Slovan Prague

holds

30th year of

**Competition in Honour of**

**Eva Bosakova**

On Sunday, April 16th, 2023

In the gymnastic hall SK Hradčany,

Diskařská 249/1, Prague 1

Czech Republic

**Eva Bosakova**

(December 18th, 1931 – January 10th, 1991)

* **Winner of Olympic Games on balance beam, Rome, 1960**
* **Winner of World Championships on floor, Moscow, 1958**
* **Winner of World Championships on balance beam, Moscow, 1958**
* **Winner of World Championships on balance beam, Prague, 1962**

Eva Bosakova (born Vechtova) was an important figure in Czechoslovak gymnastics in the post-war era (1949 – 1962). She was born in 1931 in Mlada Boleslav. Her father was a very good gymnast and her mother did gymnastics on a competitive level, too. She was a gymnast by nature.

Eva tried to do figure skating at first. Although she was successful, she fell in love with gymnastics. She introduced dancing movements and new forms to gymnastics. She wasn’t afraid of experimenting with music on the floor.

**Preliminary Competition Itinerary**

***Preamble***

 **Women artistic gymnastics**

**Types of competitions:** **Elite level competition** - **balance beam & floor**

 **Final** **competition on balance beam**

 **Friendly level competition** - **balance beam & floor**

***A) General Rules***

1. **Name of competition:** 30th year of **Competition in Honour of Eva Bosakova**
2. **Organizer:** Slovan Praha - artistic gymnastics club
3. **Date: April**  **16th, 2023**
4. **Place:** Gymnastic hallSK Hradčany, Diskařská 249/1, Praha 1, Czech Republic
5. **Organizing committee:** Head of Competition Lagronova SvatavaChair of the Judges Sotolová Lenka
Secretary Kuhnova Sarka
6. **Contacts:** e-mail: info@sgslovanpraha.cz, phone Lagronova +420 777 621 786
7. **Application:**

**Preliminary:** A number of gymnasts in each category, a number of other persons with requirements for accommodation **before**  **February**  **20th, 2023**

**Final:** Club, last name, first name, year of birth, coach and category for each gymnast and name, qualification for judge **before April**  **11th, 2023**

**Music:** Music must be sent by e-mail in a file named with the name of the gymnast and the name of the club (for example Massamba\_Lisa\_Nivellois) **before April**  **11th, 2022** toaddressinfo@sgslovanpraha.cz. Safe copy gets with you on a separate CD or USB flash disc for each gymnast labeled with the name of the name of the gymnast and the name of the club.

**Address:** e-mail: info@sgslovanpraha.cz

1. **Limitation:** The organizer has the right to accept an exceptional application or to reject an application. Gymnasts cannot start in the Friendly level competition if they participate in a national championship in the year 2022.
2. **Judges application:** Each club may appoint one qualified judge. The judge’s name and qualification must be included in the application form.
3. **Starting fee: 20**€ (500 CZK) per gymnast in Elite level,16€ (400 CZK) per gymnast in Friendly level.
4. **Financial conditions:** Gymnasts, coaches and judges participate on their own expenses.
5. **Catering:** Small packaged snacks can be provided on-site. Restaurant or a grocery shop are placed near the gym.
6. **Accommodation:** Hostel Sokol <https://sokol.eu/hostel-sokol> (rooms for 8 - 14 persons or double rooms, 15 – 20 Eur per night).
7. **Drawing:** Drawing will be done on Wednesday 12th, April in TJ Slovan head office.
8. **Competition office:**  Will be open on the competition day from 8:30 a.m.

***B) Technical arrangements***

1. **Categories:**

 **Elite level** Young gymnasts born 2011 – 2015 (8 – 12 years old)

 Juniorsborn 2008 – 2010 (13 - 15 years old)

 Women born 2007 and older (16 years old or older)

 **Friendly level** Little Eva’s:born 2013 or younger (10 years old or younger)

 Young gymnasts born 2011 – 2012 (11 – 12 years old)

 Juniorsborn 2008 – 2010 (13 – 15 years old)

 Women born 2007 or older (16 years old or older)

1. **Requirements:** Gymnasts compete **on the beam and floor** and there is a separate **final competition on the beam**. The competitions are according to the FIG Code of Points in the full wording (release **valid for 2022-2024**), competition regulations and this itinerary.

The competition Little Eva’s has following exceptions: Music is possible but it is not required. The table of elements is extended by next elements A-difficulty:

|  |  |  |
| --- | --- | --- |
|  | **Beam** | **Floor** |
| **Elite level** |  |  |
| **Young gymnasts, Juniors, Women** | **FIG** | **FIG** |
| **Friendly level** |  |  |
| **Little Eva’s** | Elements A=0,1; B=0,2; C=0,3 (higher values not permitted)CR:1. one connection of at least 2 **different** dance elements, 1 being a leap or jump with 180° split (cross or side), or straddle position 2. turn (Gr. 3) or roll/flairs3. an acro element4. another acro elementTime measurement will be in accordance to FIG Code. Composition Requirements has to be performed on the beam, mount and dismount could not be counted as composition requirements. Rolls forwards with hand support slowly could not be counted as acro elements.Extended table of A - value elements:roll forwards with hand support (slowly)roll forwards with hand support (quickly)roll backwards roll backwards over shoulderscissors leapstretched jump with 1/2 turn (180˚)tuck jump1/2 turn (180˚) on one leg, free leg forwards to backwards 1/2 turn (180˚) on one leg different wayscale front, side, back also with hand support (leg split over 135°)squat on mountdismount round-off, handspring, free (aerial) walkover fwd, free (aerial) cartwheel, side handstand half turn dismount | Elements A=0,1; B=0,2; C=0,3 (higher values not permitted)CR:1. dance passage at least one leap with 180°split2. one feet turn min 360°3. salto element 4. acro element backward with flightAn acro line consists of a minimum of 2 directly connected acro elements with flight phase or salto with bounce of two legs. Floor routine has to have two different acro lines. **Music is not obligatory. Performance on floor line (not full square) is allowed.**Extended table of A - value elements:roll forwardsroll backwardshandstand to roll forwardsroll backwards to handstandcartwheelwalkover forwardswalkover backwardsscissors leapcat leap with 1/2 turn (180˚) tuck jumptuck jump with 1/2 turn (180˚) |
| **Young gymnasts** | Elements A=0,1; B=0,2; C=0,3 (higher values not permitted)CR:1. one connection of at least 2 **different** dance elements, 1 being a leap or jump with 180° split (cross or side), or straddle position 2. turn (Gr. 3) or roll/flairs3. an acro element4. another acro elementExtended table of A - value elements:roll forwards with hand support (slowly)roll forwards with hand support (quickly)roll backwards roll backwards over shoulderscissors leapstretched jump with 1/2 turn (180˚)tuck jump1/2 turn (180˚) on one leg, free leg forwards to backwards 1/2 turn (180˚) on one leg different wayscale front, side, back also with hand support (leg split over 135°)squat on mountdismount round-off, handspring, free (aerial) walkover fwd, free (aerial) cartwheel, side handstand half turn dismount | Elements A=0,1; B=0,2; C=0,3 (higher values not permitted)CR:1. dance passage at least one leap with 180°split2. one feet turn min 360°3. salto element 4. acro element backward with flightAn acro line consists of a minimum of 2 directly connected flight elements with one being salto element or salto with bounce of two legs. Floor routine has to have two different acro lines. Extended table of A - value elements:roll forwardsroll backwardshandstand to roll forwardsroll backwards to handstandcartwheelwalkover forwardswalkover backwardsscissors leapcat leap with 1/2 turn (180˚) tuck jumptuck jump with 1/2 turn (180˚) |
| **Juniors** | Elements A=0,1; B=0,2; C=0,3, D = 0,4 (higher values not permitted)CR:1. one connection of at least 2 **different** dance elements, 1 being a leap or jump with 180° split (cross or side), or straddle position 2. turn (Gr. 3) or roll/flairs3. one acro series, min. of 2 acro elements 1 with flight phase (elements may be the same) 4. acro elements in different directions (fwd/swd and bwd) Connection values:0.2B + B acro elements both with flight phase (elements may be the same but both elements must be perform on beam)0.3A/B + C (with flight phase)B + B + B (all elements with flight phase, may include dismount, two elements can be repeated)0.1 FIG + 0.3 B + B + C (all elements with flight phase, may include dismount, two elements can be repeated)0.5 (acrobatic connection according to FIG)FIG CV + 0.2 (dance and mixed connection) | Elements A=0,1; B=0,2; C=0,3, D = 0,4 (higher values not permitted)CR:1. a dance passage composed of two different leaps or hops (from the Code) connected directly or indirectly (with running steps, small leaps, hops, chassé, chainé turns), one of them with 180° split (cross or side) or straddle position2. acro line with two different somersaults3. salto bwd and salto fwd (no aerials) in the same or different acro line4. salto with LA turn (min. 360˚) Connection values:Direct acrobatic connection with flight phase0.2 B + A0.3A/B + CIndirect acrobatic connection with flight phase0.2A/B + C0.2A + A + B0.3A + A + C0.5connection according to FIG |
| **Women** | Elements A=0,1; B=0,2; C=0,3, D = 0,4 (higher values not permitted)CR:1. one connection of at least 2 **different** dance elements, 1 being a leap or jump with 180° split (cross or side), or straddle position 2. turn (Gr. 3) or roll/flairs3. one acro series, min. of 2 acro elements 1 with flight phase (elements may be the same) 4. acro elements in different directions (fwd/swd and bwd) Connection values:0.2B + B acro elements both with flight phase (elements may be the same but both elements must be perform on beam)0.3A/B + C (with flight phase)B + B + B (all elements with flight phase, may include dismount, two elements can be repeated)0.1 FIG + 0.3 B + B + C (all elements with flight phase, may include dismount, two elements can be repeated)0.5 (acrobatic connection according to FIG)FIG CV + 0.2 (dance and mixed connection) | Elements A=0,1; B=0,2; C=0,3, D = 0,4 (higher values not permitted)CR:1. a dance passage composed of two different leaps or hops (from the Code) connected directly or indirectly (with running steps, small leaps, hops, chassé, chainé turns), one of them with 180° split (cross or side) or straddle position2. acro line with two different somersaults3. salto bwd and salto fwd (no aerials) in the same or different acro line4. salto with LA turn (min. 360˚) Connection values:Direct acrobatic connection with flight phase0.2 B + A0.3A/B + CIndirect acrobatic connection with flight phase0.2A/B + C0.2A + A + B0.3A + A + C0.5connection according to FIG |

1. **Participation condition:** In-time application form accepted by the organizer, in-time registration in the competition office

 **Final competition:** The condition is to take part in the beam exercise within the main competition. The gymnasts with top ten marks in elite categories on the beam will participate in the final. In case of equal results, the better total score from the main competition is decisive. If this score is also equal, all gymnasts with equal score will compete.

1. **Evaluation:**

 **Main competition:** The winner is the best gymnast regardless of the categories. The best three gymnasts in each category are awarded. The result is given by the sum of the points gained for beam and floor routines. In cases of equal results on the 1st place in the overall results, the floor exercise is decisive. If such criteria are still equal, the winners will compete in the final competition on the floor. In case of equal points on other places the gymnasts will share the place.

 **Final competition:** The best three gymnasts are awarded. The result is given by the value gained in the beam final competition. In case of equal scores the value gained for beam exercise in the main competition is distinctive; if this is also equal the floor exercise in the main competition is considered. If such criteria are still equal for more gymnasts in 1st place, those will compete again on the beam. If the scores are equal on other positions, the gymnasts will share the place

 **Little Eva’s:** The best three gymnasts are awarded. The result is given by the sum of the points gained for beam and floor routines. In case of equal points on other places the gymnasts will share the place

1. **Awards:** Diplomas and medals will be awarded to the gymnasts in the first three places in the main competition in each category and in the final.

 **Main competition:** *Winner:* **Czech Olympic Club Cup**

 *In each category:* 1st place 60 €

 2nd place 40 €

 3rd place 20 €

 **Final competition:** *Winner*: **Mountain bike**

 2nd place 40 €

 3rd place 20 €

*Note:* The amount of money is divided evenly in case of more gymnasts share the place

**Little Eva’s:** *1. – 3. places* small prizes

1. **Schedule:** 8:00 – 9:00 Free warm-up

 8:20 – 9:00 Registration of little Eva’s and both young gymnasts

 8:20 – 12:00 Registration of juniors and women

 9:00 – 9:55 Organized warm-up for young gymnasts and little Eva’s

 9:10 – 9:20 Meeting and drawing of young gymnasts and little Eva’s

 **10:00 Opening Ceremony**

 10:05 – 12:50 Main competition − young gymnasts and little Eva’s

 12:10 – 12:20 Drawing of juniors and women

 12:50 – 13:45 Organized warm-up for juniors and women

 13:50 – 14:00 **Victory Ceremony for Little Eva’s**

 14:00 – 16:30 Main competition − juniors and women

 16:40 – 16:45 Registration and drawing for final

 16:45 – 16:55 Organized warm-up for final competition

 17:00 – 17:40 Final competition

 **18:00** **Victory Ceremony, Competition Closure**

 Note: It can be adapted to the actual number of the registered gymnasts.

***C) Final arrangements***

1. Clothing: According to the FIG Code of Points 2022 – 2024 (gymnasts, coaches and judges).
2. **Complaints:** According to the CGF regulations.
3. **Doping:** Subject to FIG rules.
4. **Results:** The results will be worked out on the day of the competition. They will be published on the CGF pages (<http://www.gymfed.cz/>). or they will be sent by email.
5. **Judges:** The organizer will provide qualified judges.
6. **Present:** Each gymnast will be given a souvenir present.

Prague, January, 2023

 Lenka Šotolová Svatava Lagronová

 Chair Judge Head of Competition