



info@gympies.be
www.gympies.be



26th-27th of May 2012

Keerbergen, Belgium

Dear coaches

We would like to invite you to the third edition of the “Gympies-GymnovaCup”, a Women Artistic Gymnastics Competition, on the 26th and 27th of May 2012 in Keerbergen, Belgium.

Participating clubs former editions:

Riga Gymnastics School (LATVIA) – East London Gymnastics Club (UK) – CGA Pozuelo (SPAIN) – Club Sada Tempo (SPAIN) – ASD Airone (ITALY) - Glasgow Gymnastics Club (SCOTLAND) – Captalat Gym (FRANCE) – Bergisch Gladbach (GERMANY) – Cooperativa de Ginástica Olímpica da Trofa (PORTUGAL) -

...

Videos and photography former editions: www.gymnovacup.eu

NEW: € 3.000 Prize Money

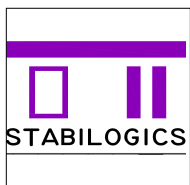
COMPETITION CATEGORIES

Juniors	°1999, °1998, °1997	24 participants	F.I.G.
Youngsters	°2002, °2001, °2000	32 participants	see attached

Finals: 6 best gymnasts (4 Juniors and 2 Youngsters)

PROGRAM

Friday	25 th of May	Arrival Delegations – Podium Training
Saturday	26 th of May	PM Competition Youngsters AM Competition Juniors
Sunday	27 th of May	PM Belgian Competition Pupillen AM Competition Finals
Monday	28 th of May	Breakfast and Departure Delegations



SUBSCRIPTION FEE

Delegations contain up to a maximum of 4 gymnasts.

200,- € per delegation with 1 coach and a judge.

250,- € per delegation with 1 coach and no judge.

150,- € per extra coach.

Included:

- accommodation expenses covered by organization (3 nights)
- board expenses covered by organization from Friday evening until Monday morning
- dinner & dance covered by organization (drinks not included)
- transport between hotel and competition hall covered by organization
- transport from and to Belgian airports/railway stations covered by organization

Not included: travel expenses (round trip) and insurance

HOW TO SUBSCRIBE

Please return the attached preregistration form at gymnovacup@gympies.be

Deadline Subscription: 1st of February 2012

The number of participants is limited: 24 Juniors and 32 Youngsters.

In case of too many subscriptions, the organization reserves the right to refuse certain subscriptions. As we prefer participation of as many different countries as possible, we might confine the number of participants per country.

Subscription will be confirmed by the 1st of April at the latest.

Kind regards,

Ilse De Smedt

President De Gympies Keerbergen vzw

Eric Verstreken

Coordinator Gympies-GymnovaCup

Attachment - Technical requirements Youngsters

Vault	Height: 1m20, 1 springboard D-score: FIG First vault counts for allround competition. For qualification finals: 2 vaults with different hand position (FIG)
Uneven Bars	8 elements (dmt included - no connection value) JUMP LB TO HB COUNTS AS ELEMENT 10.00 P. if 6 or more elements are performed 6.00 P. if 5 elements are performed 4.00 P. if 3 - 4 elements are performed 2.00 P. if 1 - 2 elements are performed Comp. requirements: 1 free to choose (= 0,5) Dismount A = 0,3 / B = 0,5
Beam	8 elements (dmt included) Comp. requirements (= 2,3 or 2,5) turn min. 360° Acrobatic element fwd/swd and bwd Gymnastic series (of which 1 split jump 180°) Acrobatic series with one element with flight (with or without hand support) Dismount A = 0,3 / B = 0,5
Floor	8 elements (dmt included) Comp. requirements: 4 free to choose (= 2) Dismount A = 0,3 / B = 0,5