

# ÅLAND INVITATIONAL

**Åland 29th-30th of April 2023**



***Welcome to our competition on the Åland Islands!***

***We are excited to invite you all to the 4th Åland Invitational. This time the competition will be held in our new purpose-built gym!***

**Organiser:** Gymnastics Åland r.f.

**Date:** Saturday 29th - Sunday 30th of April 2023

**Place:** GymnastikArena Åland, Verkaregränd 2, 22120 Mariehamn

**Competition format:** Easy FIG rules and Modified FIG rules. The all around final and qualifications to the event finals will be held on Saturday. The event finals will take place on Sunday. The top six gymnasts on each apparatus from each competition will make it to the event finals.

**Competition rules:** Attached below.

**Competition Fee:** 40€ per gymnast

**Registration:** By email to [ylva@gymnastik.ax](mailto:ylva@gymnastik.ax) including name, club and competition format (Easy FIG or Modified FIG). Deadline: 17.3 2023. Late registrations will be charged a double fee. Include names and level of judges.

**Insurance:** All competitors must have valid insurance for competition.

**Floor music:** Email to [ylva@gymnastik.ax](mailto:ylva@gymnastik.ax) in an MP3-format.

**Judges:** 1 judge / 1-6 gymnasts per competition format. The judges need to have successfully completed a national level judges course. The penalty for not bringing a judge is 100€ for each competition format.

**Preliminary schedule for the weekend:**

*Friday, training day*

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

*Saturday, all around finals and event final qualifying*

8.00 General warm up Easy FIG Sub 1  
8.20 Apparatus warm up Easy FIG Sub 1  
9.20 March in and competition start Easy FIG Sub 1  
11.30 End of competition Easy FIG Sub 1  
  
11.30 General warm up Easy FIG Sub 2  
11.50 Apparatus warm up Easy FIG Sub 2  
12.50 March in and competition start Easy FIG Sub 2  
15.00 End of competition Easy FIG Sub 2  
15.10 Award ceremony Easy FIG All Around

15.00 General warm up Modified FIG  
15.20 Apparatus warm up Modified FIG  
16.20 March in and competition start Modified FIG  
18.30 End of competition and award ceremony Modified FIG

After the medal ceremony a social gathering will be held on the second floor of the gym. All gymnasts, coaches and judges are invited. More details will be sent out with the first PM.

*Sunday, apparatus finals*

8.50 General warmup  
9.20 Apparatus warmup  
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 more information and/or any questions, please do not hesitate to contact us:

**Ylva Watkins**  
**Competition Director**  
**ylva@gymnastik.ax**  
**+358 457 343 3899**

**Malin Pussinen-Amani**  
**Competition Director**  
**malin@gymnastik.ax**  
**+358 457 342 8335**

To book your trip to Åland and to get the best deals for hotels and ferry transport, we recommend that you get in contact with our partner Viking Line. Please mention that you are travelling to Åland for Åland Invitational 2023. Contact details: [sportaland@vikingline.com](mailto:sportaland@vikingline.com).

The closest international airport is Stockholm Arlanda.



**Welcome to Åland!**

**Nähdään Ahvenanmaalla!**

**Vi ses på Åland!**

## COMPETITION RULES ÅLAND INVITATIONAL 29-30.4 2023

### Easy FIG Rules

Only A- and B-elements from CoP to make up DV. Elements above B-value will have a value of 0.2. No extra points for CV (connection values). Execution score as per CoP.

### VAULT

FIG vaulting table, height 115 cm. Gymnasts are allowed 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

- Upstart on low bar 0.5
- Upstart on high bar 0.5
- Circle element with B-value 0.5
- An element to/through handstand 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 from the CoP (group 3), roll or flare 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**

DV and CV as per CoP. CR is modified and there are possibilities to get bonus points.

## **VAULT**

FIG vaulting table, height 125 cm. Gymnasts are allowed 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 one springboard for mounts.

CR. Maximum = 2.0.

- Flight element from HB to LB 0.5
- Flight element on the same bar, OR flight element from COP from LB to HB (if the element performed is worth a D or more) 0.5
- Different grips (no cast, MT or DMT) 0.5
- Non flight element with min. 360° turn (no MT), 0.5, OR non flight element with 180° turn 0.3

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.

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

If a shaposhnikova is performed (for the CR2 flight element) the gymnast will be allowed to kip after without deduction.

## **BEAM**

Beam set up according to FIG rules. The gymnast is allowed to use one springboard for mounts.

CR. Maximum = 2.0.

- One connection of at least 2 different dance elements, 1 being a leap, jump or hop with 180° split (cross or side), or straddle position. 0.5
- Turn (Gr. 3) roll or flare 0.5
- One acro series min. of 2 flight elements 1 being a salto (elements may be the same) 0.5, OR an acro series with two flight elements but not a salto e.g. flick- flick 0.3
- Acro elements in different directions (fwd/swd and bwd). Can be non flight. 0.5

BONUS: If a salto is successfully performed in a series or on its own a bonus of 0.50 will be awarded. This bonus will only be awarded once.

## **FLOOR**

The routine is performed on a 12x12 m floor. The routine is performed to music.

CR. Maximum = 2.0.

- A dance passage composed of two different leaps (from the Code), connected directly or indirectly 0.5
- Salto with LA turn (min. 360°) performed in an acro line 0.5 OR Salto with half LA turn (180°) can be forwards or bwd 0.3
- Salto with double BA performed in an acro line 0.5
- Salto bwd and salto fwd (no aerals) in the same or different acro line 0.5

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