



11-12 November 2023

Keerbergen - Belgium

www.gymnovacup.eu

XIIIth edition of the GGC

International WAG-competition

for Youngsters, Juniors and Seniors

Team & Individual – All-Around & Finals per apparatus



POINTS OF CONTACT

Competition Director	Eric Verstreken	+32 488 50 04 04
Head of Judge	Tatjana Decaesteker	+32 476 69 92 73
Local transportation	Steven Gevaert	+32 497 57 77 37
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Host Families & hotel	Annemie Geysmans	+32 494 30 05 25
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#GGC2023

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FAKE & FRAUDULENT!

DELEGATIONS

❖ Argentina	National Team Argentina
❖ Australia	National Team Australia
❖ Belgium	De Gympies Keerbergen - FFG
❖ Belgium	Gymnos -Europa Gym
❖ Belgium	GymnastiekFederatie Vlaanderen
❖ Canada	Québec - Wingym - Flipcity
❖ Canada	National Team Canada
❖ Costa Rica	National Team Costa Rica
❖ Czech Republic	T.J. Sokol Moravska Ostrava 1
❖ Finland	National Team Finland
❖ Georgia	National Team Georgia
❖ Italy	Polisportiva Celle Rimini
❖ Romania	LPS Cetate Deva
❖ Romania	National Team Romania
❖ Slovenia	ŠD Studenci
❖ Spain	RGC Covadonga
❖ Sweden	Stockholm Top Gymnastics
❖ Sweden	National Team Sweden
❖ Switzerland	RLZ Bern
❖ Switzerland	National Team Switzerland
❖ The Netherlands	Topturnen Zuid
❖ The Netherlands	De Hazenkamp Gymsports
❖ United Kingdom	Hendon Gymnastics Club
❖ United States	Brestyan's Gymnastics

18 countries
25 delegations
+100 competitors
+10 National Teams

COMPETITION VENUE



Putsebaan 103 – 3140 Keerbergen



Lunch & Dinner

Competition hall – Putsebaan 103, Keerbergen

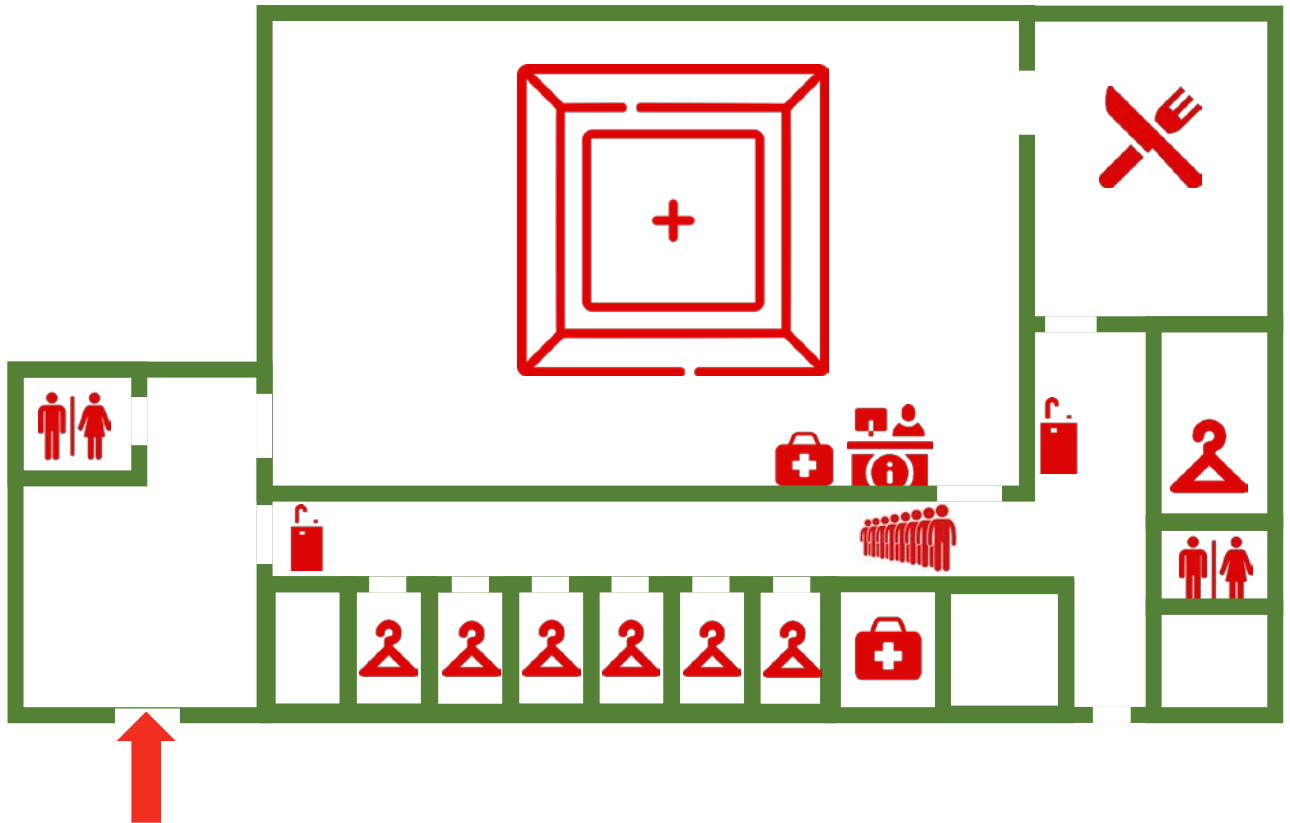
Dinner & Dance

GC Den Bussel - Haachtsebaan 54, Keerbergen

Dinner & Dance starts immediately after the finals

NO TRANSPORTATION TO HOTEL NOVOTEL BETWEEN FINALS AND DINNER & DANCE

COMPETITION VENUE



Entrance



Restroom



Dressing rooms



Competition floor



Line up



Administration Desk



First Aid & Physio



Dining Area – Judges Meetings



Water dispenser

TIME TABLE

FRIDAY 10 NOVEMBER

PODIUM TRAINING

SESSION 1 – 09:00 - 11:15

ARGENTINA	Argentina National Team
CANADA	Québec-Wimgym-Flipcity
CANADA	Canada National Team
COSTA RICA	Costa Rica National Team

SESSION 2 – 11:15 - 13:30

AUSTRALIA	Australia National Team
BELGIUM	De Gympies Keerbergen-FFG
GEORGIA	Georgia National Team
USA	Brestyan's Gymnastics
ROMANIA	LPS Cetate Deva
ROMANIA	Romania National Team
SWEDEN	Stockholm Top Gymnastics
UNITED KINGDOM	Hendon Gymnastics club

SESSION 3 – 13:30 - 15:45

FINLAND	Finland National Team
SLOVENIA	SD Studenci
SWITZERLAND	Switzerland National Team
THE NETHERLANDS	Topturnen Zuid

SESSION 4 – 15:45 – 18:00

BELGIUM	Gymnos/Europa Gym
CZECH	TJ Sokol Moravska Ostrava 1
SPAIN	RGC Covadonga
SWEDEN	Sweden National Team
THE NETHERLANDS	De Hazenkamp Gymnastics

SESSION 5 – 18:00 - 20:15

BELGIUM	Gymfed
ITALY	Polisportiva Celle Rimini
SWITZERLAND	RLZ Bern

12:00 – 16:00
LUNCH BUFFET

18:00 – 21:00
DINNER

TIME TABLE

SATURDAY 11 NOVEMBER

09:30 International competition Youngsters

08:00 - warm-up (competition hall)

08:30 - judges meeting (dining area)

13:30 International Juniors Division 1

12:10 - warm-up (warm-up hall)

15:30 International Juniors Division 2

14:10 - warm-up (warm-up hall)

18:30 International Seniors

17:10 - warm-up (warm-up hall)

11:00 – 14:00

LUNCH BUFFET

18:00 – 21:00

DINNER

20:00 Medal ceremony Youngsters-Juniors-Seniors ind /team
Honouring judges & delegations

SUNDAY 12 NOVEMBER

09:00 National Youth Cup

14:30 International Final Vault & Bars

13:30 - warm-up (competition hall)

13:30 - judges meeting (dining area)

11:00 – 14:00

LUNCH BUFFET

15:50 Medal ceremony Final Vault & Bars

16:50 International Final Beam & Floor

16:10 - warm-up (competition hall)

18:15 Medal ceremony Final Beam & Floor

19:00 Dinner & Dance (closing banquet)

! No transportation to the hotel between finals and Dinner & Dance

COMPETITION RULES (1/5)

COMPETITION DIRECTOR

Eric Verstreken, +32 488 50 04 04

CONTACT/QUESTIONS

Friday 10 November, 6-7 pm
at the administration desk (competition hall)

➤ **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
 - The attached rotation schedules will be followed strictly by all delegations.
- IT'S NOT ALLOWED TO MOVE ON EARLIER THAN SCHEDULED TO THE NEXT APPARATUS.**
- Upon completion of the warming-up and podium training, coaches and gymnasts are required to leave the competition floor.

➤ **WARMING-UP BEFORE COMPETITION**

- Location:
 - competition hall for Youngsters,
 - warming-up hall for Juniors in 2 subdivisions
 - warming-up hall for Seniors
- **Rotation schedules will be available on Friday 10 November, 7 pm, at the administration desk in the competition hall, as well as [online](#).**
- Guided warming-up
- Only registered coaches, judges and competing gymnasts will be allowed on the competition floor. Not-competing gymnasts are required to take place in the stands.
- Gymnasts nor coaches are allowed to leave the competition floor without authorisation of the competition director.
- Competition floor must be left clean after the warming-up. Don't leave sport bags, clothes or other items behind.
- IMMEDIATELY after the warming-up, all gymnasts and coaches gather in the kick-off zone for the opening ceremony.

COMPETITION RULES

(2/5)

➤ GYMNASTS ENTERING THE COMPETITION AREA

- After the warming-up, the competition director will arrange the gymnasts per apparatus for the entering of the competition zone.
- Gymnasts will be guided by frontrunners to march to their first apparatus.
- **AT LEAST 10 MINUTES BEFORE THE END OF THE WARMING-UP, ALL JUDGES MUST BE PRESENT IN THE KICK-OFF ZONE FOR THE ENTERING OF THE COMPETITION AREA**
- The judges will be guided for the entering of the competition area (before the entering of the gymnasts).
- 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.
- Judges will be presented to the audience during touch and go warming-up.
- After each rotation, gymnasts will be guided to their next apparatus. 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 THESE TIME LIMITS

- After the touch and go, coaches and gymnasts are required to take place in the designated waiting zones per apparatus. Except for the first competing gymnast, who has to be ready to compete as soon as the chief 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.

COMPETITION RULES

(3/5)

- TOUCH AND GO WARMING-UP YOUNGSTERS
 - Youngsters 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 JUNIORS AND SENIORS
 - Juniors and Seniors are NOT divided in subgroups.
 - Warming-up and competition take place in 1 group – change per subgroup (NOT per ROTATION!)
 - Example:
 - Numbers 1 – 5 on Bars
 - Rotation 1 start number 1 with touch and go, followed by 2 – 3 – 4
 - 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 group.

➤ **COMPETITION**

- The start signal of the competition is indicated by the speaker. No exercise will be started after a rotation before the start signal of the speaker.
- During the rotation, the next gymnast can start upon signal of the chief judge.
- The coach must present the number of the gymnast to the judges as well as 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.
- 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.

COMPETITION RULES

(4/5)

- 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.
- 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 and judge to consider these directives.

➤ MEDAL CEREMONY

- **On Saturday 11 November**, the Medal Ceremony for all the competitions will be held after the last competition of the Seniors (approx. 8 pm).
- Each participating gymnast is required to attend the medal ceremony in **track suit**.
- For the team ranking, all gymnasts of the delegation are invited to the stage (not only the gymnasts counting for the team ranking).
- All coaches and judges are required to gather in the Kick-off zone for the medal ceremony.
- One coach of each delegation, as well as the judges, will attend the medal ceremony to receive a souvenir.
- **On Sunday 12 November**, two medal ceremonies are planned: one after the finals Vault and Bars, and one after the finals Beam and Floor.

➤ 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

COMPETITION RULES

(5/5)

➤ **QUALIFICATION RULES FOR THE FINALS**

- Qualification for the finals is based on the results of the all-around competitions
 - 2 best Youngsters: highest score PER APPARATUS
 - 4 best Juniors: highest score PER APPARATUS
 - 4 best Seniors: highest score PER APPARATUS
- Limitations:
 - maximum 4 per country per final
 - maximum 2 per country per category

➤ **RULES FOR TEAMRANKINGS**

- **Teamranking Youngsters/Juniors**
the team is made up of 2 Youngsters and 2 Juniors
→ best Youngster + best Junior result per apparatus
- **Teamranking 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
- **The names of the gymnasts who will be competing for the team rankings, must be registered on Friday 10 November, 7 pm, at the latest, with the signed form 'gymnasts competing for the team ranking'.**

➤ **EX AEQUO**

- Per FIG Technical Regulations 2023
- 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. Allround	1° place € 500 2° place € 250 3° place € 125
Juniors Ind. Allround	1° place € 1.000 2° place € 500 3° place € 250
Senior Ind. Allround	1° place € 1.500 2° place € 750 3° place € 375
Team ranking Youngsters/Juniors	1° place Gymnastics Equipment worth € 1.500
Team ranking Youngsters/Juniors/Seniors	1° place € 1.500
Final Vault	1° place € 400 2° place € 200 3° place € 100
Final Uneven Bars	1° place € 400 2° place € 200 3° place € 100
Final Beam	1° place € 400 2° place € 200 3° place € 100
Final Floor	1° place € 400 2° place € 200 3° place € 100

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