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**23th International Artistic Gymnastics  
Tournament “Latvian Veterans open 2024”**

**1st of June, 2024**

**Riga, Latvia**

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**Directives**

**Dear affiliated Member Federation,**

The Gymnastics Federation of Latvia and Riga Gymnastics School has the pleasure to invite your Federation/clubs to participate in the aforementioned International Event.

Please find herein below the Invitation letter and the directives:

|                               |   |
|-------------------------------|---|
| <b>HOST FEDERATION</b>        | Latvian Gymnastics Federation<br>Contact Person: Mrs. Natalija Prokofjeva<br>Adress: Prusu street 110, Riga, LV-1063, Latvia<br>Tel.: +371 27403566<br>e-mail: <a href="mailto:gfl@latnet.lv">gfl@latnet.lv</a> |
| <b>LOC</b>                    | <b>Riga Gymnastics School</b><br><b>DG sports biedriba</b><br>Contact Person: Aleksandra Drigo<br>Tel.: +37120525757<br>e-mail: <a href="mailto:alexandra.drigo@gmail.com">alexandra.drigo@gmail.com</a>        |
| <b>DATE</b>                   | <b>31.05-02.06.2024</b>   |
| <b>VENUE</b>                  | <b>Riga Gymnastics School</b><br>Adress: Miera str. 62, LV, 1013,Riga, Latvija<br>  |
| <b>APPARATUS<br/>SUPPLIER</b> | Gymnova, Spieth   |

|                               |  |
|-------------------------------|--|
| <b>PROVISIONAL SCHEDULE</b>   | <p><u>Day 1 (Friday, 31.05.2024):</u><br/>Arrival of the Delegations<br/>Training (17:00-20:00)</p> <p><u>Day 2 (Saturday, 01.06.2024 15:00):</u><br/>Judges' Instruction<br/>Men's and Women's Artistic Competition<br/>Official closing<br/>After party</p> <p><b>NB. Clarified schedule will be send after nominative registration over.</b></p>  |
| <b>PARTICIPATION</b>          | Only gymnasts in good standing with the correct age may participate.   |
| <b>AGE LIMITS</b>             | Min. age limit for:<br>WAG: 25 years (born in 1998 and before).<br>MAG: 30 years (born in 1994 and before).  |
| <b>JUDGES</b>                 | The participating Federations/Clubs can send minimum one judge for MAG and one judge for WAG. All judges must have a current valid national level.   |
| <b>REGISTRATION DEADLINES</b> | Definitive registration: <b>May 1, 2024</b><br>Nominative registration <b>May 10, 2024</b>   |
| <b>ENTRY FEES</b>             | The Entry fee for this event will be: <b>EUR 50 per gymnast.</b> After party <b>10 euro per person.</b><br>All Entry fees can be paid in two options<br>1. By transaction to Organizing Committee.<br>DG sports biedriba<br>Reg. 40008255159<br>LV36HABA0551044028348<br>Name Surname of competitors<br><br>2. By cash upon arrival  |
| <b>COMPETITION FORMAT</b>     | <p><u>Men's Artistic Gymnastics</u><br/><b>Maximum 8 elements, can be used to count.</b></p> <p>Category 1: 30-34 years old<br/>2B,4A<br/>Start value 10.0 Missing: B – 0.2, A – 0.1<br/>Additional D and higher + 0.4, C +0.3, B + 0.2<br/><b>(Max. 2 additional elements for bonification)</b><br/>Average score of Three best result</p> <p>Category 2: 35-39 years old<br/>1B, 5A<br/>Start value 10.0 Missing: B – 0.2, A – 0.1<br/>Additional D and higher + 0.6, C +0.4 , B + 0.2<br/>SUM of Three best result<br/><b>(Max. 2 additional elements for bonification)</b></p> |

Category 3: 40-44 years old

5A

Start value 10.0 Missing: B – 0.2, A – 0.1

Additional D and higher + 0.8, C +0.5, B + 0.3

SUM of Three best result

**(Max. 3 additional elements for bonification)**

Category 4: 45-49 years old

5A

Start value 10.0 Missing: A – 0.2

Additional C and higher + 0.8, B +0.4, A + 0.2

SUM of Three best result

**(Max. 3 additional elements for bonification)**

Category 5: 50-54 years old

4A

Start value 10.0 Missing: A – 0.2

Additional C and higher + 0.8, B +0.5, A + 0.3

SUM of Three best result

**(Max. 4 additional elements for bonification)**

Category 6: 55-59 years old

4A

Start value 10.0 Missing: A – 0.2

Additional C and higher + 1.0, B +0.6, A + 0.4

SUM of Three best result

**(Max. 4 additional elements for bonification)**

Category 7: 60-64 years old

3A

Start value 10.0 Missing: A – 0.2

Additional C and higher + 1.0, B +0.7 , A + 0.5

SUM of Three best result

**(Max. 5 additional elements for bonification)**

Category 8: 65-69 years old

3A

Start value 10.0 Missing: A – 0.2

Additional B and higher + 0.8, A +0.6 ,

SUM of Three best result

**(Max. 5 additional elements for bonification)**

Category 9: 70 years and older

2A

Start value 10.0 Missing: A – 0.2

Additional B and higher + 1.0, A + 0.8

SUM of Three best result

**(Max. 6 additional elements for bonification)**

Vault for All MAG Categories FIG +6,0 + (0,5 x Category)

Vaults type, that is not included in FIG code of points – to be recognized – 10.0  
For MAG Categories 5-9 height and functional properties changes can be allowed

**Women's Artistic Gymnastics**

**Maximum 6 elements, can be used to count**

Category 1: 25-29 years old

1B, 4A

Start value 10.0

Missing: A – 0.1, B- 0.2

Additional D and higher + 0.4, C + 0.3 , B + 0.2

SUM of Two best result

**(Max. 1 additional element for bonification)**

Category 2: 30-34 years old

5A

Start value 10.0

Missing: A – 0.1,

Additional D and higher + 0.5, C + 0.4, B + 0.3

SUM of Two best result

**(Max. 1 additional element for bonification)**

Category 3: 35-39 years old

4A

Start value 10.0 Missing: A – 0.2

Additional C and higher + 0.6, A + 0.2, B + 0.4

SUM of Two best result

**(Max. 2 additional elements for bonification)**

Category 4: 40-44 years old

3A

Start value 10.0 Missing: A – 0.2

Additional C and higher + 0.7, A + 0.3, B + 0.5

SUM of Two best result

**(Max. 3 additional elements for bonification)**

Category 5: 45-49 years old

3A

Start value 10.0 Missing: A – 0.2

Additional C and higher + 0.8, A + 0.4, B + 0.6

SUM of Two best result

**(Max. 3 additional elements for bonification)**

Category 6: 50-54 years old

2A

Start value 10.0 Missing: A – 0.2

Additional C and higher + 1.0, A + 0.6, B + 0.8

SUM of Two best result

**(Max. 4 additional elements for bonification)**

Category 7: 55-59 years old

2A

Start value 10.0 Missing: A – 0.2

|                                     |  |
|-------------------------------------|--|
|                                     | <p>Additional B and higher + 0.9, A + 0.7<br/>SUM of Two best result<br/><b>(Max. 4 additional elements for bonification)</b></p> <p>Category 8: 60 years and older<br/>1A<br/>Start value 10.0 Missing: A – 0.2<br/>Additional B and higher + 1.0, A +0.8<br/>SUM of Two best result<br/><b>(Max. 5 additional elements for bonification)</b><br/>Vault for All WAG Categories FIG +6,0 + (0,5 x Category)<br/>Vaults type, that is not included in FIG code of points – to be recognized – 10.0<br/>For WAG Categories 5-8 height and functional properties changes can be allowed.</p>  |
| <b>ACCOMMODATION</b>                | On request (extra charge)  |
| <b>MEALS</b>                        | On request (extra charge)  |
| <b>INTERNATIONAL TRANSPORTATION</b> | The Invited Participating clubs must pay for the International Travel Costs of their Delegation Members.   |
| <b>LOCAL TRANSPORTATION</b>         | On request (extra charge)  |
| <b>VISA</b>                         | <p>Please verify immediately with your travel agent or the Latvian Embassy or Consulate in your country if a visa is required for your travel to Latvia.</p> <p>The Organizing Committee will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before May 1, 2024 to the Organizing Committee.</p> <p>The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, home address, the arrival and departure dates of the Delegation Member as well as the city the visa application support letter must be sent to.</p> |
| <b>INSURANCE</b>                    | <p>The Host Federation, the Organizing Committee will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like.</p> <p>The FIG Technical Regulations (Section 1, Article 11.10) foresee that all participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation for all the members of their Delegation.</p>   |
| <b>ACCREDITATION</b>                | <p>Delegation accreditation will take place upon arrival. For accreditation, Delegation Member are required to bring the following documents:</p> <ul style="list-style-type: none"> <li>*passports of all members of the delegation;</li> <li>*proof of medical insurances;</li> <li>*CD of their National Anthem and National Flag;</li> </ul> <p>All financial obligations must be fulfilled during the accreditation.</p>  |

|                               |   |                         |             |                         |              |                   |             |                          |                                |
|-------------------------------|---|-------------------------|-------------|-------------------------|--------------|-------------------|-------------|--------------------------|--------------------------------|
| <b>AWARDS</b>                 | <p>Winner in each Age category will be awarded.<br/> (Men's Artistic Gymnastics – SUM of Three best score Women's Artistic Gymnastics – SUM of Two best score); MAG (1-9 category) and WAG (1-8 category):<br/> The gymnasts on 1st to 6th place will be awarded. (Men's Artistic Gymnastics – SUM of Three best result Women's Artistic Gymnastics – SUM of Two best result);</p>  |                         |             |                         |              |                   |             |                          |                                |
| <b>ADDITIONAL INFORMATION</b> | <p><b>NB. Final score to be calculate : 10.00 + Bonus – deduction.</b><br/> <b>For Vaults: see above.</b><br/> <b>No neutral deduction, no limits for one group elements</b><br/> <b>Elements value – FIG code of points 2022 2024</b></p> <ul style="list-style-type: none"> <li>- We invite you to take a part in the competition even if you make less than Three apparatus MAG, and less than two apparatus WAG;</li> <li>- Gymnasts who are less that 25 years old -WAG and 30 years old -MAG also invited to participate , but out of competition.</li> <li>- Gymnasts can do elements, which are not in the Code of Points. They can be evaluated by the judges as elements of Category A ( depends on the age category) but you can't have additional bonus for thus the element;</li> <li>- The same element, which are written in by the same number FIG, counted as separate element;</li> <li>- A participant has the right to perform on any number of gymnastics apparatus</li> </ul> |                         |             |                         |              |                   |             |                          |                                |
| <b>MEDICAL SERVICES</b>       | <p>The Organizing Committee will provide a first aid medical service, doctor in the competition area during the whole competition.</p>  |                         |             |                         |              |                   |             |                          |                                |
| <b>DEADLINES SUMMARY</b>      | <table style="width: 100%; border: none;"> <tr> <td style="width: 60%;">Definitive Registration</td> <td>May 1, 2024</td> </tr> <tr> <td>Nominative Registration</td> <td>May 10, 2024</td> </tr> <tr> <td>Visa Request Form</td> <td>May 1, 2024</td> </tr> <tr> <td>Payment of the Entry Fee</td> <td>By transaction or upon arrival</td> </tr> </table>  | Definitive Registration | May 1, 2024 | Nominative Registration | May 10, 2024 | Visa Request Form | May 1, 2024 | Payment of the Entry Fee | By transaction or upon arrival |
| Definitive Registration       | May 1, 2024   |                         |             |                         |              |                   |             |                          |                                |
| Nominative Registration       | May 10, 2024  |                         |             |                         |              |                   |             |                          |                                |
| Visa Request Form             | May 1, 2024   |                         |             |                         |              |                   |             |                          |                                |
| Payment of the Entry Fee      | By transaction or upon arrival  |                         |             |                         |              |                   |             |                          |                                |

Riga, 26.01, 2024

Sincerely yours,

Organizing Committee

**Deadline: 1 of May 2024**

**DEFINITIVE REGISTRATION**

**Please send the registration form to [Alexandra.drigo@gmail.com](mailto:Alexandra.drigo@gmail.com)**











|  |  |                        |  |
|--|--|------------------------|--|
| <b>Federation,<br/>Country or<br/>Club</b> |  | <b>Contact person:</b> |  |
|  |  | <b>Phone:</b>          |  |
|  |  | <b>E-mail:</b>         |  |

| <b>MAG</b>                              | <b>WAG</b>                              |
|---|---|
| <b>Name, surname,<br/>year of birth</b> | <b>Name, surname,<br/>year of birth</b> |
|   |   |
|   |   |
|   |   |
|   |   |

**Deadline: 10 of May 2024**

**NOMINATIVE REGISTRATION**

Please send the registration form to [Alexandra.drigo@gmail.com](mailto:Alexandra.drigo@gmail.com)

| Name Surname | Date of birth |   |   |   |   |  |  |
|--------------|---------------|--|--|--|--|---|---|
|              |               |  |  |  |  |   |   |
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