

KULDNE KARIKAS 2017

RHYTMIC GYMNASTICS

DIRECTIVES

The Gymnastics School Excite Dance is pleased to invite you to take part in our Rhythmic Gymnastics International Tournament "Kuldne Karikas 2017".

DATE	February 4-5, 2017																																																																														
VENUE	Tallinna Lilleküla Gymnasium Kuldnoka 24 Tallinn																																																																														
ORGANIZING COMMITTEE	RG School Excite Dance Irina Kikkas-Nõomaa tel +3725272790 irinakikkasevk@hotmail.com																																																																														
PROGRAMM	<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>Individual A group.</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Mini</td><td>2009</td><td>Free and 1 apparatus by chose</td></tr> <tr><td>Benjamine</td><td>2008</td><td>Free and 1 apparatus by chose</td></tr> <tr><td>Benjamine</td><td>2007</td><td>Free and 1 apparatus by chose</td></tr> <tr><td>Pre-Junior</td><td>2006</td><td>2 apparatus by chose</td></tr> <tr><td>Pre-Junior</td><td>2005</td><td>2 apparatus by chose</td></tr> <tr><td>Junior</td><td>2004</td><td>2 apparatus by chose</td></tr> <tr><td>Junior</td><td>2003</td><td>2 apparatus by chose</td></tr> <tr><td>Junior</td><td>2002</td><td>2 apparatus by chose</td></tr> <tr><td>Senior</td><td>2001-...</td><td>2 apparatus by chose</td></tr> </table> <p>Individual B group.</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Mini</td><td>2009</td><td>Free</td></tr> <tr><td>Benjamine</td><td>2008</td><td>Free and 1 apparatus by chose</td></tr> <tr><td>Benjamine</td><td>2007</td><td>Free and 1 apparatus by chose</td></tr> <tr><td>Pre-Junior</td><td>2006</td><td>2 apparatus by chose</td></tr> <tr><td>Pre-Junior</td><td>2005</td><td>2 apparatus by chose</td></tr> <tr><td>Junior</td><td>2004</td><td>2 apparatus by chose</td></tr> <tr><td>Junior</td><td>2003</td><td>2 apparatus by chose</td></tr> <tr><td>Junior</td><td>2002</td><td>2 apparatus by chose</td></tr> </table> <p>Individual C group.</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>*Mini</td><td>2010 and younger</td><td>Free or 1 apparatus by chose</td></tr> <tr><td>Mini</td><td>2009</td><td>Free or 1 apparatus by chose</td></tr> <tr><td>Benjamine</td><td>2008</td><td>Free or 1 apparatus by chose</td></tr> <tr><td>Benjamine</td><td>2007</td><td>Free or 1 apparatus by chose</td></tr> <tr><td>Pre-Junior</td><td>2006</td><td>Free or 1 apparatus by chose</td></tr> <tr><td>Pre-Junior</td><td>2005</td><td>Free or 1 apparatus by chose</td></tr> <tr><td>Junior</td><td>2004</td><td>Free or 1 apparatus by chose</td></tr> <tr><td>Junior</td><td>2003</td><td>Free or 1 apparatus by chose</td></tr> <tr><td>Junior</td><td>2002</td><td>Free or 1 apparatus by chose</td></tr> </table> <p>*2010 and younger group does not participate in competition. Gymnasts receive special prizes.</p>	Mini	2009	Free and 1 apparatus by chose	Benjamine	2008	Free and 1 apparatus by chose	Benjamine	2007	Free and 1 apparatus by chose	Pre-Junior	2006	2 apparatus by chose	Pre-Junior	2005	2 apparatus by chose	Junior	2004	2 apparatus by chose	Junior	2003	2 apparatus by chose	Junior	2002	2 apparatus by chose	Senior	2001-...	2 apparatus by chose	Mini	2009	Free	Benjamine	2008	Free and 1 apparatus by chose	Benjamine	2007	Free and 1 apparatus by chose	Pre-Junior	2006	2 apparatus by chose	Pre-Junior	2005	2 apparatus by chose	Junior	2004	2 apparatus by chose	Junior	2003	2 apparatus by chose	Junior	2002	2 apparatus by chose	*Mini	2010 and younger	Free or 1 apparatus by chose	Mini	2009	Free or 1 apparatus by chose	Benjamine	2008	Free or 1 apparatus by chose	Benjamine	2007	Free or 1 apparatus by chose	Pre-Junior	2006	Free or 1 apparatus by chose	Pre-Junior	2005	Free or 1 apparatus by chose	Junior	2004	Free or 1 apparatus by chose	Junior	2003	Free or 1 apparatus by chose	Junior	2002	Free or 1 apparatus by chose
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AWARDING	First 3 gymnast all-around in every category will be awarded by cups, diplomas and gifts.																																																																														

	<p>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>		
COSTS	<p>Entry fee is 35 € each gymnast.</p>		
ACCOMMODATION AND TRANSFER	<p>If You need hotel please write to organizer. We will be pleased to find for You suitable accomodation. Transfer from airport / bus or train station will be provided by organizer. Transfer from hotel to sport hall will be provided by organizer.</p>		
REGISTRATION	<table border="1"> <tr> <td>Definitive subscription: 06.01.2017</td> <td>15.01.16</td> </tr> </table> <p>Registration will be ONLINE at http://www.rgform.eu MP3 musics deadline 01.02.2017 (only online at http://www.rgform.eu)</p>	Definitive subscription: 06.01.2017	15.01.16
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ACCREDITATION	<p>Delegations accreditation will take place upon arrival.</p>		

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COMPETITION PROGRAMM

A GROUP

Mini	2009	Free and 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination Total Difficulty: max 5.00 points Free: 1 Risk max 0.5, 1 wave = 0.1
Benjamine	2008	Free and 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination Total Difficulty: max 6.00 points
Benjamine	2007	Free and 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination Total Difficulty: max 6.00 points
Pre-Junior	2006	2 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination Total Difficulty: max 8.00 points
Pre-Junior	2005	2 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination Total Difficulty: max 8.00 points
Junior	2004	2 apparatus by chose	FIG program
Junior	2003	2 apparatus by chose	FIG program
Junior	2002	2 apparatus by chose	FIG program
Senior	2001-...	2 apparatus by chose	FIG program

B GROUP

Mini	2009	Free	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination 1 Risk max 0.5, 1 wave = 0.1 Total Difficulty: max 3.00 points
Benjamine	2008	Free and 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination Total Difficulty: max 4.00 points
Benjamine	2007	Free and 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination Total Difficulty: max 4.00 points
Pre-Junior	2006	2 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination Total Difficulty: max 5.00 points
Pre-Junior	2005	2 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination Total Difficulty: max 5.00 points
Junior	2004	2 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination Total Difficulty: max 6.00 points
Junior	2003	2 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination Total Difficulty: max 6.00 points
Junior	2002	2 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination Total Difficulty: max 6.00 points

C GROUP

Mini	2010 and younger	Free or 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination Total Difficulty: max 3.00 points Free: 1 Risk max 0.5, 1 wave = 0.1 *2010 and younger group does not participate in competition. Gymnasts recieve special prizes.
Mini	2009	Free or 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination Total Difficulty: max 3.00 points Free: 1 Risk max 0.5, 1 wave = 0.1
Benjamine	2008	Free or 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination Total Difficulty: max 4.00 points
Benjamine	2007	Free or 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination Total Difficulty: max 4.00 points
Pre-Junior	2006	Free or 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination Total Difficulty: max 5.00 points
Pre-Junior	2005	Free or 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination Total Difficulty: max 5.00 points
Junior	2004	Free or 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination Total Difficulty: max 6.00 points
Junior	2003	Free or 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination Total Difficulty: max 6.00 points
Junior	2002	Free or 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination Total Difficulty: max 6.00 points