

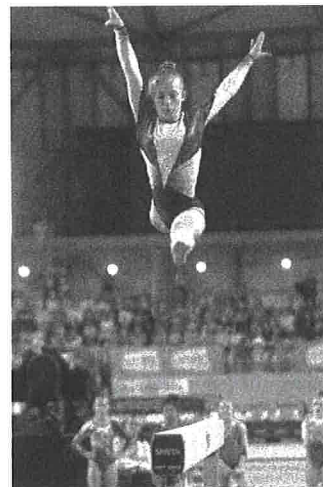
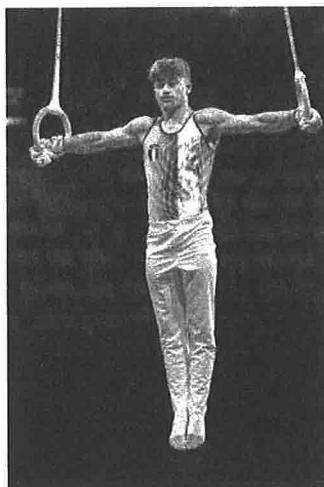
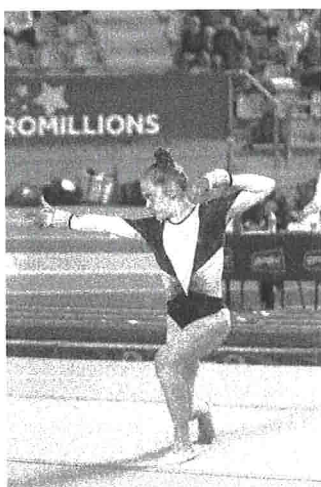


**INTERNATIONAL CHAMPIONSHIP  
ARTISTIC GYMNASTICS  
MAG & WAG**

**INVITATION**

**Gymnastic Hall 't Wit Zand  
9120 – Melsele – Belgium**

**26 - 27 OCTOBER 2024**





The gymnastics club **Gym Waasland**, invites clubs to participate in their international competition.

Friday October 25<sup>th</sup>, 2024

- Arrival delegations and podium training

Saturday October 26<sup>th</sup> and Sunday October 27<sup>th</sup>, 2024

- WAG youth, WAG juniors and seniors, MAG youth, MAG juniors and seniors
- Finals/apparatus on Sunday afternoon

Age Groups Teams	<p><b>MAG</b></p> <p>1. International Youth: °2009 - °2011 2. International Juniors and Seniors: °2008 and older Teams : 7/4/3</p> <p><b>WAG</b></p> <p>1. International Youth: °2012 and younger 2. International Juniors and Seniors: (°2012) - °2011 and older 3. International Juniors and Seniors adapted program (B niveau): °2011 and older Team: 5/4/3</p>
Apparatus finals	<p>MAG: 5 highest scores of Jun/Sen and the 2 best score of international youth category WAG: 5 highest scores of Jun/Sen + best score of youth category + best score of adapted Jun/Sen (B niveau) The rules can be modified by the organizing committee in the technical meeting</p>
Medals and rewards	<p>Souvenir and participation's certificate for all gymnasts T-shirt: different sizes are 7-8y, 9-11y, 12-14y, XS, S, M, L, XL <u>Individual</u> by age group MAG/WAG (medals to the 3 best gymnasts) <u>Team Competition</u>: Youth and Jun/Sen - for all team there's a trophy <u>Apparatus Finals</u>: Money prizes for the apparatus finals 1<sup>st</sup> place = 100 € 2<sup>nd</sup> place = 50 € 3<sup>rd</sup> place = 20 €</p>
Judge	Minimum 1 judge (obligatory), 2 judges or more allowed
Deadline	<p><b>Preregistration: September 15<sup>th</sup> 2024</b> <b>Final entry: September 29<sup>th</sup> 2024</b></p>
Cost	<p>130 € / team 45 € / individual No judge : extra 100 €/team or 50 €/individual</p>
Hospitality and stay	<p>Travel expenses and stay are to be covered by respective delegation. The organization team can offer some accommodation proposals on demand.</p>
Information	E-mail: <a href="mailto:competitie@gymwaasland.be">competitie@gymwaasland.be</a>
Teamcup Gymfed MAG +12 years	Registration through Gymfed (ledenbeheer), No entrance fee, Teams will compete in the international competition, Judges (+ fee) through Gymfed



<b>COMPETITION DIAGRAM</b>  <b>MAG</b>	<b>International competition YOUTH / JUNIORS / SENIORS</b> <b>Teamcup +12years Gymfed</b> Team formula : 7 / 4 / 3											
	Age groups	Elements	EGR	Vault	Difficulty						Bonification	Dismount
					A	B	C	D	E	F		
	°2011 - °2010 - °2009	Adapted junior FIG*	FIG	125 or 135 cm	Junior FIG						+0,10 from B elements and higher	Junior FIG
°2008 - °2007 - °2006	Junior FIG	FIG	135 cm	FIG						FIG	Junior FIG	
°2005 and older	FIG	FIG	135 cm	FIG						FIG	FIG	
N elements are allowed to reach the number of elements												

\*Adapted FIG

Number of element	Neutral deduction	
	°2005 and older	°2006-2011
10	0,0	NA
9	0,0	NA
8	0,0	0,0
7	3,0	0,0
6	4,0	0,0
5	5,0	3,0
4	6,0	4,0
3	7,0	5,0
2	8,0	6,0
1	9,0	7,0
0	10,0	10,0



N-elements

<p><u>Floor</u></p> <p>/</p>	<p><u>Pommels</u></p> <ul style="list-style-type: none"> <li>➤ ½ scissor L</li> <li>➤ ½ scissor R</li> <li>➤ From support on the pommels swing to straddled support</li> <li>➤ From support on the end kehr to straddled support on the pommels</li> </ul>	<p><u>Rings</u></p> <ul style="list-style-type: none"> <li>➤ Pull up to support</li> <li>➤ Handstand with bent arms 2" (shoulder handstand)</li> </ul>
<p><u>Parallel bars</u></p> <ul style="list-style-type: none"> <li>➤ Moy to upper arm</li> <li>➤ Backward uprise</li> <li>➤ Swing to Manna</li> <li>➤ Swing forward and dismount ½ turn</li> <li>➤ Dismount salto tucked forward</li> <li>➤ Dismount salto tucked backward</li> </ul>	<p><u>High bar</u></p> <ul style="list-style-type: none"> <li>➤ Kip to support</li> <li>➤ ½ stalder from support</li> <li>➤ Backward uprise</li> <li>➤ Hip circle backward</li> <li>➤ Dismount salto tucked backward</li> </ul>	
<p>- Springboard allowed for pommels</p>		





# WASE GYM CUP 2024

INTERNATIONAL GYM CONTEST  
20TH EDITION



	<p>Optional - <b>Team name:</b></p> <p>Judges:</p> <table border="1"><thead><tr><th>Name</th><th>Last Name</th><th>E-mail</th><th>Brevet</th><th>T-shirt size</th></tr></thead><tbody><tr><td></td><td></td><td></td><td></td><td></td></tr><tr><td></td><td></td><td></td><td></td><td></td></tr></tbody></table>	Name	Last Name	E-mail	Brevet	T-shirt size										
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<b>COSTS</b>	<p>Team: .... Teams x € 130 = .....</p> <p>Individual: ..... gymnasts x € 45 = .....</p> <p>No judge : extra 100 €/team or 50 €/individual</p> <p>By bank transfer to the following account:</p> <p>IBAN CODE: BE58 40 46 01 03 41 79</p> <p>BIC CODE: KREDBEBB</p> <p>Beneficiary: Gym Waasland</p> <p>Reference: Name Club – Wase Gymcup 2024</p>															



# WASE GYMCUP 2024

INTERNATIONAL GYM CONTEST  
20TH EDITION



## REGISTRATION FORM WAG

RESPONSIBLE	<p><b>Name, last name:</b></p> <p><b>Club:</b></p> <p><b>E-mail:</b></p> <p><b>T-shirt size coach:</b></p>																																																																			
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<b>JUNIORS/SENIORS INTERNATIONAL</b>	<b>Gymnasts:</b>				
	<b>First name</b>	<b>Last Name</b>	<b>Date of Birth</b>	<b>T-shirt size (7-8y, 9-11y, 12-14y, XS, S, M, L, XL)</b>	
	<b>Optional - Team name:</b>				
	<b>Judges:</b>				
	<b>Name</b>	<b>Last Name</b>	<b>E-mail</b>	<b>Brevet</b>	<b>T-shirt size</b>
<b>ADAPTED PROGRAM JUNIORS/SENIORS INTERNATIONAL (B Niveau)</b>	<b>Gymnasts:</b>				
	<b>First name</b>	<b>Last Name</b>	<b>Date of Birth</b>	<b>T-shirt size (7-8y, 9-11y, 12-14y, XS, S, M, L, XL)</b>	





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Optional – Team name:

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Name	Last Name	E-mail	Brevet	T-shirt size

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