



Gym for Life Challenge

meet the challenge!

Dornbirn

15th to 19th July 2009



Gym for Life Challenge

- who can participate and "... be part of it"?
- All groups presenting any kind of gymnastics are invited to participate.



Gym for Life Challenge

The FIG 'Gym for Life Challenge' is an event for groups working within Gymnastics for All

- Group contest
- Workshops
- Gala Show





Gym for Life Challenge

The groups will also be divided in:

- Age groups:
 - 16 and younger
 - 17 and older
 - Mix of age
- And
 - 20 gymnasts or less (small group)
 - 21 or more (large group)





Gym for Life Challenge

Gymnastic program:

- 5 minutes
- one or both genders
- all forms of gymnastic can be included
 - Gymnastics and Dance
 - Gymnastics on or with apparatus
 - Fitness and health movements



The performances will take place in a indoor arena with a floor area of 20m x 30m.



Gym for Life Challenge

All groups will be evaluated by a selected group of experts of the FIG, who will evaluate performances on:

- Overall impression
- Entertainment value
- Innovation, originality and variety
- Technique (quality & skill safety)





Gym for Life Challenge

All groups can reach either Gold, Silver or Bronze.

After the performance each group will receive a personal feedback by an observer.

Groups achieving Gold will have the opportunity to perform again in the 'Gym for Life' Gala Show to battle for the title of **'Champion Group of the Year'**.





Dornbirn 2009

- Group contest
- Gym for Life Gala
- Workshops
- Observation Group
- City Performances