

20th Cup Michel Wanten 2025.

Dear gymnastic friends,

We want to inform you in advance and thereby also invite you for our **20th Cup Michel Wanten**.

It concerns a **friendly** international WAG Competition for different age groups and levels.

The 20th Cup Michel Wanten will be held on **15-16 november 2025**.

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

If desired, there is a possibility for podium training on Friday 14 november 2025.
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:


heusden
zolder



SPORT.
VLAANDEREN



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 74
Time schedule:	Friday 14 november 2025. - Podium training Saturday 15 & Sunday 16 november 2025. - Competition days. - De different competitions will be divided in subdivisions for a quicker competition progress.
Exact time schedule will be prepared after registration	
Place of competition:	Velodroom Limburg – Sport Vlaanderen Kerkstraat 151 3550 Heusden – Zolder België
Provisional entry date:	26/09/2025 numerical entry form
Final entry date:	24/10/2025 final entry form
Fee for the competition: To be paid in advance by money transfer:	€ 180 / team of 4 gymnasts (team of 3 = €150) € 50 / individual gymnast 973-363408-413 IBAN nr. BE08 9733 6340 8413 Swiftcode of Bec code : ARSP BE 22 Reference: Cup Michel + “club”
The competition is based on 1 set of Apparatus:	<u>Attention:</u> - The final admission will be taken by the order of registration and the payment - Payment to be done before 31/10/2025 - Cancelations after 30/11/2025 not to be refunded.

<p>Category's:</p> <p>Attention!!!</p> <p>Per category one delegation is allowed to register a maximum of 2 teams.</p>	<p>Category's 1 & 2:</p> <ul style="list-style-type: none"> - 2010 and older - 2011 – 2012 <p>Category's 3 & 4:</p> <ul style="list-style-type: none"> - 2013 – 2014 <p>Category 5:</p> <ul style="list-style-type: none"> - 2015 – 2016 <p>Category 6:</p> <ul style="list-style-type: none"> - 2017 - 2018
<p>Team:</p>	<p>A team is composed of 4 gymnasts of the same category, regardless of age.</p> <p>All 4 gymnasts will work on each apparatus, the 3 best individual marks will be totaled 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 6 is only for individual participation.</p>
<p>Award Ceremony:</p>	<p>Team 1-2-3</p> <p>Individual category and age group 1-2-3</p> <p>Each category and age group per apparatus 1-2-3</p>
<p>Judges:</p> <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> 

Apparatus:

The apparatus is on Gymnova

Both in the competition and warm-up hall



Sleeping Accomodation:

For overnight accommodation options we work together with Holiday Inn in Hasselt.

And is located 12 km / 20 minutes from the competition hall.

You can use this link to book.

[Cup Michel Wanten Holiday Inn Hasselt](#)



Category's and Rules

Categorie 1:

Age-category: CAT 1. 2011 - 2012 2010 and older	
As per individual and apparatus the 2 different age groups are divided. As per team they can be put together.	
All aparatus	As per F.I.G. 2025-2028 Ranking for vault ceremony = 2 vaults as per FIG 2020-2024

Categorie 2:

Age-category: CAT 2. 2011 - 2012 2010 and older	
As per individual and apparatus the 2 different age groups are divided. As per team they can be put together.	
Short excercise: 6+ elements -> no deduction 5+ elements -> - 2.0 3 – 4 elements -> - 4.0 1 – 2 elements -> - 6.0	
Vault.	Height: 1.25m. 2 FIG vaults , best one counts Vaults may be the same. Ranking vault ceremony= average of the 2 vaults
Uneven Bars.	Number of value elements: 8 (included dismount) 4CR: 1. Element HB – LB (FIG) or Flight element same barre. 2.OP 2. Element LB – HB. 3. Circle element C or devaluated B (with FIG deduction) 4. Element different handgrip min B or element min 180° LA turn in HSTD. (non flight) CV. B+B=0.10 (different, allowed with dismount) B+C=0.20 (allowed with dismount)



Beam.	<p>Number of value elements: 8 (included dismount)</p> <p>[max. 3 acro (included dismount) + min. 3 gymn –FIG + 2 optionally]</p> <p>4CR: 1. Dance passage – min 2 elements (FIG)</p> <p>2.OP 2. Pirouette min A (group 3 – FIG) or rolls/flairs.</p> <p>3. Acro line (FIG)</p> <p>4. Acro element backwards and front- or sideways.</p> <p>CV Acro: B+B = 0.10; B+C = 0.20 (only flight, not dismount)</p> <p>A+B+B = 0.10 (allowed without flight + dismount)</p> <p>B+B+B = 0.20 (allowed without flight + dismount)</p> <p>Turns A+C = 0.10</p> <p>Mixed/dance: B+C = 0.10</p> <p>C+C = 0.20 (different)</p>
Floor.	<p>Number of value elements: 8 (included dismount)</p> <p>[max. 3 acro (included dismount) + min. 3 gymn –FIG + 2 optionally]</p> <p>4 CR: 1. Dance passage - FIG.</p> <p>2.OP 2. Acro line with 2 salto (minimum 1 with B-value) direct connection or double salto backwards.</p> <p>3. Salto backwards and front- or sideways.</p> <p>4. Salto backwards with spin min. 720° or forwards with spin min. 360°</p> <p><u>Extra Bonus:</u> Double salto backwards + 0.20</p> <p>CV: Acro direct: B+A = 0.10; B+B and 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 (different, with or without step)</p>



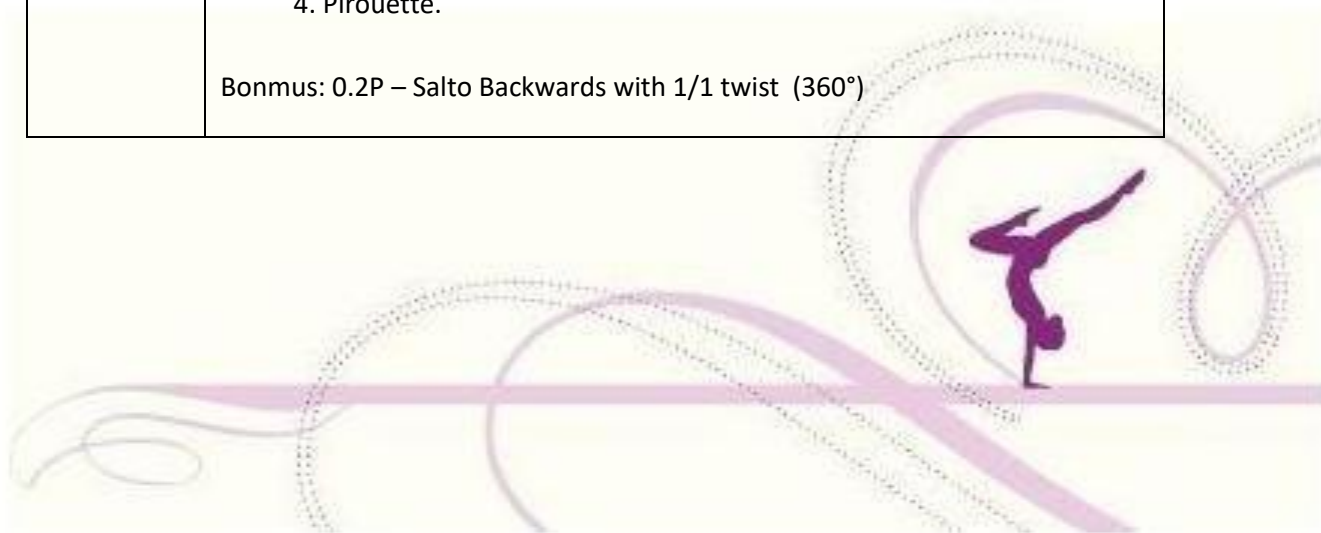
Categorie 3:

Age-category: CAT 3. 2013 – 2014	
Short exercise: 6+ elements -> no deduction 5+ elements -> - 2.0 3 – 4 elements -> - 4.0 1 – 2 elements -> - 6.0	
Vault.	Height: 1.25m. 2 FIG vaults , best one counts Vaults may be the same. Ranking vault = average of the vaults
Uneven Bars.	Number of value elements: 8 (included dismount) 4CR: 1. Element LB – HB (FIG) 2.OP 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°. <div style="text-align: right;"> - (no mounts) - (Above the barre) </div> CV: B+B=0.10 (different, allowed with dismount)
Beam.	Number of value elements: 8 (included dismount) [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 - 2 elements (FIG) 2. Pirouette min A (group 3 – FIG) or rolls/flairs. 3. Acro line (FIG – min. 1 flight element) 4. Acro element backwards and front- or sideways. CV: Acro: B+B = 0.10; B+C = 0.20 (only flight, not dismount) B+B+B (without flight + dismount) = 0.10 Turns A+C = 0.10 Mixed/dance: B+B =0.10; C+C = 0.20 (different)
Floor.	Number of value elements: 8 (included dismount) [max. 3 acro (included dismount) + min. 3 gymn –FIG + 2 optionally] 4CR: 1. Dance passage - FIG 2.OP 2. Acro line with 2 salto, direct connection. 3. Salto backwards and front- or sideways. 4. Salto backwards with spin 360°. CV: Acro direct: B+A = 0.10; 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 (with and without step)







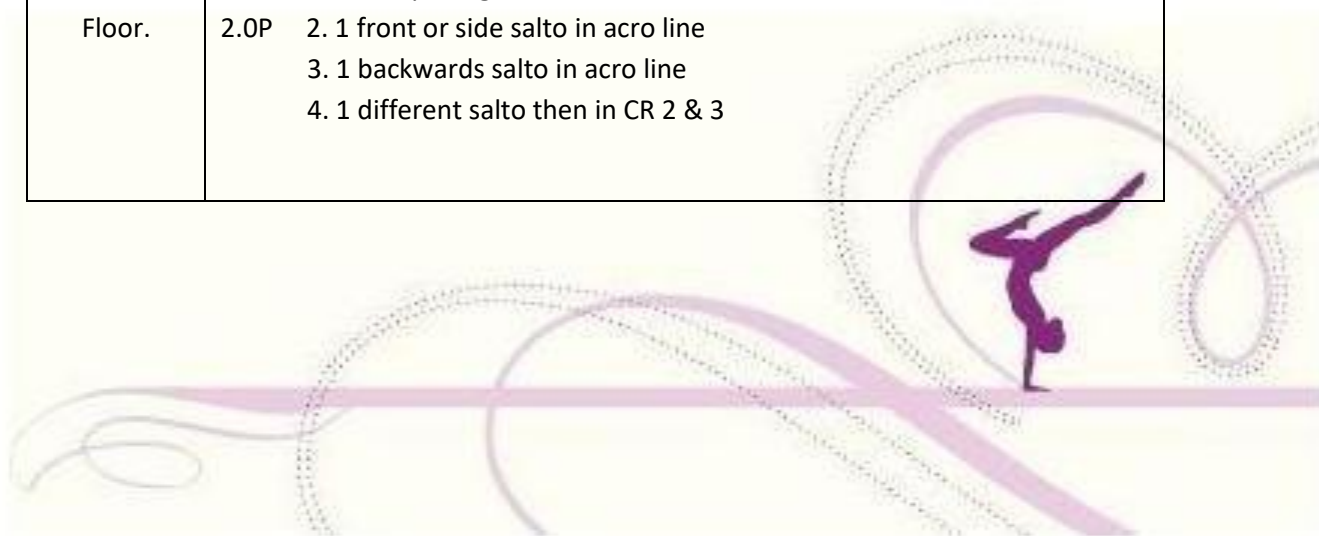
Categorie 4:

Age-category: CAT 4. 2013 – 2014	
Attention point: No C-elements or higher allowed. Short exercise: 6+ elements -> no deduction 5+ elements -> - 2.0 3 – 4 elements -> - 4.0 1 – 2 elements -> - 6.0	
Vault.	Height: 1.25m. 2 FIG vaults , best one counts Vaults may be the same. Ranking vault = average of the vaults.
Uneven Bars.	Number of value elements: 8 (included dismount) 3CR: 1. Kip hstd legs together or straddle. 1.5P 2. Flight element LB – HB (FIG – Sole circle allowed) 3. Circle element B. CV B+B=0.10 (different, allowed with dismount)
Beam.	Number of value elements: 8 (included dismount) [max. 3 acro (included dismount) + min. 3 gymn –FIG + 2 optionally] 4 CR: 1. Dance passage - 2 elements (FIG) 2.0P 2. Pirouette min A (group 3 – FIG) or rolls/flairs. 3. Acro element B-value with flight. 4. Acro element backwards and front- or sideways. Switch Leap “ Z “ is the only permitted C-element
Floor.	Number of value elements: 8 (included dismount) [max. 3 acro (included dismount) + min. 3 gymn –FIG + 2 optionally] 4CR: 1. Dance passage - FIG 2.0P 2. Acro line with one B-value 3. Acro line's backwards and frontways. 4. Pirouette. Bonmus: 0.2P – Salto Backwards with 1/1 twist (360°)



Categorie 5:

Age-category: CAT 5. 2015 – 2016	
Short exercise: 6+ elements -> no deduction 5+ elements -> - 2.0 3 – 4 elements -> - 4.0 1 – 2 elements -> - 6.0	
Vault.	Height: 1.25m. 2 FIG vaults , best one counts Vaults may be the same. Ranking vault = best one counts
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 (included dismount) [max. 3 acro (included dismount) + min. 3 gymn –FIG + 2 optionally] 4CR: 1. Dance passage - 2 elements 2.OP 2. Pirouette min. A (group 3 – FIG) 3. Acro direction backwards and side- or frontways. 4. Acro element with flight. CV: A+B=0.10 (Acro whereby 1 element with flight (not dismount))
Floor.	Number of value elements: 8 (included dismount) [max. 3 acro (included dismount) + min. 3 gymn –FIG + 2 optionally] 4CR: 1. Dance passage - FIG 2.OP 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 6:

Age-category: CAT 6. 2017 -2018	
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> <p>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>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>



Floor	<p>8 elements from the following lists.</p> <p>Elements:</p> <ul style="list-style-type: none"> - press to handstand. - cartwheel. - Roll backward to front support. - Handspring forwards landing on one leg. - Handspring forwards landing on both legs. - Round-off. <p>Jumps:</p> <ul style="list-style-type: none"> - Split leap fwd FIG. - pirouette 360°. - straddle pike jump. - stretched jump 1/2 turn. - stretched jump. - Tuck hop
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