



(FIG Event ID: 14851)

Dear Friends of Trampoline Gymnastics,

The Austrian Gymnastics Federation is pleased to invite you to the 5th International Alpencup Trampoline Gymnastics 2016 from 21st till 23rd October 2016 in Wals-Siezenheim (Salzburg)!

Discipline:

Trampoline Gymnastics

Host Federation:

Austrian Gymnastics Federation
Contact Person: Hubert Bruneder
Schwarzenbergplatz 10, 1040 Wien
Tel.: +43 1 505 51 79
Email: hubert.bruneder@oeft.at
www.oeft.at/alpencup

Location:

Wals-Siezenheim, Salzburg (Austria)

Dates:

21st – 23rd October 2016

Venue:

Walserfeldhalle
Schulstraße 17, 5071 Wals-Siezenheim, Salzburg
Tel: +43 662 85 13 70 50
Fax: +43 662 85 13 70 59
<http://www.walserfeldhalle.at/>
10 meters

Height of Hall:

Equipment:

Eurotramp Ultimate 4x4 mm (03150)

Rules:

The "Intl. Alpencup" will be organized under the following FIG rules, as valid in the year of the event, except for any deviation mentioned in these directives:

- Statutes
- Technical Regulations
- Code of Points and relevant Newsletters
- General Judges' Rules
- Specific Judges' Rules
- Doping Control Rules
- Licence rules
- Media Rules
- Apparatus Norms
- FIG Rules for Sanctioning of International Events
- Advertising and Publicity Rules

and subsequent decisions of the FIG Executive Committee

Participants:

The "Intl. Alpencup" is an International event; open to all clubs affiliated in the respective Federations as well as Representatives of National Federations, District or Regional Associations. The participating delegation members must have a valid insurance. The organizers will not be held responsible for any accidents.



5th International Austrian Trampoline Alpen Cup

Oct. 22, **2016**, Wals/Salzburg

Age Limits:

The "Intl. Alpencup" is open for the Age groups 11-12, 13-14, 15-16, 17-18 and Senior with by gender separated competitions for each Age group.

All gymnasts must have a valid FIG licence.

Provisional Schedule:

Friday, 21st Oct., 2016:

all day Arrival of delegations

06:00 p.m. - 08:00 p.m. Accreditation

06:30 p.m. - 09:00 p.m. Free Training

08:00 p.m. Orientation Meeting

Saturday, 22nd Oct., 2016:

08:00 a.m. - 10:00 a.m. Warm-Up

10:00 a.m. Qualification

04:30 a.m. Finals

07:30 p.m. Victory Ceremony

08:30 p.m. Banquet

Sunday, 23rd Oct., 2016:

all day Departure of delegations

Entry deadline:

Definitive entry: Mon, 15th Aug. 2016

Nominative entry: Fri. 16th Sept. 2016

Entry fee:

€ 35,- per gymnast and start

Judge:

Each delegation has to send at least one judge with a current valid FIG-Brevet!

Accreditation:

Accreditation will be on Friday, 21st of Oct. 2016 starting at 06:00 p.m. in the competition venue.

Event Format:

Valid FIG Trampoline Code of Points, Time of Flight, FIG tie-break rules for Qualifying Round and FIG requirements for first routine will be applied.

75% of all starters in each category – min. four (4), max eight (8) – will advance to the final.

In the finals the IOC tie-break rules for individual competition will be applied.

Medical Services:

Medical Services will be provided during the event.

Visa:

In case a visa is required to enter Austria the Austrian Gymnastics Federation will be happy to assist each delegation with an official invitation (reference no.), provided that the request is made before **15th of August 2016** with the respective form. The request must include the function, full name, gender, date of birth, place of birth, home address, citizenship and passport number, passport expiry date, the arrival and departure dates of each Delegation Member.

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Insurance:

The Host Federation and the FIG will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like. The FIG Technical Regulations foresee that all participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation for all the members of their Delegation.

The Organizers will verify the insurance upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy). Delegation members with insufficient insurance cover must inform the Organizers in advance.

The Organizers will subsequently offer insurance at the Federations own charge at € 5,- per person/day.

Transportation:

All transportation is at the participating delegation's responsibility and costs.

Accommodation:

Hotel Star Inn***
Franz Böhmer Straße 15
5071 Wals

The costs per person and night are the following:

- € 65,- (single room, incl. breakfast)
- € 47,- (double, incl. breakfast)
- € 50,- (twin, incl. breakfast)
- € 45,- (triple = 2 double beds, incl. breakfast)
- € 40,- (quadruple = 2 double beds, incl. breakfast)

Junge Hotels Wals (Hostel)
Schulstraße 5
5071 Wals
Tel: +43 662 851 377
<http://wals.hostel-salzburg.at>

€ 27,- (quadruple, incl. breakfast, person & night)
Two rooms share one bath room.

The accommodation form must be returned by Monday 15th August 2016, the rooms will be allocated in a "first come, first serve" basis.



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Meals:

In the competition hall there will be the possibility to buy snacks for dinner on Friday 21st of Oct. 2016 and for lunch Saturday 22nd of Oct. 2016.

Banquet:

The Banquet incl. Disco/Party starts on Saturday at 08:30 pm. Tickets can be purchased at € 20,- per person.

Payment:

Raiffeisenbank NOe+W:

IBAN: AT313200000000843425,

BIC: RLNWATWW

Raiffeisenlandbank Niederösterreich-Wien AG;
F.W.-Raiffeisen-Platz 1, 1020 Vienna

The participating federations/clubs are responsible for covering all bank fees in connection with the bank transfers!

Cancellation Policy:

The entry fee after the definitive entry is not refundable. Cancellation of accommodation between 16th August and 16th Sept. 2016 will be subject 50% of costs. In case of cancellation after 16th Sept. 2016 no costs will be refunded.

Deadline Summary:

Definitive entry:	Mon, 15 th Aug. 2016
Nominative entry:	Fri., 16 th Sept. 2016
Accommodation form:	Mon, 15 th Aug. 2016
Visa form:	Mon, 15 th Aug. 2016
Payment of entry fee:	Mon, 15 th Aug. 2016
Payment of accomm. (50%):	Mon, 15 th Aug. 2016
Payment of banquet:	Fri., 16 th Sept. 2016
Final payment:	Fri., 16 th Sept. 2016

Contact:

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1040 Vienna, Schwarzenbergplatz 10

Phone +43 1 505 51 79

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Annex: Competition and Difficulties

Competition number:

- Competition 1: 11-12 years female
- Competition 2: 11-12 years male
- Competition 3: 13-14 years female
- Competition 4: 13-14 years male
- Competition 5: 15-16 years female
- Competition 6: 15-16 years male
- Competition 7: 17-18 years female
- Competition 8: 17-18 years male
- Competition 9: Seniors female (17 years and older)
- Competition 10: Seniors male (17 years and older)

Difficulties:

Comp. 1/ 2: according to FIG 11-12 years rules for WAGC.

1. The routine consists of 10 different elements
2. only two (2) elements allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.
3. 1 element landing on the front of the body
4. 1 element landing on the back of the body

Comp. 3/ 4: according to FIG 13-14 years rules for WAGC.

1. The routine consists of 10 different elements
2. only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.
3. 1 element landing on the back of the body
4. 1 element landing on the front of the body
5. back somersault with full twist

Comp. 5/ 6: according to FIG 15-16 years rules for WAGC.

1. The routine consists of 10 different elements
2. only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.



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3. one (1) element either landing on the back or front of the body

4. Full (back somersault with 1/1 twist)

5. Rudi or Rudi ball out, (front somersault with 1 ½ twist or 1 ¼ from back, with 1 ½ twist)

Comp. 7/ 8 according to FIG 17-18 years rules for WAGC.

1. The routine consists of 10 different elements

2. only one (1) element allowed with less than 270° somersault rotation. Each element meeting the requirement must be marked with an asterisk (*) on the competition card. These requirements cannot be fulfilled by combining them into one element but must be performed as separate elements.

3. one (1) double front or back somersault with or without twist

4. one (1) element with a minimum of 540° of twist and minimum of 360° somersault rotation.

5. one (1) element to front or back

6. one (1) element from front or back - in combination with requirement No. 5

Comp. 9/10: FIG A according to Code of Points

**Limitations of the difficulty
in a single element accord.
to FIG rules for WAGC for
following age groups:**

-12 years: 1,5 pts.

13-14 years: 1,7 pts.

15-16 years: 1,8 pts.

17-18 years: 1,8 pts.

Looking forward to welcoming your delegation in Austria!

Austrian Gymnastics Federation



Friedrich Manseder, mp
President

Robert Labner, mp
Secr. Gen.

Ingrid Hemedinger, mp
Director of Sports TRA

Hubert Bruneder, mp
Sportscoordinator