



**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

**satus**   
**uster**

# General information and conditions of participation

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

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

## Technical requirements

### Starting options:

**International clubs + CH:** Open Youngsters, Open, FIG modified, Juniors, International Juniors and Seniors, 2-Apparatus

| Categories  | Competition program   | Specifics  |
|---|---|--|
| <b>Open Youngsters</b><br>(until 2014)                              | According to the valid FIG Junior Code with various simplifications     | see attached document  |
| <b>Open</b><br>(open for all ages)                                  |   |  |
| <b>FIG modified</b><br>(until 2011) (P5 Amateur)                    | According to the valid FIG Junior Code with reductions on parallel bars | <p><b>In general:</b><br/>Deduction for too short exercises:</p> <ul style="list-style-type: none"> <li>- 6 or more elements = no deduction</li> <li>- 5 = 2.0</li> <li>- 4-3 = 4.0</li> <li>- 2-1 = 6.0</li> <li>- 0 = 10.0</li> </ul> <p><b>Composition requirements</b></p> <ul style="list-style-type: none"> <li>- 3 freely selectable CRs max. 1.5 pts.</li> </ul> <p><b>Parallel bars:</b><br/>6 possible CRs:</p> <ul style="list-style-type: none"> <li>- flight from lower bar to upper bar</li> <li>- flight from upper to lower bar</li> <li>- flight on the same bar</li> <li>- 2 different grips</li> <li>- element with ½ handstand-turn without release</li> <li>- element close to bar</li> </ul> |
| <b>International Juniors</b><br>(2011) (P6 Juniorinnen)             | According to the valid FIG Junior Code                                  | <p><b>In general:</b><br/>Deduction for too short exercises:</p> <ul style="list-style-type: none"> <li>- 6 or more elements = no deduction</li> <li>- 5 = 4.0</li> <li>- 4-3 = 6.0</li> <li>- 2-1 = 8.0</li> <li>- 0 = 10.0</li> </ul>  |
| <b>International Seniors</b><br>(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

### **In general:**

E-Note: 10.0

The 5 most difficult elements plus dismount count (according to FIG 2025-2028)

### **Composition requirements**

2 freely selectable CRs max. 1.0 pts.

### **Vault:**

2 vaults (equal or different), the better counts.

**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.**