

# INVITATION



|                       |   |
|-----------------------|---|
| <b>ORGANISER</b>      | AEB GYM CHAMBERY<br>2631 Avenue des Landiers<br>73000 Chambéry<br><br><a href="http://www.aebgym.fr">www.aebgym.fr</a>  |
| <b>PLACE OF EVENT</b> | Gymnase Jean Jaurès<br>Avenue Jean Jaurès<br>73000 Chambéry   |
| <b>DATE</b>           | 2 <sup>nd</sup> /3 <sup>rd</sup> /4 <sup>th</sup> of July 2021  |
| <b>START FEE</b>      | For the individual competition: 30€ per gymnast<br>For the team competition: 40€ per team<br>For the group competition: 40€ per group   |
| <b>REGISTRATION</b>   | Please send back the <b>registration form</b> by mail to:<br><a href="mailto:pamela.manuse@sfr.fr">pamela.manuse@sfr.fr</a>   |
| <b>CONTACT</b>        | Paméla MANUSE (French,Italian):<br>+33 6 16 48 76 50 (Whatsapp)<br><a href="mailto:pamela.manuse@sfr.fr">pamela.manuse@sfr.fr</a><br><br>Canelle COPPIN (French,English):<br>+33 6 48 17 20 12 (Whatsapp, Line)<br><a href="mailto:canellecoppin@yahoo.fr">canellecoppin@yahoo.fr</a><br><br>Camille OSMOND (Russian):<br>+ 33 7 86 36 13 55 (Whatsapp, Viber)<br><a href="mailto:partner@paristraveltransfer.com">partner@paristraveltransfer.com</a><br>Skype : Paris Travel Transfer<br><br>Laura COTRO RODRIGUEZ (Spanish):<br>+33 6 23 17 80 55 (Whatsapp)<br><a href="mailto:kachuly@hotmail.com">kachuly@hotmail.com</a> |
| <b>AWARDS</b>         | Medals and trophies for podium<br>All gymnasts will receive a medal, a certificate and a gift for participation<br><br>The rankings will be done by year age for all categories except for the Senior for whom we will make a general classification and a classification by apparatus.   |
| <b>SPECIAL PRICE</b>  | Miss Expression   |

|                     |   |
|---------------------|---|
|                     | Miss Grace<br>Miss Flex<br>Miss Energy<br>Miss Risk<br>Miss Prestance<br>Miss Tournament<br>Mini Miss Smile<br>Mini Miss Flex<br>Mini Miss Tournament   |
| <b>JUGES</b>        | Minimum 1 judge per club (if possible 2 judges)<br>Judge meeting before the start of the competition.<br>Lunch offered for judges on Saturday and Sunday.   |
| <b>MUSIC</b>        | Please send by mail to <a href="mailto:pamela.manuse@sfr.fr">pamela.manuse@sfr.fr</a> before <b>November 17<sup>th</sup> 2020</b> with Name/Surname/Apparatus/Category<br><br>Please take also the music with you on a USB stick for any problem.   |
| <b>ACCOMODATION</b> | Voici une liste si vous rechercher un hôtel : <ul style="list-style-type: none"> <li>● <b>IBIS BUDGET CHAMBERY CENTRE VILLE</b><br/><br/> 391 Avenue Alsace Lorraine<br/> 73000 Chambéry<br/> Tel : +33 8 92 68 31 73<br/> Fax : +33 4 79 96 00 95<br/> Mail : <a href="mailto:H2548@accor.com">H2548@accor.com</a><br/> Web : <a href="https://all.accor.com/hotel/2548/index.fr.shtml?dateIn=&amp;nights=&amp;compositions=1&amp;stayplus=false#origin=ibis">https://all.accor.com/hotel/2548/index.fr.shtml?dateIn=&amp;nights=&amp;compositions=1&amp;stayplus=false#origin=ibis</a> </li> <li>● <b>FORMULE 1 CHAMBERY NORD</b><br/><br/> Lotissement SAS, Rue Paul Gidon<br/> 73000 Chambéry<br/> Tel : +33 8 91 70 52 12 (TARIF SPECIAL)<br/> Fax : +33 4 79 25 69 68<br/> Mail : <a href="mailto:H2285@accor.com">H2285@accor.com</a><br/> Web : <a href="https://all.accor.com/hotel/2285/index.fr.shtml?dateIn=&amp;nights=&amp;compositions=1&amp;stayplus=false#origin=hotelf1">https://all.accor.com/hotel/2285/index.fr.shtml?dateIn=&amp;nights=&amp;compositions=1&amp;stayplus=false#origin=hotelf1</a> </li> <li>● <b>B&amp;B HOTEL</b><br/><br/> 204 rue Docteur Vernier<br/> 73000 Chambéry<br/> Tel : +33 8 92 78 80 28 (TARIF SPECIAL)<br/> Fax : +33 4 79 68 64 00 </li> <li>● <b>BRIT HOTEL</b><br/><br/> 1860 Avenue Des Landiers </li> </ul> |

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- BEST WESTERN CHAMBERY

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- THEATRE HOTEL

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- Hôtel QUICK PALACE Voglans

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- Hôtel INTER DES PRINCE

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- Camping l'escale

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## SHUTTLE

A schedule of shuttle will be established to take and get back delegations to the hotel during the weekend.

Shuttles available from the station of Chambéry.



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|                     | <p>Shuttles available from the airport of Lyon Saint Exupery:<br/> <a href="http://www.rhonealpes.fr/548-bienvenue-a-bord-shuttles-aeroport-lyon.htm">http: // www.rhonealpes.fr/548-bienvenue-a-bord-shuttles-aeroport-lyon.htm</a></p> <p>Shuttles available from the airport of Geneva:<br/> <a href="Http://www.aerocar.fr/">Http: // www.aerocar.fr/</a></p> <p>The organizer may provide transportation from the airport of Lyon or Geneva according to our timetable.<br/> The cost is <b>22 euros per person</b>.<br/> Thank you for making the request before <b>June 10<sup>th</sup></b> by mail:<br/> <a href="mailto:pamela.manuse@sfr.fr">pamela.manuse@sfr.fr</a></p> |
| <b>PUBLIC</b>       | <p><b>8 Euros</b> for 1 day<br/> <b>12 Euros</b> for 2 days</p>   |
| <b>PHOTOGRAPHER</b> | <p>Our official photographer PHOTOGRAFEUZ, professional photographer will be on site with his team to sell photos passages gymnasts.</p>  |
| <b>SNACK</b>        | <p>On site you will find snacks: sandwich, salad, fries, crepes and fruit as well as hot and cold drinks.</p>   |
| <b>FARWELL</b>      | <p>Party on Saturday night, at 7PM<br/> Free for gymnasts, coaches and judges<br/> <b>12€</b> for other people</p> <p>Please book before <b>June 24<sup>th</sup> 2021</b> by email.</p>   |
| <b>GALA</b>         | <p>Gala on Sunday at 4PM.<br/> If you want to participate please inform us via the engagement form.</p>   |
| <b>INSURANCE</b>    | <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.<br/> All participants must have insurance coverage.</p>   |

## INDIVIDUAL COMPETITION

| 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 |

| Individual - Level C |                |                       |   |
|----------------------|----------------|-----------------------|---|
| DC 0,30 max          |                |                       |   |
| Pre-Mini             | 2015           | 1 WA                  | DC : min 3 max counted 5<br>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<br>S= 0,30 : 2 min<br>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 |   |

## 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**

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

1 Routine W.A for each gymnast

FIG Junior

### **Children**

3 individual gymnasts Children (2011-2010)

1 apparatus of your choice for each gymnast

FIG Junior

### **Junior**

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

1 apparatus of your choice for each gymnast

FIG Junior

### **Senior**

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



## GROUP COMPETITION

**FIG RULES 2017-2020**

**Apparatus of your choice**

**4 or 5 gymnasts**

| Group     |            |             |                         |
|-----------|------------|-------------|-------------------------|
|           | Level A    | Level B     | Level C                 |
| 2007 et + | FIG Senior | 3 BD + 3 AD | 3 BD 0,20<br>max + 2 AD |
| 2011-2007 | FIG Junior |             |                         |