



Latvijas Vingrošanas Federācija

Open Championship in Trampoline
“Latvian Cup”
Riga, Latvia
March 22, 2020

Invitation 2020

ORGANIZING COMMITTEE	Latvian Gymnastics Federation GFL General Secretary – Natalija Prokofjeva e-mail: gfl@latent.lv Prusu street 110, Riga, Latvia, LV-1010 Mob.: +371 27403566 Website: www.gfl.lv	
VENUE	BJC “Daugmale”, Sports hall Vizlas iela 1, Riga, Latvia, LV-1063	
DATES	March 22, 2020	
APPARATUS SUPPLIER	TRA Eurotramp 4x4; Ultimate 4x4	
PROVISIONAL SCHEDULE	22 March (saturday)	Qualifications Individual Trampoline “Latvian Cup” Finals Awarding ceremony
PARTICIPATION	The open championship “Latvian Cup” for: - U7-8, U9-10 <u>Will consist only of Qualifications</u> - U11-12, U13-14, U15-16, U17-21 <u>Competition will consist of Qualifications and Finals.</u> <u>Participation in the Qualifications:</u> <ul style="list-style-type: none">All competitors must take part in the qualifications. <u>Participation in the Finals:</u> <ul style="list-style-type: none">The top eight (6) gymnasts from the qualifications qualify for the finals will participate in the finals. Finals will start from zero.	
AGE LIMITS TRA and DMT	U7-8, gymnasts born in 2013 and 2012 U9-10, gymnasts born in 2011 and 2010 U11-12 gymnasts born in 2009 and 2008 U13-14, gymnasts born in 2007 and 2006 U15-16, gymnasts born in 2005 and 2004 U17+, gymnasts born in 1997+	

Compulsory skills

‘Latvian Cup’ First routine with special requirements

U 7-8

- Stomach jump
- straddle jump
- 10 different skills

U 9-10

- Straddle jump
- Back somersault, tucked (C)
- One skill landing on the back or stomach

At least three (3) of the total skills in the compulsory routine must have at least 270° of somersault.

U 11-12

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 with, at least, 360° of twist.

U13-14

The routine consists of ten (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 (1) 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 No. 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 of 360° somersault rotation.

U15-16

The routine consists of ten (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 (1) 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 No. 1,
3. one (1) double front or double back somersault with or without twist and
4. one (1) element with a minimum of 540° twist and minimum of 360° somersault rotation.

U17+ FIG Senior

JUDGES AND JURIES	Judges must be entered as follows: <ul style="list-style-type: none"> • Clubs must bring a judge with at least a current national judge's brevet. • The name of the judge/s must be announced with the entry, and all changes must be reported to the organizer immediately. 	
AWARD	The winner will be awarded with cup and diploma. The gymnasts on 2nd and 3rd place will be awarded with medals and diploma. Group U7-8 and U9-10 all gymnasts will get a diploma.	
REGISTRATION DEADLINES	Nominative Registration	13.03.2020
ENTRY FEES	The cost for the entry fee is EUR 25 per gymnast per discipline.	
INSURANCE	The Organizing Committee will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like.	
MEDICAL SERVICES	The Organizing Committee will provide a first aid medical service in the competition during the whole competition.	
ACCOMMODATION	On request	
VISA	On request	
ACCREDITATION	Delegation accreditation will take place upon arrival. For accreditation are required to bring the following documents: <ul style="list-style-type: none"> • Passports or ID card of all members of the delegation • Proof of total payments; All financial obligations must be fulfilled before arrival.	
BANK ACCOUNT INFORMATION	Biedrība ‘‘ LATVIJAS VINGROŠANAS FEDERĀCIJA’’ Reģ.Nr. 40008022241 Prusu iela 110, Rīga, LV-1057 AS Swedbank Accoun Nr.: LV52HABA0551047128180 Paymant term till 13.03.2020 Each participating is kindly requested to integrate the payment’s purpose as follows: LC 2020 TRA name and surmane of gymnast, age group	
GFL Secretary General	 N.Prokofjeva 02.02.2020	