



**Alpha Factor Scandinavia**

and

Gymnastikforeningen **Gefion**

proudly invite you to

**Alpha Factor Trophy**

for

Girls/women – Boys/men

Copenhagen

**22. – 24. of November 2019**



Dear Gymnastics friends

We would like to welcome you to our international competition Alpha Factor Trophy - a competition organized by Alpha Factor Scandinavia and Gymnastikforeningen Gefion.

We are looking forward to see athletes from many countries for a friendly meet and giving everybody the opportunity to make new friendships. The aim for the competition is to support the progress of the competitors' individual level of gymnastics.

<b>HOST CLUB</b>	Gymnastikforeningen Gefion
<b>ORGANIZING COMITEE</b>	Louise Wernberg info@gymgefion.dk Marianne Aarum maarum@frisurf.no 0047-95143322
<b>LOCATION</b>	Grøndal MultiCenter Hvidkildevej 64 2400 København NV Denmark
<b>DATES</b>	<b>22.-24. November 2019</b>
<b>VENUE</b>	Gymnastikforeningen Gefion Hvidkildevej 64 2400 København NV
<b>APPARATUS</b>	Floor J/F 2016 Bars Gymnova and Spieth Beam Gymnova and Spieth Vault Gymnova and Spieth
<b>RULES AND REGULATIONS</b>	<b>Girls/Women</b> Competition for FIG according to the updated Code of Point  Competition for FIG modified: Vault: same as FIG Bars: Same as FIG but ned a maximum of 2 CR Beam: Same as FIG but need a maximum of 3 CR Floor: Same as FIG but need a maximum of 3 requirement <b>Boys/Men</b> Competition according to the updated Code of Point
<b>PARTICIPATION AND LICENCE</b>	All participants need to have a valid license from their country.

<b>AGE LIMITS</b>	<p><b>Girls /Women:</b>          FIG Youth, born 2007/08:          FIG Junior, born 2006/05/04          FIG Senior, born 2003 and older</p> <p>FIG Modified Youth 2007/08          FIG Modified Junior 2006/05/04          FIG Modified Senior 2003 and older</p> <p><b>Boys/Men</b>          FIG Youth 2006/07/08          FIG Junior 2005/04/03          FIG Senior from 2002</p>
<b>DEADLINES</b>	<p>Open for registration: <b>10. april 2019</b>          Definitive registration: <b>1. september 2019</b>          Nominative registration: <b>1. October 2019</b>          Use this link : <a href="https://gymgefion.nemtilmeld.dk/24/">https://gymgefion.nemtilmeld.dk/24/</a></p>
<b>ENTRY FEES</b>	<p>Individual gymnast DKKR. 275,-          Team DKKR. 200,-          Banquet Saturday 175,-</p>
<b>COMPETITION FORM</b>	<p><b>Girls /Women:</b>  <b>Individual:</b>          FIG Youth, born 2007/08:          FIG Junior, born 2006/05/04          FIG senior, born 2003 and older</p> <ul style="list-style-type: none"> <li>- All around Saturday</li> <li>- Apparatus finals (6) Sunday</li> </ul> <p>FIG Modified Youth 2007/08          FIG Modified Junior 2006/05/04          FIG Modified Senior 2003 and older</p> <ul style="list-style-type: none"> <li>- All around Saturday and Sunday (2 app each day)</li> <li>- No finals</li> </ul> <p><b>Team:</b>          Each club can make 1 team FIG and 1 team FIG modified with mix of age groups. The three highest score counts in all around</p> <p><b>6-6-3</b></p>
<b>FLOOR MUSIC</b>	<p><i>Please floor music to email.; <a href="mailto:gulvmusik@gmail.com">gulvmusik@gmail.com</a></i></p>

	<b>Boys/Men</b> FIG youth/junior/senior <ul style="list-style-type: none"> <li>- 3 apparatus Saturday</li> <li>- 3 apparatus Sunday</li> </ul> Team: Each club can make 1 team mix youth, junior and senior. 3 highest score from all around counts.		
<b>PROVISIONAL SCHEDULE</b>	<b>DRAFT SCHEDULE</b>		
	Friday 22. November	Open training	14:00-20:00 pre-registration
	Saturday 23. November	Qualifications FIG -WAG Compete 2 app FIG modified WAG Compete FIG MAG FX, PH, SR	subdivisions
	Saturday	Banquet for all participants	19:00 in Danhostel Bellahøj
	Sunday 24. November	Finals (6 gyms) FIG-WAG Compete 2 app FIG modified WAG Compete FIG -MAG VT, PB, HB	subdivisions
<b>ACCOMODATION</b>	<b>Hotel (close to the gymnastic hall)</b> <b>Copenhagen Bellahøj, Danhostel</b> Herbergsvejen 8 2700 København NV  <a href="https://www.copenhagenhostel.dk/">https://www.copenhagenhostel.dk/</a>  <b>Send your booking to: <a href="mailto:bellahoej@danhostel.dk">bellahoej@danhostel.dk</a> and mark with Alpha Factor Trophy 2019</b>		
<b>JUDGES</b>	All clubs need to bring one licensed judge for every 5th gymnast.		

## Welcome to Copenhagen

Kind regards

Marianne Aarum  
Alpha Factor Scandinavia

Louise Wernberg  
Board of Gefion