GCP LISBON INTERNATIONAL ACROBATIC GYMNASTICS 2019

12-15. SEPTEMBER
LISBON - PORTUGAL
CASAL VISTOSO MUNICIPALITY SPORTS COMPLEX

DIRECTIVES

www.lisbonacro.pt  @ lisbonacro@gcp.pt  gcplisbonacro  gcplisbonacro
1. Introduction

Ginásio Clube Português is a long established based Sports Club and a National reference in Gymnastics. Given the hard work the Club has put into developing its Acrobatics programme over the last few years it has decided, together with the support of the Lisbon City Hall and the Portuguese Gymnastics Federation, to organize an International Acrobatics Tournament.

The competition will be held in Lisbon, in the Municipality Sports Complex Casal Vistoso, from September 12th to 15th, 2019.

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.

<table>
<thead>
<tr>
<th>Category</th>
<th>Age Range</th>
<th>General Rules</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth</td>
<td>From 8 to 16 Years</td>
<td>General Rules</td>
<td>No height deduction</td>
</tr>
<tr>
<td>Age Group 1</td>
<td>From 10 to 16 Years</td>
<td>Age Group Rules FIG 11-16</td>
<td>No height deduction</td>
</tr>
<tr>
<td>Age Group 2</td>
<td>From 10 to 18 Years</td>
<td>Age Group Rules FIG 12-18</td>
<td></td>
</tr>
<tr>
<td>Junior</td>
<td>From 11 to 19 Years</td>
<td>Age Group Rules FIG 13-19</td>
<td>No exceeding difficulty deduction</td>
</tr>
<tr>
<td>Senior</td>
<td>Minimum 12 Years</td>
<td>Senior Rules</td>
<td></td>
</tr>
</tbody>
</table>
4. Preliminary Programme

Tuesday, 10th September
Delegations arrival
Free Training (warm up floor – no music)

Wednesday, 11th September
Late Delegations arrival
Training per Schedule

Thursday, 12th September
Orientation meeting and Reception at City Hall
Judges meeting
Training per Schedule

Friday, 13th September
Qualification 1st exercise

Saturday, 14th September
Qualification 2nd exercise

Sunday, 15th September
FINALS
Award Ceremony
Dinner & Farewell Party

Monday, 16th September
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
Português, nº 1 1250-111
LISBOA - PORTUGAL
Phone: +351 213 841 580
www.lisbonacro.pt – lisbonacro@gcp.pt
7. Delegations

Each Delegation may include:
1 Director
1 Head of Delegation
5 Coaches
Pairs/Groups – Unlimited Number
1 Doctor
1 Physiotherapist
1 Judge

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 (the optional elements must be within the difficulty range indicated in WAGC Rules).

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 (the optional elements must be within the difficulty range indicated in WAGC Rules).
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 from different categories of elements, simultaneously or in immediate succession.
2 elements can be selected from balance, flexibility or agility (must perform 2 different types) and 1 element must be a Tumbling element. It is not compulsory to perform a somersault and the Round off can be used as an extra element.

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 2019:
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 August 19st, 2019 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

<table>
<thead>
<tr>
<th></th>
<th>Option A – 4 Stars Category</th>
<th>Option B - 3 Stars Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full Board – Rates/person/night</td>
<td>95 €</td>
<td>90 €</td>
</tr>
<tr>
<td>Single Room</td>
<td>95 €</td>
<td>90 €</td>
</tr>
<tr>
<td>Double Room</td>
<td>80 €</td>
<td>75 €</td>
</tr>
<tr>
<td>Triple Room</td>
<td>75 €</td>
<td></td>
</tr>
</tbody>
</table>

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 September 12th, 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: July 12th, 2019
(50% payment of Accommodation Pack + Registration Fee).

Nominative Registration: August 12th, 2019
(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
Adresse: Praça do Ginásio Clube Português, nº 1, 1250-111 Lisboa
VAT Number: 500127174
Bank Name: Banco Português de Investimento
Address: Rua Artilharia Um, nº 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 August 12th, 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:**

**MUNICIPALITY SPORTS COMPLEX CASAL VISTOSO**

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 CD's pairs/groups (only one security copy). 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 August 12th, 2019 (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: Nationality_surname_name (for example: POR_Silva_Antonio.jpg)

**Note:** Photos taken at the accreditation desk will be charged at 5 euros per photo.
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 August 12th. 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.

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 August 12th, 2018

Tariff Sheets have to be sent to: lisbonacro@gcp.pt until August 12th, 2018

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 August, 12th 2018 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 August, 2019.