



Paris, le 12nd January 2017

Réf : TK/ML/NV/2017-023  
Pôle des Activités Gymniques  
Affaire suivie par : Nadia Vaudatin  
☎ 01.48.01.24.52  
Objet : Masters Open Trampoline  
Tumbling  
6th-7th May 2017 – Lons le Saunier

Invited Federations :

- Belgium
- Denmark
- Germany
- Great Britain
- Portugal
- Spain
- Switzerland

Dear President,

The French Gymnastics Federation will organise the Masters Open Trampoline, Tumbling in Lons le Saunier from 6th to 7th May 2017.

Please find here enclosed all conditions and information for participation.

Looking forward to welcoming you in Lons le Saunier.

Best Regards.

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James Blateau  
Président  
Pour délégation  
David Vallée  
Directeur Formation

Copie : Président - DTN – T.Klein – M.Limbach-Tarin – C.Lambert - K.Lambert – A.Gardet - COL Lons le Saunier



**DIRECTIVES  
MASTERS TRAMPOLINE, TUMBLING  
LONS LE SAUNIER, FRANCE  
6<sup>TH</sup> AND 7<sup>TH</sup> MAY 2017**

Dear friends,

The **French Gymnastics Federation** and the Lons le Saunier Organizing committee have the pleasure to invite your Federation and your affiliated clubs to participate in the aforementioned event.

Invited Federations: Belgium, Portugal, Great Britain, Germany, Spain, Switzerland, Denmark

Please find below the directives :

<b>DISCIPLINE</b>	Trampoline Gymnastics Tumbling
<b>HOST FEDERATION</b>	French Gymnastics Federation 7 ter, Cour des Petites Ecuries 75010 Paris, France Tel: +331 48 01 24 48 Contact : <a href="mailto:marion.limbach-tarin@ffgym.fr">marion.limbach-tarin@ffgym.fr</a>  website: <a href="http://www.ffgym.fr">www.ffgym.fr</a>
<b>LOCAL ORGANIZING COMMITTEE</b>	La Jurassienne Lons le Saunier Avenue de l'Europe 39000 Lons le Saunier <a href="mailto:cdeodati@orange.fr">cdeodati@orange.fr</a>
<b>LOCATION</b>	City of Lons le Saunier
<b>DATE</b>	6 <sup>th</sup> and 7 <sup>th</sup> may 2017
<b>VENUE</b>	Complexe Sportif Le Solvan 685 rue Robert Schuman 39000 Lons le Saunier

<b>APPARATUS SUPPLIED</b>	<p>Competition: Trampoline - Gymnova Tumbling – Gymnova</p> <p>HD/ToF/Synchro device : to be defined</p>
<b>PROVISIONAL SCHEDULE</b>	<p><u>Friday, 5th May</u> Free training competition hall : 11 am to 5.30 pm Handing of competition cards TR TU Orientation Meeting</p> <p><u>Saturday 6th May</u> Judges meeting Qualifying Rounds – TRI/TU Finals – TRI/TU</p> <p><u>Sunday, 7th May</u> Judges meeting Synchro Synchro competition Departure of Delegations</p>
<b>RULES AND REGULATIONS</b>	<p><b>RULES</b> The event will be organized under the following FIG rules, as valid in the year of the event, with the exceptions foreseen in the French regulations.</p> <ul style="list-style-type: none"> <li>- Statutes</li> <li>- Technical Regulations</li> <li>- Code of Points and relevant Newsletters</li> <li>- General Judges' Rules</li> <li>- Specific Judges' Rules</li> <li>- Apparatus Norms</li> </ul>
<b>FEDERATIONS INVITED</b>	<p>The French "Masters" is a National event, open to :</p> <ul style="list-style-type: none"> <li>- Invited Nationals Federations : Belgium, Denmark, Great Britain, Portugal, Switzerland, Spain, Germany</li> <li>- all clubs, District or Regional associations affiliated in the respective Invited Federations</li> </ul>
<b>AGE LIMITS</b>	<p><b>Individual Trampoline</b></p> <p>11-12 : gymnasts born in 2005 and 2006 13-14 : gymnasts born in 2003 and 2004 15-17 : gymnasts born in 2000, 2001 and 2002 18 and older : gymnasts born in 1999 and before</p> <p><b>Tumbling :</b></p> <p>15-17 : gymnasts born in 2000, 2001 and 2002 18 and older : gymnasts born in 1999 and before</p>

	<p><b>Synchronised Trampoline</b></p> <p>A gymnast can only participate in one synchro pair.</p> <p>11-13* : gymnasts born in 2004, 2005 and 2006  14-17 : gymnasts born in 2000, 2001, 2002 and 2003  18 and older : gymnasts born in 1999 and before</p> <p>* A pair can be mixed (2 boys / 2 girls / 1 boy and 1 girl)</p>
<p><b>ENTRY FEES</b></p>	<p>The cost for the entry fee is</p> <ul style="list-style-type: none"> <li>- 45 € per gymnast per class/category (TR-TU)</li> <li>- 45€ per unit (synchro)</li> </ul> <p>Entry fees has to paid by the definitive registrations March 1<sup>st</sup> to:</p> <p style="padding-left: 40px;">Bank 18106 counter 00810  Account N° : 96729736098 Key : 39  Domiciliation : AIX ROOSEVELT (00849)  <b>IBAN code : FR76 1810 6008 1096 7297 3609 839</b>  BIC : AGRIFRPP881</p>
<p><b>EVENT FORMAT</b></p>	<p><b>FINALS –</b></p> <p><b>Individual trampoline</b></p> <p>The competitors with 8 best scores in the qualifying rounds in the different age groups will go to the final. In each category, the 4 best French gymnasts will be added to the final in case they are not already qualified in the 8 bests.</p> <p>Trampoline: In the case of 8 or less competitors in a category in qualifying round, all of them will go to the finals. No competitor will go through to the final with a total score of zero from the qualifications.</p> <p><b>The gymnasts will start finals with a score of zero.</b></p> <p>No finals in synchronised trampoline.</p> <p><b>Tumbling</b> : In the case of 8 or less competitors in a category in qualifying round, n-1 gymnasts will go the final, except if the last gymnast realize at least a difficulty score (by addition of two passes) as follow :</p> <p>15-17 : 6.4 for girls, 7.7 for boys  18 and older : 7.7 for women, 10.6 for men</p> <p><b>The gymnasts will start finals with a score of zero.</b></p>

	<p><b>Technical rules</b></p> <p><b>Individual Trampoline</b></p> <p>For the first routine, there are some specific requirements and bonus (see Appendix 1).</p> <p><b>Synchronised trampoline</b></p> <p>11-13: one voluntary routine  14-17: one voluntary routine  18 and older : one voluntary routine</p> <p><b>Tumbling</b></p> <p>15-17 : Qualifying round : WAGC rules (2 voluntary passes). Final : 2 voluntary passes</p> <p>18 and older: FIG COP (salt pass and twisting pass in qualifying round, 2 voluntary passes in final).</p> <p>18.1.7 FIG COP point will be applied for : 15-17 girls, 15-17 boys and 18 and older women.</p> <p>For 18 and older men competition, the bonus will be applied but limited to one point maximum by pass.</p>
<b>INSURANCE</b>	<p>The Host Federation and the Local Organizing Committee will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like. All participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation for all the Members of their Delegation. The Local Organizing Committee will verify the insurance upon arrival of the Delegation Members (e.g. cover note or photocopy of the valid policy).</p>
<b>ACCREDITATION</b>	<p>Delegation accreditation will take place upon arrival. For accreditation, Heads of the Delegations are required to bring the following documents:</p> <ul style="list-style-type: none"> <li>• Passports of all members of the delegation;</li> <li>• Proof of total payments;</li> <li>• Proof of medical insurances;</li> </ul> <p>All financial obligations must be fulfilled before arrival or during the accreditation. Accreditation cards will not be delivered unless all financial and insurance obligations have been met.</p> <p>Accreditation card is personal for each of the delegation members.  All participants and officials are required at all times to wear Accreditation Cards</p>

<b>JUDGES AND JURIES</b>	<p>The participating Delegations must present one judge with <b>FIG judges brevet or highest national brevet in their country as follow :</b>  <b>TRA/TUM: 3 gymnasts and more: 1 or 2 judges.</b></p> <p>The Clubs, Associations or Federations will be penalized with the payment of 305 Euros for each missing judge. The non-payment of the penalization will implicate the non-participation in the event of the respective competitors. All the judges indicated by the respective Clubs, Associations and Federations to the organization will have to be present at the respective judges meetings.</p> <p><b>Note:</b> Transport, accommodation and meals of the judges of each delegation are of the respective delegations responsibility.</p>
<b>DEADLINES</b>	<p><b>Definitive registrations : 1<sup>st</sup> of March</b>  <b>Payment of the entry fee : 1<sup>st</sup> of March</b>  <b>Nominative registrations : 10<sup>th</sup> of April</b></p>
<b>WORK PLAN</b>	<p>Detailed information about the competition will be sent to the participating delegations after nominatives entries.</p>
<b>INTERNATIONAL TRANSPORTATION</b>	<p>The members of the invited participating must organize and pay for their international transportation.</p>
<b>ACCOMMODATION, MEALS and LOCAL TRANSPORTATION</b>	<p>All the informations are available in Appendix 2.</p>
<b>REGISTRATION CANCELATION</b>	<p>After definitive registrations, no refund.  After nominative registrations, in case of an injury, delegations can change a gymnast until April 25th. Please contact <a href="mailto:marion.limbach-tarin@ffgym.fr">marion.limbach-tarin@ffgym.fr</a>  After April 25<sup>th</sup>, no change allowed.</p>
<b>MEDICAL SERVICES</b>	<p>The Organizing Committee will provide a first aid medical service and emergency medical transportation in the competition / training area during the whole competition.</p>
<b>SERVICES</b>	<p>For any additional services (special transfers, extra days accommodation etc.) please do not hesitate to contact the Local Organising Committee</p>

Sincerely Yours,

Paris, 12<sup>nd</sup> January 2017



James Blateau  
Président  
Pour délégation  
David Vallée  
Directeur Formation



**APPENDIX 1 : INDIVIDUAL TRAMPOLINE REQUIREMENTS AND BONIFICATIONS FOR THE FIRST ROUTINE**

11-12 (born in 2005-2006)		
L*	Options	Bonifications
Requirements	Gymnasts can realize one or more of the following options.	
10 different skills	¾ back straight	0,2 pt
	OR	OR
	¾ back tuck	0,4 pt
	OR	OR
	¾ back pike	0,4 pt
	Cody back tuck	0,4 pt
	¾ front straight	0,2 pt
5 to 10 skills with at least 270 ° of somersault rotation	Ball out tuck	0,2 pt
	OR	OR
	Ball out pike	0,4 pt
	OR	OR
	Barani ball out tuck	0,4 pt
	Full	0,6 pt
	OR	
	Front full 10th skill	

13-14 (born in 2003-2004)		
L*	Options	Bonifications
Requirements	Gymnasts can realize one or more of the following options.	
10 different skills	Barani ball out pike	0,2 pt
	OR	OR
7 to 10 skills with at least 270 ° of somersault rotation	Rudy ball out	0,6 pt
	1 ¾ front tuck	0,4 pt
	OR pike	
1 skill landing on the back with at least 270° somersault rotation (front)	Rudolf	0,6 pt
	¾ back tuck or straight	0,2 pt
	OR	OR
	¾ back pike	0,4pt
1 full	Cody back tuck	0,2 pt

15-17 (born in 2000-2001-2002)	18 and older (born in 1999 and before)
FIRST ROUTINE (L1)	
✓ One skill landing on the back OR on the front of the body	FIG COP
✓ One skill from the back OR from the front of the body in combination with requirement number 1	
✓ One double back or front rotation with or without twist	
✓ One skill with at least 540° of twist	
✓ 2 elements, marked with an asterisk on the competition card, will have difficulty ratings. The difficulty will be added to the execution score.	
<i>Possibility to realize one skill with less than 270° somersault rotation</i>	



## Appendix 2 : LOC informations

### CONTACT

#### **Before the event:**

Days and hours of availability:

Details about facilities:	DEODATI Catherine +33 3 84 43 53 91 or +33 6 72 97 91 74 <a href="mailto:cdeodati@orange.fr">cdeodati@orange.fr</a>
Technical details:	DEODATI François +33 6 83 06 52 47 <a href="mailto:francois.deodati@orange.fr">francois.deodati@orange.fr</a>
Medias :	PALANCHON Yann +33 6 42 68 79 98 <a href="mailto:yannpalanchon@yahoo.fr">yannpalanchon@yahoo.fr</a>
Club web page:	<a href="http://lajurassienne.free.fr">http://lajurassienne.free.fr</a>

#### **During the event:**

Days and hours of availability:

Details about facilities:	DEODATI Catherine +33 6 72 97 91 74 <a href="mailto:cdeodati@orange.fr">cdeodati@orange.fr</a>
Technical details:	DEODATI François +33 6 83 06 52 47 <a href="mailto:francois.deodati@orange.fr">francois.deodati@orange.fr</a>
Medias :	PALANCHON Yann +33 6 42 68 79 98 <a href="mailto:yannpalanchon@yahoo.fr">yannpalanchon@yahoo.fr</a>

### EVENT LOCATION

Sport area of the Solvan in Lons-le-Saunier, 685 rue Robert Schuman.

GPS location : N 46.68309, E 005.56484

-Access from A39 Highway (North) (or national road from Besançon) : Exit # 7, road D475 for 5km, then D1083 for 17km (4lanes). North entry of the city, first roundabout, take 3rd exit to 'LYON' ('Lons centre'), Route de Besançon then Boulevard de l'Europe, 1<sup>st</sup> road on the right to 'centre nautique et complexe sportif'. The gym arena is located downhill next to the 'Aqua\_rel' pools.

- Access from A39 Highway (South) (or national road from Chalon) : Exit # 8, road D678 for 10km. Follow direction 'Besançon'-'Dole' via D1083 until north entry of the city roundabout take 1st exit to 'LYON' ('Lons centre'), Route de Besançon then Boulevard de l'Europe, 1<sup>st</sup> road on the right to 'centre nautique et complexe sportif'. The gym arena is located downhill next to the 'Aqua\_rel' pools.

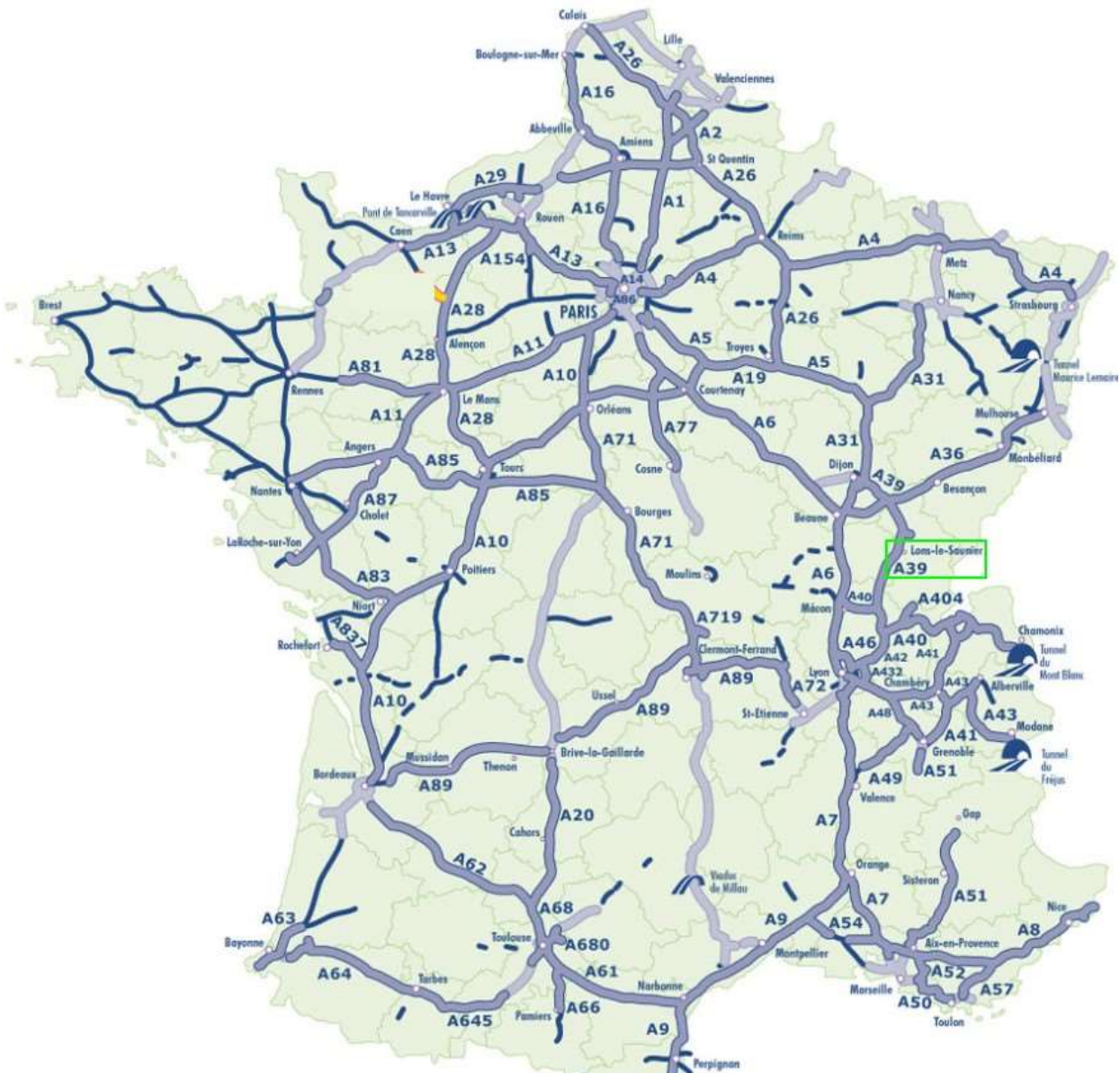
-Access by D1083 (Country road from Lyon): 1 Km after the village of Gevingey, at the roundabout keep D1083 direction 'Besançon'-'Dole' until north entry of the city roundabout take 1st exit to 'LYON' ('Lons centre'), Route de Besançon then Boulevard de l'Europe, 1<sup>st</sup> road on the right to 'centre nautique et complexe sportif'. The gym arena is located downhill next to the 'Aqua\_rel' pools.

-Access by D52 (Country road from Geneva-Les Rousses-Morez-Clairvaux-les-Lacs): Downhill to Lons le Saunier, Direction 'Besançon', end of city area, just after the TOTAL gas station, turn right to 'Centre nautique' then turn first left down the hill to 'centre nautique et complexe sportif'. The gym arena is located downhill next to the 'Aqua\_rel' pools.

Parking lot along the arena or additional parking places at the 'Aqua\_rel' pools 100 meters away from arena.

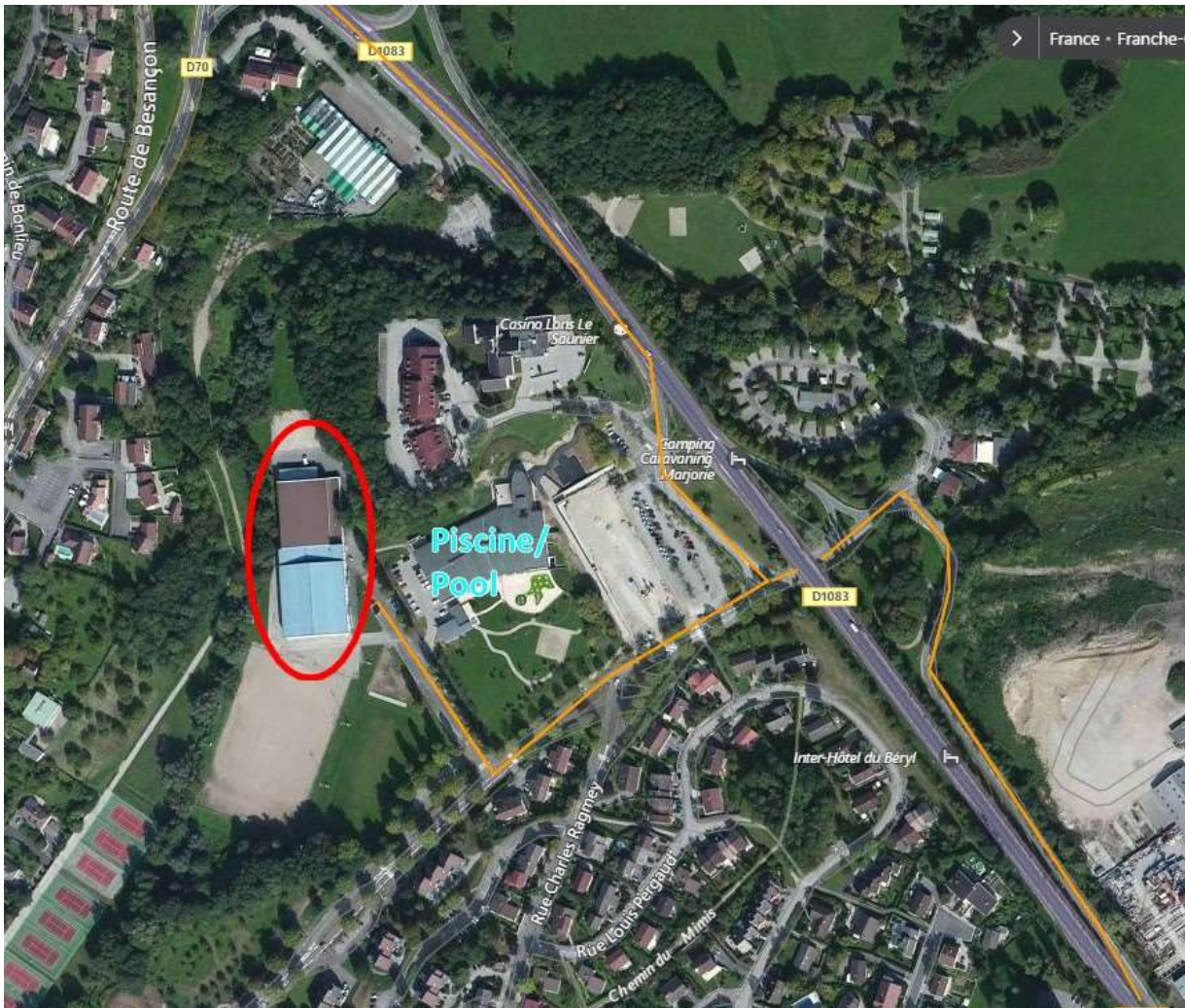


### Locating A39 Highway





Locating gym arena





# HOTELS

## Officials Hotel:

Logis Hotel Lons le Saunier  
1055, Boulevard de L'Europe,  
39000 Lons le Saunier, France  
Phone +33 3 84 24 78 00

Free Parking /Free WiFi/Restaurant

## Special offer:

We are pleased to offer special pricing for the Golf Hotel Resort of Val De Sorne, with a golf course, a swimming pool and a sauna, Domaine du Val de Sorne is the perfect choice for people wanting to have a relaxing stay. [www.valdesorne.com](http://www.valdesorne.com)



- Single large bed Confort room = 100€/night

- Double bed Confort room = 100€/night

- Breakfast = 10€

Half Board per person = 36€, Breakfast + 1 diner (3 dishes beverages excluded) based on "Menu du marché".

Full Board per person = 62€, Breakfast + 1 Meal + 1 diner (3 dishes beverages excluded) based on "Menu du marché".

Golf course discount of 25% on both 9 or 18 holes.

Green fee 9 holes = 41€

Green fee 18 holes = 57€

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Please send early reservation to [cdeodati@orange.fr](mailto:cdeodati@orange.fr)

## ONSITE MEALS and DRINKS

Onsite snacks (hot and cold) and drinks available on Friday and Saturday from 11.00 to 21.00. Breakfast on Saturday and Sunday from 7.00 to 10.30.

Complete meal available on Saturday and Sunday from 12.00 to 13.30 for 12 Euros (Early reservation at welcome point required).

Any team will be able to open an account for meals and drinks payable at the end of the event. (a guarantee check may be requested).

For ecology reason a collector plastic glass will be released, you must pay 2 Euros to get it for the event (no other glass permitted for onsite drinks), refundable at the end if you don't want to keep it.

## EVENT TICKETS

	Friday	Saturday	Sunday	Sat/Sun combo
<b>FFG License members</b>	<b>0 €</b>	<b>5 €</b>	<b>3 €</b>	<b>7 €</b>
<b>Public price</b>	<b>0 €</b>	<b>7 €</b>	<b>4 €</b>	<b>10 €</b>
<b><u>Free under 16 years old.</u></b>				