

Forza Cup 2020



Saturday July 4, 2020, Forza Gymnastica will host the 14th edition of the Forza Cup. The Forza Cup is an international competition for trampoline, double minitrampoline and minitrampoline. The competition will be held at the Omnium in Goes, the Netherlands. In previous years, the event has grown into a complete tournament with hundreds of competitors including two levels (A and B level) and many different age categories.

We would like to invite gymnasts from your club to take part in this international event.

Host

Forza Gymnastica
p/a Monique Klein
info@forzacup.nl
www.forzacup.nl
www.facebook.com/ForzaGymnastica

Location

Omnium
Zwembadweg 2
4463 AB Goes
www.omnium.nl

Time schedule

The provisional time schedule is as follows:

Friday July 3, 2020

15.00-19.00 hrs: Arrival of delegations
19.00-21.30 hrs: Open training

Saturday July 4, 2020

08.30 hrs: Competition hall accessible
09.20 – 12.00 hrs: Morning competition
12.00 – 12.30 hrs: Award ceremony morning competition
13.00 – 18.00 hrs: Afternoon competition
18.00 – 18.30 hrs: Award ceremony afternoon competition

19.00 hrs: Dinner and tropical pool party

The final schedule depends on the number of registrations and will be made available after the registration deadline has expired.

Levels of competition

There are two levels on all three events, namely an A and B level. Special requirements for the different age groups and levels can be found in the appendix.

Age groups

<u>A level</u>	<u>B level</u>
2008-2009	2010 and younger
2006-2007	2008-2009
2004- 2005	2006-2007
2003 and older	2005-2004
	2003 and older

In case of a low number of participants in a certain age group, the organization may combine age groups. A combined age group will be subject to the requirements of the youngest age group.

The A level competition allows for competitors born in 2010 or later. They will compete in the category 2008-2009.

Rules and equipment

Participation is only possible for members of a national gymnastics federation connected to the FIG. The trampoline and double minitrampoline events are subjected to FIG Code of Points (2017-2020). The minitrampoline event is subjected to the Dutch regulations (version August 2019) set by the Dutch Gymnastics Federation (KNGU), which can be found on their website (www.dutchgymnastics.nl). Special requirements for the different age groups and levels can be found in the appendix.

All equipment used during the competition meets the requirements set by the FIG. In the trampoline events, the A level scores include a Time of Flight (TOF) score. B level scores do not include a TOF-score.

In case of a tie after the preliminaries, the following tie break rules apply:

1. Highest E-score (last routine)
2. Highest E-score (first and second routine)
3. If there is still a tie, the tie will not be broken

In case of a tie after the final the same tie break rules apply:

1. Highest E-score (final routine)
2. Highest E-score (all routines)
3. If there is still a tie, the tie will not be broken

Jury

All clubs should bring at least one judge per ten gymnasts per event. When participating with more than ten gymnasts in one event, a second judge is required. For each missing judge, there is a penalty of € 50,-. However, this only applies for the second, third, etc. judge, since all clubs are obliged to bring at least one judge to competition. Judges are required to have a valid FIG or national license.

Entry fees

The entry fee for the Forza Cup is € 12,50- per gymnast per event. Gymnasts may compete in a maximum of two events. Each participating club is kindly requested to pay the total amount due per bank transfer before June 15, 2020.

Payments to: Forza Gymnastica Goes
Account number: IBAN: NL58 RABO 0380 5631 85

Accommodation

There are several opportunities to stay in (close vicinity to) Goes. An option is Camping Omnium. More information on www.omnium.nl/camping or +31 (0)113-233388. Due to renovation there is limited capacity and timely booking might be necessary.

For more information about accommodation, clubs can contact the local tourist office (VVV) via +31 (0)113-235990.

Dinner and pool party

After the competition a dinner will be served for € 10,- per person. Directly after the competition and dinner we are hosting a tropical swimming party. Ticket prices for the swimming party are € 5,- per person (pre-order) or € 7,50 per person (available on the competition day). Participation (dinner and/or pool party) can be indicated on the application form.

Insurance

Forza Gymnastica cannot, unless it being on purpose or due to carelessness by volunteers of the organizing party, be held responsible for damage as a result of death, injuries, accidents, loss or theft caused to the competitor(s) during or as a result of participating in the Forza Cup on July 4, 2020.

Participation

All information and application forms can be found on our website www.forzacup.nl. For your convenience we have also attached the regulations. Send in your applications before June 1, 2020.

We hope to see everyone on July 4, 2020 in Goes (again) for the 14th edition of the Forza Cup!

With kind regards,

Monique Klein