



## **2016 L'INTERNATIONAL GYMNIX**

**March 3-6, 2016**  
**Montreal, Quebec, Canada**

*JUNIOR INTERNATIONAL CUP*

*SENIOR INTERNATIONAL CUP*

*GYMNIX CHALLENGE*

L'International Gymnix  
1000 Avenue Émile-Journault, Montréal (QC), H2M 2E7  
[www.internationalgymnix.ca](http://www.internationalgymnix.ca)

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Montreal, October 9<sup>th</sup>, 2015.

Dear friends from Canada,

It is with great pleasure that we invite you to compete in the **2016 L'INTERNATIONAL GYMNIX**, which will be held **March 3-6, 2016** in Montreal, Canada. Give your gymnasts the opportunity to experiment a full podium setting and join our friends from around the globe to compete in our world-class friendly meet in women's artistic gymnastics.

This year, L'International Gymnix will encompass the following competitions:

<b>2016 L'INTERNATIONAL GYMNIX</b>	<b>Junior International Cup</b>	<ul style="list-style-type: none"> <li>Open to national team members of the top 16 countries at the 2014-2015 World Championships</li> <li>Team competition &amp; All-Around (day 1) and Apparatus finals (day 2)</li> <li>Junior FIG rules will apply (Day 1: FIG I Junior rules, Day 2: FIG III Junior rules)</li> <li>8 teams of 4 athletes</li> </ul>	<b>(Selections will be made by Gymnastics Canada for Canadian representatives)</b>
	<b>Senior International Cup</b>	<ul style="list-style-type: none"> <li>Open to national team members of the top 16 countries at the 2014-2015 World Championships</li> <li>Team competition &amp; All-Around (day 1) and Apparatus finals (day 2)</li> <li>Junior FIG rules will apply (Day 1: FIG I Junior rules, Day 2: FIG III Junior rules)</li> <li>8 teams of 4 athletes</li> </ul>	<b>(Selections will be made by Gymnastics Canada for Canadian representatives)</b>
	<b>Challenge Gymnix</b>	<ul style="list-style-type: none"> <li>Open to national team members of any country representing their club or their country</li> <li>Open to Elite and High Performance gymnasts representing their club</li> <li>An athlete may not compete in both the Challenge and one of the cup</li> <li>All-Around (day 1) and Apparatus finals (day 2)</li> <li>Day 1 : FIG I (two vaults for Vault qualification). Day 2 : FIG III</li> <li>Max of 40 athletes with priority given to best athletes</li> </ul>	<p><b>For Canadian athletes, priority will be given to :</b></p> <ol style="list-style-type: none"> <li><b>1. National Team Members</b></li> <li><b>2. Results Canadian Championships</b> <ul style="list-style-type: none"> <li><b>* top 8 AA HP SR – Day 2 at Nationals 2015</b></li> <li><b>* top 8 AA HP JR – Day 2 at Nationals 2015</b></li> <li><b>* top 7 AA HP Novice – Day 2 at Nationals 2015 (age eligible – 2003 and 2002)</b></li> </ul> </li> <li><b>3. Special Invitations</b></li> </ol>

If you want to secure a spot for your athletes in the GYMnix CHALLENGE, you have to register them on AMILIA and to send the Annex 1 to [am.janviau@gymnix.ca](mailto:am.janviau@gymnix.ca), attention to: Anne-Maud Jan Viau.

If your gymnast respects at least one of the criteria, you have to follow the instructions to complete the online registration. Take note that only online registration will confirm your athlete's registration in the GYMnix CHALLENGE, and this must be done before **November 15<sup>th</sup>, 2015**. You will find attached the technical package for the Gymnix Challenge.

In addition to L'International Gymnix, a competition called **Gymnix Classic** (open to JO Levels 6 to 10 and to national streams athletes) will be held the same weekend.

L'International Gymnix will celebrate its 25<sup>th</sup> anniversary this year, and will welcome once again some of the world's best gymnasts. Our 25th edition will be colourful, entertaining and festive. We hope many of you will join us to celebrate the unique sport that is artistic gymnastics. Rest assured that the organizing committee is working hard to organize a quality event highlighting the true beauty and excitement of gymnastics.

We are looking forward to welcoming you to our beautiful city.

Best regards,

Anne-Maud Jan Viau  
CEO  
L'International Gymnix 2016  
[am.janviau@gymnix.ca](mailto:am.janviau@gymnix.ca)



## 1. Competition rules and format

COMPETITION	JUNIOR INTERNATIONAL CUP
CATEGORY	WAG - Junior (born between 2001-2003)
INVITATION	National team members of the top 16 countries at the 2014-2015 World Championships
# ATHLETES	Approx. 32 athletes (8 teams of 4 athletes)
COMPETITION FORMAT	DAY 1: Team competition (4/4/3), AA final, Qualifications for apparatus finals DAY 2: Apparatus finals
FIG CODE	Team and AA: FIG I Junior rules Apparatus finals: FIG III Junior rules
PARTICIPATION IN APPARATUS FINALS	8 athletes Top 8 athletes, max 2 per country (TBC by February 15th) Replacement according to FIG rules
TEAM AWARDS	Top 3 teams
INDIVIDUAL AWARDS	Top 3 All-Around Top 3 per apparatus No maximum per country for awards

COMPETITION	SENIOR INTERNATIONAL CUP
CATEGORY	WAG - Senior (Born in 2000 and older)
INVITATION	National team members of the top 16 countries at the 2014-2015 World Championships
# ATHLETES	Approx. 32 athletes (8 teams of 4 athletes)
COMPETITION FORMAT	DAY 1: Team competition (4/4/3), AA final, Qualifications for apparatus finals DAY 2: Apparatus finals
FIG CODE	Team and AA: FIG I Junior rules Apparatus finals: FIG III Junior rules
PARTICIPATION IN APPARATUS FINALS	8 athletes Top 8 athletes, max 2 per country (TBC by February 15th) Replacement according to FIG rules
TEAM AWARDS	Top 3 teams
INDIVIDUAL AWARDS	Top 3 All-Around Top 3 per apparatus No maximum per country for awards

COMPETITION	GYMNIX CHALLENGE
CATEGORY	Born in 2003 and older
INVITATION	<ul style="list-style-type: none"> <li>- National team members of any country representing their club or their country</li> <li>- Elite and High Performance athletes</li> </ul>
# ATHLETES	Max of 32 athletes with priority given to best athletes (# of participants to be confirmed after registration deadline)
COMPETITION FORMAT	DAY 1: AA final & Qualifications for apparatus finals DAY 2: Apparatus finals
FIG CODE	AA: FIG I (two vaults for Vault qualification) Apparatus finals: FIG III
PARTICIPATION IN APPARATUS FINALS	8 to 12 athletes (# and participation criteria to be determined by February 15th)
INDIVIDUAL AWARDS	Top 3 All-Around Top 3 per apparatus

## 2. Overall tentative schedule

<i>Friday, February 26, 2016 to Wednesday, March 2, 2016</i>
<b>Delegation Arrivals</b>
<i>Saturday, February 27, 2016 to Wednesday, March 2, 2016</i>
<b>Trainings</b>
<i>Wednesday, March 2, 2016</i>
<b>Technical Meeting</b>
<i>Thursday, March 3, 2016</i>
<b>Podium Training (for all)</b>
<i>Friday, March 4, 2016</i>
<b>Junior International Cup – Training</b>
<b>Senior International Cup – Competition Day 1</b>
<b>Gymnix Challenge – Competition Day 1</b>
<i>Saturday, March 5, 2016</i>
<b>Junior International Cup – Competition Day 1</b>
<b>Senior International Cup + Gymnix Challenge – Training</b>
<i>Sunday, March 6, 2016</i>
<b>Apparatus Finals – All (Day 2)</b>
<b>Closing Celebration Party</b>
<i>Monday, March 7, 2016</i>
<b>Cirque du Soleil visit + Special “Quebec” activity !</b>
<b>Delegations Departure</b>



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[www.internationalgymnix.ca](http://www.internationalgymnix.ca)

### 3. Competition and training venue

*Competition venue:* Claude-Robillard Sports Complex  
 Inside track & field room (Omnisports)  
 1000 Emile-Journault Avenue, Montreal (QC), H2M 2E7

**Omnisports Room**



*Equipment:* FIG approved competitive equipment from GYMNOVA.  
**\*Podium for all four apparatus\***

*Training venue:* Host club (Gymnix) facility and a separate warm-up gymnasium

*Judges:* Judges must have a current valid FIG brevet

*Music:* MP3 Music (More details soon)  
 CD only for floor music (1 CD per athlete)

*Medical Services:* Physiotherapy services will be provided in the warm-up gym and the competition floor; for injuries and emergency taping.  
 A doctor will be on call during the event.

## 4. Registration & Contact information

**To register**, you have to follow the instructions for registration and please complete the form (Annex 1 – Gymnast Profile) attached, and send it by email to [am.janviau@gymnix.ca](mailto:am.janviau@gymnix.ca), **before November 15th, 2015**.


### Steps to online registration

All registrations to the 2016 Gymnix Challenge can be done online through our website ([www.internationalgymnix.ca](http://www.internationalgymnix.ca)), using AMILIA, a secured and user-friendly system. Please note that **only** online registrations will be accepted.

To ensure that your entries are properly made, please take the time to carefully read the instructions below. It is important to complete all required fields of the registration form, since the list of participants, the judges' sheets, the competition program and the results will be printed based upon the information you have entered in the online registration system.

The online registration system is designed to be used by gymnastics clubs **only**. Therefore, we kindly ask that you do not let your athletes and / or their parents register themselves. In case of any problems or questions, we will contact the person in charge at your gymnastics club directly.

Please follow these easy steps:

1. Visit the event website at: <http://internationalgymnix.ca/en/participants/registration/>
2. Click on the provided link . You will immediately be redirected to the AMILIA website.

Thereafter, simply follow the instructions displayed on your screen. You can also refer to the additional information presented in this document.

**If you have already created an AMILIA account for the past years, please use the same username and password for the 2016 edition. This way, you will have access to all records of the gymnasts and coaches registered in the past and will not have to complete the information again for those participants.**

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### NEW FOR 2016

Following the online registration, you will be asked to provide 3 documents for each of your gymnasts:

- Form – Authorization Request *Image rights*
- Gymnast picture
- MP3 File – Floor music

*\*More info in November\**



## How to register your gymnasts and coaches

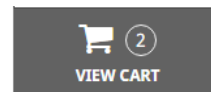
Go to <http://internationalgymnix.ca/en/participants/registration/> and click on the provided link,  
or simply visit [www.amilia.com](http://www.amilia.com)

### **STEP 1: IDENTIFICATION**

1. Register your username by clicking on **new user** (if you already have a username, simply log in your account)
2. Click on **Get Started**
3. Select the program **L'INTERNATIONAL & LA CLASSIQUE GYMNIX 2016** (bottom of the page)

### **STEP 2: YOUR ORDER**

4. **Coaches** registration:
  - Click on **Entraîneur/Coach**
  - Click on the category "L'International Gymnix" or "Classique & International".
  - Click on **Session**
  - Click on ALL the coaches concerned by this category or click on **Add a person** to add some coaches that are not on the list.
5. **Athlete's** registration:
  - Click on the category needed: L'INTERNATIONAL GYMNIX
  - Click on **Session** for the *Challenge Gymnix*
  - Click on ALL the gymnasts concerned by this category or click on **Add a person** to add some gymnasts that are not on the list.
6. Click on **shopping cart** (black rectangle at the right top of the page).
7. Click on **CHECKOUT**. You arrive at your order with all the details.
8. If everything is right, click again on **CHECKOUT**.



### **STEP 3: YOUR INFORMATION**

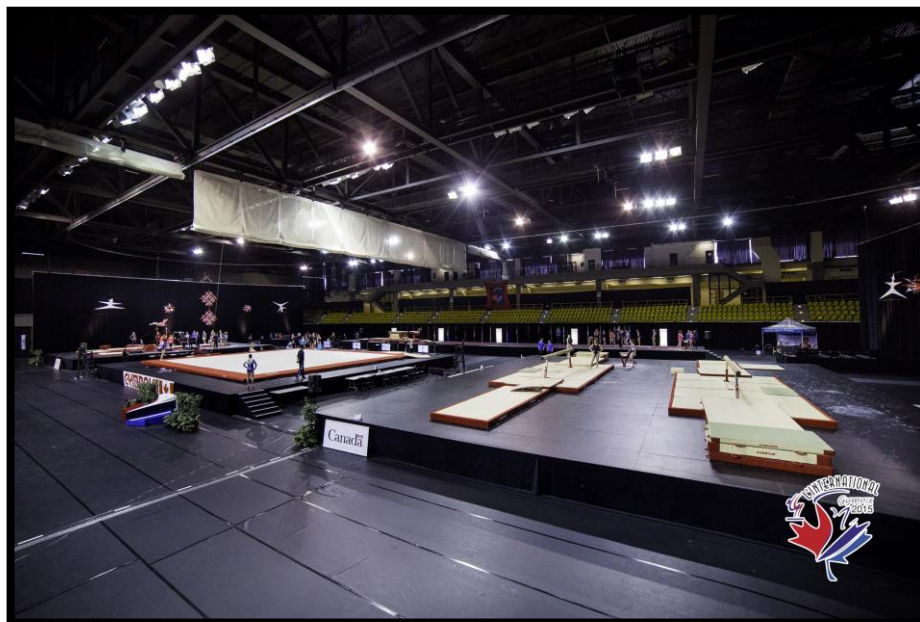
9. Confirmation of info concerning the account owner. He will be responsible for managing the coaches and athletes registrations, as well as the payment of registration fees.
  - Complete all required info (with your club info and not the personal details of the account owner)
  - Click on **Continue my purchase**
10. Confirmation of info concerning the coaches and gymnasts.
  - Complete all required info (with your club info and not the personal details of the coaches)
  - Confirm the name of the first respondent for each gymnast (this may be her personal coach, head coach or the account holder)
  - Click on **Continue my purchase**

### **STEP 4: PAYMENT**

11. Complete the payment section (credit card only) and check the box **I accept the legal conditions.**
12. Click on **Pay now** (Please be aware that a 6% administrative fee will be added to each transaction).

### **STEP 5: CONFIRMATION**

13. A confirmation email will be sent with the transaction receipt.



## Deadlines

<b>October 26, 2015</b> 3 pm	<ul style="list-style-type: none"> <li>Opening of the registration for L'International &amp; La Classique Gymnix 2016</li> </ul>
<b>November 15, 2015</b>	<ul style="list-style-type: none"> <li>Registration deadline for L'International &amp; La Classique Gymnix 2016 <i>(After this date, only modifications to existing registrations will be allowed)</i></li> </ul>
<b>December 15, 2015</b>	<ul style="list-style-type: none"> <li>Deadline for non-medical withdrawals WITH REFUND* <i>(After this date, no refund will be provided for withdrawal without a medical certificate).</i></li> <li>Deadline for medical withdrawals (medical certificate required) WITH FULL REFUND <i>(After this date, refund for medical withdrawal will still be accepted. However, a \$10 administrative fee will be charged).</i></li> </ul>
<b>January 15, 2016</b>	<ul style="list-style-type: none"> <li>Deadline for any modification to an existing registration</li> </ul>
<b>February 10, 2016</b>	<ul style="list-style-type: none"> <li>Deadline for medical withdrawals (medical certificate required) WITH REFUND* <i>(After this date, no refund will be provided for withdrawals)</i></li> </ul>

\* Please note that an additional \$10 administrative fee will be charged for any refund request.\*

For additional information on registration:

ANNE-MAUD JAN VIAU

CEO – L'International Gymnix

EMAIL: [am.janviau@gymnix.ca](mailto:am.janviau@gymnix.ca)



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## 5. Meals and Accommodation

Participants are responsible of making their own hotel reservation. Five hotels are available at various prices. Delegates in the Gymnix Challenge are also responsible of their own meals and local transportation. Numerous restaurants are located around the suggested hotels.

	<b>Lord Berri</b>	<b>Marriott Residence Inn Montreal</b>	<b>Marriott Courtyard Montreal Airport</b>	<b>Sheraton Laval</b>	<b>Holiday Inn Laval Montréal</b>
<b>Address</b>	1199 Berri Montreal (Quebec), H2L 4C6	2170 avenue Lincoln Montreal (Quebec), H3H 2N5	7000 place Robert Joncas Montreal (Quebec), H4M 2Z5	2440 Autoroute des Laurentides Laval (Quebec), H7T 1X5	2900 boul. le Carrefour Laval (Québec), H7T 2K9
<b>Prices</b>	99\$ + taxes* <i>Downtown Near Berri metro station</i>	Suite with kitchen 119\$ + taxes* <i>Swimming Pool Breakfast included</i>	125\$ + taxes* <i>Swimming Pool Airport shuttle</i>	\$135 + taxes* <i>Swimming Pool</i>	Standard Room - 129\$ + taxes* Deluxe Room - 139\$ + taxes* <i>Swimming Pool</i>
<b>Reservation</b>	1-888-363-0363 (toll-free) 514-845-9236 Fax : (514) 845-5754 Code: <i>International Gymnix 2016</i>	<a href="#">ONLINE RESERVATION</a> 1-800-678-6323 (sans frais) 514-380-8151 (ext : 2619) <a href="mailto:reserve@residencemontreal.com">reserve@residencemontreal.com</a> Code: <i>Gymnix</i>	1-888-339-5339 (toll-free) Fax : (514) 339-5606 Code: <i>Gymnix International</i>	<a href="#">ONLINE RESERVATION</a> 1-800-667-2440 (toll-free) 450-687-2440 Code: <i>International Gymnix 2016</i>	<a href="#">ONLINE RESERVATION</a> <a href="mailto:info@hilaval.com">info@hilaval.com</a> 1-888-333-3140 (toll-free) Fax : (450) 687-6616 Code: <i>International Gymnix</i>
<b>Deadline</b>	February 2 <sup>nd</sup> , 2016	February 10 <sup>th</sup> , 2016	February 2 <sup>nd</sup> , 2016	February 2 <sup>nd</sup> , 2016	February 3 <sup>rd</sup> , 2016
<b>Website**</b>	<a href="http://www.lordberri.com">www.lordberri.com</a>	<a href="http://www.residencemontreal.com">www.residencemontreal.com</a>	<a href="http://www.mmtla.ca">www.mmtla.ca</a>	<a href="http://www.sheraton-laval.com">www.sheraton-laval.com</a>	<a href="http://www.hilaval.com">www.hilaval.com</a>

\* Please note that federal tax (5%), provincial tax (9.5%), and the tax on lodging of 3% (Laval) or 3.5% (Montreal) apply per room per night on all services.

\*\* Preferential rates negotiated for our group are not available when making your reservation online through the hotel's website.  
You must call to make your reservation (except for the Holiday Inn).



## ANNEX 3 GYMNAST PROFILE

ATHLETE INFORMATION							
<b>PHOTO</b>	LAST NAME			FIRST NAME			
	COUNTRY			CLUB / CENTRE			
	EVENT	WAG - Jr. International Cup		WAG - Sr. International Cup		WAG Gymnix Challenge	
	BIRTHDAY (dd/mm/yyyy)			HOMETOWN			
	COACHES						
	OFFICIAL WEBSITE / FACEBOOK / TWITTER / INSTAGRAM						

BEST INTERNATIONAL PERFORMANCES				
Date (dd/mm/yyyy)	Competition	City & Country	Results (rank)	Event (AA, VT, UB, BB, FX)

BEST NATIONAL PERFORMANCES				

RELEVANT MEDICAL INFORMATION (allergies, etc.)
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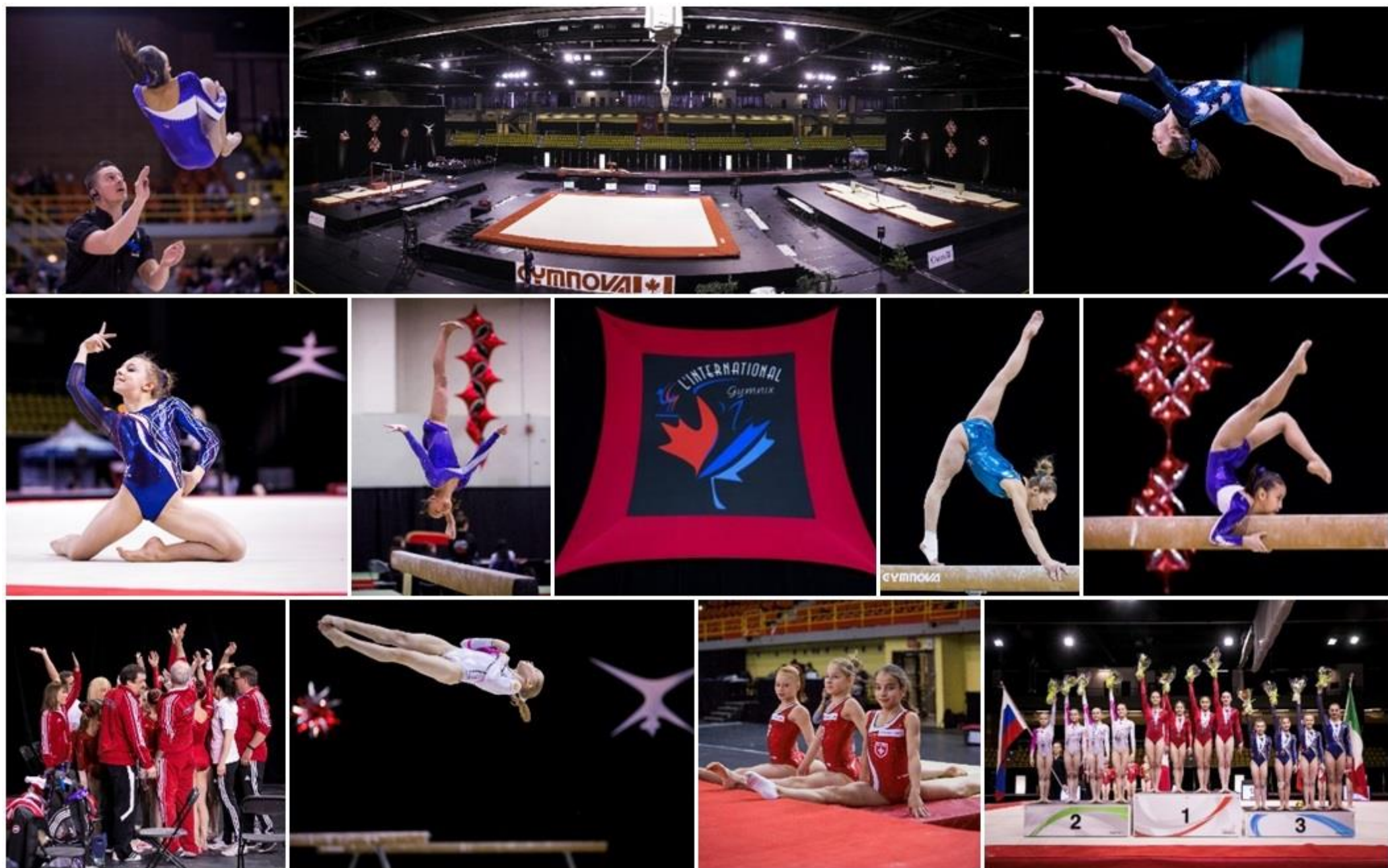
EMERGENCY CONTACT
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NAME		RELATION WITH THE ATHLETE (MOTHER, FATHER, ETC.)	
TELEPHONE			

**Please send the completed gymnast profile forms before February 1<sup>st</sup>, 2016**

**by email to: [am.janviau@gymnix.ca](mailto:am.janviau@gymnix.ca)**





**THANK YOU !**

L'International Gymnix  
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