



Workplan Micro Teamgym IAG

’s-Hertogenbosch, Nederland – 27 mei 2017

<http://www.iagsporteent.nl/>



General information

For the 5th time will be the IAG event.

The Maaspoorthal and the Flik-Flak hall in Den Bosch will be 25 May / m May 28, 2017 be dominated sport at international level. But you can also hang himself in the ring, dancing in a workshop or enjoy bands and performances at the Open Stage. Trainers increase their knowledge on the coach congress, turn fans taking part in one of the many sports camps and as a day visitor you can participate in the more than 300 workshops spread over four days. The program is every day filled with activities for young and old, click for the program and the many possibilities: <http://www.iagsportevent.nl>

Has this year decided to start with a small microteamgym competition with international regulations. The competition for the group jumping is open to regional, national and international jumpers. Each association one may enter two teams in each level in each category. Thereby, the first teams will be enabled and the second teams are placed on a spare list. After closure of the registration date will be considered if there is room in the schedule to allow second teams. We aim for a contest with opponents, not a mutual match. The game has no interface with the discipline group jumping KNGU.

Micro Teamgym rules of the UEG in 2015 will be pursued wherever possible. The following is a description of the competition form:

<http://www.ekteamgym.nl/iag-2017/>

The competition will consist of two components:

Airtrack: Here are 3 series jumped on.

Mini Trampoline / Mini Trampoline Pegasus: Here a total of three jumps on jumped

The time limit per item is 2 minutes and 30 seconds, the jumps / series will be performed to music.

The following teams can participate:

JUNIOR women / men / b mix years 2001 - 2004 A / B level

SENIOR women / men / b mix 2001 or earlier A / B level

The team composition was as follows:

A team consists of three to five jumpers. This team should not change composition per part. Each series / jump turn is jumped by three jumpers. at mixed teams there is a mixing ratio 1: 2 or 2: 1. This may be changing each series.

The music will be provided by the competition committee. In addition, there is alternated with another discipline. During the competition round the other discipline can all be indented. It is jointly march.

There will be two MD trampolines (Dorade, Bosan MD40) are present and a butterfly trampoline.

technical rules

The requirements for each component are as follows:

Airtrack:

- it ends the last element in the landing area;
- a series consists of a minimum of three and maximum of five elements (in the JUNIOR category, there is a minimum of two elements);
- of the three series have one set of fully forward and one series consist of fully backward elements;
- the first of the three series is a team turn (all the same, may also be fully forward or backward e series);
- the pressure of a irtrack for juniors 50 mbar and 60 mbar for seniors;
- The following jumper can only start when the previous one has landed on the landing;
- the values of the three elements am and counted with the highest score, recaps are in the same turn as a '0' sling seen.

Mini Trampoline / Mini Trampoline Pegases

- the jump (s) on Pegases is / are to be to support a jump (s);
- one is free to apportion mini / mini Pega ses provided both parts, but they are used;
- the first of the three series consists of a team turn.

General rules:

- no repeats allowed in the series and turns;
- in the second and third series has to be a proper opbou w of difficulty values. The second jump in turn may be called la ger in value than the team turn. The third jump in turn, must then be equal or higher in value than the second;
- there should be one or (preferably) two trainers on the landing;
- triple somersaults may be jumped, but this should be indicated in advance by the organization
- one does not need to log on and off at the jury. E ers to last jumper jumper and stretch;
- Once the music starts, there can be jumped;
- single somersaults hear double somersaults and double somersaults for triple somersaults to be executed, even though the value of the jump more valuable.

Minimum value of A level and equivalent to the maximum value B level

Class:	Airtrack:	mini Trampoline	Height spring unit:
Junior <i>(women / men / mix)</i>	Minimum average value per series 1.95	Minimal stretch alto 3/2 twist.	From 135 cm Increase by 10 cm
Senior <i>(women / men / mix)</i>	Minimum average value per series 2.30	At least 2 sets of double width axis rotations	From 145 cm Increase by 10cm

Examples maximum value:

- A senior team is jumping on a mini trampoline two series at a double somersault, then the DIS away into the category A or B. The value may AirTrack can then determine whether the team plays in A or B.
- A junior team stands as the most difficult stretch series alto 3/2 twist on mini trampoline and AirTrack the average value per series 2.0. This team has to play in the category A.
- A senior team is jumping on a mini trampoline T O series with a double rotation on AirTrack the average value per series 2.40. This team then competes in the category A.
- A team in Category B may jump a higher value, but this will then be upgraded to the maximum value.

score:

There are three scores that are added to each other

- Baseline / difficulty
- Performance
- Composition

Difficulty:

The difficulty is constructed from summing the individual values for each series, and that score is divided by the number (three) of series jump is created. Consequently, the average difficulty value for each series.

example:

jump 1	Where the	remark
Double Alto squatting	0.55	Team Round (everybody jumps the same)
Double Alto squatting	0.55	
Double Alto squatting	0.55	
Total Series 1	1.65	
jump 2	Where the	remark
Double Alto squatting 1/2	0.65	
Double Alto angled 1/2	0.65	
Double Alto angled 1/2	0.85	
Total Series 2	2.15	
jump 3	Where the	remark
Tsukahara squatting	0.70	With spring device
Tsukahara squatting	0.70	
Tsukahara stretched	1.00	
Total Series 3	2.40	
Average value 3 series	$(1.65 + 2.15 + 2.40) / 3 = 2.1$	

Performance:

For each series are 10 points of which the deduction is removed. After jumping from the three series is taken, the average value of the performance. This is the performance score.

example:

jump 1	deduction	remark
Double Alto squatting	0.2	neatly
Double Alto squatting	2.5	Val additional deduction
Double Alto squatting	0.8	slovenly
Total implementation Series 1	= 6.5 10 to 3.5	
jump 2	deduction	remark
Double Alto squatting ½	0.3	
Double Alto angled ½	0.4	
Double Alto angled ½	0.5	
Total implementation Series 2	= 8.8 10 to 1.2	
jump 3	deduction	remark
Tsukahara squatting	0.4	With spring device
Tsukahara squatting	0.2	
Tsukahara stretched	1.2	
Total implementation Series 3	= 8.2 10 to 1.8	
Average performance value 3 series	$(6.5 + 8.8 + 8.2) / 3 = 7.8$	

Composition:

For the compilation, you get 2.0 points. Here composition errors removed. Errors composition can be:

- Incorrect sequence of jumps (not in order of difficulty)
- Jump with a jumper too little / too much
- Abnormal jump in the (first) team round
- Using more time than specified music
- Making a leap 0 (not land with feet first)
- Failure to land on landing area at AirTrack
- Making too little / too many parts to AirTrack
- Not making a jump in support mini trampoline + Pegases
- Not using a round and round without jumping device with mini trampoline
- Failure to perform a forward and / or rear where ts E series AirTrack
- A repetitive jump / series (the latter also output value 0)
- Not run back to the beginning of the runway
- Not as a group to run back to the beginning of the runway

The final score is determined by the output value, performance and composition together adding up. In this example, the final score would be:

baseline	Performance	Composition	final score
2.1	7.8	2.0	11.9

The team has won the highest score. With few entries per category, we are unfortunately forced to merge categories.

Values Airtrack:

From the basic values, the value of each element can be calculated. The most common elements are also in the value table.

direction	Basic element	Where the
Forward	cartwheel	0.05
	(loose) Throughput of Flik	0.20
	Flak	0.25
	Salto forward	0.80
backward	Double somersault forward	0.80
	Arabian	0.10
	Flik Flak	0.15
	tempo Alto	0.20
	back flip	0.20
	twist somersault	0.25
	Double back flip	0.60
Double twist back flip	0.70	
	Triple backwards	1.60

Attitude / spin	Single somersaults	Double somersault	Triple somersaults
Angle (a somersault)	0.05	0.10	0.10
Stretch (a somersault)	0.10	0.15	0.25
Half (180 °) turn (by half a turn)	0.05	0.10	0.15
Additional value per full turn (360 °)	0.05	0.05	0.10
Series Multi double somersaults	0.20		

Values mini trampoline and mini trampoline jumping device (Pegases)

From the basic values, the value of each element can be calculated. The most common elements are also in the value table.

Group	Basic element	Where the
Without spring device (Pegases)	summersault	0.20
	double somersault	0.55
	Triple salto	1.40
With spring device	Throughput	0.40
	Throughput somersault	0.80
	Throughput double somersault	1.55
	Arabian	0.35
	Throughput ½in	0.45
	Tsukahara	0.70
	double Tsukahara	1.55

Attitude / spin	Single somersaults	Double somersault	Triple somersaults
Angle (a somersault)	0.05	0.10	0.10
Stretch (a somersault)	0.10	0.15	0.20

Half (180 °) turn (by half a turn)	0.05	0.10	0.15
Additional value per full turn (360 °)	0.05	0.05	0.10

Values mini trampoline + spring unit:

jurors

The competition committee will ensure sufficient judges per court, of course, it is possible to self-provide to judges.

Signing up

The registration is done using the attached registration form and must be sent by mail to: iag@ekteamgym.nl and to teamgym@iagsportevent.nl.

The entry fee is € 20, - per team and will be collected by direct debit by the IAG organization. Registration is possible until March 31, 2017

Provisional Timetable

Saturday, May 27 in the afternoon, then there is a nice evening

Fixtures

As soon as possible after the close of the deadline the schedule will be sent to the participating associations including at what song they will have to participate. All this can also be found on www.ekteamgym.nl and the site of IAG

accreditation

The accreditation system identifies the individual sports participation, and indicates whom to whom space has access. All participants, coaches and judges are required at all times to their accreditation with them. Before starting the game, the accreditation will have to be picked up. On the time will still be communicated.

The accreditation is personal, not for loan and required to gain access to training and competition halls, meals and accommodation.

View on the IAG website the various package prices www.iagsportevent.nl

Locations, addresses and contact information

Location competitiehal: Maaspoort Sports & Events

Marathonloop 1
5235 AA 's-Hertogenbosch
Netherlands

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