

# 5. International ZAG Junior-Cup

Personal & Perspektiven

## Men's Artistic Gymnastics

**Date:** Saturday, December 15, 2018

**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: Wednesday, November 7, 2018

nominative: Monday, December, 3. 2018

- 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](mailto:j.niebuhr@t-online.de)

### Rules & Regulations







- **All Around Individual and Team** (4/4/3) competition
- 3 AgeGroups (Year of Birth 2007 and younger; YoB 2005/06, YoB 2003/04), (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 2007 and younger	YoB 2005/2006	YoB 2003/2004						
<b>Allgemeine Regeln</b>	<p><b>FIG-CoP for Juniors with following <u>modifications</u>:</b></p> <table border="1"> <tr> <td>Required elements</td> <td>4 + dismount</td> </tr> </table> <ul style="list-style-type: none"> <li>• 1,0 Point deduction for each missing element.</li> <li>• 1,0 Point deduction for missing dismount</li> <li>• Counting up to 8 elements</li> </ul> <p>Bonus for dismount: A = 0.3 B = 0.5</p> <ul style="list-style-type: none"> <li>• Additional mats allowed without deduction</li> </ul>	Required elements	4 + dismount	<p><b>FIG-CoP for Juniors with following <u>modifications</u>:</b></p> <table border="1"> <tr> <td>Required elements</td> <td>5 + dismount</td> </tr> </table> <ul style="list-style-type: none"> <li>• 1,0 Point deduction for each missing element.</li> <li>• 1,0 Point deduction for missing dismount</li> <li>• Counting up to 8 elements</li> </ul> <p>Bonus for dismount: B = 0.3 C = 0.5</p> <ul style="list-style-type: none"> <li>• Additional mats allowed without deduction</li> </ul>	Required elements	5 + dismount	<p><b>FIG-CoP for Juniors with following <u>modifications</u>:</b></p> <table border="1"> <tr> <td>Required elements</td> <td>6 + dismount</td> </tr> </table> <ul style="list-style-type: none"> <li>• 1,0 Point deduction for each missing element.</li> <li>• 1,0 Point deduction for missing dismount</li> <li>• Counting up to 8 elements</li> </ul> <p>Bonus for dismount: B = 0.3 C = 0.5</p> <ul style="list-style-type: none"> <li>• Additional mats allowed without deduction</li> </ul>	Required elements	6 + dismount
	Required elements	4 + dismount							
	Required elements	5 + dismount							
	Required elements	6 + dismount							
		<ul style="list-style-type: none"> <li>• 1 additional mat allowed without deduction</li> </ul>	<ul style="list-style-type: none"> <li>• 1 additional mat allowed without deduction</li> </ul>	<ul style="list-style-type: none"> <li>• 1 additional mat allowed without deduction</li> </ul>					
		<ul style="list-style-type: none"> <li>• additional mats ( up to 20 cm) allowed without deduction</li> </ul>	<ul style="list-style-type: none"> <li>• additional mats ( up to 20 cm) allowed without deduction</li> </ul>						
		<ul style="list-style-type: none"> <li>• 1 additional mat (40 cm) allowed without deduction</li> </ul>	<ul style="list-style-type: none"> <li>• 1 additional mat allowed without deduction</li> </ul>	<ul style="list-style-type: none"> <li>• 1 additional mat allowed without deduction</li> </ul>					
	<ul style="list-style-type: none"> <li>• Height: 110 to 135 cm*</li> <li>• 1 additional mat allowed without deduction</li> </ul>	<ul style="list-style-type: none"> <li>• Height: 110 to 135 cm*</li> <li>• 1 additional mat allowed without deduction</li> </ul>	<ul style="list-style-type: none"> <li>• Height: 110 to 135 cm*</li> <li>• 1 additional mat allowed without deduction</li> </ul>						
	<ul style="list-style-type: none"> <li>• 1 additional mat allowed without deduction</li> </ul>	<ul style="list-style-type: none"> <li>• 1 additional mat allowed without deduction</li> </ul>	<ul style="list-style-type: none"> <li>• 1 additional mat allowed without deduction</li> </ul>						
	<ul style="list-style-type: none"> <li>• 1 additional mat (40 cm) allowed without deduction</li> </ul>	<ul style="list-style-type: none"> <li>• 1 additional mat allowed without deduction</li> </ul>	<ul style="list-style-type: none"> <li>• 1 additional mat allowed without deduction</li> </ul>						

- \* 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
<b>Floor:</b> No additional elements			
<b>Pommelhorse:</b>			
	2 sissors left and right or opposite in direct row (vw. and/or bw.)	A + A	I
<b>Still rings:</b>			
	From hang press to support	A	II
	Giants forward and/or backward with bent arms to handstand (2s)	B	I
<b>A swing Element (EG I) value „A“ interrupts a sequence of elements EG II and III</b>			
<b>Parallel Bars:</b>			
	Moy to upper arm hang	A	III
	Stützkehre min. 45°	B	I
	Back uprise to support	A	II
<b>High Bar:</b>			
	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
  - A team consists of maximum 4 gymnasts. 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](mailto:j.niebuhr@t-online.de)

Cost for accomodation Friday (14.12.18) to Sunday (16.12.18) **incl. breakfast and transport**  
90,- € p.P in Double room (for both nights)  
120,- € p.P in Single room (for both nights)

