

INVITATION



ORGANISER	AEB GYM CHAMBÉRY 2631 Avenue des Landiers 73000 Chambéry www.aebgym.fr
PLACE OF EVENT	Gymnase de la Palestre Square Jacques Lapeyre 73000 Chambéry
DATE	Saturday 27th and Sunday 28th March 2021
START FEE	For the individual competition: 20€ per gymnast For the team competition: 30€ per team
REGISTRATION	Please send back the registration form by mail to: pamela.manuse@sfr.fr
CONTACT	Paméla MANUSE (French,Italian): +33 6 16 48 76 50 (Whatsapp) pamela.manuse@sfr.fr Canelle COPPIN (French,English): +33 6 48 17 20 12 (Whatsapp, Line) canellecoppin@yahoo.fr Camille OSMOND (Russian): + 33 7 86 36 13 55 (Whatsapp, Viber) partner@paristraveltransfer.com Skype : Paris Travel Transfer Laura COTRO RODRIGUEZ (Spanish): +33 6 23 17 80 55 (Whatsapp) kachuly@hotmail.com
AWARDS	Medals and trophies for podium All gymnasts will receive a medal, a certificate and a gift for participation The rankings will be done by year age for all categories.
JUDGES	Minimum 1 judge per club (if possible 2 judges) Judge meeting before the start of the competition Lunch offered for judges

MUSIC

Please send by mail to pamela.manuse@sfr.fr
before **March 17th 2021** with
Name/Surname/Apparatus/Category

Please take also the music with you on a USB stick
for any problem.

ACCOMODATION

Here is a list if you are searching a hotel

- FORMULE 1 CHAMBERY NORD

Lotissement SAS, Rue Paul Gidon
73000 Chambéry
Tel : +33 8 91 70 52 12
Fax : +33 4 79 25 69 68

- B&B HOTEL

204 rue Docteur Vernier
73000 Chambéry
Tel : +33 8 92 78 80 28
Fax : +33 4 79 68 64 00

- BRIT HOTEL

1860 Avenue Des Landiers
73000 Chambéry
Tél: +33 4 79 84 54 44
Fax : +33 4 79 85 05 74
Mail : chambery@brithotel.fr
Web : chambery.brithotel.fr

- BEST WESTERN CHAMBERY

51 Rue Alexander Fleming
73000 Chambéry
Tel: +33 4 79 68 60 00
Fax: +33 4 79 68 60 01
Web : www.alexanderpark.fr
Mail : reservation@alexanderpark.fr

- THEATRE HOTEL

9 Rue Denfert Rochereau
73000 Chambéry
Tel: +33 4 79 85 76 79
Mail : infos@theatrehotelchambery.com
Web : www.theatrehotelchambery.com

- Hôtel QUICK PALACE Voglans

Lotissement Françon Ouest, rue de la Françon

	<p>73420 VOGLANS Tel: +33 4 85 80 06 00 Fax : +33 4 79 52 07 58 Web : www.quickpalace-chambery.com</p> <ul style="list-style-type: none"> • Hôtel INTER DES PRINCE <p>4 Rue de Boigne 73000 Chambéry Tel : +33 4 79 33 45 36 Web : www.hoteldesprinces.com Mail:</p> <ul style="list-style-type: none"> • Camping l'escale <p>133 rue de la gare 73800 sainte Hélène du lac Tel : +33 6 47 47 58 18 / +33 4 79 84 04 11 Web : www.camping-savoie-escale.com Mail : campingescale@orange.fr</p>
<p style="text-align: center;">SHUTTLE</p>	<p>A schedule of shuttle will be established to take and get back delegations to the hotel during the weekend.</p> <p>Shuttles available from the station of Chambéry.</p> <p>Shuttles available from the airport of Lyon Saint Exupery: http:// www.rhonealpes.fr/548-bienvenue-a-bord-shuttles-aeroport-lyon.htm</p> <p>Shuttles available from the airport of Geneva: Http:// www.aerocar.fr/</p> <p>The organizer may provide transportation from the airport of Lyon or Geneva according to our timetable.</p> <p>The cost is 22 euros per person.</p> <p>Thank you for making the request before March 10th by mail: pamela.manuse@sfr.fr</p>
<p style="text-align: center;">PUBLIC</p>	<p>5 Euros for 1 day 8 Euros for 2 days</p>
<p style="text-align: center;">PHOTOGRAPHER</p>	<p>Our official photographer PHOTOGRAFEUZ, professional photographer will be on site with his team to sell photos passages gymnasts.</p>
<p style="text-align: center;">SNACK</p>	<p>On site you will find snacks: sandwich, salad, fries, crepes and fruit as well as hot and cold</p>

	drinks.
INSURANCE	<p>AEB Gym Chambéry disclaims all liability for accidents or damage to persons or property that may occur before, during or after the holding of the event.</p> <p>All participants must have insurance coverage.</p>

INDIVIDUAL COMPETITION

FIG RULES 2017-2020

Individual - Level A			
Pre-Mini	2015	1 WA and 1 Apparatus of choice	FIG Junior
Pre-Mini	2014	1 WA and 1 Apparatus of choice	FIG Junior
Mini	2013	1 WA and 1 Apparatus of choice	FIG Junior
Mini	2012	1 WA and 1 Apparatus of choice	FIG Junior
Children	2011	1 WA and 1 Apparatus of choice	FIG Junior
Children	2010	1 WA and 1 Apparatus of choice	FIG Junior
Pre-Junior	2009	2 Apparatus of choice	FIG Junior
Pre-Junior	2008	2 Apparatus of choice	FIG Junior
Junior	2007	2 Apparatus of choice	FIG Junior
Junior	2006	2 Apparatus of choice	FIG Junior
Pre-Senior	2005	2 Apparatus of choice	FIG Senior
Senior	2004 and older	2 Apparatus of choice	FIG Senior

Individual - Level B			
Pre-Mini	2015	1 WA	FIG Junior
Pre-Mini	2014	1 WA	FIG Junior
Mini	2013	1 WA	FIG Junior
Mini	2012	1 WA	FIG Junior
Children	2011	1 WA and 1 Apparatus of choice	FIG Junior
Children	2010	1 WA and 1 Apparatus of choice	FIG Junior
Pre-Junior	2009	1 WA and 1 Apparatus of choice	FIG Junior
Pre-Junior	2008	1 WA and 1 Apparatus of choice	FIG Junior
Junior	2007	2 Apparatus of choice	FIG Junior
Junior	2006	2 Apparatus of choice	FIG Junior
Pre-Senior	2005	2 Apparatus of choice	FIG Senior
Senior	2004 and older	2 Apparatus of choice	FIG Senior

Individuel - Level C			
DC 0,30 max			
Pre-Mini	2015	1 WA	DC : min 3 max counted 5 S= 0,30 : min 2
Pre-Mini	2014	1 WA	
Mini	2013	1 WA	
Mini	2012	1 WA	
Children	2011	1 Apparatus of choice	DC : min 3 max counted 5 S= 0,30 : 2 min DE : 1 min
Children	2010	1 Apparatus of choice	
Pre-Junior	2009	1 Apparatus of choice	
Pre-Junior	2008	1 Apparatus of choice	
Junior	2007	1 Apparatus of choice	
Junior	2006	1 Apparatus of choice	
Pre-Senior	2005	1 Apparatus of choice	
Senior	2004 and older	1 Apparatus of choice	

Individuel - Level D			
DC 0,10 max			
Pre-Mini	2015	1 WA	DC : min 3 max counted 4 S= 0,30 : min 2
Pre-Mini	2014	1 WA	
Mini	2013	1 WA	
Mini	2012	1 WA	
Children	2011	1 Apparatus of choice	DC : min 3 max counted 4 S= 0,30 : min 2 DE : no min/max
Children	2010	1 Apparatus of choice	
Pre-Junior	2009	1 Apparatus of choice	
Pre-Junior	2008	1 Apparatus of choice	
Junior	2007	1 Apparatus of choice	
Junior	2006	1 Apparatus of choice	
Pre-Senior	2005	1 Apparatus of choice	
Senior	2004 and older	1 Apparatus of choice	

TEAM COMPETITION

FIG RULES 2017-2020

The gymnasts can participate in the individual competition and the team competition with the same sequence.

TEAM BY AGE CATEGORY

Mini Team

3 individual gymnasts Pre-Mini or Mini(2015-2014-2013-2012)

1 Routine W.A for each gymnast

FIG Junior

Children Team

3 individual gymnasts Children (2011-2010)

1 apparatus of your choice for each gymnast

FIG Junior

Junior Team

3 individual gymnasts Pre-Junior or Junior (2009-2008-2007-2006)

1 apparatus of your choice for each gymnast

FIG Junior

Senior Team

3 individual gymnasts Pre-Senior or Senior (2005 and older)

1 apparatus of your choice for each gymnast

FIG Senior

MIXED TEAM

Team of 3 gymnasts:

- 1 gymnast from 2013 or 2012 or 2011 or 2010 (1 apparatus of your choice)
FIG Junior
- 1 gymnast from 2009 or 2008 or 2007 or 2006 (1 apparatus of your choice)
FIG Junior
- 1 gymnast from 2005 or older (1 apparatus of your choice)
FIG Senior