

# 6<sup>th</sup> GCP LISBON INTERNATIONAL ACROBATIC '20 GYMNASTICS

DIRECTIVES

22 > 26. APRIL

LISBON - PORTUGAL

CASAL VISTOSO MUNICIPALITY SPORTS COMPLEX



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## DIRECTIVES

### 1. Introduction

In the last few years Ginásio Clube Português, together with the support of the Lisbon City Hall and the Portuguese Gymnastics Federation, has organized, as part of the strategy to develop its Acrobatics programme, the Lisbon International Acrobatics Gymnastics (LIAG). In 2020, it's time for the 6<sup>th</sup> Edition.

The competition will be held in Lisbon, in the Municipality Sports Complex Casal Vistoso, from April 22th to 26th, 2020.

We will also be holding a team competition in each category. The classification of the team is defined by the sum of the classifications of 3 pairs or groups. Each Club can only repeat a speciality twice in each Category (ex. 2xTrio + 1xMixed Pair, 2xMixed Pair + 1xWomen`s Pair).

This Competition will be held in accordance with FIG rules and norms and the subsequent decisions of FIG Executive Committee and Technical Commission of Acrobatics Gymnastics.

### 2. Invitation/Participation

The participation is open to all Representatives of National Federations, District or Regional Associations as well as affiliated clubs in the respective Federations.

### 3. Competition Format

LIAG - GCP Lisbon International Acrobatic Gymnastics Tournament consists of the following format, sections and age categories:

Qualifications and Finals in all 5 (five) categories.

<b>Youth</b>	From 8 to 16 Years	General Rules	No height deduction
<b>Age Group 1</b>	From 10 to 16 Years	Age Group Rules FIG 11-16	No height deduction
<b>Age Group 2</b>	From 10 to 18 Years	Age Group Rules FIG 12-18	
<b>Junior</b>	From 11 to 19 Years	Age Group Rules FIG 13-19	No exceeding difficulty deduction
<b>Senior</b>	Minimum 12 Years	Senior Rules	

#### 4. Preliminary Programme

Tuesday, 21 <sup>th</sup> April	Delegations arrival Free Training (warm up floor – no music)
Wednesday, 22 <sup>th</sup> April	Late Delegations arrival Training per Schedule (music)
Thursday, 23 <sup>th</sup> April	Orientation meeting Judges meeting Training per Schedule (music)
Friday, 24 <sup>th</sup> April	Qualification 1 <sup>st</sup> exercise
Saturday, 25 <sup>th</sup> April	Qualification 2 <sup>nd</sup> exercise
Sunday, 26 <sup>th</sup> April	FINALS Award Ceremony Dinner & Farewell Party
Monday, 27 <sup>th</sup> April	Departure of all delegations

#### 5. Competition Venue

##### MUNICIPALITY SPORTS COMPLEX CASAL VISTOSO

Rua João da Silva, 1900-271 Lisboa PORTUGAL

#### 6. Event Organisers

##### GINÁSIO CLUBE PORTUGUÊS

Praça do Ginásio Clube

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#### 7. Delegations

Each Delegation may include:

1 Director

1 Doctor

1 Head of Delegation

1 Physiotherapist

5 Coaches

1 Judge

Pairs/Groups – Unlimited Number

**Note: It is compulsory that each Delegation has at least 1 Judge - 250 € will be charged if the delegation does not present any Judge.**

## 8. General Rules – Competition

Qualifications and Finals in all five categories.

**Qualifications (Youth):** 1 Combined Exercise

(the difficulty is calculated as in FIG - Age Groups 11-16) – 2'00" maximum duration.

**Qualifications (Age Groups 1 and 2 / Junior / Senior):** 1 Balance Exercise + 1 Dynamic Exercise.

### General Rules:

**Pairs:** choose 2 Balance elements from the tables of difficulty 11-16 (WAGC Compulsory Elements) + 1 optional element from the FIG tables of difficulty + 2 Dynamic elements from the tables of difficulty 11-16 (WAGC Compulsory Elements) + 1 optional element from the FIG tables of difficulty (optional can be from 11-16 difficulty tables, but not from the same rows used on the compulsory elements).

**Groups:** choose 1 pyramid from the tables of difficulty 11-16 (WAGC Compulsory Elements) + 1 optional pyramid from the FIG tables of difficulty (only 2 statics of 3" are necessary in the routine) + 2 Dynamic elements from the tables of difficulty 11-16 (WAGC Compulsory Elements) + 1 optional element from the FIG tables of difficulty (optional can be from 11-16 difficulty tables, but not from the same rows used on the compulsory elements).

The optional pyramid can be selected from the same category that used in the compulsory pyramid.

**Individuals:** Pairs and Groups must perform 3 individual elements (no matter if is cat 1 or cat 2).

It is not compulsory to perform a somersault.

**Finals:** The top six, eight or twelve of the qualifications, depending on the number of pairs/groups. (from 1 to 8 P/G - 6 finalists, from 9 to 16 P/G - 8 finalists; plus 16 P/G - 12 finalists)

**Youth - Combined**

**(sum of the two combined exercises, qualifications + Final, defines the winner).**

**Age Group 1, Age Groups - Balance or Dynamic according to FIG WAGC Rules 11-16**

**(Sum of the qualifications + finals).**

**Age Group 2, Junior and Senior – Combined**

**(Sum of the Balance + Dynamic + Combined, defines the winner).**

## 9. Technical Standards

All of the following FIG rules, valid in 2020:

FIG Code of Points

AWAG Rules (latest version)

FIG Newsletters

Apparatus Norms - FIG Norms



## 10. Competition Draw

The Gymnasts drawing of lots, will take place on March 27<sup>th</sup>, 2020 under the supervision of the Competition Director and the members of the Organizing Committee.

## 11. Aparatus

Spieth (Moscow).

## 12. Registration Fee

40 € (forty) euros per Gymnast.

## 13. Accommodation/Meals/Transportation

	Option A – 4 Stars Category	Option B - 3 Stars Category
	Full Board – Rates/person/night	Full Board - Rates/person/night
Single Room	120 €	95 €
Double Room	90 €	80 €
Triple Room	80 €	75 €

**Note: In order to take place in the event, all the participants must book their accommodation through the LOC in the official accommodation.**

All meals are included in the accommodations price. Breakfast will be served at the Hotel. Lunch and Dinner will be served at the hotel or at the Competition Venue.

The prices charged for the hotel rooms will not exceed the usual hotel rates (All meals included - Breakfast, Lunch, Dinner - and transportation). **The hotel rooms will be allocated on a "first come, first serve" basis.**

**The tickets to the Final Dinner/Party will be available until April 24<sup>th</sup>, with a cost of 30€/person.**

The Head of the Delegation will receive meal tickets upon arrival. **Without the meal tickets and accreditation cards, the meals will not be provided!**

Transfers (included in the accommodation pack offered by the LOC) will transport the participants between the Lisbon Airport and the Competition Venue and between the Competition Venue and the hotels and back.

#### 14. Deadlines and Payments

**Definitive Registration:** February 20th, 2020  
(50% payment of Accommodation Pack + Registration Fee).

**Nominative Registration:** March 20th, 2020  
(Remaining payment must be made by Bank Transfer until this date.)

**ALL REMAINING PAYMENTS WILL BE MADE AT THE ACCREDITATION**

#### **BANK ACCOUNT INFORMATION:**

Beneficiary: Ginásio Clube Português  
Address: Praça do Ginásio Clube Português, n.º 1, 1250-111 Lisboa  
VAT Number: 500127174  
Bank Name: Banco Português de Investimento  
Address: Rua Artilharia Um, n.º 51, 1250-038 Lisboa  
IBAN: PT50 0010 0000 2660 2950 0025 3,  
NIB: 0010 0000 26602950002 53,  
SWIFT BBPIPTP

#### **Additional Notes:**

- All payments must be processed in Euros;
- All expenses in connection with bank fee's must be paid by the participant Club;
- In order to allow the process to move more efficiently and shorten waiting time, please bring registration confirmation to the event and present it at the Accreditation Office counter;
- Delegations are responsible for paying their travel expenses, accommodation and registration fee;
- Registration Fee is not refundable;
- After March 20th, no refund is made.

**NOTE:** *All Portuguese participants must also register through the GYMBASE Platform.*

## 15. Accreditation Forms, Tariff Sheets, Photos and Music's

### Accreditation Office Counter:

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The accreditation cards will identify all participants in the competition and ensures a secure access to each area. It is mandatory that all participants wear the accreditation cards during the entire event.

At the Competition Venue, the Head of Delegation must verify if the names of the members of the delegation are correct, if the accommodation is as booked, make all payments (including the insurance, if needed) and deliver in person the music of the pairs/groups (USB). They will also have to present, the passports of all the Athletes and Judges for the control of Nationality and age. The final work plan will be given to the Head of the Delegation at the accreditation.

The accreditation is personal and mandatory so that the **LOC** can control the access to the Competition Venue and training sessions. **Access will be denied to anyone not wearing their accreditation Card. This includes transportation, meals and any restricted areas.**

When all requirements have been exceeded, all Delegation members will receive their Accreditation Cards.

Delegations will receive the Accreditation Cards according to the nominative registrations during the accreditation procedure.

In order to accelerate the accreditation procedure, please send to the LOC, by e-mail until March 20th, 2020 (nominative Registration) a photo of each Delegation member.

### **The specification of the photo should be as follows:**

File format; JPG, JPEG, PNG, TIFF Size: 190 pixels width x 250 pixels height

File Name: NOC\_Surname\_First name (for example: POR\_Silva\_Antonio.jpg)

### **Music's**

To avoid having a great amount of CD's, we request that the music is sent in AAC/MP4 format good quality or MP3 **until April 15th**. This way, the music sequences for the performances will be already established, which will facilitate the handling, but also will prevent and reduce the number of errors during the competition.

**Identify the Music Tracks as follows:**

Number\_Speciality\_Category\_Exercise\_Country

Example: **09\_W3\_Y\_BAL\_POR.mp3**

<b>Y</b>	<b>AG1</b>	<b>AG 2</b>	<b>J</b>	<b>S</b>
Youth	Age Group 1	Age Group 2	Junior	Senior

For security reasons, the Head of Delegation has to deliver a music CD (one per routine), during the accreditation procedure.

**Music's have to be sent to: lisbonacro@gcp.pt until April 15th, 2020**

**Tariff sheets**

The tariff sheets must be sent on **ACROCOMPANION** software and uploaded until April 15<sup>th</sup>. 2020.

**16. Visa**

If you need an official invitation letter to obtain a Visa to travel to Portugal, please contact the organizing committee as soon as possible.

**17. Insurance**

All delegations are responsible for ensuring the adequate coverage against all accidents and diseases. The **LOC** will verify the insurance certificates of all the delegation members, when arriving at the Competition Venue. Members that are not covered by a valid insurance, will not be allowed to compete.

**18. Medical Services**

A Physiotherapist will assist all practice sessions and competition.

**19. Media Requirements**

Social Media (journalists, photographers, and television) must require a special Accreditation to the **LOC**. Please contact the **LOC** prior to March, 20<sup>th</sup> 2020 in order to get access to the accreditation card. Special areas will be assigned, as well as working conditions to all Social Media.

**20. Trophies Delivery Ceremony**

All 3 first classified in each category will have to be present in the Trophies Delivery Ceremony to receive their medals. This applies also, to all 3 first teams in each category.



## 21. Additional Information

Additional information will be detailed in the Definitive Work Plan that will be delivered in April, 2020.

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October, 01<sup>th</sup>, 2019



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