



FLANDERS FLIFFIS CUP

Trampoline & Tumbling

Ostend, Belgium
28th and 29th August 2009



DIRECTIVES / INVITATION

Together with the World Cup Trampoline and Tumbling, we organise the fourth edition of the Flanders Fliffis Cup. This top level competition in Trampoline Individual, Trampoline Synchro and Tumbling for the categories youth and juniors will be the perfect preparation for the World Age Group Competition.

ORGANISER: GymnastiekFederatie Vlaanderen vzw (Royal Belgian Gymnastics Federation)
Zuiderlaan 13
9000 Ghent - Belgium
Phone: 0032 9 243 12 05
Fax: 0032 9 243 12 19
E-mail: leenfore@gymfed.be

DATE: August 28th and 29th, 2009

VENUE: Sports Centre - Koninginnenlaan 76 - Ostend

CATEGORIES: Youth girls ° 1998-1995
Youth boys ° 1998-1995
Junior girls FIG-ages
Junior boys FIG-ages

These categories are for Trampoline Individual and Tumbling. World Cup competitors cannot participate in the Fliffis Cup. Remark: For Trampoline Synchro there is only one (open) junior category.

PROVISIONAL SCHEDULE:

Wednesday 26.08.09	Arrival of delegations Training as per schedule
Thursday 27.08.09	Arrival of delegations Training as per schedule
Friday 28.08.09	Morning + afternoon: Preliminaries Flanders Fliffis Cup
Saturday 29.08.09	Afternoon: Finals Flanders Fliffis Cup Evening: Banquet
Sunday 30.08.09	Departure of delegations



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PROGRAM:

Trampoline Individual and Synchro:

Youth (first qualifying routine):

9 skills with a minimum of 270° rotation

5 compulsory skills:

1. $\frac{3}{4}$ somersault backward
2. Cody
3. Back somersault straight
4. Back somersault straight with full twist (full)
5. Barani ball out piked

Junior: M9 = FIG B

9 skills with a minimum of 270° rotation

4 compulsory skills:

1. One element to front or back
2. One element from front or back (in combination with 1.)
3. One double front or back somersault with or without twist
4. One element with a minimum of 540° twist

Tumbling:

Youth:

Preliminaries: 2 passes of 8 elements

1st and 8th element of pass 1 and pass 2 may not be the same. If the first or last element of the second pass is a repetition, no difficulty score will be counted. Round off, flic flac and whip will not be counted as repetitions.

Finals:

cfr. Preliminaries. The final passes may be the same as in preliminaries.

Juniors:

FIG-senior rules

FINALISTS:

Two thirds of the number of competitors from the qualifying round, with a maximum of 8, will go forward to the finals. The gymnasts start the finals with a score of zero. Tie-breaking rules will be applied. If no Belgian gymnast is selected for the finals, one Belgian gymnast will be added by wild card.

EQUIPMENT:

Trampoline: Eurotramp, 4/6 mm bed

Tumbling: Janssen-Fritsen



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- JUDGES:** All delegations must provide at least one judge per event in which they have competitors. We prefer judges with a valid FIG certificate, if not possible, judges with the highest national brevet (please provide proof from your federation) are allowed.
- The name of the judge(s) must be announced with the entry form and all changes must be reported to the organiser immediately.
- A club or federation that doesn't bring judges as above, will be forced to pay the full extra cost it takes the organizer to replace each missing judge (€ 250).
- MEDALS/PRICES:** First, second and third in each category will receive a medal. All participants will receive a diploma.
- FLAG/ANTHEM:** On the day of arrival, each Head of Delegation has to deliver his/her national anthem (on CD) and national flag (150x100cm) to the secretariat. During the closing banquet these will be returned to the delegation.
- INSURANCE:** The Organizing Committee, the Royal Belgian Gymnastics Federation and the FIG cannot be held responsible for any liabilities in case of accidents and the like. Therefore, all competitors and officials must make their own arrangements as to insurance. Please bring a declaration of medical insurance! Otherwise the Organizing Committee will cover insurance at the federation's own charge.
- VISAS:** Please check immediately if a visa is required for your travel to Belgium.
- Upon request, the Organizing Committee will assist in issuing visas for all delegations. The following information should be sent to the Organising Committee for each member of the delegation: Full Name, Date of Birth, Passport Number and Date of Expiration of passport.
- ENTRY FEES:** The entry fee is € 25 per competitor. All entry fees must be paid by June 27th, 2009. The entry fee allows the competitor, if so desired, to compete in all disciplines, i.e. TRI, TRS and TUM.
- Entry fees are non refundable in case of cancellations.



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ACCOMMODATION: Together with the entry fees, 50% of the total cost of accommodation must be paid on before June 27th, 2009. The remaining 50% must be paid to the same bank account by July 27th, 2009.

Please note that there is a limited capacity for each category of hotels. The earlier you book, the more chance you have to stay in the category of your choice.

Delegations booking their accommodation through the organising committee will be offered free transportation from either Brussels National Airport or Ostend Railway station to the competition venue or hotel and back.

Category I	€ 130 per person per night (single room)
	€ 100 per person per night (double room)
Category II	€ 110 per person per night (single room)
	€ 90 per person per night (double room)
	€ 75 per person per night (triple room or quadruple)

The accommodation in category I and II includes: room, breakfast, lunch, banquet (August 29th) and city tax.

Youth hostel € 45 per person per night (dormitory)

The accommodation in the youth hostel includes: room, breakfast, lunch and city tax.

Extra tickets for the banquet (€ 45) and lunch (€ 15) can be ordered through the OC, but only by accredited persons.

PAYMENTS: GymnastiekFederatie Vlaanderen vzw

Zuiderlaan 13

9000 Ghent - Belgium

Account n°: 442-8021711-35

Bank KBC Potuit - 9040 Ghent (Belgium)

IBAN: BE57 4428 0217 1135 Swift code: KREDBEBB

Please note that the federation must cover all bank fees in connection with bank transfers to the bank account of the OC.



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DEADLINES:	Provisional Registration	27.04.2009
	Definitive Registration	27.06.2009
	Nominative Registration	27.07.2009
	Accommodation Form	27.06.2009
	Travel Schedule Form	27.07.2009
	Visa Request Form	27.07.2009
	Meals and Banquet Form	26.08.2009
	Payment Entry Fee	27.06.2009
	Payment 50% Accommodation	27.06.2009
	Payment 100% Accommodation	27.07.2009
	Payment Meals	27.07.2009
	Payment Banquet	27.07.2009
	Payment missing judge	27.07.2009

WORK PLAN: The work plan will be sent to the participating federations in August 2009.