



Entente Gymnique de Nîmes

Artistic Gymnastics Club founded in 1972

Contact:

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Object : Friendly competition

Dear Sir or Madam, the Entente Gymnique de Nîmes would like to invite you to the:

44th Grand Prix of Women Artistic Gymnastics
On Saturday, 26th of January 2019 in Nîmes, France.

You will find attached to the email the regulation document, the enrolment form and some information about the accommodations and about the Nymphes d'Or which will be held just after the competition.

The deadline for the inscriptions is the 5th of January 2019.

We hope that you will enhance the competition by your presence and wish that you will be able to share this moment with us.

If you have any questions you can email us or call us. We are looking forward to hearing from you and thank you for considering this invitation.

The President
David Vanden Berghe

You are invited to the 44th Grand Prix of Women Artistic Gymnastics on the 26th of January 2019

at:

Le Parnasse, 160 avenue du Languedoc, 30 000 Nîmes, France

1. Administrative regulation

- Every team need to have one judge in the category it will participate in.
- **Individual ranking:** medals for the first three gymnasts of each category.

Category	Years of Birth
Poussine	2010 and after
Benjamine	2009-2008
Minime	2007-2006
Cadette	2005-2004
Junior	2003-2002
Senior	2001 and before

- **Team ranking:** medals for the first three team of each category in each level. Teams are made of 5 gymnasts maximum. Only the 3 best scores for each apparatus will be taken into account for the ranking by team.

- **Challenge Maurice Nolhac:**

- All categories

- **Coupe Ville de Nîmes**

- All categories

- Benjamine/Minime

- **Coupe Jean Capo**

- All categories

- Poussine/Benjamine/Minimes

→ The age of the older gymnast will define the category of the team. Example: if a team is composed of 4 benjamine and 1 cadette, the team will compete in Cadette/Junior/Senior.

2019	Categories	Program	Modifications
Challenge Maurice NOLHAC 5/5/3	All Categories Benjamine (09-08) Minime (07-06) Cadette (05-04) Juniore (03-02) Seniore (01 and after)	Score D : Diff + CR + Connections Score E : Exe+ Art	Diff from « a » to « H »
	All Categories Benjamine (09-08) Minime (07-06) Cadette (05-04) Juniore (03-02) Seniore (01 and after)	Score D : Diff + CR Score E : Exe+ Art	Diff from « a » to « C »
Coupe Ville de Nîmes 5/5/3	Benjamines/Minimes Benjamine (09-08) Minime (07-06)	Score D : Diff + CR Score E : Exe+ Art	
	All categories Benjamine (09-08) Minime (07-06) Cadette (05-04) Juniore (03-02) Seniore (01 and after)	Score D : Diff + CR Score E : Exe+ Art	Diff de « a » à « B »
Coupe Jean CAPO 5/5/3	Benjamines/Minimes Benjamine (09-08) Minime (07-06)	Score D : Diff + CR Score E : Exe+ Art	

Fees:

- Enrollment for the team competition and the individual competition: **50 € per team**
- Enrollment for the individual competition only: **10 € per gymnast**
- Teams must supply at least one judge. Those clubs that are unable to supply judges will be required to pay a supplement of **30 €**

We are expecting that demand for places will exceed availability, acceptance will be on a first come first served basis.

CHALLENGE MAURICE NOLHAC

• D SCORE

The D score for bars, beam and floor includes:

- The difficulty value
- The composition requirements
- The connections

a	= 0.00 Pts
A	= 0.10 Pts
B	= 0.20 Pts
C	= 0.30 Pts
D	= 0.40 Pts
E	= 0.50 Pts
F	= 0.60 Pts
G	= 0.70 Pts
H	= 0.80 Pts

For the cadettes, juniors, seniors:

- **Bars:** 7 elements with the highest difficulty value + dismount (one element can be done twice : the difficulty value will be taken into account once but we will count two elements)
- **Beam and floor:** 3 acrobatics elements + 4 other elements + dismount

Pour les Benjamines et Minimes :

- **Bars:** 5 elements with the highest difficulty value + dismount (two elements can be done twice : the difficulty value will be taken into account once but we will count two elements)
- **Beam and floor:** 2 acrobatics elements + 3 other elements + dismount

WARNING: In **all categories teams**, Benjamines/Minimes will have the possibility to do 1 or 2 additional elements that will count for the difficulty value.



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Challenge Maurice Nolhac

- E SCORE: (Execution + Artistic)**

Number of elements	8	7	6	5	4	3	2	1
Benj-min			10,00	8,40	7,20	5,20	3,60	2,00
Cad-jun-sen	10,00	8,80	7,60	6,40	5,20	4,00	2,80	1,60

- D SCORE (Difficulties + CR) : 5 CR – 2,70 points**

BARS	<ul style="list-style-type: none"> * Change from superior bar to inferior bar or reverse: <ul style="list-style-type: none"> - if without a flight FSGT (sole circle bwd with hooked legs) 0,20 - if without a flight FIG (5.108 : sole circle bwd) 0,50 - if with a flight 0,70 * 1 element going through the handstand 0,50 * 1 element with big forward or backward circle 0,50 * 1 circle near the bar 0,50 * 1 dismount <ul style="list-style-type: none"> A 0,10 B 0,30 C or + 0,50 	
BEAM	<ul style="list-style-type: none"> * 1 set of 2 jumps with 1 from the front to the back jump to 180° 0,50 * 1 turn 360° minimum 0,50 * 1 acrobatic set of (similar or different): <ul style="list-style-type: none"> - 2 elements without flight (except handstand) 0,20 -if only one element with flight 0,50 -if two elements with flight including one salto 0,70 * Acrobatic elements with/without flight in 2 different directions 0,10 * 1 dismount <ul style="list-style-type: none"> A 0,30 B 0,30 C or + 0,50 <p>Maximum length: 1'30</p>	
FLOOR	<ul style="list-style-type: none"> * Gymnastics transition of at least 2 take-off elements with 1 from the front to the back legs-apart jump to 180° 0,50 * Salto of different direction Forward / side and backward 0,50 * 1 gymnastics element with C value minimum 0,50 * 1 acrobatic line of at least 2 flight elements with 1 salto: <ul style="list-style-type: none"> - 1 salto A 0,20 - 1 salto B 0,50 - 1 Salto C 0,50 * 1 dismount (last salto) <ul style="list-style-type: none"> A 0,70 B 0,10 C or + 0,30 <p>Maximum length: 50'' à 1'30 0,50</p>	
VAULT	2 jumps from the code FIG → the best is considered for the final score. Double springboard authorized for benjamines and minimes	

COUPE VILLE DE NÎMES

- **D SCORE**

The D score for bars, beam and floor includes:

- The difficulty value
- The composition requirements

a	= 0.00 Pts
A	= 0.10 Pts
B	= 0.20 Pts
C (only gymnastics element)	= 0.30 Pts

For the cadettes, juniors, seniors:

- **Bars:** 7 elements with the highest difficulty value + dismount (one element can be done twice : the difficulty value will be taken into account once but we will count two elements)
- **Beam and floor:** 3 acrobatics elements + 4 other elements + dismount

Pour les Benjamines et Minimes :

- **Bars:** 5 elements with the highest difficulty value + dismount (two elements can be done twice : the difficulty value will be taken into account once but we will count two elements)
- **Beam and floor:** 2 acrobatics elements + 3 other elements + dismount

WARNING: In **all categories teams**, Benjamines/Minimes will have the possibility to do 1 or 2 additional elements that will count for the difficulty value.



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Coupe de la Ville de Nîmes

- E SCORE: (Execution + Artistic)**

Number of elements	8	7	6	5	4	3	2	1
Benj-min			10,00	8,40	7,20	5,20	3,60	2,00
Cad-jun-sen	10,00	8,80	7,60	6,40	5,20	4,00	2,80	1,60

- D SCORE (Difficulties + CR) : 5 CR – 2,50 points**

BARS	* 1 kip	0,50
	* Close bar element	0,50
	* 1 cast to handstand (A or B)	0,50
	* 1 element HB codified (different from kip)	0,50
	* 1 dismount A	0,20
	B or +	0,50
BEAM	* 1 set of 2 jumps with 1 from the front to the back jump to 180°	0,50
	* 1 turn 360° minimum	0,50
	* Acrobatic elements with/without flight in 2 different directions (except handstand)	0,50
	* 1 acrobatic elements with flight	0,50
	* 1 dismount A	0,20
	B or +	0,50
	Maximum length : 1'30	
FLOOR	* Gymnastics transition of at least 2 take-off elements with 1 from the front to the back legs-apart jump to 180°	0,50
	* 1 acrobatic line of at least 2 flight elements with 1 salto	0,50
	* 1 salto with longitudinal rotation 180° minimum	0,50
	* Acrobatic elements with flight in 2 different directions	0,50
	* 1 dismount A	0,20
	B or +	0,50
	Maximum length: 50'' à 1'30	
VAULT	Height of the vault table: 1,25 m. Only the best of the 2 jumps is considered for the final score. Jumps from code FIG with maximum 3,20pt. Double springboard authorised for benjamines and minimes	

COUPE JEAN CAPO

- **D SCORE**

The D score for bars, beam and floor includes:

- The difficulty value
- The composition requirements

a	= 0.00 Pts
A	= 0.10 Pts
B (only gymnastics element)	= 0.20 Pts

For the cadettes, juniors, seniors:

- **Bars:** 7 elements with the highest difficulty value + dismount (one element can be done twice : the difficulty value will be taken into account once but we will count two elements)
- **Beam and floor:** 3 acrobatics elements + 4 other elements + dismount

Pour les Benjamines et Minimes :

- **Bars:** 5 elements with the highest difficulty value + dismount (two elements can be done twice : the difficulty value will be taken into account once but we will count two elements)
- **Beam and floor:** 2 acrobatics elements + 3 other elements + dismount

WARNING: In **all categories teams**, Benjamines/Minimes will have the possibility to do 1 or 2 additional elements that will count for the difficulty value.



44th Grand Prix of Artistic Gymnastics

26 January 2019

Coupe Jean CAPO

- E SCORE: (Execution + Artistic)**

Number of elements	8	7	6	5	4	3	2	1
Pou-Benj-min			10,00	8,40	7,20	5,20	3,60	2,00
Cad-jun-sen	10,00	8,80	7,60	6,40	5,20	4,00	2,80	1,60

- D SCORE (Difficulties + CR) : 5 CR – 2,50 points**

BARS	<ul style="list-style-type: none"> * 1 kip LB * 1 long-hang kip HB * 1 circle near the bar * 1 codified element HB 	0,50 0,50 0,50 0,50
	<ul style="list-style-type: none"> * 1 dismount 	a 0,20 A 0,50
BEAM	<ul style="list-style-type: none"> * 1 from the front to the back jump to 180° * 1 backward acrobatic element * 1 forward / side element acro (except handstand) * 1 turn 360° minimum 	0,50 0,50 0,50 0,50
	<ul style="list-style-type: none"> * 1 dismount 	a 0,20 A 0,50
	<p>→ Dismounts are taken into account for the forward and backward CR. Maximum length: 1'10.</p>	
FLOOR	<ul style="list-style-type: none"> * Gymnastics transition of at least 2 take-off elements * 1 acrobatic line of at least 2 flight elements * 1 backward OR forward salto * 1 gymnastics jump with a rotation of 360° * 1 dismount: salto of the last acrobatic line 	0,50 0,50 0,50 0,50
	<p>Maximum length: 1'10</p>	
VAULT	<p>Height of the vault table: 1,25 m. Only the best of the 2 jumps is considered for the final score. Jumps from code FIG with maximum 2,80pt.</p> <p>Double springboard/trampo-tremp authorised for poussines, benjamines and minimes Spring trampette authorized for benjamines and minimes with a 3points penalty deducted on the final score.</p>	

Annexe 1: Eléments « a »

Elements of « a » value. Those elements count only for the number of elements (E score). Their difficulty value equal to zero.

BARS

Long Hang Pullover (for Coupe Jean Capo) & for Ville de Nîmes if departure from HB and arrival on HB
Fix kip (departure at HB, legs together)
Squat on Jump to High Bar (for Coupe Jean Capo & Ville de Nîmes)
Filé avant (forward tap swing after a back hip circle)
Sole circle with hooked legs
Back Hip Circle Dismount
Sole circle dismount

BEAM

Arabesque (held 2 seconds)
Back or forward roll - from standing to standing position (for Coupe Jean Capo & Ville de Nîmes)
Dismount: aerial
Dismount: front aerial
Dismount: front handspring
Tuck jump
Stretch jump with a half turn

FLOOR

Tick tock
Back walkover (also from sitting), front walkover
Cartwheel
Tuck jump (also with a 180° turn)
Scissors leap (backward or forward)

Annexe 2: Precisions

VAULT

- Double springboard/trampo-tremp authorized without penalty for Poussines, Benjamines, Minimes for all level category.
- For the Coupe Jean Capo : Spring trampette authorized for benjamines and minimes with a 3 points penalty deducted on the final score
 - For Coupe Jean Capo: we will take jumps from code FIG with a maximum of 2.80 Pts. WARNING: all jumps from the FIG code can be executed but they will get a maximum difficulty value of 2,80 points.
 - For Coupe Ville de Nîmes : we will take jumps from code FIG with a maximum of 3,20 points. WARNING: all jumps from the FIG code can be executed but they will get a maximum difficulty value of 3,20 points.
- Additional run approaches are permitted as follows:
 - One additional run is permitted with no deduction (if gymnast has not touched the springboard or the apparatus)
 - Second additional run is not permitted

BARS

- 1 element can be repeated but we will take into account the difficulty value only once. It will only count for the number of element (E score). Benjamines and Minimes (Coupe Ville de Nîmes and Coupe Jean Capo) can repeat 2 elements.
- To change from LB to HB, squat on is required. If not, there will be a one point penalty.
- For the challenge Maurice Nolhac, the squat on won't have any difficulty value and will lead to a penalty of - 0.50pt.
- Handstand (legs together and hips extended):
 - If between 0° and 10°: recognized with a B value without penalty
 - If between 10° and 30°: recognized with a A value and with a penalty of - 0.10pt
 - If lower than 30°: not recognized and penalty of - 0.30 pt.
- Handstand (legs straddled or with hips bent)
 - If between 0° and 10°: recognized with a A value without penalty
 - If lower than 10° : not recognized and penalty of -0.30pt
- For Jean Capo: casts under horizontal will lead to a - 0.30 pt penalty each time.
- No penalty for the casts before "swing backwards to straddle flight to handstand".
- A "swing backwards to straddle flight to handstand". (3.307) with hit on the floor won't be recognized if the gymnast hits the floor behind the bar. Same thing if she stops behind the bar.

BEAM

- The handstand held 2 seconds is an acrobatic element but neither forward nor lateral and backward). It can't be used for the composition requirements.
- The mount « From side stand - squat or stoop through to rear support » (1.106) is an acrobatic mount:
 - If the gymnast touches the beam with her feet the mount won't be recognized and there will be a 0.10 point penalty (free entrance).
 - If the gymnast cross legs there will be a – 0,30 point penalty ?

FLOOR

- Dismount composition requirement for the Challenge Maurice Nalhac and for the Coupe Ville de Nîmes: the dismount is the last salto of the acro line or salto line.
- Dismount composition requirement for the Coupe Jean Capo: the last acro line will have to include on salto. This salto will be the dismount.

4 acro lines maximum. Any difficulty in additional acro Line(s) will not be counted for DV. An acro line consists of a minimum of 2 directly connected flight elements one of which must be a salto. A salto alone (take off two feet, land on two feet) will be considered as an acro line.