



Last update: 29.03.2024

Changes from the January version
are highlighted in green.



Int. Wölfe Cup Trampolin

Individual - Synchronized – Team

on May 10th-11th, 2024 in Wolfsburg

Organizer: SV Barnstorf

Location: Ballsporthalle Mörse (Ceiling height 9.00 m)
Herzbergweg 6, 38442 Wolfsburg, Germany

Registration: Claudius Meyer (Meldung-Trampolin@gmx.de)
Please fill out the Excel spreadsheet for reporting athletes and judges! For any questions, contact via WhatsApp/phone: 0157 / 513 513 51

Registration deadline: Sunday, April 21, 2024

Registration fee: € 35.00 per individual participant (including team finals)
€ 30.00 per synchronized pair
Please pay to Claudius Meyer by April 30, 2024.
PayPal (Friends) to: Meldung-Trampolin@gmx.de
IBAN: DE 90 1203 0000 1006 2446 00, BIC: BYLADEM1001
Payment reference: „Wölfe Cup 2024 + Name of the club“

Judges: Please refer to the table for the number of judges to be registered and their licenses (higher licenses are always permitted.):

| Number of reported athletes | Entries only in the basis competition | Entries in basis & elite competition | Entries only in the elite competition |
|-----------------------------|---|---|---------------------------------------|
| 1 – 8 athletes | 1x Second-highest national license | 1x highest national license | 1x highest national license |
| 9 – 16 athletes | 1x highest national license 1x Second-highest national license | 2x highest national license | 2x highest national license |
| 17-24 athletes | 1x highest national license 2x Second-highest national license | 2x highest national license 1x Second-highest national license | 3x highest national license |

Clubs, do not provide the required number of judges upon registration or on the day of the competition are obligated to pay double of the registration fee per athlete/synchronized pair. Otherwise, disqualification from the competition will occur.

Age categories and compulsory routines (applies to individual & synchronized)

| Age group | Year of birth | Basis competition | Elite competition | Synchron Basis (best of two) | Synchron Elite (best of two) |
|------------------|---------------|---|--------------------------------------|---------------------------------|---------------------------------|
| AG 8 and younger | ≥ 2016 | P5, P6 (max. 2,5 diff*) | P7, P8, M5, M6, M7, W11 | max. 2,5 diff* | mind. 2,0 diff** |
| AG 9 / 10 | 2015 / 2014 | P6, P7, P8 (max. 3,5 diff*) | M5, M6, M7, W11 | max. 3,5 diff* | mind. 2,9 diff** |
| AG 11 / 12 | 2013 / 2012 | P7, P8, M5, M6, M7 (max. 4,5 diff*) | W11 | max. 4,5 diff* | mind. 4,2 diff** |
| AG 13 / 14 | 2011 / 2010 | P8, M5, M6, M7, W11 (max. 5,5 diff*) | W13 | max. 5,5 diff* | mind. 4,9 diff** |
| AG 15 / 16 | 2009 / 2008 | M5, M6, M7, W11 (max. 6,5 diff*) | W13 | max. 6,5 diff* | mind. 5,4 diff** |
| AG 17 and older | ≤ 2007 | 2x Kür (best of two) (max. 7,5 diff*) | best of two mind. 6,1 diff | max. 7,5 diff* | mind. 6,1 diff** |

The age groups for the team final

| Basis competition team*** | Elite competition team |
|--|---|
| AG 10 Jahre und jünger (≥ 2014) AG 11-13 Jahre (2013-2011) AG 14-16 Jahre (2010-2008) AG 17+ (≤ 2007) | AG 10 Jahre und jünger (≥ 2014) AG 11-13 Jahre (2013-2011) AG 14-16 Jahre (2010-2008) AG 17+ (≤ 2007)*** |

* If the maximum difficulty is exceeded in the basis competition, the difficulty level for that routine will be scored as 0.0 points.

** If the minimum difficulty is not met in the elite competition, the entire routine will be scored with 0.0 points.

*** The difficulty requirements from the individual competition also apply to the team final.

Provisional schedule:

| | |
|-----------------------|---|
| Saturday, 03.05. | Latest submission deadline for competition cards (Meldung-Trampolin@gmx.de) |
| Thursday, 09.05. | Arrival |
| | 4:00 PM – 9:00 PM free training and accreditation in the competition venue |
| Friday, 10th of May | 8:00 AM – 8:50 AM free training |
| | 8:30 AM – 8:45 AM Judges'/Coaches' Meeting |
| | 9:00 AM – 8:00 PM competition |
| Saturday, 11th of May | 8:00 AM – 8:50 AM free training |
| | 9:00 AM – 7:00 PM competition |
| | starting at 8:00 PM Banquet and party at the Athos restaurant in Vorsfelde |
| Sunday, 12th of May | Departure/Return journey |

General information about conducting the competition:

- If there are three or fewer entries in an age group, it may be merged with another if deemed appropriate.
- The organizer reserves the right not to hold a semi-final.
- Each starting group will have a 15-minute warm-up directly before the competition.
- The final starts from zero.
- The 2/3 rule applies to the final. Maximum of 8 finalists in individual and synchronized events, and 5 in the team final.
- The competition will be conducted electronically in all categories using ToF and HD..
- For the competition, unless stated otherwise in the announcement, the CoP (Code of Points) and competition regulations of the DTB (German Gymnastics Federation) apply.

Synchronized competitions

- Synchronized competitions are gender-mixed, including mixed pairs.
- An athlete can only compete in one synchronized pair.
- Age categories correspond to those of individual competitions.
- The preliminary round follows the "best of two" principle. Please consider the maximum (basic competition) or minimum difficulty (elite competition)!
- Athletes competing in the elite category in individual competitions are not allowed to compete in the basic competition in synchronized events.
- Synchronized pairs wear identical leotard. For mixed pairs, having a matching design or color is desirable.

Team competitions

- A team consists of a minimum of three and a maximum of four athletes (gender-neutral).
- The results from the individual qualification simultaneously determine the team's qualification round results. Therefore, only one team final takes place.
- The team final starts from zero. (There is no final with ranking points.) All four athletes are allowed to compete in the final. The three highest scores contribute to the team final result.
- In the age groups up to 16 years, the qualification round consists of a compulsory routine and a voluntary exercise. In the age groups 17+, the qualification round is based only on the better of the two performed routines (best of two). If a team in the age group "AK17+" is supported by younger athletes, the rule still applies that the better of the two qualification routines counts (where the compulsory routine is calculated without difficulty -> less work for the judges and the protocol).
- The age category in which the team competes is determined by the oldest member in the team.
- Teams may consist of athletes from a maximum of two clubs.
- The 2/3 rule applies, allowing a maximum of 5 teams in the final.
- Athletes who compete in the basic category in individual competitions are allowed to compete in an elite team. Athletes who compete in the elite category in individual competitions are not allowed to compete in a basic team.
- In the team final, all female and male team members wear matching leotards, boys also wearing identical pants (either long or short). However, there is the possibility that the leotards for boys and girls may have different designs.

Equipment setup

Ultimate 4x4 Eurotramp apparatus with mat tables and mats. Crash mats surround the trampolines. If a third panel of judges is required due to the number of registrations, there are no landing mats around the trampolines for the third panel of judges. (Applies only to the basic competition.)



Membership pass / DTB (German Gymnastics Federation) ID / FIG license

For the Wölfe Cup, neither a start pass, nor a DTB-ID, nor a FIG license is necessary.

Banquet on Saturday from 8:00 PM

Around 8:00 PM, there will be a banquet/buffet at the Greek restaurant Athos. The cost for the buffet and party is 30 €. DJ Nicki will be playing from 10:00 PM to 1:00 AM.

Address: Restaurant ATHOS, Amtsstraße 19, 38448 Vorsfelde

Drinks are to be paid in cash at the restaurant. Unfortunately, card payment is not possible. (An ATM is located 150 meters from the restaurant.)

The negotiated bottle prices for drinks are as follows:

| | | |
|--------|-------------------|-------|
| 1.0 l | Cola/Fanta/Sprite | €6.00 |
| 0.7 l | Water | €4.50 |
| 0.5 l | Beer | €4.00 |
| 0.25 l | Red/White Wine | €5.00 |

All other drinks and prices can be found on the restaurant's drinks menu.

Insurance

In case of accidents, losses, or damages, the individuals are responsible themselves. By registering children and teenagers, the registering club assures that the consent of the legal guardians is provided, and the individuals possess the required health and fitness for sports participation.

Data protection

By registering, each athlete or their legal guardians agree that personal data (name, first name, year of birth, club), results, and photos related to participation in the competition may be published for reporting in the press and other media (including online) by the participating clubs. The results will be live published on www.sporttech.io.

Compulsory routines:

| P5 | | | |
|-----------|----------------------|------|------------|
| 1 | Pike | 00< | 0,0 |
| 2 | ½ twist to sit | 01/S | 0,1 |
| 3 | ½ twist to stand | 01/ | 0,1 |
| 4 | Straddle | 00V | 0,0 |
| 5 | Back | 10/R | 0,1 |
| 6 | ½ twist to stand | 11/ | 0,2 |
| 7 | Sit | 00/S | 0,0 |
| 8 | Stand | 00/ | 0,0 |
| 9 | tuck | 00° | 0,0 |
| 10 | Back somersault tuck | 40° | <u>0,5</u> |
| | | | 1,0 |

| P6 | | | |
|-----------|----------------------|------|------------|
| 1 | Back somersault tuck | 40° | 0,5 |
| 2 | ½ twist to sit | 01/S | 0,1 |
| 3 | ½ twist to stand | 01/ | 0,1 |
| 4 | Straddle | 00V | 0,0 |
| 5 | Back | 10/R | 0,1 |
| 6 | ½ twist to stand | 11/ | 0,2 |
| 7 | tuck | 00° | 0,0 |
| 8 | ½ twist | 01/ | 0,1 |
| 9 | pike | 00< | 0,0 |
| 10 | Back somersault pike | 40< | <u>0,6</u> |
| | | | 2,6 |

| P7 | | | |
|-----------|----------------------|------|------------|
| 1 | stomache | 10/B | 0,1 |
| 2 | Stand | 10/ | 0,1 |
| 3 | Straddle | 00V | 0,0 |
| 4 | Back somersault tuck | 40° | 0,5 |
| 5 | ½ twist to seated | 01/S | 0,1 |
| 6 | Stand | 00/ | 0,0 |
| 7 | pike | 00< | 0,0 |
| 8 | Back somersault pike | 40< | 0,6 |
| 9 | tuck | 00° | 0,0 |
| 10 | Barani tuck | 41° | <u>0,6</u> |
| | | | 2,0 |

| P8 | | | |
|-----------|--------------------------|------|------------|
| 1 | ½ twist onto the stomach | 11/B | 0,2 |
| 2 | Stand | 10/ | 0,1 |
| 3 | tuck | 00° | 0,0 |
| 4 | backflip to seated tuck | 40°S | 0,5 |
| 5 | ½ Stand | 01/ | 0,1 |
| 6 | pike | 00< | 0,0 |
| 7 | Back somersault pike | 40< | 0,6 |
| 8 | Straddle | 00V | 0,0 |
| 9 | Back somersault tuck | 40° | 0,5 |
| 10 | Barani pike or tuck | 41<° | <u>0,6</u> |
| | | | 2,6 |

| M5 | | | |
|-----------|------------------------------------|-------|------------|
| 1 | ¾ back straight | 30/B | 0,3 |
| 2 | Stand | 10/ | 0,1 |
| 3 | Straddle | 00V | 0,0 |
| 4 | Back somersault tuck | 40° | 0,5 |
| 5 | Barani straight or pike or tuck | 41/<° | 0,6 |
| 6 | pike | 00< | 0,0 |
| 7 | Back somersault pike | 40< | 0,6 |
| 8 | tuck | 00° | 0,0 |
| 9 | back somersault onto the back tuck | 50°R | 0,6 |
| 10 | ½ twist to stand | 11/ | <u>0,2</u> |
| | | | 2,9 |

| M6 | | | |
|---|----------------------|------|-----|
| 1 | ¾ back straight | 30/B | 0,3 |
| 2 | Barani pike or tuck | 41<° | 0,6 |
| 3 | ¾ front straight | 30/R | 0,3 |
| 4 | Barani ball out tuck | 51° | 0,7 |
| The routine consists of 10 different elements, including the four (4) compulsory jumps placed at any position. The other elements of the routine can be freely chosen, but a maximum of 3 jumps are allowed to have less than a 270° somersault rotation. | | | |

| M7 | | | |
|--|------------------------------|------|-----|
| 1 | ¾ back straight | 30/B | 0,3 |
| 2 | Cody tuck | 50° | 0,6 |
| 3 | Barani straight | 41/ | 0,6 |
| 4 | Barani ball out tuck or pike | 51°< | 0,7 |
| The routine consists of 10 different elements, with four (4) compulsory jumps placed at any position. The other elements of the routine can be freely chosen, but a maximum of 2 jumps are allowed to have less than a 270° somersault rotation. | | | |

| W11 | | | |
|---|--|--|--|
| The routine consists of 10 different elements, 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. | | | |
| 1. one (1) element landing on the front of the body, | | | |
| 2. one (1) element landing on the back of the body, | | | |
| 3. one (1) element with 360° somersault rotation, at least, 360° of twist. | | | |

| W13 | | | |
|--|--|--|--|
| The routine consists of 10 different elements, 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. | | | |
| 1. one (1) element to front or back, | | | |
| 2. one (1) element from front or back – in combination with requirement N°1, | | | |
| 3. one (1) double front or back somersault with or without twist and | | | |
| 4. one (1) element with a minimum of 540° twist and minimum 360° somersault rotation | | | |