



## Technical guide

The gymnastic association TopTurnen West has the pleasure to invite your team to participate in the 7<sup>th</sup> (International) Competition for youngsters, youth, junior & senior.

<p><b>Date &amp; Schedule</b></p>	<p><b><u>Februari 11th, 2024</u></b></p> <p><b><u>Judges meeting:</u></b> 08.30 a.m. – 08.45 a.m.</p> <p><b>Competition 1: All-around/team competition for youngsters</b></p> <p>09:00 a.m.– 09:15 a.m.: General warming-up</p> <p>09:15 a.m. March to apparatus</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><b>Competition 2: All-around/team competition for youth</b></p> <p>11:45 a.m.– 12:00 p.m.: General warming-up</p> <p>12:00 p.m.– 13:00 p.m.: Apparatus warming-up</p> <p>13.00 p.m. March to apparatus</p> <p>13:00 p.m. – 15.00 p.m. Competition</p> <p>5 minutes Apparatus warming-up, followed by competing</p> <p>15:00 p.m.: Award Ceremony</p> <p><b>Competition 3: All-around team competition for junior/senior</b></p> <p>15:00 a.m.– 15:15 p.m.: General warming-up</p> <p>15:15 p.m.– 16:15 p.m.: Apparatus warming-up</p> <p>16.15 p.m. March to apparatus</p> <p>16:15 p.m. – 18.15 p.m. Competition</p> <p>5 minutes Apparatus warming-up, followed by competing</p> <p>18:15 p.m.: Award Ceremony</p>
<p><b>Venue</b></p>	<p>Turnhal TopTurnen West, De Weijver 8, 1718 MS Hoogwoud</p>
<p><b>Organization</b></p>	<p>TopTurnen West</p> <p>Website: <a href="http://www.topturnenwest.nl">www.topturnenwest.nl</a></p> <p>Event manager: Monique Zwarthoed</p>

<b>Registration</b>	Digital form <a href="https://topturnenwest.nl/ttw-team-cup/">https://topturnenwest.nl/ttw-team-cup/</a>
<b>Deadline</b>	Final date of registration: december 1 <sup>st</sup> , 2023  Maximum number of gymnasts is 48 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>	IBAN: NL27 RABO 0340574232  BIC: RABONL2U  Beneficiary: TopTurnen West; De Weijver 8; 1718 MS Hoogwoud  Reference: name of delegation; 7th International Tournament TTW Team Cup 2024; registration fees
<b>Apparatus</b>	J&F Pegasus, Beam & Olympic floor; Spieth barrs München  There will be one set of apparatus available for competition. The competition is in our training hall.
<b>Category Teams</b>	Competition 1: Youngsters, born 2014, 2013 & 2012  Competition 2: Youth gymnasts, born 2012 & 2011  Competition 3: Junior, born 2010 & 2009 & Senior, born 2008 & older
<b>Competition rules</b>	FIG code for WAG 2022-2024 Code of Points  Youngsters: Supplement 1  Youth: Supplement 2  Junior & Senior: FIG  Team: 4-3-3 (4 gymnasts in the team, 3 gymnasts compete, 3 scores count)  The use of an extra mat is allowed during the competition
<b>Judge</b>	The assistance of a judge per team is compulsory.
<b>Medals &amp; Rewards</b>	There are cups for the best 3 teams in the category youngsters, the category youth and the category junior/senior.  There are medals for the best 3 individual gymnasts in every category. There is a special gift for the best gymnast on every apparatus. All gymnasts will receive a participation certificate and a souvenir.
<b>Photography</b>	The press and our photographers' team will be present during the competition. Your gymnasts may be photographed, and the press may use the pictures.