

# Gymnastics for All (GfA)

The background features several flowing, translucent ribbons in shades of pink, purple, and blue, creating a dynamic and colorful abstract design. The ribbons appear to be moving across the frame, with some overlapping and others in the foreground, giving a sense of motion and depth.

# GREETINGS AND ACQUAINTANCE



**Mariana Vasileva- Head Coach in Rhythmic Gymnastics and Gymnastics for All**


# GREETINGS AND ACQUAINTANCE




**Ruslan Eyvazov- Choreographer of the Rhythmic Gymnastics National Team and Coach of Gymnastics for All**

# WHAT IS GYMNASTICS FOR ALL

- 4,000 years ago, the people of China practiced Gymnastics exercises to benefit their health and promote longevity. Gymnastics had a special place in Ancient Greece, where perfection of the human physique was strongly encouraged. In ancient Rome, Gymnastics was used to turn the soldiers into finely tuned machines.
- Thanks to the efforts of the German educator and writer Friedrich Ludwig Jahn, gymnastics ground, equipped with gymnastics apparatus, was put into operation in 1811. The Swedish system has played a major role in the development of Gymnastics for All. The advantage of this system is that it is based on scientific principles. As a result of the works carried out by Per Henrik Ling, gymnastics institute was established in 1813.


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- Nicolas Cuperus from Belgium, who founded the FIG in 1881, believed that gymnastics was very good for the human body and mind, and proposed the idea of non-competitive gymnastics aimed at wide audience
  - Only a small number of his associates supported his idea, and over the years, competitions were integrated into the FIG's activities. Nevertheless, Cuperus's idea of “Gymnastics for the masses” did not disappear.
  - He continued to develop his preferred sports brand.

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- In general, Gymnastics for All (GfA) classes are designed on the basis of the implementation of simple elements from Artistic Gymnastics, Rhythmic Gymnastics, Acrobatic Gymnastics, Trampoline Gymnastics, dances sport and Aerobic Gymnastics.
  - These are general developmental exercises, training on apparatus, exercises with gymnastic and fitness equipment (hoops, balls, ribbons, ropes, double-mini trampoline, aero steps, etc.)







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- Gymnastics for All (GfA) major international events take place every year, but many countries also organize similar national events.
  - The European Gymnastics Technical Committee organizes three events in GfA - EUROGYM, European Gym for Life Challenge and Golden Age Gym Festival.
  - The top activity is considered to be the World Gymnaestrada and the Gym for Life Challenge organized by the International Gymnastics Federation (FIG).

# EUROGYM

- EUROGYM is held every two years in July, on even years. EUROGYM cannot be a part of any other gymnastics competitions. The duration of the event is limited to 5 days, including the Opening and Closing Ceremonies.
- EUROGYM is open to young people between 12 and 18-year-old. A group of 10 (or more) participants may include young participants (10 and / or 11-year-old) and older (19 and / or 20-year-old). The age of the competitors is checked at the time of nominative registration for the event.
- Exceptions are not allowed, both among participants under 10, and over 20-year-old.



# *THE EUROGYM PROGRAM SHOULD INCLUDE THE FOLLOWING ACTIVITIES:*

- *Opening Ceremony*
- *Group performances*
- *Master classes*
- *EUROGYM Gala*
- *Closing Ceremony*

# OPENING CEREMONY

The Opening Ceremony takes place on the first day of EUROGYM. The maximum duration of the Opening Ceremony is one hour. If the parade is a part of the Ceremony, it lasts maximum 90 minutes.

Location suitable for organization of this event:

- Stadium
- Gym
- Large hall



# GROUP PERFORMANCES

- Gymnastics for All (GfA) group performances should cover both educational and spectacular aspects.
- Each performance must not exceed 6 minutes (including preparation, entry and exit of gymnasts).
- The group must consist of a minimum of 6 gymnasts.



# MASTER CLASSES

- For further training of all participants, it is necessary to organize Workshops. Workshops should be mainly related to gymnastics and its activities.
- Each participant should have the opportunity to take part in 4-6 Workshops.
- The duration of the seminars should be up to 90 minutes, depending on the characteristics and requirements of the seminar (minimum duration 60 minutes).

# EUROGYM GALA

- EUROGYM GALA is a show demonstrating the diversity existing in Gymnastics for All (GfA).
- All groups wishing to participate in the Gala, can apply through their National Federation.



# CLOSING CEREMONY


- The Closing Ceremony takes place on the last day, right after the EUROGYM Gala.
- The duration of the official part is maximum 15 minutes.





# *EUROPEAN GYM FOR LIFE CHALLENGE (EGFL)*

- On July 14, the Belgian city of Liege hosted the 1st “European Gym for Life Challenge” festival, organized by the European Union of Gymnastics.
- The European Gym for Life Challenge (EGFL) is held every two years, the day before the start of EUROGYM. The competition is open to everyone starting from 12-year-old. The competition rules are based on the FIG rules for the World Gym for Life Challenge. The EGFL is organized in a gym or large venue suitable for the EGFL Challenge.
- EGFL is organized according to the following program:
  - Welcome / Opening
  - Competition
  - Award Ceremony / Closing

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- Groups demonstrate the performance for no more than three minutes, including entering and exiting the stage.
  - If large equipment is used, the group can use 1 minute to place and remove it. This minute should be without music and is only used to move equipment. This is not considered as a part of the performance.
  - The music must be submitted to the Organizers two months in advance to check the quality and duration.
  - Assessment of performances is based on the Gym for Life Challenge principle.

# *GOLDEN AGE GYM FESTIVAL*

- The Golden Age Gym Festival (GAGF) is held every two years in September / October on even years.
- GAGF cannot be a part of any other gymnastics events.
- The duration of the event is limited to 6 days, including the Opening and Closing Ceremonies.
- GAGF is open to people over 50.
- The maximum duration of the parade is 45 minutes. The maximum duration of the Opening Ceremony is one hour. If the parade is a part of the Ceremony, it lasts maximum 90 minutes.




# *GOLDEN AGE GYM FESTIVAL PROGRAM*

- Opening Ceremony
- Group Performances
- Educational Forum
- Workshops
- Cultural and social activities
- Reception for heads of delegations
- Closing Ceremony



# WORLD GYMNAESTRADA

- Gymnaestrada is an event with group performances, where hundreds or even thousands participants are involved. Adults and children of all ages are performing.
- Countries from all over the world come together to demonstrate their talents and cultures of different countries.
- Mass exercises are often performed at large stadiums.
- Gymnaestrada, like the Olympic Games, is held every four years and brings together up to 22 thousand participants - non-professional and professional gymnasts from no less than 50 countries.
- The purpose of most of these festivals lies in non-competitive aspect. The objective is to demonstrate their capabilities in public and enjoy the performance.

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- Every year, a number of countries joining this international gymnastics movement is being increased. Gymnastics for All (GfA) classes are especially important in childhood, since they contribute to the correct harmonious physical and psychological development of the growing body. It is a real fun for children as well.
  - Gymnastics contributes to the formation of the correct posture, coordination, endurance and flexibility of the child, as well as such essential moral characteristics in life as willpower, hard working, dedication, self-analysis and self-confidence.
  - In addition, doctors recommend gymnastics to every second child.



## *EVENT PROGRAM:*

- Opening Ceremony
- Group Performances
- Large group performances
- National representations
- FIG Gala
- Closing Ceremony



# OPENING CEREMONY

- The ceremony marks the start of World Gymnastics' fun week.
- All participating countries are present at the Opening Ceremony.
- The ceremony can be held indoors or outdoors depending on local weather conditions.

The ceremony program should last no more than two hours and include the following elements:

- Marching of participants to the arena under its own national flag. Marching order is determined in the alphabetical order of the host country's official language or English.
- Traditionally, the host country goes last.

# GROUP PERFORMANCES

- The group performances are designed to showcase the diversity of gymnastics for everyone and include the majority of participants, both performers and spectators. The performances are held indoors with a maximum duration of 10 or 15 minutes.



# LARGE GROUP PERFORMANCES

- In large groups, there are at least 200 active performers. The performances are presented three times. Large group performances last maximum 15 minutes.





# *NATIONAL REPRESENTATIONS*

- A FIG member federation may apply for a national performance.
- These competitions are designed to give the participating Federations the opportunity to present a range of Gymnastics for All (GfA) activities, combined with folklore and characteristics applicable to the national culture.

# FIG GALA

- The FIG Gala is designed with a participation of distinguished groups from the various FIG member federations and should last maximum 1.5 hours.



# CLOSING CEREMONY

- The Closing Ceremony takes place on the afternoon of the last day of the World Gymnastrada and marks the end of a festive, fun week. All participants join the Ceremony.



# HISTORY OF GYM FOR LIFE CHALLENGE

- Gym For Life is held once every 4 years. The first time Gym for Life was presented to the audience in Austria (Dornbirn) in 2009, where more than 1541 gymnasts performed.
- The second time Gym for Life was held in 2013 in South Africa, where 1405 gymnasts took part in.
- The third time Gym for Life was held in Norway (West Fold) in 2017, where more than 2076 gymnasts took part in.
- The fourth time Gym for Life will be held in Portugal (Lisbon) in 2021.
- The World Gym for Life Challenge is a competition for groups of gymnasts in all age categories.
- The performance should be 5 minutes maximum.



# KEY FACTS OF PARTICIPATION

Groups can participate in one of the following categories:

- Gymnastics and dance, small group (20 or fewer gymnasts);
- Gymnastics and dance, large group (21 or more gymnasts);
- Gymnastics with apparatus, equipment, small group (20 or fewer gymnasts);
- Gymnastics with apparatus, equipment, large group (21 or more gymnasts).



# ORGANIZATIONAL PLAN

The World Gym for Life Challenge program includes the following:

Opening Ceremony

Competition

Gym for Life Gala Concert

Master classes

Exhibition performances

Closing Ceremony



# *THE OPENING CEREMONY TAKES PLACE ON THE FIRST DAY OF THE WORLD GYM FOR LIFE CHALLENGE*

The Opening Ceremony marks the start of the World Gym for Life Challenge which is full of fun. All participants take part in this Ceremony. The Opening Ceremony can be held indoors or outdoors depending on local weather conditions. Any gymnastics discipline can be presented in the competition. The minimum number of participants is two gymnasts. There is no maximum number. A gymnast can perform in only one exercise.

# COMPETITION

- Every performance at the World Gym for Life Challenge is rated for entertainment value: innovation, originality, variety, technique and overall impression. Each criterion has an equal value of 5 points.
- The assessment is carried out by a team of 4 experts; each of which has experience in various gymnastics disciplines. This group is selected by the FIG-GfA Technical Committee. They judge Artistry, Choreography, Execution and Technique.
- After each performance, the judges give 4 points (maximum 5 points per criteria), which constitute the total score. The total score is maximum 20 points. All scores are calculated independently.
- In each category, a rating is generated using the total score. The rating is used to determine the Gold, Silver and Bronze medalists.

# GALA

- The Gala may take place at the same venue as the Opening Ceremony or Competition. The Gala is held on the last day of the World Gym for Life Challenge.
- All Gold winning groups participate in the World Gym for Life Gala.
- Clubs that won the Gold in the qualifying round participate in the final Gala, after which one of the participating teams will win the title of “World Champion”.





# MASTER CLASSES

- These workshops are intended for all participants (coaches and gymnasts) and serve as a vehicle for promoting healthy lifestyles, fitness fundamentals and meeting new people.
- Master classes can also be held outdoors.
- Each Workshop can last maximum 60 minutes.



# *GALA PERFORMANCES*

- During the week, the Organizing Committee organizes shows and all groups are invited to participate in. This allows groups to perform more than once.
- Shows may be outdoors or indoors depending on local weather conditions.
- The show can last up to 10 minutes.



# CLOSING CEREMONY

- The Closing Ceremony marks the end of the World Gym for Life Challenge and should be attended by all participants.
- The Closing Ceremony will take place on the last day of the World Gym for Life Challenge and must be a part of the Gala.
- The Gala Awards Ceremony may be included into the Closing Ceremony.

# GYMNAESTRADA

- Azerbaijan first took part in Gymnastrada in the city of Helsinki (Finland) on July 12, 2015.
- The performances of our gymnasts included elements of Artistic and Rhythmic gymnastics, as well as Acrobatics and Aerobic gymnastics.
- One of the two compositions of our National Team was performed to the well-known folk music of Azerbaijan "Sary Galin".
- The second time, Azerbaijan took part in the Gymnastrada in the city of Dornbirn (Austria) in 2019 .
- The composition of our team was performed to the music of the famous Disney cartoon "Aladdin"









# AZERBAIJAN'S PARTICIPATION IN THE WORLD GYM FOR LIFE CHALLENGE



- The third edition of “World Gym for Life Challenge” was held in Norway in 2017, organized by the International Gymnastics Federation (FIG), where Azerbaijan took part in for the first time, and also won the Gold medal at the Show Dance nomination. More than 2,076 gymnasts took part in that year.



# *AZERBAIJAN'S PARTICIPATION*

The Azerbaijani team also took part in the competition with a participation of 800 gymnasts from 12 countries. In this kind of competition, all participants are considered as winners and are awarded with Gold, Silver and Bronze medals.

The brilliant performance of our group was rated as one of the best among 37 teams and was honored with the Gold medal.

NOT ONLY THE PERFORMANCE OF OUR TEAM, BUT ALSO THEIR UNUSUAL COSTUMES DID NOT GO UNNOTICED AND WERE AWARDED WITH DIPLOMAS IN THE "BEST COSTUME" NOMINATION.

