

CUP
of
flanders

CUP OF FLANDERS

Trampoline

Double Mini Trampoline

Ghent, Belgium

November 9-10-11, 2012

9-10-11 November 2012
GENT - BELGIUM

CUP
of
flanders

International competition
double-mini
trampoline

Gymnastiek
Federatie
Vlaanderen vzw

SL
STERK & LENIG
BROUWEN

Topsporthal Vlaanderen www.cupofflanders.be

V.O.S. Biek en Lenig Dr. vzw - Foto's gymnasten: Gymfoto - Inas Decoster



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DIRECTIVES/INVITATION

Dear President,
Dear Trampoline friends,

We kindly invite you to participate at the 8th CUP OF FLANDERS.

GENERAL INFORMATION

The competition will be organized by the Organizing Committee under the auspices of 'Sterk en Lenig Drogen' and the Flemish league of the Royal Belgian Gymnastics Federation (GymnastiekFederatie Vlaanderen).

Address of the Organizing Committee:

Sterk en Lenig Drogen
Avennesdreef 37
9031 Gent-Drogen (Belgium)

Tel: 0032 495 505 716

E-mail: info@cupofflanders.be

Web: www.cupofflanders.be

COMPETITION VENUE

Topsportal Vlaanderen

Zuiderlaan 14

9000 Ghent (Belgium)

Tel. 0032 9 244 72 22

Web: www.topsportal.be



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ELIGIBILITY

All participants and clubs must be members of a federation affiliated to the FIG.

Participants may compete in all events.

PROVISIONAL PROGRAM

Training is available from Monday November 5th till Wednesday November 7th 2012, but not in the competition hall. Please let us know in advance if you need training on this days.

Thursday November 8 th , 2012:	Arrival of delegations and accreditation Training
Friday November 9 th , 2012:	Arrival of delegations and accreditation Training
Saturday November 10 th , 2012:	Preliminary rounds Double Minitrampoline and trampoline individual
Sunday November 11 th , 2012:	Preliminary rounds Trampoline Synchro and all finals

Note: Adjustments to the competition program may be necessary. Interested parties will be informed of any changes made.

CATEGORIES (Male and female competition for each category)

Individual Trampoline

Seniors: Minimum 17 years old (born 1995 or older)

Under 21: Minimum 17, maximum 21 years old (born 1995-1991)

Juniors: Minimum 12, maximum 17 years old (born 2000-1995)

Synchronised Trampoline

Seniors: 17 years and older (born 1994 and older)

Juniors: 17 years and younger (born 1995 and younger)



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Seniors: 17 years and older (born 1994 and older)

Juniors: 17 years and younger (born 1995-1996-1997)

Youth: 14 year and younger (born 1998 and younger)

ROUTINES

Trampoline

seniors and Under 21 world A set

juniors

compulsory:

ten different elements with at least nine somersaults of at least 270° somersault rotation to include:

1. at least one somersault of least 270°

somersault rotation landing on front or back, followed by a move of at least 450° somersault rotation

2. and one of the following:

-back somersault with 360° somersault rotation and a full twist or

-front somersault with 360° somersault rotation and 540° twist rotation or

-a double somersault

voluntary:

free (FIG rules)

Double Mini Trampoline

Seniors: There is no minimum or maximum difficulty requirements but it is expected that the gymnasts competes at least one double in each pass

Juniors and Youth: There are no minimum or maximum difficulty requirements, but the gymnasts are required to perform at least a single somersault for each skill in each pass.



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The gymnasts with the 8 best scores from the qualifying round will go to the final. Finals start from zero. If there are less than 12 competitors, 2/3 of them go to the finals (11 or 10 competitors = 7 finalists, 9 competitors = 6 finalists, ...)

ENTRY DATES & FEES

Maximum 500 entries. Competition entry will be on a first applying basis.

Entree fee: € 25.00 per discipline (trampoline, DMT) and € 30.00 per synchro-pair

Please note that the federations or clubs must cover all bank fees in connection with bank transfers to the bank account of the Organizing Committee.

STERK EN LENIG DRONGEN

IBAN nr: BE58 3900 2005 2379

BIC: BBRUBEBB

Bank: ING

9000 Ghent - Belgium

Declaration of Interest: 1st Aug 2012

Deadline for final entry and payments 1st Sept 2012

JUDGES

Each nation or club must bring judges as follows:

2-10 competitors = 1 judge

11-20 competitors = 2 judges

21 or more competitors = 3 judges

All judges must participate in the judges meetings.

EQUIPMENT

Trampolines: Eurotramp 4/4 mm

Double Mini Trampoline: Eurotramp



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VISA

Please check if a VISA is required for your travel to Belgium. The Organizing Committee will be happy to assist with an official invitation, provided that your request is made by August 1st, 2012.

INSURANCE

The Organizing Committee is not responsible for any liability in case of accidents, therefore all participants and clubs must have their own adequate insurance coverage.

TRAVEL & ACCOMODATION

All travel/accommodation will be competitors own responsibility. If you want some assistance or information on travel or accomodation issues, please contact us, we may be able to help you make arrangements.

The nearest airports are Brussel Airport and Ostend Airport.

Nearest train station is Gent-St-Pieters.

Hotel information: www.gent.be

From the centre of the city of Gent to the competition venue there is public transportation every 20 minutes.

MEALS

You can order for lunch on Friday 9th, Saturday 10th and Sunday 11th of November 2012. Meals are being served between 12h00 and 14h00 next door the competiton hall.

Lunches are to be ordered and payed together with the final entree before 1st Sept. 2012. (Price: 11,50 Euro)



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DECLARATION OF INTEREST
 Due 1st August 2012

Country:
Team Name:
Contact Name:
Address:

Telephone:
e-mail address:

DELEGATION	Trampoline	DMT	Synchro
Head of Delegation			
Judges			
Coaches			
Other officials			
Competitors-senior ladies			
Competitors-senior men			
Competitors-under 21 girls		XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX
Competitors-under 21 boys		XXXXXXXXXXXXXXXXXXXX	XXXXXXXXXXXXXXXXXXXX
Competitors-junior girls			
Competitors-junior boys			
Competitors-youth girls	XXXXXXXXXXXXXXXXXXXX		XXXXXXXXXXXXXXXXXXXX
Competitors-youth boys	XXXXXXXXXXXXXXXXXXXX		XXXXXXXXXXXXXXXXXXXX

Send this form to:

Sterk en Lenig Drongen
 Avennesdreef 37
 9031 Gent-Drongen (Belgium)

or by mail: info@sterkenlenig.be



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FINAL ENTREE FORM

Due no later than 1st September 2012

Country:
Team Name:
Contact Name:
Address:

Telephone:
e-mail address:

OFFICIALS		
	NAME	DISCIPLINE
Head of Delegation		
Judge		
Judge		
Judge		
Judge		
Coach		
Coach		
Coach		
Coach		

Individual Trampoline

	Name	Date of Birth	M/F	Category
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				



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Synchronised Trampoline

	Name	Date of birth	M/F	Category
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Double Mini Trampoline

	Name	Date of birth	M/F	Category
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

Total number of individual entrees= X € 25.00 = €

Total number of synchronised entrees= X € 30.00 = €

TOTAL = €

Meals

Friday, November 9th 2012: X € 11.50 = €

Saturday, November 10th 2012: X € 11.50 = €

Sunday, November 11th 2012: X € 11.50 = €

TOTAL = €



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Full payment must be submitted with this entree form, otherwise the entrees must be rejected.

Please make bank transfer to: STERK EN LENIG DRONGEN

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BIC: BBRUBEBB

Bank: ING

9000 Ghent - Belgium