



SPORT CLUB DO PORTO

Invitation

6th INTERNATIONAL TOURNAMENT OF MALE AND FEMALE ARTISTIC GYMNASTICS

Anadia - Portugal
May 2nd and 3rd 2015

Sport Club of Porto and the Portuguese Gymnastics Federation are pleased to invite you to the INTERNATIONAL GYMSPORT / ANADIA - International Tournament of MAG and WAG, which will be organized on the 2nd and 3rd of May 2015, in Anadia, Portugal.



<p>COMPETITION CATEGORIES</p>	<p>MAG a) Youth - 2001, 2002, 2003 b) Junior - 1997, 1998, 1999, 2000 c) Senior - 1996 and older</p> <p>WAG a) Youth - 2002, 2003 b) Junior - 2000, 2001 c) Senior - 1999 and older</p>
<p>PROGRAMME</p>	<p><i>Friday May 1st 2015</i> Arrival of delegations and training Technical Meeting in the evening</p> <p><i>Saturday May 2nd 2015</i> WAG and MAG - Competition I and IV Award Ceremony</p> <p><i>Sunday May 3rd 2015</i> WAG and MAG Finals - Competition III Award Ceremony Closing dinner for delegations</p> <p><i>Monday May 4th 2015</i> Departure of delegations</p>
<p>VENUE</p>	<p>National Training Center of Anadia</p>
<p>ENTRIES</p>	<p>Please send the attached registration form to: SPORT CLUB DO PORTO Estrada da circunvalação, nº 15687, 4100-183 PORTO Phone: 00351 220425311 Mobile: 00351963480798 E-mail: gymSPORT.SCP@gmail.com</p>
<p>DEADLINE</p>	<p>Pré-registration form 6th March 2015 Final registration 3rd April 2015</p>
<p>COSTS</p>	<ul style="list-style-type: none"> • Entry fees: to be paid the latest on April 03th 2015 • 160,00 € per gymnast, per coach and per judge • Absence of Judge - 200,00 € (penalty) • Additional gymnast, coach or judge - 180,00 € • Additional person extra competition - 200,00 € • Extra night only Bed and Breakfast - 50,00 € (per person/per day) • <u>Entry fees and travel costs are covered by the delegations.</u>



<p>SUBSCRIPTION FEES INCLUDE</p>	<p>Organization responsibilities:</p> <ul style="list-style-type: none"> • Accommodation expenses (3 nights) • Transport from airport to the hotel and from the hotel to the airport (Porto); Shuttle between Hotel and Gym Hall • Catering and accommodation from May 1st until May 3rd 2015 • Closing Dinner
<p>REQUIRED DOCUMENTS</p>	<p>Declaration of your Federation that:</p> <ul style="list-style-type: none"> • All members (gymnasts, coaches and judges) are covered by insurance. • The organization does not accept any responsibility of any kind.
<p>PAYMENT</p>	<p>By Bank transfer at the following account:</p> <ul style="list-style-type: none"> • IBAN : PT50.0033.0000.45251429552.05 • SWIFT/BIC: BCOMPTPL • Beneficiary: SPORT CLUB DO PORTO • Reference: GYM SPORT INTERNATIONAL COMPETITION + (name of the club)
<p>MEDALS and REWARDS</p>	<ul style="list-style-type: none"> • Souvenirs and Diploma for all gymnasts • <i>Individual CI</i> - by age group MAG/WAG (Medals for the 3 best gymnasts) • <i>Teams CIV</i> - composed by 3 gymnasts; the teams must have at least 1 Youth gymnast and not more than 1 Senior gymnast (Trophies for the 3 best MAG and WAG teams) • <i>Finals CIII</i> - the best 8 gymnasts MAG and WAG from the qualifications senior and junior (Medals for the 3 best gymnasts male and female) • <i>TROPHY GYMSPORT</i> - for the best delegation MAG + WAG (Total of the 6 and 4 all-around scores)
<p>DELEGATIONS</p>	<p>Composition of the delegations: MAG - 3 gymnasts + 1 coach + 1 judge (required) WAG - 3 gymnasts + 1 coach+ 1 judge (required)</p> <p>Countries have the possibility to bring more gymnasts, paying the additional fee for gymnast, coach or judge (SEE COSTS)</p>
<p>GENERAL INFORMATION</p>	<p>The number of Teams is limited - date of registration will be taken into account. The organization committee has the possibility to limit the Teams/ Countries.</p>



TECHNICAL REQUIREMENTS

MAG				
YOUTH (2001, 2002 e 2003)				
E score (short exercises)	D Score (difficulty)	Vault	Dismount	Bonus
FIG Evaluation: 7or more elem -10,00 p. 5-6 elem - 6,00 p 3-4 elem - 4,00 p. 1-2 elem - 2,00 p. 0 no elem - 0,00 p	Junior FIG	<i>Height: 1m 25</i> <i>D Score: FIG</i>	without Dmt 0,00 pts Dmt A - 0,10 pts Dmt B - 0,30 pts Dmt C or more - 0,50 pts	+ 0.10 pts → C, D, E, F CP FIG
JUNIOR (1997, 1998, 1999 and 2000)				
Junior FIG	Junior FIG	Junior FIG	Junior FIG	Junior FIG
SENIOR (1996 and older)				
Senior FIG	Senior FIG	Senior FIG	Senior FIG	Senior FIG

WAG				
YOUTH (2002 and 2003)				
E score	Vault	Uneven Bars	Beam	Floor
Penalty of: 6-8 elem - 0,00 p. 5 elem - 2,00 p 4 elem - 4,00 p. 2-3 elem - 6,00 p. 1 elem - 8,00 p 0 elem - 10,00 p	<i>Height: 1m 20</i> <i>D Score: FIG</i> 2 vaults (same vault allowed) best account 1 springboard	7 best elements + dismount Comp. requirements - Flight elem. HB to LB or Flight elem. LB to HB - Flight element - Elem. with 360° or 2 diff. grips - Close bar circle elem. - Dmt B - 0,30 C - 0,50	7 best elements + dismount (max. 5 acro elem, min 3 dance elem) Comp. requirements - 2 different dance elem 1 being 180° split pos. (FIG) - Turn gr. 3 (FIG) - 1 Acro series with 2 elem with flight (with or without hand support. Allowed the same element) - Acrob elem fwd/swd/bwd (FIG) - Dmt B - 0,30 C - 0,50	7 best elements + dismount (max. 5 acro elem, min 3 dance elem) Comp. requirements. - Dance passage 2 diff. elem 1 with 180° split pos. (FIG) - Double Salto BA - Salto with LA turn (min.360°) - Salto fwd/swd/bwd (FIG) - Dmt B - 0,30 C - 0,50
JUNIOR (2000 and 2001)				
Junior FIG	Junior FIG	Junior FIG	Junior FIG	Junior FIG
SENIOR (1999 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 at Anadia, Portugal.

Kind regards on behalf of the organizing Committee.



Porto, 14th of November of 2015