

ÅLAND INVITATIONAL

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Åland 9th-11th of May 2025

*Welcome to a competition on the Åland Islands!
We are excited to invite you all to the 6th Åland Invitational.*



Organiser: Gymnastics Åland r.f.

Date: Friday 9th - Sunday 11th of May 2025

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 and age group will make it to the event finals. Team competition separate for Easy FIG and Modified FIG. More details to follow in PM1.

Competition rules: Attached below.

Competition Fee: 55€ per gymnast

Insurance: All competitors must have valid insurance for competition.

Apparatus: Gymnova vault (updated FIG approved vaulting table), Gymnova bars (new), Gymnova balance beam (new), Diony sprung floor (FIG approved).

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 250€ for each competition format. We will prioritize clubs bringing a judge. Judges need to be available both for AA and finals.

Registration: By Google Form <https://forms.gle/vMsDtxEpXs6eJsDN8>

Please note: In the case of high demand, we will use first come, first served.

For registrations, include names of gymnasts, years of birth, club and competition format (Easy FIG or Modified FIG). Also include names and level of judges. Registration opens on the 9th of October. Deadline 1st of April. Late registrations will be charged a double fee.

Preliminary schedule for the weekend:

Thursday, Easy FIG: open training.

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

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

9.30 General warm up Easy FIG Sub 1

10.00 Apparatus warm up Easy FIG Sub 1

11.00 March in and competition start Easy FIG Sub 1

13.00 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 All around and Team

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

11.00 March in and competition start Modified FIG Sub 1

13.00 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 All around and Team

After the medal ceremony a social gathering will be held. 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.

For the best deals traveling to Åland, please contact sportaland@vikingline.com and for accommodation sales@alandhotels.fi. Make sure to mention that you are traveling for the Åland Invitational 2025. The closest international airport is Stockholm Arlanda. It is possible to fly into the local airport from Stockholm or Helsinki.

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

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COMPETITION RULES ÅLAND INVITATIONAL 9-11.5 2025

Easy FIG Rules

The Easy FIG competitors will be divided into a younger and older division. Separate finals for the different age groups. Gymnasts born 2010 will make the older division and gymnasts born 2011 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 with springs, height 115 or 125 cm (Easy FIG younger) and 125 cm (Easy FIG older). In order to qualify for apparatus finals, gymnasts need 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 containing a salto | 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, roll or flare from the CoP (group 3) 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

The Modified FIG competitors will be divided into juniors (born 2010 or later) and seniors (born 2009 and earlier). Separate finals for juniors and seniors.

CR, DV and CV and apparatus norms as per WAG Code of Points 2025-2028, with the exceptions listed below:

VAULT

- The two vaults must have different vault numbers, but can be from the same vaulting group. I.e. tsukahara tucked and tsukahara piked is fine even for seniors.

UNEVEN BARS

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

- 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

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