

27<sup>th</sup> Rheintalcup  
Gymnastics



Widnau

13<sup>th</sup> / 14<sup>th</sup> april 2024

# Technical Meeting



**REGIONALES TRAININGSZENTRUM**  
RHEINTAL 9443 WIDNAU



**SGTV**  
St.Galler Turnverband

**Preannouncement**  
The 28<sup>th</sup> Rheintalcup will take place on  
april 5<sup>th</sup> / 6<sup>th</sup> 2024 in Widnau!  
[www.rheintalcup.ch](http://www.rheintalcup.ch)

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# Technisches Meeting | Technical Meeting



## Verpflegung | Catering

### Frühstück Samstag | *breakfast saturday*

<ul style="list-style-type: none"><li>• 07:00 – 09:00 Uhr im Spiegelsaal</li><li>• für Übernachtende in der Sporthalle Aegeten</li><li>• ohne Bon</li></ul>	<ul style="list-style-type: none"><li>• 7:00am – 9:00am in the hall of mirrors</li><li>• for overnight stays in the Aegeten sports hall</li><li>• no coupon necessary</li></ul>
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### Mittagessen Samstag | *lunch saturday*

<b>Kampfrichter</b> <ul style="list-style-type: none"><li>• 11:30 Uhr im Spiegelsaal</li><li>• ohne Bon</li></ul>	<b><i>judges</i></b> <ul style="list-style-type: none"><li>• 11:30 am in the hall of mirrors</li><li>• no coupon necessary</li></ul>
<b>Turner, Coaches und Begleitpersonen</b> <ul style="list-style-type: none"><li>• Bon für Getränk &amp; Grillverpflegung</li><li>• Abgabe der Bons nach dem Technical Meeting</li></ul>	<b><i>gymnasts, coaches and followers</i></b> <ul style="list-style-type: none"><li>• coupon for a drink &amp; the grill-snack</li><li>• coupons you will receive after the meeting</li></ul>

### Abendessen Samstagabend | *dinner saturday evening*

<ul style="list-style-type: none"><li>• im Spiegelsaal</li><li>• ohne Bon</li><li>• ab 18.15 Uhr für Kampfrichter</li><li>• ab 18.30 Uhr für Jun &amp; Sen ohne Gerätefinale</li><li>• ab 22.00 Uhr für Jun &amp; Sen des Gerätefinals</li><li>• «Party» nach dem Abendessen ist draussen im Foyer und/oder an der Bar und muss selbst finanziert werden ☺...</li></ul>	<ul style="list-style-type: none"><li>• in the hall of mirrors</li><li>• no coupon necessary</li><li>• from 6.15pm for judges</li><li>• from 6.30pm for Jun &amp; Sen without apparatus finals</li><li>• from 10pm for Jun &amp; Sen of the apparatus finals</li><li>• «party» after dinner is outside and/or at the bar and have to be paid by yourself ☺...</li></ul>
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### Frühstück Sonntag | *breakfast sunday*

<ul style="list-style-type: none"><li>• 07:00 – 09:00 Uhr im Spiegelsaal</li><li>• für Übernachtende in der Sporthalle Aegeten</li><li>• ohne Bon</li></ul>	<ul style="list-style-type: none"><li>• 7:00am – 9:00am in the hall of mirrors</li><li>• for overnight stays in the Aegeten sports hall</li><li>• no coupon necessary</li></ul>
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# Technisches Meeting | Technical Meeting



## Wettkampf | Competition

**09.30 – 11.15** Junioren 1. Abteilung | **09.30 – 11.15am** juniors 1<sup>st</sup> division

**13.00 – 14.30** Junioren 2. Abteilung | **1.00 – 2.30pm** juniors 2<sup>nd</sup> division

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| <ul style="list-style-type: none"><li>• 2 Abteilungen mit 23 resp. 28 Junioren</li><li>• einturnen ab 08.00 resp. 11.15 Uhr</li><li>• einturnen in der kleinen Halle jederzeit</li><li>• einturnen vor jedem Gerät</li></ul> | <ul style="list-style-type: none"><li>• two divisions with 23 and 28 gymnasts</li><li>• warm up at 8:00 resp. 11:15am</li><li>• warm up in the small gymhall nearby at everytime</li><li>• warm up before each apparatus</li></ul> |
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**16.30 – 18.00** | Senioren | **4.30 – 6.00pm** seniors

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|--|---|
| <ul style="list-style-type: none"><li>• 1 Abteilung mit 24 Senioren</li><li>• einturnen ab 15.00 Uhr oder jederzeit in der kleinen Turnhalle</li><li>• einturnen vor jedem Gerät</li></ul> | <ul style="list-style-type: none"><li>• one division with 24 gymnasts</li><li>• warm up at 3:00pm or in the small gymhall nearby at everytime</li><li>• warm up before each apparatus</li></ul> |
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### Einmarsch | entry

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|---|--|
| <ul style="list-style-type: none"><li>• Besammlung nach dem Einturnen im langen Gang beim Bild des Startgeräts</li><li>• Majoretten führen die Riege zum Startgerät</li><li>• in Einerkolonne hinter den Majoretten marschieren</li></ul> | <ul style="list-style-type: none"><li>• Meeting time is in the long corridor after the warm-up at the pictures with the start apparatus</li><li>• majorettes lead the gymnasts to the first apparatus</li><li>• march in single file behind the majorettes</li></ul> |
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### Gerätewechsel | change of the apparatus

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| <ul style="list-style-type: none"><li>• Gerät vor dem offiziellen Wechsel nicht verlassen</li><li>• Wechsel finden immer mit den Majoretten statt</li><li>• in Einerkolonne hinter den Majoretten zum nächsten Gerät marschieren</li></ul> | <ul style="list-style-type: none"><li>• it is not allowed to leave the apparatus before the official exchange</li><li>• changes always take place with the majorettes</li><li>• please always march behind the majorettes to the next apparatus</li></ul> |
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### Rangverkündigung | announcement of the results

**Junioren | ca. 14.45 Uhr**

**Senioren | ca. 18.15 Uhr**

- Besammlung 10 Minuten vorher im langen Gang
- hinter den Majoretten bereithalten
- Einmarsch mit Majoretten

**Juniors | ca. 2:45pm**

**Seniors | ca. 6:15pm**

- all gymnasts please wait 10 minutes before in the long corridor
- be prepared behind the majorettes
- entry with the majorettes

# Modus

## Apparatus final



 = Majorettes |  = Junior |  = Senior

### Qualification

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The best 6 juniors and the best 6 seniors will take part in the apparatus finals.

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The gymnast is allowed to participate on each apparatus final.

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Two gymnasts per nation are allowed to take part in the apparatus finals.

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If a junior or a senior will not take his starting position in the apparatus finals (on one apparatus or on several apparatus), then in each case the next placed athlete will slip into the corresponding apparatus final.

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### Announcement of the finalists

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The announcement of the finalists will be made after the senior ranking ceremony.





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### Competition





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It is alternately gymnastics on two apparatus. The first starting athlete is the 6th placed junior on the first apparatus in each final round. Then the 6th senior starts on the second apparatus. Afterwards the 5th placed junior will start again on the first apparatus... → detailed order – see apparatus final – procedure





#### Final 1. Round

1. app. = High bar  6 | 2. app. = floor  6 | 3. app. = High bar  5 | 4. app. = floor  5 | ...

#### Final 2. Round

1. app. = floor  6 | 2. app. = Parallel bars  6 | 3. app. = floor  5 | 4. app. = Parallel bars  5 | ...

#### Final 3. Round

1. app. = Parallel bars  6 | 2. app. = High bar  6 | 3. app. = Parallel bars  5 | 4. app. = High bar  5 | ...

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Short warm-up after the change of apparatus.

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### Miscellaneous

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Each apparatus will be judged by 2 D / 4 E judges. The highest and the lowest E-scores are deleted.

The average of the two remaining scores is used as the E-score.

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There will be 2 linesman / 1 timekeeper on floor and 1 linesman on vault.


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Landing mats and additional mats without movement are allowed.

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On vault, the height for young gymnasts (younger than 2010) may be set from 1.35m to 1.25m.

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At the beginning and at the end of the apparatus final the  majorettes will show a performance.

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Marching in, changing of apparatus and marching out always takes place with the  majorettes.

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# Gerätefinal Ablauf |

## Apparatus final – procedure



→ kleines Einturnen = 30s / Turner (Barren 50s) | *small warm-up = 30s / gymnast (parallel bars 50s)*

Final 1. Runde   1 <sup>st</sup> Round			
	Boden   floor	Barren   parallel bars	Reck   high bar
1			6. Junior   6 <sup>th</sup> junior
2	6. Senior   6 <sup>th</sup> senior		
3			5. Junior   5 <sup>th</sup> junior
4	5. Senior   5 <sup>th</sup> senior		
5			4. Junior   4 <sup>th</sup> junior
6	4. Senior   4 <sup>th</sup> senior		
7			3. Junior   3 <sup>rd</sup> junior
8	3. Senior   3 <sup>rd</sup> senior		
9			2. Junior   2 <sup>nd</sup> junior
10	2. Senior   2 <sup>nd</sup> senior		
11			1. Junior   1 <sup>st</sup> junior
12	1. Senior   1 <sup>st</sup> senior		

→ Geräte- und Turnerwechsel | *Change of apparatus and gymnasts*

→ kleines Einturnen = 30s pro Turner (Barren – 50s) | *small warm-up = 30s per gymnast (parallel bars – 50s)*

Final 2. Runde   2 <sup>nd</sup> Round			
	Boden   floor	Barren   parallel bars	Reck   high bar
13	6. Junior   6 <sup>th</sup> junior		
14		6. Senior   6 <sup>th</sup> senior	
15	5. Junior   5 <sup>th</sup> junior		
16		5. Senior   5 <sup>th</sup> senior	
17	4. Junior   4 <sup>th</sup> junior		
18		4. Senior   4 <sup>th</sup> senior	
19	3. Junior   3 <sup>rd</sup> junior		
20		3. Senior   3 <sup>rd</sup> senior	
21	2. Junior   2 <sup>nd</sup> junior		
22		2. Senior   2 <sup>nd</sup> senior	
23	1. Junior   1 <sup>st</sup> junior		
24		1. Senior   1 <sup>st</sup> senior	

→ Geräte- und Turnerwechsel | *Change of apparatus and gymnasts*

→ kleines Einturnen = 30s pro Turner (Barren – 50s) | *small warm-up = 30s per gymnast (parallel bars – 50s)*

Final 3. Runde   3 <sup>rd</sup> Round			
	Boden   floor	Barren   parallel bars	Reck   high bar
25		6. Junior   6 <sup>th</sup> junior	
26			6. Senior   6 <sup>th</sup> senior
27		5. Junior   5 <sup>th</sup> junior	
28			5. Senior   5 <sup>th</sup> senior
29		4. Junior   4 <sup>th</sup> junior	
30			4. Senior   4 <sup>th</sup> senior
31		3. Junior   3 <sup>rd</sup> junior	
32			3. Senior   3 <sup>rd</sup> senior
33		2. Junior   2 <sup>nd</sup> junior	
34			2. Senior   2 <sup>nd</sup> senior
35		1. Junior   1 <sup>st</sup> junior	
36			1. Senior   1 <sup>st</sup> senior

**Siegerehrung | *announcement of the results***