

DIRECTIVES

Updated information: 20.09.2023
accommodation and transport information

DISCIPLINE	Gymnastics for All
TIME AND LOCATION	<p>Gymnastics for All festival GymnaFest</p> <p>Preliminary round: 2nd of December 2023 at E-Piim Sports Hall (Paide, Ajavilja 1, 72712, Estonia)</p> <p>Final round: 13th of January 2024 at University of Tartu sports centre (Tartu, Ujula 4, 51008, Estonia)</p>
ORGANIZER	<p>Estonian Gymnastics Federation, contact e-mail: info@estoniangymnastics.ee; phone: +372 59 19 27 17</p>
PARTICIPANTS AND PROGRAMME	<p>All gymnastics and movement groups are welcome to participate with freely chosen routines in the following groups:</p> <p>I group – Gymnastics Group consisting of 6 or more gymnasts from within one club in the following age groups¹:</p> <ul style="list-style-type: none"> * 8-11 y/o * 11-14 y/o * 14-18 y/o * 18 y/o and older * Adults (30 y/o and older) <p><i>The category is meant for groups performing a routine, which mostly consists of:</i></p> <ul style="list-style-type: none"> ➤ Basic elements and body movements from gymnastics disciplines ➤ The usage of different apparatuses and special techniques (not required) ➤ Dancing elements and creative movement is the supporting part of the composition rather than dominant <p>Routine length is 1:45 to 3:15 minutes²</p> <p>II group – Creative movement and dance Group consisting of 6 or more gymnasts from within one club in the following age groups¹:</p> <ul style="list-style-type: none"> * Kids (preschool up to 8 y/o) * 8-11 y/o * 11-14 y/o * 14-18 y/o * 18 y/o and older * Adults (30 y/o and older) <p><i>The category is meant for groups performing a routine, which mostly consists of:</i></p> <ul style="list-style-type: none"> ➤ Basic gymnastics movements and techniques mixed with creative movement and dancing ➤ The routine has a subject and theme, which is integrated together with the music, costumes, choreography and movements ➤ In addition to basic gymnastics apparatuses, the usage of different requisites and scenography (not required) <p>Routine length is 1:45 to 3:15 minutes²</p> <p>III group - compound routines performed by 12 or more different age group gymnasts, from within the same club.</p>

	<p>Routine length is 3:00 to 6:00 minutes ²</p> <p>¹ 2 older gymnasts are allowed within the age group. Groups whose gymnasts will not fit into the age limits defined in the directives, will not be prized with laureate title.</p> <p>² Routine length will be calculated from the first action of the gymnasts to the last action of the gymnasts</p> <p>ADDITIONAL REQUIREMENTS</p> <ul style="list-style-type: none">➤ Participating in the festival with any gymnastics disciplines' contest routines is not allowed. Only modifications of contest routines from previous seasons are allowed.➤ All age groups limits are calculated considering the date of the final round of GymnaFest (13th of January).						
JUDGING	<p>Routines are judged by a guest jury assembled by the Estonian Gymnastics Federation.</p> <p><u>Routine composition</u> is rated by:</p> <ul style="list-style-type: none">➤ routine suitability to selected category (gymnastics; creative movement and dance; compound routines) and the compliance with the rules;➤ music suitability to the movements and routine idea, rhythm switches in music and movement;➤ routine suitability to age and capability;➤ movements versatility, complexity and novelty;➤ routine originality and idea. <p><u>Routine performance</u> is rated by:</p> <ul style="list-style-type: none">➤ gymnasts' athleticism;➤ charisma and character, ability to communicate with the audience;➤ performance unity;➤ ability to use the stage in one's favour;➤ aesthetics and the costume correctness.						
RESULTS AND AWARDING	<p>By the jury's decision, best teams from preliminary round are allowed to the final round. By the jury's decision awards will be given out as follows:</p> <ul style="list-style-type: none">➤ Outstanding teams in the final round will be awarded with laureate rewards.➤ Best teams from each age group will be awarded with "winners" rewards. <p>GymnaFest overall winner will be selected from all of the laureate and winner groups. All laureate groups are awarded with "Laureate Trophies". Age group winner groups and GymnaFest overall winner will be awarded with a trophy and prize money. Special awards will be given to the best composition routine's author and in addition, to the audience's favourite group which will be decided by a survey carried out within the audience.</p>						
PARTICIPATION FEE	<p>The participation fee is 12€ per one gymnast in one routine.</p> <p>Participation fees must be transferred on the basis of an invoice sent by the organizer to the Estonian Gymnastic Federation bank account EE142200221002104505 Swedbank at least 5 days before the contest.</p> <p>In case the participation fee has not been received 2 days before the contest starts, the group will only be allowed to participate if participation fee multiplied 1,5x is paid in cash or by transfer.</p>						
REGISTRATION	<table><tr><td>Definitive Registration Form</td><td>20.10.2023</td></tr><tr><td>Nominative Registration Form</td><td>13.11.2023</td></tr><tr><td>Visa Request Form</td><td>13.11.2023</td></tr></table> <p>Registration platform: http://rgform.eu/event.php?id_prop=5249</p> <p>Late registrations are allowed to enter only if the 1,5x multiplied participation fee is paid.</p>	Definitive Registration Form	20.10.2023	Nominative Registration Form	13.11.2023	Visa Request Form	13.11.2023
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ACCREDITATION	<p>Accreditation will take place upon arrival in the contest venue.</p>						
INSURANCE	<p>The Host Federation, the Organizing Committee will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like. All participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation for all the members of their delegation.</p>						
ACCOMMODATION AND TRANSFER	<p>Accommodation recommendation by the LOC:</p> <p>Hotel Tartu</p>						

<https://www.tartuhotell.ee/en/welcome/>

Soola 3, Tartu, Estonia

The costs per room/per night are as follows:

Standard single room 55€

Standard Twin room 71€

Family room for three 98€

Family room for four 114€

** The price includes breakfast*

Make your reservations by using one of the following options:

1. Book your stay online

<https://online.bookvisit.com/accommodation/list?channelId=12b0f4d7-a451-4829-9207-95e361bcd18>

2. Send an e-mail sales@tartuhotell.ee

3. Make a phone call +372 7 314 300

** Use the keyword "GymnaFest2024" to get the above-mentioned discounts.*

Transfer (Airport- Hotel- Airport) organised by the LOC:

50€ per person

Airport options are Tallinn Airport and Riga International Airport

International travel is the responsibility of the participants. All accommodation and travelling costs are at the charge of participating federations/clubs. If your delegation needs help with accommodation and transfers, please feel free to contact the LOC.

ADDITIONAL INFORMATION

- Gymnasts are not limited to participate in one group only. All gymnasts may perform in group I, II or III. Please note, that participation fees will be multiplied by the number of performances of a gymnast.
- Preliminary round performance can be pre-recorded and sent to the organizers as a video file (foreign groups only). All registration dates are as mentioned beforehand, video recording uploads deadline is **1st December 2023**.
- The contest floor is 13x13m and is covered with rhythmic gymnastics carpet. Lines can be crossed and are not to be judged as foul. All additional needs must be adjusted with the organizer.
- By the jury's decision, best teams from preliminary round are allowed to the final round, which will be held in 13th of January 2024, Tartu. All Finalists will be revealed on Estonian Gymnastics Federation website www.eevl.ee and will be informed by e-mail at the latest **8th December**.
- Personal data of gymnasts, coaches, judges and volunteers who are registered participants of the festival will be used in the documented results, on rgform.eu website, websites of Estonian Gymnastics Federation and/or organizer as well as social media sites.
- Upon registration, gymnasts, coaches, judges and volunteers also agree to publication of visual materials featuring their person (photos, videos). In case someone does not agree to public use of their personal data or visual materials, he/she must inform the main organiser of the festival and Estonian Gymnastics Federation in writing before the opening of the festival.
- Only accredited journalists and photographers are allowed to take photos and videos using professional equipment (they must be registered on rgform.eu site or at the festival site at the start of the event). There are no restrictions concerning mobile phones or other smart devices.
- COVID-19 COUNTERMEASURES
The LOC should follow local guidelines in management of COVID-19. The LOC must facilitate COVID-19 testing for delegations when it is required to have a negative test for return to their country.
- The organising body retains the right to make necessary changes in the festival arrangements and conditions of participation. In case of changes in content the decisions will be made by the GfA panel and the secretariat of the Estonian Gymnastics Federation.

Sincerely Yours
August 24, 2023



Tene-Riin Vaarmann
Secretary General Estonian Gymnastics Federation