



European Gymnastic League and Grand Prix Jiří Matucha PRAGUE - 2025



WORK PLAN

AGE CATEGORY	YOUNG: 2013-2012-2011 JUNIOR: 2010 – 2009 – 2008 - 2007 SENIOR: 2006 and older
TECHNICAL REQUIREMENTS	YOUNG: code FIG 2025-2028 / Vault 1.25m-1.35m JUNIOR/SENIOR: code FIG 2025-2028 License fig not required
RULES	Team composition: 5 / 5 / 3 Team composition of the team is on the decision of each delegation. Minimum 1 judge per team (obligatory), optimal 2 judges per team Important information: maximum 50 gymnasts / category
COMPETITION FORMAT	Qualification: - The team of each club is composed of max 5 gymnasts, all 3 categories of each team will compete together. - Will be 2 subdivisions - Clubs who will not be able to register as a team (min 3 gymnasts to be a team) will participate with their gymnast/s for all-around individual competition and apparatus final - The gymnasts of the club who don't have a team will be in Mix Groups. - Max 5 gymnasts may compete on apparatus per team, 3 best scores are counted for the team results. - After the C1 (qualification) will be awarded best 3 teams - On the end of qualification day will be awarded the best 3 gymnasts per category : a) Young category b) Junior category c) Senior category

	APPARATUS FINAL*: - 8 best gymnasts from qualification per apparatus - 4 best Seniors / 3 best Juniors / 1 best Young score FIG Apparatus Finals rules will be applied for vault.
SCHEDULE	<u>3rd October</u> Free training at competition hall from 08:00 to 20:00 Dinner: 18:00 to 21:30 Restaurant U Pivrnce Hradčany - Hradčanské nám. 60/12, Praha 1. <u>4th October - Competition</u> Coaches meeting: 09:45 to 10:00 Judges meeting: 10:00 to 10:20 Subdivision 1: warm up: 9:00 to 10:20 competition 10:30 to 12:15 Subdivision 2: warm up: 12:30 to 13:50 competition 14:00 to 17:00 17:00 Award Ceremony best Team and 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 21:30 Restaurant U Pivrnce Hradčany - Hradčanské nám. 60/12, Praha 1.

5th October Apparatus Final:

warm up: 10:00 to 10:55

competition 11:00 to 12.45

12:45 Award Ceremony of the Appartus Final – Prague 2025!

Lunch: 11:30 – 14:30

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

Best Regards,

President ALON HASA

Co-President THIERRY AYMES