

COMPETITION DIRECTIVES

HOST DETAILS	
DISCIPLINE	Men's Artistic Gymnastics (MAG) Women's Artistic Gymnastics (WAG)
HOST FEDERATION	Fly Once Gymnastics School and SJ Gymnastics Centre Email: flyoncesg@gmail.com Contact: +65 8126 0601
DATES	09 September 2023, Saturday (1 Day)
VENUE	Pasir Panjang Recreation Center Blk #C-01, 44Pasir Panjang Rd Singapore 118504
APPARATUS SUPPLIER	Genova Gaofei

COMPETITION DETAILS	
RULES AND REGULATIONS	<p>The Fantastic Gymnastics Competition will be organized under the Singapore levels program:</p> <p>WAG (4 Events)</p> <ul style="list-style-type: none"> ● Singapore National Program - WAG (Feb 2019 Version) ● SG WAG Technical Handbook (Nov 2020 Version) - Vault - Uneven Bar - Balance Beam - Floor Exercise <p>MAG (5 Events)</p> <ul style="list-style-type: none"> ● Singapore National Program - MAG (Feb 2019 Version) - Vault - Mushroom - Parallel Bar - Horizontal Bar - Floor Exercise
ELIGIBILITY	<p>TRAINING INSTITUTION</p> <ul style="list-style-type: none"> ● Fantastic Gymnastics Competition 2023 is suitable for gymnasts who train 1-3hr per week. ● Any athletes from a local gymnastics program and private club are welcome to participate in the Fantastic Gymnastics Competition Event. ● All participating athletes must be accompanied by a coach who is named on the registration form. ● All participating athletes must be entered under a club team. ● An athlete can enter as an individual as long as they are representing a club.

EVENT FORMAT	<p>Individual Competition</p> <ul style="list-style-type: none"> • Individual All Around (IAA) • Individual Apparatus Finals (IAF) <p>Team Competition</p> <ul style="list-style-type: none"> ● Team size: Maximum 6 / Minimum size 3 ● Maximum two teams per club for each competition category ● Combination of top 3 scores of each club on each event, across all apparatus, per level, per age group ● Clubs entering 2 teams must define the athletes in the A and B teams in the registration form. <p><i>*Team competition will be held even if there is only 1 team</i></p>																														
AGE CATEGORY	<p>WAG</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="width: 30%;"></th> <th colspan="2">AGE CATEGORY</th> </tr> <tr> <th>LEVEL</th> <th>JUNIOR</th> <th>SENIOR</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>5 – 7</td> <td>8 & above</td> </tr> <tr> <td>2</td> <td>8 - 10</td> <td>11 & above</td> </tr> <tr> <td>3</td> <td>10 - 11</td> <td>12 & above</td> </tr> </tbody> </table> <p>MAG</p> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th style="width: 30%;"></th> <th colspan="2">AGE CATEGORY</th> </tr> <tr> <th>LEVEL</th> <th>JUNIOR</th> <th>SENIOR</th> </tr> </thead> <tbody> <tr> <td>Fundamentals</td> <td>7 & under</td> <td>8 & above</td> </tr> <tr> <td>1</td> <td>5 – 7</td> <td>8 & above</td> </tr> <tr> <td>2</td> <td>8 - 9</td> <td>10 & above</td> </tr> </tbody> </table> <p><i>*If there are not enough juniors or seniors, we might combine the category depending on the number of participants</i></p>		AGE CATEGORY		LEVEL	JUNIOR	SENIOR	1	5 – 7	8 & above	2	8 - 10	11 & above	3	10 - 11	12 & above		AGE CATEGORY		LEVEL	JUNIOR	SENIOR	Fundamentals	7 & under	8 & above	1	5 – 7	8 & above	2	8 - 9	10 & above
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AWARDS	<p>WAG SG Levels 1-3 MAG SG Fundamentals & Levels 1-2</p> <p>Participation All Around Awards (PAA)</p> <p>Each participating athlete will be presented a Bronze, Silver or Gold All Around medal based on their ranking in IAA. Top 33% get gold, next 33% get silver and last 34% get bronze</p> <p>Level 1-3</p> <ul style="list-style-type: none"> ● Top 1/3 – Gold ● Second 1/3 – Silver ● Third 1/3 – Bronze <p>Level 1-3 Top 8 have additional medals.</p> <ul style="list-style-type: none"> ● IAA Top 8 ● IAF Top 8 ● Team Top 6 																														

	<p>Medals</p> <ul style="list-style-type: none"> ● Individual All Around (IAA) - Medal awarded to places 1-8 ● Individual Apparatus Winners - Medal awarded to places 1-8 <p>Team Awards</p> <p>Team trophies are awarded to the top 6 performing teams for the level</p> <p>WAG & MAG TEAM</p> <ul style="list-style-type: none"> ● Team awards - 1st, 2nd, 3rd, 4th, 5th, 6th places ● Team Competition only awarded for categories with at least 1 team. <p>Team awards will be given for each level and age category, meeting the 6-team requirement.</p> <p>Winning teams will be presented with a team trophy</p>
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REGISTRATION, FEES & PAYMENT DETAILS

Registration Form	<p>A Registration Form will be emailed to all Clubs. The registration form must be completed with the individual athlete details of those competing.</p> <p>Registration Forms are to be completed and emailed to:</p> <p>Email: flyoncesg@gmail.com</p>
Registration Deadline	10 th June 2023 Saturday
Entry Fees	<ul style="list-style-type: none"> ● Individual Athlete Entry Fee: \$120 ● Team Entry: \$140 per team <p>*All fees are inclusive of GST (8%)</p> <ul style="list-style-type: none"> ● Registration is confirmed once submitted. ● Team Entry Fee is a one-time payment per team additional to the individual athlete entry fee ● Please make payment ONLY AFTER you received the invoice. ● Entry Fees for the whole club must be paid in FULL in one payment. ● Individual payments per gymnast are NOT accepted. ● Payments from individual parents will NOT be accepted. ● Note: To be eligible for a refund for withdrawal from Fantastic Gymnastics Competition, notification of withdrawal needs to be 21 days prior to the start of the competition. Refund will only be granted if accompanied by a medical certificate.
Payment Options	<p>BANK TRANSFER</p> <p>Account Name: Fly Once Sports Pte Ltd</p> <p>Bank Account: UOB CURRENT</p> <p>ACCOUNT Number: 3353011918</p> <p>PayNow UEN: 200802008G</p>

2nd Fantastic Gymnastics Competition

09 September 2023

Payment Deadline	<p>The Accounts Team at Fly Once will send through an official invoice after receiving each club's Registration Form.</p> <ul style="list-style-type: none">● Invoices will be sent: 24th July 2023 (Monday)● Entry Fees Payment Deadline: 01st August 2023 (Tuesday) <p>Contact Person: Jennie</p> <p>Contact: flyoncesg@gmail.com</p>
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