

ÅLAND INVITATIONAL

Mariehamn 25th-26th of April 2020



Welcome to a competition on the Åland Islands!

Organiser: Mariehamns gymnastikförening r.f.

Date: Saturday 25th - Sunday 26th of April

Place: Bollhalla, Norrbölevägen, Mariehamn

Competition format: Easy FIG rules and Modified FIG rules. The all around final and qualifications to the event finals will be held on Saturday. The event finals will take place on Sunday. The top five gymnasts on each apparatus from each competition will make it to the event finals.

Competition rules: Attached below.

Competition Fee: 10€/apparatus, maximum of 30€

Registration: All clubs are asked to email ylva@gymnastik.ax with the attending gymnasts' names, club, year of birth and in which competition they will take part (Easy FIG rules or Modified FIG rules). The registration must be done at the latest Friday 3rd of April. Late registrations will be charged double fee.

Reminder: All competitors must have a valid insurance for competition.

Floor music: We kindly ask all floor musics to be emailed to mgfmalin@idrott.fi in an MP3-format.

Judges: 1 judge / 1-8 gymnasts per competition format. The judges need to have successfully completed a national level judges course. The penalty for not bringing a judge is 100€ for each competition format.

Preliminary schedule for the weekend (as it was in 2019):

Saturday, all around finals and qualification for apparatus finals:

9.50 General warm up Easy FIG rules

10.20 Apparatus warmup Easy FIG rules

11.20 March in

11.30 Competition starts for Easy FIG rules

13.30 End of competition

13.40 Medal Ceremony for the All Around and revealing of the finalists

13.50 General warm up Modified FIG rules

14.20 Apparatus warmup Modified FIG rules

15.20 March in

15.30 Competition starts for Modified FIG rules

18.00 End of competition

18.10 Medal Ceremony for the All Around and revealing of the finalists

18.30 Dinner and social event for all participating clubs

Sunday, apparatus finals

8.50 General warmup

9.20 Apparatus warmup

10.20 March in

10.30 Competition starts for

13.00 End of competition

13.10 Medal Ceremony

For more information and/or any questions, please do not hesitate to contact us:

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To book your trip to Åland and to get the best deals for hotels and transport, we recommend that you get in contact with our partner Viking Line at

sportaland@vikingline.com . Please mention that you are travelling to Åland for Åland Invitational 2020 to get the best deals.

See you In Mariehamn! Vi ses i Mariehamn! Nähdään Maarianhaminassa!



Easy FIG Rules

(These are the same rules as the Finnish Gymnastics Federations (Svoli) "E class rules")

In the Easy FIG Rules you get a D-score and an E-score. A-, B- and C-elements are judged according to the FIG Code of Points. Elements above C-value will be rewarded with 0.3 points. The DV is counted as instructed in the CoP, but only A-C elements can be counted. In Easy FIG Rules there will be no extra points for CV (connection values). Composition Deductions (E panel) is used as listed in the CoP.

Please note.

- The coach is allowed to stand beside the apparatus during competition.
- The gymnast is allowed to use extra mats (30-40 cm) during performance of the routine.
- There is no deduction for short exercise in level E.
- The recommended time for floor and beam is 90 sec.

VAULT

FIG vaulting table, height 125 cm. Mats behind the vaulting table, height 125 cm (height of mats can differ +/- 5 cm due to availability of mats), length 3m. Only one springboard is allowed. The gymnast performs one of the following vaults.

- Handspring to standing on the mats behind the vaulting table, D-score 2.50
- Handspring to land on stomach on the mats behind the vaulting table, D-score 4.00
- Half in to standing on the mats behind the vaulting table, D-score 2.50
- Half in to land on back on the mats behind the vaulting table, D-score 3.50
- Roundoff-flick to stand on the mats behind the vaulting table, D-score 3.50
- Roundoff-flick to land on back on the mats behind the vaulting table, D-score 4.50

BARS

FIG bars set up. The gymnast is allowed to use a springboard for mounts.

CR

- Upstart on the low bar 0.5.
- Upstart on the high bar 0.5.

- Circle element with B-value 0.5.
- A routine with 5 elements from the CoP 0.5.

BEAM

Beam set up according to FIG rules. The gymnast is allowed to use a springboard for mounts.

CR. All CR must be performed on the beam (not as mounts or dismounts).

- Combination of two gymnastic leaps or jumps, with at least one leap/jump showing split 0.5.
- A turn from the CoP (group 3) 0.5.
- A combination of two acrobatic elements on the beam (it can be the same elements connected and non flight) 0.5.
- Acrobatic elements on the beam forward/sideways and backwards 0.5.

FLOOR

The routine is performed on a 12x12 m floor. The routine is performed to music.

CR

- A dance passage with at least one of the leaps showing a split 0.5
- An acrobatic combination of at least two flight elements, one being a salto with at least B-value 0.5
- An acrobatic combination of at least two flight elements, one being a salto forward. 0.5
- An acrobatic combination of at least two flight elements, one being a salto backward. 0.5

Modified FIG Rules

In the Modified FIG Rules you get a D-score and an E-score. The DV is counted as instructed in the Code of Points. In the Modified FIG Rules there will be extra points for CV (connection values). Composition Deductions (E panel) is used as listed in the CoP.

VAULT

FIG vaulting table, height 125 cm. Gymnasts are allowed to perform 2 vaults.

- The two vaults must have different vault numbers
- The first vault will be for the individual overall title. The second vault will be averaged with the first vault for the apparatus medals.
- Vault tariffs will be taken from the code of points at time of competition.

BARS

FIG bars set up. The gymnast is allowed to use one springboard for mounts.

CR. Maximum = 2.0.

- Flight element from HB to LB 0.5
- Flight element on the same bar,
OR flight element from COP from LB to HB (if the element performed is worth a D or

- more) 0.5
- Different grips (no cast, MT or DMT) 0.5
- Non flight element with min. 360° turn (no MT), 0.5
- OR non flight element with 180° turn 0.3

BONUS: For a flight element to re-catch the same bar of a minimum of a D value performed with visible flight and without a fall, a bonus of 0.50 will be awarded. This bonus will only be awarded once.
 Bars short routines: No deduction for having 7 skills, 1.0 deduction for just 6 skills, 2.0 deduction for just 5 skills, 3.0 deduction for having 4 skills, 4.0 deductions for having 3 skills ...

If a shaposhnikova is performed (for the CR2 flight element) the gymnast will be allowed to kip after, without deduction.

BEAM

Beam set up according to FIG rules. The gymnast is allowed to use one springboard for mounts.

CR. Maximum = 2.0.

- One connection of at least 2 different dance elements, 1 being a leap, jump or hop with 180° split (cross or side), or straddle position. 0.5
- Turn (Gr. 3) 0.5
- One acro series min. of 2 flight elements 1 being a salto (elements may be the same) 0.5
- OR an acro series with two flight elements but not a salto e.g. flick- flick 0.3
- Acro elements in different directions (fwd/swd and bwd). Can be non flight. 0.5

BONUS: If a salto is successfully performed in a series or on its own a bonus of 0.50 will be awarded. This bonus will only be awarded once.

FLOOR

The routine is performed on a 12x12 m floor. The routine is performed to music.

CR. Maximum = 2.0.

- A dance passage composed of two different, leaps or hops, (from the Code) connected directly or indirectly 0.5
- Salto with LA turn (min. 360°) performed in an acro line 0.5
- OR Salto with half LA turn (180°) can be forwards or bwd 0.3
- Salto with double BA performed in an acro line 0.5
- Salto bwd and salto fwd (no aerials) in the same or different acro line 0.5

BONUS: For a double salto successfully performed a bonus of 0.50 will be awarded. This bonus will only awarded once.