



Technical guide

The gymnastic association TopTurnen West has the pleasure to invite your team to participate in the 6th (International) Competition for youngsters, youth, junior & senior.

Date & Schedule	<p><u>November 19th, 2022</u></p> <p>Competition 1: All-around/team competition for youngsters</p> <p>09:00 a.m.– 09:15 a.m.: General warming-up</p> <p>09:15 a.m.– 11:15 a.m.: Competition</p> <p>5 minutes Apparatus warming-up, followed by competing</p> <p>11:20 a.m.: Award Ceremony</p> <p>Competition 2: All-around/team competition for youth</p> <p>11:30 a.m.– 11:45 a.m.: General warming-up</p> <p>11:45 a.m.– 13:45 p.m.: Competition</p> <p>5 minutes Apparatus warming-up, followed by competing</p> <p>13:50 p.m.: Award Ceremony</p> <p>Competition 3: All-around/team competition for junior & senior</p> <p>14:00 p.m.– 14:15 p.m.: General warming-up</p> <p>14:15 p.m.– 15:15 p.m.: Apparatus warming-up</p> <p>15:15 p.m.– 17:15 p.m.: Competition</p> <p>17:20 p.m.: Award Ceremony</p>
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Venue	Turnhal TopTurnen West, De Weijver 8, 1718 MS Hoogwoud
Organization	TopTurnen West Website: www.topturnenwest.nl Event manager: Monique Zwarthoed
Registration	Digital form https://topturnenwest.nl/ttw-team-cup/
Deadline	Final date of registration: november 1 st , 2022 Maximum number of gymnasts is 24 or 4 teams for one competition.
Fees	Entry fees € 25, - per gymnast
Insurance	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.
Payment	<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; 6th International Tournament TTW Team Cup 2022; registration fees</p>
Apparatus	<p>J&F Pegasus, Beam & Olympic floor; Spieth barrs München (new)</p> <p>There will be one set of apparatus available for competition. The competition is in our training hall.</p>
Category Teams	<p>Competition 1: Youngsters, born 2013, 2012 & 2011</p> <p>Competition 2: Youth gymnasts, born 2010 & 2009</p> <p>Competition 3: Junior, born 2008 & 2007 & Senior, born 2006 & older</p>
Competition rules	<p>FIG code for WAG 2022-2024 Code of Points</p> <p>Youngsters: Supplement 1</p> <p>Youth: Supplement 2</p> <p>Junior & Senior: FIG</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>
Judge	The assistance of a judge per team is compulsory.
Medals & Rewards	<p>All gymnasts will receive a participation certificate and a souvenir.</p> <p>There are cups for the best 3 teams in the category youngsters, in the category youth and in the category junior/senior.</p> <p>There are medals for the best 3 individual gymnasts in every category.</p> <p>There is a special gift for the best gymnast on every apparatus.</p>
Photography	<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>