

2. International **ZAG** *Junior-Cup* Personal & Perspektiven

Mens Artistic Gymnastics

Date: Saturday, 12th of December 2015

Location: Hannover, Germany, Gymhall TuS Vinnhorst, Grashöfe 25, 30419 Hannover

Host & Organizer: TuS Vinnhorst

Schedule: detailed schedule will be send after deadline of registration

Deadline for registration:
6th of November 2015

Registration by e-mail to:
Jörg Niebuhr (j.niebuhr@t-online.de) or info@NTT-Turnen.de







Rule an Regulations:

- All Around
- 3 Age Groups (AG 12 and younger, AG13/14 and AG15/16 - decisive is the year of birth, AG 15/16= 1999/2000, AG 13/14 = 2001/2002, AG 12 and younger = 2003 and younger) also with award of the apparatus winners. In case of too many competitors the organizer may split the Age Groups
- FIG CoP for Juniors (with the following modifications):



Turn- und Sportverein Vinnhorst e. V. von 1956

Rules and Regulations:

	2003 and younger	2001/2002	1999/2000						
Rules and Regulations	<div>FIG CoP for Juniors with following changes:</div> <div><table><tr><td>Counting Elements</td><td>4 + dismount</td></tr></table><ul style="list-style-type: none">1,0 Point deduction for each missing element1,0 Point deduction for a missing dismount<div>Bonus for dismount: A = 0.3 B = 0.5</div><ul style="list-style-type: none">Additionally mats allowed without deduction</div>	Counting Elements	4 + dismount	<div>FIG CoP for Juniors with following changes:</div> <div><table><tr><td>Counting Elements</td><td>5 + dismount</td></tr></table><ul style="list-style-type: none">1,0 Point deduction for each missing element1,0 Point deduction for a missing dismount<div>Bonus for dismount: A = 0.3 B = 0.5</div><ul style="list-style-type: none">Additionally mats allowed without deduction</div>	Counting Elements	5 + dismount	<div>FIG CoP for Juniors with following changes:</div> <div><table><tr><td>Counting Elements</td><td>6 + dismount</td></tr></table><ul style="list-style-type: none">1,0 Point deduction for each missing element1,0 Point deduction for a missing dismount<div>Bonus for dismount: B = 0.3 C = 0.5</div><ul style="list-style-type: none">Additionally mats allowed without deduction</div>	Counting Elements	6 + dismount
	Counting Elements	4 + dismount							
	Counting Elements	5 + dismount							
	Counting Elements	6 + dismount							
	 <ul style="list-style-type: none">1 Additionally mat allowed without deduction	<ul style="list-style-type: none">1 Additionally mat allowed without deduction	<ul style="list-style-type: none">1 Additionally mat allowed without deduction						
	 <ul style="list-style-type: none">Additionally mats (max. 20 cm) allowed								
	 <ul style="list-style-type: none">Additionally mats (max. 40 cm) allowed	<ul style="list-style-type: none">1 Additionally mat allowed without deduction	<ul style="list-style-type: none">1 Additionally mat allowed without deduction						
	 <ul style="list-style-type: none">Hight: 120 cmGymnasts may have 2 vaults (2 identical vaults allowed)The best score will count for All AroundThe average score will count for apparatus award vaultDouble springboard allowed	<ul style="list-style-type: none">Hight: 120 cm or: 135 cmGymnasts may have 2 vaults (2 identical vaults allowed)The best score will count for All AroundThe average score will count for apparatus award vault	<ul style="list-style-type: none">Hight: 135 cmGymnasts may have 2 vaults (2 different vaults necessary – same EG or same flight phase allowed)The best score will count for All AroundThe average score will count for apparatus award vault						
	 <ul style="list-style-type: none">1 Additionally mat allowed without deduction	<ul style="list-style-type: none">1 Additionally mat allowed without deduction	<ul style="list-style-type: none">1 Additionally mat allowed without deduction						
	 <ul style="list-style-type: none">Additionally mats (max. 40 cm) allowed	<ul style="list-style-type: none">1 Additionally mat allowed without deduction	<ul style="list-style-type: none">1 Additionally mat allowed without deduction						

Additional Elements (additional to the Code of Points)

Apparatus	Element	Value	EG
Pommel Horse:			
	Scissor left + right or inverse (also scissors backwards)	A + A	I
	Wende as dismount (also from cross support or another element - f.e. reverse stöckli))	A	V
Rings:			
	from hang press to support	A	IV
	giant with bent arms to hdst.	B	II
Barren:			
	Moy to upperarm support	A	III
	Felge to support	A	IV
	Stützkehr to support	A	I
	Stützkehr > 45°	B	I
	back uprise to support	A	II
Reck:			
	swinging 1/2 turn > horizontal	A	I
	Kip to support	A	III

- The entry fee of 10,- € per gymnast has to be paid at the competition hall
- Each club has to send at least one judge
- There is a maximum of 5 gymnast per club (exceptions only with the permission of the organizer)

Verantwortlicher Ausrichter:
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