SHANGHAI GYMNASTICS
美乐国际运动馆快乐体操俱乐部

CHOICE OF CHAMPIONS

shanghaigymnastics.com

2016 GK Cup - Saturday, June 4

Dear Club Owners,

We are pleased to announce that Shanghai Gymnastics will host the 2016 GK Cup. Please find the details below:

Podium training	Friday, June 3 • Session 1: 4:00pm - 6:00pm • Session 2: 6:00pm - 8:00pm Please note that time slots are limited and will be allocated on a first come, first served basis with priority given to Level 5-6 gymnasts. To book a session for your club, please email shanghai.gymnastics@gmail.com.
Competition Date & Time	Saturday, June 4 • 2:30 pm - 7:10 pm More info to come.
Format	• This meet will cater to gymnasts levels 2-6 of the Australian WAG National Development Program 2015 • Awards shall be given for Individual All-Around and Individual Apparatus. • Levels 2, 3 and 4 will be split by Junior and Senior categories.
Location	388 Shuanglian Lu, Bld. 6, 4/F (near Mingzhu Lu) 青浦区徐泾镇双联路388号 6幢4层 (近明珠路)
Registration Fee	350 RMB
How to Register	• Master (club) registration forms must be filled out and submitted by May 15 to shanghai.gymnastics@gmail.com • Your club representative must hand in a signed copy (signed by parent/ guardian) of the individual registration form/ liability waiver for each gymnast on the day of the meet or at the podium training session.

We look forward to your participation!

As always, feel free to reach out to us if you have any questions, concerns or ideas.

Ted Wang

www.shanghaigymnastics.com / 186-2178-1281 / shanghai.gymnastics@gmail.com
JINQIAO GYM (PUDONG): 2622 Jinqiao Lu, No. 59, Bldg. 1, near Jinxiu Dong Lu 浦东新区金桥路2622弄59号1号楼 近锦绣东路
CHANGNING/MINHANG GYM (PUXI): 789 Hong Zhong Lu, near Yan'an Xi Lu 闵行区虹中路789号近延安西路
HUACAO/QINGPU GYM (PUXI): 388 Shuanglian Lu, Bld. 6, 4/F 青浦区徐泾镇双联路388号 6幢4层

General information

Venue	The meet will be held at the Shanghai Gymnastics Huacao Club, near SAS and BISS Puxi. Address: 388 Shuanglian Lu, Bld. 6, 4/F (near Mingzhu Lu) 青浦区徐泾镇双联路388号 6幢4层 (近明珠路)
Hotel	Travelling teams must make their own travel arrangements. We recommend travelling teams stay at the hotel below. It is located within 10 minutes driving distance of the competition venue. Holiday Inn Shanghai West: 2000 Huqingping Road, Qingpu Shanghai 上海市青浦区 2000 沪青平公路 Phone: 400 886 2255 Website: http://www.ihg.com/holidayinn/hotels/us/en/shanghai/shgxj/hoteldetail
Photography	Flash photography is NOT allowed during the competition. Flash photography will be permitted during awards ceremonies only.
Food and Refreshments	Food and drink will be available to purchase in the Gym lobby on the day of competition, there will also be water stations to fill water bottles. Strictly no food, or drink other than water, is allowed in the gym.
T-Shirt	A commemorative t-shirt will be given to all participating gymnasts. Coaches are required to submit sizes (height in CM) and numbers to us with the master registration form.
Coaches	• Maximum of two coaches per team per apparatus are permitted on the competition floor. • Gymnasts must be accompanied by a coach at all times on the competition floor. • Floor music must be clearly labeled and submitted to the head score table before the start of each session. This can be on i-pod or USB stick. • Other than floor exercise for Levels 4, 5 and 6 all routines will be judged strictly as per the rules in the programme manual. A list of floor bonus skills for Level 4, 5 & 6 can be seen in the Technical section below.
Parents	• Only coaches and judges will be allowed on the competition floor during the meet. At no point are parents/family members allowed on the competition floor. • Parents are not permitted to speak directly to judges at any point during the meet. • Siblings are required to sit in the viewing area and are not permitted on any equipment.
Gymnasts	Attire: • All competing gymnasts are required to wear their club leotard and competition attire. Long hair should be tied back and jewellery removed. • Teams should wear matching leotards and/or tracksuits at all times on the competition floor, this includes warm up and march-on. Behaviour: • All gymnasts are asked to behave appropriately and respectfully at all times during competition and when spectating. Awards presentation: • Awards will be presented at the end of each competition session with medals for the individual all-around competition and individual apparatus, and trophies for the team competition.

Competition Rules Levels 2-4	Levels by age group* are defined as follows: • Level 2 Junior: 7 & under* • Level 2 Senior: 8 & over* • Level 3 Junior: 8 & under* • Level 3 Senior: 9 & over* • Level 4 Junior: 9 & under* • Level 4 Senior: 10 & over* *Age as of 1 August 2016 (max. 2 teams per school/club) Start point values on each apparatus: • Start value ≤ 10.00 if all requisite skills performed • E score = Total E deductions/2 • Start value – (E score/2) = Final score Music: Music is compulsory for WAG NDP level 3 and 4 on the floor exercise. WAG NDP Level 2 does not require music. If there are technical problems with the music during a performance of a floor routine then the gymnast must continue as normal and will be given the option to redo her routine. In this instance, the best score will count. Levels 3 and 4 must use compulsory music.
Competition Rules Levels 5-6	• Level 5: Open age Level 6: Open age Start point values on each apparatus: • Levels 5 & 6 Start value ≤ 10.00 if all requisite skills performed. • E score = Total E deductions/2 • Final score = Start value – (E score/2) Music: Gymnasts are allowed to choose their own music for WAG NDP Levels 5 & 6. Schools/clubs must label filenames clearly with name of school/club, name of gymnast and where possible gymnast number. Floor music must not contain lyrics and must not exceed 90 seconds.
Bonus Skills	• For Levels 4, 5, 6, there will only be additional bonus skills for floor exercise, the other apparatus will be judged exactly as set out in the manual. • Gymnasts competing at level 5 and 6 are permitted to work with optional music and choreography but with compulsory skills as set out in the manual (60-90 sec). • Gymnasts competing Level 5 and 6 are required to perform compulsory skills but are allowed optional choreography on beam (max. 90 sec). Level 4 Floor Bonus Skills: • Round-off back handspring (+0.3) Level 5 Floor Bonus Skills: • Round-off 3x back handspring (+0.3) • Round-off back handspring back tuck (+0.3) Level 6 Floor Bonus Skills: • Round-off back handspring layout/half (+0.3) • Round-off back handspring full twist (+0.5) • Front handspring front tuck (+0.3)