



**1st Gym for Life
WORLD CHALLENGE
2009 · Dornbirn**



**1st Gym for Life
CHALLENGE
2009 · Dornbirn**

Contest

Workshop

Gym for Life Gala



**1st Gym for Life Challenge 2009
15th – 19th July 2009
in Dornbirn · Vorarlberg · Austria**



meet the challenge!

What is it?

The Gym for Life Challenge is a new group performance Contest evaluated by a group of FIG experts with Gold, Silver or Bronze placings. It was created by the International Gymnastics Federation FIG »Gymnastics for All« and will take place for the first time in Dornbirn, Austria, from 15th to 19th July 2009.

Provisional programme

- 15th July Arrival and Opening Ceremony
- 16th July Contest part 1, City Performances
- 17th July Contest part 2, City Performances and Workshops
- 18th July City Performances, Workshops, Gym for Life Gala and Closing Party
- 19th July Departure



meet the challenge!

Registration

Groups wishing to take part in the 1st Gym for Life Challenge 2009 have to register through their national federation. The participants fee includes Opening Ceremony, Contest, Workshops, City Performances, Closing Party and public transportation.



Contest

The Gym for Life Challenge is a Contest for groups of gymnasts from any gymnastic discipline.

There will be three age groups across two divisions:

- 16 years and under
- 17 years and above
- mixed age groups
- small groups, involving teams of 20 or less gymnasts
- large groups, involving teams of 21 or more gymnasts

**no age limits
be part of the challenge!**

The groups can participate in the Contest with a programme of maximum 5 minutes, incorporate any element of gymnastics, with or without apparatus and it can be accompanied by music. The Contest will take place indoors on an area of 20m × 30m. Each group will have a maximum 4 minutes to prepare the area.

The performances will be evaluated on (each has equal value):

- entertainment value
- overall impression
- innovation, originality, variety
- technique (quality & skill safety)

All groups participating in the Contest will be awarded either Gold, Silver or Bronze placings.

Gym for Life Gala

Groups who achieved Gold at the Contest are participating at the Gym for Life Gala where the »Champion Group of the Year 2009« will be awarded. There will be two Gala Shows on 18th July 2009 in Hall 6 at the Exhibition Centre in Dornbirn for 4000 spectators.

Workshops

A variety of practical and theoretical Workshops focusing on the Gymnastics for All disciplines like gymnastics & dance, fitness, health and working with apparatus will be offered throughout the week.

The Workshops will be for all participants including: coaches, leaders, observers and gymnasts and utilised as a way of spreading the values of Fun, Fitness, Fundamentals and Friendship.



City Performances

During the week City Performances will be organised and all groups are invited to participate. This will be an opportunity to get more performances during the event. The size of the performance area will be smaller, approx. 14m x 14m and there will be no time limit for the performances.

Sightseeing

A lot of sightseeing will be offered in the beautiful surroundings of Dornbirn and Vorarlberg. Please register for our newsletter on www.gymforlife09.org to get detailed information.



Dornbirn

will be the place for the 1st Gym for Life Challenge. The participants of the World Gymnastrada 2007 sparked a fire of enthusiasm for gymnastics in Vorarlberg and aroused a lot of interest in this sport. The local public was overwhelmed by the breathtaking performances and friendliness of the gymnasts and is excited to see this follow-up event!



The Gym for Life Challenge will provide our gymnasts with another opportunity to unite, share, learn and make new friends while experiencing and enjoying the world of gymnastics and movement. We look forward to welcoming you to this event in 2009!



from 1st July 2008

Fédération Internationale de Gymnastique

Avenue de la Gare 12

CH-1003 Lausanne

Tel +41 21 3 21 55 10

Fax +41 21 3 21 55 19

www.fig-gymnastics.com



**1st Gym for Life
WORLD CHALLENGE
2009 · Dornbirn**

1st Gym for Life Challenge 2009

Marktplatz 16

A-6850 Dornbirn

Tel +43 5572 38 66 00 14

Fax +43 5572 38 66 00 27

office@gymforlife09.org

www.gymforlife09.org