



# LIMES-JUNIORS-CUP

## AALEN, GERMANY

### 19.06.2025 – 21.06.2025

## INVITATION

The Deutscher Sportakrobatik Bund is pleased to invite you to the Limes Juniors Cup 2025, that will be held from 19<sup>th</sup> to 21<sup>st</sup> of June 2025. The Limes Juniors Cup is done in conjunction with the FIG World Cup Event Limes World Cup.

<b>HOST FEDERATION</b>	Deutscher Sportakrobatik Bund Mörchinger Str. 53 D 14169 Berlin Germany
<b>ORGANIZING COMMITTEE</b>	Baden-Württembergischer Sportakrobatik Verband Parkstrasse 11 73430 Aalen Germany  Dana Kohn (LOC Executive Director) e-mail: <a href="mailto:dana.kohn@limes-acro.com">dana.kohn@limes-acro.com</a> <a href="https://limes-acro.com">https://limes-acro.com</a>
<b>LOCATION</b>	Aalen (South of Germany, 70km from Stuttgart and 150 km from Munich)
<b>DATE</b>	From <b>19.06.2025 – 21.06.2025</b>
<b>VENUE</b>	Ulrich-Pfeifle-Halle Aalen  Parkstrasse 15, 73430 Aalen +49 (0) 7361 961600 <a href="https://www.aalen.de/ulrich-pfeifle-halle.3732.25.htm">https://www.aalen.de/ulrich-pfeifle-halle.3732.25.htm</a>  Competition Hall with 27 x 45, 7 m (high). Warm Up Hall in the “Landesleistungszentrum Sportakrobatik - Jahnturnhalle” alongside the Ulrich-Pfeifle-Halle.
<b>APPARATUS SUPPLIER</b>	Training Floor and Competition Floor – Spieth – model Moskau
<b>RULES AND REGULATIONS</b>	The competition must be organized under the following FIG rules, as valid in the year of the competition, except for any deviation mentioned in these directives: <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>• Doping Control Rules</li> <li>• Licence rules (except for non competitive events)</li> <li>• Media Rules</li> <li>• Apparatus Norms</li> </ul>

	<ul style="list-style-type: none"> <li>• FIG Rules for Sanctioning (approval) of International Events</li> <li>• Advertising and Publicity Rules and subsequent decisions of the FIG Executive Committee</li> </ul>																																										
<b>COMPETITION FORMAT AND RULES</b>	<p>The competition will be organized according the FIG rules and the specific general rules for Aspire and Pre Youth (Appendix 1).</p> <p>The competition will take place in following categories:</p> <table border="1"> <thead> <tr> <th><i>Level</i></th> <th><i>Age Limits</i></th> <th><i>Balance</i></th> <th><i>Dynamic</i></th> <th><i>Combined</i></th> <th><i>General Rules</i></th> <th><i>Particularities</i></th> </tr> </thead> <tbody> <tr> <td><i>Aspire</i></td> <td>8-15</td> <td></td> <td></td> <td>x</td> <td>General Rules Appendix 1</td> <td>No height deduction</td> </tr> <tr> <td><i>Pre Youth</i></td> <td>9-16</td> <td>x</td> <td>x</td> <td></td> <td>FIG Age Group</td> <td>No height deduction</td> </tr> <tr> <td><i>Youth</i></td> <td>10-18</td> <td>x</td> <td>x</td> <td>x</td> <td>FIG Age Group</td> <td>No height deduction</td> </tr> <tr> <td><i>Junior</i></td> <td>11-19</td> <td>x</td> <td>x</td> <td>x</td> <td>FIG Age Group</td> <td>No height deduction</td> </tr> <tr> <td><i>Senior</i></td> <td>min. 12</td> <td>x</td> <td>x</td> <td>x</td> <td>FIG Rules Senior</td> <td>No height deduction</td> </tr> </tbody> </table>	<i>Level</i>	<i>Age Limits</i>	<i>Balance</i>	<i>Dynamic</i>	<i>Combined</i>	<i>General Rules</i>	<i>Particularities</i>	<i>Aspire</i>	8-15			x	General Rules Appendix 1	No height deduction	<i>Pre Youth</i>	9-16	x	x		FIG Age Group	No height deduction	<i>Youth</i>	10-18	x	x	x	FIG Age Group	No height deduction	<i>Junior</i>	11-19	x	x	x	FIG Age Group	No height deduction	<i>Senior</i>	min. 12	x	x	x	FIG Rules Senior	No height deduction
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<b>INVITED / DELEGATION SIZE</b>	<p>The Limes-Juniors-Cup is for national and regional teams, as well as for club teams.</p> <p>Each delegation may include:</p> <ol style="list-style-type: none"> <li>1 Head of delegation / 1 Team Manager / 1 Doctor / 1 Physiotherapist</li> <li>2 <b>Unlimited Coaches</b></li> <li>3 <b>Unlimited acrobatic pairs / groups</b></li> <li>4 <b>JUDGE is COMPULSORY:</b></li> </ol> <ul style="list-style-type: none"> <li>• 2 to 19 Gymnasts – 1 JUDGE // 20 or more Gymnast – 2 JUDGES</li> </ul> <p><b>600 € penalty fee for each missing judge</b></p>																																										
<b>REGISTRATION DEADLINES</b>	<p><b>Definitive and Nominative Registrations</b> must be made to LOC</p> <table border="1"> <tbody> <tr> <td>Provisional registration</td> <td>19<sup>th</sup> February 2025</td> <td>(4 month prior to the event)</td> </tr> <tr> <td>Definitive registration:</td> <td>15<sup>th</sup> April 2025</td> <td>(2 months prior to the event)</td> </tr> <tr> <td>Nominative registration</td> <td>21<sup>st</sup> May 2025</td> <td>(4 weeks prior to the event)</td> </tr> </tbody> </table>	Provisional registration	19 <sup>th</sup> February 2025	(4 month prior to the event)	Definitive registration:	15 <sup>th</sup> April 2025	(2 months prior to the event)	Nominative registration	21 <sup>st</sup> May 2025	(4 weeks prior to the event)																																	
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<b>REGISTRATION PROCEDURE</b>	<p>The registration procedure will be done online by Acro Companion. To start the registration procedure please send an e-mail to <a href="mailto:info@limes-acro.com">info@limes-acro.com</a>.</p> <p>Please send your e-mail address you are working with Acro Companion.</p>																																										
<b>ENTRY FEES</b>	<p>The non-reimbursable cost for the Entry Fee is of 50,- Euro per gymnast</p> <p>The invited participating federation must pay for all entry fees. At the time of definitive entry (15<sup>th</sup> April 2025) 100% of the entry fee must be paid to the LOC. The entry fee is not refundable.</p> <p>Entries without payment of the entry fees will be considered as invalid and will be refused.</p>																																										
<b>ACCREDITATION</b>	<p>Federations will receive accreditation based on nominative entry upon arrival the Competition Venue.</p>																																										
<b>PROVISIONAL SCHEDULE</b>	<p><b>Tuesday, 17<sup>th</sup> June</b> Delegations arrival / Free Training (Training Floors)</p> <p><b>Wednesday, 18<sup>th</sup> June</b> Orientation meeting / Judges Meeting / Podium Training (with music) as per schedule</p> <p><b>Thursday, 19<sup>th</sup> June</b> Opening Ceremony / Qualif. 1<sup>st</sup> exerc.</p> <p><b>Friday, 20<sup>th</sup> June</b> Qualif. 2<sup>nd</sup> exerc.</p>																																										

	<p><b>Saturday, 21<sup>st</sup> June</b> Finals / Award Ceremony</p> <p><b>Sunday, 22<sup>nd</sup> June</b> Departure of all delegations</p>
<b>VISA</b>	<p>Please verify immediately with your travel agent or the <b>German</b> Embassy or Consulate in your country if a visa is required for your travel to <b>Germany</b>. The Organizing Committee will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before <b>2<sup>nd</sup> April 2025</b> to the LOC. The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, the arrival and departure dates of the Delegation Member as well as the city the visa application support letter must be sent to.</p>
<b>INSURANCE</b>	<p>The Host Federation, the LOC and the FIG will not be held responsible for any liabilities in case of accidents, illness (including COVID-19), repatriation and the like.</p> <p>The FIG Technical Regulations foresee that all participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and repatriation for all the members of their Delegation.</p> <p>If the note has not been sent in advance to the LOC (which is strongly recommended), the LOC will verify the insurance coverage upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy).</p> <p>The insurance must be valid at least starting from the arrival day of the delegation and must last for the delegations' entire stay</p> <p>Delegation members with insufficient insurance coverage must inform the LOC in advance. The LOC will subsequently offer insurance coverage at the Federations own charge as follows: 40 EURO per person/day.</p>
<b>INTERNATIONAL TRANSPORTATION</b>	<p>The invited participating federations must pay for the travel costs of their delegation members. The Travel Schedule Form must be returned to the LOC by <b>2<sup>nd</sup> May 2025</b>.</p>
<b>LOCAL TRANSPORTATION</b>	<p>Transportation from and to the Stuttgart International Airport and from the Aalen Train Station are provided by the LOC to all delegations that have booked the Accommodation through the LOC. Also all the Limes Juniors Cup member delegations that booked through the LOC are provided by transportation from and to the Hotels and the Competition Venue.</p>
<b>ACCOMMODATION</b>	<p><b>Category I Group</b> <i>for example,</i> <b>MAXX Hotel Aalen</b> Hugo-Theurer-Str. 6 73431 Aalen Germany TEL. +49151 58514023 reservations.aalen@maxxhotel.com <a href="https://www.maxxhotel.com/hotels/alle-hotels/deutschland/aalen/maxx-hotel-aalen">https://www.maxxhotel.com/hotels/alle-hotels/deutschland/aalen/maxx-hotel-aalen</a></p> <p>125,00 € per night/per person (single room, including breakfast) 80,00 € per night/per person (double room, including breakfast)</p> <p><b>Category II</b> <i>for example,</i> <b>Aalener Ratshotel</b> Friedrichstraße 73430 Aalen Germany TEL. +49 7361 95840 RATSHOTEL@SHOTELS.DE <a href="http://www.shotels.de/bilder_ratshotel.aspx">http://www.shotels.de/bilder_ratshotel.aspx</a></p>

	<p>99,00 € per night/per person (single room, including breakfast) 70,00 € per night/per person (double room, including breakfast)</p> <p>The prices charged for the hotel rooms will not exceed the usual hotel rates. <b>The accommodation must be booked by Acro Companion by April 20<sup>th</sup>, 2025 (completely) at the very latest. The hotel rooms will be allocated on a “first come, first serve” basis. Amend the following sentence only should its terms be different for your World-Cup competition and Series</b> <b>The invited participating federations must pay for the accommodation expenses of their delegation members.</b></p>
<b>MEALS</b>	<p>Full board 30 €/day Meals (lunch, dinner): buffet, suitable for athletes, vegetarian alternative, daily changing. All day: snacks, fruits, drinks: water, coffee, tea, juices. Breakfast is included in accommodation packages. Breakfast will be served at the hotel. Full Board: Lunch and dinner will be served in the Sports Complex, close to the competition hall.</p>
<b>CLOSING PARTY</b>	<p>Depends on Covid With full board included Banquet alone 45 € The accommodations package, booked through the LOC, includes the closing party ticket for official delegation members (Head of Delegation, judges, coaches, athletes, managers, and doctors). Delegations not booking their accommodations through the Organizing Committee and additional visitors travelling with a delegation may purchase tickets to the Final Banquet for 45 Euro per person. Ticket for the Final Banquet must be purchased in advance (until <b>18<sup>th</sup> June</b> 1:00 pm in LOC Office). Please include orders for Closing Party tickets with the Definitive / Nominative Entry.</p>
<b>ENTRY LIMES WORLD CUP</b>	<p>All participants of the Limes Juniors Cup and all team members have free admission to the competition of the Limes World Cup</p>
<b>CANCELATION POLICY</b>	<p>The Organizing Committee may fix the deadline for non-reimbursement payments. In this case the deadline for non-reimbursement accommodation, meals and banquet, must be 3 (three) days after the deadline for Definitive Registrations, at the very earliest.</p> <p>Accommodation and meals</p> <ul style="list-style-type: none"> <li>- Cancellations until <b>14<sup>th</sup> May 2025</b> at the very latest will be subject to a cancellation fee of 50% of the total amount of the cancellation, to be paid by the Federation concerned.</li> <li>- Cancellations from <b>15<sup>th</sup> May 2025</b> until the arrival of the delegations on site or “no show” will be subject to a cancellation fee of 100%, to be paid by the Federation concerned.</li> </ul> <p>Entry fee – At the time of the Definitive Registration (<b>15<sup>th</sup> May 2025</b>) each Federation has to pay <b>€ 50</b> per individual gymnast and this is non-refundable. The LOC strongly recommends that each Federation takes a cancellation insurance for its accommodation.</p>
<b>JUDGES</b>	<p>Each participating federation must provide minimum one national judge or they will be fined 600 €.</p>
<b>BANK ACCOUNT INFORMATION</b>	<p>Each participating member Federation is kindly requested to integrate the payment's purpose as follows: Account Holder: Baden-Württembergischer Sportakrobatik Verband Bank name: VR-Bank Aalen Bank code: 614 901 50 Bank account No.: 31775004</p>

	<p>IBAN: DE15614901500031775004 BIC / SWIFT: GENODES1AAV</p> <p>Bank Info: VR-Bank Aalen eG Volksbank Raiffeisenbank Wilhelm-Zapf-Straße 2 - 6 73430 Aalen</p> <p>The participating federation is responsible for covering all bank fees in connection <b>19<sup>th</sup> April 2025</b> with the bank transfers.</p>																				
<p><b>SCORIGN RESULT SERVICE AND VIDEO CONTROL SYSTEM</b></p>	<p>The Organising Member Federation must provide a scoring and result service with outputs as provided by the official scoring/data handling provider at FIG World Championships, including a high-quality video system which allows the recording, storage and provision of compilation of the recorded images for the President of the Superior Jury (FIG Technical Delegate).</p> <p>Should IRCOS not be available, the Organizing Member Federation must provide another video control system which allows to treat inquiries and records all exercises of the competition in a quality which allows to judge the exercises. Video Control System: to be defined</p>																				
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## Appendix 1

### Aspire Rules

The “Aspire” (old Youth) program is NOT entirely based on the “Pre-Youth” program.

#### General rules:

- Each pair or group must present a combined exercise, which must be choreographed and performed to music.
- The exercise is composed of compulsory elements, selected from the World Age Group Rules, and optional elements, selected the FIG Tables of Difficulty.
- Music of all exercises has a maximum duration of 2 minutes. There is a 2" (second) tolerance before the overtime of exercise penalty is applied. There is no minimum length.
- The first note of the music indicates the beginning of the time of the exercise. The first move made by one or more competitors from the start position is considered as the “start” of an exercise. The end of an exercise is the static position of partners, which must coincide with the end of the music.
- There is no height penalty. However, the rules for the logical relationship between partners in artistry are applied.
- Each pair/group must perform the elements as in the drawings.
- Each pair/group must also perform the required number of optional elements. Optional Elements can be the same as in the Compulsory Tables but not from the same row used in Compulsory and must be chosen out of the Tables of Difficulty. (to indicate that this is the optional element).
- Each element chosen from the COMPULSORY Difficulty Tables has a stated difficulty value, which is used to determine the Difficulty Value of the exercise.
- Optional elements are NOT used in calculating the Difficulty value of the exercise, although they must be performed to meet Special Requirements.
- The Difficulty value of the exercise is calculated according to the difficulty value of the performed elements up to a MAX of 0,5:

D-Value of Compulsory Elements
0,0
0,1
0,2
0,3
0,4
0,5

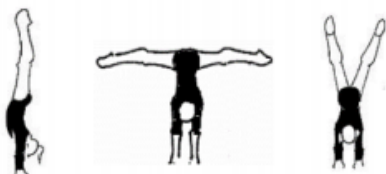
- A penalty of 1.0 is applied when:
  - For each missing requirement.
  - Performing more elements than the ones required.
  - A pair/group or individual element exceeds the stated maximum value.
  - A simple element exceeds the maximum number of rotations, twists or the maximum value of 5.
  - A forbidden element is performed. (see for forbidden elements FIG 11-16 rules)

This penalty is applied for each violation, even if the performed element is not declared on the tariff sheet.

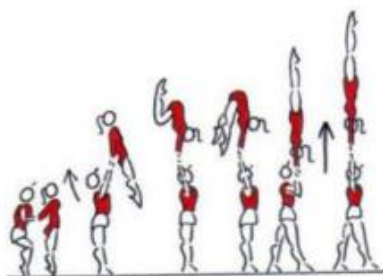
- In the whole exercise, exactly 3 individual elements must be executed by each partner from any category (Balance or Dynamic). No salto is required.
- Individual elements selected from the FIG Tables of Difficulty must not exceed value 10.
- Tumbling elements (Flic flac, salto's, handspring...) must be preceded by motion (run-up, round off,...) and land on one or two feet according to the character of the element. If an individual element is not declared, the element that follows is given no difficulty.
- Each pair or group may use simple entries, motions, links, catches and dismounts. They do not need to be declared on the tariff sheet.

These elements must:

- Be selected from the FIG Tables Of Difficulty.
  - Not exceed value 5.
  - Not exceed 3/4 rotation or more than 360° twist.
- A penalty of 0.3 is applied for incorrect Tariff Sheet (element order, wrong element,...). This penalty is applied only one time per exercise.
  - All Special Requirements must be met within the declared elements on the Tariff sheet.  
**Exception:** If a different element is performed to that declared for difficulty on the Tariff sheet by the coach, the gymnasts will not receive the difficulty value of this element. However, this element will count for Specific Requirements and there will always be a 0.3 penalty for wrong Tariff sheet.
  - Only 2 dismounts are allowed for difficulty.
  - A maximum of 3 dismounts in the exercise are allowed.
  - All the landings of all dynamic elements and dismounts with a value greater than 1 must be supported. If the landing is performed without support, a 0.5 penalty is applied for each occurrence.  
**Exceptions:** Support is optional for dismounts from “cannon-ball” elements and the 5/4 gainer salto from wrap
  - For developmental reasons, in both pair and group balance and dynamic elements, **all handstands** may be performed with legs in either a straddle or any allowed positions or with legs together to the ankle. There is no need to identify the specific leg position on the tariff sheet.



- Elements that move from low arm to high arm as indicated in the compulsory tables may be performed first to low arm then moving into high handstand as one motion, but the low position must be included in the motion.



#### **Pairs exercise:**

- There must be exactly two (2) Compulsory Balance Pair elements, each selected from a different row, I, II, III and IV of the Compulsory Element Table, i.e. one from Row I, one from Row II etc.
- There must be exactly one (1) Optional Balance Pair element selected from the FIG Tables of Difficulty.
- There must be exactly two (2) Compulsory Dynamic Elements, each selected from a different row, I, II, III and IV of the Compulsory Element Table, i.e. one from Row I, one from Row II etc.
- There must be exactly one (1) Optional Dynamic element selected from the FIG Tables of Difficulty.
- One of the Dynamic Element (Compulsory or Optional) must be a catch.

#### **Pairs restrictions:**

- The difficulty of the Optional Dynamic Elements must be a minimum of 1 value and a maximum of value 14.
- The difficulty of the optional balance element must be a minimum of value 1 and a maximum of value 9.

#### **Groups exercise:**

- There must be one (1) Compulsory Pyramid from a row of the Compulsory Element Table.
- There must be one (1) Optional pyramid selected from the FIG Tables of Difficulty, with a minimum difficulty value of 4 and a maximum difficulty value of 16 for the static hold of all partners. (Value of the base position + the value of the top) and can not be joined with the compulsory pyramid. Each pyramid must be performed as a separate construction.
- There must be exactly two (2) Compulsory Dynamic Elements, each selected from a different row, I, II, III and IV of the Compulsory Element Table, i.e. one from Row I, one from Row II etc.
- There must be exactly one (1) Optional Dynamic element selected from the FIG Tables of Difficulty.
- One of the Dynamic Element (Compulsory or Optional) must be a catch.

#### **Groups restrictions:**

- The difficulty of the Optional Dynamic Elements must be a minimum difficulty value of 1 and a maximum difficulty value of 14 for women and a maximum difficulty value of 10 for men.
- Women's group may perform max three (3) horizontal catches.
- Men's group may perform one (1) horizontal catch selected from the Compulsory Element Table.
- Men's group may perform one (1) horizontal catch selected from the FIG Tables of Difficulty.

#### **Tie Breaks in Qualifications:**

- The highest E-score of the Combined exercise prevails.
- If there is still a tie, the tie will not be broken.

#### **Tie Breaks in Finals:**

- The highest E-score of the Combined exercise prevails.
- The highest sum of the E and A score of the Combined exercise prevails.
- If there is still a tie, the tie will not be broken.