



# Entente Gymnique de Nîmes

Artistic Gymnastics Club founded in 1972

Contact:

Entente Gymnique de Nîmes  
53 Impasse du MARBRIER  
30 000 Nîmes, FRANCE  
Cell: +33606950950

---

E-mail: [grandprix.nymphes@gmail.com](mailto:grandprix.nymphes@gmail.com)

Website: <https://www.eg-nimes.com/>

Facebook: <https://www.facebook.com/Gymnastique.Nimes/>

## **Object : Friendly competition**

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

**44<sup>th</sup> Grand Prix of Women Artistic Gymnastics  
On Saturday, 26<sup>th</sup> 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 44<sup>th</sup> Grand Prix of Women Artistic Gymnastics on the 26<sup>th</sup> 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**
  - Cadette/Junior/Senior
  - Benjamine/Minime
- **Coupe Jean Capo**
  - Cadette/Junior/Senior
  - 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
<b>Challenge Maurice NOLHAC</b>	Minime (07-06) Cadette (05-04) Junior (03-02) Senior (01 and before)	Based on Code FIG 7 elements+ dismount <b>Score D : Diff + CR + Connections</b> <b>Score E : Exe+ Art</b>	Diff from « a » to « H »
<b>Coupe Ville de Nîmes</b>	Cadette (05-04) Junior (03-02) Senior (01 and before) 5/5/3	7 elements + dismount <b>Score D : Diff + CR</b> <b>Score E : Exe+ Art</b>	Diff from « a » to « C »
	Benjamine (09-08) Minime (07-06) 5/5/3	5 elements + dismount <b>Score D : Diff + CR</b> <b>Score E : Exe+ Art</b>	
<b>Coupe Jean CAPO</b>	Cadette (05-04) Junior (03-02) Senior (01 and before) 5/5/3	7 elements + dismount <b>Score D : Diff + CR</b> <b>Score E : Exe+ Art</b>	Diff de « a » à « B »  Cf. appendix n°1
	Poussine (11-10) Benjamine (09-08) Minime (07-06) 5/5/3	5 elements + dismount <b>Score D : Diff + CR</b> <b>Score E : Exe+ Art</b>	

### 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.

The list of hotels will be given to the entrants.



# 44<sup>th</sup> Grand Prix of Artistic Gymnastics

## 26 January 2019

### Challenge Maurice Nolhac

**Score E** : (Execution + Artistic)

7 elements + dismount	8	7	6	5	4	3	2	1
	10,00	8,80	7,60	6,40	5,20	4,00	2,80	1,60

<p><b>Score D :</b></p> <p><i>Composition requirements</i> (CR) 5 CR</p> <p>2.70 Pts MAXIMUM</p> <p><b>DIFFICULTY VALUES</b></p> <p><input type="checkbox"/> a = 0.00 <input type="checkbox"/> A = 0.10 <input type="checkbox"/> B = 0.20 <input type="checkbox"/> C = 0.30 <input type="checkbox"/> D = 0.40 <input type="checkbox"/> E = 0.50 <input type="checkbox"/> F = 0.60 <input type="checkbox"/> G = 0.70 <input type="checkbox"/> H = 0.80</p> <p><i>Connection values</i></p>	<p><b>BARS</b></p> <p>* Change from superior bar to inferior bar or reverse: - 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</p> <p>* 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 A 0.10 B 0.30 C or + 0.50</p>
	<p><b>BEAM</b></p> <p>* 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): - 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 0,50 * 1 dismount A 0,30 B 0,50 C or +</p> <p>Maximum length: 1'30</p>
	<p><b>FLOOR</b></p> <p>* 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: - 1 salto A 0,20 - 1 salto B 0,50 - 1 Salto C 0,70 * 1 dismount (last salto) A 0.10 B 0.30 C or + 0,50</p> <p>Maximum length: 50'' à 1'30</p>
	<p><b>VAULT</b></p> <p>2 jumps from the code FIG → the best is considered for the final score. Double springboard authorised for benjamines and minimes</p>



# 44<sup>th</sup> Grand Prix of Artistic Gymnastics

## 26 January 2019

### Coupe de la Ville de Nîmes

**Score E** : (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

<p><b>Score D :</b></p> <p><i>Composition requirements</i> (CR) 5 CR</p> <p>Each CR has a value of 0.50</p> <p>2.50 Pts MAXIMUM</p> <p><b>DIFFICULTY VALUES</b></p> <p><input type="checkbox"/> a = 0.00 <input type="checkbox"/> A = 0.10 <input type="checkbox"/> B = 0.20 <input type="checkbox"/> C (only gymnastics element) = 0.30</p>	<b>BARS</b>	<ul style="list-style-type: none"> <li>* 1 kip 0,50</li> <li>* Close bar element 0,50</li> <li>* 1 cast to handstand (A or B) 0,50</li> <li>* 1 element HB codified (different from kip) 0,50</li> <li>* 1 dismount A 0,20</li> <li style="padding-left: 150px;">B or + 0,50</li> </ul>		
	<b>BEAM</b>	<ul style="list-style-type: none"> <li>* 1 set of 2 jumps with 1 from the front to the back jump to 180° 0,50</li> <li>* 1 turn 360° minimum 0,50</li> <li>* Acrobatic elements with/without flight in 2 different directions (except handstand) 0,50</li> <li>* 1 acrobatic elements with flight 0,50</li> <li>* 1 dismount A 0,20</li> <li style="padding-left: 150px;">B or + 0,50</li> </ul> <p>Maximum length : 1'30</p>		
	<b>FLOOR</b>	<ul style="list-style-type: none"> <li>* Gymnastics transition of at least 2 take-off elements with 1 from the front to the back legs-apart jump to 180° 0,50</li> <li>* 1 acrobatic line of at least 2 flight elements with 1 salto 0,50</li> <li>* 1 salto with longitudinal rotation 180° minimum 0,50</li> <li>* Acrobatic elements with flight in 2 different directions 0,20</li> <li>* 1 dismount A 0,50</li> <li style="padding-left: 150px;">B or +</li> </ul> <p>Maximum length: 50'' à 1'30</p>		
	<b>VAULT</b>	<p>Height of the vault table: 1,25 m. Only the best of the 2 jumps is considered for the final score.</p> <p>Jumps from code FIG with maximum 3,20pt.</p> <p>Double springboard authorised for benjamines and minimes</p>		
	<p>Maximum length : 1'30</p>			



# 44<sup>th</sup> Grand Prix of Artistic Gymnastics

## 26 January 2019

### Coupe Jean CAPO

**Score E :** (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

<p><b>Score D :</b></p> <p><b>COMPOSITION REQUIREMENTS</b></p> <p>5 CR Each CR has a value of 0.50</p> <p>2.50 Pts MAXIMUM</p> <p><b>DIFFICULTY VALUES</b></p> <p><input type="checkbox"/> a = 0,00 <input type="checkbox"/> A = 0.10 <input type="checkbox"/> B (only gymnastics element) = 0.20</p>	<b>BARS</b>	<ul style="list-style-type: none"> <li>* 1 kip LB 0,50</li> <li>* 1 long-hang kip HB 0,50</li> <li>* 1 circle near the bar 0,50</li> <li>* 1 codified element HB 0,50</li> <li>* 1 dismount a 0,20</li> <li style="text-align: center;">A 0,50</li> </ul>
	<b>BEAM</b>	<ul style="list-style-type: none"> <li>* 1 from the front to the back jump to 180° 0,50</li> <li>* 1 backward acrobatic element 0,50</li> <li>* 1 forward / side element acro (except handstand) 0,50</li> <li>* 1 turn 360° minimum 0,50</li> <li>* 1 dismount a 0,20</li> <li style="text-align: center;">A 0,50</li> <li>➔ Dismounts are taken into account for the forward and backward CR.</li> <li>Maximum length: 1'10.</li> </ul>
	<b>FLOOR</b>	<ul style="list-style-type: none"> <li>* Gymnastics transition of at least 2 take-off elements 0,50</li> <li>* 1 acrobatic line of at least 2 flight elements 0,50</li> <li>* 1 backward OR forward salto 0,50</li> <li>* 1 gymnastics jump with a rotation of 360° 0,50</li> <li>* 1 dismount: salto of the last acrobatic line 0,50</li> <li>Maximum length: 1'10</li> </ul>
	<b>VAULT</b>	<p>Height of the vault table: 1,25 m. Only the best of the 2 jumps is considered for the final score.</p> <p>Jumps from code FIG with maximum 2,80pt.</p> <p>Double springboard/trampo-tremp authorised for poussines, benjamines and minimes</p> <p>Spring trampette authorized for benjamines and minimes with a 3points penalty deducted on the final score.</p>

## **Appendix 1: « a » value elements**

Elements of « a » value. Those elements count only for the number of elements (E score).

### **BARS**

Long Hang Pullover (for Coupe Jean Capo) & for Ville de Nîmes if departure from HB and arrival on HB
Bascule fixe (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)

# Appendix 2: Specifications

## VAULT

- Double springboard/trampo-tremp authorised without penalty for Poussines, Benjamines, Minimes

## BARS

- 1 element can be repeated. In the difficulty sector, repeated elements won't be counted. But will count for the number of element (E score). For 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
  
- No penalty for the casts before "swing backwards to straddle flight to handstand".