




**GCP LISBON
INTERNATIONAL
ARTISTIC GYMNASTICS
TOURNAMENT 2020**
MEN'S AND WOMEN'S

5 - 7 MARCH LISBON - PORTUGAL
CASAL VISTOSO MUNICIPALITY SPORTS COMPLEX

DIRECTIVES

 www.lisbonag.pt

@ lisbonag@gcp.pt

  [gcplisbonag](https://www.instagram.com/gcplisbonag)

ORGANISATION



INSTITUTIONAL SUPPORT



SPONSORS



GCP Lisbon International Men's and Women's Artistic Gymnastics Tournament

Lisbon - Portugal - 2020

5th and 7th of March

Dear FIG affiliated Member Federation and Clubs,

The **GINÁSIO CLUBE PORTUGUÊS**, has the pleasure to invite Representatives of National Federations, District or Regional Associations as well as all clubs affiliated in their respective Federations, to participate in the « GCP Lisbon International Men's and Women's Artistic Gymnastics Tournament ».

DIRECTIVES	
HOST FEDERATION	Gymnastics Federation of Portugal – FGP, POR Estrada da Luz, n.º 30-A 1600-159 Lisboa, Portugal Tel: +351 21 814 11 45 Fax: +351 21 814 29 50 E-mail: gympor@gympor.com webpage: http:// www.fgp-ginastica.pt
CONTACT PERSON	Event General Manager: Mr. José Carlos Reis Tel: +351 213841583 E-mail: lisbonag@gcp.pt Website: www.lisbonag.pt Address: Praça do Ginásio Clube Português, nº 1 1250-111 Lisboa - Portugal
VENUE	Competition Venue: MUNICIPALITY SPORTS COMPLEX CASAL VISTOSO Address: Rua João da Silva 1900-271 Lisboa, Portugal
DATE	From the 5 th until the 7 th of March of 2020
APPARATUS SUPPLIER	Gymnova
PRELIMINARY PROGRAMME	<p>3rd of March (Tuesday)</p> <ul style="list-style-type: none"> • Early Arrival of the Delegations • No Trainings <p>4th of March (Wednesday)</p> <ul style="list-style-type: none"> • Arrival of the Delegations • Trainings by schedule <p>5th of March (Thursday)</p> <ul style="list-style-type: none"> • Official Trainings <p>6th of March (Friday)</p> <ul style="list-style-type: none"> • Competition WAG (All Around and Team) • Competition MAG (All Around and Team) <p>7th of March (Saturday)</p> <ul style="list-style-type: none"> • Competition WAG & MAG (Apparatus Finals) <p>8th of March (Sunday)</p> <ul style="list-style-type: none"> • Delegations departure

*(AFTER THE DEFINITIVE ENTRIES,
THIS PROGRAMME MAY BE
REVISED)*

AGE LIMITS	WAG																																												
	<table border="1"> <tr> <td>Cat I</td> <td>Cat II</td> <td>Cat III</td> </tr> <tr> <td>Born 2007 - 2008</td> <td>Born 2005 - 2006</td> <td>Born 2004 - ... Seniors FIG</td> </tr> <tr> <td>Youth</td> <td>Juniors</td> <td>Seniors</td> </tr> <tr> <td>Program Portugal Adapted (*)</td> <td>CoP FIG Juniors</td> <td>CoP FIG Seniors</td> </tr> </table>	Cat I	Cat II	Cat III	Born 2007 - 2008	Born 2005 - 2006	Born 2004 - ... Seniors FIG	Youth	Juniors	Seniors	Program Portugal Adapted (*)	CoP FIG Juniors	CoP FIG Seniors																																
Cat I	Cat II	Cat III																																											
Born 2007 - 2008	Born 2005 - 2006	Born 2004 - ... Seniors FIG																																											
Youth	Juniors	Seniors																																											
Program Portugal Adapted (*)	CoP FIG Juniors	CoP FIG Seniors																																											
RIGHT OF PARTICIPATION	MAG																																												
	<table border="1"> <tr> <td>Cat I</td> <td>Cat II</td> <td>Cat III</td> </tr> <tr> <td>Born 2005 - 2006 - 2007</td> <td>Born 2002 - 2003 - 2004</td> <td>Born 2001 - ... Seniors FIG</td> </tr> <tr> <td>Youth</td> <td>Juniors</td> <td>Seniors</td> </tr> <tr> <td>CoP FIG Juniors *Vault height can be adjusted</td> <td>CoP FIG Juniors</td> <td>CoP FIG Seniors</td> </tr> </table>	Cat I	Cat II	Cat III	Born 2005 - 2006 - 2007	Born 2002 - 2003 - 2004	Born 2001 - ... Seniors FIG	Youth	Juniors	Seniors	CoP FIG Juniors *Vault height can be adjusted	CoP FIG Juniors	CoP FIG Seniors																																
Cat I	Cat II	Cat III																																											
Born 2005 - 2006 - 2007	Born 2002 - 2003 - 2004	Born 2001 - ... Seniors FIG																																											
Youth	Juniors	Seniors																																											
CoP FIG Juniors *Vault height can be adjusted	CoP FIG Juniors	CoP FIG Seniors																																											
COMPETITION FORMAT	<p>Individual Competitions</p> <ul style="list-style-type: none"> Limited number of gymnasts per category, it will be taken into account the order of arrival of the registrations with payed fees. <p><u>Participation in Apparatus Finals (Youth, Juniors and Seniors):</u></p> <ul style="list-style-type: none"> The best six (1 per delegation) gymnasts per apparatus from the qualifications qualify for the Finals In addition, the Organizing Club has the right to a limited number of Wild Cards (maximum 1 man and 1 woman gymnast only at one apparatus each). These "Wild Card Gymnasts" must have participated at the respective apparatus in the qualification. FIG Competition III rules will be applied for vault. In case of a tie at any place, the tie-breaking rules as set up for the Olympic Games shall be applied. <p>Team Competitions (4-3 All Around results)</p> <p><u>WAG & MAG</u> The Team configuration must have at least 3 gymnasts from two distinct categories</p> <p>TEAM COMPETITION WAG TEAM COMPETITION MAG</p> <table border="1"> <thead> <tr> <th>AllAround</th> <th>Cat. I</th> <th>Cat. II</th> <th>Cat. III</th> </tr> </thead> <tbody> <tr> <td>Results</td> <td></td> <td></td> <td></td> </tr> <tr> <td>1°</td> <td>9 pts</td> <td>10 pts</td> <td>11 pts</td> </tr> <tr> <td>2^a</td> <td>8 pts</td> <td>9 pts</td> <td>10 pts</td> </tr> <tr> <td>3°</td> <td>7 pts</td> <td>8 pts</td> <td>9 pts</td> </tr> <tr> <td>4°</td> <td>6 pts</td> <td>7 pts</td> <td>8 pts</td> </tr> <tr> <td>5°</td> <td>5 pts</td> <td>6 pts</td> <td>7 pts</td> </tr> <tr> <td>7°</td> <td>4 pts</td> <td>5 pts</td> <td>6 pts</td> </tr> <tr> <td>8°</td> <td>3 pts</td> <td>4 pts</td> <td>5 pts</td> </tr> <tr> <td>9°</td> <td>2 pts</td> <td>3 pts</td> <td>4 pts</td> </tr> <tr> <td>10° or more</td> <td>1 pts</td> <td>2 pts</td> <td>3 pts</td> </tr> </tbody> </table> <p>In case of TIE in the Team Competition the scores of the 4th gymnast will be taken into account.</p>	AllAround	Cat. I	Cat. II	Cat. III	Results				1°	9 pts	10 pts	11 pts	2 ^a	8 pts	9 pts	10 pts	3°	7 pts	8 pts	9 pts	4°	6 pts	7 pts	8 pts	5°	5 pts	6 pts	7 pts	7°	4 pts	5 pts	6 pts	8°	3 pts	4 pts	5 pts	9°	2 pts	3 pts	4 pts	10° or more	1 pts	2 pts	3 pts
AllAround	Cat. I	Cat. II	Cat. III																																										
Results																																													
1°	9 pts	10 pts	11 pts																																										
2 ^a	8 pts	9 pts	10 pts																																										
3°	7 pts	8 pts	9 pts																																										
4°	6 pts	7 pts	8 pts																																										
5°	5 pts	6 pts	7 pts																																										
7°	4 pts	5 pts	6 pts																																										
8°	3 pts	4 pts	5 pts																																										
9°	2 pts	3 pts	4 pts																																										
10° or more	1 pts	2 pts	3 pts																																										

INVITED CLUBS, ASSOCIATIONS AND FEDERATIONS	<p>The participation is open to all Representatives of National Federations, District or Regional Associations as well as affiliated clubs in the respective Federations.</p> <p>All national teams, associations and clubs in good standing are entitled to participate, with unlimited gymnasts and teams.</p>																											
SIZE OF DELEGATIONS AND LICENSES	<table border="1"> <thead> <tr> <th>Delegation</th> <th>Allowed registration</th> <th>Maximum</th> </tr> </thead> <tbody> <tr> <td>Head of Delegation (HD)</td> <td>1</td> <td>1</td> </tr> <tr> <td>Team Manager (TM)</td> <td>1</td> <td>1</td> </tr> <tr> <td>Coaches</td> <td>Unlimited</td> <td>Unlimited</td> </tr> <tr> <td>Gymnasts</td> <td>Unlimited</td> <td>Unlimited</td> </tr> <tr> <td>Doctor</td> <td>1</td> <td>1</td> </tr> <tr> <td>Physiotherapist</td> <td>1</td> <td>1</td> </tr> <tr> <td>Judge</td> <td>1 judge for 1 to 4 gymnasts 2 judges for 5 or more gymnasts</td> <td></td> </tr> <tr> <td>Portuguese Clubs</td> <td>2 judges</td> <td></td> </tr> </tbody> </table> <p>Note: Considering the Tournament Regulations, there is an established maximum limit of registrations per category.</p>	Delegation	Allowed registration	Maximum	Head of Delegation (HD)	1	1	Team Manager (TM)	1	1	Coaches	Unlimited	Unlimited	Gymnasts	Unlimited	Unlimited	Doctor	1	1	Physiotherapist	1	1	Judge	1 judge for 1 to 4 gymnasts 2 judges for 5 or more gymnasts		Portuguese Clubs	2 judges	
Delegation	Allowed registration	Maximum																										
Head of Delegation (HD)	1	1																										
Team Manager (TM)	1	1																										
Coaches	Unlimited	Unlimited																										
Gymnasts	Unlimited	Unlimited																										
Doctor	1	1																										
Physiotherapist	1	1																										
Judge	1 judge for 1 to 4 gymnasts 2 judges for 5 or more gymnasts																											
Portuguese Clubs	2 judges																											
JUDGES	<p>Judges must provide their official certification, issued by the respective National Federation.</p> <p>The participating Member Federations must send minimum one qualified Judge, as mentioned above. Failure to do so will result in <u>a fine of 250 EUR</u> to be paid to the to the LOC.</p>																											
ACCOMMODATION AND MEALS	<p>The participating federations must pay for <u>Accommodation and Meals</u> (FB – full board) expenses of their delegation members. <u>Accommodation booking through the LOC is required.</u></p> <p>Four Stars Hotel Eur 110 (single room) Eur 90 (double room) Eur 80 (triple room)</p> <p>Three Stars Hotel Eur 95 (single room) Eur 80 (double room) Eur 75 (triple room)</p> <p>The prices charged are per night/per person, and will not exceed the usual hotel rates. While the Accommodation Form must be returned to the LOC by 5th of January at the very latest, the Hotel rooms will be allocated on a <u>“first come, first serve”</u> basis.</p> <p>The costs for the accommodations must be paid to the LOC as follows:</p> <ul style="list-style-type: none"> - 50% of the costs until the 5th of January 2020 - The final payment of the costs until the 5th of February 2020 <p>Cancellation/Reimbursement Policy: <u>- 50% of the costs with Accommodation in FB, shall be reimbursed if the cancellation occurs up to 1 month prior to the event. Afterwards, no reimbursements will be made.</u></p>																											

REGISTRATION AND DEADLINES	<p>Registration (online): http://www.lisbonag.pt/</p> <p>5th of January of 2020</p> <ul style="list-style-type: none"> - Definitive Registration - Accommodation (FB - full board) - Visa Request Form (if you need) - Payment of the Entry Fee (100%) - Payment of the Accommodation in FB (50%) <p>05th of February of 2020</p> <ul style="list-style-type: none"> - Nominative Registration - A photo of each delegation member (electronic format – JPEG) - Travel Schedule Form - Final Banquet Form - Payment of the Accommodation in FB Costs (remaining 50%) - Payment of the fine for missing judge (if any) - Music's sent by e-mail: lisbonag@gcp.pt (PT - First and Last name -WAG)
ENTRY FEES	<p>The non-reimbursable cost for the Entry Fee is:</p> <ul style="list-style-type: none"> - 35,00 € per gymnast <p>Accommodations booking through the LOC are required.</p>
DRAWING OF LOTS	<p>The gymnasts and groups drawing of lots will take place at the Ginásio Clube Português within two weeks after the closing date of the nominative registration.</p>
FINAL BANQUET	<p>Tickets for the Final Banquet will be available for the cost of 30,00 € and must be paid at the LOC office until the 7th of March of 2020.</p> <p>The LOC will not reimburse any cancelled entry ticket of the Final Banquet the LOC will not reimburse any cancelled entry ticket of the Final Banquet.</p>
INTERNATIONAL TRANSPORTATION	<p>The invited participating federations and clubs must pay for the international travel expenses of their delegation members.</p> <p>The Travel Schedule Form must be returned to the LOC <u>until</u> the 5th of February of 2020.</p>
LOCAL TRANSPORTATION	<p>The LOC will provide free local transportation for all participants (from/to Lisbon airport as well as from/to the hotel and the Competition, Training).</p> <p>Transfers and internal transportations will only be available to those who book accommodation directly with the organization.</p>
VISA	<p>Please verify with your local travel agent or the Portuguese Embassy or Consulate in your Country if a visa is required for your travel to Portugal.</p>
	<p>The LOC will be happy to assist each Delegation with an official invitation letter, provided that the request is made before December 6th of 2019 to the LOC.</p> <p>The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, the arrival and departure dates of the Delegation Member as well as the city the visa application support letter must be sent to.</p>

<p>INSURANCE</p>	<p>The Host Federation, the LOC and the FIG will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like.</p> <p>The FIG Technical Regulations foresee that all participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation for all the members of their Delegation.</p> <p>The LOC will verify the insurance upon arrival of the delegation members (e.g. cover note or copy of the valid policy). English version is compulsory.</p> <p>Delegation members with insufficient insurance cover must inform the LOC in advance. The LOC will subsequently offer insurance at the Federations own charge as follows: 40EUR per person/day.</p>
<p>ACCREDITATION</p>	<p>Accreditations will be given at the LOC office (Competition Venue) by schedule (made after receiving the flight plans), after the arrival of the Delegations.</p> <p>The Head of Delegation must bring to the Accreditation:</p> <ul style="list-style-type: none"> • Declaration of the National Federation proving that the Judge is registered in national terms. • Proof of all payments • Certification of valid insurance
<p>FINANCIAL OBLIGATIONS</p>	<p>Federations and Clubs which have not fulfilled their financial obligations towards the LOC <u>by the given deadline</u> in the Invitation/Directives may still have the possibility to participate, but the LOC will not guarantee the hotel booking, meals and local transportation.</p>
<p>BANK ACCOUNT INFORMATION</p>	<p>Bank: BPI IBAN: PT50 0010 0000 2660 2950 0025 3 BIC/Swift: BBPIPTPL</p> <p>Each participating Club, Association or member Federation is kindly requested to <u>send bank proof</u>, with identification as follows: (Club, Country)-LisbonWAG-MAG IT2020, to the email lisbonag@gcp.pt.</p> <p>The participating federation is responsible for covering all bank fees in connection with the bank transfers.</p>

FIG RULES	COMPETITION PROGRAM			
	COMPETITION PROGRAM	Cat. I	Cat. II	Cat. III
	WAG	Program Portugal Adapted *	Code of Point FIG Juniors	Code of Point FIG
	MAG	Code of Point FIG Juniors	Code of Point FIG Juniors	Code of Point FIG
	<p>The event will be organized under the following FIG rules, as valid in the year of the event, except for any deviation mentioned in these directives:</p> <ul style="list-style-type: none"> - Statutes - Technical Regulations - Code of Points and relevant Newsletters - General Judges' Rules - Specific Judges' Rules - Licenses Rules (except for non competitive events) - Accreditation Rules - Medal Ceremonies Rules - Media Rules - Apparatus Norms (Category I Vault height can be adjusted) - Advertising and Publicity Rules and subsequent decisions of the FIG Executive Committee 			

Program Portugal Adapted (*)

WAG YOUTH (2007-2008)

E score	Vault	Uneven Bars	Beam	Floor
Penalty of: 7-8 elem- 0,00 p. 6 elem - 2,00 p. 4-5 elem - 4,00p. 2-3 elem - 6,00p. 1 elem - 8,00 p. 0 elem - 10,00 p.	Eight: 1m20 OR 1m25 1 springboard C-I 2 vaults (same vault allowed) best account C-III 2 vaults (same group allowed but must be different) Final score = average of 2 vaults If the second vault is the same of 1 vault Evaluation = FIG Code Notes: The Group IV vaults (Yourchenko) will have the same D value as the Group III vaults (Tsukahara) with the same second flight . Vaults 1.40=2,80p. 1.50=3.00p.	7 best elements + dismount Comp. requirements - Flight elem. HB to LB or LB to HB - Close bar circle elem. min. B (group 2,4.5) - Dorsal / cubital giant - Elem. with 360o LA rotation can be in hand stand - Notes: - Underswing on LB (support of feet) with half turn (180o) and glide skip to support on LB = "A" value - Giant circle ending on front support = "A" value - Is permitted to perform cast to put both feet on the LB and jump to HB is not an element but do not deduct for uncharacteristic element Additional Value: - Flight elem. different from the 1 Comp. Req. - 0,50p Flight elem same bar - 0,50p. - Dmt with LA rotation (min. 360o) - 0,50 p. - Dmt double salto bwd with or without LA rotation - 0,50 p. The ADDITIONAL VALUE is awarded even with a fall FIG CP bonus are awarded ONLY when the elements are performed with success	7 best elements + dismount (3 acro elem; 3 dance elem, and 2 optional elements) Comp. requirements - 2 different dance elem 1 being 180o split pos. (FIG) - Turn gr. 3 (FIG) - 1 Acro serie with 2 flight elements (with or without hand support. Allowed the same element) - Acro elem fwd/swd or bwd (FIG) Additional Value: - Acro serie with 2 flight elements, one with 1 salto - 0,50 p. - DMT with LA rotation (> 540°) - 0,50p. - Dmt double salto bwd - 0,50 p. The ADDITIONAL VALUE is awarded even with a fall FIG CP bonus are awarded only when the elements are performed with success	7 best elements + dismount (3 acro elem; 3 dance elem. and 2 optional elements) Comp. requirements. - Dance passage (FIG rules) - Salto with LA turn (min. 360o) - 2 acro lines with salto bwd and salto fwd (no aerials) - Turn (360o) min. B ACROLINE (FIG rules) MAX 3 ACRO LINES Additional Value: -1 acro line with 2 different saltos in a row- 0,5 p. - Double bwd salto - 0,50 p. The ADDITIONAL VALUE is awarded even with a fall FIG CP bonus are awarded only when the elements are performed with success Notes: - Additional mat can be used without penalty for double saltos or double LA turn. The mat CANNOT be moved during the floor routine and the other acro lines CANNOT have reception in the mat (FIG deduction) - The same acro line can only receive one Additional Value. Will be award the highest Additional Value

Place and date:
Lisbon, 15 October 2019

Signature of the
Director General - Ginásio Clube Português





**GINÁSIO
CLUBE
PORTUGUÊS**

Praça Ginásio Clube Português, nº 1
1250 - 111 Lisboa

Phone.: (+351) 213 841 580

Fax: (+351) 213 841 589

e-mail: lisbonag@gcp.pt

www.lisbonag.pt