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2nd Intl. Alpencup Trampoline Competition

Salzburg, 26th October 2013

Dear Friends of Trampoline Gymnastics,
The Austrian Gymnastics Federation is pleased to invite you to the 2nd International Alpencup Trampoline Gymnastics 2013 from 25th till 27th October 2013 in Wals-Siezenheim (Salzburg)!

Eventwebsite:	www.oeft.at/alpencup
Venue:	Walserfeldhalle, Schulstraße 17, A-5071 Wals-Siezenheim, Salzburg
Provisional Schedule:	
Friday, 25th Oct., 2013:	07:00 p.m. - 10:00 p.m. free Training
Saturday, 26th Oct., 2013:	08:00 a.m. - 10:00 a.m. Warm-Up
	10:00 a.m. Start of Competition
	07:30 p.m. Victory Ceremony
	08:00 p.m. Banquet
	Departure
Sunday, 27th Oct., 2013:	
Height of Hall:	10 meters
Equipment:	Eurotramp Ultimate 4x4 mm, official equipment of WCh and WAGC 2013
Entry fee:	€ 30,- per person and start
Judge:	Each delegation has to send a judge with a valid FIG-License!
FIG:	The competition will be carried out according to the FIG-rules.
Entry:	prov. Entry: Fri., 26 th July 2013 Def./Nomin. Entry: Mo., 09 th Sept. 2013
Accommodation:	Detailed information will be provided on our event website.
Meals:	At the competition hall buffet will be provided.
Banquet:	The Banquet incl. Disco/Party starts on Saturday at 08:00 pm. Tickets can be purchased at € 40,- per person.
Payment:	Raiffeisenbank NOe+W: <u>IBAN</u> : AT313200000000843425, <u>BIC</u> : RLNWATWW Raiffeisenlandbank Niederösterreich-Wien AG; F.W.-Raiffeisen-Platz 1, 1020 Vienna
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ZVR-Zahl 855650079



Annex: Competition and Difficulties

Competition number:

- Competition 1: 12 years and younger female
- Competition 2: 12 years and younger male
- Competition 3: 13-14 years female
- Competition 4: 13-14 years male
- Competition 5: 15-16 years female
- Competition 6: 15-16 years male
- Competition 7: 17-18 years female
- Competition 8: 17-18 years male
- Competition 9: Seniors female (18 years and older)
- Competition 10: Seniors male (18 years and older)

Difficulties:

Comp. 1/ 2: according to FIG 11-12 years rules for WAGC.

1. The routine consists of 10 different elements
2. only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.
3. 1 element landing on the front of the body
4. 1 element landing on the back of the body

Comp. 3/ 4: according to FIG 13-14 years rules for WAGC.

1. The routine consists of 10 different elements
2. only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.
3. 1 element landing on the back of the body
4. 1 element landing on the front of the body
5. back somersault with full twist

Comp. 5/ 6: according to FIG 15-16 years rules for WAGC.

1. The routine consists of 10 different elements
2. only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.
3. one (1) element either landing on the back or front of the body
4. Full (back somersault with 1/1 twist)
5. Rudi or Rudi ball out, (front somersault with 1 ½ twist or 1 ¼ from back, with 1 ½ twist)



Comp. 7/ 8 according to FIG 17-18 years rules for WAGC.

1. The routine consists of 10 different elements
2. only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.
3. one (1) double front or back somersault with or without twist
4. one (1) element with a minimum of 540° of twist and minimum of 360° somersault rotation.
5. one (1) element to front or back
6. one (1) element from front or back - in combination with requirement No. 5

Comp. 9/10: FIG A according to Code of Points

Limitations of the difficulty in a single element accord. to FIG rules for WAGC for following age groups:

- 12 years: 1,5 pts
- 13-14 years: 1,7 pts
- 15-16 years: 1,8 pts
- 17-18 years: 1,8 pts

Austrian Gymnastics Federation

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