

4th edition GymnEschtic Cup 2017

Dear friends of gymnastics,

We have the great pleasure to invite you to the 4th edition of our international competition of women's artistic gymnastics.

The new edition of GymnEschtic Cup will take place on Saturday May 27th, 2017.

We expect an individual competition and / or team with the following age categories :

- Seniors 2001+,
- Juniors1 2002-2003
- Juniors2 2004-2005
- Minimes 2006-2007-2008,
- Minis 2008-2009-2010.

General information and regulations can be found at the end of this information.

We would be pleased to have you with us and remain at your disposal to answer any questions.

For the Organizing Committee
Patrick van Landeghem



Organizer :	S.G. l'Espérance Esch
Affiliated to :	Fédération Luxembourgeoise de Gymnastique FLGYM
Official address :	L'Espérance Esch BP 27 L-4001 Esch/Alzette contact@esperance.lu T. : 00352 621 21 44 88
Program :	Friday May 26th, 2017 <ul style="list-style-type: none"> • Reception at 3 pm • First training on gym floor possible at 5 pm Saturday May 27, 2017 <ul style="list-style-type: none"> • Competition in the morning and afternoon
Competition address :	Complexe Sportif Henri Schmitz Rue Dr Emile Colling L-4069 Esch/Alzette
Date of provisional registration :	April 1 st , 2017
Final registration date :	May 1 st , 2017
Inscription fees:	25€ per gymnast payable in advance by transfer to : L'Espérance Esch IBAN LU95 0019 5000 2379 0000 BCEELULL Reference : GymnEschtic Cup + club name
Gymnastics equipment :	The competition will take place on olympic set.
Team :	A team is composed of 4 gymnasts from the same category. Juniors and seniors are in the same category. The 4 gymnasts should perform on every equipment. The best three individual results will be taken to calculate the team result. A team can be composed by the gymnasts of one club and only one gymnast of another club. A federation can also built a team by uniting individual participants from different clubs. The category C5 can only participate in individual competition.
Individual ranking :	Individual participation is also possible. You don't have to be a team.
Judges :	We request one judge per 1-4 gymnasts. A fee of 50 € is foreseen if a judge is missing.

Transportation :	We can organize the transportation from the airport or the main station to the hotel or the training hall.
Where to sleep ?	You have the possibility to sleep in a separate training hall, but you have to take your own sleeping bags with you. If you would do so please inform us as we have to make the reservation for this room for your club. We will organize the breakfast.
Hotels next to the training hall used in the past :	<p>Ibis Esch Belval Avenue du Rock n Roll, 12 L-4361 Esch-sur-Alzette Tél.: 00352 26 17 31</p> <p>Hôtel Stand'Inn Rue du Brill, 9 L- 3898 Foetz Tél. : 00352 26 17 88</p>

Règlement, Reglement, Regulations

Catégorie, Kategorie, Category		
C1 : Seniors	2001+	FIG
C2 : Juniors 1	2002 – 2003	FIG
C3 : Juniors 2	2004 – 2005	FIG
C4 : Minimes	2006 – 2007 – 2008	Règlement adapté Angepasstes Reglement Adapted regulations
C5 : Minis	2008 – 2009 – 2010	Programme spécial Sonderregeln Special regulations

Minimes

Sprung Saut Vault	Code FIG 2 Sprünge - Bester Sprung zählt	Code FIG 2 sauts - le meilleur compte	Code FIG 2 vaults - best one counts
Barren	6 - 8 Elements = 10 Points		
	5 EL = - 2 P		
Barres	4 EL = - 4 P		
	3 EL = - 6 P		
Uneven Bars	1-2 EL = - 8 P		
	KA 1: Rückschwung zum Handstand 0,5	EX 1: élaner à l' ATR 0,5	CR 1: Backswing to Handstand 0,5
	KA 2: freie Felge, Bückumschwung, Stalder = mindestens B 0,5	EX 2: tour libre, pied main ATR, stalder = minimum B 0,5	CR 2: Free circle, pike sole circle, stalder circle = minimum B 0,5
	KA 3: Riesenfelge 0,5	EX 3: Grand tour arrière 0,5	CR 3: Giant 0,5
	KA 4: Flug von oben nach unten oder von unten nach oben 0,5	EX 4: envol BS - BI ou BI - BS 0,5	CR 4: Element HB - LB or LB - HB 0,5
Balken	8 Elemente - Abzüge nach Code	8 éléments - déductions selon Code	8 elements - deductions according to Code
Poutre	KA 1: Gymnastische Serie nach Code 0,5	EX 1: serie gymnique Code 0,5	CR 1: Dance passage Code 0,5
	KA 2: gymnastische Drehung Code 0,5	EX 2: tour 360° 0,5	CR 2: Pirouette 360 ° 0,5
Beam	KA 3: Akro Serie minimum B+B 0,5	EX 3: serie acro minimum B+B 0,5	CR 3: Acro line minimum B+B 0,5
	KA 4: Akro vw / sw und rw 0,5	EX 4: acro av / lat et arr. 0,5	CR 4: Acro element front / side and backwards 0,5
Boden	8 Elemente - Abzüge nach Code	8 éléments - déductions selon Code	8 elements - deductions according to Code
Sol	Ka 1: tänzerische Passage Code 0,5	EX 1: passage gymnique Code 0,5	CR 1: dance passage Code 0,5
	KA 2: Salto mit 360° LAD 0,5	EX 2: salto vrille 360° 0,5	CR 2: Salto with twist 360° 0,5
Floor	KA 3: Doppelsalto oder Schraubensalto min. 540° 0,5	EX 3: double salto ou salto vrille min 540° 0,5	CR 3: double salto or Salto twist min. 540° 0,5
	KA 4: Salto vw / rw 0,5	EX 4: Salto av / arr 0,5	CR 4: Salto forwards / backwards 0,5

Minis

Sprung	Handstützüberschlag zur Rückenlage		Renversement avant sur les dos		Front handspring to landing on the back	
Saut	Mattenberg 1,00 M		Matelas à 1 mètre		Mats at 1 meter	
Vault		10 P		10 P		10 P
Barren	Schwingen mit Schlaufen		Balancers avec sangles		swinging with loops	
Barres	bis zur Riesenfelge	10 P	Grand tour	10 P	Giant	10 P
Bars	mit Hilfe: maximum	4 P	avec aide: maximum	4 P	with help: maximum	4 P
Balken	1. Rad		1. roue		1. Cartwheel	
Poutre	2. Bogengang rückwärts		2. souple arrière		2. Walkover backwards	
Beam	3. Sprung 135°		3. saut 135°		3. jump 135°	
	4. Gymn. Drehung 360°		4. tour 360°		4. turn 360°	
	5. Standwaage		5. Planche		5. Scale fwd	
	5 x 2 P =	10 P	5 x 2 P =	10 P	5 x 2 P =	10 P
Boden	1. anspringen - Handstützüberschlag	2 P	1. sursaut - renversement avant	2 P	1. jump to front handspring	2 P
Sol	2. Flick - Flack 2x	2 P	2. Flic - Flac 2x	2 P	2. Flic - Flac 2x	2 P
Floor	Flick - Flack 1x	0,5 P	Flic - Flac 1x	0,5 P	Flic - Flac 1x	0,5 P
	3. Salto vorwärts (Sprungbrett)	2 P	3. Salto avant (tremplin)	2P	3. Salto fwd. (Springboard)	2 P
	4. Gymn. Sprung 160 °	2 P	4. Saut 160°	2P	4. Jump 160°	2 P
	5. Gymn. Drehung 360°	2 P	5. tour 360°	2P	5. Turn 360°	2 P
	Seilklettern	5 P	grimper à la corde	5 P	Rope climbing	5 P
	Schweizer Handstand	5 P	Monter à l' ATR	5 P	Press to handstand	5 P