

10. International ZAG Junior-Cup

Personal & Perspektiven

Men's Artistic Gymnastics

Date: Saturday + Sunday, June 1.-2. June, 2024

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 prov.: 10.04.2023

registration: nominative reg.: 06.05.2023

Registration by E-Mail to: Jörg Niebuhr j.niebuhr@t-online.de

Rules & Regulations

- **All Around and Team (4/4/3)** competition + apparatus finals
- 3 Age Groups (Year of Birth 2012 and younger; YoB 20010/11, YoB 2008/09), (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









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**Turn- und Sportverein Vinnhorst
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Rules and Regulations:

	YoB 2012 and younger	YoB 2010/2011	YoB 2008/2009						
General Rules	<p>FIG-CoP for Juniors with following modifications: **</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"> 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 modifications: **</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"> 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 modifications: **</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"> 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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		<ul style="list-style-type: none"> 1 additional mat allowed without deduction 	<ul style="list-style-type: none"> 1 additional mat allowed without deduction 	<ul style="list-style-type: none"> 1 additional mat allowed without deduction 					
		<ul style="list-style-type: none"> additional mats (up to 20 cm) allowed without deduction 	<ul style="list-style-type: none"> additional mats (up to 20 cm) allowed without deduction 						
		<ul style="list-style-type: none"> 1 additional mat (40 cm) allowed without deduction 	<ul style="list-style-type: none"> 1 additional mat allowed without deduction 	<ul style="list-style-type: none"> 1 additional mat allowed without deduction 					
		<ul style="list-style-type: none"> Height: 110 to 135 cm* 1 additional mat allowed without deduction 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) Identical vaults are allowed without deduction (also in the final) 	<ul style="list-style-type: none"> Height: 110 to 135 cm* 1 additional mat allowed without deduction 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) Same EG or flight phase is allowed without deduction (also in the final); Identical vaults = 2 Points deduction) 	<ul style="list-style-type: none"> Height: 110 to 135 cm* 1 additional mat allowed without deduction 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) Rules like FIG CoP for Juniors (also in the final); Same EG or flight phase = 2 Points deduction; Identical vaults = 0 Points Final score 					
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	<ul style="list-style-type: none"> 1 additional mat (40 cm) allowed without deduction 	<ul style="list-style-type: none"> 1 additional mat allowed without deduction 	<ul style="list-style-type: none"> 1 additional mat allowed without deduction 						

- * 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 m)



**** 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 (fw. 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 Team/gymnast 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**

With sending the registration you agree that fotos and videos of the competition may be used for publicity.

One or two gymnasts per team have the **chance for free cancellation or change of the name (for competition and Hotel) until 30.05.2024, 8.p.m.**

The finals will be finished until 2.p.m. on Sunday so that the most teams will be able to get home on Sunday.

There are a few rooms booked in the [Hotel Plaza](#) (next to Hannover main station)
Teams arriving in Hannover by train or airplane will get transport to Hotel and Gym for free.

100,- € p.P Twin Room (per person for 2 nights incl.Breakfast)
150,- € p.P Single Room (per person for 2 nights incl.Breakfast)

Bei Unterkunft nur von Samstag bis Sonntag:
60,- € p.P Twin Room (per person / 1 night incl.Breakfast)
80,- € p.P Single Room per room / 1 night incl.Breakfast)

Reservations also to [Jörg Niebuhr](#)

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