

# 8. International ZAG Junior-Cup

Personal & Perspektiven

## Men's Artistic Gymnastics

**Date:** Saturday + Sunday, June 18./19., 2022

**Venue:** Sportcenter TuS Vinnhorst; Address: Grashöfe 27, 30419 Hannover, Germany

**Host + Organizer** TuS Vinnhorst, NTB

**Schedule:** Saturday: Teamcompetition, All Around  
Sunday: Apparatus-Finals  
detailed schedule will follow after registration deadline

**Aparatus Equipment:** FIG-registered apparatus, including Spieth Moscow Floor

**deadline for registration:** prov.: 27.04.2022  
nominative reg.: 30.05.2022

**Registration by E-Mail to:** Jörg Niebuhr [j.niebuhr@t-online.de](mailto:j.niebuhr@t-online.de)







### Rules & Regulations

- All Around and Team (4/4/3) competition + apparatus finals
- 3 Age Groups (Year of Birth 2010 and younger; YoB 2008/09, YoB 2006/07), (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

- 1. Place in Team Competition: 300,- €
  - 2. Place in Team Competition: 200,-
  - 3. Place in Team Competition: 100,- €
- In case of a tie the prize money will be added and divided

## Rules and Regulations:

	YoB 2010 and younger	YoB 2008/2009	YoB 2006/2007						
General Rules	<p><b>FIG-CoP for Juniors with following modifications: **</b></p> <table border="1" style="width: 100%;"> <tr> <td style="width: 30%;">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 modifications: **</b></p> <table border="1" style="width: 100%;"> <tr> <td style="width: 30%;">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 modifications: **</b></p> <table border="1" style="width: 100%;"> <tr> <td style="width: 30%;">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
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		<ul style="list-style-type: none"> <li>Height: 110 to 135 cm*</li> <li>1 additional mat allowed without deduction</li> <li>Each gymnast can show 2 vaults. The highest score will count for All around and Team; the medium score for the apparatus final (C III)</li> <li>Identical vaults are allowed without deduction (also in the final)</li> </ul>	<ul style="list-style-type: none"> <li>Height: 110 to 135 cm*</li> <li>1 additional mat allowed without deduction</li> <li>Each gymnast can show 2 vaults. The highest score will count for All around and Team; the medium score for the apparatus final (C III)</li> <li>Same EG or flight phase is allowed without deduction (also in the final); Identical vaults = 2 Points deduction)</li> </ul>	<ul style="list-style-type: none"> <li>Height: 110 to 135 cm*</li> <li>1 additional mat allowed without deduction</li> <li>Each gymnast can show 2 vaults. The highest score will count for All around and Team; the medium score for the apparatus final (C III)</li> <li>Rules like FIG CoP for Juniors (also in the final); Same EG or flight phase = 2 Points deduction; Identical vaults = 0 Points Final score</li> </ul>					
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- \* All Gymnasts of the team will compete at the same time at the same apparatus. At vault is a maximum of two different heights per team allowed. (Range: 1.10 m - 1,35)



**\*\* Extra elements (additional to the Code of Points)**

<b>Aparatus</b>	<b>Elements</b>	<b>Value</b>	<b>EG</b>
<b>Floor:</b>	No additional elements		
<b>Pommelhorse:</b>	2 sissors left and right or opposite in direct row (vw. and/or bw.)		
		<b>A + A</b>	<b>I</b>
<b>Still rings:</b>	From hang press to support		
		<b>A</b>	<b>II</b>
	Giants forward and/or backward with bent arms to handstand (2s)		
		<b>B</b>	<b>I</b>
<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		
		<b>A</b>	<b>III</b>
	Stützkehre min. 45°		
		<b>B</b>	<b>I</b>
	Back uprise to support		
		<b>A</b>	<b>II</b>
<b>High Bar:</b>	Swing with ½ turn (> horizontal)		
		<b>A</b>	<b>I</b>

- **Each club is obligated to send at least one judge (highest national level)**
- **If no judge is sent, a fee of: 150 € per Team, for single gymnasts: 50 € has to be paid.**
- **It is possible to register**
  - **individual gymnasts only**
  - **a team or**
  - **a team and individual gymnasts**
- **Insurance: for the insurance of the participants, each club / federation is responsible**
- **A Team can be send by a Club, a Gym, a Region or a Nation. You are free to choose a name for the team**
- **The entry fee is 80 € per team or 30 € per individual gymnast**
- **The entry fee will be invoiced immediately after the registration deadline. You have to pay latest in the week of the competition or**

**by cash at the competition. A medal ceremony will be held for each AgeGroup and additionally for the Team competition and the Apparatus Finals.**

- In each **AgeGroup**, the 8 gymnasts with the highest score will qualify for the **Apparatus Finals**. A maximum of 2 gymnasts per Nation are allowed to compete in the finals. If less than 8 gymnasts are qualified because of that rule, the next best gymnasts will be qualified, even if there are more than 2 of one nation
- The first 3 gymnasts (all around) and the first 3 Teams will be awarded with a Cup.
- **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**

The current **Covid-19** rules will be send shortly before the competition. Because of the Covid-19-pandemic there is the **chance for free cancellation (for competition and Hotel) of a team until 11.06.2022 and for single gymnasts until 16.06.2022**. Additionally you can change the name of a gymnast until 17.06.2022, 8.p.m.

Because of that there is a **maximum of 12 Teams**. If there are more registrations, the time of the registration is the key factor.

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 to Sunday **incl. breakfast and transport in Hannover in [Hotel Plaza](#)** (located directly at the Main station Hannover)

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

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

For reservation please contact Jörg Niebuhr [j.niebuhr@t-online.de](mailto:j.niebuhr@t-online.de)