

invitation

GAIA IT 20-21 november 2021
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 third *Gaia International Tournament (GAIA IT)* - WAG competition 20-21 november 2021, in Gaia – Oporto – Portugal.

program

GAIA IT 20-21 november 2021 **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. Place – Gaia city – Porto, Portugal (Lavandeira city hall)

3. Wag competition

- A level – [Kids \(2010,2011,2012\)](#) | [Youth \(2008,2009\)](#) | [Junior \(2006,2007\)](#) | [Senior \(... 2005\)](#)
- B level – [Kids \(2010,2011,2012\)](#) | [Youth \(2008,2009\)](#) | [Junior \(2006,2007\)](#) | [Senior \(... 2005\)](#)

4. Delegations

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

5. Registrations

- provisional: 30th july 2021 | definitive: 10th september 2021
- mail: gaia.it@egggaia.pt

6. Fees

- 50 euros / gymnast
- 150 euros penalty for delegations without judge
- IBAN: PT50 0033 0000 45274804127 05

7. Awards

- first 3 gymnasts all around (per level per age group)
- "Trophy Miranda de Carvalho":
 - 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 **18/19**

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

november **20**

- competition

november **21**

- competition
- cultural program
- banquet party

november **22**

- departure of delegations

accommodations / meals

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70€ per day/ per person – triple room

75€ per day / per person – double room

85€ per day / per person – single room

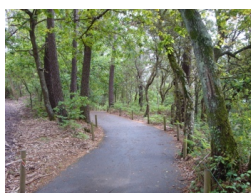
(Includes: accommodations – transfers airport/competition hall – breakfast – lunch – dinner – cultural program)

35€ per person – final dinner/party

Centro de Alto Rendimento de Gaia:



Parque Biológico de Gaia:



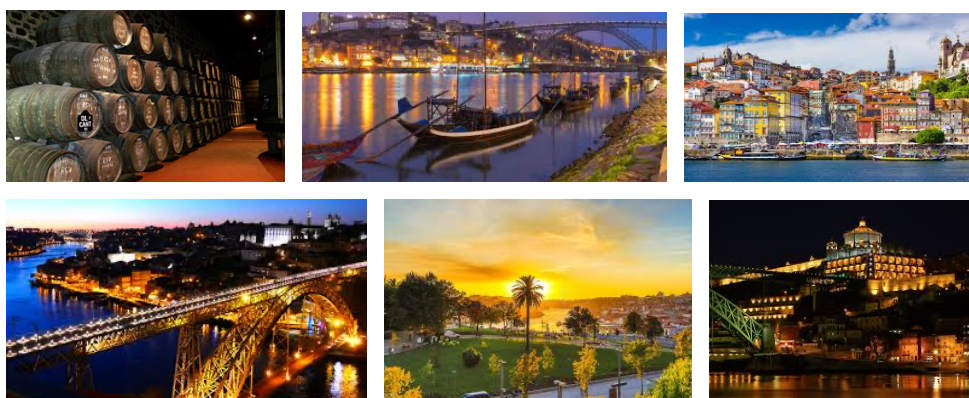
cultural program

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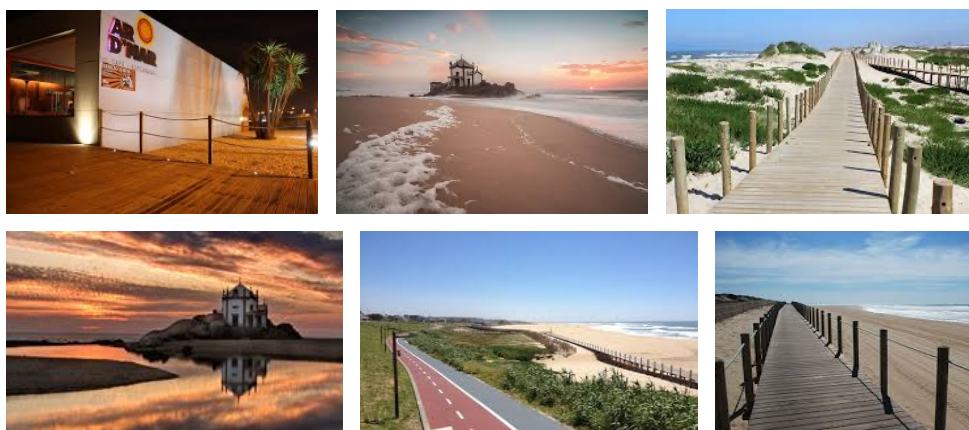
november **21**

- cultural program for gymnasts/delegations

Visit to Oporto wine cellars near the river:



Visit to beach coast near the atlantic ocean:



facilities

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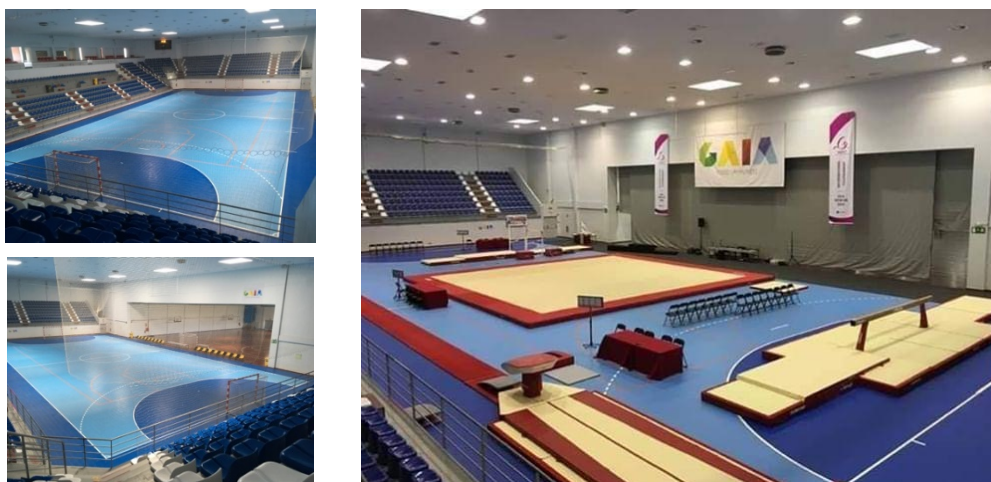
outside view



warm up zone



competition hall



A level			
kids	Youth	Junior	Senior
2010-2011-2012	2008-2009	2006-2007	...-2005
FIG adapted		FIG	FIG

A level				
	kids	Youth	Junior	Senior
vault	<ul style="list-style-type: none"> • heigh – 1,20m • 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

B level			
kids	Youth	Junior	Senior
2010-2011-2012	2008-2009	2006-2007	...-2005
FIG adapted			

B level				
	kids	Youth	Junior	Senior
vault	<ul style="list-style-type: none"> high – 1,15m 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 	

pre-registration

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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
		2010-2011-2012	2008-2009	2006-2007	...-2005
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
		2010-2011-2012	2008-2009	2006-2007	...-2005
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