

International Master's Gymnastics Team Trophy  
Internationaler Senioren-Mannschaftspokal Gerätturnen

Call for Participation (status 2<sup>nd</sup> June 2023)

**Date**

Friday 06 October 2023

**Organizing Entity**

Lower Saxony Gymnastics Association (NTB)  
Maschstrasse 18, 30169 Hanover

**Organizing Club**

Jugend- und Sportförderverein des Turnkreises Northeim-Einbeck e. V.  
Andreas Severit  
[a.severit@einbecker-sv.de](mailto:a.severit@einbecker-sv.de)

**Competition site**

Sporthallen am Hubeweg,  
Hubeweg 41,  
37574 Einbeck

**Contact for registration**

Jens Krueger  
[Jens\\_gh\\_krueger@yahoo.de](mailto:Jens_gh_krueger@yahoo.de)

**Schedule**

The women's and men's competitions are held in parallel.

Warm up: expected at 5:30 p.m

Start of competition: expected at 7:00 p.m

The final timetable and squad plan will be sent by email after the registration deadline.

## **Competitions**

Team cup men with age > 30

Team cup women with age > 30

The age of each gymnast is based on their birth year, i.e. the birthday that falls within the calendar year of the competition. By way of example, a gymnast turning 30 in November 2023, would be considered 30 years old at the time of the competition and would start in the age group AK30+.

## **Competition format**

For the International Seniors Team Cup in Artistic Gymnastics, each participating nation can nominate a separate team for men and women. A team consists of two participants per age group (age groups 30-39, 40-49, 50-59, 60-69 and 70+) as well as two wildcards whose age group can be chosen arbitrarily. The wildcards serve to increase flexibility when selecting starters from a nation. If a nation cannot provide two participants per age decade, the number of wildcards remains limited to two. Accordingly, a team consists of a maximum of 12 active members (12 for the men and 12 for the woman's competition).

Only one gymnast per age decade is allowed to start on each apparatus for the team result. The line-up is determined before the start of the competition. If a team cannot provide a gymnast in an age decade on an apparatus, this starting place remains vacant and may not be compensated by using age decades that have already been used. The best three of the maximum five scores per apparatus count towards the team result. Each registered gymnast must be used on at least one apparatus for the team.

In addition to the official team ranking, there will be an individual all-around evaluation. From all around 6 events (male) and all around 4 events (female) the individual ratings are evaluated across all age groups.

Irrespective of the team composition, each gymnast may start for the individual all-around result on each apparatus. Each registered gymnast must be selected at least once for the team.

The competitions are carried out according to the valid FIG regulations, the national competition and evaluation regulations (including any published changes) of the DTB (German National Gymnastics Association) and the additional information within this announcement.

## **Definitions**

For purpose of this document the following definitions shall apply:

“NE” = National Elemente = National Elements

NE elements are gymnastics elements defined by the Germans Gymnastics Association that are not listed in the CdP and typically are slightly less difficult than an A element. A separate list of such elements will be supplied in an appendix to this document.

“TE” = Turnerische Elemente = Simple Gymnastics Elements

TE elements are simple gymnastics elements that are neither listed in the CdP or in the list of NE's.

### Supplementary information on the scoring regulations

The aim of the modified scoring regulations is to ensure comparable scoring across all age groups and to give older gymnasts in particular the realistic opportunity to make an important contribution to the team result. Similar to the "performance classes" of the German Gymnastics Association DTB, the age groups get adjusted as following:

### Equipment

Mats are provided and used in accordance with FIG regulations.

Particularities:

- Additional landing mats are permitted for safety reasons
- From age group 60+ : Rings / high bar / balance beam: To reduce the height, additional mat(s) may be placed under the apparatus, provided the gymnast does not touch the ground. (only if mats are available).

### Classification of the elements in the difficulty groups:

Bonus of the difficulty-value of shown elements increases by each age group:

Element Valence	AK 30-39	AK 40-49	AK 50-59	AK 60-69	AK 70+
TE	0,0	0,0	0,1	0,2	0,4
NE	0,0	0,1	0,2	0,4	0,6
A	0,2	0,3	0,4	0,6	0,8
B	0,4	0,5	0,6	0,8	0,8
C	0,6	0,7	0,8	0,8	0,8
D and above	0,8	0,8	0,8	0,8	0,8

- Elements that are obviously intentionally performed as a gymnastic movement but are not listed in the CDP or in the National Element(NE) s are considered a gymnastic element "TE". ((see also Definitions section and the description of NE in the appendix)
- An element may be repeated. However, the repetition of the element cannot contribute to the difficulty value.

### E-Score / Execution

The deductions are same as given in the Code de Pointage (CdP).

## Men

D-Score	AK 30-39	AK 40-49	AK 50-59	AK 60-69	AK 70+
Minimum number of elements	6 + dismount (min. NE)	6 + dismount (min. NE)	6 + dismount (min. NE)	5 + dismount (min. NE)	5 + dismount (min. NE)
	For each missing element, a deduction of 1.0 point is made from the final score.				
The element group (EG)	3 + dismount (min. NE)	3 + dismount (min. NE)	3 + dismount (min. NE)	3 + dismount (min. NE)	3 + exit (min. NE)
Floor	I. Non-acrobatic elements				
	II. Acrobatic elements forward (including rolling movements forward for AK 60+)				
	III. Acrobatic elements backwards (including backward rolls for AK 60+)				
	IV. Dismounts (EG II + III)			(EG I, II and III)	
Pommel horse	I. One-leg swings and scissors				
	II. Circular and Thomas flanks				
	III. Wandering elements (also jumping for AK 50+)				
	IV. Dismounts				
Still Rings	I. Kipp and swing elements				
	II. Strength and holding elements (2 seconds)				
	III. Swing to Strength elements (2 seconds)				
	IV. Dismounts				
Parallel Bars	I. Elements in or through support				
	II. Elements starting in upper arm position				
	III. Long swings and under swings				
	IV. Dismounts				
Horizontal Bar	I. Long hang swings and turns				
	II. Flight elements				
	III. In bar and Adler elements				
	IV. Dismounts				
Bonification EG I-III	0,5	0,5	0,5	0,5	0,5
Bonus departure (EG IV)	A: 0,3 B: 0,5	A: 0,3 B: 0,5	NE: 0.3 A: 0,5	TE: 0,3 NE: 0.5	TE: 0,3 NE: 0.5

### Additional information:

- Generally: On rings, parallel bars and horizontal bar backswings that are not followed by any element but only reverse direction and lead to a lower position DO NOT cause a deduction of 0.3 points. However, the execution of the backswing is evaluated.  
All other extra swings and backswings lead to a deduction of 0.3 points.
- Floor
  - o No double somersault required
  - o There is no time requirement for the routine
- Pommel horse
  - o For AK 60+, only 2 parts of the horse have to be touched
  - o No elements with sitting or standing on the horse's body count
- Still Rings
  - o No swing to handstand required
  - o For AK 50+, those elements that are a combination of two gymnastic elements (TE) count towards Element Group III (swing to handstand) , e.g.

“Forward swing to the straight hang”. These elements are also valued as TE.

- From age group 60+ the gymnast may let himself be lifted into support and thus begin the exercise.
- Vault
  - Two attempts are allowed at the vault, the better one counts. Both vaults must be completed at the same device height.
  - All vaults not listed in the CdP count as TE and receive in difficulty a base value of 0.0 points plus the corresponding bonus of the respective age group (e.g. a D-score of 0.4 in AK40 or 1.6 in AK60)  
Example:
    - Squatting on the vaulting table followed by e.g. straight jump from the table or similar
    - or
    - jumping off the springboard followed by rolling over the vaulting table into a standing position
  - Age group 60+ and 70+ may use the trestle instead of the table
  - The starting values of vaults are based on the DTB tables adapted for mass sport. Each jump listed receives an additional bonus according to the age decade of the gymnast. These bonuses, along with the table heights are as follows:

Vault	AK 30-39	AK 40-49	AK 50-59	AK 60-69	AK 70+
<b>D score according to the DTB Vault Table</b>	+ 0,0	+ 0,4	+ 0,8	+ 1,6	+ 2,4
<b>Table Height</b>	1,35 m	1,35 m	1.35m or 1.25m	1.25 m or 1.10 m	1.10 m

- Parallel Bars
  - AK 60+, gymnasts can perform on the low parallel bars
  - AK 60+, such elements on the low bars also count towards fulfilling EG III (swing elements through the long hang) that begin in the straight hang (e.g. kip from the straight hang into the straddle seat, running kip) or elements for which both shoulders are - at one point - located below the parallel bars (e.g. diver rotation).
  - Sitting on the parallel bars is permitted in elements that require this due to their structure (e.g. outside cross seat to the fencer’s flank or straddle seat with following diving role)
  - Force retaining elements such as horizontal support-lever are considered TE.
- High Bar
  - AK 60+ the gymnast can perform on the low horizontal bar

- AK 60+, all elements on the high and low bars with brief grip release and re-grasping the bar count towards compliance with EG II (flight elements)
- AK 60+, those elements on the low bar that begin in the long hang (e.g. floating kip, running kip, upswing, floating forward with  $\frac{1}{2}$  turn) also count towards fulfilling EG I (long hang turns with and without rotation).
- Touching the high bar with the feet is permitted in elements that require this due to their structure (e.g. straddle underswing or straddle followed by a turn or rim).

## Women

D-Note	AK 30-39	AK 40-49	AK 50-59	AK 60-69	AK 70+
Minimum number of elements (general)	6 + dismount (min. NE)	6 + dismount (min. NE)	6 + dismount (min. TE)	5 + dismount (min. TE)	5 + dismount (min. TE)
	For each missing element, a deduction of 1.0 point is made from the final mark.				
compositional requirements	3 + dismount (min. NE)	3 + dismount (min. NE)	3 + dismount (min. NE)	3 + dismount (min. TE)	3 + dismount (min. TE)
Bonus Comp. Req. I-III	0,5	0,5	0,5	0,5	0,5
Bonus dismount	A: 0,3 B: 0,5	NE: 0,3 A: 0,5	NE: 0,3 A: 0,5	TE: 0,3 NE: 0,5	TE: 0,3 NE: 0,5
Uneven Bars	I. Bar change from under to upper of vice versa				
	required			Not required 0,5 Bonus lump sum	
	II. Back Kipp Swing upwards				
	Back Kipp Swing upwards			Upswing or hip circle (FW or BW)	
	III. two different circle swings				
	IV. Long Axis Turn 180° (as well possible in mount or dismount)				
	V. Dismount (see above)				
Balance Beam (Bench allowed from age group 40 on)	I. Gymnastic Combination				
	2 Elements min. 1 thereof jump 180° spread angle			2 Elements min. 1 thereof a jump	
	II. Gymnastic turn on one leg				
	CdP Group 3			CdP Group 3 or NE	
	III. Acrobatic combination or mixed combination (gymnastic element + acrobatic element)				
	IV. Second but different acrobatic element				
	acrobatic element or element of group 4 (from Age group 50 on as well NE/TE)			ditto Optionally also balance or holding elements (NE/TE)	
	V. Dismount				
	IV Special: Bonus when using the balance beam instead of the bank				
	0	1,0	1,5	2,0	2,5
Floor	I. Dance Passage				
	Spread angle 180°			Not required 0,5 lump sum	
	II. Acrobatic Combination				
	Min. two elements, thereof one element with flight phase			Min. two elements thereof one acrobatic element (a mixed combination of acrobatic and gymnastic element is also possible)	

#### Additional information:

- Uneven bars
  - There are no deductions for:  
Angle deviation in backswings  
idle swing  
Jump from the lower bar to the upper bar
  - II Back Kipp Swing upwards
    - Age group 30, 40 and 50 require a kipp swing upwards.
    - A kipp with one leg crouched through the hands to the “mill”-kipp upswing meets the requirement as a TE.
    - For the AK60, 70, a simple hip lift is sufficient.
  - III Two different circle swings  
As a circle swing counts:
    - a) Giant forwards/backwards
    - b) hip circle swing forwards/backwards
    - c) “Mill”-circle swing forwards/backwards etc.
- Balance beam
  - Only on the balance beam (not on the bench) does the value increase for gymnastic jumps in lateral behavior according to CdP
  - Forward and backward rolls are considered acrobatic elements
  - Comp. Req. III can be fulfilled with 2 identical acrobatic elements.
  - If the connection in comp. req. III consists of two different acrobatic elements, then comp. req. IV is also fulfilled
  - Acrobatic combination or mixed combination of gymnastic and acrobatic element: e.g. stretched jump followed by roll forward fulfills the mixed combination; Roll + roll fulfills the acrobatic connection.
  - Special: Bonus when using the bar instead of the bench  
From age group 40, the routine can also be performed on the bench.  
Gymnasts who perform their routine on the original balance beam rather than on the bench get a bonus because gymnastics on the beam is more difficult than on the bench.  
E.g. for a age group 50+ gymnast she gets a bonus of 1.5 points. This bonus is offset by the risk of a 1.0 point deduction for each fall from the apparatus.
- Floor
  - Forward and backward rolls are considered acrobatic elements
  - Comp. req. II can be fulfilled with 2 identical acrobatic elements
- Vault
  - All jumps not listed in the CdP receive a base value of 0.0 points and the corresponding bonus of the respective age group.  
Example:
    - squatting on the table followed by e.g. stretching jump from the table  
or
    - jumping off the springboard  
followed by rolling on the table into a standing position  
gets a D-score of 1.9 in the AK40).



- From the AK60 you can also jump over the buck (e.g. squat or straddle)
- The default values at the vault base on the DTB tables adapted for mass sport. Similar to the increase in the same value parts with increasing age, each jump listed receives an additional bonus according to the age decades. These bonuses, along with the jump heights you can choose from, are as follows:

Vault	AK 30-39	AK 40-49	AK 50-59	AK 60-69	AK 70+
<b>D score according to the DTB Vault Table</b>	+ 0,0	+ 0,4	+ 0,8	+ 1,6	+ 2,4
<b>Table Height</b>	1,25 m	1.25m or 1.10m	1.25m or 1.10m	1.25m or 1.10m	1.25m or 1.10m

### Music

- Each team must provide a USB stick with the music of all gymnasts before the start of the competition.
- The title of the file must contain the gymnast's name in Latin letters.
- MP3 is the mandatory file format.
- In addition, a link to upload the music to a cloud will be provided once the registration has been received.

## Judges

All judges are appointed and financed by the Lower Saxony Gymnastics Association. It is not necessary for the participating nations to provide one or more referees. Should a nation nevertheless be able to provide licensed referees (minimum requirement is a national license), the names of the judges must be included in the team registration. The reporting nation bears the costs for the reported judges.

## Starting Rights

No national or international starting right is required to participate in the competition. One team per nation can be registered for the advertised competitions (men and women), according to the rules described in the competition format. Each participating nation independently handles the team selection, including any qualifying competitions.

## Requests

Requests of any kind must be sent by e-mail to the responsible competition management:

[Jens\\_gh\\_krueger@yahoo.de](mailto:Jens_gh_krueger@yahoo.de)

Competition management will share the requests with the responsible committee for decision-making and then communicates the decision by e-mail.

## Registration Procedure

Registration takes place exclusively via the table provided in the appendix.

## Registration Deadline

- Registration deadline for the team registration is the **August 1<sup>st</sup>, 2023**.
- At that time, only the number of participating teams must be reported and the participation fee has to be paid.
- The names of all gymnasts must be registered by September 8th, 2023.

## Participation Fee

The entry fee is €50.00 per gymnast

## Related Events

The international seniors' team cup will be held at the start of the German seniors' cup organized by the DTB. After the competition there will be an evening event to which all participants and spectators are cordially invited. More information will be provided when the exact schedule is published.

## Publication of personal information and images

According to the data protection regulations, all participants agree to the regulations of the DS-GVO with their registration. Personal data is only stored in the NTB. The result lists are published on the Internet as a PDF file. Example:

Rang	Name, Vorname	Verein	Boden	Pferd	Sprung	Barren	Reck	Gesamt	
1	██████████	Turnverein ████████ e.V.	2,5 9.350	11.850		1,7 8.300	1,5 9.200	10.700 32.550	
2	██████████	██████████	1,9 9.300	11.200	1,7 7.600	9.300	0,5 9.350	9.850 1,7 8.750	10.450 9.100 32.250
3	██████████	USV TUS ████████ e.V.	1,9 8.850	10.750		1,7 9.100	10.800	1,7 8.750	10.450 32.000
4	Stefanie Reibherd	TSG/TSV 1899 M.	2,1 8.850	10.850	1,6 8.600	1,9 8.600	1,7 8.450	9.850 31.350	

All participants, including supervisors and accompanying persons, agree that photos/film will be taken during the competition in which they can be seen. A section on data protection in accordance with DS-GVO must be added here.

# International Master's Gymnastics Team Trophy 2023

Form for team registration

Nation: \_\_\_\_\_

Competition: **Men**

Team Position	Age Group	Last name, First Name	Birth Date
30.1	30-39		
30.2	30-39		
40.1	40-49		
40.2	40-49		
50.1	50-59		
50.2	50-59		
60.1	60-69		
60.2	60-69		
70.1	70+		
70.2	70+		
W1			
W2			

please send to [jens\\_gh\\_krueger@yahoo.de](mailto:jens_gh_krueger@yahoo.de)

# International Master's Gymnastics Team Trophy 2023

From for team registration

Nation: \_\_\_\_\_

Competition: **Women**

Team Position	Age Group	Last name, First Name	Birth Date
30.1	30-39		
30.2	30-39		
40.1	40-49		
40.2	40-49		
50.1	50-59		
50.2	50-59		
60.1	60-69		
60.2	60-69		
70.1	70+		
70.2	70+		
W1			
W2			

please send to [jens\\_gh\\_krueger@yahoo.de](mailto:jens_gh_krueger@yahoo.de)