

12th Cup Michel Wanten 2015.

Dear gymnastic friends,

We want inform you in advance and thereby also invite you for our 12th Cup Michel Wanten.

And this on 27/28/29 November 2015.

It concerns a friendly international WAG Competition.

It is a team competition, but individual participation is also possible.

The competition is divided in 5 categories. On Saturday and Sunday
2 Youth categories and 2 categories of juniors and seniors with a different level.
And a 5th category for those delegations how have gymnasts in the other categories.

On Friday there is also the possibility to join the podium training.

If needed we can also provide info about hotels and accommodation nearby.
And on Sunday there are also Apparatus Finals

More information always to find on www.cupmichelwanten.com.

In advance most welcome,



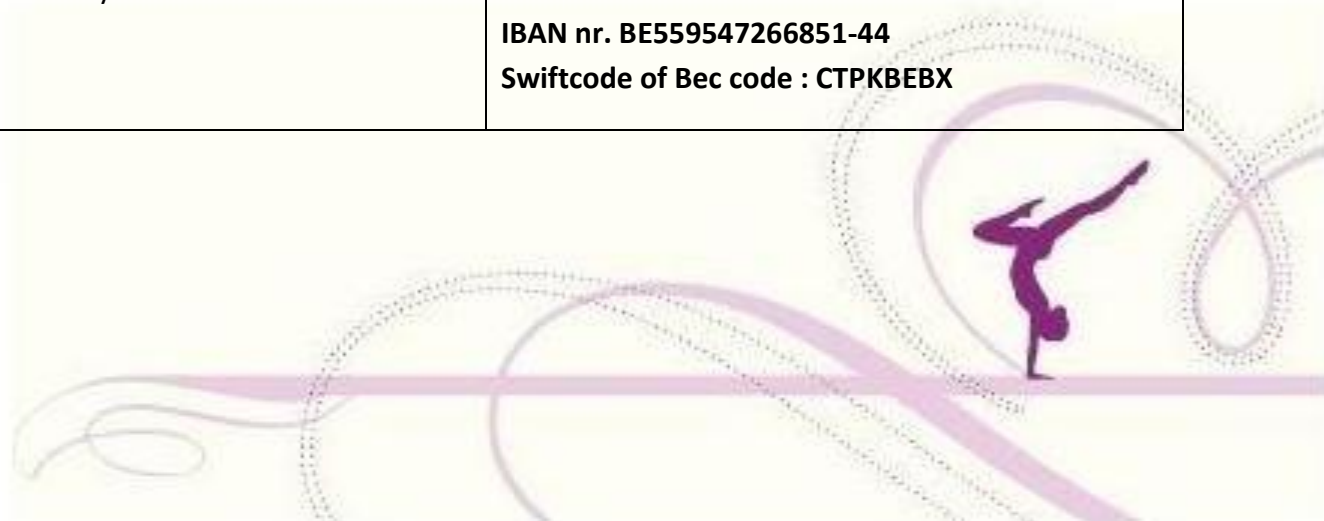
Luk Van Gompel
Head coach WAG – Youthsportcoördinator
K. K. Turnkring “Moed en Volharding” Berkenbos vzw



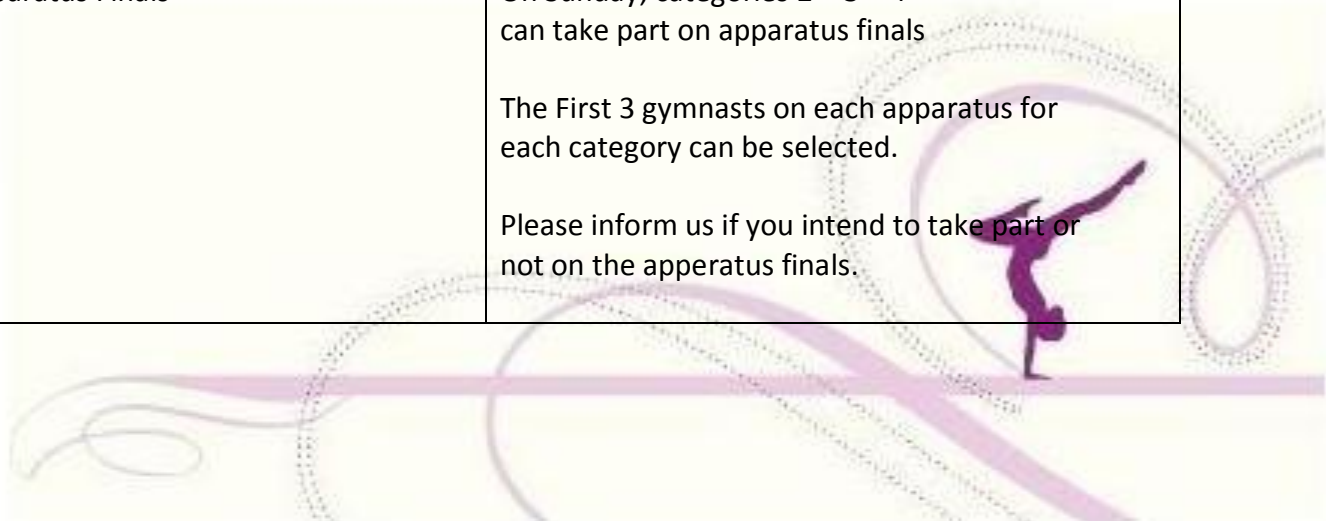
The Cup Michel Wanten has the support from:



Organisation:	K.K.Turnkring "Moed en Volharding" Berkenbos vzw
Competition secretariat:	Luk Van Gompel Lodewijck Heyligenstraat 32 3580 Beringen – België luk.van.gompel@turnkring-mev-berkenbos.be ☎ (+ 32) (0) 497 / 17 66
Time schedule:	Friday 27 november 2015 - Podium training Saturday 28 november 2015 - Afternoon competition cat 2 - Evening competition cat 3 + 4 Sunday 29 november 2015 - Morning competition cat 1+5 - Afternoon competition Apparatus Finals
Exact time schedule will be prepared after registration	
Place of competition:	Sporthal Heusden – Berkenbos Pastoor Paquaylaan 121 3550 Heusden – Zolder - België ☎ (+32) (0) 11 / 57 26 18
Provisional entry date:	14/09/2014 numerical entry form
Final entry date:	26/10/2014 final entry form
Fee For the competition: To be paid in advance by money transfer	20€ /gymnast Reference: Cup Michel + club Attention: The final admission will be taken by the order of registration and the payment
The competition is base don 1 set of Apparatus:	Which will allow a limit of participation in order to achieve final application.
Payment by bank account :	954-7266851-44 IBAN nr. BE559547266851-44 Swiftcode of Bec code : CTPKBEBX



Apparatus	The apparatus are as much as possible on J&F. With the new Olympic Floor.
Team	<p>A team is composed of 4 gymnasts from the same category. All 4 gymnasts will work on each apparatus, the 3 best individual marks will be totalled to ascertain team results.</p> <p>Individual participation is possible. Each gymnast can complete a whole competition and can thereby claim individual classification. Again participation without a team is also possible.</p> <p>With participation in teams, all team members must be from the same club, with a maximum of 1 gymnast from another club.</p> <p>A federation may also participate and can thereby compete with gymnasts of different clubs.</p> <p>The competition is open for all gymnasts of different levels.</p> <p>The competition is based on 1 set of apparatus, which will allow a limit of participation in order to achieve final application.</p> <p>Category 5 is only for individual participation.</p>
Regulations:	See Category's and Rules
Judges:	<p>From 1 to 4 gymnasts (team) 1 judge is mandatory. If more than 4 gymnasts we will require if possible a second judge. Costs for judges to be met by own club or federation.</p>
Apparatus Finals	<p>On Sunday, categories 2 – 3 – 4 can take part on apparatus finals</p> <p>The First 3 gymnasts on each apparatus for each category can be selected.</p> <p>Please inform us if you intend to take part or not on the apparatus finals.</p>




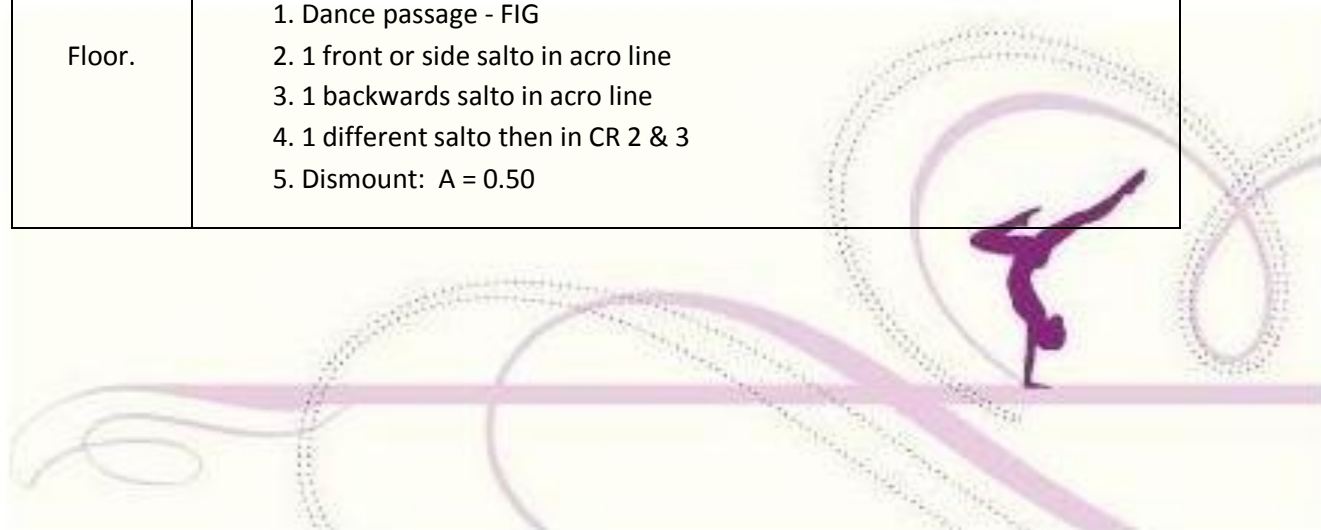
<p>Transport</p>	<p>Transport can be aranged iff needed. And this from airport to hotel and gym. Please ask on time if needed so we can make also the arangement on time.</p>
<p>Sleeping Accomodation.</p> <p>These accomodations where used in the past by participations of our competition.</p>	<p>Hotel & Business center Mezzo Buiting Center nv Paalsesteenweg 170 3583 Beringen +32 (0)11 460 170 info@mezzo.eu www.mezzo.eu/en</p> <p>Hotel Holiday-Inn-Express Hasselt *** Thonissenlaan 37 3500 – HASSELT BELGIUM Tel: (+32)011/379300 Fax: (+32)11/379301 hotel@express-hihasselt.com www.hiexpress.com/exhasselt</p> <p>Hotel Holiday-Inn Hasselt **** Kattegatstraat 1 3500 – HASSELT BELGIUM Tel: (+32)11/242200 Fax: (+32)11/223935 hotel@holiday-inn-hasselt.com www.holiday-inn.com/Hasseltbel</p>



Category's and Rules

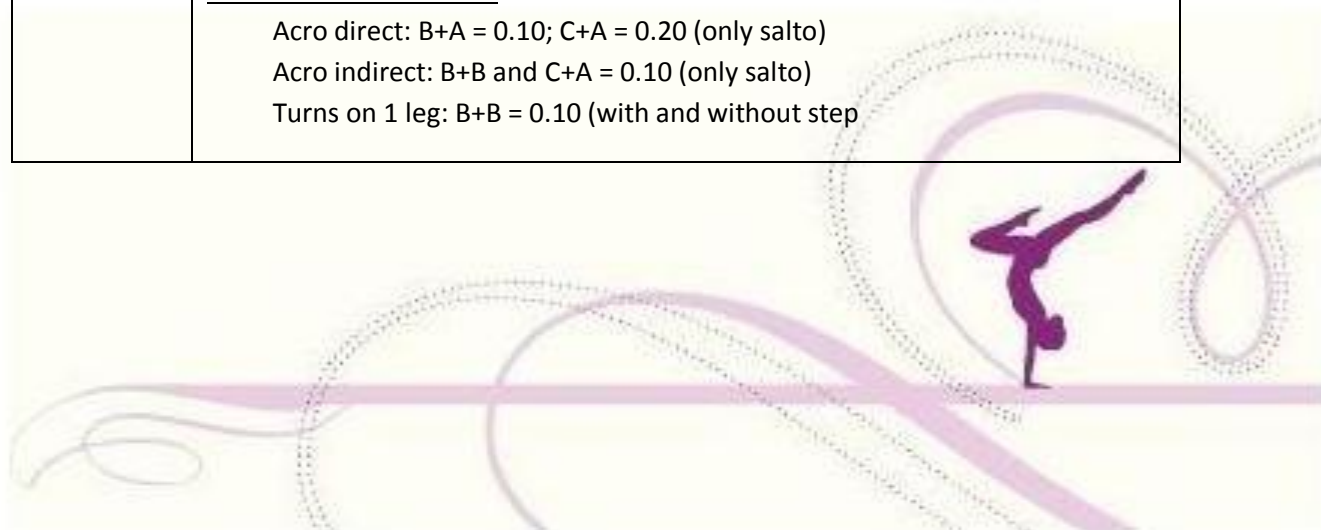
Categorie 1:

Age-category: CAT 1. 2005 – 2006	
Short exercice: 7 – 8 elements -> no deduction 5 – 6 elements -> - 2.0 3 – 4 elements -> - 4.0 1 – 2 elements -> - 6.0	
Vault.	Height: 1.10m., 2 FIG vaults, best one counts.
Uneven Bars.	No deduction for jump LB – HB (-0,50) Number of value elements: 8 (included dismount) 3 CR (at choix), max. 1.50 ptn: 1. Element LB – HB (FIG – Straddle circle (⊙) is admitted) 2. Element “giant” 3. Circle element C or devaluated B (with FIG deduction) 4. Dismount (FIG): - 0.30 without salto - 0.50 with salto Additional elements: - A = 
Beam.	Number of value elements: 8 [max. 5 acro (included dismount) + min. 3 gymnn] 5 CR, max. 2.50 ptn: 1. Dance passage - 2 elements 2. Pirouette min. A (group 3 – FIG) 3. 1 acro serie side- or frontways. 4. 1 acro serie backwards 5. Dismount: A = 0.50
Floor.	Number of value elements: 8 [max. 5 acro (included dismount) + min. 3 gymnn] 5 CR, max. 2.50 ptn: 1. Dance passage - FIG 2. 1 front or side salto in acro line 3. 1 backwards salto in acro line 4. 1 different salto then in CR 2 & 3 5. Dismount: A = 0.50



Categorie 2:

Age-category: CAT 2. 2002 – 2003 – 2004	
Vault.	Height: 1.25m., 2 FIG vaults, best one counts
Uneven Bars.	Number of value elements: 8 (included dismount) 5 CR (at choix), max. 2.50 ptn: 1. Element LB – HB (FIG) 2. Element HB – LB or flight element same barre. 3. Circle element C or devaluated B (with FIG deduction) 4. Different handgrip or non-flight element 360°. 5. Dismount: A = 0.30 ; B = 0.50.
Beam.	Number of value elements: 8 [max. 5 acro (included dismount) + min. 3 gymn] 5 CR, max. 2.50 ptn: 1. Dance passage - 2 elements (FIG) 2. Pirouette min A (group 3 – FIG). 3. Acro line (FIG – min. 1 flight element) 4. Acro element backwards and front- or sideways. 5. Dismount: A = 0.30 ; B = 0.50. <u>Extra connection values.</u> Acro: B+B = 0.10; B+C = 0.20 (only flight, not dismount) B+B+B (without flight + dismount) = 0.10 Turns A+C = 0.10 Mixed/dance: B+B = 0.10; C+C = 0.20 (different)
Floor.	Number of value elements: 8 [max. 5 acro (included dismount) + min. 3 gymn] 5 CR, max. 2.50 ptn: 1. Dance passage - FIG 2. Acro line with 2 salto, direct connection. 3. Salto backwards and front- or sideways. 4. Salto backwards with spin 360°. 5. Dismount: A = 0.30 ; B = 0.50. <u>Extra connection values.</u> Acro direct: B+A = 0.10; C+A = 0.20 (only salto) Acro indirect: B+B and C+A = 0.10 (only salto) Turns on 1 leg: B+B = 0.10 (with and without step)

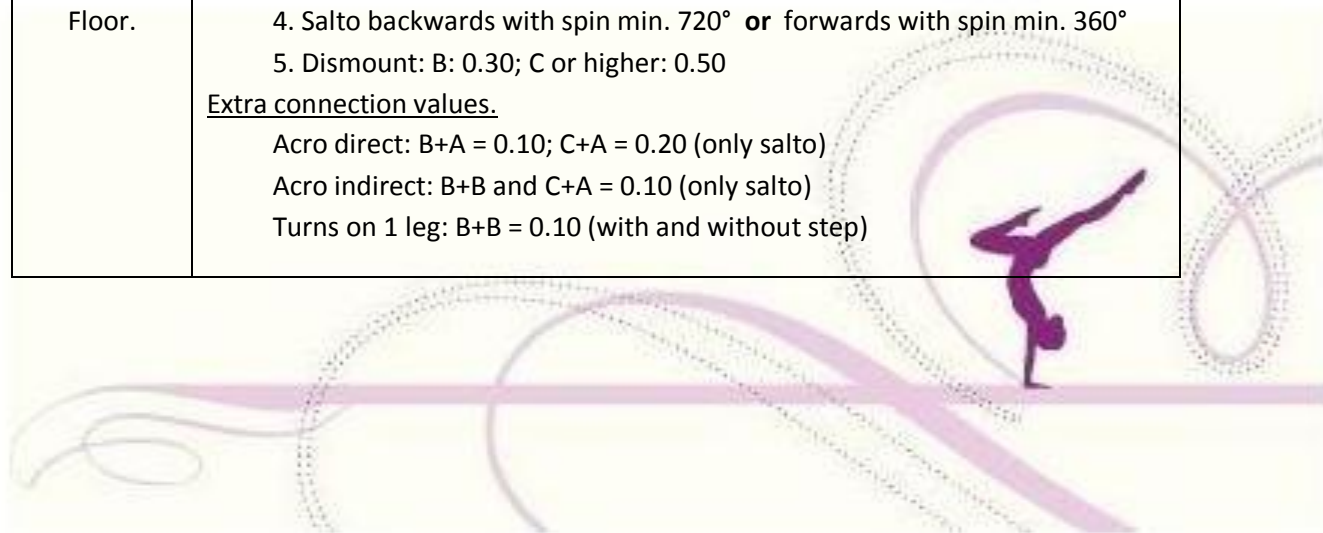


Category 3:

Age-category: CAT 3. 2001 and older	
All apparatus	As per F.I.G.

Category 4:

Age-category: CAT 4. 2001 and older	
Vault.	Height: 1.25m. 2 FIG vaults , best one counts
Uneven Bars.	<p>Number of value elements: 8 (included dismount) 5 CR (at choix), max. 2.50 ptn:</p> <ol style="list-style-type: none"> 1. Element LB – HB (FIG) 2. Flight element same barre. 3. Element HB – LB 4. Different handgrip or non-flight element 360°. 5. Dismount: B: 0.30; C or higher: 0.50.
Beam.	<p>Number of value elements: 8 [max. 5 acro (included dismount) + min. 3 gymn]</p> <p>5 CR, max. 2.50 ptn:</p> <ol style="list-style-type: none"> 1. Dance passage – min 2 elements (FIG) 2. Pirouette min A (group 3 – FIG). 3. Acro line (FIG – min. 1 flight element) 4. Acro element backwards and front- or sideways. 5. Dismount: B: 0.30; C or higher: 0.50 <p><u>Extra connection values.</u></p> <p>Acro: B+B = 0.10; B+C = 0.20 (only flight, not dismount) B+B+B (without flight + dismount = 0.10 Turns A+C = 0.10 Mixed/dance: B+B =0.10; C+C = 0.20 (different)</p>
Floor.	<p>Number of value elements: 8 [max. 5 acro (included dismount) + min. 3 gymn]</p> <p>5 CR, max. 2.50 ptn:</p> <ol style="list-style-type: none"> 1. Dance passage - FIG. 2. Acro line with 2 salto direct connection or double salto backwards. 3. Salto backwards and front- or sideways. 4. Salto backwards with spin min. 720° or forwards with spin min. 360° 5. Dismount: B: 0.30; C or higher: 0.50 <p><u>Extra connection values.</u></p> <p>Acro direct: B+A = 0.10; C+A = 0.20 (only salto) Acro indirect: B+B and C+A = 0.10 (only salto) Turns on 1 leg: B+B = 0.10 (with and without step)</p>



Categorie 5:

Age-category: CAT 5. 2007 and younger.	
Vault.	2 vaults: Salto forwards tucked on platform 50cm height. 1 springboard.
Uneven Bars.	<p>(Exercise is performed on HB, additional mat of 30cm allowed)</p> <p>1 : from hang pull up with chin above the HB – upward circle</p> <p>2: cast above horizontal</p> <p>3: back hip circle</p> <p>4: circle forwards with straight arms to...</p> <p>5: reverse hang (2")</p> <p>6: by V-hang to pikehang (2") (= legs horizontal)</p> <p>7: closed staldler-hang legs horizontal – V-hang – spread staldler-hang</p> <p>8: by V-hang to reverse hang (2")</p> <p>9: by V-hang to hang</p> <p>10:curbet-swings 3x</p> <p>11:basic-swings 3x</p>
Beam.	<p>6 elements from the following lists.</p> <p>Mounts: - push to stradle stand on beam. - squat through to sit.</p> <p>Jumps: - stretched jump. - Tuck hop. - split leap 135°. - split jump 135°. - sissone 135°. - 1/2 pirouette.</p> <p>Element close to the beam - own choice.</p> <p>Elements: - cartwheel. - handstand 2". - handstand sideways.</p> <p>dismounts: - Round-off. - Cartwheel stretched jump.</p>



Floor	<p>8 elements from the following lists.</p> <p>Elements:</p> <ul style="list-style-type: none">- press to handstand.- cartwheel.- Roll backward to front support.- Handspring forwards landing on one leg.- Handspring forwards landing on both legs.- Round-off. <p>Jumps:</p> <ul style="list-style-type: none">- Split leap fwd FIG.- pirouette 360°.- straddle pike jump.- stretched jump 1/2 turn.- stretched jump.- Tuck hop
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