



Dear gymnasts and coaches,

We hope you had a good summer and have started the new season with plenty of motivation. We have started preparations for the upcoming 29th edition of the Züri Oberland Cup. This will take place on **June 13/14, 2026**. We would like to invite you to participate.

As last year, you can register directly via our homepage. Your personal invitation link is attached to this email. Registrations should only be made via this link.

Registration deadline including payment of the entry fee is February 15, 2026.

We look forward to welcoming you in Uster. We wish you a good preparation time and a successful start to the competition season!

Best regards

OK Züri Oberland Cup
Bruno Koller

President of the Organizing Committee

Sportclub Satus Uster

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General information and conditions of participation

Venue	Sporthalle Buchholz Hallenbadweg 8610 Uster Schweiz
Time prov.	Saturday, June 13, 2026, approx. 8 am – 10 pm Sunday, June 14, 2026, approx. 8 am – 6:30 pm
Registration	This year, the registration link will be sent directly via a separate mail. Please register only via this link. Clubs that have not received a registration link, please contact anmeldung@satus-uster.ch .
Registration deadline	February 15, 2026 Due to the limited number of participants, the date of receipt of the complete registration (including payment) is decisive for participation.
Logouts	Please notify us of any changes or cancellations as soon as possible to anmeldung@satus-uster.ch so that we can keep the list of participants up to date.
Costs	CHF 50.- / EUR 50.- per gymnast. A participant is allowed to start in only one category. Entry fee, travel, food and accommodation etc. at the expense of the participants.
Payment	Kunstturnen Satus Uster IBAN: CH91 0900 0000 8004 4435 1 BIC POFICHBEXXX <i>Bank address:</i> PostFinance AG, Mingerstrasse 20, CH-3030 Bern <i>Name of recipient:</i> Kunstturnen Satus Uster, 8610 Uster
Judges	International judges would be much appreciated.
Insurance	All members of delegation must be fully covered by insurance. The organizers do not accept any responsibility whatsoever.
Awards	All participants will receive an award.
Apparatuses	Gymnova and Spieth, floor 12 x 12 m (model Moscow)

Podium training	Unfortunately, no podium training can take place due to installation of the competition hall.
Rules and regulations	According to requirements/invitation & CdP 2025-2028 / competition program STV.
List of participants	At the beginning of May 2026, the provisional participant lists can be viewed and checked on our homepage www.satus-uster.ch
Technical and urgent questions	Theresa Luternauer via mail to anmeldung@satus-uster.ch

Technical requirements

Starting options for international clubs + CH:	Open Youngsters, Open, FIG modified, International Juniors and Seniors, 2-Apparatus	
Categories	Competition program	Specifics
Open Youngsters (until 2014)	According to the valid FIG Junior Code with various simplifications	please consult the separate document
Open (open for all ages)		
FIG modified (until 2011) (P5 Amateur)	According to the valid FIG Junior Code with reductions on parallel bars	<p>In general: Deduction for too short exercises:</p> <ul style="list-style-type: none"> - 6 or more elements = no deduction - 5 = 2.0 - 4-3 = 4.0 - 2-1 = 6.0 - 0 = 10.0 <p>Composition requirements</p> <ul style="list-style-type: none"> - 3 freely selectable CRs max. 1.5 pts. <p>Parallel bars: 6 possible CRs:</p> <ul style="list-style-type: none"> - flight from lower bar to upper bar - flight from upper to lower bar - flight on the same bar - 2 different grips - element with ½ handstand-turn without release - element close to bar
International Juniors (2011) (P6 Juniorinnen)	According to the valid FIG Junior Code	<p>In general: Deduction for too short exercises:</p> <ul style="list-style-type: none"> - 6 or more elements = no deduction - 5 = 4.0 - 4-3 = 6.0 - 2-1 = 8.0 - 0 = 10.0
International Seniors (from 2010) (P6 Elite + P6 Amateur)	According to the FIG Code of Points 2025-2028	
2-Apparatus (from 2010)	In accordance with the valid FIG code with reductions on parallel bars in accordance with FIG modified	<p>In general: E-Note: 10.0 The 5 most difficult elements plus dismount count (according to FIG 2025-2028)</p> <p>Composition requirements: 2 freely selectable CRs max. 1.0 pts.</p> <p>Vault: 2 vaults (equal or different), the better counts.</p> <p>For gymnasts who do not compete in official competitions in 2025 (excluding 2-,3-apparatus). Age bonus for category 2 competition: From 20 years (2006) 0.05 pts. per year.</p>