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S a t r u p



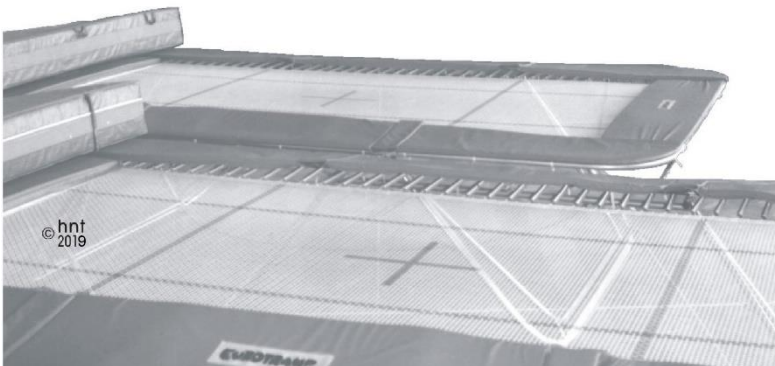
Trampolin

29. Internationaler

Ostseepokal

2020

Ausschreibung



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2019

EUROTRAMP

Invitation

29th international Ostseepokal Trampolining

Place: Sörup (Schleswig-Holstein)
Schulstraße 10 / School Centre
Gym height: 8 m
Sörup is next to the Danish border ca. 20 kilometers southeast of Flensburg.
The next airport is Hamburg ca. 1.5 hours travel time.

Date: 30th – 31st May 2020

Regulations: Generally according to the regulations of the FIG (CoP 2017).
The preliminary round will proceed according to rule 1.2 of the international competition regulation.
There will be 10 finalists in all competition classes starting with 0 points. In case of small competition classes the German 2/3 rule applies.

Information: Jörg Lassen (also available during the competition!)
Tel. +49 151 - 16 52 00 75 E-Mail: meldung@ostseepokal.de

Internet: www.ostseepokal.de

Equipment: 6 Eurotramp Ultimate trampolines with 4/4 mm beds.
Additionally, two equivalent trampolines for warming up.

Judges: For the individual and synchron competition one judge has to be registered by name. Otherwise a penalty of 5 Euros has to be paid for each registered competitor. For more than 10 competitors two judges have to be named.

Chair of judges and international judges have to provide a valid FIG-license!

The judges have to wear appropriate clothing!

Used judges receive compensation.

Registration: € 17,-- per individual registration
€ 22,-- per pair and start

Awards: All competitors receive a certificate.
Additionally the first three ranks of each competition class will be awarded with a price.

Payment: Until **15th of May 2020** to TST Satrup
VR Bank Nord eG
IBAN: DE69 2176 3542 0010 3171 79
BIC-/SWIFT-Code: GENODEF1BDS
Reference: "Club name + Ostseepokal 2020"

Accommodation:

Sleeping locations will be in classrooms of a neighboring school or in rooms of other nearby buildings (possibly in the 5 km distant village Satrup) for 5 Euros per person per night.

Do not forget your sleeping bags and matrices (in suitable size!)

The rooms will be appointed on Friday starting from 5pm.

You cannot get your rooms before that, because we will be setting up the competition!

Deposit: **On arrival clubs have to pay a deposit of 50 Euros for use of the rooms.**
If the rooms are left clean on departure we will return your deposit.

Rentable rooms / appartements:

Touristikverein Sörup am Sündensee
Bahnhofstr. 2a 24966 Sörup
Tel.: +49 4635 1277
www.touristik-soerup.de

Hotel: Kreisbahnhofshotel Sörup
Marktstr. 3 24966 Sörup
Tel.: +49 4635 2400
www.kreisbahnhofshotel.de

Competition Classes:

WK 1	Individual	Junior 11-12	f	up to age group 2008*	M5 M6
WK 2	Individual	Junior 11-12	m	up to age group 2008*	M5 M6
WK 3	Individual	Junior 13-14	f	age group 2006 – 2007	M6 M7
WK 4	Individual	Junior 13-14	m	age group 2006 – 2007	M6 M7
WK 5	Individual	Junior 11-12	f	age group 2008 – 2009	M7
WK 6	Individual	Junior 11-12	m	age group 2008 – 2009	M7
WK 7	Individual	Junior 13-14	f	age group 2006 – 2007	W11/12
WK 8	Individual	Junior 13-14	m	age group 2006 – 2007	W11/12
WK 9	Individual	Junior 15-16	f	age group 2004 – 2005	W13/16
WK 10	Individual	Junior 15-16	m	age group 2004 – 2005	W13/16
WK 11	Individual	Junior 17-18	f	age group 2002 – 2003	FIG B
WK 12	Individual	Junior 17-18	m	age group 2002 – 2003	FIG B
WK 13	Individual	Adults	f	age group 2001 and above	FIG A
WK 14	Individual	Adults	m	age group 2001 and above	FIG A

Difficulty

WK 15	Synchron	Junior up to 14	f	up to age group 2006*	2.9
WK 16	Synchron	Junior up to 14	m	up to age group 2006*	2.9
WK 17	Synchron	Junior 15-18	f	age group 2002 – 2005	3.7
WK 18	Synchron	Junior 15-18	m	age group 2002 – 2005	3.7
WK 19	Synchron	Adults	f	age group 2001 and above	4.2
WK 20	Synchron	Adults	m	age group 2001 and above	4.2
WK 21	Synchron	Mini-Mixed		up to age group 2003*	2.9
WK 22	Synchron	Mixed		open	2.9

The individual start is possible **either** in the junior classes (WK 1-4) **or** in the junior elite class (WK 5-8), but not in both. In the synchron competition participation is possible in one of the classes WK15 to WK 20 and **additionally either** in WK 21 **or** WK 22!

In both the individual and the synchron competition it is possible to perform higher compulsory routines than specified. In WK11 to WK14 the compulsory difficulty will be awarded for FIG A or FIG B routines, but not in WK 5 to WK 10. Meaning it is possible to repeat compulsory elements in the second round/finale in WK 5 to WK 10.

Exception: WK 1 to WK 4 are solely for novices. In these competition classes it is not allowed to perform higher compulsory routines. All competitors have to show the M5 or M6 in WK 1 and WK2 and M6 or M7 in WK3 and WK4.

Synchron:

There are no compulsory routines. In the preliminary round there will be two voluntary routines, one of which has to have a minimal difficulty indicated in the table above. If the competitor fails to show at least one routine with the minimal difficulty in the preliminaries they won't be able to take part in the finals.

Mixed: The competition classes WK 21 – Mxed and WK 22 – Mini-Mixed will be judged by two boards if there are too many competitors in the preliminary round. The five (5) best pairs of each group will be in the finals. The finals start from 0 points.

Catering:	Friday,	29.05.	Dinner	€ 4,50
	Saturday,	30.05.	Breakfast	€ 4,50
			Dinner	€ 6,50
	Sunday,	31.05.	Breakfast	€ 4,50
			Dinner /Disco	€ 12,50
Monday,	01.06.	Breakfast	€ 4,50	

At lunch you can buy snacks from our food trucks.

Please, don't forget your judges during registration.

Dishes and cutlery are available!

Important Notice!

Preordering of food and sleeping arrangements have to be specified during registration!

Registration: Registration has to be done exclusively through the Ostseepokal website.

Old login data from previous years are still valid.

Clubs without login data have to request that information from the administrator not later than one week before the registration deadline.

Further information can be found on the website.

The maximum number of competitors is 390.

Registration Deadline: 3rd of May 2020

Attention: For changes after the registration deadline you have to notify the corresponding organizers on site.

All participants, meals and overnight stays that haven't been un-registered until the deadline have to be paid for!

NEW: All competition cards will be mailed to the clubs after the registration deadline. They have to be handed in by post or at the competition itself. (For the individual competition this is Friday until **10pm**).

Organizer: TST Satrup

signed: **Uwe Hansen, Jörg Lassen**
(verantwort. Ausrichter)

Compulsory routines

M 5

$\frac{3}{4}$ back somersault (straight)
to feet
jump (straddled)
back somersault (tucked)
barani (free)

jump (piked)
back somersault (piked)
jump (tucked)
back somersault to back landing (tucked)
 $\frac{1}{2}$ twist to feet

M 6

All in all 10 different skills. Compulsory skills at a free place from skill 1 to 10:

- $\frac{3}{4}$ back somersault straight
- Barani tucked or piked
- $\frac{3}{4}$ front somersault straight
- Baby-Fliffis

Max. 3 skills with less than 270° of somersault rotation..

M7

All in all 10 different skills. Compulsory skills at a free place from skill 1 to 10:

- $\frac{3}{4}$ back somersault straight
- Cody tucked
- Barani straight
- Babyfliffis tucked or piked

Max. 2 skills with less than 270° of somersault rotation.

----- **W 11-12** -----

The routine consists of 10 different elements. Max. two skills with less than 270° of somersault rotation. Every element, which fulfills the following requirements, has to be marked with an asterisk (*) on the competition card. The requirements have to be met in distinct elements and must not be combined!

1. one front landing
2. one back landing
3. one skill with 360° somersault rotation and at least 360° twist rotation

----- **W 13-16** -----

The routine consists of 10 different elements. Max. one skill with less than 270° of somersault rotation. Every element, which fulfills the following requirements, has to be marked with an asterisk (*) on the competition card. The requirements have to be met in distinct elements and must not be combined!

1. one front or back landing
2. one element starting from front or back in combination with requirement 1
3. one double somersault front- or backwards with or without twists
4. one skill with at least at least 360° somersault rotation AND 540° twist rotation

----- **FIG B** -----

1. The routine consists of 10 different elements. All of them with at least 270° somersault rotation.
2. The difficulty of two elements, which have been marked with an asterisk (*) on the competition cards, will be counted for the compulsory result.
3. It is not allowed to repeat one of these two skills in the first voluntary routine. If done so, the difficulty of the repeated skill will not be counted for the result of the voluntary routine.

----- **FIG A** -----

1. The routine consists of 10 different elements. All of them with at least 270° somersault rotation.
2. The difficulty of four elements, which have been marked with an asterisk (*) on the competition cards, will be counted for the compulsory result.
3. It is not allowed to repeat one of these four skills in the first voluntary routine. If done so, the difficulty of the repeated skill will not be counted for the result of the voluntary routine.

Preliminary Timetable

29.5. Arrival

from 5 ⁰⁰ pm	Check in (Information desk in the schoolyard)
5 ⁰⁰ - 10 ⁰⁰ pm	Training possible
until 10⁰⁰pm	Deadline for handing in competition cards for individual competition!
until 10 ⁰⁰ pm	Dinner possible
10¹⁵pm	<i>Coaches and judges meeting</i>
appr. 11 ³⁰ pm	Publishing of start lists <u>in the school</u>

30.5. Individual Competition

7 ³⁰ - 9 ¹⁵ am	Warm-up	after 9 ¹⁵ only in the warm-up area!
9 ⁰⁰ am	Trial run for the judges	
9 ³⁰ am	Start of competition	Marching in also for judges!
appr. 6 ⁰⁰ pm	Award ceremony	
from 7 ⁰⁰ pm	Dinner	
8 ⁰⁰ - 10 ⁰⁰ pm	Training possible	
until 9⁰⁰pm	Deadline for handing in competition cards for synchron competition!	
10⁰⁰pm	<i>Coaches and judges meeting</i>	

31.5. Synchron Competition

7 ³⁰ – 9 ¹⁵ am	Warm-up	after 9 ¹⁵ only in the warm-up area!
9 ⁰⁰ am	Trial run for the judges	
9 ³⁰ am	Start of competition	Marching in, also for judges!
appr. 6 ⁰⁰ pm	Award ceremony	
from 7 ³⁰ pm	Dinner / Disco	

1.6. Departure

6 ³⁰ – 9 ³⁰ am	Breakfast
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