



Gymnastiek  
Federatie  
Vlaanderen vzw



*Be part of the action*

**WORLD 2013**  
**CHAMPIONSHIPS**  
**ARTISTIC GYMNASTICS**  
**30/09 - 06/10 ANTWERP**

[www.antwerpgymnastics2013.com](http://www.antwerpgymnastics2013.com) - [www.antwerp2013.fig-gymnastics.com](http://www.antwerp2013.fig-gymnastics.com)



**Media Guide**

# Proficiat.

Dankzij u is Antwerpen  
Europese Sporthoofdstad 2013.



studio  
brussel

GAZET VAN ANTWERPEN



STAD ANTWERPEN

Met name van de  
Vlaamse overheid



jbc



[www.sportingA.be](http://www.sportingA.be)

03 22 11 333

# Foreword

It is with great pleasure that we welcome you in Antwerp for the 2013 World Championships.

On this occasion Antwerp, European Capital of Sport 2013, expects to welcome over 400 gymnasts from 76 countries, as well as 300 volunteers and about 20,000 spectators in the 'Antwerps Sportpaleis' (Antwerp Sports Palace).

The Gymnastics Federation of Flanders (Flemish division of the Royal Belgian Gymnastics Federation) and the International Gymnastics Federation (FIG) will take care of the organization. Moreover, the City of Antwerp and the Province of Antwerp will provide comprehensive support for this major event, which is the most important gymnastics competition after the Olympic Games.

With this Media Guide we hope to give you all the necessary information you need for working in the press areas.

In addition to practical advice and timetables, you will find background information on the discipline, its history, the current champions and who to watch, ...

In order to facilitate your task we did everything possible to offer you the very best equipment, media facilities and services at the 'Sportpaleis'. We hope that our efforts will work and that you will give a favourable reception to gymnastics in the media.

Enjoy your work in Antwerp and let us know if we can help you!



*Philippe Silacci*  
*Media Operations Officer FIG*



*Inge Doens*  
*Head of Media WC Antwerp*

# Contacts

---

## Local Organizing Committee (LOC)

| Name                           | Function                          | E-mail  |
|--------------------------------|-----------------------------------|---|
| Gilbert Vercammen              | President                         | gilbertvercammen@gymfed.be                      |
| Ilse Arys                      | Event Manager                     | ilsearys@gymfed.be                              |
| Sonja Deneyer                  | Financial Manager                 | sonjadeneyer@gymfed.be                          |
| Inge Doens                     | Media & Communication Manager     | ingedoens@gymfed.be                             |
| Els Coppieters                 | Accommodation Manager             | elscoppieters@gymfed.be                         |
| Leen Foré                      | Transportation Manager            | leenfore@gymfed.be                              |
| Mieke Hutsebaut                | Medical Responsible               | miekehutsebaut@gymfed.be                        |
| Dennis Berghs                  | Infrastructure & Security Manager | dennisberghs@gymfed.be                          |
| Dominique Verlent              | Competition Manager               | dominiqueverlent@gymfed.be                      |
| Sarah Huylebroeck              | Administration Manager            | sarahhuylebroeck@gymfed.be                      |
| Delphine Gosseye               | Marketing Manager                 | delphinegosseye@gymfed.be                       |
| Lore Vandevoorde               | Catering Manager                  | lorevandevoorde@gymfed.be                       |
| Ruth Franceus<br>Tom Van Hecke | HR Managers                       | ruthfranceus@gymfed.be<br>tomvanhecke@gymfed.be |

## Media contacts

Olivier Strebel  
FIG Communication Director  
TV Operations Manager

ostrebel@fig-gymnastics.org  
+37 25 46 60 43 86  
+41 79 514 27 27

Philippe Silacci  
FIG Media Operations Officer / Editing

psilacci@fig-gymnastics.org  
+37 25 46 60 43 87

Meike Behrensen  
FIG Communications Manager / Editing

mbehrensen@fig-gymnastics.org  
+37 25 46 60 43 88

Inge Doens  
Media & communication manager

ingedoens@gymfed.be  
+32 478 62 22 93

Koen De Zutter  
WCh Media Editor

koendezutter@gymfed.be  
+32 474 92 69 63



## FIG Staff

| Name             | Function   |
|------------------|--|
| Olivier Strebel  | FIG Communication Director / TV Operations Manager |
| Philippe Silacci | FIG Media Operations Officer / Editing             |
| Meike Behrensen  | FIG Communications Manager / Editing               |

## FIG Women's Technical Committee and Superior Jury

| Name              | Function   |
|-------------------|--|
| Nellie Kim        | WTC President (President of the Superior Jury)   |
| Donatella Sacchi  | WTC 1st Vice-president (BB Apparatus Supervisor) |
| Naomi Valenzo     | WTC 2nd Vice-president (VT Apparatus Supervisor) |
| Qjurui Zhou       | WTC Member (Member of the Superior Jury)         |
| Liubov Andrianova | WTC Member (FX Apparatus Supervisor)             |
| Yoshie Harinishi  | WTC Member (Member of the Superior Jury)         |
| Kym Dowdell       | WTC Member (UB Apparatus Supervisor)             |
| Liukin Anastasia  | WAG Athletes' Representative                     |

## FIG Men's Technical Committee and Superior Jury

| Name                | Function   |
|---------------------|--|
| Steve Butcher       | MTC President (President of the Superior Jury)   |
| Liping Huang        | MTC 1st Vice-president (HB Apparatus Supervisor) |
| Tomita Hiroyuki     | MTC 2nd Vice-president (VT Apparatus Supervisor) |
| Yoon Soo Han        | MTC Member (FX Apparatus Supervisor)             |
| Julio Marcos Felipe | MTC Member (PB Apparatus Supervisor)             |
| Holger Albrecht     | MTC Member (SR Apparatus Supervisor)             |
| Arturs Mickevics    | MTC Member (PH Apparatus Supervisor)             |
| Jani Tanskanen      | MAG Athletes' Representative                     |

# Practical information

## Accreditation

On arrival accredited media will receive their Accreditation Pass at the 'Media Welcome Desk' in the 'Sportpaleis'. The access to the Media Accreditation Desk is via entrance 'Vaart', or follow the 'press' signs.

Upon arrival, all media representatives will be asked to sign the FIG Media/Broadcast Declaration.

With your press accreditation (Yellow) you have access to the Main Press Centre and the Media Grandstands. For the photographers' access to the platforms see p. 8.

## Main Press Centre (MPC)

The press centre is located at the 'Antwerp Sportpaleis' (separate entrance) on the first floor backstage and is fully equipped with work stations and free internet access (wifi and cables) for both written press and photographers.

## Opening hours

The Main Press Centre will be opened from the 30th of September till the 6th of October.

| Date                | Hours          |
|---------------------|----------------|
| Monday Sept. 30     | 08.00-midnight |
| Tuesday October 1   | 08.00-midnight |
| Wednesday October 2 | 10.00-midnight |
| Thursday October 3  | 14.00-midnight |
| Friday October 4    | 14.00-midnight |
| Saturday October 5  | 10.00-22.00    |
| Sunday October 6    | 10.00-22.00    |

*The press grandstand is equipped with facilities for journalists and photographers who would like to be present during podium training (Sept. 27-29).*

## Media helpdesk

An enthusiastic team of volunteers is at your service during the whole period of the competitions. They will help you to the best of their ability. Do not hesitate to ask them for help.

## Parking

For accredited journalists and photographers there is parking place at the car park 'Vaart', also indicated as 'P Press'.

Parking 'Vaart' is close to the MPC. Parking place is provided for everybody who made reservations with the Organizing Committee **before 20 September 2013**.

## Lockers

Available at the Main Press Centre of the Sportpaleis.

*Standard lockers:*

width 30 cm, depth 45 cm, height 30 cm

*Large lockers:* (photographers with monopods)

width 29 cm, depth 50, height 90 cm

A **deposit of 10 euro** is required, this will be returned to you after recuperation of the locker key.

## Media information

There will be a dedicated media service team working at the event producing flash quotes, news and updates. All information will be available in the mail boxes in the MPC.

## Mail boxes

All results and media communications will be distributed in mailboxes within the MPC. Please check these boxes daily.

## Media grandstand

Written press and TV-Radio have separate grandstands on the 2nd level (see map p. 10). Places are assigned by the FIG/OC.

## Podium training

All media representatives have access to the podium training (27-29.09.2013) (including ENR without cameras).

## Attention!

Media are not allowed to cry, shout, applause or make noise in the different media positions.



## Training hall

The training hall is located at 'Antwerp Expo'. Please contact Inge Doens if you want to attend the training sessions (27-29.09.2013).

## Free internet

In the MPC (free) cabled internet is provided. In the grandstand you can also use free internet (wifi for written press and cables for Television/Radio).

The passwords of the wifi changes every day to ensure the maximum capacity.

The daily password can be obtained at the Media Helpdesk in the MPC.

## Taxis

To call a taxi you can use the following telephone numbers:

Taxi Airport - Antwerp Tax: 0032 3 238 38 38  
DTM Taxi: 0032 3 366 66 66

## Refreshments

Tea, coffee, soft drinks and light refreshments will be available free of charge at the Main Press Centre.

At the main entrance there are a number of refreshment outlets with food and beverage services.

## Daily Newsletter

To assist the media, a daily newsletter will be distributed by the communication department of the event. This will consist of a series of quotes made by the gymnasts, a daily interview, facts and figures, ... You will receive your copy upon arrival each day.

## Mixed zone

This is the area where the media can meet with the gymnasts when they are leaving the Competition Floor to get flash quotes or conduct short interviews.

Please respect the following order for getting flash quotes:

1. Host broadcaster (VRT)
2. Right holders
3. LOC crew and ENG crews
4. Non Right holders
5. Written press and e-media

## Live results with CIS

Longines provide a results service freely accessible on the internet for this event:

<http://live.swisstiming.com/CisWebApp/>

To install CIS, the user must have an administrator access on the computer and Java must be installed on the computer.

## Website - social media

You can find the most recent information of the World Championships on:

*The official website of the event:*

[www.antwergymnastics2013.com](http://www.antwergymnastics2013.com)

*The FIG event micro website*

[antwerp2013.fig-gymnastics.com](http://antwerp2013.fig-gymnastics.com)

*Website of the Flemish Gymnastics Federation*

[www.GymFed.be](http://www.GymFed.be)

*Website of the 'Fédération Francophone de Gymnastique'*

[www.ffgym.be](http://www.ffgym.be)

Specific social media links and hashtags for the event:

*FIG:*

Facebook: <https://www.facebook.com/fig.gym>

Twitter: <https://twitter.com/officialFIG>

Hashtags: #FIG2013Antwerp

#Artistic

#Gymnastics

*LOC:*

Facebook: <https://www.facebook.com/WChAntwerp>

Twitter: <https://twitter.com/WChAntwerp>

Hashtag: #WChAntwerp

## General Information Centre

The Information Centre will be located at the Antwerp Expo from 25 September to 26 September 2013 and at the LOTTO Arena (together with the Accreditation Centre) from 27 September to 6 October 2013. It will be in operation during training sessions, warming up and competitions.

The following phone number will be in use:

+ 32 3 500 9574



Elegance is an attitude

*Kate Winslet*  
Kate Winslet

**LONGINES®**  




Longines DolceVita

# Longines Prize for Elegance... for the press

The prestigious 'Longines Prize for Elegance' will reward the individual all-around (CII) women and men gymnasts judged to be the most elegant. The basis for evaluating and awarding the Prize will include emotional appeal extending beyond technical considerations to beauty and charisma, as well as grace and harmony of the movements.

## LONGINES Press Award

Partnering together since 1987, the International Gymnastics Federation together with Longines Watch Company are holding *an exclusive draw for accredited members of the press at the 44th Artistic Gymnastics World Championships 2013 in Antwerp (BEL)*.

In conjunction with the traditional and prestigious Longines Prize for Elegance, awarded by a special Jury to the most elegant gymnast in the two Individual All-around competitions (men and women), the press will also be invited to enter its choice for the most elegant gymnasts.

### *Win your Swiss timepiece!*

*In the event that your selection matches that of the Longines Jury, your name will be entered in a draw, and with a little luck you could win a prestigious Swiss timepiece, compliments of Longines.*



Kohei Uchimura (JPN) - Ana Porgas (ROU)  
(photo: Thomas Schreyer)

A ballot will be annexed to your accreditation. Enter the name of the gymnast you find the most elegant in the Individual All-around competition.

## Terms of participation

All E, HB and RT media representatives holding a valid accreditation delivered by the FIG and the LOC of the 44th Artistic Gymnastics World Championships 2013 are invited to enter their choice for the winner of the 2013 Longines Prize for Elegance:

1. One proposal per journalist;
2. Deadline: October 3, 6:00 pm;
3. All proposals must be submitted on the official ballot and slipped into the ballot box located in the MPC;
4. In case of a tie, the winners will be designated by draw;
5. **The 2 Swiss timepieces will be awarded in the MPC on Thursday October 3th - 18:00 (before the All-Around final men)**
6. All decisions are final.

The vote for the 'Longines Prize for Elegance' will be closed on Thursday October 3, at 18:00. The results will be released at the end of the WAG AA, on Friday October 4. In case of a tie, the winners will be designated by draw.

# LONGINES®

### Winners Longines Prize for Elegance:

2011

*Kohei Uchimura (JPN)*

*Ana Porgas (ROU)*

2010

*Philipp BOY (GER)*

*Rie TANAKA (JPN)*

2009:

*Daniel KEATINGS (GBR)*

*Elsa Garcia RODRIGUEZ BLANCA (MEX)*

# Championships information

## Gymnasts' age limits

Women: min. 16 years old (born 1997) or older.  
Men: min. 18 years old (born 1995) or older.

## Competition format

At the World Championships the focus is on individual performances. After the qualifications the best gymnasts assemble for the all-around finals and the apparatus finals. There is no team competition.

### All-Around final

Best 24 gymnasts from qualifications  
Max. 2 gymnasts per country

### Apparatus final

Best 8 gymnasts from qualifications per apparatus  
Max. 2 gymnasts per country

Women compete on 4 apparatuses:  
vault, uneven bars, beam and floor exercise

Men perform on 6 apparatuses:  
floor exercise, pommel horse, still rings, vault, parallel bars and horizontal bar.

In Antwerp, there are **36 medals** to be won in total!

## Olympic order

Women:



Men:



## Facts and figures

- 283 male gymnasts - 148 female gymnasts
- 144 judges
- 1053 delegation members
- **Men:**
  - Average age: 23 years, 9 months
  - Oldest gymnast:  
06.02.1977 - Mitja Petkovsek (SLO)
  - Youngest gymnast:  
24.08.1996 - Kenzo Shirai (JPN)
- **Women**
  - Average age: 19 years, 4 months
  - Oldest gymnast:  
19.06.1975 - Oksana Chusovitina (UZB)
  - Youngest gymnast:  
21.12.1997 - Olesya Sazonova (UKR)

## Biographies

Gymnasts' biographies will be available on:

Men: <http://goo.gl/svyUz>  
Women: <http://goo.gl/5zISxH>

A last update will be uploaded by FIG & Longines the day prior to the qualifications.

## Event logo



## Event baseline

*Be part of the action*

## Participating Nations

At definitive entry, 76 countries confirmed their participation:

|     |                    |     |                          |
|-----|--------------------|-----|--------------------------|
| ALB | Albania            | ITA | Italy                    |
| ALG | Algeria            | JAM | Jamaica                  |
| ARG | Argentina          | JOR | Jordan                   |
| ARM | Armenia            | JPN | Japan                    |
| AUS | Australia          | KAZ | Kazakhstan               |
| AUT | Austria            | KOR | Korea                    |
| AZE | Azerbaijan         | KUW | Kuwait                   |
| BAN | Bangladesh         | LAT | Latvia                   |
| BEL | BELGIUM            | LTU | Lithuania                |
| BLR | Belarus            | LUX | Luxemburg                |
| BRA | Brazil             | MAS | Malaysia                 |
| BUL | Bulgaria           | MEX | Mexico                   |
| CAN | Canada             | NED | The Netherlands          |
| CHI | Chili              | NOR | Norway                   |
| CHN | China              | NZL | New Zealand              |
| COL | Colombia           | POL | Poland                   |
| CRC | Costa Rica         | POR | Portugal                 |
| CRO | Croatia            | PRK | North Korea              |
| CYP | Cyprus             | PUR | Puerto Rico              |
| CZE | Czech Republic     | QAT | Qatar                    |
| DEN | Denmark            | ROU | Romania                  |
| DOM | Dominican Republic | RUS | Russia                   |
| EGY | Egypt              | RSA | South-Africa             |
| ESP | Spain              | SIN | Singapore                |
| FIN | Finland            | SLO | Slovenia                 |
| FRA | France             | SUI | Switzerland              |
| GBR | Great Britain      | SLO | Slovakia                 |
| GEO | Georgia            | SWE | Sweden                   |
| GER | Germany            | THA | Thailand                 |
| GRE | Greece             | TPE | Taipei                   |
| GUA | Guatemala          | TRI | Trinidad & Tobago        |
| HKG | Hong Kong          | TUN | Tunesia                  |
| HUN | Hungary            | TUR | Turkey                   |
| IND | India              | UKR | Ukraine                  |
| IRI | Iran               | USA | United States of America |
| IRL | Ireland            | UZB | Uzbekistan               |
| ISL | Iceland            | VEN | Venezuela                |
| ISR | Israel             | VIE | Vietnam                  |



# Info Photographers, host broadcaster

## Photographers' access to the competition hall

Photographers (main agencies, main titles) will be given a jacket upon accreditation, which they are kindly requested to return at the end of the competition. A **deposit of 10 euro** is required, this will be returned after handing in the jacket.

Only photographers with 'GREEN JACKET' identification will be allowed to the photo shooting areas 1-6.

Photographers with 'BLUE JACKET' have access to the platform 1 (see map p. 15). If possible, more access will be given.

Photographers will be allowed to shoot from unoccupied seats, corridors and doorways. Please do not block the view of the audience or obstruct television cameras, officials, coaches, ...

## Light

Approximately 1800 lux will be available (horizontal reading).

## Download zone

A download zone will be provided in the area between the Field of Play and the Mixed Zone. Photographers can set up their laptops for downloading files. High Speed Internet Connection is provided. Main agencies have priority for this service.



## Rules for photographers

- The Competition Floor (FOP) is a NO GO ZONE for the media, except for the Official Photographers of the FIG and LOC and during the period of the Ceremonies (p.11).
- No flash is allowed
- No tripods are allowed (only monopods).
- No back packs in the competition hall (lockers available).
- Photographers must keep still during the gymnasts' routine and in sensible areas.
- Do not leave equipment lying around, thus obstructing the movements of gymnasts, officials, the public or colleagues.
- Do not block other photographers' sightline as they have taken their position before you!
- The Warming Up hall is a NO GO ZONE for the press.

## Host broadcaster



VRT (Sporza) is Host Broadcaster of the 2013 World Championships.

## The World Championships on TV!

| Date/competition                              | Hours  |
|---|--|
| Thursday October 3<br>All-Around final men    | 20.00-22.30<br>live on OP12                    |
| Friday October 4<br>All-Around final women    | 20.00-22.30<br>live on OP12                    |
| Saturday October 5<br>Apparatus final - day 1 | 14.30-17.30<br>live on CANVAS                  |
| Sunday October 6<br>Apparatus final - day 2   | 14.30-18.00<br>live on CANVAS<br>Studio Sporza |



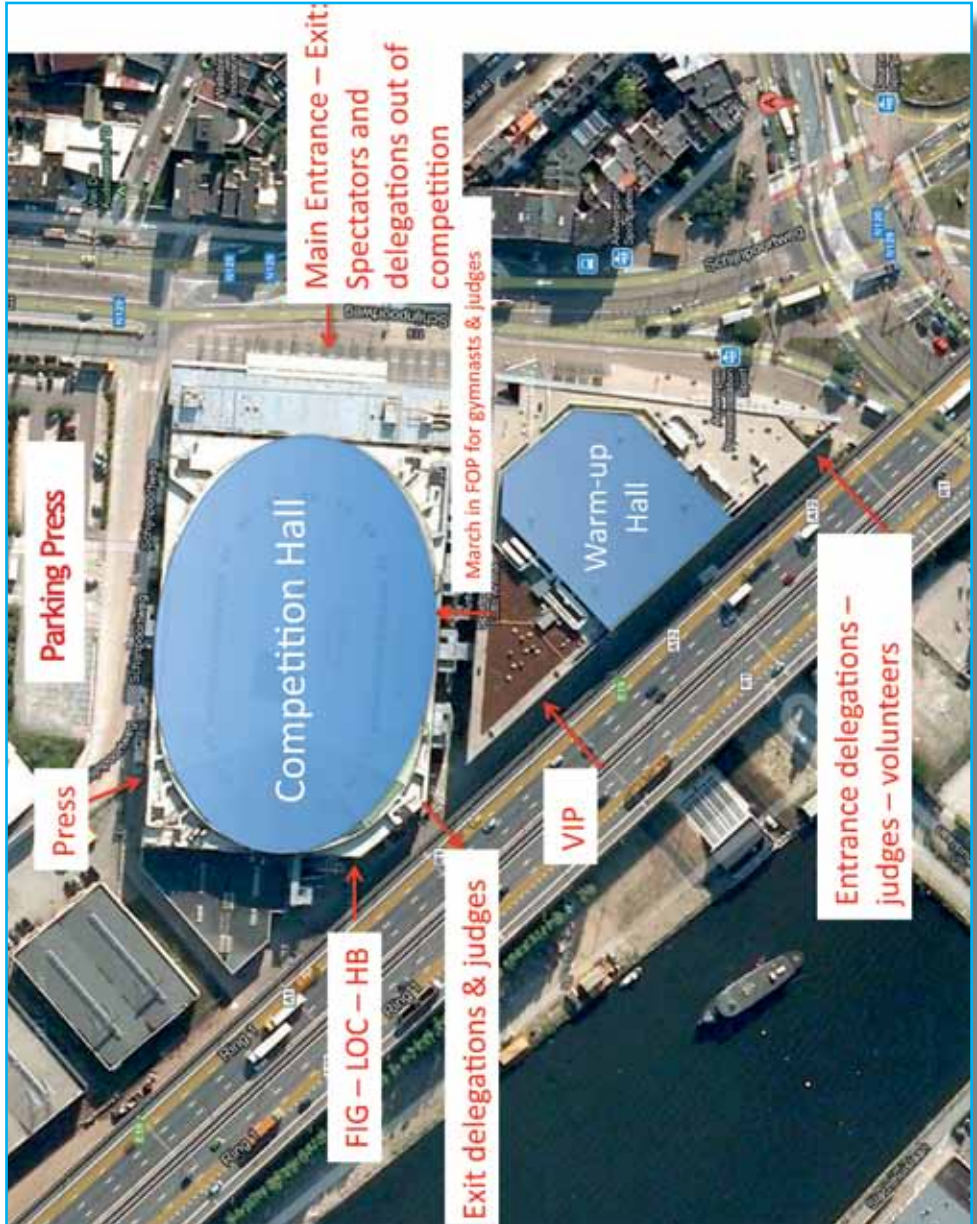


# sporza

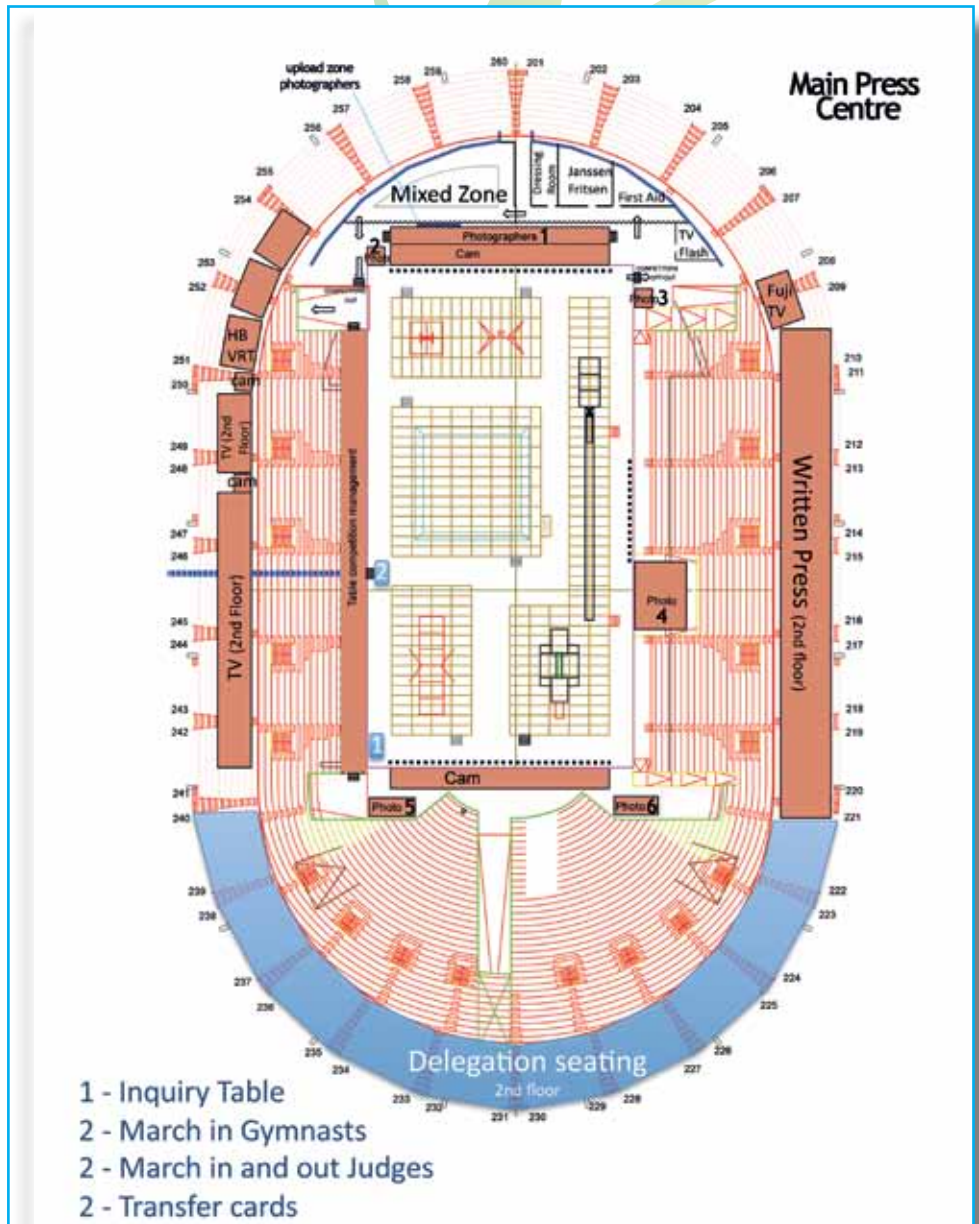
Deel de passie

[www.sporza.be](http://www.sporza.be)

# Map site WCh Antwerp



# Competition hall



# Competition and award programme

## MEN

| Competition                            | Monday<br>Sept. 30 | Tuesday<br>October 1 | Thursday<br>October 3      | Friday<br>October 4 | Saturday<br>October 5      | Sunday<br>October 6        |
|--|--------------------|----------------------|----------------------------|---------------------|----------------------------|----------------------------|
| Subdivision 1                          | 10.00-12.30        |                      |                            |                     |                            |                            |
| Subdivision 2                          | 14.00-16.30        |                      |                            |                     |                            |                            |
| Subdivision 3                          | 18.00-20.30        |                      |                            |                     |                            |                            |
| Subdivision 4                          |                    | 10.00-12.30          |                            |                     |                            |                            |
| All-around final<br>Award ceremony     |                    |                      | 20.00-22.30<br>22.30-22.40 |                     |                            |                            |
| Longines Prize for<br>Elegance         |                    |                      |                            | 21.45-21.55         |                            |                            |
| Final Floor Exercise<br>Award ceremony |                    |                      |                            |                     | 14.30-14.55<br>15.25-15.45 |                            |
| Final Pommel horse<br>Award ceremony   |                    |                      |                            |                     | 15.45-16.10<br>17.00-17.30 |                            |
| Final Rings<br>Award ceremony          |                    |                      |                            |                     | 16.35-17.00<br>17.00-17.30 |                            |
| Final Vault<br>Award ceremony          |                    |                      |                            |                     |                            | 14.30-14.55<br>15.25-15.45 |
| Final Parallel Bars<br>Award ceremony  |                    |                      |                            |                     |                            | 15.45-16.10<br>17.05-17.35 |
| Final horizontal bar<br>Award ceremony |                    |                      |                            |                     |                            | 16.40-17.05<br>17.05-17.35 |



# WOMEN

| Competition   | Tuesday<br>October 1 | Wednesday<br>October 2 | Friday<br>October 4                       | Saturday<br>October 5      | Sunday<br>October 6        |
|---|----------------------|------------------------|---|----------------------------|----------------------------|
| Subdivision 1   | 14.00-16.00          |                        |   |                            |                            |
| Subdivision 2   | 16.30-18.30          |                        |   |                            |                            |
| Subdivision 3   |                      | 13.30-15.30            |   |                            |                            |
| Subdivision 4   |                      | 16.00-18.00            |   |                            |                            |
| Subdivision 5   |                      | 18.30-20.30            |   |                            |                            |
| All-around final<br>Longines Prize for Elegance<br>Award ceremony |                      |                        | 20.00-21.45<br>21.45-21.55<br>21.55-22.05 |                            |                            |
| Final Vault<br>Award ceremony                                     |                      |                        |   | 14.55-15.25<br>15.25-15.45 |                            |
| Final Uneven bars<br>Award ceremony                               |                      |                        |   | 16.10-16.35<br>17.00-17.30 |                            |
| Final Balance Beam<br>Award ceremony                              |                      |                        |   |                            | 14.55-15.25<br>15.25-15.45 |
| Final Floor Exercise<br>Award ceremony                            |                      |                        |   |                            | 16.10-16.40<br>17.05-17.35 |

## Reminder for photographers

Immediately after the Flag Raising and Anthem Ceremony the first three gymnasts will remain on the podium for a photographic opportunity for the Media. Photographers will then be allowed to enter the FOP (in front of the competition table) in order to make pictures of the victory podium.

## Other ceremonies

Opening Ceremony: Monday September 30 - 09.30-10.00

Closing Ceremony: Sunday October 6 - 17.35-17.50

# World Championships Timeline

| Year      | Location         | Participating federations | Notes  |
|-----------|------------------|---------------------------|--|
| 1881      |                  |                           | European Gymnastics Federation formed July 23, 1881 in Liège, Belgium. Later becomes FIG         |
| 1881-1924 |                  |                           | Nicolaas J Cuperus (BEL), first President  |
| 1903      | Antwerp (BEL)    | 4                         | 1st international tournament. Men only. First step towards the formation of World Championships. |
| 1905-1930 |                  | 4                         | 2nd - 9th international tournament   |
| 1931      | Paris (FRA)      | 10                        | Unofficial World Championships. Men only. 50th anniversary of the FIG                            |
| 1934      | Budapest (HUN)   | 13                        | 10th World Championships<br>Women take part for the first time                                   |
| 1938-1991 |                  | 8                         | 11th - 26th World Championships  |
| 1992      | Paris (FRA)      | 47                        | 27th World Championships<br>World Championships for apparatus                                    |
| 1993      | Birmingham (GBR) | 57                        | 28th World Championships<br>Individual All-around and apparatus                                  |
| 1994      | Brisbane (AUS)   | 46                        | 29th World Championships<br>Individual All-around and apparatus                                  |
| 1994      | Dortmund (GER)   | 33                        | 30th World Championships<br>Team championships only  |
| 1995      | Sabae (JPN)      | 58                        | 31st World Championships. Full programme. First World Championships in Asia                      |
| 1996      | Porto Rico (PUR) | 52                        | 32nd World Championships. Apparatus only   |
| 1997      | Lausanne (SUI)   | 66                        | 33rd World Championships. Full programme. Compulsory programme abolished                         |
| 1999      | Tianjin (CHN)    | 73                        | 34th World Championships. Full programme   |
| 2001      | Ghent (BEL)      | 60                        | 35th World Championships<br>Individual All-around and apparatus                                  |
| 2002      | Debrecen (HUN)   | 56                        | 36th World Championships. Apparatus only   |
| 2003      | Anaheim (USA)    | 73                        | 37th World Championships. Full programme   |
| 2005      | Melbourne (AUS)  | 67                        | 38th World Championships<br>Individual All-around and apparatus                                  |



| Year | Location        | Participating federations | Notes   |
|------|-----------------|---------------------------|---|
| 2006 | Aarhus (DEN)    | 70                        | 39th World Championships. Full programme. First round of Olympic qualification (top 24 teams continue). 125th anniversary of the FIG.       |
| 2007 | Stuttgart (GER) | 84                        | 40th World Championships. Full programme. Top 12 teams qualify for Olympic Games, Beijing 2008.   |
| 2009 | London (GBR)    | 71                        | 41st World Championships Individual All-around and apparatus. 127 national federations are members of the FIG.                              |
| 2010 | Rotterdam (NED) | 68                        | 42nd World Championships. Full programme.   |
| 2011 | Tokyo (JPN)     | 83                        | 43rd World Championships. Full programme. First round of Olympic qualifications to be held in London (test event at the beginning of 2012). |
| 2013 | Antwerp (BEL)   | 76                        | 44th World Championships, Individual All-around and apparatus   |

### Belgium was also the organizer of:

|      |          |                       |                                      |
|------|----------|-----------------------|--------------------------------------|
| 1903 | Antwerp  | Artistic Gymnastics   | 1st World Championships of the FIG!  |
| 1988 | Antwerp  | Trampoline Gymnastics | 8 <sup>th</sup> World Championships  |
| 1992 | Brussels | Rhythmic Gymnastics   | 16 <sup>th</sup> World Championships |
| 1999 | Ghent    | Acrobatic Gymnastics  | 16 <sup>th</sup> World Championships |
| 2001 | Ghent    | Artistic Gymnastics   | 35 <sup>th</sup> World Championships |
| 2013 | Antwerp  | Artistic Gymnastics   | 44 <sup>th</sup> World Championships |



Antwerp 1903 - photo: Collection Sportimonium, Hofstade Belgium

# How to watch gymnastics (women)



## Uneven bars

The uneven bars are by far the most spectacular apparatus of the women competition. Imagine the strength, precision, rhythm, concentration and courage that the girls need to perform their exercises with such simplicity. The gymnasts move from one bar to the other, alternating grip changes, releases and regraps, somersaults and changes of direction with circular swings.

**Dimensions:** this apparatus consists of two uneven bars, the upper bar has a height of 250 centimetres (from the floor to the top of the bar). The lower bar has a height of 170 centimetres. The maximum diagonal distance between the two bars is 180 centimetres - it is adjustable.

### Fast fact:

- This apparatus was introduced at the 1934 World Championships in Budapest. As a matter of fact, a set of even bars for men was used; the bars were simply asymmetrically adjusted.

## Vault

Vaulting shows off the gymnast's athletic qualities. The judges will evaluate the complexity of the movement, the position of the body, the altitude of the second flight and the landing. Each vault is awarded a value according to its difficulty. Gymnasts perform only 1 vault for qualifications and individual all-around finales and 2 in the apparatus finals.

**Dimensions:** The height of the vaulting table is 1.35 metres for men and 1.25 meter for women. For both men and women the length of the runway is fixed on 25 meters.

### Fast fact:

- At the 1982 World Cup in Zagreb, the Soviet gymnast Natalia Yurchenko performed a revolutionary vault: an Arabian (before the board) followed by a round-off and a back handspring and a back stretched flip. After the introduction of the Pegases the Yurchenko technique is still very popular.
- In 2001 in Ghent the FIG officially introduced the Vault Table at its World Championships.





## Balance beam

The balance beam has a certain magic about it, many people wonder how the gymnasts manage to perform on an apparatus where balance, acrobatic sequences with or without flight elements, gymnastic jumps and turns all play a role. It is an exercise not only of flexibility but also of concentration, rhythm and expression.

**Dimensions:** The beam has a length of 5 metres and a width of 10 centimetres. It rests on two strong posts. The height of the beam is fixed at 1.20 metres above the mat.

### Fast facts:

- The first balance beams used during competition were only 8 cm wide.
- At the 1972 Olympic Games in Munich, Olga Korbut from the Soviet Union was the first gymnast to perform a backward somersault on the beam. Thus, she was one of the pioneers in advanced tumbling combinations and aerial skills on beam.

## Floor exercise

Women fly, do pirouettes, touch the floor and then leap high again into the air. This exercise is the public's favourite in women's competition. The floor is the area where gymnasts can fully express their personality and technique, combining acrobatics and dancing.

**Dimensions:** The floor measures 14 x 14 metres, the performance area where the exercise has to be executed in all directions is 12 x 12 metres. Floor exercise routines last up to 90 seconds. Women always perform routines to self-selected music.

### Fast facts:

- At the 2013 World Championships in Antwerp Janssen-Fritsen will present a highly advanced floor with a new spring system.
- 1954 (Basel) saw the first female competition on the floor. The Polish gymnast Helena Rakoczy gave the best performance.



# How to watch gymnastics (men)



## Floor exercise

During the 1930 World Championships in Luxemburg, the individual free exercise was added to the competition programme and became the fifth element of the six routines as they are now known. Subsequently, acrobatic elements also became more important.

**Dimensions:** The floor measures 14 x 14 metres, the performance area where the exercise has to be executed in all directions is 12 x 12 metres. Floor exercise routines last up to 70 seconds. The floor is made of a bouncy construction and is used by both men and women. In Antwerp gymnasts use the new floor of Janssen-Fritsen 'Apollo Antwerp 2013'.

### Fast fact:

- At the 1987 European Championships in Moscow, the Soviet athlete Valerie Liukin was the first gymnast to perform a triple back somersault in tucked position. This very difficult feat was not often imitated.

## Pommel horse

The exercises performed on this apparatus are characterized by circular movements of the body, 'circles' of both legs together with backward and forward 'scissors' and alternate movements of the legs that must be carried out without a break, steadily with control and skill. The gymnast must execute these exercises using all three areas of the horse, moving with rhythm as he changes from one side of the horse to the other.

**Dimensions:** length at the top 1.60 metres, the body is covered with foam rubber and leather. Its height is 1.50 meter from the ground. The pommels are made of plastic.

### Fast facts:

- The first pommel horse used for competition still had an asymmetrical shape: the neck was longer than the rear.
- The first 1903 'World Champions' in Antwerp were Henricus Thyssen (NED), Georges Dejaeghere and Joseph Lux (both FRA).





## Still Rings

Elements of strength, support and swing are the characteristics of this mobile apparatus, where any movement of the ring incurs a penalty. During his performance, the gymnast must demonstrate all his control, power and balance, by presenting a routine composed of swings, holds, force and forward and backward elements. The exercise ends with the gymnast showing his acrobatic skills.

**Dimensions:** The apparatus consists of two rings hanging freely from a rigid steel construction. They are suspended at a fixed height of 2.60 metres above the floor and the mats.

### Fast fact:

- At the 1905 and 1907 World Championships the rings were removed from the competition programme, because of internal disagreement. As a matter of fact, the organizing committee could not agree about the question whether to use still or flying rings.

## Vault

Originally, there was the pommel horse with handles used for swings and scissors. For many decades there was no specific apparatus for vault. In its place the pommel horse was simply set up lengthwise and used for vaulting competitions. It wasn't until 1934 that a separate apparatus for vaulting appeared, but in many ways it was very much like the pommel horse. In 2001 the vaulting horse was replaced by a vaulting table (Pegases).

**Dimensions:** The height of the vaulting table is 1.35 metres for men and 1.25 meter for women. For both men and women the length of the runway is fixed on 25 metres.

### Fast fact:

- The new vaulting table Pegases was used for the first time at the Ghent World Championships in 2001. Feng Jing (CHN) and Svetlana Khorkina (RUS) became the first World Champions 'new style'.



# How to watch gymnastics (men)



## Horizontal bar

The high or horizontal bar still is the top number for male gymnasts in Artistic Gymnastics. For many decades now it has been the exciting closing number of World Championships. It was on the programme of the 1903 World Championships in Antwerp and it has been performed ever since.

**Dimensions:** The apparatus traditionally consists of a cylindrical metal steel horizontal bar that is rigidly held above and parallel to the floor by a system of steel cables and stiff vertical supports. It is fixed 2,60 metres above the mat, but, if necessary, the height is adjustable.

### Fast facts:

- At the 1977 European Championships, Alexander Tkatchev (URS) introduced a difficult reverse release move, which was later named after him.
- In 1971 the American Richard Hammes was the first gymnast to perform a one arm giant in his exercise.

## Parallel bars

The parallel bars are an invention of the German Friedrich Ludwig Jahn, who put up a 'construction' in the Hasenheide in Berlin: four vertical trestles supporting two horizontal bars were anchored in the ground. It was mainly used to do static exercises with 'stretched knees and tiptoes'. Swinging elements were only introduced many years later.

**Dimensions:** The present parallel bars consist of a steel framework with four metal vertical members. This framework supports two parallel bars at a height of 1.80 metres above the mat. The distance between the bars may be adjusted, but not their height.

### Fast fact:

The Belgian gymnast Eugene Dua won bronze on the 1903 World Championships. At this point he didn't know that he had become a champion. It wasn't until twenty years later that tournaments such as this obtained the status of 'World Championship' with retroactive effect.



(photos: Thomas Schreyer)

# Background to Scoring

During every competition the committee of judges has the important task of awarding objective scores to the gymnasts for their exercises. This way, they acknowledge who will become the winner of the competition.

The final mark awarded to the gymnasts is a combination of two scores:

## The D-score

The first panel, consisting of two judges, evaluates the difficulty value of the exercise or D-score (Difficulty Score). For instance, a gymnast gets more points for a double somersault on the floor than for one. The difficulty value of the 8 (women) or 10 (men) highest value elements of the routine, including the dismount, are added. The value of each element ranges from 0,1 (difficulty value A) to 0,8 (difficulty value H).

The D-score is determined by the difficulty value of the elements, to which are added the points the gymnast obtains for executing the composition requirements. A gymnast must demonstrate skills from five required Element Groups on each apparatus (for instance: a full turn on the balance beam for women and a flight element on the high bar for men...). On the vault a difficulty value is adjudicated to every vault executed by the gymnast. This score is displayed on the scoreboard posted at the front of the run path.

## The E-score

The second part of the score is the Execution Score or E-score. Five execution judges evaluate the performance, the base score being 10.0 points. Every error in the execution of an element (bent legs, an incomplete vertical handstand,...) is punished with a 0,1 to 1 mark deduction per error. The most significant error is falling off an apparatus, for which there is a 1.0 mark deduction.

## Inquiry

A verbal inquiry may be submitted immediately to the jury only regarding the value of the D-scores.

## Vault

Vault however, is evaluated differently as each vault is awarded a D-Score, which increases according to the complexity and difficulty of the vault. It is the responsibility of the D-Panel to ensure that the declared value is performed by the gymnast and to inform the E-Panel should a different vault be executed.

## Line- and Time judges

In addition to the D and E-Panels, there are assistant judges who are responsible for reporting all line faults and time penalties to the D-Panel who will deduct the relevant penalty before the Final Score is displayed.

## Reference judges

On each apparatus you have 2 reference judges. If there is a big difference between the E-scores, the reference scores (if they are very similar) will also be counted. The average between the E-score and the Reference-score will be the final E-score. Indicated on the results with "\*\*".

## Final mark

The D-score and E-score are added up for the gymnast's final mark. This is minus the neutral deductions (steps outside the floor,...).

### Some frequent faults:

- Bent arms or legs: -0,1/-0,3/-0,5 pt
- Additional step at landing (for every step): - 0,1 pt
- Big step or hop: - 0,3 pt
- Intermediate swing at the uneven bars, parallel bars, rings or high bar: - 0,5 pt
- Fall or support with 1 or 2 hands during any landing: -1.0 pt
- 1 hand or foot outside the floor area/vault lines: - 0,1 pt
- Two hands/feet outside the floor area/vault lines: - 0,3 pt
- Landing with two feet completely outside the floor area/vault lines: - 0,5 pt
- Additional movements to maintain the balance: -0.1 / 0.3 / 0.5 pt
- Duration of hold parts (rings) less than 2 sec.: -0.3 pt

## Belgian gymnasts (women)



**Gaelle Mys**

Date of birth: 16.11.1991

Club: O.T.V. Nazareth

Apparatus(es): All-Around

**Best achievement:**

- *OG London 2012:*  
All-Around - rank 31
- *EC Brussels 2012*  
Team - rank 6
- *OG Beijing 2008*  
All-Around final - rank 24



**Laura Waem**

Date of birth: 05.08.1997

Club: Sportiva Sint-Gillis-Waas

Apparatus(es): All-Around

**Best achievement:**

- First year in competition as senior gymnast
- *Challenge Cup Anadia 2013*  
Final uneven bars - rank 7



**Lisa Verschueren**

Date of birth: 14.05.1995

Club: Sportiva Sint-Gillis-Waas

Apparatus(es): All-Around

**Best achievement:**

- *EC Brussels 2012*  
Team - rank 6
- *Challenger Cup Qatar 2013*  
Final uneven bars - rank 8

**Team Belgium**  
(photos: Chris Dickx)



## Belgian gymnasts (men)



**Jimmy Verbaeys**  
Date of birth: 26.08.1993  
Club: Blauwput Omnisport  
Apparatus(es): All-Around

**Best achievement:**

- *OG London 2012:*  
All-Around final - rank 21
- *EC Moscou 2013:*  
All- Around final - rank 21



**Daan Kenis**  
Date of birth: 28.08.1994  
Club: De Eik Lommel  
Apparatus(es): All-Around

**Best achievement:**

First senior competiton:

- *EC Moscou 2013:*  
All- Around final - rank 14



**Donna-Donny Truyens**  
Date of birth: 31.03.1989  
Club: Blauwput Omnisport  
Apparatus(es): pommel horse

**Best achievement:**

- *WC Rotterdam 2012*  
Final pommel horse - rank 7
- *Challenge Cup Cottbus 2013*  
Final pommel horse - GOLD



**Dennis Goossens**  
Date of birth: 16.12.1993  
Club: TK Kerels Waasmunster  
Apparatus(es): still rings

**Best achievement:**

- *EC Moscou 2013*  
Still rings - rank 39
- *Sidijk Gymnastics Tourn.*  
*2013 Still rings - rank 3*



**Thomas Neuteleers**  
Date of birth: 29.01.1993  
Club: Olympia Houthalen  
Apparatus(es): parallel bars,  
floor exercise

**Best achievement:**

- *Challenge Cup Cottbus 2013*  
Parallel bars - rank 17
- *EC Birmingham 2013 (junior)*  
Floor - rank 5



**Kristof Schroë**  
Date of birth: 17.05.1990  
Club: 't Spagaatje Hoogstraten  
Apparatus(es): horizontal bar

**Best achievement:**

- *EC Moscou 2013*  
Horizontal bar - rank 44
- *Challenge Cup Ghent 2012*  
Horizontal bar - rank 6

# Results World Championships 2011 - Tokyo

## MEN All-Around

|    |                      |     |
|----|----------------------|-----|
| 1  | Kohei UCHIMURA       | JPN |
| 2  | Philipp BOY          | GER |
| 3  | Koji YAMAMURO        | JPN |
| 4  | Daniel PURVIS        | GBR |
| 5  | John OROZCO          | USA |
| 6  | David BELYAVSKIY     | RUS |
| 7  | Nikolai KUKSENKOV    | UKR |
| 8  | Marcel NGUYEN        | GER |
| 9  | Cyril TOMMASONE      | FRA |
| 10 | Rafael MARTINEZ      | ESP |
| 11 | Seungil KIM          | KOR |
| 12 | Flavius KOCCI        | ROU |
| 13 | Alexander SHATILOV   | ISR |
| 14 | Anton FOKIN          | UZB |
| 15 | Emin GARIBOV         | RUS |
| 16 | Andrey LIKHOVITSKIY  | BLR |
| 17 | Soo Myun KIM         | KOR |
| 18 | Haibin TENG          | CHN |
| 19 | Oleg STEPKO          | UKR |
| 20 | Pascal BUCHER        | SUI |
| 21 | Javier GOMEZ FUERTES | ESP |
| 22 | Enrique GONZALEZ     | CHI |
| 23 | Nathan GAFUIK        | CAN |
| 24 | Danell LEYVA         | USA |

## WOMEN All-Around

|    |                         |     |
|----|-------------------------|-----|
| 1  | Jordyn WIEBER           | USA |
| 2  | Victoria KOMOVA         | RUS |
| 3  | Jinnan YAO              | CHN |
| 4  | Alexandra RAISMAN       | USA |
| 5  | Qjushuang HUANG         | CHN |
| 6  | Ana PORGRAS             | ROU |
| 7  | Kseniia AFANASEVA       | RUS |
| 8  | Lauren MITCHELL         | AUS |
| 9  | Hannah WHELAN           | GBR |
| 10 | Nadine JAROSCH          | GER |
| 11 | Elisabeth SEITZ         | GER |
| 12 | Vanessa FERRARI         | ITA |
| 13 | Daniele Matias HYPOLITO | BRA |
| 14 | Carlotta FERLITO        | ITA |
| 15 | Koko TSURUMI            | JPN |
| 16 | Giulia STEINGRUBER      | SUI |
| 17 | Celine VAN GERNER       | NED |
| 18 | Oana Raluca HAIDU       | ROU |
| 19 | Christine LEE           | CAN |
| 20 | Rie TANAKA              | JPN |
| 21 | Aurelie MALAUSSENA      | FRA |
| 22 | Ana Maria IZURIETA      | ESP |
| 23 | Emily LITTLE            | AUS |
| 24 | Jessica Arocha LOPEZ    | VEN |

## Floor Exercise

|   |                    |     |
|---|--------------------|-----|
| 1 | Kohei UCHIMURA     | JPN |
| 2 | Kai ZOU            | CHN |
| 3 | Alexander SHATILOV | ISR |
| 3 | Diego HYPOLITO     | BRA |

## Vault

|   |                    |     |
|---|--------------------|-----|
| 1 | Mc Kayla MARONEY   | USA |
| 2 | Oksana CHUSOVITINA | GER |
| 3 | Thi Ha Thanh PHAN  | VIE |

## Pommel horse

|   |                 |     |
|---|-----------------|-----|
| 1 | Krisztian BERKI | HUN |
| 2 | Cyril TOMMASONE | FRA |
| 3 | Louis SMITH     | GBR |

## Uneven bars

|   |                 |     |
|---|-----------------|-----|
| 1 | Victoria KOMOVA | RUS |
| 2 | Tatiana NABIEVA | RUS |
| 3 | Qjushuang HUANG | CHN |

## Still Rings

|   |                     |     |
|---|---------------------|-----|
| 1 | Yibing CHEN         | CHN |
| 2 | Anetti A. NABARRETE | BRA |
| 3 | Koji YAMAMURO       | JPN |

## Balance Beam

|   |               |     |
|---|---------------|-----|
| 1 | Lu SUI        | CHN |
| 2 | Jinnan YAO    | CHN |
| 3 | Jordyn WIEBER | USA |

## Vault

|   |                    |     |
|---|--------------------|-----|
| 1 | Hak Seon YANG      | KOR |
| 2 | Anton GOLOTSUTSKOV | RUS |
| 3 | Makoto OKIGUCHI    | JPN |

## Floor Exercise

|   |                   |     |
|---|-------------------|-----|
| 1 | Kseniia AFANASEVA | RUS |
| 2 | Lu SUI            | CHN |
| 3 | Alexandra RAISMAN | USA |

## Parallel bars

|   |                      |     |
|---|----------------------|-----|
| 1 | Danell LEYVA         | USA |
| 2 | Chenglong ZHANG      | CHN |
| 2 | Vasiteios TSOLAKIDIS | GRE |

## Horizontal bar

|   |                 |     |
|---|-----------------|-----|
| 1 | Kai ZOU         | CHN |
| 2 | Chenglong ZHANG | CHN |
| 3 | Kohei UCHIMURA  | JPN |



Kohei UCHIMURA (JPN)  
(photo: Thomas Schreyer)



# Results Olympic Games 2012 - London

## MEN All-Around

|    |                       |            |
|----|-----------------------|------------|
| 1  | Kohei UCHIMURA        | JPN        |
| 2  | Marcel NGUYEN         | GER        |
| 3  | Danell LEYVA          | USA        |
| 4  | Nikolai KUKSENKOV     | UKR        |
| 5  | David BELYAVSKIY      | RUS        |
| 6  | Kazuhito TANAKA       | JPN        |
| 7  | Kristian THOMAS       | GBR        |
| 8  | John OROZCO           | USA        |
| 9  | Fabian GONZALEZ       | ESP        |
| 10 | Sergio SASAKI JUNIOR  | BRA        |
| 11 | Oleg VERNIAIEV        | UKR        |
| 12 | Alexander SHATILOV    | ISR        |
| 13 | Daniel PURVIS         | GBR        |
| 14 | Emin GARIBOV          | RUS        |
| 15 | Fabian HAMBUECHEN     | GER        |
| 16 | Cyril TOMMASONE       | FRA        |
| 17 | Claudio CAPELLI       | SUI        |
| 18 | Enrico POZZO          | ITA        |
| 19 | Joshua JEFFERIS       | AUS        |
| 20 | Soo Myun KIM          | KOR        |
| 21 | <b>Jimmy VERBAEYS</b> | <b>BEL</b> |
| 22 | Paolo OTTAVI          | ITA        |
| 23 | Javier Fuertes        | ESP        |
| 24 | Roman KULESZA         | POL        |

## Floor Exercise

|   |                |     |
|---|----------------|-----|
| 1 | Kai ZOU        | CHN |
| 2 | Kohei UCHIMURA | JPN |
| 3 | Denis ABLIAZIN | RUS |

## Pommel horse

|   |                 |     |
|---|-----------------|-----|
| 1 | Krisztian BERKI | HUN |
| 2 | Louis SMITH     | GBR |
| 3 | Max WHITLOCK    | GBR |

## Still Rings

|   |                      |     |
|---|----------------------|-----|
| 1 | Zanetti A. NABARRETE | BRA |
| 2 | Yibing CHEN          | CHN |
| 3 | Matteo MORANDI       | ITA |

## Vault

|   |                |     |
|---|----------------|-----|
| 1 | Seon YANG Hak  | KOR |
| 2 | Denis ABLIAZIN | RUS |
| 3 | Igor RADIVILOV | UKR |

## Parallel bars

|   |                |     |
|---|----------------|-----|
| 1 | Zhe FENG Zhe   | CHN |
| 2 | Marcel NGUYEN  | GER |
| 3 | Hamilton SABOT | FRA |

## Horizontal bar

|   |                   |     |
|---|-------------------|-----|
| 1 | Epke ZONDERLAND   | NED |
| 2 | Fabian HAMBUECHEN | GER |
| 3 | Kai ZOU           | CHN |

## WOMEN All-Around

|    |                         |     |
|----|-------------------------|-----|
| 1  | Gabrielle DOUGLAS       | USA |
| 2  | Victoria KOMOVA         | RUS |
| 3  | Aliya MUSTAFINA         | RUS |
| 4  | Alexandra RAISMAN       | USA |
| 5  | Sandra Raluca IZBASA    | ROU |
| 6  | Linlin DENG             | CHN |
| 7  | Qiushuang HUANG         | CHN |
| 8  | Vanessa FERRARI         | ITA |
| 9  | Larisa Andreea IORDACHE | ROU |
| 10 | Elisabeth SEITZ         | GER |
| 11 | Asuka TERAMOTO          | JPN |
| 12 | Celine VAN GERNER       | NED |
| 13 | Rebecca TUNNEY          | GBR |
| 14 | Giulia STEINGRUBER      | SUI |
| 15 | Emily LITTLE            | AUS |
| 16 | Rie TANAKA              | JPN |
| 17 | Dominique PEGG          | CAN |
| 18 | Jessica LOPEZ           | VEN |
| 19 | Marta PIHAN-KULESZA     | POL |
| 20 | Ashleigh BRENNAN        | AUS |
| 21 | Carlotta FERLITO        | ITA |
| 22 | Ana Sofia GOMEZ PORRAS  | GUA |
| 23 | Aurelie MALAUSSENA      | FRA |
| 24 | Hannah WHELAN           | GBR |

## Vault

|   |                      |     |
|---|----------------------|-----|
| 1 | Sandra Raluca IZBASA | ROU |
| 2 | Mc Kayla MARONEY     | USA |
| 3 | Maria PASEKA         | RUS |

## Uneven bars

|   |                   |     |
|---|-------------------|-----|
| 1 | Aliya MUSTAFINA   | RUS |
| 2 | Kexin HE          | CHN |
| 3 | Elizabeth TWEDDLE | GBR |

## Balance Beam

|   |                   |     |
|---|-------------------|-----|
| 1 | Linlin DENG       | CHN |
| 2 | Lu SUI            | CHN |
| 3 | Alexandra RAISMAN | USA |

## Floor Exercise

|   |                   |     |
|---|-------------------|-----|
| 1 | Alexandra RAISMAN | USA |
| 2 | Catalina PONOR    | ROU |
| 3 | Aliya MUSTAFINA   | RUS |



Gabrielle DOUGLAS (USA)  
(photo: Thomas Schreyer)

# Who to Watch?

The commentator who can predict the outcome of any sporting event is truly brave. Especially in gymnastics there is a very small difference between winning and losing.

However, for those who are unfamiliar with the gymnasts performing at the World Championships, we have prepared a general guide on 'Who to Watch?'. Though we anticipate the performance standards of every gymnast to be exceptionally high, there are a number of 'proven' athletes whose routines, based on their previous achievements, you should not miss.

## MEN

### All-Around

Kohei UCHIMURA (JPN)  
Nikolai KUKSENKOV (RUS)  
David BELYAVSKIY (RUS)  
Fabian GONZALEZ (ESP)

### Floor Exercise

Alexander SHATILOV (ISR)  
Diego HYPOLITO (BRA)  
Denis ABLIAZIN (RUS)

### Pommel horse

Krisztian BERKI (HUN)  
Filip UDE (CRO)  
Flavius KOCZI (ROU)  
Robert SELIGMAN (CRO)  
Cyril TOMMASONE (FRA)  
Daniel KEATINGS (GBR)  
Donna-Donny TRUYENS (BEL)  
Saso BERTONCELJ (SLO)

### Still Rings

Lambertus VAN GELDER (NED)  
Matteo MORANDI (ITA)  
Koji YAMAMURO (JPN)  
Zanetti Arthur NABARRETE (BRA)

### Vault

Denis ABLIAZIN (RUS)  
Jeffrey WAMMES (NED)  
Igor RADIVILOV (UKR)

### Parallel bars

Vasileios TSOLAKIDIS (GRE)  
Hamilton SABOT (FRA)

## Horizontal bar

Epke ZONDERLAND (NED)  
Fabian HAMBUECHEN (GER)  
Kohei UCHIMURA (JPN)

## WOMEN

### All-Around

Jinnan YAO (CHN)  
Chunsong SHANG (CHN)  
Elisabeth SEITZ (GER)  
Rebecca TUNNEY (GBR)  
Ruby HARROLD (GBR)  
Diana Laura BULIMAR (ROU)  
Larisa Andreea IORDACHE (ROU)  
Kyla ROSS (USA)  
Maria PASEKA (RUS)

### Vault

Chantysya NETTEB (NED)  
Mc Kayla MARONEY (USA)  
Sandra Raluca ISBASA (ROU)

### Uneven bars

Ida GUSTAFSSON (SWE)  
Rebecca DOWNIE (GBR)  
Brenna DOWELL (USA)

### Balance Beam

Carlotta FERLITO (ITA)  
Sanne WEVERS (NED)  
Victoria KOMOVA (RUS)  
Jinnan YAO (CHN)

### Floor Exercise

Mc Kayla MARONEY (USA)  
Sandra Raluca ISBASA (ROU)



Krisztian BERKI (HUN)  
(photo: Thomas Schreyer)

*Note: This information is simply a guide and should not be seen as any form of prediction. Clearly in gymnastics anyone can win and new 'stars' will certainly rise.*



# Media Hotel

The 'PLAZA HOTEL' is the official Media Hotel for the 2013 World Championships.

Address: Charlottalei 49 - 2018 Antwerp  
Phone: +32 3 287 28 70

Situated on the direct bus route to the competition hall and within walking distance from the city center... The ideal accommodation for journalists where they can do business and absorb the atmosphere of a lovely city. With lots of bars and restaurants nearby, you can also enjoy the real Belgian culture: eating and drinking.

## Hotel offers

- Breakfast from 7.00 till 11.00
- The bar is open from 17.00 till ...
- No restaurant in the hotel, but you can order snacks at noon
- Internet is for free and available in all the rooms and the communal areas - please ask for the code at the reception desk
- The Plaza Hotel is a non smoking hotel
- Check in: from 14.00
- Check out: until 12.00

## Public transport

Upon collecting their accreditation, journalists staying at the Media Hotel will receive a bus pass giving them free admission to public transport.

- The metro stop is situated at the corner of the 'Charlottalei' and 189 m by foot from the hotel.
- 'CHARLOTTALEI' is the name of the metro stop.
- **From the Plaza Hotel to the competition hall (Sportpaleis)**
  - Get on at CHARLOTTALEI - Get off at SPORT
  - Metro lines
    - 2 (green line) - Direction Hoboken-Merksem
    - 6 (fuchsia line) - Direction Olympiade-Luchtbal
  - Frequency: +/- every 8 to 10 minutes
  - Travelling time: 9 to 11 minutes

- **From the competition hall (Sportpaleis) to the Plaza Hotel**
  - Get up at SPORT - Get off at CHARLOTTALEI
  - Metro lines
    - 2 (green line) - Direction Merksem-Hoboken
    - 6 (fuchsia line) - Direction Luchtbal-Olympiade
  - Frequency: +/- every 8 to 10 minutes
  - Travelling time: between 9 to 11 minutes

## By car

**To the hotel:**

- Enter 'Charlottalei - Antwerp' in your GPS
- Parking at € 19 per night in the hotel parking
- You can park in front of the hotel, in the street (€ 3.4 per 24h - Sunday for free)

**To the competition hall:**

- Enter 'Schijnpoortweg - Merksem' in your GPS
- Take Plantin-Moretuslei to the Ringway: Exit 2 'Deurne' leads you directly to the 'Sportpaleis'.
- Follow the indications 'Parking Vaart' or 'Parking Press'

## Info about Belgium

- Currency in Belgium = Euro
- Power supply: voltage 230 V, frequency 50 Hz. - bring your own adapter!
- Weather in September-October  
Average min.-max.: 10° C - 19° C  
Average wet days: 15 days
- During the event, Belgium will be on Belgian Summer Time (GMT + 2 Hr.)



# Janssen-Fritsen presents:

Free Exercise Floor Apollo Antwerp 2013

Springboard Kreon Gold

Springboard Iris Silver

The new Pegases



**janssen  
fritsen**

Official partner GymFed  
[www.janssen-fritsen.com](http://www.janssen-fritsen.com)