



INTERNATIONAL TOURNAMENT ARTISTIC GYMNASTICS

GAIA IT 2023



WOMEN ARTISTIC GYMNASTICS

PAVILHÃO DA LAVANDEIRA

11 AND 12 NOVEMBER

ORGANIZAÇÃO:



APOIOS:



invitation

GAIA IT 11-12 november 2023
WAG International Tournament



The “Escola de Ginástica de Gaia” (EGG), the “Portuguese Gymnastics Federation” (FGP) and the “City Hall of Gaia” are pleased to invite you to the fifth *Gaia International Tournament (GAIA IT)* - WAG competition 11-12 november 2023, in Gaia – Oporto – Portugal.

program

GAIA IT 11-12 november 2023 **WAG International Tournament**

1. Organization – Escola de Ginástica de Gaia | email: gaia.it@egggaia.pt
phone: 00351 919314516 (Raimundo Amorim)
00351 965072169 (Liliana Almeida)

2. Local – Gaia – Porto, Portugal <https://goo.gl/maps/6C13XVc71EsNBU9T6>

3. WAG competition

- A level – [Kids \(2012,2013,2014\)](#) | [Youth \(2010,2011\)](#) | [Junior \(2008,2009\)](#) | [Senior \(... 2007\)](#)
- B level – [Kids \(2012,2013,2014\)](#) | [Youth \(2010,2011\)](#) | [Junior \(2008,2009\)](#) | [Senior \(... 2007\)](#)

4. Delegations

- gymnasts can compete individually and for "[Trophy Barros de Almeida](#)"
- 1/2 coaches
- 1 judge

5. Registrations / Fees

- 60€ /gymnast
- Until September 15th (after that 20€ penalty/gymnast)
- No refund after September 15th
- Penalty for delegations without judge 250€
- IBAN: PT50 0007 0000 00278517944 23
- registration by email: gaia.it@egggaia.pt

6. Awards

- First 3 gymnasts all around (per level and per age group)
- "Trophy Barros de Almeida":
 - Team of 4 gymnasts: 1 gymnast [A level](#) (Kids or Youth)
1 gymnast [A level](#) (Junior or Senior)
1 gymnast [B level](#) (Kids or Youth)
1 gymnast [B level](#) (Junior or Senior)

8. Preliminary Program:

november **9/10**

- arrival of delegations / accommodation
- training in competition hall
- technical meeting / judges meeting

november **11**

- competition

november **12**

- competition
- cultural program
- banquet party

november **13**

- departure of delegations

B level			
kids	Youth	Junior	Senior
2012-2013-2014	2010-2011	2008-2009	...-2007
FIG adapted			

B level				
	kids	Youth	Junior	Senior
vault	<ul style="list-style-type: none"> high – 1,15m or 1,25m 2 vaults (can be the same) counts the best score <p><u>Note:</u> Kids can use 2 trampolines with 0,5 penalty</p>		<ul style="list-style-type: none"> high – 1,25m 2 vaults (can be the same) counts the best score 	
bars	<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 		<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 	
beam	<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) 		<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 	
floor	<p><u>Additional elements with A-value:</u></p> <ul style="list-style-type: none"> Walkover bwd Walkover fwd 		<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 	

A level			
kids	Youth	Junior	Senior
2012-2013-2014	2010-2011	2008-2009	...-2007
FIG adapted		FIG	FIG

A level				
	kids	Youth	Junior	Senior
vault	<ul style="list-style-type: none"> • heigh – 1,20m or 1,25m • 2 vaults (can be the same) counts the best score <p><u>Note:</u> Kids can use 2 trampolines with 0,5 penalty</p>		<ul style="list-style-type: none"> • heigh – 1,25m • 1 vault 	
bars	<p><u>Composition requirements:</u></p> <ul style="list-style-type: none"> • #1 – Giant • #2 – Dismount stretch • #3 – B (or more) group 2,4,5 • #4 – LB to HB <p><u>Bonus</u></p> <ul style="list-style-type: none"> • 360° (except cast) – 0,5 • HB to LB – 0,5 • Flight same bar – 0,5 • Dismount 360° or double salto – 0,5 		FIG	
beam	<p><u>Composition requirements:</u></p> <ul style="list-style-type: none"> • #1 – Dance serie • #2 – Turn group 3 • #3 – Front / back acro • #4 – Acro serie (2 acro with flight – can be the same) <p><u>Bonus</u></p> <ul style="list-style-type: none"> • Acro serie (with salto) – 0,5 • Salto – 0,5 (one time only) • Dance Element D – 0,5 • Dismount 540° LA turn or double salto – 0,5 		FIG	
floor	<p><u>Composition requirements:</u></p> <ul style="list-style-type: none"> • #1 – Dance serie • #2 – Salto with LA turn 360° • #3 – 1 acro line with front-salto • #4 – 1 acro line with back-salto <p><u>Bonus</u></p> <ul style="list-style-type: none"> • Salto with LA turn 720° - 0,5 • 1 acro serie with 2 salto – 0,5 • Double salto – 0,5 • Dance element D – 0,5 		FIG	

note: each Bonus value counts only one time

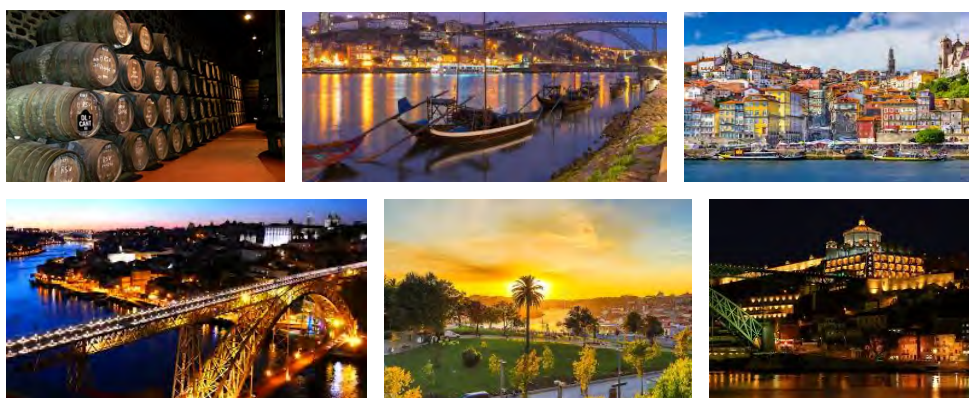
cultural program

GAIA IT 11-12 november 2023 **WAG International Tournament**

november **12**

- cultural program for gymnasts/delegations

Visit to Oporto near the river:



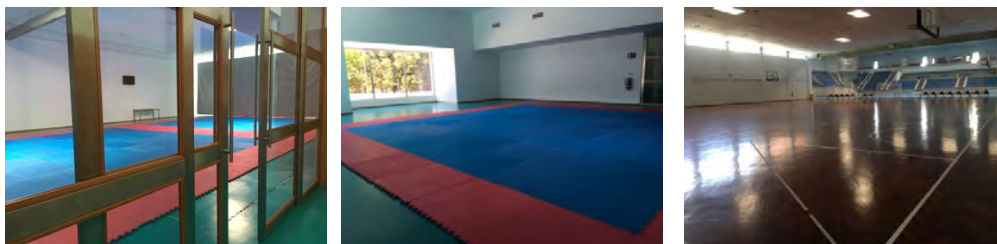
facilities

GAIA IT 11-12 november 2023
WAG International Tournament

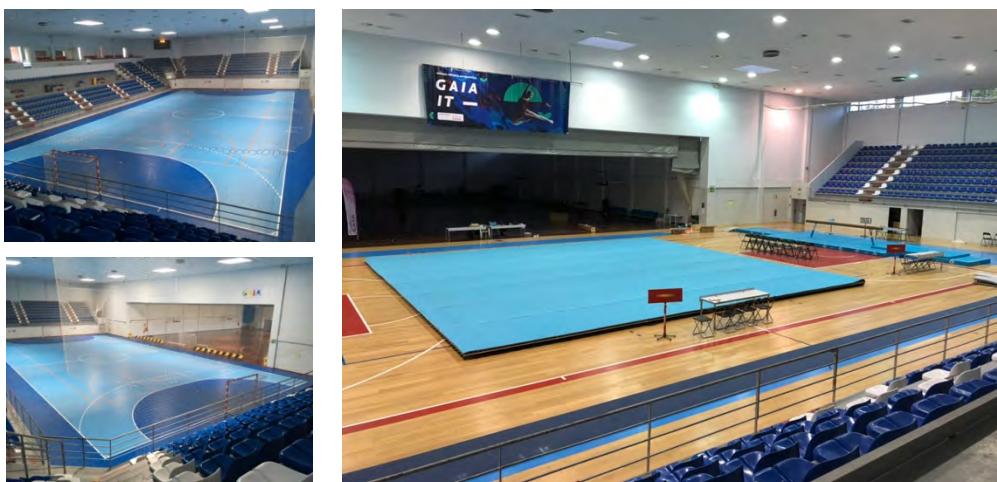
outside view



warm up zone



competition hall



accommodations / meals

GAIA IT 11-12 november 2023 **WAG International Tournament**

85€ per day / per person

95€ per day / per person – single room

(Includes: accommodations – transfers airport/competition hall – breakfast – lunch – dinner party – cultural program)

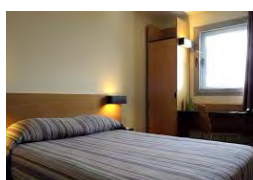
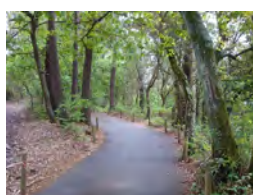
40€ per person – final dinner/party

Note: no refund after September 15th

Centro de Alto Rendimento de Gaia:



Parque Biológico de Gaia:



pre-registration

GAIA IT 11-12 november 2023 **WAG International Tournament**

DELEGATION		
club / federation		
head delegation	name	
	email	
	mobile	
coach 1	name	
coach 2	name	
coach 3	name	
judge 1	name	
judge 2	name	

A level					
Gymnasts		kids	Youth	Junior	Senior
		2012-2013-2014	2010-2011	2008-2009	...-2007
1		X	X	X	X
2		X	X	X	X
3		X	X	X	X
4		X	X	X	X
5		X	X	X	X
6		X	X	X	X
7		X	X	X	X
8		X	X	X	X
9		X	X	X	X
10		X	X	X	X

B level					
Gymnasts		kids	Youth	Junior	Senior
		2012-2013-2014	2010-2011	2008-2009	...-2007
1		X	X	X	X
2		X	X	X	X
3		X	X	X	X
4		X	X	X	X
5		X	X	X	X
6		X	X	X	X
7		X	X	X	X
8		X	X	X	X
9		X	X	X	X
10		X	X	X	X