

# KULDNE KARIKAS 2016

## RHYTMIC GYMNASTICS

### DIRECTIVES

The Irina Kikkas Gymnastics Club is pleased to invite you to take part in our Rhythmic Gymnastics International Tournament "Kuldne Karikas 2016".

<b>DATE</b>	<b>February 6-7, 2016</b>																																																																											
<b>VENUE</b>	<b>Tallinna Lilleküla Gymnasium</b> Kuldnoka 24 Tallinn																																																																											
<b>ORGANIZING COMMITTEE</b>	<b>Irina Kikkas Gymnastics Club</b> Irina Kikkas-Nõomaa tel +3725272790 irinakikkasevk@hotmail.com www.ikvk.eu																																																																											
<b>PROGRAMM</b>	<p>The event will be organized under the following FIG, UEG and Estonian Gymnastics Federation rules, as valid in the year of the event.</p> <p><b>Individual A group.</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td><b>Mini</b></td><td style="text-align: center;">2008</td><td>Free and 1 apparatus by chose</td></tr> <tr><td><b>Benjamine</b></td><td style="text-align: center;">2007</td><td>Free and 1 apparatus by chose</td></tr> <tr><td><b>Benjamine</b></td><td style="text-align: center;">2006</td><td>Free and 1 apparatus by chose</td></tr> <tr><td><b>Pre-Junior</b></td><td style="text-align: center;">2005</td><td>2 apparatus by chose</td></tr> <tr><td><b>Pre-Junior</b></td><td style="text-align: center;">2004</td><td>2 apparatus by chose</td></tr> <tr><td><b>Junior</b></td><td style="text-align: center;">2003</td><td>2 apparatus by chose</td></tr> <tr><td><b>Junior</b></td><td style="text-align: center;">2002</td><td>2 apparatus by chose</td></tr> <tr><td><b>Junior</b></td><td style="text-align: center;">2001</td><td>2 apparatus by chose</td></tr> </table> <p><b>Individual B group.</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td><b>Mini</b></td><td style="text-align: center;">2008</td><td>Free</td></tr> <tr><td><b>Benjamine</b></td><td style="text-align: center;">2007</td><td>Free and 1 apparatus by chose</td></tr> <tr><td><b>Benjamine</b></td><td style="text-align: center;">2006</td><td>Free and 1 apparatus by chose</td></tr> <tr><td><b>Pre-Junior</b></td><td style="text-align: center;">2005</td><td>2 apparatus by chose</td></tr> <tr><td><b>Pre-Junior</b></td><td style="text-align: center;">2004</td><td>2 apparatus by chose</td></tr> <tr><td><b>Junior</b></td><td style="text-align: center;">2003</td><td>2 apparatus by chose</td></tr> <tr><td><b>Junior</b></td><td style="text-align: center;">2002</td><td>2 apparatus by chose</td></tr> <tr><td><b>Junior</b></td><td style="text-align: center;">2001</td><td>2 apparatus by chose</td></tr> </table> <p><b>* Individual C group.</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td><b>**Mini</b></td><td style="text-align: center;">2009 and younger</td><td>Free or 1 apparatus by chose</td></tr> <tr><td><b>Mini</b></td><td style="text-align: center;">2008</td><td>Free or 1 apparatus by chose</td></tr> <tr><td><b>Benjamine</b></td><td style="text-align: center;">2007</td><td>Free or 1 apparatus by chose</td></tr> <tr><td><b>Benjamine</b></td><td style="text-align: center;">2006</td><td>Free or 1 apparatus by chose</td></tr> <tr><td><b>Pre-Junior</b></td><td style="text-align: center;">2005</td><td>Free or 1 apparatus by chose</td></tr> <tr><td><b>Pre-Junior</b></td><td style="text-align: center;">2004</td><td>Free or 1 apparatus by chose</td></tr> <tr><td><b>Junior</b></td><td style="text-align: center;">2003</td><td>Free or 1 apparatus by chose</td></tr> <tr><td><b>Junior</b></td><td style="text-align: center;">2002</td><td>Free or 1 apparatus by chose</td></tr> <tr><td><b>Junior</b></td><td style="text-align: center;">2001</td><td>Free or 1 apparatus by chose</td></tr> </table> <p>*C group without D forms. **2009 and younger group does not participate in competition. Gymnasts receive special prizes.</p>	<b>Mini</b>	2008	Free and 1 apparatus by chose	<b>Benjamine</b>	2007	Free and 1 apparatus by chose	<b>Benjamine</b>	2006	Free and 1 apparatus by chose	<b>Pre-Junior</b>	2005	2 apparatus by chose	<b>Pre-Junior</b>	2004	2 apparatus by chose	<b>Junior</b>	2003	2 apparatus by chose	<b>Junior</b>	2002	2 apparatus by chose	<b>Junior</b>	2001	2 apparatus by chose	<b>Mini</b>	2008	Free	<b>Benjamine</b>	2007	Free and 1 apparatus by chose	<b>Benjamine</b>	2006	Free and 1 apparatus by chose	<b>Pre-Junior</b>	2005	2 apparatus by chose	<b>Pre-Junior</b>	2004	2 apparatus by chose	<b>Junior</b>	2003	2 apparatus by chose	<b>Junior</b>	2002	2 apparatus by chose	<b>Junior</b>	2001	2 apparatus by chose	<b>**Mini</b>	2009 and younger	Free or 1 apparatus by chose	<b>Mini</b>	2008	Free or 1 apparatus by chose	<b>Benjamine</b>	2007	Free or 1 apparatus by chose	<b>Benjamine</b>	2006	Free or 1 apparatus by chose	<b>Pre-Junior</b>	2005	Free or 1 apparatus by chose	<b>Pre-Junior</b>	2004	Free or 1 apparatus by chose	<b>Junior</b>	2003	Free or 1 apparatus by chose	<b>Junior</b>	2002	Free or 1 apparatus by chose	<b>Junior</b>	2001	Free or 1 apparatus by chose
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<b>AWARDING</b>	<p>First 3 gymnast all-around in every category will be awarded by cups, diplomas and gifts.          First 3 places in every apparatus of A group competition will be awarded by medals and diplomas.          All participants will receive diplomas and gifts.</p>					
<b>COSTS</b>	<p>Entry fee is <b>30 €</b> each gymnast.</p>					
<b>DELEGATIONS</b>	<p>* <b>no limit of gymnasts</b>          * <b>1 coach</b>          * <b>1 judge obligatory</b></p>					
<b>ACCOMMODATION AND TRANSFER</b>	<p>If You need hotel please write to organizer. We will be pleased to find for You suitable accommodation.          Transfer from airport / bus or train station will be provided by organizer.          Transfer from hotel to sport hall will be provided by organizer.</p>					
<b>REGISTRATION</b>	<table border="1" data-bbox="517 638 1458 674"> <tr> <td data-bbox="517 638 1150 674"><b>Preliminary subscription: 8.01.2016</b></td> <td data-bbox="1150 638 1458 674"><b>08.01.16</b></td> <td data-bbox="1458 638 1474 674"></td> </tr> </table>	<b>Preliminary subscription: 8.01.2016</b>	<b>08.01.16</b>			
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<b>ACCREDITATION</b>	<p>Delegations accreditation will take place upon arrival.          5 copies of D form (per each apparatus, each gymnast)</p>					

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## RHYTHMIC GYMNASTICS

### COMPETITION PROGRAMM

#### A GROUP

<b>Mini</b>	2008	Free and 1 apparatus by chose	Difficulty: max 7 difficulties max 1 risks min 1 Dance Steps Combination Total Difficulty: max 5.00 points Excecution: 10.00 points
<b>Benjamine</b>	2007	Free and 1 apparatus by chose	max 7 difficulties max 2 risks min 1 Dance Steps Combination Total Difficulty: max 6.00 points Excecution: 10.00 points
<b>Benjamine</b>	2006	Free and 1 apparatus by chose	max 7 difficulties max 2 risks min 1 Dance Steps Combination Total Difficulty: max 6.00 points Excecution: 10.00 points
<b>Pre-Junior</b>	2005	2 apparatus by chose	Difficulty: max 7 difficulties max 3 risks min 1 Dance Steps Combination Total Difficulty: max 7.00 points Excecution: 10.00 points
<b>Pre-Junior</b>	2004	2 apparatus by chose	Difficulty: max 7 difficulties max 3 risks min 1 Dance Steps Combination Total Difficulty: max 7.00 points Excecution: 10.00 points
<b>Junior</b>	2003	2 apparatus by chose	Difficulty: FIG program
<b>Junior</b>	2002	2 apparatus by chose	Difficulty: FIG program
<b>Junior</b>	2001	2 apparatus by chose	Difficulty: FIG program

#### B GROUP

<b>Mini</b>	2008	Free and 1 apparatus by chose	Difficulty: max 7 difficulties max 1 risks min 1 Dance Steps Combination One element max 0,4 points Total Difficulty: max 4.00 points Excecution: 7.00 points
<b>Benjamine</b>	2007	Free and 1 apparatus by chose	max 7 difficulties max 2 risks min 1 Dance Steps Combination One element max 0,5 points Total Difficulty: max 5.00 points Excecution: 7.00 points
<b>Benjamine</b>	2006	Free and 1 apparatus by chose	max 7 difficulties max 2 risks min 1 Dance Steps Combination One element max 0,5 points Total Difficulty: max 5.00 points Excecution: 7.00 points
<b>Pre-Junior</b>	2005	2 apparatus by chose	Difficulty: max 7 difficulties max 3 risks min 1 Dance Steps Combination

			Total Difficulty: max 6.00 points Excecution: 7.00 points
<b>Pre-Junior</b>	2004	2 apparatus by chose	Difficulty: max 7 difficulties max 3 risks min 1 Dance Steps Combination Total Difficulty: max 6.00 points Excecution: 7.00 points
<b>Junior</b>	2003	2 apparatus by chose	Difficulty: max 7 difficulties max 3 risks min 1 Dance Steps Combination Total Difficulty: max 6.00 points Excecution: 7.00 points
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<b>Junior</b>	2001	2 apparatus by chose	Difficulty: max 7 difficulties max 3 risks min 1 Dance Steps Combination Total Difficulty: max 6.00 points Excecution: 7.00 points