

Rhythmic Gymnastics Tournament

„Carramba Cup 2017”






































09-12.03.2017, Katowice, Poland



**It's our pleasure to invite you to 6th international Rhythmic Gymnastics
Tournament „Carramba Cup 2017”**

- Goal:** Popularization of rhythmic gymnastics in Poland, implementation of the principle of “fair play”.
- Place and date:** Tournament is hold **09-12.03.2017**, Poland, Katowice, Alfreda 1, in Hala Kolejarcz.
- Schedule :**
Thursday 09.03.2017 arrival of delegations , technical meeting, training
Friday, 10.03.2017 judge meeting , competition , banquet
Saturday, 11.03.2017 competition
Sunday, 12.03.2017 competition , departure of delegations
- Organizer:** Rhythmic gymnastics club *“ Carramba ”* with cooperation of city Hall Katowice.
Chef coach and judge **Anna Mulka: +48 665 427 778, carrambacup@gmail.com**
- Participation fee:** **40€** per each gymnast (**limit gymnasts in the team: 4**). **80€** per each group.
Each additional gymnast participation fee is **45€**
Gymnasts reported after deadline entry fee of 45 €.
- [Price includes entry fee and the fee for all of the photos and all the films of one gymnast , all exercises - Marc and Berny](#)
- Delegation:** 1 Judge, 1 Coach, 4 gymnasts (2 or 1 in one categories).
The delegation must ensure the work of judge throughout the three days of competition
- Programme:** Will be prepared and sent later, when will be received nominative entry forms.

STANDARD INDIVIDUAL EXERCISES

	category	apparatus	requirements
I	GIRLS BORN 2011 and younger	 x 2	<p>*D max w.a. 5,50</p> <p>*BD = min 3, max 7 elements</p> <p>*min 1 , min 1 , min 1 </p> <p>* S in w.a. min 3</p> <ul style="list-style-type: none"> • min 1 apparatus work with non-dominant hand • variant movement: min 2 characteristics of dance steps: change direction and/ or a change of rhythm and/ or change of level <p>! * R max 3 whith 2 Z</p> <ul style="list-style-type: none"> • R in w.a. means: max 3 rotation, with 2 changes axis or/ and level, include only 2 "Z": R3ZZ= max 0,5 x max 3 times= max 1,5 points in routine
II	GIRLS BORN 2010	 x 2	<p>*D max w.a. 5,50</p> <p>*BD = min 3, max 7 elements</p> <p>*min 1 , min 1 , min 1 </p> <p>* S in w.a. min 3</p> <ul style="list-style-type: none"> • min 1 apparatus work with non-dominant hand • variant movement: min 2 characteristics of dance steps: change direction and/ or a change of rhythm and/ or change of level <p>! * R max 3 whith 2 Z</p> <ul style="list-style-type: none"> • R in w.a. means: max 3 rotation, with 2 changes axis or/ and level, include only 2 "Z": R3ZZ= max 0,5 x max 3 times= max 1,5 points in routine
III	GIRLS BORN 2009	 x 2	<p>*D max w.a. 5,50</p> <p>*BD = min 3, max 7 elements</p> <p>*min 1 , min 1 , min 1 </p> <p>* S in w.a. min 3</p> <ul style="list-style-type: none"> • min 1 apparatus work with non-dominant hand • variant movement: min 2 characteristics of dance steps: change direction and/ or a change of rhythm and/ or change of level <p>! * R max 3 whith 2 Z</p> <ul style="list-style-type: none"> • R in w.a. means: max 3 rotation, with 2 changes axis or/ and level, include only 2 "Z": R3ZZ= max 0,5 x max 3 times= max 1,5 points in routine
IV	GIRLS BORN 2008	 + 	<p>*D max 6,00, in w.a. 5,50</p> <p>*BD = min 3, max 7 elements</p> <p>*min 1 , min 1 , min 1 </p> <p>* S min 2 = 0,3, in w.a. min 3</p> <ul style="list-style-type: none"> • min 1 apparatus work with non-dominant hand • variant movement: min 2 characteristics of dance steps: change direction and/ or a change of rhythm and/ or change of level • min 1 fundamental apparatus work <p>* R min 1, max 3</p> <ul style="list-style-type: none"> • permitted 1 rotation under the apparatus when apparatus is in the flight <p>! * R in w.a. max 3 whith 2 Z</p> <ul style="list-style-type: none"> • R in w.a. means: max 3 rotation, with 2 changes axis or/ and level, include only 2 "Z": R3ZZ= max 0,5 x max 3 times= max 1,5 points in routine <p>*AD no limits = 0,3/0,4</p>
V	GIRLS BORN 2007	 +  +  / 	<p>*D max 6,50, in w.a. 5,50</p> <p>*BD = min 3, max 7 elements</p> <ul style="list-style-type: none"> • min 1 BD with fundamental technical groups with non-dominant hand (●) <p>*min 1 , min 1 , min 1 </p> <p>* S min 2 = 0,3, in w.a. min 3</p> <ul style="list-style-type: none"> • min 1 apparatus work with non-dominant hand • variant movement: min 2 characteristics of dance steps: change direction and/ or a change of rhythm and/ or change of level • min 1 fundamental apparatus work <p>* R min 1, max 3</p> <p>*AD no limits = 0,3/0,4</p>
VI	GIRLS BORN 2006, 2005 Prejunior	 +  + 	<p>*D max 8,00</p> <p>*BD = min 3, max 7 elements</p> <ul style="list-style-type: none"> • min 2 BD with fundamental technical groups with non-dominant hand (●) <p>*min 1 , min 1 , min 1 </p> <p>* S min 2 = 0,3</p> <ul style="list-style-type: none"> • min 1 apparatus work with non-dominant hand • variant movement: min 2 characteristics of dance steps: change direction and/ or a change of rhythm and/ or change of level • min 1 fundamental apparatus work <p>* R min 1</p> <p>*AD no limits = 0,3/0,4</p>
VII	GIRLS BORN 2004,2003,2002 junior	 +  +  + 	<p>*D max 8,00</p> <p>*BD = min 3, max 7 elements</p> <ul style="list-style-type: none"> • min 2 BD with fundamental technical groups with non-dominant hand (●, ⊗) <p>*min 1 , min 1 , min 1 </p> <p>* S min 2 = 0,3</p> <ul style="list-style-type: none"> • min 1 apparatus work with non-dominant hand • variant movement: min 2 characteristics of dance steps: change direction and/ or a change of rhythm and/ or change of level




			<ul style="list-style-type: none"> • min 1 fundamental apparatus work * R min 1 *AD no limits = 0,3/0,4
VII I	GIRLS BORN 2001 and older MASTERS CLASS senior		<ul style="list-style-type: none"> *D max 10,00 *BD = min 3, max 9 elements • min 2 BD with fundamental technical groups with non-dominant hand (●, ⊗) *min 1 \wedge, min 1 \top, min 1 \circ * S min 1 = 0,3 • min 1 apparatus work with non-dominant hand • variant movement: min 2 characteristics of dance steps: change direction and/ or a change of rhythm and/ or change of level • min 1 fundamental apparatus work * R min 1 *AD min 1 = 0,3/0,4

STANDARD INDIVIDUAL EXERCISES - LIGHT GROUP

	category	apparatus	requirements
VI	GIRLS BORN 2006, 2005 Prejunior B		<ul style="list-style-type: none"> *D max 6,50 !!! *BD = min 3, max 7 elements • min 2 BD with fundamental technical groups with non-dominant hand (●, ⊗) *min 1 \wedge, min 1 \top, min 1 \circ * S min 2 = 0,3 • min 1 apparatus work with non-dominant hand • variant movement: min 2 characteristics of dance steps: change direction and / or a change of rhythm and / or change of level • min 1 fundamental apparatus work * R min 1 *AD no limits = 0,3/0,4
VII	GIRLS BORN 2004,2003,2002 Junior B		<ul style="list-style-type: none"> *D max 6,50 !!! *BD = min 3, max 7 elements • min 2 BD with fundamental technical groups with non-dominant hand (●, ⊗) *min 1 \wedge, min 1 \top, min 1 \circ * S min 2 = 0,3 • min 1 apparatus work with non-dominant hand • variant movement: min 2 characteristics of dance steps: change direction and / or a change of rhythm and / or change of level • min 1 fundamental apparatus work * R min 1 *AD no limits = 0,3/0,4
VII I	GIRLS BORN 2001 and older MASTERS CLASS Senior B		<ul style="list-style-type: none"> *D max 8,00 !!! *BD = min 3, max 9 elements • min 2 BD with fundamental technical groups with non-dominant hand (●, ⊗) *min 1 \wedge, min 1 \top, min 1 \circ * S min 1 = 0,3 • min 1 apparatus work with non-dominant hand • variant movement: min 2 characteristics of dance steps: change direction and/ or a change of rhythm and/ or change of level • min 1 fundamental apparatus work * R min 1 *AD min 1 = 0,3/0,4

ADDITIONAL INDIVIDUAL EXERCISES







(an additional category, but not mandatory)

	Category	apparatus	requirements
I	GIRLS BORN 2006, 2005 Prejunior		*D max w.a. 6,50 *BD = min 3, max 7 elements *min 1 \wedge , min 1 \top , min 1 \circ * S in w.a. min 3 • min 1 apparatus work with non-dominant hand • variant movement: min 2 characteristics of dance steps: change direction and/ or a change of rhythm and/ or change of level • min 1 fundamental apparatus work
II	GIRLS BORN 2004, 2003, 2002 junior G R		*D max w.a. 6,50 *BD = min 3, max 7 elements *min 1 \wedge , min 1 \top , min 1 \circ * S in w.a. min 3 • min 1 apparatus work with non-dominant hand • variant movement: min 2 characteristics of dance steps: change direction and/ or a change of rhythm and/ or change of level • min 1 fundamental apparatus work
III	GIRLS BORN 2001 and older senior E		*D max w.a. 8,00 *BD = min 3, max 7 elements *min 1 \wedge , min 1 \top , min 1 \circ * S in w.a. min 3 • min 1 apparatus work with non-dominant hand • variant movement: min 2 characteristics of dance steps: change direction and/ or a change of rhythm and/ or change of level • min 1 fundamental apparatus work

X

GROUP EXERCISES

We need at least 3 teams in each subcategory to start group exercises category.

	category	apparatus	requirements
I	GIRLS BORN 2008 and younger		according to the new FIG regulations for 2017
II	GIRLS BORN 2007 and younger	according to the new FIG regulations for 2017
III	GIRLS BORN 2006, 2005 prejunior	according to the new FIG regulations for 2017
IV	GIRLS BORN 2004, 2003, 2002 junior	5  / 5 	according to the new FIG regulations for 2017
V	GIRLS BORN 2001 and older senior	5  / 3  + 2  □	according to the new FIG regulations for 2017

Awards: **All-around competition:** by cups, medals, diplomas and gifts will award first 3 gymnasts. By medals, diplomas and gifts will award 4-8 gymnasts. All participants will receive diplomas and gifts, the photos and all the films of one gymnast , all exercises - Marc and Barny.

If in all-around competition, there is a situation where gymnasts have an identical result, wins gymnast with the largest result in one of routines.

We rewarded **the 8 best teams** of 3 best gymnasts. The prize is the main cup competitions.

Special Award for the best juniors: Voucher for a costume starter

Registration:

Preliminary application to **15.11.2016**.

Definitive application till **31.01.2017**.

The application form on the website:

http://www.rgform.eu/event.php?id_prop=161

Access:

Getting from the "Airport Pyrzowice" (KTW) about 40 € (~160 PLN) for 4 people- payable in PLN in a taxi

Getting to the "Airport Pyrzowice" (KTW) about 40 € (~160 PLN) for 4 people- payable in PLN in a taxi.

Accommodation:

The organizer will make your reservation in hostel or hotel.

- **TWÓJ Hostel , Katowice, ul. Klimczoka 7**

Fee : 90 € per each person coming for the entire stay- dormitories

Access from the hotel to the sports hall about 8 € (32 PLN) for 4 people - payable in PLN in a taxi

Access from the sports hall to the hotel about 8 € (32 PLN) for 4 people - payable in PLN in a taxi

Fee includes:

Accommodation of 09.03/10.03/11.03/12.03 - 3 nights

Breakfast 10,11,12.03

Lunch 10,11,12.03

Dinner 11,12.03

Banquet 10.03

Place in the hostel are limited. First come first served.

- **Hotel „Best Western Premier“ Katowice, Bytkowska 1**

More luxurious hotel, very close to Sports Hall - you can walk into a sports hall.

Fee : 140 € per each person coming for the entire stay - double room

200 € per each person coming for the entire stay - single room

Fee includes:

Accommodation of 09.03/10.03/11.03/12.03 - 3 nights

Breakfast 10,11,12.03

Lunch 10,11,12.03

Dinner: Self-catering in the restaurant hotel- pay yourself

Banquet 10.03

**Fees charged by the organizer include:
entry fee, fees for room, board and a banquet.**

This is a fixed fee.

Money for unused meals and a banquet won't be returned.

All fees should be directed to our bank account.

Account will be launched at a later date.

In the absence of gymnasts entry fee will be refunded only if the club will report this at least 7 days prior to the competition.

All Payment shall be paid into an account transfer Caramba - till 20.02.2017

Anna Mulka