

6. International ZAG Junior-Cup

Personal & Perspektiven

Men's Artistic Gymnastics

Date: Saturday, December 14, 2019

Venue: Hannover, Germany; Gymhall TuS Vinnhorst, Grashöfe 25, 30419 Hannover

Host + Organizer TuS Vinnhorst, NTB

Schedule: will follow after registration deadline

Aparatus Equipment: FIG-registered aparatus, including Spieth Moscow Floor

deadline for registration:

definitive: 5 weeks before competition (09.11.2019)

nominative: 10 days before competition (04.12.2019)

- Approximately a **maximum of 12 Teams** can be registered.
- Registration will be considered on a **“first come first served”** basis

Registration by E-Mail to:

Jörg Niebuhr j.niebuhr@t-online.de

Rules & Regulations







- **All Around Individual and Team** (4/4/3) competition
- 3 AgeGroups (Year of Birth 2008 and younger; YoB 2006/07, YoB 2004/05), (in case of a big number of competitors the organizer may split the age groups)
- **FIG CoP for Juniors** with a few **modifications (see next page):**

Prize money

- **The best Team** will get a prize money of **300,- €**, the second 200,- and the third team 100,- €. In case of same places the prize money will be added for both places and divided



Rules and Regulations:

	YoB 2008 and younger	YoB 2006/2007	YoB 2004/2005						
Allgemeine Regeln	<p>FIG-CoP for Juniors with following <u>modifications</u>:</p> <table border="1"> <tr> <td>Required elements</td> <td>4 + dismount</td> </tr> </table> <ul style="list-style-type: none"> • 1,0 Point deduction for each missing element. • 1,0 Point deduction for missing dismount • Counting up to 8 elements <p>Bonus for dismount: A = 0.3 B = 0.5</p> <ul style="list-style-type: none"> • Additional mats allowed without deduction 	Required elements	4 + dismount	<p>FIG-CoP for Juniors with following <u>modifications</u>:</p> <table border="1"> <tr> <td>Required elements</td> <td>5 + dismount</td> </tr> </table> <ul style="list-style-type: none"> • 1,0 Point deduction for each missing element. • 1,0 Point deduction for missing dismount • Counting up to 8 elements <p>Bonus for dismount: B = 0.3 C = 0.5</p> <ul style="list-style-type: none"> • Additional mats allowed without deduction 	Required elements	5 + dismount	<p>FIG-CoP for Juniors with following <u>modifications</u>:</p> <table border="1"> <tr> <td>Required Elements</td> <td>6 + dismount</td> </tr> </table> <ul style="list-style-type: none"> • 1,0 Point deduction for each missing element. • 1,0 Point deduction for missing dismount • Counting up to 8 elements <p>Bonus for dismount: B = 0.3 C = 0.5</p> <ul style="list-style-type: none"> • Additional mats allowed without deduction 	Required Elements	6 + dismount
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- * All Gymnasts of one team will compete at the same time at the same apparatus. Therefore at vault is a maximum of two different heights in each team allowed. You can choose between 1,10 m and 1,35



* Extra elements (additional to the Code of Points)

Aparatus	Elements	Value	EG
Floor: No additional elements			
Pommelhorse:			
	2 sissors left and right or opposite in direct row (vw. and/or bw.)	A + A	I
Still rings:			
	From hang press to support	A	II
	Giants forward and/or backward with bent arms to handstand (2s)	B	I
A swing Element (EG I) value „A“ interrupts a sequence of elements EG II and III			
Parallel Bars:			
	Moy to upper arm hang	A	III
	Stützkehre min. 45°	B	I
	Back uprise to support	A	II
High Bar:			
	Swing with ½ turn (> horizontal)	A	I

- Each club is obliged to send at least one judge (highest national level)
- Fee for not sending a judge: 100 €
- It is possible to register individual gymnasts or a team or both
- A Team can be send by a Club, a Gym, a Region or a Nation
- The entry fee is 60 € per team or 20 € per individual gymnast
- The entry fee will be invoiced immediately after the registration deadline.
- A medal ceremony will be held for each AgeGroup and additionally for the Team competition
- The first 3 gymnasts and the first 3 Teams will be awarded with a Cup. The best Team will get a prize money of 300,- €, the second 200,- and the third team 100,- €. In case of same places the prize money will be added for both places and divided
- A team consists of maximum 4 gymnasts who can be of different age groups. At each apparatus a maximum number of 4 gymnast are allowed to compete. The best 3 scores will be taken for the teamscore
- In order to get a fair team score over all AGs, the younger gymnasts will get a bonus for the team calculation.
- A gymnast AG 12/13 will receive 1 point bonus in total
- A gymnast AG 11 and younger will receive 2 points bonus in total



If you are interested to take part or if there are some more questions, don't hesitate to send an e-mail to j.niebuhr@t-online.de

Cost for accomodation Friday to Sunday **incl. breakfast and transport in Hannover**

90,- € p.P in Double room (for both nights)

120,- € p.P in Single room (for both nights)

