

GCP LISBON INTERNATIONAL ACROBATIC GYMNASTICS 2019

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

DIRECTIVES

 www.lisbonacro.pt  lisbonacro@gcp.pt  [gcplisbonacro](https://www.facebook.com/gcplisbonacro)  [gcplisbonacro](https://www.instagram.com/gcplisbonacro)

ORGANISATION



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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 it's 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.

The event is open to all Clubs.

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

All FIG member federations, clubs and gymnasts in good standings are invited.

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.

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

4. Preliminary Programme

Tuesday, 10 th September	Delegations arrival Free Training (warm up floor – no music)
Wednesday, 11 th September	Late Delegations arrival Training per Schedule
Thursday, 12 th September	Orientation meeting and Reception at City Hall Judges meeting Training per Schedule
Friday, 13 th September	Qualification 1 st exercise
Saturday, 14 th September	Qualification 2 nd exercise
Sunday, 15 th September	FINALS Award Ceremony Dinner & Farewell Party
Monday, 16 th 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 elements of the Balance Group from the table of difficulty 11-16, + 1 optional element from the FIG tables and 2 Dynamic elements from the table of difficulty 11-16, + 1 optional element from the FIG tables.

Groups: choose 1 pyramid from the table of difficulty 11-16, + 1 optional pyramid from the FIG tables (only 2 statics of 3" are necessary in the routine) and 2 Dynamic elements from the table of difficulty 11-16, + 1 optional element from the FIG tables; the optional pyramid maybe selected from one of the same categories used in the compulsory elements.

Individuals: 2 cat. 1 + 2 cat. 2 individual elements must be performed (it is not compulsory to perform a somersault).

Finals: The top six, eight or twelve of the qualifications, depending on the number of pairs / category 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 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

10 (ten) 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	95 €	90 €
Double Room	80 €	75 €
Triple Room	75 €	65 €

Note: In order to take place in the event, all pairs/groups must book their accommodation through the LOC and 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, Final Dinner - and transportation). The hotel rooms will be allocated on a "**first come, first serve**" basis.

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.)

Each Pair/Group will have a number that must be used in the Exercise Diagrams and Musics sent by e-mail.

ALL REMAINING PAYMENTS WILL BE MADE AT THE ACCREDITATION

BANK ACCOUNT INFORMATION:

Beneficiary: Ginásio Clube Português

Address: Praça do Ginásio Clube Português, n° 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;

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 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 already be 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.

LOC Contacts

Praça do Ginásio Clube

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June, 20th, 2018



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