

ÅLAND INVITATIONAL

Mariehamn 23th-24th of April 2022



Welcome to a competition on the Åland Islands!

Organiser: Gymnastics Åland r.f.

Date: Saturday 23rd - Sunday 24th of April 2022

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 six gymnasts on each apparatus from each competition will make it to the event finals.

Competition rules: Attached below.

Competition Fee: 40€ per gymnast

Registration: By email to ylva@gymnastik.ax including name, club and competition format (Easy FIG or Modified FIG). Deadline: 10.3 2022. Late registrations will be charged a double fee. Include names and level of judges.

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

Floor music: Email to ylva@gymnastik.ax in an MP3-format.

Judges: 1 judge / 1-6 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:

Friday, training day

Scheduled training day. All participating clubs are welcome to train in the gym. Please e-mail ylva@gymnastik.ax with your preferred time of training. The slots will be allocated on a first come first served basis.

Saturday, all around finals and qualification for apparatus finals:

9.40 Coaches meeting

9.50 General warm up Easy FIG

10.20 Apparatus warm up Easy FIG

11.20 March in

11.30 Competition start Easy FIG

13.30 End of competition

13.40 Medal Ceremony All Around

13.50 General warm up Modified FIG

14.20 Apparatus warm up Modified FIG

15.20 March in

15.30 Competition start Modified FIG

18.00 End of competition

18.10 Medal Ceremony for the All Around

18.30 Dinner and social event for all participating clubs (gymnasts, coaches and judges)

Sunday, apparatus finals

8.50 General warmup

9.20 Apparatus warmup

10.20 March in

10.30 Competition starts

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 ferry 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 2022 to get the best deals.

The closest international airport is Stockholm Arlanda.

See you in Mariehamn!

Vi ses i Mariehamn!

Nähdään Maarianhaminassa!



COMPETITION RULES

Easy FIG Rules

Only A- and B-elements from CoP to make up DV. Elements above B-value will have a value of 0.2. No extra points for CV (connection values). Execution score as per CoP.

VAULT

FIG vaulting table, height 115 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.

UNEVEN BARS

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

Short routine deductions: 5-6 elements = -2,0 points. 3-4 elements = -4,0 points. 1-2 elements = -6,0 points

CR

- | | |
|-----------------------------------|-----|
| • Upstart on low bar | 0.5 |
| • Upstart on high bar | 0.5 |
| • Circle element with B-value | 0.5 |
| • An element to/through handstand | 0.5 |

BEAM

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

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), roll or flare 0.5.
- A combination of two acrobatic elements (same or different. Can be 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 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

DV and CV as per CoP. CR is modified and there are possibilities to get bonus points.

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.

UNEVEN 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.

Short routine deductions: 5-6 elements = -2,0 points. 3-4 elements = -4,0 points. 1-2 elements = -6,0 points

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) roll or flare 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 be awarded once.