



European Gymnastic League (open) and Grand Prix Jiří Matucha 2024



WORK PLAN

AGE CATEGORY	YOUNG: 2012 – 2011 - 2010 JUNIOR: 2009 – 2008 – 2007 - 2006 SENIOR: 2005 and older
TECHNICAL REQUIREMENTS	YOUNG: code FIG 2022-2024 / Vault 1.25m-1.35m JUNIOR/SENIOR: code FIG 2022/2024 License fig not required
RULES	Maximum 6 gymnasts per team, but max. 4 gymnasts per category. Minimum 1 judge per team (obligatory), optimal 2 judges per team Important information: maximum 50 gymnasts / category
COMPETITION FORMAT	Qualification: <ul style="list-style-type: none">- The team of each club is composed of max 6 gymnasts, all 3 categories of each team will compete together.- Will be 3 subdivisions- Clubs who will not be able to register as a team (min 4 gymnasts to be a team) will participate with their gymnast/s for all-around individual competition.- Max 6 gymnasts may compete on apparatus per team, 4 best scores are counted for the team results.- 5 best ranged teams + local team will qualify for GEL teams final 2024.- On the end of qualification day will be awarded the best 3 gymnasts per category:<ul style="list-style-type: none">a) Young categoryb) Junior categoryc) Senior category FINAL BY TEAMS*: <ul style="list-style-type: none">- In total there will be 9 exercises per team, which will be counted towards choosing the best teams.- Minimum 1 exercise per team / per apparatus, but maximum 2 exercise per apparatus. Each team can put his best gymnasts in the apparatus, it depends on their choice.- There will be 2 groups of competing teams, in which group will be 3 teams.

- The best 3 teams from qualification began on floor, 3 other teams (placed on 4, 5 and 6 place), will start on pommel horse. The competition will be in Olympic order.

SCHEDULE

25th October

Free training at competition hall from 08:00 to 20:00

Dinner: 18:00 to 21:00

Restaurant U Pivrnce Hradčany - Hradčanské nám. 60/12, Praha 1.

26th October - Competition

Coaches meeting: 09:00 to 09:10

Judges meeting: 09:30 to 09:50

Subdivision 1:

warm up: 8:30 to 09:50

competition 10:00 to 12:00

Subdivision 2:

warm up: 12:00 to 13:20

competition 13:30 to 15:15

Subdivision 3:

warm up: 13:30 to 14:50

competition 16:45 to 18:15

18:20 Award Ceremony best all – around gymnasts per category:

- Youngs
- Juniors
- Seniors

Lunch: 11:00 – 16:00

Restaurant U Zelené brány - Bělohorská 1069/7, Praha 6

Dinner / Banquet: 18:30 to 21:00

Restaurant U Pivrnce Hradčany - Hradčanské nám. 60/12, Praha 1.

27th October

Team Final:

warm up: 10:00 to 10:55

competition 11:00 to 12.45

13:00 Award Ceremony of the bests GEL club 2024!

Lunch: 11:30 – 14:30

Restaurant U Zelené brány - Bělohorská 1069/7, Praha 6

Best Regards,

President ALON HASA

Co-President THIERRY AYMES