



Internationales Deutsches
Turnfest 2009 卐
Frankfurt am Main
30. Mai bis 5. Juni

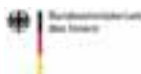
DTB 卐
DEUTSCHER TURNER-BUND

Announcement

Information
and
Registration



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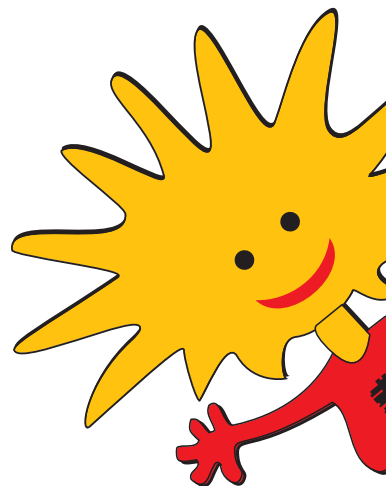


www.turnfest.de

STADT  FRANKFURT AM MAIN

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■ Dear Gym Friends

The German Gymnastics Federation invites you to the 2009 International German Gymnastics Festival in Frankfurt. Under the motto 'we build bridges' and under the leadership of the Federal President, the event will be a celebration of gymnastics culture and the variety of offers and achievements of our 20,000 gymnastics clubs and gymnasts.

The International German Gymnastics Festival will make clear the immense social and health-political contribution our clubs make to the development of our society. In the centre are the gymnastics movements 'Kindergym', 'general gymnastics' and GYMWORLD, three areas of emphasis that are reflected in the variety of International German Gymnastics Festival offers.

The program guide for the 2009 International German Gymnastics Festival is proof for the variety of sports and areas of expertise in the German Gymnastics Federation, from the Olympic events to gymnastics games, all-around competitions, orienteering, skipping, and sports aerobics to music and games. As for every International German Gymnastics Festival, the program promises an exciting range of events between May 30 and June 5: competitions and German championships, show events and exhibitions, participant opportunities, large group performances and a central festival Promenade at the riverside, as well as special events for current questions of club development. The heart of the largest international competition and sport-for-all event is the market in the Festhalle, in which the GYMWORLD-fair and competitions, as well as the Turnfest-



Academy – Europe's largest training exhibition – is located. Within easy walking distance, a number of International German Gymnastics Festival stations can be found because Frankfurt offers the over 80,000 expected gymnasts as well as our international guests a 'Turnfest der kurzen Wege'. The attractive cityscape gives the festival a home in which you can feel happy, in which a unique and special atmosphere will be created for everyone, regardless of whether they are festival participant, visitor, tourist or resident

Further information can be found under www.turnfest.de.

We look forward to meeting you in Frankfurt on the Main and wish you an unforgettable community experience at the 2009 International German Gymnastics Festival.

Rainer Brechtken
President of the
German Gymnastics Federation

■ Frankfurt – Always in Motion!

Frankfurt is looking forward to the 2009 International German Gymnastics Festival. Once again, we have the opportunity to show how guest-friendly, diverse, international and innovative with regards to sport Frankfurt is. We want to take the motto of the International German Gymnastics Festival 'we build bridges' literally and during this time, fill our days with activity. We have not forgotten the wonderfully friendly atmosphere created at the 2006 World Championships. This is the yardstick against which we will measure the International German Gymnastics Festival. This is the atmosphere that we would like to re-create.

The whole of Frankfurt offers gymnastics, the world's largest sports movement, an ideal space. From the exhibition area to the Main riverbank, to the Commerzbank arena, Frankfurt will be brighter, more lively and more dynamic than it has ever been before. This is because Frankfurt is an international sport metropolis. Whether it is the Frankfurt Marathon, Frankfurt Ironman or the Frankfurt Cycle Classic that was held for the last time this year under the name 'Around the Heminger Tower', Frankfurt has always been a show place for international sporting events. Frankfurt is home to a whole raft of clubs that are first class in their given sports. From Eintracht to the ice hockey players of the Frankfurt Lions. It is also home to Europe's largest corporate race, the JP Morgan Corporate Chase Challenge.

But Frankfurt is also a sport-for-all city. 142,000 people are registered in 415 gym and sport organizations. Additionally, many people who are



not registered as club members are physically active. For these people, innovative sport is the order of the day. Whether one is a skater under way in the city streets or a runner climbing stairs of a skyscraper, our city is always there to provide something new. Frankfurt is always in motion. It is the ideal city for this festival of sport that promotes physical activity.

In Frankfurt, the gym movement has always been regarded very highly. The 75 gym organizations have around 45,000 registered members. Along with high performance sport, these organizations offer a diverse range of modern and healthy opportunities for sport-for-all. The International German Gymnastics Festival that will take place for the 5th time in 2009 will perfectly document this.

German and overseas guests and the many visitors of the International German Gymnastics Festival will turn Frankfurt into a big celebration of happiness and enthusiasm. Frankfurt is ready and wishes all guests and visitors a warm welcome.

A handwritten signature in black ink, which appears to read 'Petra Roth'.

Petra Roth
Mayor of the city of Frankfurt am Main

■ Dear Participants

On behalf of the Hessian Gymnastics Federation, I would like to warmly invite all the gymnasts from 22 State Gymnastics Federations of our German Gymnastics Federation (Deutscher Turner-Bund) along with our colleagues from other nations to the 2009 International German Gymnastics Festival in Frankfurt.



For the 5th time, Frankfurt will host the German Gymnastics festival. As always, it will be an unforgettable experience, which the participants will remember long after they have left Frankfurt. The city on the Main is not only one of the most important finance centres in the world, but also has an excellent reputation because of its cultural opportunities. Frankfurt is not only the city with the most impressive backdrop of skyscrapers in Germany, but also a city with many green areas and friendly people from various countries. Just as in 1983, when the German Gymnastics Festival was held in Frankfurt, the many clubs of the city and its surroundings will endeavor to make the experience for participants as enjoyable as possible.

The central position in Frankfurt and the short distances between the individual competition areas are further reasons to participate in the 2009 International German Gymnastics Festival in Frankfurt.

The Frankfurt clubs, the Turngau of Frankfurt and the Hessian Gymnastics Federation look forward to meeting their guests and promise a International German Gymnastics Festival rich in experiences that everyone will remember fondly.

Rolf Dieter Beinhoff
President of the
Hessian Gymnastics Federation

■ Frankfurt...



Everybody knows that Frankfurt is an energetic economics metropolis. Everybody also knows that Frankfurt is an international city with worldwide travel connections. Not everybody knows, however, that Frankfurt is also worth living in and lovable. Not so long ago, the Mercer study has confirmed exactly that. This study concluded that with regard to quality of life, Frankfurt placed just after Geneva, Zurich, Vienna and Vancouver. What might seem surprising at first sight, visitors can find out for themselves quickly.

Many locals call their city 'smallest metropolis on earth'. This title expresses the city's charm and specialty: economic strength and dynamics includes high quality of life and attractive life circumstances. The international flair successfully combines with the traditional culture of the region. The outward impressions show a view of old and new, the workshops and trading houses from the beginnings next to modern sky rise buildings – sometimes on one single road. While some parts of the city have kept their village character, others show most modern forms of city dwelling and work.

Despite its variety, Frankfurt, through its relative small size and its close entwinement with the region, remains a city of short distances. All important places are reached quickly, be it by foot in the city centre, or by its tight network of public transport in the city and surroundings. Living, working, shopping as recreation and leisure are easily combined. The distance to the Zeil, the most popular and profitable shopping mile in Germany, to the many theaters, museums, cinemas and restaurants, to the beautiful parks or the attractive nature of the near by Taunus and Odenwalds or even to the vineyards in Rheingau, is generally close. These advantages are also particularly appealing to the International German Gymnastics Festival participants and visitors.

Sports fans are not being short changed in Frankfurt. Whether soccer, ice hockey, basketball, fitness training, jogging or gymnastics – over 400 sports clubs offer possibilities for active participation and the most important national sport federations have their seats here. Big sports events, such as the Frankfurt Marathon or the Frankfurt Ironman Triathlon,

...energetic, sporty, worth living!

as well as the top sports teams 'Eintracht Frankfurt' in soccer, 'Frankfurt Lions' in ice hockey or the basketball team 'Skyliners' by the 'German Bank' highlight that Frankfurt is a city of sports. Gymnastics also holds an important tradition in Frankfurt: the International German Gymnastics Festival is being held here for the fifth time.

The cultural life, the leisure opportunities, but also the educational possibilities create the international character of the city. Even the shopper will notice the city's internationality. Plus, the nightlife is splendid. Many trendy clubs and bars shape the face of Frankfurt.

Every fourth person in Frankfurt is of foreign descent. The city is open towards foreign nationals. This image is shaped by the daily 350,000 travelers from all around Germany, Europe and the world that pass through the city and lead to Frankfurt's attractive variety: economically, scientifically, culturally, as well as the daily life.

Frankfurt is a lovable metropolis full of energy and variety – the ideal gymnastics city.

Facts from Frankfurt:

- 248.3 km² total area
- Green city: 47.2% of the city's area are forests, fields, parks and other recreational spaces – one third (80 km²) of the city zone belongs to the 'Frankfurt Green Belt' and is protected
- Second largest continental airport in Europe
- 9 skyscrapers of over 150 m height make up the city's skyline
- 43 city quarters
- 667,468 inhabitants (of which 190,000 stem from 170 nations)
- 425 sports clubs with approx. 150,000 members, of which 50,000 are children and youths
- 54 city sports facilities
- 7 open air and 5 indoor pools
- 1 polytechnic and 1 applied university with 45,000 students as well as 1 university hospital
- 36 museums with 70 exhibitions
- 109 art galleries
- 33 theaters, of which 7 are in foreign languages
- 32 free theater groups
- 48 cinemas
- 2,500 restaurants, cafes and nightclubs

■ Event Timetable (as per August 1, 2008)

Daily recurring events

Turnfest-Academy
Presentation of the national gymnastics federations,
information stalls: DTB, SG
Women's Info Point
Info-Market Hall
Tuju-Club/Gymnastics Youth Club
Kinderturn-Land/Kids Gymnastics Land
Choreography Workshop
Performances

Trendhall GYMWORLD
Infothek 'Hall of generations'
Action Spaces for the Older Ones/Adults
Market Place of the Generations
Wellness and Relaxation 'Hall of generations'
Trendhall GENERAL GYMNASTICS

Congress centre, Fair hall 5.1

Fair hall 1.1
Fair hall 1.1
Fair hall 1.1 and 1.2
Fair hall 6.0
Fair hall 6.1
Fair hall 6.2
Fair hall 1.2 and 3.0, Magnet
stages, Eissporthalle/Ice Rink
Fair hall 5.0
Fair hall 6.2
Fair hall 6.2
Fair hall 6.2
Fair hall 6.2
Fair hall 6.3

Saturday, May 30, 2009, Arrival

3 pm Ceremony for invited guests
5.30 pm Parade
9 pm Opening ceremony

Paulskirche
Historic city
Central Festival
Promenade at the riverside

Sunday, May 31, 2009

9 am Beginning of competitions, games tournaments
Participation events, performances, Gym Fair
and the International German Gymnastics Festival
11.30 am Opening International German Gymnastics Festival
7 pm Final DM Synchronized Trampoline Gymnastics
8 pm Turnfest-Gala*
Tba Final Wheel Gymnastics L10

Congress Centre
Fair hall 3.1
Festhalle
Fair hall 3.1

Monday, June 1, 2009

9 am Continuation of competitions, games tournaments
Participation events, performances, Gym Fair
and the International German Gymnastics Festival
10 am Ecumenical Service
3.30 pm Kinderturn-Show/Kids Gymnastics Show*
7 pm Finale DM ind. Trampoline Gymnastics/
Sports Acrobatics
8 pm Turnfest-Gala*
Tba Finale Wheel Gymnastics L9
Tba Finale TeamGym

Römerberg
Eissporthalle/Ice Rink

Fair hall 3.1
Festhalle
Fair hall 3.1
Fair hall 3.1

Tuesday, June 2, 2009

9 am	Continuation of competitions, games tournaments Participation events, performances, Gym Fair and the International German Gymnastics Festival	
7 pm	Evening of the national gymnastics federations	various event stages
8 pm	Federal final of Tuju Stars/Gymnastics Youth Stars	Eissporthalle/Ice Rink
8 pm	Japanese Gymnastics and Cultural Night*	Festhalle

Wednesday, June 3, 2009

9 am	Continuation of competitions, games tournaments Participation events, performances, Gym Fair and the Turnfest-Academy	
9 am	Show Stage of the Older Ones/Adults	Eissporthalle/Ice Rink
7 pm	Finale DM Rythmics Gymnastics*	Sport und Freizeitzentrum Kalbach/Sport and leisure centre Kalbach
8 pm	Rendezvous of the Best*	Eissporthalle/Ice Rink
8 pm	Tuju-Show/Gymnastics Youth Show*	Festhalle
8 pm	Oldies night*	Fair hall 3.0

Thursday, June 4, 2009

9 am	Continuation of competitions, games tournaments Participation events, performances, Gym Fair and the International German Gymnastics Festival	
9 am	International Sport Science Congress	Chamber of commerce and industry, Market place
2 pm	Finale I DM artistic gymnastics*	Ballsportthalle/Ball sport hall
7 pm	Finale II DM artistic gymnastics*	Ballsportthalle/Ball sport hall
8 pm	Tuju-Party/Gymnastics Youth Party**	Fair hall 3.0
8 pm	Danish Performance Team*	Festhalle

Friday, June 5, 2009

9 am	Continuation of competitions, games tournaments Participation events, performances, Gym Fair and the International German Gymnastics Festival	
9 am	International performances	Fair hall 1.2
9 am	International Sport Science Congress	Chamber of commerce and industry, Market place
10 am	Finale DM sports aerobics*	Congress centre, Saal Harmonie/Harmony hall
10 am	Matinee of Show Performances 'It's Showtime'*	Eissporthalle/Ice rink
11 am	Show of the winners (prize giving TGM/TGW)	Festhalle
8 pm	Stadium Gala*	Commerzbank-Arena

Saturday, June 6, 2009, departures

* priced events

■ Priced events

Event	Venue	Time	Prize in Euro Categories 1 / 2 / 3
Sunday, May 31, 2009			
Finale Trampoline Gymnastics and Sports Acrobatics	Fair hall 3.1	7 pm	15.00 / 12.00
Turnfest-Gala	Festhalle	8 pm	29.00 / 25.00 / 20.00
Monday, June 1, 2009			
Kinderturn Show/Kids Gymnastics Show	Eissporthalle/Ice rink	3.30 pm	5.00
Gym fest gala II	Festhalle	8 pm	29.00 / 25.00 / 20.00
Tuesday, June 2, 2009			
Japanese Gymnastics and Cultural Night	Festhalle	8 pm	25.00 / 20.00 / 15.00
Wednesday, June 3, 2009			
Finale DM RSG	Sport and leisure centre Kalbach	7 pm	15.00 / 12.00
Tuju-Show/Gymnastics Youth Show	Festhalle	8 pm	15.00 / 12.00 / 10.00
Rendezvous of the Best	Eissporthalle/Ice rink	8 pm	15.00 / 12.00 / 10.00
Oldies night	Fair hall 3.0	8 pm	15.00
Thursday, June 4, 2009			
Finale I DM artistic gymnastics	Ball sport hall	2 pm ¹⁾	20.00 / 16.00 / 12.00
Finale II DM artistic gymnastics	Ball sport hall	7 pm ²⁾	20.00 / 16.00 / 12.00
Danish Performance Team	Event centre	8 pm	25.00 / 20.00 / 15.00
Tuju-Party	Fair hall 3.0	8 pm	10.00
Friday, June 5, 2009			
Matinee of Show Performances 'It's Showtime'	Eissporthalle/Ice rink	10 am	15.00 / 12.00 / 10.00
Finale DM sports aerobics	Congress Centre, Room Harmonie	10 am	15.00 / 12.00
Stadium Gala	Commerzbank-Arena	8.15 pm	25.00 / 20.00 / 12.00

¹⁾ Male: floor, pommel horse, rings
Female: vault, uneven bars

²⁾ Male: vault, parallel bars, high bar
Female: balance beam, floor

■ Tickets for Priced Events

The acquisition of tickets for all priced events occurs with the registration of each participant.

The purchase of tickets can be made through the online service GymNet until February 28, 2009 or through written registration until February 15, 2009. The tickets are shown in the total bill and will be debited as such.

Ordering of tickets after the closing date is not possible through the International German Gym-

nastics Festival online service. Tickets will then be sold through an external supplier.

A purchase can be made through an online booking service, written booking inquiries (E-Mail, fax) phone booking, through connected ticket agencies, and throughout the International German Gymnastics Festival's direct sales booths at the daily and event cashiers in Frankfurt.

■ Right of Participation

Participants from all over the world are expected to take part in individual and team competitions as well as gymnastics-for-all competitions.

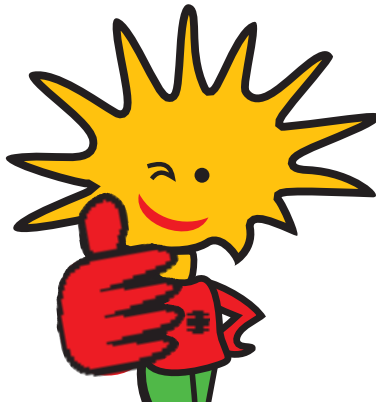
All national and international clubs and institutions that duly register through the online registration tool GymNet can participate at the 2009 International German Gymnastics Festival in Frankfurt.

Participants can only, unless explicitly stated as 'open', compete in the age categories provided. In the spirit of Fairplay, but also to prevent health hazards, participants should only compete in performance levels, respectively choose the grades of difficulty, that can be completed safely.

The minimum age of participation at the competitions of the 2009 International German Gymnastics Festival in Frankfurt is 12 years (born in 1997), for sports acrobatics and some games 11 years (born in 1998).

For the German Championships any person holding a german passport can participate. / Overseas participants are prohibited from participating in the German national championship events.

Additionally, numerous events and fitness test, as well as information and participation offers are made available, in which guests and spectators can participate without prior registration.



■ Registration Procedure

The registration to the 2009 International German Gymnastics Festival will occur through the event service of the online registration tool GymNet (www.dtb-gymnet.de). For the registration through GymNet, personal details will be required. Personal information that was given for the 2005 International German Gymnastics Festival in Berlin, national gym festivals and competitions will still be uploaded. If you have forgotten your username and password, please send an email to meldestelle@turnfest.de.

Please provide the name of your club, the DTB-club number (if known) and the name of your club president. If you do not yet possess registration details for GymNet, you can download the registration form under www.turnfest.de in the draw down menu 'registration & tickets' and send the completed form to the noted address, respectively fax number.

Please ensure that you organize your registration on GymNet on time, as long processing times may occur. Written registration is also possible, however an increased registration fee of 3.00 Euro will be charged per participant.

The registration documents can be downloaded and printed as a pdf file from the International German Gymnastics Festival website (www.turnfest.de) after September. The processing cost of 3.00 Euro will be included separately in the overall bill and debited accordingly.

Registration is possible from October 1, 2008 and the final and binding registration date is February 15, 2009. Registration through GymNet is possible until February 28, 2009. Later

registrations cannot be considered. After the deadline, no additions and changes can be processed. Changes to the registered disciplines of chosen competitions can thereafter not be changed anymore. A correction is only possible if the registration office has entered erroneous information.

Late registrations of club members, as well as changes can be made until the deadline through the president on GymNet.

Written corrections will be processed free of charge, a fee of 3.00 Euro per participant will be charged for late registrations. Possible necessary changes need to be made as follows: changes and cancellations of participants need to be noted simply and sent to the organizing committee. (for cancellation of participants, a processing fee of 3.00 Euro will be charged). Late registration of participants or groups occurs via the relevant registration form (participant registration form, club registration form) with the note 'late registration'.

As mentioned previously, short-term participation of 4 days is possible in Frankfurt. Bookings can be made for the following dates:

Arrival:	May 30, 2009
Departure:	June 3, 2009

Arrival:	June 2, 2009
Departure:	June 6, 2009

■ Cancellations

Cancellations (after the deadline) are only possible in case of sickness and with the presentation of a medical certificate. In such a case, the registration fee, accommodations costs (if booked), fees for the OPNV-ticket (if booked), minus a cancellation fee of 15.00 Euro, will be reimbursed. Reimbursement requests are to be made by the club/institution and sent with the unused event card and bank account details to the registration service. Requests will be processed until May 30, 2009. The date on the post stamp is in these cases the date of binding, later requests will not be handled. Non-participation does not lead to the reimbursement of registration fees. Ordered event tickets cannot be returned. The amounts of reimbursement, after the deduction of the above-mentioned cancellation fees, will only be processed and transferred to the indicated accounts after the International German Gymnastics Festival.

■ Legal Responsibility

All participants of the 2009 International German Gymnastics Festival are responsible for their own safety. The participation in all events is at each participants' own risk. The festival organizers take legal responsibility only in cases where its staff members are at fault. They do not take responsibility for negligence and do not take responsibility for luggage, clothing, apparatus, musical instruments or similar objects. In case of accidents, the clubs' sport accident and liability insurance are to be consulted. The International German Gymnastics Festival serves only as mediator for all events and travel and does not take on independent responsibility for accidents, late arrivals or other irregularities.

First call for Registration

The first call for entries is available on the internet under www.turnfest.de. Possible changes and additional information will be publicized there. Club presidents can order further notices against a fee of 3.00 Euro per copy under info@turnfest.de.

Please transfer the amount to the following account:

Account: Verein Deutsche Turnfeste e. V.

Bank: Dresdner Bank AG Frankfurt

Bank Code (BLZ): 500 800 00,

Account nr.: 91 381 901

Purpose: Call for entries, name of club and/or club number

The delivery occurs after receipt of the amount on the account.

■ How to get there

Frankfurt am Main has excellent connections and because of its position in the middle of Germany, is very accessible, whether you are traveling by car, tour bus or by rail.

By car

Depending on where you are coming from, the following routes exist:

From the north – by the national motorway A5 to the Frankfurt crossing

From the south – by the national motorway A5 to the Frankfurt crossing

From the west – by the national motorway A3 to the Frankfurt crossing

From the south-east – by the national motorway A3 to the Frankfurt crossing

To avoid heavy traffic during the International German Gymnastics Festival, it is best to leave cars at places of accommodation or one of the many park-and-ride car parks.

Tip: from October 1, 2008, Frankfurt am Main will be set up as an 'environmental zone' to reduce particle emissions and keep the levels within the National emission rules.

With the train

The Frankfurt main railway station is Germany's most important hub for rail traffic. Alongside this station is the Frankfurt Airport train station, which is also connected to the ICE-network. Stretching out from the main railway station, is a dense network of regional and suburban railway lines that transport travelers within Frankfurt and its surrounding regions. As well as this, the city offers a well-developed underground rail network and a dense bus and tram network.

Both the event centre, which is the location of the major events of the 2009 International German Gymnastics Festival, and the inner city have very good public transport connections and are within 10 to 15 minutes walking distance. All of the other event locations and accommodation places are accessible by bus or rail.

Public Transport

Traveling in Frankfurt Rhine-Main

The Frankfurt Rhine-Main-Region provides a public transport system with which you can reach all of the International German Gymnastics Festival venues easily.

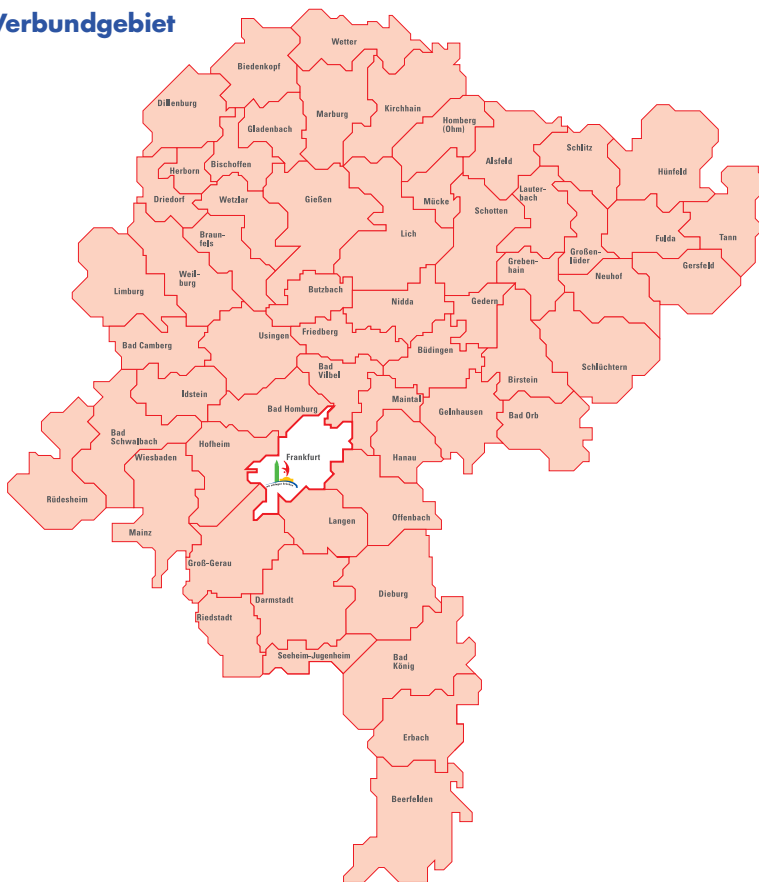
With the purchase of the festival card, it is possible to buy an economical 'ÖPNV ticket', which is valid for buses and trains that run within the Rhine-Main system for the duration of the International German Gymnastics Festival.

The cost of the 'ÖPNV tickets' are:

7-day ticket	20.00 Euro
4-day ticket	15.00 Euro

Detailed information on how to reach the 2009 International German Gymnastics Festival in Frankfurt punctually will be made available to the participants before the festival. It is recommended that shortly before departure, participants check bus and rail times and connections. More information will be provided on the internet.

RMV-Verbundgebiet



■ Accommodation

■ Communal accommodation (schools)

For the participants, a total of 265 schools in Frankfurt and its neighbouring towns and regions are available with approximately 80,000 beds.

All places of accommodation are accessible from the city centre with public transport and are available to participants from Saturday May 30, 2009, 8 am to Saturday, June 6, 2009, 10 am. For accommodation in a school, a festival card is necessary.

Reservations of communal accommodation are possible for 4 or 7 nights and includes breakfast.

Sleeping bags, air beds/sleeping mats and breakfast utensils/crockery should be brought along. A breakfast set – cup, plate, muesli bowl and cutlery – can be purchased with the reservation (7.00 Euro/set).

■ Hotels, guest houses, pensions, private accommodation

For reservations of rooms in hotels, guest houses, pension or private accommodation, the Tourism and Congress GmbH Frankfurt am Main is available as official partner. An extensive selection of rooms have been reserved for the 2009 International German Gymnastics Festival.

Bookings can be made directly through the Tourism and Congress GmbH Frankfurt am Main.

Booking hotline: +49 (0) 69-21 23 19 09

Booking fax nr.: +49 (0) 69-21 24 05 12

E-Mail: turnfest@infofrankfurt.de

Internet: www.frankfurt-tourismus.de

■ Camping grounds

The campground 'Taunus Camp', 'City Camping' and 'Mainkur' have campervan and tent sites available. Reservations can be made with the camp grounds.

Taunus Camp

Jörg Steimer

Bezirkstraße 2

65817 Eppstein-Niederjosbach

Phone: +49 (0) 61 98-70 00

Fax: +49 (0) 61 98-70 02

E-Mail: js.taunuscamp@t-online.de

Internet: www.taunuscamp.de

City Camping GmbH

An der Sandelmühle 35

60439 Frankfurt am Main

Phone: +49 (0) 69-57 03 32

Fax: +49 (0) 69-57 03 32

E-Mail: City-Camp@t-online.de

Internet: www.city-camp-frankfurt.de

Campingplatz Mainkur

Norbert Stroh

Frankfurter Landstraße 107

63477 Maintal

Phone: +49 (0) 69-41 21 93 or

+49 (0) 61 09-6 53 64

Fax: +49 (0) 69-57 03 32

E-Mail: campingplatz-mainkur@t-online.de

Internet: www.campingplatz-mainkur.de

■ Overview of Costs

■ International German Gymnastics

Festival fee

Adults	45.00 Euro
Youth	19.00 Euro
Child (6-11 years)	3.00 Euro
Child (0-5 years)	free

Family discount:

There is no festival fee for a third and any further children (children, youths up to 18 years of age) registered as a family. For technical reasons, the festival fee of these additional children must be paid on registration. This cost will be reimbursed after the International German Gymnastics Festival.

■ Registration fee

Single event	10.00 Euro
Group event with	
2 and 3 participants	20.00 Euro
Group event with	
4 or more participants	30.00 Euro
Show performances with/ without judging, large group performances, international performances, Choreography Workshop, Showstage of the	
Older Adults	30.00 Euro
Participation offers	15.00 Euro

■ Ticket for public transport (RMV)

7 days	20.00 Euro
4 days	15.00 Euro

■ TurnfestLIVE

The day ticket 'TurnfestLIVE' allows all interested people to participate in the International German Gymnastics Festival. Along with other services, the following are possible: entry to the events centre, festival program, festival pin, transport day card ÖPNV. Note: the day ticket does not include participation in competitions.

TurnfestLIVE	10.00 Euro
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■ Communal accommodation costs

The costs for the school accommodation include breakfast and are as follows:

For 7 days

Adults	65.00 Euro
Youth	60.00 Euro
Child (6-11 years)	39.00 Euro
Child (0-5 years)	25.00 Euro
Arrival: May 30, 2009, departure June 6, 2009	

For 4 days

Adults	45.00 Euro
Youth	40.00 Euro
Child (6-11 years)	30.00 Euro
Child (0-5 years)	15.00 Euro
Arrival: May 30, 2009, departure June 3, 2009	
Arrival: June 2, 2009, departure June 6, 2009	

■ Merchandising from the 2009 International German Gymnastics Festival

The Berlin company M.A.X. 2001 sport marketing GmbH is the exclusive partner for merchandising and the main sponsor of the 2009 International German Gymnastics Festival. M.A.X. 2001 already offers a huge range of International German Gymnastics Festival articles at www.dtb-shop.de, Rubric DTB/turnfest2009.

■ Opening day

Saturday, May 30, 2009

The festival begins! The big opening day will provide an emotional introduction to participants and guests for Frankfurt and the International German Gymnastics Festival week. In the historical location of the Paulskirche, the official opening will take place with high ranking celebrities from politics and gymnastics sports. Following immediately, the parade with all national gymnastics Federation and gymnastics musicians will follow its path through the inner city and over the Römer on the Main. Here, on the central festival promenade at the riverside, the International German Gymnastics Festival's centre – the impressive skyline represents the perfect scenery for the spectacle. A long night is ahead, for which exciting programs and professional performances transfer the gymnastics spirit onto the city.

■ Central Festival Promenade at the Riverside

Saturday, May 30, 2009 to Friday, June 5, 2009

The central festival promenade at the riverside represents the symbolic bridging between the International German Gymnastics Festival, the city and its residents and the participants. Here, action, stage performances, opportunities for participation and a broad array of culinary offerings come together to provide an unforgettable community feeling.

■ Ecumenical open-air service for Whitsun

Whitsun Monday, June 1, 2009, 11 am, Frankfurt Römerberg

The churches invited all festival participants to the service.

■ Stadium gala – Brilliant closure

Friday, June 5, 2009, 8.15 pm, Commerzbank-Arena

True to the motto of the 2009 International German Gymnastics Festival 'we build bridges', sport and art unite in the stadium gala. Bridges will be built between young and old, participants and spectators, 'natives' and 'foreigners', children and adults – the experiences and meetings of the International German Gymnastics Festival week will be re-experienced. Around 1,500 contributors will take the spectators on a trip through the multi-faceted world of the German Gymnastics Federation. An explosion of colours, music, costumes and gym apparatus take spectators into a world full of magic and emotion.

■ Turnfest-Gala

Sunday, May 31, 2009 and Monday, June 1, 2009, 8 pm, Festhalle

The Frankfurt Festhalle offers the perfect stage for the top-class gala on two evenings. Choreographed and staged by a renowned director, professional actors – supported by the world famous shows of the National Danish performance Teams and members of the Nippon Sport Science University of Nittaidai – show perfection, aesthetics and athletics in their best and most fascinating forms.

■ Japanese Gymnastics and Culture Night

Tuesday, June 2, 2009, 8 pm, Festhalle

Spectacular performance elements, supreme accuracy and exotic costumes – these are all offered by the very best of the Japanese Gymnastics Association that includes the world famous group from the Nippon Sport Science University, Tokyo. 275 gymnasts in total of the Nittaidai University will show connections between dance and gymnastics and between music and athletics, accompanied by music from professional musicians from Tokyo. Creative, traditional and modern musical pieces combine with the performances of the various Nittaidai groups to provide a unique experience that no one should miss.

■ Tuju-Show/Gymnastics Youth Show

Wednesday, June 3, 2009, 8 pm, Festhalle

The best performance groups of the National Gymnastics Youth will present a professional show that relates to the International German Gymnastics Festival motto. Detailed information can be found on page 69.

■ Danish Performance Team

Thursday, June 4, 2009, 8 pm, Festhalle

As part of their world tour, the National Danish Performance Team will perform their show, which will surely be one of the highlights of the International German Gymnastics Festival. In a grand spectacle, the extraordinary ensembles will present a harmonious combination of dynamics of the artistic with the beauty of ballet, jazz and modern dance, joining traditional Danish gymnastics with modern rhythmic gymnastics. More than 1.5 million spectators have already seen this top quality show. You can too, in the Frankfurt events centre.

■ Sightseeing in the City

■ City tour 1: „History, contrasts and the Main Tower“

Enjoy Frankfurt in a two-hour tour and get to know the famous skyline, the banking quarter, the museum riverbank, old houses of Saxony and much more. The tour finishes with a visit to the viewing platform of the Main Tower. Experience Frankfurt from 200 m above sea level!

Sunday	May 31, 2009	12 am	59121		
Monday	June 1, 2009	10 am	59122	4 pm	59123
Tuesday	June 2, 2009	12 am	59124		
Wednesday	May 3, 2009	10 am	59125	4 pm	59126
Thursday	May 4, 2009	12 am	59127		
Friday	May 5, 2009	10 am	59128		

■ City tour 2: „Architecture in Frankfurt and the Commerzbank-Tower“

In a two-hour tour you will find out about the development of Frankfurt from the middle-ages to today, about the links between old Frankfurt and new, and about apartment complexes and plans for the future. A tour through the Commerzbank Tower is also exclusively offered to festival participants. Built by Lord Norman Foster, this 259 m high building is the second highest office block in Europe. Enjoy the speedy trip in the glassed panorama elevators.

Sunday	May 31, 2009	6 pm	59132
Tuesday	June 2, 2009	6 pm	59133
Thursday	May 4, 2009	10 am	59134

■ City tour 3: „Architecture in Frankfurt and the Trianon“

In a three-hour tour you will find out about the development of Frankfurt from the middle-ages to today, about the links between old Frankfurt and new, apartment complexes and projects for the future. The Trianon, a 186 m high skyscraper, will also open its doors exclusively to the participants of the festival. The guided tour offers a visit in the central headquarters, technical division and a roof walk. Do not forget your cameras!

Wednesday	June 3, 2009	2 pm	59130
Friday	June 5, 2009	2 pm	59131

■ City tour 4: „Kings, founders of gymnastics and figure skating princesses – history and stories of Frankfurt“

In a two-hour tour of the city we quench your thirst for historical knowledge of Frankfurt. The tour focuses on the Römerberg, the historical centre and Frankfurt's place of choice for the coronation of the holy Roman kingdom's German kings and emperors. It also has a tradition as a trading city and a place of the first German national congregation in 1848. Stories of gymnasts in the Paulskirche, football kings in the emperor's hall and a figure skating princess on the Main complete the tour for all sport enthusiasts.

Sunday	May 31, 2009	10,00 am	59111	4 pm	59112
Monday	June 1, 2009	12,00 am	59113	6 pm	59112
Tuesday	June 2, 2009	10,00 am	59115	4 pm	59112
Wednesday	June 3, 2009	12,00 am	59117	6 pm	59112
Thursday	June 4, 2009	10,00 am	59119	4 pm	59112

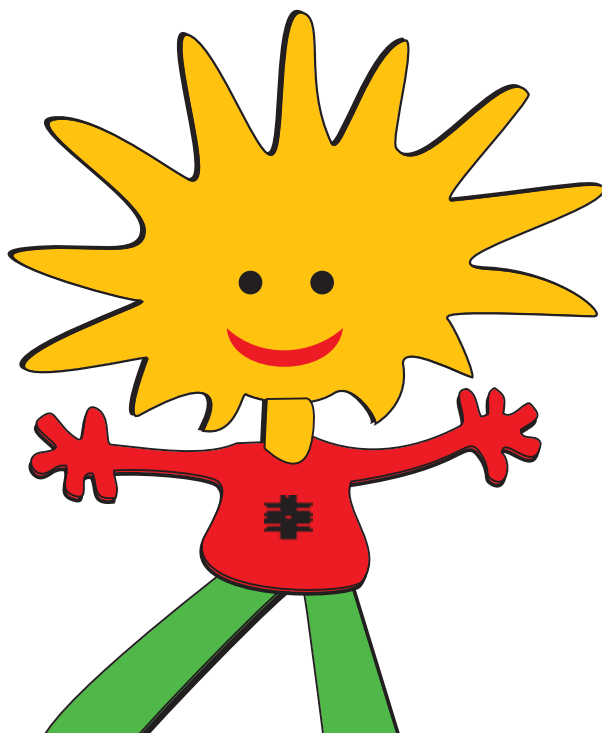
City tour (walking)

Price 11.00 Euro

Meeting point: Tourist Information Centre Römer

City tour (bus)

Price 33.00 Euro



■ Excursions

■ Rüdesheim & Boat ride on the Rhine

59314

On the sunny side of the Rhine, along with the home of the finest Rheingau Riesling wine is Rüdesheim, the most romantic place on the Rhine. Travel from Frankfurt to Rüdesheim, then take a romantic boat ride to St. Goarshausen. Lunch in Rüdesheim is followed by a city tour by foot and a trip with the gondola to the memorial of Niederwald. Enjoy the fantastic view over the Rhine.

When:	Wednesday, June 3, 2009
Departure:	9.45 am, Tourist Information Centre Römer
Arrival:	6 pm, in Frankfurt
Price:	100.00 Euro
Provided:	bus & guide, boat trip from Rüdesheim to St. Goarshausen, lunch, gondola ride

■ Eltville

59316

This beautiful city is located in the Rheingau wine region on the Rhine. The city is shaped by the many first-class half-timbered houses and by more than 100 types of roses that are cultivated and grown in Eltville. One of the most important convents in the world, the Eberbach convent is in Eltville, along with the electoral castle, in which the remnants of the most famous dweller of the city, Johannes Gutenberg, can be found. Transfer from Frankfurt to Eltville, then enjoy a guided city tour through the 'Sekt- and Rosenstadt', followed by some wine tasting with a comprehensive vesper plate (cold cuts) at a close-by vineyard.

When:	Friday, June 5, 2009
Departure:	10 am, Tourist Information Centre Römer
Arrival:	3 pm in Frankfurt
Price:	70.00 Euro
Provided:	bus & guide, wine tasting and vesper plate (cold cuts)

■ Rheingau & the Johannisberg Castle

59315

The landscape of Rheingau presents soft-rolling hill-land between Wiesbaden and Lorch, which stretches from the southern hills of the Taunus to the Rhine. The Rheingau is notable for many tourist attractions including the Johannisberg castle – a vineyard rich in tradition.

Leave from Frankfurt and travel to and through Rheingau. Wine tasting at the Johannisberg castle is included in the tour of the vineyard and wine cellar; following which is a dinner in the Gutsschänke.

When: Thursday, June, 2009
 Departure: 4 pm, Tourist Information Centre Römer
 Arrival: 10 pm in Frankfurt
 Price: 120.00 Euro
 Provided: bus & guide, vine tasting and vesper plate (cold cuts)

■ Saalburg & Hessenpark

Discover the past in its original location: the only re-built Roman fort and archäological museum in the world – is very close to the World Heritage Limes, the ancient border between the Roman empire and the German tribal homeland. Festival participants get to see the Saalburg before the tour heads to Hessenpark. Here you will find over 100 historical buildings, from a North-Hessian estate and middle Hessian hireling house to a south-Hessian tavern.

When: Tuesday, June 2, 2009 59312
 Departure: 10 am, Tourist Information Centre Römer
 Arrival: 4 pm in Frankfurt
 Price: 80.00 Euro
 Provided: bus & guide of the City Frankfurt, entrance in the Saalburg and the Hessenpark, lunch in the Hessenpark

When: Friday, June 5, 2009 59313
 Departure: 11 am, Tourist Information Centre Römer
 Arrival: 5 pm in Frankfurt
 Price: 80.00 Euro
 Provided: bus & guide of the City Frankfurt, entrance in the Saalburg and the Hessenpark, lunch in the Hessenpark

Come hiking!

59311

■ Oestrich – Winkel – Rüdesheim

From castles and monasteries to Emperors of Germania

Oestrich boasts a beautiful valley with a walking path along the river, vineyards and old mills, and a monastery in the Gottesthal, all of which makes it perfect for walks. The Winkel district is one of the oldest settlements in the Rheingau. Winkel has a number of places of interest such as the historical Zehnthof, the district church and the impressive Vollrads castle which has its own vineyard, chateau park, restaurant and a enchanted water tower. Rüdesheim is known worldwide as the little wine town with the big reputation. Middle-aged fort glory in close connection to wooden beamed houses and an avenue of stucco hotel complexes from the turn of the century attract international wine connoisseurs in hoards to Rüdesheim.

Wander from the Oestrich-Mittelheim train station up the hill to the Vollrads castle, on to the Johannisberg castle through Ostermühle, Reußische Mühle and Schleifmühle to the Marienthal monastery, the Nothgottes monastery, and the Hildegardis abbey to the memorial of Niederwald Germania and then down through Rüdesheim back to the train station. Don't miss this walking excursion! Walking time: approx. 5 hours.

When: Monday, June 1, 2009
Meeting place: 9.30 am, Train station Oestrich-Mittelheim
Price: 10.00 Euro

■ Bad Koenig – Michelstadt

59312

In the tracks of the Raubacher Jockels and to the historical sites

Dreamily embedded in green Muemlingtal in the heart of the deer populated forest, lies Bad Koenig. The idyllically sited Odenwald town is the start of our walking tour. The path runs over Momart, Weiten-Gesäß, the Zuckerbuckel and the Erbach deer park that features the hunting castle Eulbach to Michelstadt.

During the 17 km tour around 300 vertical metres will be covered.

When: Monday, June 1, 2009
Meeting place: 9.30 am, Train station Bad König
Price : 10.00 Euro

■ Boat cruises

■ Day trip to Seligenstadt

Travel to Seligenstadt and go on a discovery tour! Little lanes, idyllic corners and colourful work-houses from different areas document the more than 1000 year history of Seligenstadt. The chancellor, Karl 'the Great' Einhard, began building a Basilica in 830 which has become the trademark of the city today.

When:	Sunday, May 31, 2009	59211
	Tuesday, June 2, 2009	59212
Departure Frankfurt:	9.30 am Eiserner Steg, Main quai	
Arrival:	1.05 pm, Seligenstadt (landstay 3 hours)	
Departure:	4 pm, Seligenstadt	
Arrival:	7.15 pm, Frankfurt	
Price adults:	22.10 Euro	
Price Children:	11.05 Euro	

■ Sky-Light-Tour

The Frankfurt skyline is a fascinating spectacle by night. As the light slowly fades and it finally becomes dark, the silhouette of Frankfurt beams and sparkles so brightly that the stars fade. Lights also bring Frankfurt's main river bank to life. Laconic monuments, but also quay walls, solitary trees, rows of sycamores and groups of trees, individual objects of light-art, and in particular the seven bridges on the Main are illuminated. Come on board and experience Frankfurt by night!

When:	Sunday, May 31, 2009	59213
	Monday, June 1, 2009	59214
	Wednesday, June 3, 2009	59215
Departure:	10 pm Eiserner Steg, Main quai	
Duration:	60 minutes	
Price adult:	8.80 Euro	
Price Children:	5.00 Euro	

■ Coffee cruise on the Main

The coffee house culture is experiencing a renaissance. The Frankfurt cruise ship organization, is offering its traditional afternoon cruise again. Our coffee house on the water offers a small but fine cake buffet as well as delicious coffee and tea specialities.

When:	Tuesday, June 2, 2009	59216
	Friday, June 5, 2009	59217
Departure:	2.30 pm, Eiserner Steg, Main quai	
Duration:	2 ¾ hours until 5.15 pm	
Price adult:	10.90 Euro (incl. 1 pot of coffee)	
Children:	6.00 Euro (incl. apple juice)	

■ Round-trips in Frankfurt

Take in the skyline from another perspective: from softly swinging planks, the skyline appears even more impressive. Don't forget your camera as you will discover great picture opportunities along the way.

When:	daily from Eiserner Steg, from 11 am every hour, last cruise 5 pm
Adult:	7.55 Euro – 50 minute tour
Children:	3.70 Euro – 50 minute tour
Adult:	9.55 Euro – 100 minute tour
Children:	3.70 Euro – 100 minute tour

Tickets for the round-trip of Frankfurt can be purchased at the counter of the Eiserner Steg. Festival participants receive a 15% discount.

■ Museums

Included in the International German Gymnastics Festival fee is the possibility to visit all of Frankfurt's museums for the special price of 1.00 Euro. Use the festival week to visit some of the exhibitions.

■ Archaeological museum

The museum is dedicated to the research, presentation and education on pre-historic, medieval and recent archaeology of Frankfurt and its surroundings. Karmelitergasse 1, 60311 Frankfurt am Main, www.archaeologisches-museum.frankfurt.de

■ Historic museum

The exhibition collection includes pieces from the earliest settlements to today: from the palatinate to the Frankfurt of the middle ages, civic collections as well as collections relating to general culture, industry and technical history.

Saalgasse 19 (Römerberg), 60311 Frankfurt am Main, www.historisches-museum.frankfurt.de

■ **Museum of Applied Art**

Applied art from classic hand-productions to product design and digital formation.
Schaumainkai 17, 60594 Frankfurt am Main, www.angewandtekunst-frankfurt.de

■ **Museum of Modern Arts**

With the museum of modern arts, the Viennese architect Hans Hollein produced something exceptional. He succeeded in making a walk through the house, which consists of a diagonal building on a diagonal piece of land, a lasting memory.
Domstrasse 10, 60311 Frankfurt am Main, www.mmk-frankfurt.de

■ **Museum of International Cultures**

The changing exhibitions and events of the museum are concerned with interpretations of heritage, gender and age. The themes include identity, integration, including status and power relationships as well as other concepts from nature and culture. The collection contains around 67,000 objects from Africa, America, Oceania, Asia and South East Asia.
Schaumainkai 29-37, 60594 Frankfurt am Main, www.mdw-frankfurt.de

■ **German Museum of Architecture**

For engagement with current architecture and its history, the German Museum for Architecture is one of the best places in Europe. The Cologne architect Oswald Matthias Ungers designed the museum as a DAM house-in-house, which at the same time represents the greatest exhibit and a symbol of architectural art. 24 large scale models from the stone-age to today let visitors discover the exhibition 'from ancient huts to skyscrapers' and the diversity of buildings and settlements.
Schaumainkai 23, 60596 Frankfurt am Main, www.dam-online.de

■ **Jewish museum**

The Jewish museum and its Dependence Museum Judengasse on the Baerenplatz show the historical development of the religious culture of the Jewish communities in Frankfurt from the 12th to the 20th century. The changing relationship between Jews and their environment in Germany is illuminated with the local example of Frankfurt. Regularly changing exhibitions in both buildings expand and elaborate on the fixed exhibition.
Jewish Museum, Untermainkai 14/15, 60311 Frankfurt am Main
Museum Judengasse, Kurt-Schumacher-Strasse 10, 60311 Frankfurt am Main
www.juedischesmuseum.de

■ Tour of the Frankfurt Airport

■ Experience the dynamics of the airport and the fascination of flying live!

With around 54 million flight passengers per year, Frankfurt Airport is one of the world's leading airports. Further, it is one of Europe's largest air-freight hubs. The airport management, Fraport AG, invites all festival participants for an exclusive airport visit. With the festival card, the airport experience tour and entry to the visitors terrace and airport forum is free of charge.

■ Experience tour

The 45-minute apron-tour delivers unforgettable views into the daily occurrences of this international airport. These take place from 11 am onwards on the hour with the last tour beginning at 11 am. Register before the start

of the desired tour at the counter on the 'bridge' between terminal one and the Frankfurt Airport centre. There you will receive your entry ticket free of charge when you show your festival card (depending on spaces).

■ Visitor terrace

Enjoy the whole panorama of the airport from the visitor terrace in Terminal 2. From there you can take in the hustle and bustle of the airport in peace and quiet. Observe take-offs and landings, the ground works of the airplanes and in the process discover a new perspective. The terrace is open from 10 am until 5 pm with doors open until 4.30 pm.

■ Airport Forum

The airport forum is a multi-media, interactive and personal platform from which you can inform yourself about all aspects of the airport – the importance of the airport to the region, renovation plans, environmental protection. You will find the airport forum in the passage between Terminal 1 and the off-site train station and is open from 10 am until 5 pm.

Note: please be aware of the security guidelines. If you want to go to the visitors terrace or take part in an experience tour, take the least amount of luggage possible and avoid taking fluids and sharp or dangerous objects.

■ Frankfurt leisure and outdoor pools

With 3 leisure pools and 7 outdoor pools, Frankfurt offers plenty of swimming fun! With the International German Gymnastics Festival ticket, you receive free entry into the following pools:

Panorama pool Bornheim, Rebstockbad, Titus Thermal pools, open-air pool Brentano, open-air pool Hausen, open-air pool Nieder-Eschbach, open-air pool Silo, open-air pool Stadion and Riedbath Bergen-Enkheim.

■ International issues

The 2009 International German Gymnastics Festival shall benefit and actively create a cultural dialogue because the gymnastics culture and especially the International German Gymnastics Festival offer a vast number of possibilities for international encounters. This is why we want to live and experience the motto 'we build bridges'.

The joint celebrations of the International German Gymnastics Festival enable encounters between people. Through collective gymnastics, dance, singing during the parade, the festival mile and in the entire city we provide bridges between people from the region and the international guests.

The diverse program offers are principally open and accessible for all participants. In particular, the participation events, the fun sports competitions, the sport-specific competitions and the demonstrations are ideal for international encounters, as well as the viewing and enjoyment of the shows.

The International German Gymnastics Festival in Frankfurt encourages all overseas visitors to participate in the competitions – this goes for elite athletes, as well as general sports participants. In the Olympic disciplines of artistic gymnastics, trampoline gymnastics and rhythmic gymnastics, this is possible through involvement in the trophy competitions, which are performed according to the Code of Points. In all other sports (orienteering, rope skipping, sports aerobics, wheel gymnastics, fistball, prellball, tennis quoits, netball, indiacca, korfbal, volkerball, volleyball, handball), a speciality event for international participants will be offered. These will be age-specific.

Traditionally, the German Gymnastics Youth invites approx. 500 young people from around the world to the international youth camp. More information can be found on page 69.

In the group events, international guests are also welcome to actively participate. Show performances with and without judging, the magnet stages in the city, the group performances, as well as the choreography workshop are all open to international participants.

On Friday, June 5, 2009, the performance stage in hall 1.2 is exclusively available for international participants. This hall is offered as it allows these groups to present their performances before a large audience.

Additionally, the stages in the city and on the Main provide further possibilities, to present innovative movement forms and traditional gymnastics. Highlights are without doubt the Japanese Gymnastics and cultural night on Tuesday, June 2, 2009, and the show of the Danish Performance Team on Thursday, June 4, 2009, in the event centre.

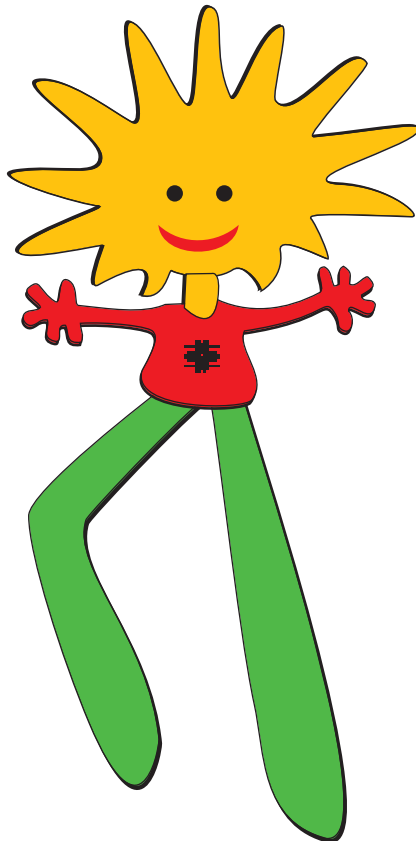
International Sport Science Congress

The International Sport Science Congress 'Facing New Challenges: Education, Health Promotion and Integration in Gymnastics and Sports', is held on June 4 and 5, 2009 in the industrial and commerce chamber in Frankfurt. Numerous international presenters will talk about the following topics:

- Education – Children's Gymnastics and Youth Sports
- Health – Health Promotion/Physical Activity for Health
- Integration and Migration – Gymnastics and Sport for Migrants

This innovative component of the International German Gymnastics Festival is held in cooperation with international sport- and science associations and was initiated by the German Gymnastics Federation, the governing body of physical education and gymnastics in the areas of high-performance, leisure and health promotion sports.

The congress is held in the English language. Registration is only possible via the internet. More information can be found on www.turnfest-congress.de.



Olympic high-performance sport 2009 in Germany

20 – 22 March 2009

Tournament of the champions in Cottbus

World cup tournament artistic gymnastics

31 May – 5 June 2009

German Championships

During the 2009 International German Gymnastics Festival

13 – 15 November 2009

DTB Pokal/Trophy in Stuttgart

World cup tournament artistic gymnastics

28 – 29 November 2009

Berlin Masters

Rhythmic gymnastics

Competition Invitation

Abbreviations

IDTF	= International German Gymnastics Festival	KM = optional modified
		PWK = trophy competition
		TFWK = Int. German Gymnastics Festival competition
M	= male	
W	= female	
number+	= age group and older, i.e. 30+ = 30 years and older	

According to DTB regulations, the running of an event on DTB level requires a minimum of 5 participants, otherwise, the event will be joined with other competitions.

DTB age-group categories for the 2009 International German Gymnastics Festival year

Age group	Valid dates of birth 2009
M/W (male/female youth) 11 years	1998
M/W (male/female youth) 12 - 13 years	1997 - 1996
M/W (male/female youth) 14 - 15 years	1995 - 1994
M/W (male/female youth) 16 - 17 years	1993 - 1992
M/W (men/women, resp. juniors) 18 - 19 years	1991 - 1990
M/W (men/women) 20 - 24 years	1989 - 1985
M/W (men/women) 25 - 29 years	1984 - 1980
M/W (men/women) 30 - 34 years	1979 - 1975
M/W (men/women) 35 - 39 years	1974 - 1970
M/W (men/women) 40 - 44 years	1969 - 1965
M/W (men/women) 45 - 49 years	1964 - 1960
M/W (men/women) 50 - 54 years	1959 - 1955
M/W (men/women) 55 - 59 years	1954 - 1950
M/W (men/women) 60 - 64 years	1949 - 1945
M/W (men/women) 65 - 69 years	1944 - 1940
M/W (men/women) 70 - 74 years	1939 - 1935
M/W (men/women) 75 - 79 years	1934 - 1930
M/W (men/women) 80 years and older	1929 and before

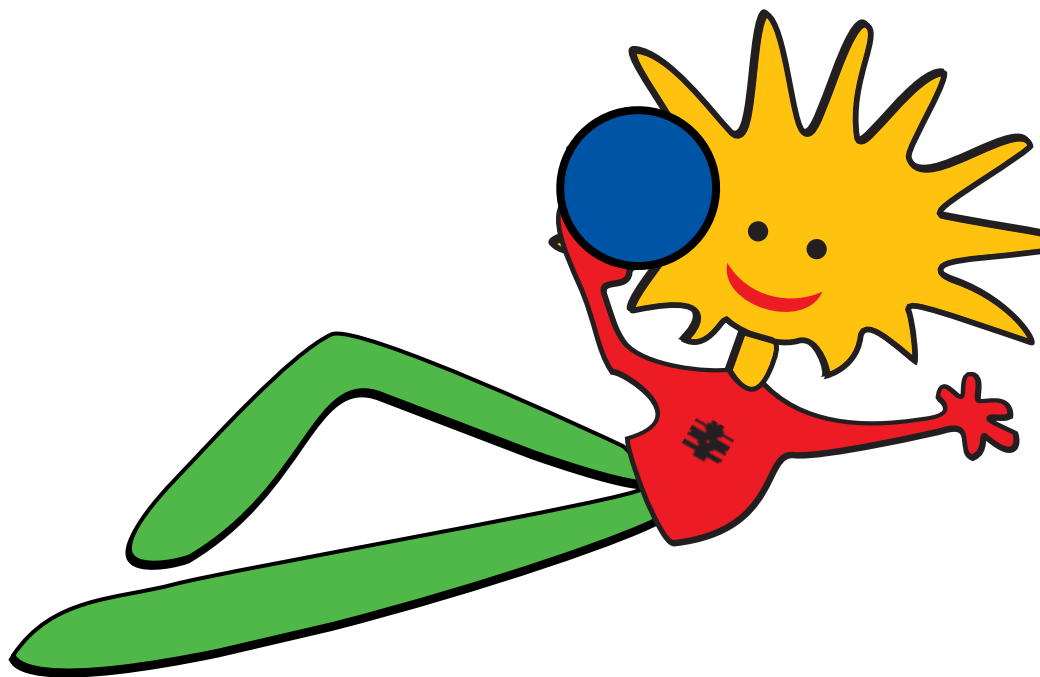
The minimum age for participation in competitions at the 2009 International German Gymnastics Festival is 12 years (year of birth 1997), for sport acrobatics and some games 11 years (year of birth 1998).

■ **Olympic and Individual Sports**

For all vaulting competitions, the vaulting table will be used. For the competitions under 2.1.3, 2.1.4 and 2.1.5, the vaulting table or the vaulting horse will be used.

For the verification of the competition age, an official and valid identification card will be required (personal identity card, school pupil card, student card, participation pass or similar).

Scoring for all competitions in artistic gymnastics will be done by the FIG Code de Pointage guidelines.



Pokal Competitions

Sunday, May 31, 2009 until Friday, June 5, 2009, competition begins at 9 am, 1 pm and 5 pm, with warm-ups beginning one hour prior to competition start-times.

Fair hall 4.0, 4.1 and 6.3 as well as Ballsporthalle (Friday, optional competition)

In the men's optional competitions (all six apparatus) participants can do six events but only the 5 highest scores count towards the end result. With all other competitions, 4 apparatus (depending on event) will count towards the final score.

Trophy competitions male

all-around competition with all six apparatus

21491	M 19+	optional six events			
21481	M 18	optional six events	21471	M 17	optional six events
21461	M 16	optional six events	21451	M 15	optional six events
21441	M 14	optional six events	21431	M 13	optional six events
21420	M 12	optional six events			

Trophy competitions female

all-around competition with four apparatus

21591	W 19+	optional four events			
21581	W 18	optional four events	21571	W 17	optional four events
21561	W 16	optional four events	21551	W 15	optional four events
21541	W 14	optional four events	21531	W 13	optional four events
21521	W 12	optional four events			



Gymnastics/Rhythmic-Gymnastics

Sunday, May 31, 2009 until Friday, June 5, 2009

Sport- und Freizeitzentrum Kalbach

Trophy Competitions RSG* (competition category WK)

RSG = Rhythmic-Gymnastics

Individual

22316	3 events	FWK 16+	(rope, hoop, clubs)
22313	3 events	JWK 13-15	(rope, ball, clubs)
22312	3 events	SWK 12	(no hand-held apparatus, rope, ball For all-around and FWK and JWK apparatus finals)

Group

22325	Group	FWK 15+	(5 balls or 5 ribbons or a combination of balls and ribbons)
22322	Group	JWK 12-15	(5 balls or 5 ribbons)

The registration for the trophy competitions RSG is not limited.

Trophy events and gymnastics and dance group competitions

Trophy competitions

22611	Trophy event gymnastics and dance	12-19
22612	Trophy event gymnastics and dance	18+
22613	Trophy event gymnastics and dance	30+

Trophy competitions

22721	Trophy competition DTB-Dance	12-19
22722	Trophy competition DTB-Dance	18+
22723	Trophy competition DTB-Dance	30+

■ Trampoline Gymnastics

Fair hall 3.1

Trophy competitions trampoline gymnastics

Tuesday, June 2, 2009, 10 am – 7 pm

Wednesday, June 3, 2009, 10 am – 7 pm

Male

23151	PWK M 18+	M 7
23152	PWK M 15–17	M 6
23153	PWK M 12–14	M 5
23154	PWK M 30+	L 4
23155	PWK M 40+	L 4
23156	PWK M 50+	L 4

men and women 18-29

men and women 30 and older

male and female youth

female

23161	PWK W 18+	M 7
23162	PWK W 15–17	M 6
23163	PWK W 12–14	M 5
23164	PWK W 30+	L 4
23165	PWK W 40+	L 4
23166	PWK W 50+	L 4

Double-mini-trampoline (DMT)

Friday, June 5, 2009, 10 am – 3 pm

Trophy competitions DMT

Male

23241	PWK DMT M 18+
23242	PWK DMT M 15–17
23243	PWK DMT M 12–14

female

23251	PWK DMT W 18+
23252	PWK DMT W 15–17
23253	PWK DMT W 12–14

■ Sports aerobics

Masters

Qualification: Thursday, June 4, 2009

International German gymnastics festival competition: Thursday, June 4, 2009

Congress Centre 'Harmonie' hall

Women/Men 18+

24111	Single female/male
24113	Teams of 2-3
24115	Teams of 4-6

Youth 15-17

24121	Single female/male
24123	Teams of 2-3
24125	Teams of 4-6

Youth 12-14

24131	Single male/female
24133	Teams of 2-3
24135	Teams of 4-6

Rules

Masters: We follow the FIG-rules except:

Categories: Individual (IW and IM together)

2-3 Team (Mixed Pairs, Pairs and Trios together)

4-6 Groups (Groups with 4-6 competitors)

Age Group I (12-14 year), Age Group II (15-17 years), Seniors 18+

But: If you three competitors, you can send one (male or female) older or younger. In Groups from 6 competitors up to half group can be older or younger. In case there is an equation, the Group must start in the higher Age Group (or by Seniors).

But in each case it is only possible to send competitors from the next age Group (not a senior to age group I or visa verse)

Difficulties:

Age Group I: The compulsory elements and 2-4 additional elements

Age Group II: The compulsory elements and up to 6 additional elements

Seniors: It is possible to reach the family with elements with a value 0.1 or 0.2 (they do not count for repetition, floor elements etc.). They don't reach a value but they must show the minimum requirement).

Fitstep and ShowContest (qualification and finals)

Thursday, June 2, 2009 and Wednesday, June 3, 2009

Fitstep			ShowContest		
24141	Teams of 7-12	18+	24151	Teams of 7-12	18+
24142	Teams of 7-12	12-17	24152	Teams of 7-12	12-17

DTB-Newcomer competitions (qualification and finals)

Monday, June 1, 2009 and Tuesday, June 2, 2009

Women/Men 18+		Youth 15-17	
24411	TFWK Single female/male	24421	TFWK Single female/male
24413	TFWK Teams of 2-3	24123	TFWK Teams of 2-3
24415	TFWK Teams of 4-6	24125	TFWK Teams of 4-6

Youth 12-14

24431	TFWK Single female/male
24433	TFWK Teams of 2-3
24435	TFWK Teams of 4-6

General instructions: Participants may only start in one category. In the teams of 4-6 category, a replacement member may be registered.



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Internet: www.spieth-gymnastic.com

E-Mail: info@spieth-gymnastic.com

Wheel Gymnastics

Sunday, May 31, 2009 until Friday, June 5, 2009

Finals: Sunday, May 31, 2009 (L10) and Monday, June 1, 2009, during the evening
Fair hall 3.1

Trophy/Pokal competitions

Sunday, May 31, 2009

26519	W 19+	L 10 K	optional three events
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Tuesday, June 2, 2009

26517	W17-18	L 9 K	optional three events
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26515	W 15-16	L 9 K	optional three events
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Thursday, June 4, 2009

26513	W 13-14	L 8 K	three events
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26512	W 12	L 8 K	three events
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Orienteering

General competitions single

Monday, June 1, 2009, 10 am – 5 pm, Steinberger Wald

Single competitions male

27112	M 12-14	
27115	M 15-16	
27117	M 17-18	
27119	M 19+	short and simple
27120	M 19+	long and difficult
27140	M 40-49	
27150	M 50-59	
27160	M 60-69	
27170	M 70+	

Single competitions female

27212	W 12-14	
27215	W 15-16	
27217	W 17-18	
27219	W 19+	short and simple
27220	W 19+	long and difficult
27240	W 40-49	
27250	W 50-59	
27260	W 60-69	
27270	W 70+	

General competitions team

Thursday, June 4, 2009, 10 am – 5 pm
Frankfurt

Teams must have 3 members.

Team competitions male

27712 M 12-14

27715 M 15-18

27719 M 19+

27740 M 40-54

27755 M 55+ 27855

Team competitions female

27812 W 12-14

27815 W 15-18

27819 W 19+

27840 W 40-54

W 55+

Team competitions mixed

Three competitors of any age can make up a team.

27910 Mixed short

27920 Mixed long

Rope Skipping

Thursday, June 2, 2009, 10 am – 7 pm to Thursday June 4, 2009

International German Gymnastics Festival competition

Tuesday, June 2, 2009, 10 am – 7 pm
Fair hall 3.1

Single competition E1 male

28411 M 18+

28412 M 15-17

28413 M 12-14

Single competition E1 female

28421 W 18+

28422 W 15-17

28423 W 12-14

Competition requirements:

Speed 30 sec Speed endurance 180 sec

Triple under Freestyle 45-75 sec (with music)

The DTB competition regulations on rope skipping, including all changes, apply.

■ Games

■ Fistball

Sunday, May 31, 2009 until Friday, June 5, 2009, 9 am – 6 pm

Faustball-Zentrum Eintracht Frankfurt, Faustball-Zentrum Sportpark Neu-Isenburg

Trophy competitions male

31411	M 11-14
31415	M 15-18 (M 11-14 possible)
31419	M 19+ (M 15-18 possible)
31435	M 35+
31445	M 45+
31455	M 55+
31460	M 60+

Trophy competitions female

31511	W 11-14
31515	W 15-18 (W 11-14 possible)
31519	W 19+ (W 15-18 possible)
31535	W 35+
31545	W 45+

The regulations of the international Fistballfederation under the instructions and the gymnastics regulations – regulations of the games department (OFS) and the sports rules of fistball (FGO) apply for this tournament. Two sets to eleven points are played.

■ Prellball

Sunday, May 31, 2009 until Thursday, June 4, 2009, 9 am – 6 pm

Friday, June 5, 2009 from 9 am – 2 pm, Prellball-Zentrum Otto-Hahn-Schule, Nieder-Eschbach

Trophy tournaments Prellball male

32411	M 11-14
32415	M 15-18 (M 11-14 possible)
32419	M 19+ (M 15-18 possible)
32430	M 30+
32440	M 40+
32450	M 50+
32460	M 60+

Trophy tournaments Prellball female

32511	W 11-14
32515	W 15-18 (W 11-14 possible)
32519	W 19+ (W 15-18 possible)
32530	W 30+
32540	W 40+

Trophy tournaments Prellball mixed

32619	M/W 19+ (M/W 15-18 possible) (at each moment, at least two women must be playing)
32630	M/W 30+ (at each moment, at least two woman must be playing)

Recreational tournaments Prellball (simplified rules)

32920	recreational 19+ (M/W 15-18 possible)
32940	Recreational Tournaments 40+
32990	family tournament (at least 2 children/youths, 1 woman, 1 man)

Netball

Sunday, May 31, 2009 until Wednesday, June 3, 2009, 9 am – 6 pm

Turnspiel-ARENA, Hahnstrasse

Trophy tournament small field

33512 W 12-15 (W 11 possible)

33516 W 16-19 (W 15 possible)

33518 W 18+ (W 16/17 possible)

33530 W 30+

Recreational tournament mixed small field

33916 M/W 16-19 (M/W 15 possible)

33918 M/W 18+ (M/W 16/17 possible)

Players can only play in one age group per day.

Further, players within one age group may only play for one team.

In a mixed team, at least two men and three female players must be on the court at all times.

Planned games:

W 12-15 2 x 10 minutes

W 16-19 and M/W 16-19 2 x 15 minutes

W 18+ and M/W 18+ 2 x 20 minutes

W 30+ 2 x 15 minutes

The final game plan will be determined once the number of registrations is known.

For two registered teams, one referee, or referee team, must be presented.

Tenniquoits

Monday, June 1, 2009 until Thursday, June 4, 2009, 9 am – 6 pm

Turnspiel-ARENA, Hahnstrasse

Trophy tournament male

34411 M 11-14

34415 M 15-18

34419 M 19+, champion category

34420 M 19+, general category

34440 M 40+

Trophy tournament female

34511 W 11-14

34515 W 15-18

34519 W 19+, champion category

34520 W 19+, general category

34540 W 40+

Trophy tournament double male

34611 M 11-14

34615 M 15-18

34619 M 19+, champion category

34620 M 19+, general category

34640 M 40+

Trophy tournament double female

34711 W 11-14

34715 W 15-18

34719 W 19+, champion category

34720 W 19+, general category

34740 W 40+

Trophy tournament mixed

34811 M/W 11-14

34819 M/W 19+, champion category

34840 M/W 40+

34815 M/W 15-18

34820 M/W 19+, general category

The organizer may, when necessary, change players in the individual categories. The trophy tournament of the champion category represents the tournament rankings and replaces the Pentecost tournament, which is not held in the years of a International German Gymnastics Festival.

Korfball

Trophy tournaments

Sunday, May 31, 2009 and Monday, June 1, 2009, 9 am – 6 pm

Turnspiel-ARENA, Hahnstrasse

The IKF regulations apply together with the DTB adjustments. The age-group categories are in line with the categories of the 2009 field seasons.

The game times will be determined once the final number of participants is known.

35612 M/W 12-14

35614 M/W 14-16 (M/W 12-13 possible)

35616 M/W 16-18 (M/W 14-15 possible)

35618 M/W 18+ (M/W 16-17 possible)

Players may move up one age group category. If insufficient registrations in an age-group category, the competition management may combine neighbouring age groups for the tournament.

Indiaca

Trophy

Sunday, May 31, 2009 until Wednesday, June 3, 2009, 9 am – 6 pm

Indiaca-Center, Otto-Fleck-Schneise

Trophy tournaments male

36415 M 15-18 (M 11-14 possible)

36419 M 19+ (M 15-18 possible)

36435 M 35+

Trophy tournaments female

36515 W 15-18 (W 11-14 possible)

36519 W 19+ (W 15-18 possible)

36535 W 35+

Trophy tournaments mixed

36615 M/W 15-18 (M/W 11-14 possible)

36619 M/W 19+ (M/W 15-18 possible)

36635 M/W 35+

Trophy tournaments: the games are suited to teams with experience in large tournaments, such as the German championships. Each team must present a referee.

Dodgeball/Völkerball

Trophy

Sunday, May 31, 2009 until Wednesday, June 3, 2009, 9 am – 6 pm

Völkerball-Center, Otto-Fleck-Schneise

Trophy tournaments female

37511 W 11-13

37514 W 14-17 (W 12-13 possible)

37518 W 18+ (W 16-17 possible)

37530 W 30+

Volleyball

Sunday, May 31, 2009 until Friday, June 5, 2009, 9 am – 6 pm

Trophy tournaments: sport halls, detailed planning see games guide

Recreational tournaments: grass areas, detailed planning see games guide

Beach tournaments: BeachCentre Rebstockgelände

The preparation and running of the volleyball tournaments are organized in close collaboration with the Hessian Volleyball Federation (www.hessen-volley.de).

Trophy tournament

The trophy tournaments will be held in gymnasiums. They are offered to teams that practice regularly and have game experience at Bezirksklasse level (high school) and higher. In principal, all International German Gymnastics Festival participants can participate. For mixed teams, a minimum of three female players must be on the field.

Recreational tournament

This is for recreational teams; where any active players should not have competed beyond Bezirksklasse level (eg. in a state league, regional league etc.). For mixed teams, a minimum of three female players must be on the field.

Age groups:	U14	born after January 1, 1996
	U16	born after January 1, 1994
	U18	born after January 1, 1992
	Ü (over) 19	no age limits
	Ü (over) 35	born before January 1, 1974
	Ü (over) 45	born before January 1, 1964

Trophy tournaments male

38418	male youth U18
38419	male over 19
38435	male over 35
38445	male over 45

Recreational tournament male

38716	male youth U16
38718	male youth U18
38719	male over 19
38735	male over 35
38745	male over 45

Trophy tournament female

38518	female youth U18
38519	female over 19
38535	female over 35
38545	female over 45

Recreational tournament female

38816	female youth U16
38818	female U18
38819	female over 19
38835	female over 35
38845	female over 45

Trophy tournament mixed (3:3)

38618	youth U18
38619	females/males over 19
38635	females/males over 35
38645	females/males over 45

Recreational tournament mixed (3:3)

38918	youth U18
38919	females/males over 19
38935	females/males over 35
38945	females/males over 45

■ Handball

Sunday, May 31, 2009 until Thursday, June 4, 2009, 9 am – 6 pm

Field handball: Handball-Arena Schwanheim
 Handball-Arena Goldstein
 Handball-Arena Nieder-Eschbach
 Beach handball: Handball-Arena Schwanheim
 Handball-Arena Goldstein
 Beachhandball Center Nied

The preparation and running of the handball tournaments occur in close collaboration with the Hessian Handball Federation, district Frankfurt. Allowance of participation by the DHB are not necessary for participation in the handball tournaments.

Small field: The rules of the DHB/IHF are used
 Beach: Rules see game guide

Small field tournaments male

39411 male youth 11-12 (D-youth)
 39413 male youth 13-14 (C-youth)
 39415 male youth 15-16 (B-youth)
 39417 male youth 17-18 (A-youth)
 39418 men 18 and older

Beach handball male

39713 male youth 13-14 (C-youth)
 39715 male youth 15-16 (B-youth)
 39717 male youth 17-18 (A-youth)
 39718 men 18 and older

Small field tournaments female

39511 female youth 11-12 (D-youth)
 39513 female youth 13-14 (C-youth)
 39515 female youth 15-16 (B-youth)
 39517 female youth 17-18 (A-youth)
 39518 Women 18 and older

Beach handball female

39813 female youth 13-14 (C-youth)
 39815 female youth 15-16 (B-youth)
 39817 female youth 17-18 (A-youth)
 39818 women 18 and older

The age groups are arranged and offered as per the general games instructions from the HHB, and the DHB. Members of age groups have to have reached the relevant age between January 1, 2009 and December 31, 2009 of calendar year.

The distribution of the competition arenas to the individual game categories will be published in the game guide. Additionally, heads of clubs will receive the competition schedules for each individual game day via E-Mail.

■ Group Competitions

■ TeamGym

Sunday, May 31, 2009 and Monday, June 1, 2009

Fair hall 3.1

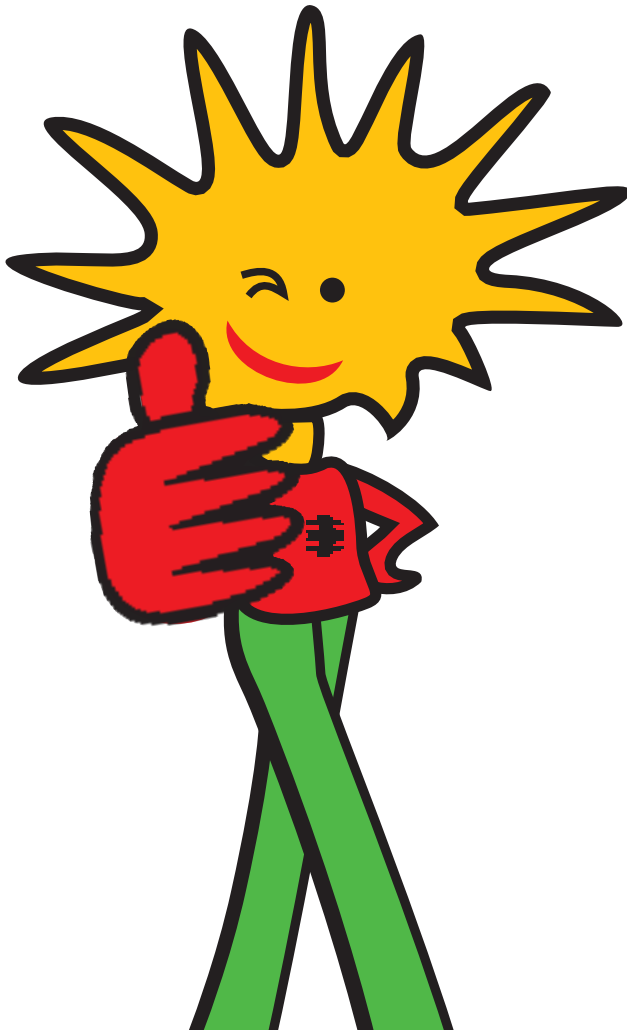
47310 M 16+

47320 W16+

47330 M/W (Mixed) 16+

The current judging regulations by the UEG apply.

Team size: six to twelve gymnasts.



■ Participation Activities

Sunday, May 31, 2009 until Friday, June 5, 2009, 10 am – 6 pm

On numerous stations in the centre of Frankfurt, International German Gymnastics Festival participants, visitors, as well as local citizens of the region Rhine-Main can participate in activities that involve playing, fun and enjoyment. Beyond the competitive activities, the diverse offers encourage those interested to try and participate in the tasks. Four stations – beginning at the event centre, the inner city, the party mile and the Frankfurt Airport – invite participation in athletic, Frankfurt-typical and attractive and new activities that will suit every gym fest participant and visitor. Further, as has become tradition, participants receive a small recognition for their participation in the events.

There is a price associated with the participation activities. The registration fee is 3.00 Euro per participant. The fee for the club team test is 12.00 Euro per team. Detailed descriptions of the participation activities will be posted on www.turnfest.de soon.

■ Struwwel-Test – the Frankfurt Participation Activities

51100

The Struwwel-Test is a must. Characteristic features of Frankfurt, the city's landmarks and symbols like, for instance, the Frankfurt Roemer (city hall), Rhein-Main-Airport, Goethe and the Euro will be put in motion. Of course, a 'Babbel-Test' and the 'Bembel-stemming' are part of the activities. It is movement fun for everybody – regardless of age, International German Gymnastics Festival participant or visitor. Not only athletic coordination is demanded, but also brain-work.

Fun – Eclectic – Frankfurtish

■ Club Team-Test

51200

Teamspirit, what does it mean? Team cohesion, never heard of? We do not believe it? – that is why we offer an attractive quadrathlon with a high fun factor for colourfully mixed club teams. Coordination is demanded as much as running and throwing movements, but also muscular-endurance. But individual competitors hold bad cards: only those who play well in a team and show courage can complete the activities. Of course, we have built subtle tricks into the tasks. Be surprised and participate. Register a twelve-member team, of which up to eight persons will be active on each station – the others will be integrated as helpers. The teams may also be composed with members from differing clubs. We promise that you will have loads of fun and that you will meet the city of Frankfurt am Main from the most unexpected perspectives.

■ Airport-Rally

51300

The Airport-Rally is for those that will discover the Frankfurt Airport for the first time. The two-hour adventure tour – on which exciting and tricky tasks must be solved – is held on the public ground of the airport. For the rally, you can check-in daily on the purposefully prepared check-in desks in Terminal 2 from 10 am – 6 pm. Tip: for those that would like to tour the Rhein-Main-Airport from behind the scenes, an adventure tour, which includes a visit to the visitor viewing platform, is offered. Further details can be found in the section ‘tourist offers’.

■ Frankfurter Römer-PARCOURS (Informations can be found on page 74)

51400

■ TOPFit (International German Gymnastics Festival – Orienteering-course)

The TOPFit-Test is a module-based free fitness-check for young and old, which is being organized in collaboration with our partners. It is guaranteed to appeal to everybody. The TOPFit-Test will be held on the event centre ground.

■ Turnfest Course

51500

Within the participation activities, the German Gymnastics Federation will introduce its gym games and will invite all, to actively trial the activities.

With the Turnfest course, everybody is able to create their own picture of the diversity of the modern and exciting sport games of the German Gymnastics Federation and experience their attractiveness. As during the previous International German Gymnastics Festival's, all interested persons will be able to come closer to team sports in Frankfurt. The Turnfest course which combines all eight DTB sport games, the best and eclectic possibilities, the pleasure and excitement of the differing game tools as Indiaca, ring or ball offer the perfect platform to try out the activities. Come by and participate!

■ Handstand-License

51600

License expired? Test yourself, whether you are handstand-worthy!

The requirements:

A minimum of 3 seconds

A minimum of 3 meters handstand walking

A minimum of one ½ turn

■ Trimming-Orienteering Course

51700

Scheerwald (south-east of Frankfurt, near Frankfurt-Oberrrad)

Each participant receive a land map, on which the posts that must be found are marked.

Turnfest Run

Sunday, May 31, 2009, approx. 4 – 7 pm

Route: a much attractive course by and near the Main.

In collaboration with the Hessian Athletics Federation, the traditional Turnfest mile from previous International German Gymnastics Festival's will be brought back to life and, with differing options of the various Frankfurt city runs being combined in attractive ways. Whether young or old, active competitor, visitor or interested onlooker from Frankfurt or the region of the Rhine-Main, all are welcomed warmly to participate in one of the following options:

male	female
Half Turnfest mile (approx. 0.8 km)	
51811 M 9 years and younger	51821 W 9 years and younger
51812 M 10-11	51822 W 10-11
Turnfest mile (approx. 1.6 km)	
51813 M 12-13	51823 W 12-13
51814 M 14-15	51824 W 14-15
Double mile (approx. 3.2 km)	
51831 M 16-17	51841 W 16-17
51832 M 18-19	51842 W 18-19
51833 M 20-29	51843 W 20-29
51834 M 30-39	51844 W 30-39
51835 M 40-49	51845 W 40-49
51836 M 50-59	51846 W 50-59
51837 M 60-69	51847 W 60-69
51838 M 70-79	51848 W 70-79
51839 M 80+	51849 W 80+
Ultra mile (approx. 8.0 km)	
51851 M 16-17	51861 W 16-17
51852 M 18-19	51862 W 18-19
51853 M 20-29	51863 W 20-29
51854 M 30-39	51864 W 30-39
51855 M 40-49	51865 W 40-49
51856 M 50-59	51866 W 50-59
51857 M 60-69	51867 W 60-69
51858 M 70-79	51868 W 70-79
51859 M 80+	51869 W 80+
51870	Walking, Nordic-walking competition (without age and gender categories, course length ultra-mile 8.0 km)

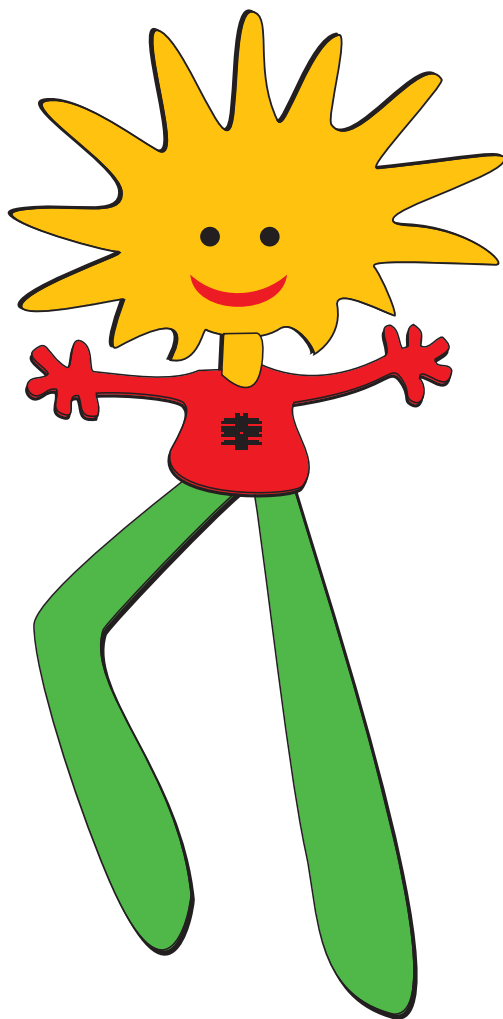
Walking, Nordic-walking competition
(without age and gender categories, course length ultra-mile 8.0 km)

■ Tuesday Night Skating

Tuesday, June 2, 2009, 8.30 pm, Deutschherrnufer in Sachsenhausen.

Tuesday Night Skating Frankfurt – inlineskater are looking forward to the 2009 International German Gymnastics Festival in Frankfurt!

The event is not suitable for beginners of inline skating! Requirements for participation are good skating technique, fitness, as well as safe control over braking techniques. The wearing of complete protection equipment, including a helmet is strongly recommended. Further information under www.t-n-s.de.



■ Badges

The DTB will present the following badges (listed below). The requirements of a range of exercises along with possibilities for accreditation in 2009 will be held as part of the International German Gymnastics Festival on the 'Day of badges' over Whitsunday and Whit Monday from 10 am – 6 pm. Circumstances allowing, the badges will be administered in complete or part sets. Detailed conditions and instructions are published in the brochure 'all-around competitions, group competitions, contests, badges' of the 2008 DTB exercise book. There are no costs for taking part in the variety of activities or for qualification 'warm ups'. The usual costs are required for official attempts at the qualifications.

■ DTB Artistic Gymnastics Badge

The brand new and freshly re-worked conditions for artistic gymnastics qualifications, which have been adjusted to the new exercises of the P-levels and state youth games will be introduced. Content-based and methodological tips will be given and there is the possibility of completing the qualification in parts or in its entirety.

■ German Gymnastics Badge

The new German gymnastics badge is a sport offer for everyone – girls, boys, women and men, individuals and groups, beginners and those more skilled. A number of activities are available for you to get to know, try out, participate in and demonstrate. Competent team members will present the activities and will, according to individual needs, help with the learning and fine-tuning of the tasks. Those interested in further qualifications will receive an abundance of tricks and tips on how to teach gymnastics with hand-held apparatus. The exciting atmosphere will provide opportunities to learn with and from one another, but also to relax, exchange experiences, make contacts, watch other groups and enjoy their ideas and performances. The group demonstrations should be a very special experience.

The German Gymnastics gymnastics badges have five different foci (individual or in a group):

■ Try-out – have a go

You can come by, watch others, receive some information and then try out the activities. After enough practice, it is also possible to attempt to qualify for the certificate.

■ German Gymnastics Badge

52210

It is possible to complete and be examined on four activities, or in some cases eight activities for the 'silver' badge. But you can also begin with one exercise only. Those who have already begun with gymnastics qualifications must bring their most recent certificates.

■ Fitness**52220**

A task with weights will take place first, followed by a task with a medicine ball without a pause. This is done three times. The weight of the dumbbells will depend on the age of the person. To complete the task, participants should already have mastered both activities.

■ Synchronised Exercises**52230**

It is possible to complete two selected activities in a group where at least four participants are active – music is optional. The requirements are: synchronised movements with regard to time space and rhythms. It should already be prepared and can be practice on site.

■ Creations**52240**

It is possible to choose an activity, either in a pair or a group and perform it creatively – music is optional. The minimum requirements are: two formations, two changes of place, movement paths and turns can be changed. The performance must be prepared at home and can be practiced more on site.

■ German Sport Badge

The achievement levels reached in the selection competition of the various sports can be accredited and transferred at the informational desk according to the requirements of the German sport badge. It is planned that further disciplines that are not part of the International German Gymnastics Festival in Frankfurt will also be recognised for accreditation.

■ German Swim Badge

Only few know that the DTB, together with other federations (e.g. the DLRG) is allowed to approve some disciplines of the swim badge. During the International German Gymnastics Festival, the DTB sport swimming will introduce and present possible accreditation procedures and will allow participants to complete certification. Further details will be published in the festival guide.

■ Hiking

■ Day tours

■ G1 Sindlingen – Flörsheim

From the industrial park via the 'poet's house to the vineyards

The walk goes past the Villa Meister (Meister is co-founder of the Hoechst colours works) to the Hattersheimer rosarium (Hattersheim was a famous rose cultivation town) over to the sensational view-point 'poet's house' in the first Rheingauer vineyards and back to Flörsheim.

Walking time approx. 6 hours

Sunday	May 31, 2009	9 am	56130
Monday	June 1, 2009	9 am	56131
Wednesday	June 3, 2009	9 am	56132

■ G2 Bergen-Enkheim – Hochstadt

Through the Bergener mixed orchards in between Wetterau and Untermainebene to the spring of apple wine.

At the Enkheimer people's house is the start, then via the Riedgraben and along the beautiful traditional town downhill to the 'Hohen Strasse'. Along the stretch you will enjoy sensational views and walk through orchards to Riedteich. Walking time approx. 5.5 hours.

Sunday	May 31, 2009	9 am	56133
Tuesday	June 2, 2009	9 am	56134

■ G3 Eltville – Mittelheim

From Gutenberg's rose garden to the wine drinking Cistercians

We walk through the romantic rose garden of the royal castle, the vineyards in Kiedrich and the monastery Eberbach. Over Hallgarten we find the way to Oestrich-Winkel after having tried some wine.

Walking time approx. 6 hours

Tuesday	June 2, 2009	9.30 am	56135
Thursday	June 4, 2009	9.30 am	56136

■ G4 Friedrichsdorf – Oberursel/Hohemark

In the tracks of the Romans to Saalburg and along the border track Limes

From the S-train station Seulberg over the Oberen Rotlaufweg up to the Saalburg Roman fort (reconstructed building). Then along the Limes to the Heidenstock fort ruins, and down to the butcher's patch and on to the S-train station Hohe Mark. Walking time approx. 5.5 hours.

Sunday	May 31, 2009	9 am	56137
Wednesday	June 3, 2009	9 am	56138

Half-day Tours

H1 Enkheim – Fechenheim

Not only for kings happy to play...

We pass from the people's house Enheim to the Heinrich-Kraft-Spielpark and a Nato-ford to the ferry Doernigheim. On the other side, we walk along to the fascinating Rumpenheimer castle park and via Schultheis pond to the former fishing village Fechenheim. Walking time approx. 4 hours.

Monday	June 1, 2009	10 am	56239
Thursday	June 4, 2009	2 pm	56240

H2 Hausen – Schwanheim

From Brentano's garden to the horse and steam train.

Historic and romantic views will be seen from Hausen downhill to the Nidda, the Goethe temple, the oldest German stone railway bridge and the oldest church of Frankfurt. With the ferry, we will cross to the Schwanheimer shore, up along the Main to the museum of transport and the 'city rail track 12'. Walking time approx. 3 hours.

Tuesday	June 2, 2009	10 am	56241
Wednesday	June 3, 2009	10 am	56242
Thursday	June 4, 2009	10 am	56243

H3 Hausen – Berkersheim

Along the river Nidda to Bad Vilbeler Wasser

Up along Nidda we walk through the gardens of the Roman city to the ancient Roman fountain, enjoy Bonameser field airport views and end at Bad Vilbeler Wasser.

Walking time approx. 3.5 hours

Sunday	May 31, 2009	2 pm	56244
Wednesday	June 3, 2009	2 pm	56245

H4 Train Station – Hoechst

Through the Unterwald to the **10.000** year old dune and to Bolongaro palace

Interesting formations of menhir make you feel like a tour in the forests and meadows of the ice-age Schwanheimer dune. Completely contrary views expect us after the ferry ride at the Hoechster Bolongaropalast.

Walking time approx. 3 hours

Tuesday	June 2, 2009	2 pm	56246
Wednesday	June 3, 2009	10 am	56247
Thursday	June 4, 2009	10 am	56248

■ H5 Oberrad – Jacobiweiher

From the herb fields 'Grüne Soße' through the Max forest along the ponds to Oberschweinstiege

We start our 5-pond hike from the Kaiserleikreisel, walking through the ingredient factory 'Grüne Soße', to the Max forest as well as the 'Monte Scherbelino'. The walk finishes at the 'murder fountain'.

Walking time approx. 3 hours

Wednesday	June 3, 2009	2 pm	56249
Thursday	June 4, 2009	2 pm	56250

■ H6 With Johann Wolfgang von Goethe on the way

On the tracks of the cosy places of his birth town

Following Goethe's tracks, we walk through urban corridors. Past Dreikoenigskirche, Goetheturm, we will have a view of Scheer forest and the Gerber mill. We'll also see Katharinen church, the cathedral and the old bridge before finding the gap to the Goethe house, where the hike finishes!

Walking time approx. 3 hours

Sunday	May 31, 2009	10 am	56251
Monday	June 1, 2009	10 am	56252
Tuesday	June 2, 2009	10 am	56253
Thursday	June 4, 2009	10 am	56254

Registration fee for hikes when registering early:

Day tours:	10.00 Euro
Half-day tours:	5.00 Euro

Those that decide to participate on short notice must pay an extra 1.00 Euro per hike (registration is possible on the previous day until 6 pm)

■ City Rallye – Frankfurt adorable

At the 2009 International German Gymnastics Festival in Frankfurt, a City Rallye must be included. This time from a completely different perspective, which offers the participants a manifold Frankfurt where even locals will be astonished. A catalogue of questions, as well as a city plan sends participants on an explorative tour through the streets of Frankfurt. Each participant with a successfully completed questionnaire will receive a certificate. All information will be available at the stalls along the shore of the Main and at the events centre venue. The offer applies daily from Sunday to Thursday, 10 am – 6 pm, without time limitation and is free of cost with the festival card.

■ Show Performances with and without Judging

Whether artistic gymnastics, dance, acrobatics, juggling, movement theatre, sports aerobics, musical dance, gymnastics, clowning or rope skipping – all participants are invited to present the diversity of the German Gymnastics Federation's activities on various stages. Originality and creativity are unrestricted – on the stages, all performances are given equal space and offer ideas for copying and self-trial.

Show performances – with and without judging – are always a very special attraction of an International German Gymnastics Festival. Being a part of it, enthuse the spectators and earn the well-deserved applause!

Those that would like to, may also request the professional feedback from experts, who judge the performances according to the certain criteria.

Please note: hand-held and small equipment must be brought by the performers. Larger equipment can be requested through an official registration form. Bolting/construction of the equipment is not possible.

Please note: those who register for the show performances with judging cannot simultaneously perform in the show performances without judging (and vice-versa). Each performance can only be presented once.

■ Show Performances with Judging

54110

Sunday, May 31, 2009 to Tuesday, June 2, 2009, 9 am – 7 pm

Wednesday, June 3, 2009, 9 am – 12 noon

Events centre ground, hall 3.0

Groupe size: from 8 persons

Stage size: 14 x 14 m

Performance duration: 4 - 6 minutes

■ Show Performances without Judging

54120

Sunday, May 31, 2009 until Tuesday, June 2, 2009, 9 am – 7 pm

Events centre ground, hall 1.2

Group size: from 8 persons

Stage size: 14 x 14 m

Performance duration: 4 - 6 minutes

■ **Matinee of Show Performances**

(priced events)

Friday, June 5, 2009, 10 am

Eissporthalle/Ice rink

An expert panel chooses the best groups from all the show performances for the „Matinee of Show Performances“.

■ **International Presentations**

54500

Friday, June 5, 2009, 9 am - 6 pm

Events centre ground, hall 1.2

Show groups from around the world have the possibility to enthuse the spectators with their international performances. Creativity is unlimited: artistic gymnastics, dance, acrobatics, juggling, movement theatre, sports aerobics, musical dance, gymnastics, clowning or rope skipping – everything is welcome! The Fair hall 1.2 offers all nations the ideal setting to present their top movement performances and new trends.

Please note: hand-held and small equipment must be brought by the performers. Larger equipment can be requested through an official registration form. Bolting/construction of the equipment is not possible.

Group size: from 8 persons

Stage size: 20 x 25 m

Performance duration: 4 - 6 minutes

■ **Show Stage of the Older Adults**

54700

Information on the show stage older adults can be found on page 73.

GYM WELT 

Large Group Performances

Tuesday, June 2, 2009, 10 am – 1 pm position rehearsal, 2 – 7 pm presentation
Eissporthalle/Ice rink – covered outside area

Large group performances are a special experience. You get closer to one another, have the same goal and can be proud of what is achieved. To create moving pictures, to transfer the movement between numerous people in unison and as an aesthetic experience belongs to the traditional and still vivid forms of movement culture of gymnastics. Here, participation is the most important factor. In Frankfurt too, the large group performances shall enchant the spectators.

Please note: hand-held and small equipment must be brought by the performers. A bolting of the equipment is not possible.

Group size:

Large group performances:	from 100 participants	54210
Large group performances:	40 to 100 participants	54220

Stage size: 30 x 60 m

Performance duration: 15 minutes max.



Rendezvous of the Best

Rendezvous of the Best - Evening Event (priced event)

Wednesday, June 3, 2009, 8 pm

Eissporthalle/Ice rink

The 15 best German show groups qualify from the 'first final' for the 'rendezvous of the best' finale, which will be shown as a priced evening event. All groups that achieve the finale will receive the certificate 'DTB show group 2009' and will make the evening a highlight of the international German Gymnastics Festival.

Tuju-Stars Bundesfinale 2009

Tuesday June 2, 2009, 8 pm

The Magnet Stages

54400

Sunday, May 31, 2009 until Thursday, June 4, 2009, 10 am – 6 pm

Friday, June 5, 2009, 10 am – 3 pm

On the magnet stages, many highlights will be presented: action and animation, watch and participate, inspire and be inspired!

The citizens of Frankfurt shall be attracted magnetically by the popularity of this stage – there on this stage, all of the International German Gymnastics Festival is being reflected. The magnet stages are open to everybody – each can participate and several appearances are possible.

Please note: hand-held and small equipment must be brought by the performers. Larger apparatus can be requested through an official registration form. A bolting of the equipment is not possible.

Stage 1: Hauptwache

Stage 2: Rathenauplatz

Stage 3: northern Main shore

Stage size: 14 x 14 m

Performance duration: 4 - 6 minutes

Choreography Workshop

54600

Sunday, May 31, 2009 until Thursday, June 4, 2009, 10 am – 6 pm

Friday, June 5, 2009, 10 am – 3 pm

Event centre ground, hall 6.2

Interested performance groups are invited to the choreography workshops. Experts from sport, theatre, culture and art are available to consult the groups and give tips on how their performance can be improved. Even those groups that only visit as spectators can benefit and apply the material in their work with clubs. Each group gets 45 minutes, during which their own choreography, with make-up, style and performance clothes, can be presented. Following, the choreographers work with the groups to adapt and improve the performances.

Please note: hand-held and small equipment must be brought by the performers. Larger apparatus can be requested through an official registration form. A bolting of the equipment is not possible.

Stage size: 14 x 14 m

Duration of the choreography workshop: 45 minutes



■ Turnfest-Academy 2009

learning – educating – acting

Sunday, May 31, 2009 until Friday, June 5, 2009

Daily from 9.30 am – 6 pm

Event centre Frankfurt: Congress Centre, Forum hall 5.1; Johann Wolfgang Goethe-University Frankfurt.

Innovation and tradition, quality and quantity, information and entertainment – the Turnfest-Academy of the 2009 International German Gymnastics Festival Frankfurt will achieve make bridges between these aims.

Of the educational initiatives organized by the German Gymnastics Federation, the Turnfest-Academy is the most significant. It is also Europe's largest sport and practice congress. Eight different themes and over 600 workshops and seminars are available to trainers, coaches, teachers, sport teachers, pedagogues, students, executives and directors, and other interested who would like to hear new ideas. Overseas guests are, of course, very welcome.

Over 200 international and national top presenters, as well as well-known experts from science and practice transfer the newest trends, updates and interesting future visions.

The workshops and seminars of the Turnfest-Academy require registration and are priced.

Registrations are also possible without Turnfest cards.

	Turnfest participant	Individual visitor
Regular price	11.00 Euro	22.00 Euro
Nights	8.00 Euro	8.00 Euro

Further and current information on the Turnfest-Academy can be found under www.turnfest.de, 'Academy'. The complete programme of the Turnfest-Academy is available online.

■ Our program 2009

■ **Academy Forum**

Each day a current theme will provide a focus with practically-oriented presentations providing insight into various facets. Expert teams consisting of accomplished scientists along with prominent personalities from the fields of sport and politics will introduce current developments and will include a summary in the daily podium discussions.

The scientific key statements deal with the future of learning, health, aging and children.

■ **Wellness and health-oriented sport Academy**

Health is one of the key messages of the DTB at the International German Gymnastics Festival in 2009 and will receive greater public attention. In over 200 workshops, experts will bring you up to date with what is new. Workshop themes vary from BodyMind, pilates and yoga to preventative movement provisions like cardiovascular training, sensory motor development and relaxation. Additionally, we offer a variety of water-based, walking and Nordic walking activities.

■ **Fitness and Aerobic Academy**

Meet like-minded people at the mega convention for fitness and aerobics fans – 5 days of fun, power, news and updates. Let yourself be inspired and motivated by national and international presenters. Experience practice highlights with special flair!

■ **Gym and Dance Academy**

Dancing booms! Countless workshops in which emotions, body control, joy, individuality and creative choreography are the focus will move you. Gymnastics with and without hand-held equipment will be offered in its diversity and speciality.

■ **Turn-Akademie/Gym Academy**

Here you will find interesting and exciting workshops on artistic gymnastics, gymnastics and trampolene gymnastics. Selected experts will present the latest developments and information from science to practice.

■ **Kinderturn-Akademie/Kid's Gymnastics Academy**

Children's gymnastics is changing with the times. As a modern, multi-faceted motor-educational grounding, children's gymnastics demands qualified leadership. In the workshops, the messages of children's gymnastics (participation, practice, experience, ability, movement and play) are brought to life for the participants. The workshops vary widely providing a range of new ideas. For this reason they are not just for coaches, but also for teachers, pedagogues and motor pedagogues.

■ Academy „aging actively“

Today's older generation has diverse reasons for doing sport: fitness, health, wellness and well-being being some of the central motives. Medical practitioners, sport scientists and experts from practice present relevant knowledge, insights and concepts.

■ Management Academy

The future organization of the club is a challenge that makes the know-how of those in leadership positions essential. Today, it is not enough just to teach sport-related movement. Club leaders, trainers and instructors now have to consider movement programs, finances, quality management and employee relationships. You can get ideas from practice, for practice at this forum.

■ Specials – the Nights

Sunday, May 31, 2009 until Thursday, June 4, 2009

Daily from 7.30 pm – 9.30 pm

Aerobic Dance Night: Forum, Saal Areal

SPINNING® Night: Agora, SPINNING® Tent

A special highlight: Aerobic Dance and SPINNING® nights! The best presenters invite you to nightly dancing and offer the chance to let off some steam...

Be enthused by an attractive animation and show programme.

■ Turnfest-Academy Site

The heart of the International German Gymnastics Festival, Frankfurt's event centre, also offers perfect conditions for learning at the Turnfest-Academy.

Despite the size of the ground, the Congress Centre, hall 5.1, Forum and the SPINNING® Tent on the Agora (common ground) are all close together and are made for an 'academy of short paths'. Our second site, the Institute of Sport Science at the Johann Wolfgang Goethe-University, Ginnheimer Landstrasse 39 has the aqua academy, various walking programs and workshops in trampoline gymnastics, RSG (about 20 minutes walk from the events centre area).



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■ International German Gymnastics Festival event centre

The International German Gymnastics Festival 2009 event centre has something new, interesting, unusual, exciting and motivating for everyone. You can become active yourself or you can just enjoy being there. Jump in, experience it and find out yourself.

The International German Gymnastics Festival event centres makes everything possible.

We have prepared a range of information and knowledge for you and will present the latest developments and trends on the gym and sport market. The exhibition hall is, naturally, a part of this. You can talk directly with our partners and providers, try out the products and of course, make a purchase. Make use of it! The event prices are generally reduced!

■ Info Markthalle

Sunday, May 31, 2009 until Friday June 5, 2009

Fair hall 1.1 and 1.2

You will find a mixture of information and opportunities in the 'Info Markthalle'. You can inform yourself at the huge number of stands or get a fitness and health check at the 'Deutschland bewegt sich' test of the 'Barmer' – like the back check from Dr. Wolf. You will also find the 'Struwel test' here. Additionally, the state gym clubs, the German Gymnastics Association, the Women's Info Point, and gymnastics games and walker can be found at the info Markthalle. Many other institutions that are related to gym, sport, clubs and associations can also be found here. As you will see, at the 'Info Markthalle', VARIETY is written large.

■ Trend hall GYMWELT

Sunday, May 31, 2009 until Friday, June 5, 2009

Fair hall 5.0

GYMWELT 

Here you will find everything that the DTB-GYMWELT offers. Fitness and health are the dominant themes. The partners of the DTB and other providers are ready to provide you with information and look forward to your suggestions.

In the centre of it all, you will find the special offer area where product presentations take place daily for viewing, participating and trying out.

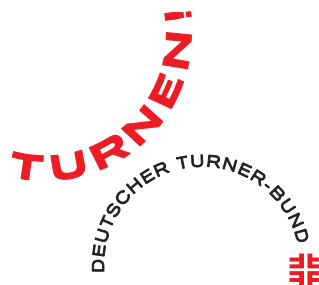
You can find out about the newest developments in strength and cardio equipment, about equipment-based circuit training, and a newly developed training on cable reels for children. In the trend hall GYMWELT you will also receive information about the DTB quality seal. The model Pilates studio gives an overview of the different Pilates equipment, possibilities for equipment set up, and their use in Pilates training.

■ Trend hall GYMNASTICS/TURNEN

Sunday, May 31, 2009 until Friday, June 5, 2009

Fair hall 6.3

Those looking for the 'glass gymnasium' within which innovative gymnastics trends are presented, should visit the Frankfurt trend hall GYMNASTICS. Here, the idea for healthy and safe apparatus gymnastics trainings through the proper use of equipment is at the fore.



After prior registration, a 45 minute session with a professional trainer is offered for floor, parallel bars and strength training.

A mat activity emphasises the differences between landing mats/low vaulting mats or jumping mats and shows the dangers of aging mats.

■ Kinderturn-Land/Kid's Gymnastics Land

Sunday, May 31, 2009 until Friday, June 5, 2009

Fair hall 6.1

The Kid's Gymnastics Land, in which everything revolves around the idea of children's gymnastics, offers lots of opportunities for movement along with comprehensive information. Details and further information can be found on page 68.



■ Tuju-Club/Gymnastics Youth Club

Sunday, May 31, 2009 until Friday, June 5, 2009

Fair hall 6.0 and Agora

The Tuju-Club includes all offers for youths and deals with trends and popular sports for variety. Details and further information can be found on page 69.





■ Kid's Gymnastics/Kinderturnen

■ Kinderturn-Land/Kid's Gymnastics Land

Sunday, May 31, 2009 until Friday, June 5, 2009

Fair hall 6.1

In the Kid's Gymnastics Land, the little visitors of the International German Gymnastics Festival can make use of the diverse movement opportunities and if they feel like it, do gym, play, romp and try out new equipment. In the specials area, a colourful program with exhibitions, participation activities and music is offered. For parents, instructors, teachers along with other interested persons, the marketplace contains a wealth of information on movement and health development in children's gymnastics campaigns, the children's gym test and the six guidelines of children's gymnastics.

Further, a professional day care service is offered so that the International German Gymnastics Festival participants with children can enjoy the multifarious International German Gymnastics Festival offers.

■ Kinderturn-Show/Kid's Gymnastics Show (priced event)

Monday, June 1, 2009, 3.30 pm

Eissporthalle/Ice rink

The Kid's Gymnastics Show is focused on the six embassies of the Children's Gymnastics: „move, participate, experience, play, and skill“. Besides children and their families the Children Gymnastics Show is aimed at physical educators (PE) and coaches as well as teachers and offers new ideas for designing lessons.

■ Kinderturn-Akademie/Kid's Gymnastics Academy

Sunday, May 31, 2009 until Friday, June 5, 2009

Events centre ground

Numerous educational possibilities for children's gymnastics are offered in the International German Gymnastics Festival. Details can be found on page 63.

The academy forum centralises the theme 'children are our future' on one of the days.

■ Activities for Youths

■ **Tuju-Club/Gymnastics Youth Club**

Sunday, May 31, 2009 until Friday, June 5, 2009
 Fair hall 6.0 and Agora

The Tuju-Club is THE meeting point for youths and at the same time the centre of the German Gymnastics Youth (DTJ) at the International German Gymnastics Festival. Fun and action of differing sports are the focus as well as multi-media activities and the information stalls of the DTJ and their national gymnastics youth organizations. Possibilities to relax and to gain energy can be found in the chill-out-area and at the café. Tuju on stage offers performances, participation activities and inspiring discussions at Talk@Tuju. With this variety, everyone can find something. Nobody should miss this.

■ **International Youth Camp**

Already for the 10th time, the German Gymnastics Youth invites around 500 young people from around the world to experience the International German Gymnastics Festival as a group. Daily life, meeting others and various cultures, joint activities and the participation at the International German Gymnastics Festival events form the emphasis of the camp. A sporty and cultural program promises an entertaining camp.
 For youths, sport can be experienced as an ideal possibility of communication. The accommodation is organized for all youths in a school.

■ **Tuju-Party/Gymnastics Youth Party** (priced event)

Thursday, June 4, 2009, 8 pm (opening doors)
 Fair hall 3.0 and Agora

For most of the young International German Gymnastics Festival participants, the Tuju-Party will be the highlight of the International German Gymnastics Festival. The party is a must for those who enjoy good music and long nights. The German Gymnastics Youth guarantees music and entertainment for everybody's liking.

■ **Tuju-Show/Gymnastics Youth Show** (priced event)

Wednesday, June 3, 2009, 8 pm
 Festhalle

Chosen groups of the German Gymnastics Youth will perform at the Tuju-Show to the theme of 'we build bridges – in a world of opposites'. With their performances from the most differing aspects of gymnastics, the show will be top-class. The individual choreographies will represent the manifold facets and attractive activities of the German Gymnastics Youth.

■ Offers for Women

■ Continents under the magnifying glass

The 'Women Info Point' (FIP) will present a colourful program at the 2009 International German Gymnastics Festival. Indicative of the internationality that the city of Frankfurt stands for, the FIP will deal with (women's) themes from the five continents. During this, a real mix of information, show and fun will entertain the visitors.

The official opening of the FIP will be on Sunday, May 30, 2009 and will be under the banner 'Frankfurt for women', women's groups and clubs will give the International German Gymnastics Festival participants an overview of life for women in Frankfurt. An exhibition about the first women's gym club in Frankfurt is also planned.

On the other International German Gymnastics Festival days, the continents, of America, Asia, Africa, as well as Australia and South-America will be presented. Other than country-specific music and movement examples, much information from the movement- and women's cultures will be given.

■ What comes after yoga?

Wellness and relaxation – this will be the theme of the Asia day. Planned are offers from the feel well area, which will surely be ideal for the exhausted gym participants.

And what will be after yoga? With this question in mind, the information part will discuss the up and coming trends of this activity.

■ Africa – the black continent, fascinating and secretive

Is there a sport and movement culture in Africa? Or only the fast runners, who leave everybody behind in the marathon? In answering this question, a very special club will be present: 'You and us for Africa' – a club with the aim of initiating a movement project for mothers and children in Burkina Faso – will present an interesting picture.

For this exciting project, paintings of the drawing group 'Einstein's birthmark' will be auctioned. Who the auctioneer will be will also be a surprise!

■ Cultures in the new world

Sport in the land of infinite possibilities will be the theme of the America day. Experts such as Gertrud Pfister, Annette Hofmann and Sunny Graff will discuss where and how the average American participates in sports outside of elite fitness studios. Square dancing, cheerleading and gospels will give further insight into the American culture.

■ Hot Rhythms and South-American dances

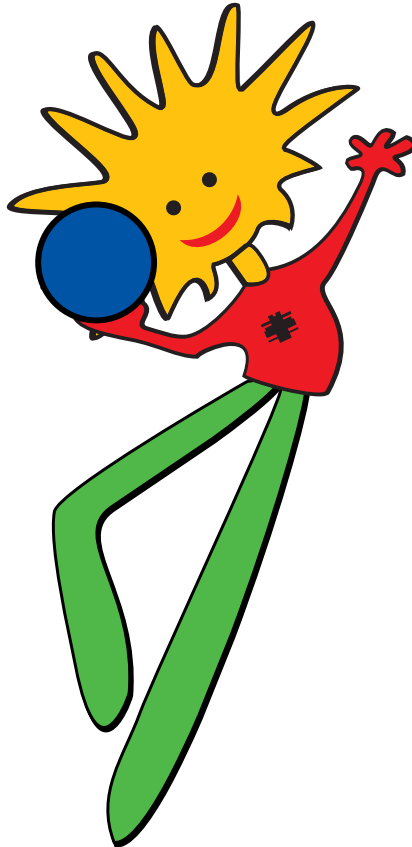
South-America: Capoeira, Samba, Erotics – these are the associations made by Europeans about this colourful land. Whether the perceptions are correct will be studied by the 'Womens Info Point' on this day – of course with hot rhythms and South-American dances.

■ Last Station: down-under

Australia will be the last station on this world trip. We will not do kangaroo boxing, but will experience the didgeridoo, sport and culture of down-under.

■ Clique Meeting

A clique meeting, where gymnastics friends from the national gymnastics associations, former officials and women from regional groups and clubs can exchange and create networks will be included in the program. And why networking is particularly important for women, will be revealed in the Talk Show of experts in the field.



■ Activities for the Older Adults

■ Opening 'Hall of Generations'

Sunday, May 31, 2009, 10 am – 12 noon
Fair hall 6.2

As a first step of the week program, the organizers have chosen the theme 'more time for life'. On Sunday morning, the domain of the older people will be opened with a colourful and entertaining program.

■ Infothek 'Hall of Generations'

Sunday, May 31, 2009 until Friday, June 5, 2009, 10 am – 6 pm
Fair hall 6.2

The infothek offers information especially, but not only, relating to all aspects to do with the members of the older population. As well as gymnastics-specific information, you can find tips on current culture and leisure offers in the region, the gastronomy and much more. Please note current information.

■ Market Hall of Generations

Sunday, May 31, 2009 until Thursday, June 4, 2009, 10 am – 5 pm
Fair hall 6.2

You will meet others here for sure – organized or by chance. Podium discussions and consultations will be held on diverse topics. There is space and time for creative crafts, play or just for chatting and relaxing.

■ From the Lives of the National Gymnastics Associations

Sunday, May 31, 2009, 2 – 4.30 pm, Tuesday, June 2, 2009 until Thursday, June 4, 2009,
10 am – 12.15 noon and 2 – 4.15 pm.
Fair hall 6.2

The national gymnastics associations as well as national and international visiting groups present their valuable ideas for your day-to-day activities with the older. Participation and the collection of suggestions is explicitly desired!

GYM WELT 

■ Dance Afternoons 'Dance Yourself Young'

Tuesday, June 2, 2009 and Wednesday, June 3, 2009, 2 – 3.45 pm
Fair hall 6.2

Here everybody will feel like doing something – from beginners to professionals, as a pair, in groups or alone.

■ Dance Medals 'Dance Yourself Fit'

Wednesday, June 3, 2009, 12.30 noon – 1.30 pm
Thursday, June 4, 2009, 5 – 5.30 pm
Fair hall 6.2

Those that would like to can receive a dance medal after dancing for 15 minutes either alone, in a pair or in a group. Even without special registration! Participation costs 3.00 Euro and can be paid at the venue.

■ Show Stage of the Older Adults

54700

Wednesday, June 3, 2009, 9 am – 2 pm
Eissporthalle, Ice rink

Who would rather be evaluated on creativity, originality, movement quality and choice of music instead of receiving dance feedback from a jury? At the premiere of the 'Show Stage of the Older Adults', you will be in the right place to receive a verdict.

Group size:	from 8 people
Stage size:	14 x 14 m
Duration of performance:	4 - 6 minutes
Minimum age:	50 years (1/3 of the participants can be younger than 50 years)

■ **Oldie Night (priced event)**

58200

Wednesday, June 3, 2009, 8 pm

Fair hall 3.0

After the successful premiere at the International German Gymnastics Festival 2005 in Berlin, which had 2000 participants, this night of swing and pop of the 50s, 60s and 70s will be long, energetic and unforgettable. Only short breaks for artistic dance and show performances will be granted.

■ **Matinee of the Older Ones**

Friday, June 5, 2009, 11 am – 1 pm

Action stage, Fair hall 6.2

The best groups of the state clubs and international guests show how active and motivated one can be at an advanced age.

■ **Open Singing**

Tuesday, June 2, 2009 and Thursday, June 4, 2009, 1.30 – 2 pm

Fair hall 6.2

All International German Gymnastics Festival participants that enjoy singing are warmly welcomed to this event.

■ **Frankfurter Römerparcours**

51400

Sunday, May 30, 2009 until Thursday, June 4, 2009, 10 am – 5 pm

Events centre ground

This test shows the older ones to experience their physical capacities in a fun way. Participation is open to all.

■ **Rest and Relaxation**

Sunday, May 31, 2009 until Friday, June 5, 2009, 10 am – 5 pm

Fair hall 6.2

The 'oasis of peace' invites you to rest and relax on places for lying down.



Internationales Deutsches
Turnfest 2009 非
Frankfurt am Main
30. Mai bis 5. Juni

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Internationales Deutsches
Turnfest 2009 卐
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30. Mai bis 5. Juni

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