

18th Cup Michel Wanten 2023.

Dear gymnastic friends,

We want inform you in advance and thereby also invite you for our 17th Cup Michel Wanten.

It concerns a friendly international WAG Competition.

And this on 2/3 december 2023.

In order to limit the number of attendees on the competition floor, we will again divide each match into short sub-games.

Our Cup Michel Wanten is a team competition, but individual participation is also possible..

There is also a 5th category for young gymnasts, but only possible if you have registered gymnasts as delegations in one of the other categories on Sunday morning.

And on Sunday there are Apparatus Finals for 1 Youth category (cat2) and the juniors and seniors.

If desired, there is a possibility for podium training on Friday 1 december.

Please let us know in good time so that we can make a plan for this if necessary.

More information always to find on www.cupmichelwanten.com.

In advance most welcome,



Luk Van Gompel

Contact person Cup Michel Wanten



Headcoach WAG – Youthsportcoördinator

K. K. Turnkring Moed en Volharding vzw

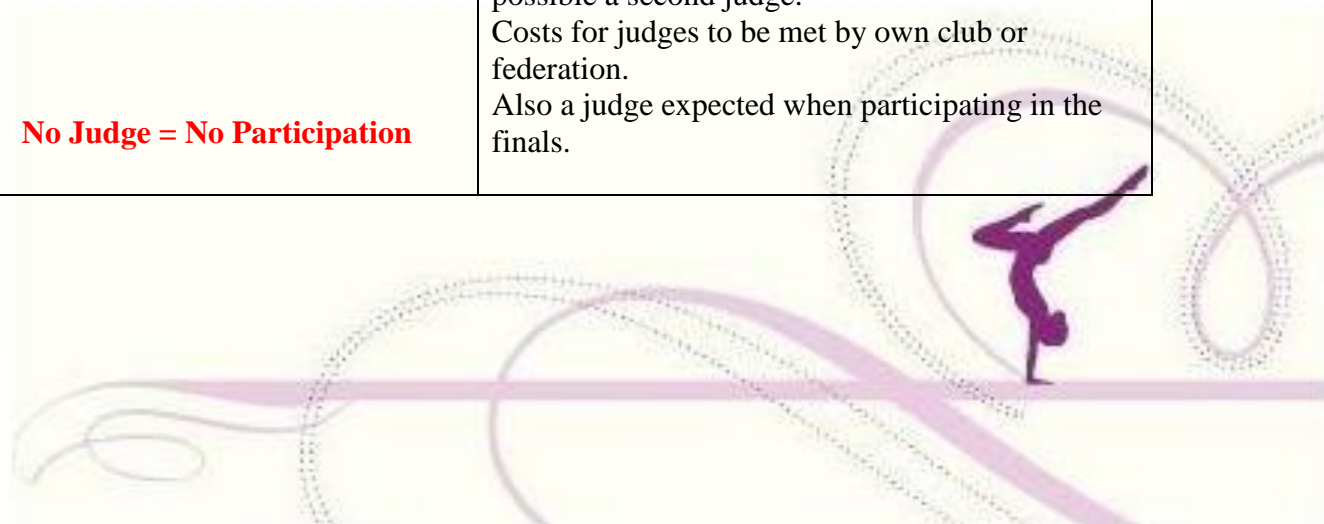


The Cup Michel Wanten has the support from:



Organisation:	K.K.Turnkring Moed en Volharding vzw 
Competition secretariat:	Luk Van Gompel Lodewijk Heyligenstraat 32 3580 Beringen – België luk.van.gompel@turnkringmoedenvolharding.be ☎ (+ 32) (0) 497 / 17 66
Time schedule: Exact time schedule will be prepared after registration	Friday 1 december 2023 - Podium training Saturday 2 december 2023 - Competition cat 2 + 3 + 4 Sunday 3 december 2023 - Morning competition cat 1 + 5 - Afternoon competition Apparatus Finals
Place of competition: NEW!!!	Velodroom Limburg – Sport Vlaanderen Terlaemen 30 3550 Heusden – Zolder - België
Provisional entry date:	25/09/2023 numerical entry form
Final entry date:	30/10/2023 final entry form
Fee for the competition: To be paid in advance by money transfer: The competition is based on 1 set of Apparatus:	€ 100 / team of 4 gymnasts € 30 / individual gymnast Reference: Cup Michel + club Attention: The final admission will be taken by the order of registration and the payment Which will allow a limit of participation for each competition in order to achieve final application.
Payment by bank account :	973-363408-413 IBAN nr. BE08 9733 6340 8413 Swiftcode of Bec code : ARSP BE 22 

Apparatus: : NEW!!!	<p>The apparatus is on Gymnova.</p> <p>The competition is based on 1 set of apparatus, which will allow a limit of participation in order to achieve final application.</p>
Team:	<p>A team is composed of 4 gymnasts of the same category, regardless of age.</p> <p>Juniors and Seniors are thereby in the same team.</p> <p>All 4 gymnasts will work on each apparatus, the 3 best individual marks will be totalled to ascertain team results.</p> <p>With participation in teams, all team members must be from the same club, with a maximum of 1 gymnast from another club.</p> <p>A federation may also participate and can thereby compete with gymnasts of different clubs.</p> <p>Category 5 is only for individual participation.</p>
Individual ranking:	<p>Individual participation without team is also possible.</p> <p>In category 1 and 2 there is an individual ranking.</p> <p>In category 3 and 4 is the individual ranking also divided for the juniors and seniors.</p> <p>In category 5 there is no individual ranking, but a reward for each apparatus.</p>
Regulations:	See Category's and Rules
Judges: <p>No Judge = No Participation</p>	<p>From 1 to 4 gymnasts (team), 1 jury is required per category of participation.</p> <p>If more than 4 gymnasts we will require if possible a second judge.</p> <p>Costs for judges to be met by own club or federation.</p> <p>Also a judge expected when participating in the finals.</p>







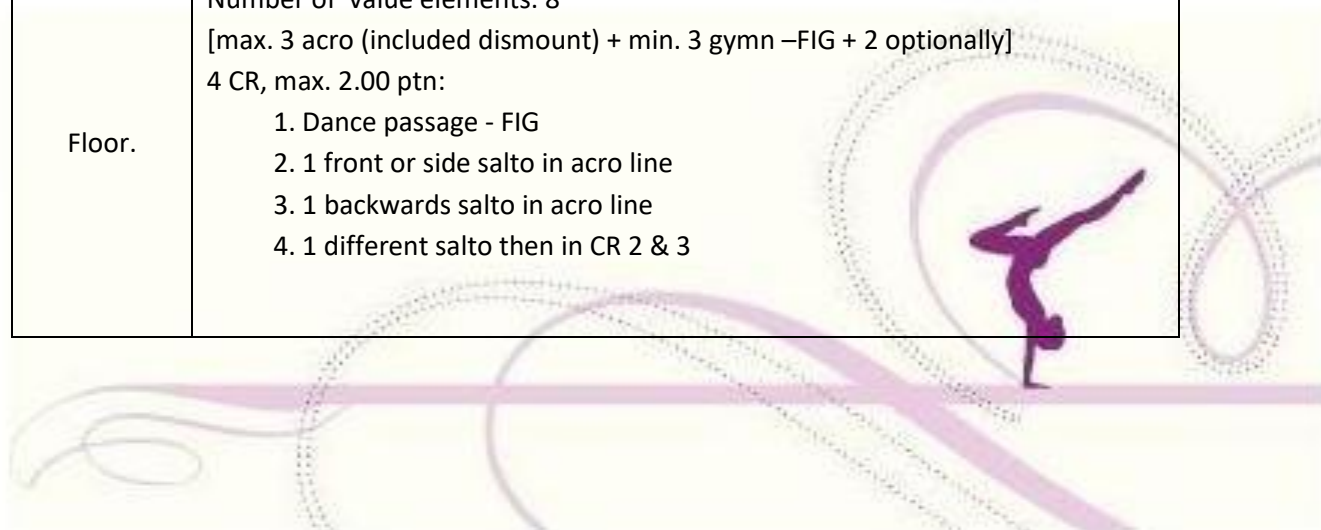
Apparatus Finals	<p>On Sunday, categories 2 – 3 – 4 can take part on apparatus finals</p> <p>The First 3 gymnasts on each apparatus for each category can be selected.</p> <p>Please inform us if you intend to take part or not on the apparatus finals.</p>
Transport	<p>Transport can be arranged iff needed. And this from airport to hotel and gym. Please ask on time if needed so we can make also the arrangement on time.</p> <p>contact@turnkringmoedenvolharding.be</p>
Sleeping Accomodation:	<p>For accommodation options we work together with 2 Hotels in Hasselt. Via the following links you can book for an interesting price.</p> <p>Michel Wanten International Meeting Holiday Inn Express Hasselt</p> <p>Michel Wanten International Meeting Holiday Inn Hasselt</p> <p>Both hotels are 12 km / 20 minutes from the competition hall.</p>



Category's and Rules

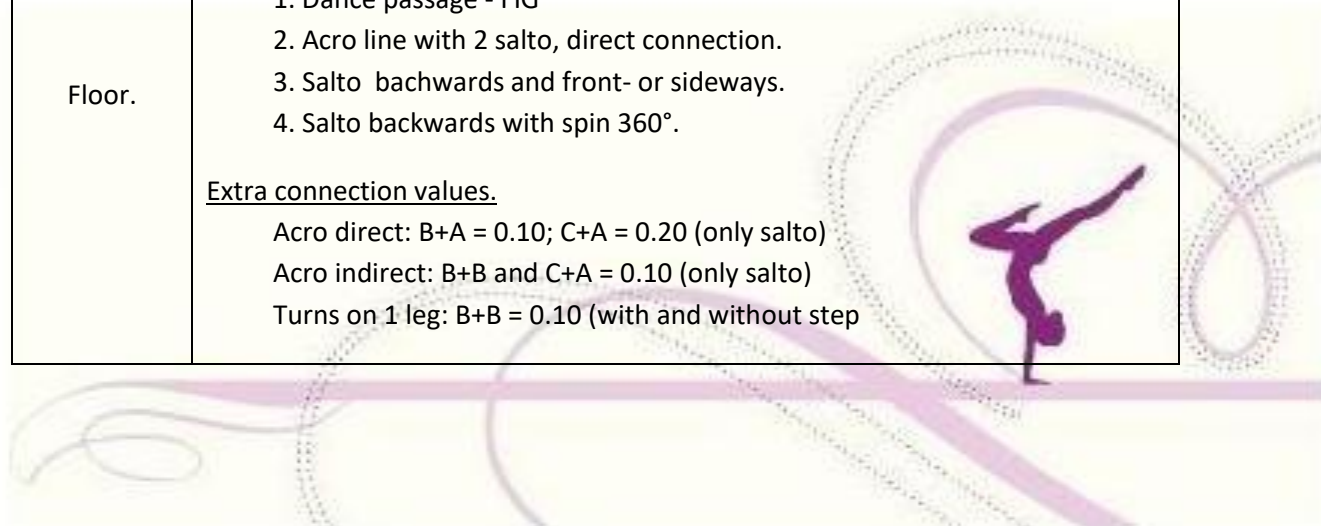
Categorie 1:

Age-category: CAT 1. 2014 – 2013	
Short exccerice: 7 – 8 elements -> no deduction 5 – 6 elements -> - 2.0 3 – 4 elements -> - 4.0 1 – 2 elements -> - 6.0	
Vault.	Height: 1.10m., 2 FIG vaults, best one counts. Vault may be the same.
Uneven Bars.	No deduction for jump LB – HB (-0,50) Number of value elements: 8 (included dismount) 3 CR (at choix), max. 1.50 ptn: 1. Element LB – HB (FIG – Straddle circle (⊗) is admitted) 2. Element “giant” 3. Circle element C or devaluated B (with FIG deduction) <u>Extra connection values.</u> B+B=0.10 (different, allowed with dismount) Additional elements: A =  ;  ;  ;  .
Beam.	Number of value elements: 8 [max. 3 acro (included dismount) + min. 3 gymn –FIG + 2 optionally] 4 CR, max. 2.00 ptn: 1. Dance passage - 2 elements 2. Pirouette min. A (group 3 – FIG) 3. Acro direction backwards and side- or frontways. 4. Acro element with flight. <u>Extra connection values.</u> A+B=0.10 (Acro whereby 1 element with flight (not dismount))
Floor.	Number of value elements: 8 [max. 3 acro (included dismount) + min. 3 gymn –FIG + 2 optionally] 4 CR, max. 2.00 ptn: 1. Dance passage - FIG 2. 1 front or side salto in acro line 3. 1 backwards salto in acro line 4. 1 different salto then in CR 2 & 3



Categorie 2:

Age-category: CAT 2. 2012 – 2011	
Vault.	<p>Height: 1.25m., 2 FIG vaults, best one counts</p> <p>Vaults may be the same. For selection finals and finals, different body position in second flight if the same vault is done.</p>
Uneven Bars.	<p>Number of value elements: 8 (included dismount)</p> <p>4 CR (at choix), max. 2.00 ptn:</p> <ol style="list-style-type: none"> 1. Element LB – HB (FIG) 2. Element HB – LB or flight element same barre. 3. Circle element C or devaluated B (with FIG deduction) 4. Different handgrip or non-flight element 180°. <ul style="list-style-type: none"> - (no mounts) - (Above the barre) <p><u>Extra connection values.</u></p> <p>B+B=0.10 (different, allowed with dismount)</p>
Beam.	<p>Number of value elements: 8</p> <p>[max. 3 acro (included dismount) + min. 3 gymn –FIG + 2 optionally]</p> <p>4 CR, max. 2.00 ptn:</p> <ol style="list-style-type: none"> 1. Dance passage - 2 elements (FIG) 2. Pirouette min A (group 3 – FIG). 3. Acro line (FIG – min. 1 flight element) 4. Acro element backwards and front- or sideways. <p><u>Extra connection values.</u></p> <p>Acro: B+B = 0.10; B+C = 0.20 (only flight, not dismount)</p> <p>B+B+B (without flight + dismount) = 0.10</p> <p>Turns A+C = 0.10</p> <p>Mixed/dance: B+B =0.10; C+C = 0.20 (different)</p>
Floor.	<p>Number of value elements: 8</p> <p>[max. 3 acro (included dismount) + min. 3 gymn –FIG + 2 optionally]</p> <p>4 CR, max. 2.00 ptn:</p> <ol style="list-style-type: none"> 1. Dance passage - FIG 2. Acro line with 2 salto, direct connection. 3. Salto backwards and front- or sideways. 4. Salto backwards with spin 360°. <p><u>Extra connection values.</u></p> <p>Acro direct: B+A = 0.10; C+A = 0.20 (only salto)</p> <p>Acro indirect: B+B and C+A = 0.10 (only salto)</p> <p>Turns on 1 leg: B+B = 0.10 (with and without step)</p>

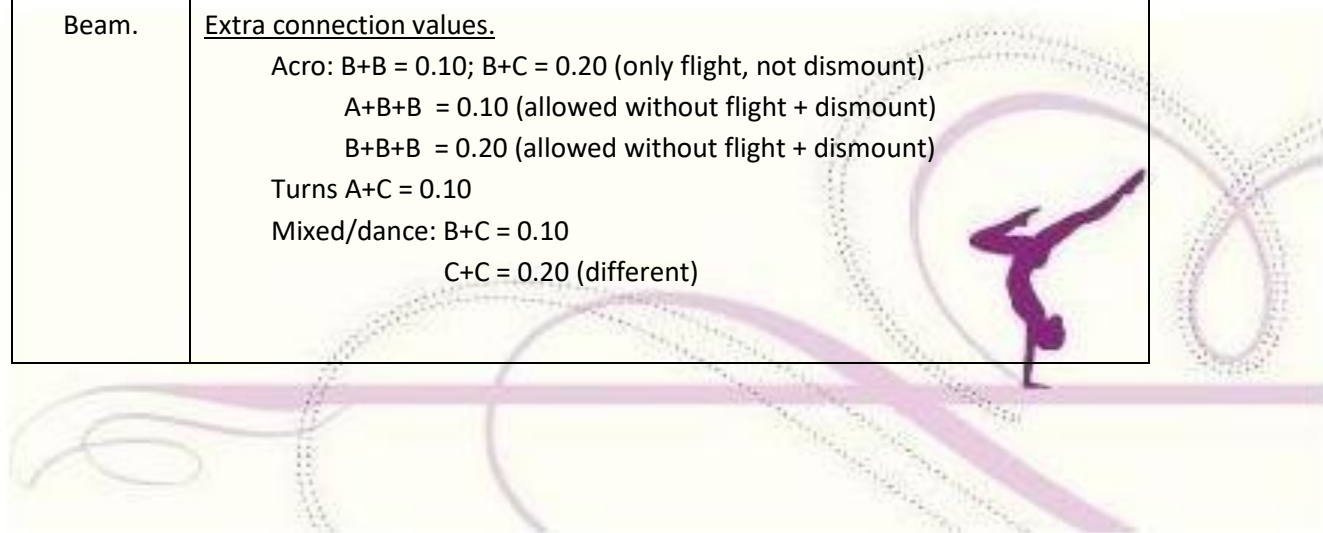


Categorie 3:

Age-category: CAT 3. Juniors 2010 - 2009 Seniors 2008 and older	
All apparatus	As per F.I.G. 2017-2020 A second fault is needed for selection finals. (F.I.G.=different vault) The average is used for selection and finals.

Categorie 4:

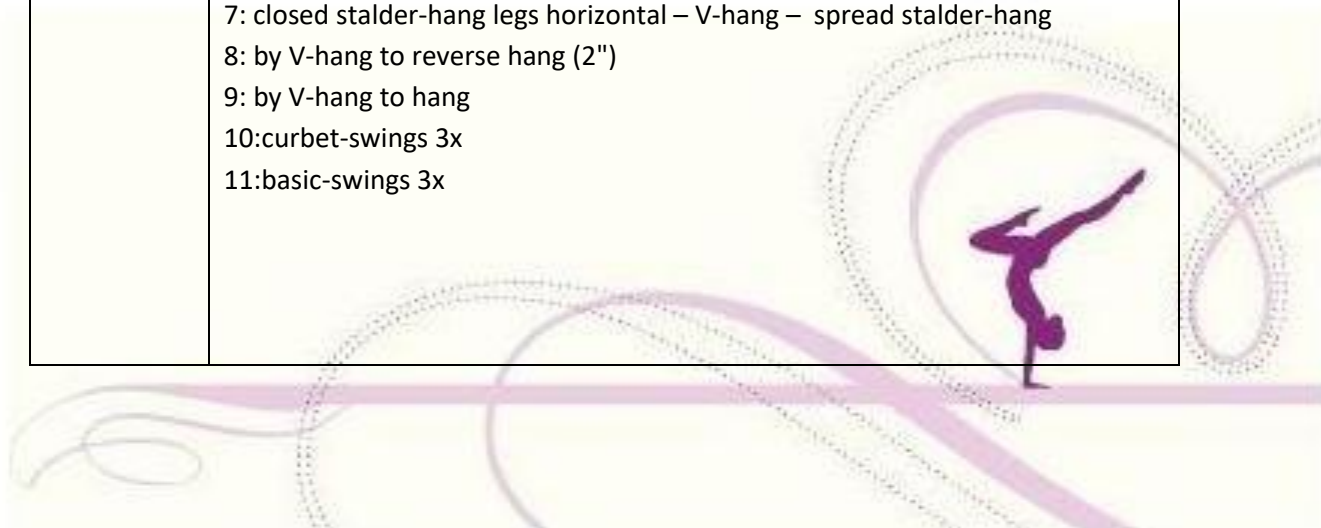
Age-category: CAT 4. Juniors 2010 - 2009 Seniors 2008 and older	
Vault.	Height: 1.25m. 2 FIG vaults , best one counts - Vaults may be the same. For the selection final and final, the average is taken and the 2 vaults must conform to FIG (= different).
Uneven Bars.	Number of value elements: 8 (included dismount) 4 CR (at choix), max. 2.00 ptn: <ol style="list-style-type: none"> 1. Element LB – HB (FIG) or Flight element same barre. 2. Element HB – LB. 3. Circle element C or devaluated B (with FIG deduction) 4. Element different handgrip min B or element min 180° in HSTD. (non flight) <u>Extra connection values.</u> B+B=0.10 (different, allowed with dismount) B+C=0.20 (allowed with dismount)
Beam.	Number of value elements: 8 [max. 3 acro (included dismount) + min. 3 gymn –FIG + 2 optionally] 4 CR, max. 2.00 ptn: <ol style="list-style-type: none"> 1. Dance passage – min 2 elements (FIG) 2. Pirouette min A (group 3 – FIG). 3. Acro line (FIG) 4. Acro element backwards and front- or sideways. <u>Extra connection values.</u> Acro: B+B = 0.10; B+C = 0.20 (only flight, not dismount) A+B+B = 0.10 (allowed without flight + dismount) B+B+B = 0.20 (allowed without flight + dismount) Turns A+C = 0.10 Mixed/dance: B+C = 0.10 C+C = 0.20 (different)



Floor.	<p>Number of value elements: 8 [max. 3 acro (included dismount) + min. 3 gymn –FIG + 2 optionally] 4 CR, max. 2.00 ptn:</p> <ol style="list-style-type: none"> 1. Dance passage - FIG. 2. Acro line with 2 salto (minimum 1 with B-value) direct connection or double salto backwards. 3. Salto backwards and front- or sideways. 4. Salto backwards with spin min. 720° or forwards with spin min. 360° <p><u>Extra Bonus:</u> Double salto backwards + 0.20</p> <p><u>Connection values.</u></p> <p>Acro direct: B+A = 0.10; B+B and C+A = 0.20 (only salto) Acro indirect: B+B and C+A = 0.10 (only salto) Turns on 1 leg: B+B = 0.10 (different, with or without step)</p>
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Category 5:

Age-category: CAT 5. 2016 -2015	
Participation in category 5 are only permitted if participation in any of the other 4 categories .	
Vault.	2 vaults: Salto forwards tucked on platform 50cm height. 1 springboard.
Uneven Bars.	<p><u>Imposed exercise.</u></p> <p><i>Exercise is performed on HB, additional mat of 30cm allowed</i></p> <ol style="list-style-type: none"> 1 : from hang pull up with chin above the HB – upward circle 2: cast above horizontal 3: back hip circle 4: circle forwards with straight arms to... 5: reverse hang (2") 6: by V-hang to pikehang (2") (= legs horizontal) 7: closed stalder-hang legs horizontal – V-hang – spread stalder-hang 8: by V-hang to reverse hang (2") 9: by V-hang to hang 10:curbet-swings 3x 11:basic-swings 3x



<p>Beam.</p>	<p>6 elements from the following lists.</p> <p>Mounts: - push to stradle stand on beam. - squat through to sit.</p> <p>Jumps: - stretched jump. - Tuck hop. - split leap 135°. - split jump 135°. - sissone 135°. - 1/2 pirouette.</p> <p>Element close to the beam - own choice.</p> <p>Elements: - cartwheel. - handstand 2". - handstand sideways.</p> <p>dismounts: - Round-off. - Cartwheel stretched jump.</p>
<p>Floor</p>	<p>8 elements from the following lists.</p> <p>Elements: - press to handstand. - cartwheel. - Roll backward to front support. - Handspring forwards landing on one leg. - Handspring forwards landing on both legs. - Round-off.</p> <p>Jumps: - Split leap fwd FIG. - pirouette 360°. - straddle pike jump. - stretched jump 1/2 turn. - stretched jump. - Tuck hop</p>

