

KULDNE KARIKAS 2018

RHYTMIC GYMNASTICS

DIRECTIVES

The Gymnastics School Excite Dance is pleased to invite you to take part in our Rhythmic Gymnastics International Tournament "Kuldne Karikas 2018".

DATE	February 3-4, 2018																																																																																	
VENUE	TTÜ Sportshall Männiliiva 7 Tallinn, Estonia																																																																																	
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: none;"> <tr><td>Mini</td><td>2010</td><td>Free and 1 apparatus by chose</td></tr> <tr><td>Benjamine</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>Pre-Junior</td><td>2007</td><td>2 apparatus by chose</td></tr> <tr><td>Pre-Junior</td><td>2006</td><td>2 apparatus by chose</td></tr> <tr><td>Junior</td><td>2005</td><td>4 apparatus</td></tr> <tr><td>Junior</td><td>2004</td><td>4 apparatus</td></tr> <tr><td>Junior</td><td>2003</td><td>4 apparatus</td></tr> <tr><td>Senior</td><td>2002-...</td><td>4 apparatus</td></tr> </table> <p>Individual B group.</p> <table style="width: 100%; border: none;"> <tr><td>Mini</td><td>2010</td><td>Free</td></tr> <tr><td>Benjamine</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>Pre-Junior</td><td>2007</td><td>2 apparatus by chose</td></tr> <tr><td>Pre-Junior</td><td>2006</td><td>2 apparatus by chose</td></tr> <tr><td>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>Senior</td><td>2002-...</td><td>2 apparatus by chose</td></tr> </table> <p>*Individual C group</p> <table style="width: 100%; border: none;"> <tr><td>Mini</td><td>2011 and younger</td><td>Free or 1 apparatus by chose</td></tr> <tr><td>Mini</td><td>2010</td><td>Free or 1 apparatus by chose</td></tr> <tr><td>Benjamine</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>Pre-Junior</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>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> </table> <p><small>*2011 and younger group and C group does not participate in competition (No scoring). Gymnasts receive special prizes.</small></p>	Mini	2010	Free and 1 apparatus by chose	Benjamine	2009	Free and 1 apparatus by chose	Benjamine	2008	Free and 1 apparatus by chose	Pre-Junior	2007	2 apparatus by chose	Pre-Junior	2006	2 apparatus by chose	Junior	2005	4 apparatus	Junior	2004	4 apparatus	Junior	2003	4 apparatus	Senior	2002-...	4 apparatus	Mini	2010	Free	Benjamine	2009	Free and 1 apparatus by chose	Benjamine	2008	Free and 1 apparatus by chose	Pre-Junior	2007	2 apparatus by chose	Pre-Junior	2006	2 apparatus by chose	Junior	2005	2 apparatus by chose	Junior	2004	2 apparatus by chose	Junior	2003	2 apparatus by chose	Senior	2002-...	2 apparatus by chose	Mini	2011 and younger	Free or 1 apparatus by chose	Mini	2010	Free or 1 apparatus by chose	Benjamine	2009	Free or 1 apparatus by chose	Benjamine	2008	Free or 1 apparatus by chose	Pre-Junior	2007	Free or 1 apparatus by chose	Pre-Junior	2006	Free or 1 apparatus by chose	Junior	2005	Free or 1 apparatus by chose	Junior	2004	Free or 1 apparatus by chose	Junior	2003	Free or 1 apparatus by chose
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AWARDING	<p>First 3 gymnast all-around in every category will be awarded by cups, diplomas and gifts.</p> <p>First 3 places in every apparatus of A group competition will be awarded by medals and diplomas.</p> <p>All participants will receive diplomas and gifts.</p>
COSTS	<p>Entry fee is 40 € each gymnast.</p>
ACCOMMODATION AND TRANSFER	<p>If You need hotel please write to organizer. We will be pleased to find for You suitable accommodation.</p> <p>Transfer from airport / bus or train station will be provided by organizer by additional cost.</p> <p>Transfer from hotel to sport hall will be provided by organizer by additional cost.</p>
REGISTRATION	<p>Definitive subscription: 08.01.2018</p> <p>Registration will be ONLINE at http://www.rgform.eu</p> <p>MP3 musics deadline 30.01.2018 (only online at http://www.rgform.eu)</p>
ACCREDITATION	<p>Delegations accreditation will take place upon arrival.</p>

KULDNE KARIKAS 2018

RHYTMIC GYMNASTICS

COMPETITION PROGRAMM

A GROUP

Mini	2010	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	2009	Free and 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination min 1 R Total Difficulty: max 6.00 points
Benjamine	2008	Free and 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination min 1 R Total Difficulty: max 6.00 points
Pre-Junior	2007	2 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination min 1 R Total Difficulty: max 8.00 points
Pre-Junior	2006	2 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination min 1 R Total Difficulty: max 8.00 points
Junior	2005	4 apparatus	FIG program
Junior	2004	4 apparatus	FIG program
Junior	2003	4 apparatus	FIG program
Senior	2002-...	4 apparatus	FIG program

B GROUP

Mini	2010	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	2009	Free and 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination min 1 R Total Difficulty: max 4.00 points
Benjamine	2008	Free and 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination min 1 R Total Difficulty: max 4.00 points
Pre-Junior	2007	2 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination min 1 R Total Difficulty: max 6.00 points
Pre-Junior	2006	2 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination min 1 R Total Difficulty: max 6.00 points
Junior	2005	2 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination min 1 R Total Difficulty: max 6.00 points
Junior	2004	2 apparatus by chose	Difficulty: 3 - 7 difficulties

			min 2 Dance Steps Combination min 1 R Total Difficulty: max 6.00 points
Junior	2003	2 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination min 1 R Total Difficulty: max 6.00 points
Senior	2002-...	2 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination min 1 R Total Difficulty: max 8.00 points

C GROUP

*2011 and younger group and C group does not participate in competition (No scoring). Gymnasts recieve special prizes.

Mini	2011 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
Mini	2010	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	2009	Free or 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination min 1 R Total Difficulty: max 4.00 points
Benjamine	2008	Free or 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination min 1 R Total Difficulty: max 4.00 points
Pre-Junior	2007	Free or 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination min 1 R Total Difficulty: max 6.00 points
Pre-Junior	2006	Free or 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination min 1 R Total Difficulty: max 6.00 points
Junior	2005	Free or 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination min 1 R Total Difficulty: max 6.00 points
Junior	2004	Free or 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination min 1 R Total Difficulty: max 6.00 points
Junior	2003	Free or 1 apparatus by chose	Difficulty: 3 - 7 difficulties min 2 Dance Steps Combination min 1 R Total Difficulty: max 6.00 points