"> Hold 2" L position Hold 2" V position Feet LB jump to HB Swing to front support Pull up – roll bwd to support 			
beam	<p><u>Composition requirements (0,5):</u></p> <ul style="list-style-type: none"> #1 – Dance serie #2 – Turn group 3 #3 – Acro with flight #4 – Acro salto <p><u>Additional elements with A - value</u></p> <ul style="list-style-type: none"> Show handstand position Roll fwd or bwd Dismount round-off (feet on floor) Dismount handspring fwd (feet on floor) 			
floor	<p><u>Composition requirements (0,5):</u></p> <ul style="list-style-type: none"> #1 – Dance serie #2 – Salto LA turn 360° #3 – Acro line front-salto #4 – Acro line back-salto <p><u>Additional elements with A - value</u></p> <ul style="list-style-type: none"> Walkover bwd Walkover fwd 			

