



GGC
international artistic gymnastics
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9-10 November 2024
Keerbergen - Belgium
www.gymnovacup.eu

Competition rules

GGC 2024

International WAG-competition
for Youngsters, Juniors and Seniors
Team & Individual – All-Around & Finals per apparatus



POINTS OF CONTACT

Event Director	Ilse De Smedt	+32 479 52 81 67
Competition Director	Delphine Cardon	+32 494 79 88 61
Head Judge	Tatjana Decaesteker	+32 476 69 92 73
Assistant to the Competition Director	Esther van der Kant	+32 498 15 01 35
Local transportation	Steven Gevaert	+32 497 57 77 37
	Phaedra Warson	+32 492 71 56 13
Host Families & Hotel	Annemie Geysemans	+32 494 30 05 25

TECHNICAL MEETING

Friday November 8th
19:30 - Dining area

PODIUM TRAINING

- ❖ Location: competition hall
- ❖ Rotation schedule: cf. attachment
- ❖ Only registered coaches, judges and competing gymnasts will be allowed in the competition area
- ❖ Free entrance for supporters and sympathisers
- ❖ Guided podium training
 - The attached rotation schedules will be followed strictly by all delegations
 - **IT'S NOT ALLOWED TO MOVE ON TO THE NEXT APPARATUS EARLIER THAN SCHEDULED**
- ❖ Upon completion of the warming-up and podium training, coaches and gymnasts are required to leave the competition floor

Final rotation schedules for the competitions will be handed out during the Technical Meeting (Friday, 19:30)

**PLEASE RESPECT THE RULES AND TIME SCHEDULES
FOR A SMOOTH AND NICE COMPETITION**

WARMING-UP BEFORE COMPETITION

- ❖ Location: competition hall
- ❖ Guided warming-up
- ❖ Only registered coaches, judges and competing gymnasts will be allowed on the competition floor
- ❖ Gymnasts nor coaches are allowed to leave the competition floor without authorisation of the competition director / assistant until 10 min before the end of the warm-up
- ❖ Competition floor must be left clean after the warming-up, don't leave sport bags, clothes or other items behind

Please keep your material in the assigned waiting zone:

VAULT, BEAM AND FLOOR: one big zone

BARS separate zone

- ❖ IMMEDIATELY after the warming-up:
 - All gymnasts gather in the kick-off zone for the march on
 - One coach of each delegation gather at the counting table for a short briefing - the other coaches take place in the waiting zone of their first apparatus

Only competing gymnasts are allowed in the competition zone.

The other gymnasts are required to take place in the reserved stands.

ENTERING THE COMPETITION AREA

JUDGES

**At least 10 minutes before the end of the warming-up
all judges must be present at her/his place**

- ❖ The judges immediately go to their judge table - no march in
- ❖ Judges will be presented to the audience during touch and go warming-up

COACHES

- ❖ One coach of each delegation gather at the counting table for a short briefing
- ❖ The other coaches take place in the waiting zone of their first apparatus
- ❖ Coaches ensure that the gymnasts equipment is in the space provided

GYMNASTS

- ❖ After the warming-up the gymnast immediately go to the line-up zone

**The Assistant to the Competition Director will arrange the gymnast
per apparatus for entering of the competition zone**

Gymnast will be guided by frontrunners

- ❖ the first gymnast in line from each delegation will carry a flag of her country
- ❖ After marching and at the start of touch and go, the gymnast may give the flag to the frontrunner
- ❖ Gymnasts won't be presented individually at the entering of the competition area, but they will be presented to the audience before their floor exercise
- ❖ Gymnasts will be guided by frontrunners the entire competition

After each rotation the gymnasts will be guided to their next apparatus

- ❖ Line up next to the designated waiting zone and behind the frontrunner
- ❖ No change of apparatus without guidance of the frontrunners

TOUCH AND GO (warming-up before start of the rotation)

- ❖ Warming-up time is limited for each gymnast and will be monitored by chrono by the designated judge
 - Vault: in case of 2 vaults: 3 warming-up vaults
 - Vault: in case of 1 vault: 2 warming-up vaults
 - Bars: 50 seconds per gymnast
 - Beam: 30 seconds per gymnast
 - Floor: 2 minutes per subgroup

We urge each gymnast and each coach to respect the time limits

TOUCH AND GO WARMING-UP YOUNGSTERS & JUNIORS

- Youngsters & Juniors are divided into 2 subgroups
- Warming-up and competition take place in the 2 subgroups
- Change per subgroup (NOT per ROTATION!)
- Example:
 - Numbers 1 – 8 on Bars
 - Divided in 2 subgroups
 - Rotation 1 start number 1 with touch and go, followed by 2 – 3 – 4
 - Second touch and go warming-up for gymnasts 5 – 6 – 7 – 8
 - Change of apparatus ----> beam
 - At the first touch and go, warming-up for number 2, who also starts to compete. Number 1 competing as the last one of the first subgroup

TOUCH AND GO WARMING-UP SENIORS DIVISION 1 AND 2

- Seniors are NOT divided in subgroups
- Warming-up and competition take place in 1 group
- Example:
 - Numbers 1 – 6 on Bars
 - Rotation 1 start number 1 with touch and go, followed by 2 – 3 – 4 - ...
 - Change of apparatus ----> beam
 - With touch and go warming-up for number 2, who also starts to compete. Number 1 competing as the last one at this rotation

After the touch and go, coaches and gymnasts are required to take place in the assigned waiting zones, except for the first competing gymnast, who has to be ready to compete as soon as the D1 judge gives the go-ahead

- No exercise will be started during warming-up time
- The start signal of the competition is indicated by the speaker
- This needs to be respected after every rotation of apparatus

DURING COMPETITION

The start signal of the competition is indicated by the speaker.

- ❖ No exercise will be started after the touch and go before the start signal of the speaker
- ❖ During the rotation, the next gymnast can start upon signal of the D1 judge
- ❖ The coach must show the gymnast's number to the judges. On the floor please show the number also to the speaker

During the competition, the not competing gymnasts and coaches must take place in the assigned waiting zones. Intermediate warming-up is NOT allowed

Gymnasts or coaches can't leave the competition hall without consulting and authorisation of the head of competition

Gymnasts from other divisions/competition are NOT allowed at the competition zone & are required to take place in the reserved stands

- ❖ During competition, coaches are not allowed to consult the judges
- ❖ In case of an inquiry about the D score
 - A revision can be requested by the Head of Judges at the administration desk
 - Within **5 minutes after the end of the rotation**
- ❖ Scores can't be contested after the competition

END OF COMPETITION

- ❖ NO gymnast or coach can't leave the competition area before every gymnast has completed her competition
- ❖ After the last exercise and judging, all competitors gather for the march off, guided by the frontrunners

MEDAL CEREMONY

- ❖ On **Saturday November 9th**, the Medal Ceremony for **all the competitions** will be held **after the last competition of the Seniors** (approx. 9 pm)
 - Each participating gymnast is required to attend the medal ceremony in leotard
 - For the team ranking, all gymnasts of the delegation are invited to the stage (not only the gymnasts counting for the team ranking)
- ❖ On **Sunday November 10th**, two Medal Ceremonies are planned:
 - One after the finals Vault and Bars, and one after the finals Beam and Floor
 - One coach of each delegation, as well as the judges, will attend at the last medal ceremony to receive a souvenir
 - One coach of each delegation and all the judges are required to gather in the line-up zone after the beam and floor final & before the 2nd medal ceremony

GENERAL RULES

- ❖ Use of additional landing mats is only allowed:
 - During warming-up
 - In competition for flight elements, but must be removed before dismount
 - View of the judges can't be blocked in any circumstances

- ❖ Rules for Vault in the all-around competitions
 - FIG Juniors for Youngsters and Juniors
 - FIG Seniors for Seniors

- ❖ Rules for Vault in the finals
 - FIG Juniors for Youngsters and Juniors
 - FIG Seniors for Seniors

- ❖ Rules for final Beam/Bars/Floor: all FIG Senior rules

- ❖ All members of each delegation must wear the same leotard

QUALIFICATION RULES FOR THE FINALS

- ❖ Qualification for the finals is based on the results of the all-around competitions
 - 3 best Youngsters: highest score PER APPARATUS
 - 4 best Juniors: highest score PER APPARATUS
 - 6 best Seniors: highest score PER APPARATUS

- ❖ Limitations:
 - Maximum 4 per country per final
 - Maximum 2 per country per category per final

RULES FOR THE FINALS

- ❖ On Saturday +/- 30 minutes after the award ceremony, the lists depending on the finals will be known Saturday +/- 10pm
- ❖ Please confirm as soon as possible whether or not the gymnast will participate in the final, **at the latest Saturday 10.30pm at the administration desk**

NOT CONFIRMED at the scheduled time = NO PARTICIPATION

- ❖ What if my gymnast falls within the top 3 (youngsters), top 4 (juniors) or top 6 (seniors) but 2 gymnasts from our country of the same category or 4 gymnasts from our country have already been selected?
 - The delegation can choose to replace one of them with the 3rd or 5th selected person
 - Important this can only be done for the scheduled time (Saturday 10.30pm.)
 - If you cancel before 10:30 PM & you have a reserve from your own country > Then this gymnast can substitute
 - In case of cancellation after 10:30 PM, the reserve of your own country can no longer be filled and the general and provided reserve will be
 - If a gymnast drops out on Sunday just before the final starts, only the general reserve can come in.

This final list will be published online on Saturday evening

The 2 reserves per category per apparatus ensure that they are present in the competition hall on time

COURS OF THE FINALS

FINAL VAULT AND BARS

- ❖ Warm-up 45 minutes general + apparatus
- ❖ March on of finale vault and bars part 1
 - Seniors compete at vault
 - Youngsters and juniors compete at bars
- ❖ March off and immediately march on for finale vault and bars part 2
 - Seniors compete at bars
 - Youngsters and juniors compete at vault
- ❖ March off immediately medal ceremony for final vault and bars

FINAL BEAM AND FLOOR

- ❖ Warm-up 45 minutes general + apparatus
- ❖ March on of finale beam and floor part 1
 - Seniors compete at beam
 - Youngsters and juniors compete at floor
- ❖ March off and immediately march on for finale beam and floor part 2
 - Seniors compete at floor
 - Youngsters and juniors compete at beam
- ❖ March off immediately line-up coaches and judges
- ❖ After medal ceremony for beam and floor

During the warm-up gymnasts nor coaches are allowed to leave the competition floor without authorisation until 10 min. before the end of the warm-up

Gymnasts or coaches can't leave the competition hall without consulting and authorisation of the head of competition

Gymnasts DO NOT leave the competition hall after the warm-up, Including the gymnasts for final part 2

During the finals, the not competing gymnasts and coaches must take place in the assigned waiting zones. Intermediate warming-up is NOT allowed

RULES FOR TEAMRANKINGS

❖ Team Ranking Youngsters / Juniors

- The team is made up of 2 Youngsters and 2 Juniors
- Best Youngster + best Junior result per apparatus count

❖ Team Ranking Youngsters / Juniors / Seniors

- The team is made up of 2 Youngsters, 2 Juniors and 2 Seniors
- Best Youngster + best Junior + best Senior result per apparatus count

The names of the gymnasts who will be competing for the team rankings, must be registered on Friday November 8th at 7 pm, at the latest, with the signed form 'gymnasts competing for the team ranking'

EX AEQUO

- ❖ Per FIG Technical Regulations 2024
- ❖ In case of ex aequo, prize money will be paid twice

PRIZE MONEY

- ❖ Prize money will be paid by bank transfer within 8 days after the competition, to the account number, which was used to pay the registration fee
- ❖ Contact patricia@gympies.be in case of questions or problems

PRIZE MONEY

Prize Money will be paid by bank transfer after the event.

Youngsters ind. all-round	1st place € 500 2nd place € 250 3rd place € 125
Juniors ind. all-round	1st place € 900 2nd place € 450 3rd place € 225
Seniors ind. all-round	1st place € 1.300 2nd place € 650 3rd place € 325
Team ranking Youngsters + Juniors	1st place: Gymnova voucher worth € 1.500
Team ranking Youngsters + Juniors + Seniors	1st place: € 1.000
Final Vault	1st place € 400 2nd place € 200 3rd place € 100
Final Bars	1st place € 400 2nd place € 200 3rd place € 100
Final Beam	1st place € 400 2nd place € 200 3rd place € 100
Final Floor	1st place € 400 2nd place € 200 3rd place € 100

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We set very high standards of order and discipline in order to guarantee a pleasant and correct competition for everyone

Therefore, we urge each coach-gymnast-judge to consider these directives

Follow and respect the rules and the scheduled time

If you have any questions, please do not hesitate to ask the Competition Head (Delphine), the Head of Judges (Tatjana) or the Competition Director Assistant (Esther). They will be happy to help you

Let's all make it a fantastic edition and make memories together