

INVITATION



SWEDISH TEAMGYM OPEN

HÖGANÄS

April 13-15th, 2012



Gymnastikförbundet





Höganäs Gymnastikförening and the Swedish Gymnastics Federation

WELCOME YOU TO

SWEDISH TEAMGYM OPEN April 14-15th, 2012 Höganäs Sportcenter, Höganäs, Sweden

Information

Information can be provided by:

Competition Director

Cecilia Hjelm

E-mail: hjelm.c@telia.com

Höganäs GF Office

E-mail: info@hoganasgf.se

Web: www.hoganasgf.se/swteamopen

The city of Höganäs is located 25 kilometres from Helsingborg, 90 kilometres from Malmö and 130 kilometres from Copenhagen, Denmark. You can travel to Höganäs by air, train and then bus. The nearest airport is Ängelholm/Helsingborg, 30 kilometres, but then you have to travel through Stockholm Arlanda Aripport. The next nearest airport is Malmö Sturup, and then Copenhagen Kastrup. From Malmö and Copenhagen you can take the train to Helsingborg and then bus to Höganäs.

Preliminary Schedule

Friday, April 13 th	18.30 – 21.30	Arrival. Training on apparatus (optional)
Saturday, April 14 th	09.00 – 18.30	Competition
	20.00 – 22.00	Dinner
Sunday, April 15 th	09.00 – 12.00	Competition (final), if many teams enter.
	12:00 –	Departure

Regulations

The competition will be organized according to the Swedish TeamGym CoP which is an adapted version of Code of Points for TeamGym Championships from UEG Edt October 2009 including Revision A (August 2010). A description of differences between UEGs CoP and the Swedish version will be listed in **Appendix 1**.

The competition is open for club teams from all over Europe. No national teams are allowed.

Gymnasts with the determined age of the section have the right to participate:

Juniors – 13-17 years

Seniors - minimum 16 years (possibility to have three gymnasts 13-16 years in senior team – according to TeamGym Cup rules)

Questions regarding the TeamGym Regulations and Technical Regulations, please contact the Swedish Gymnastics Federation's TeamGym Committee:

ttk@gymnastik.se



Registration

The definite registration must be received at the Swedish Gymnastic Federations office by February 14st 2012. Please use the email: ttk@gymnastik.se

Information needed:

- Club name
- Country
- Section (women, men, mixed),
- Age category (junior, senior or “senior with 3 juniors”)
- Contact details.

The registration fee is 1700 SEK per team (non refundable). An invoice will be sent out to the registered teams within one week after the registration date has passed.

Judges

The competition will be judged by Swedish judges holding the national TeamGym brevet. It is optional for teams to bring their own judge. If they do, the judge must be a holder of a national TeamGym brevet or the UEG TEAMGYM brevet. The participating teams cover all their expenses including for their judge.

Food and Accommodation

The organizer will offer accommodation:

In schools (bring your own air mattress)

11 EUR per person /night

You can also book:

In a hostel

30 – 50 EUR per person/night

In a nearby hotel

75 – 120 EUR per room / night *

* includes breakfast

For recommendations of hotel and hostels please contact the competition manager Cecilia Hjelm (hjelm.c@telia.com).

The teams can book their meals trough the organizer

Breakfast (for teams staying in schools)

5 EUR per person / day

Lunch

8 – 10 EUR per person / day

Dinner Friday night

10 EUR

Dinner Saturday night

10 EUR

Workplan

Workplan no 1 will be sent out to all registered teams at least **4 weeks** before the competition. This document contains information about how to book food and accommodation through the organization, a preliminary time schedule, registered teams and general information about the competition.

A second Workplan, with all the start lists, competition order and final details will be sent out at least **2 weeks** before the competition.

Appendix 1

The competition **Sweden TeamGym Open** will be organized according to the Technical Regulations and the adapted Swedish version of Code of Points for TeamGym Championships from UEG Edt October 2009 including Revision A (August 2010). Bullets below shows the differences in the Swedish version compared to the UEG version.

General regulations

- The competition is only open for club teams, no national teams are allowed.
- Tariff forms need to be presented to the organisers at the accreditation. Corrections, on replacement Tariff Forms, can be made up to one (1) hour before the start of the competition.
- At least one coach must be present close to the tumbling track, ready to stand in, in case of danger for the gymnasts. For trampet, two coaches have to be placed on the landing mat, for security spotting.
- It is allowed to mark the run-up (for tumbling and trampet). No personal markings will be allowed. There will be one special stripe available for this use only. There will be a tape measure marking the run-up.

Floor

- It is not allowed to perform elements that do not have a code number or symbol on floor

Tumbling

- It is allowed to perform triple saltos.
The difficulty value for triple saltos is 1.80 (Tu65).
- Music do not need to be instrumental
- There will not be a marked central axis of the tumbling track

Trampet

- It is allowed to perform following elements:

Triple salto (Tr72)	Difficulty value 2.00
Double Tsukahara (Tr10)	Difficulty value 1.90
Handspring double front (Tr35)	Difficulty value 2.10
- Music do not need to be instrumental
- The teams are allowed to bring their own trampet to the competition.
- Height – front part 25 ± 5 cm, Height – back part: 45 – 80 cm
- The height for the vaulting table is optional, but at least 120 cm.
- There will only be a single landing area (width 3.5 – 4.0m, length 7.2 – 8.0m)