



## Technical guide

The gymnastic association TopTurnen West has the pleasure to invite your team to participate in the 5<sup>th</sup> (International) Competition for youth, junior & senior.

<b>Date &amp; Schedule</b>	<p><b><u>October 23th, 2021</u></b></p> <p><b>Competition 1: All-around/team competition for youth</b></p> <p>09:00 – 09:15 General warming-up          09:15 – 10:15 Apparatus warming-up          10:15 – 12:15 Team competition</p> <p><b>Competition 2: All-around/team competition for junior &amp; senior</b></p> <p>13:00 – 13:15 General warming-up          13:15 – 14:15 Apparatus warming-up          14:15 – 16:15 Team competition</p>
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<b>Venue</b>	Turnhal TopTurnen West, De Weijver 8, 1718 MS Hoogwoud
<b>Organization</b>	TopTurnen West Website: <a href="http://www.topturnenwest.nl">www.topturnenwest.nl</a> Event manager: Monique Zwarthoed +31611913205
<b>Registration</b>	To be sent to: Monique Zwarthoed Mail: <a href="mailto:monique@topturnenwest.nl">monique@topturnenwest.nl</a>
<b>Deadline</b>	Final date of registration: october 1 <sup>st</sup> , 2021 Maximum number of gymnasts is 32 or 8 teams for one competition.
<b>Fees</b>	Entry fees € 25, - per gymnast
<b>Insurance</b>	Insurance covering illness, accident, third party liability (and other aspects not specifically mentioned) for each gymnast and each member of each delegation is a condition for participation. The organization committee does not accept any responsibility or liability.

<b>Payment</b>	<p>IBAN: NL27 RABO 0340574232</p> <p>BIC: RABONL2U</p> <p>Beneficiary: TopTurnen West; De Weijver 8; 1718 MS Hoogwoud</p> <p>Reference: name of delegation; 5th International Tournament CREATE Team Cup 2021; registration fees</p>
<b>Apparatus</b>	<p>Jansen &amp; Fritsen; new olympic floor. There will be one set of apparatus available for competition. The competition is in our training hall.</p>
<b>Category Teams</b>	<p>Competiton 1: Age group youth (2008 &amp; 2009)</p> <p>Competition 2: Age group junior (2006 &amp; 2007) &amp; senior (2005 &amp; older)</p>
<b>Competition rules</b>	<p>FIG code 2017</p> <p>Team: 4-3-3 (4 gymnasts in the team, 3 gymnasts compete, 3 scores count)</p> <p>The use of an extra mat is allowed during the competition</p>
<b>Judge</b>	<p>The assistance of a judge per team is compulsory.</p>
<b>Medals &amp; Rewards</b>	<p>All gymnasts will receive a participation certificate and a souvenir.</p> <p>There are cups for the best 3 teams.</p> <p>There are medals for the best 3 individual gymnasts.</p> <p>There is a special gift for the best gymnast on every apparatus.</p>
<b>Photographies</b>	<p>The press and our photographers' team will be present during the competition.</p> <p>Your gymnasts may be photographed, and the press may use the pictures.</p>