

Texas Rhythmic Academy

Proudly presents



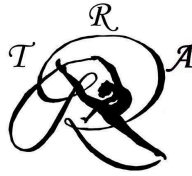
International Rhythmic Gymnastics Invitational

*Unforgettable performances by rhythmic gymnasts
from around the world!*

APRIL 30 – MAY 1, 2016

DALLAS, TEXAS, USA





DALLAS CUP 2016

International Rhythmic Gymnastics Invitational

- Meet Director: Tatiana Kartseva (English/Russian)
Tel: 469-288-1745
Email: texasrhythmic@gmail.com
Website: www.trgym.org
Skype: [tatianach7](https://www.skype.com/people/tatianach7)
- Date: April 30 – May 1, 2016
- Competition Site: Lifetime Fitness - 971 Ridgeview Dr, Allen, TX 75013
30 ft / 10 meters high ceiling
Professional Competitive Carpet and Warm up Carpets
- Delegation: Any number of gymnasts and groups
Judge preferred but not required
- Entry Fee: \$120 per gymnast (level 3-6)
\$150 per gymnast (level 7-10, FIG)
\$200 per group
- Registration: Registration forms must be received by email by: **March 14, 2016**
Late fee \$25 per gymnast
Please send payment to: TRA
2329 Shinnery Oak Dr
Plano, TX 75074
OR contact meet director to arrange other payment (Paypal, Money Transfer)
- Program: US Levels 3-8, FIG & Groups (see categories and programs description)
All Ages
- Score Sheets: Difficulty forms for Level 7-10 must be received by April 25th
- Awards: All gymnasts/places will be awarded for all-around.
Top 8 places in each category will be awarded for each event.
Special Prizes: Miss Dallas Cup, Miss Elegance & many more
All gymnasts and coaches will receive gifts!
- Gala: The gala show is open to all gymnasts.
Please submit the Gala Performance Form by April 1.
- Banquet: The Dallas Cup Dinner Banquet will be held on Saturday April 30.
Cost: \$25 per person, free for judges

Travel: Travel to/from the US and accommodations at host hotel are to be paid for by each delegation.
Airport: Dallas Fort-Worth International Airport (DFW)
For help with US Visa, please fill out Visa Form & contact meet director!

Transportation: Transportation to/from the airport will be provided by Dallas Cup organizers. Shuttle service will be provided to/from hotel and the competition site. Transportation to/from anywhere within 5 miles/8 km of hotel will also be provided (including nearby shops/restaurants/etc).

Hotel: Homewood Suites by Hilton:
455 Central Expressway North Prices – Approx. \$100-130 +tax
Allen, TX 75013 (4-6 people per room)
214-383-6673 Group Name – Dallas Cup 2016
- Free Breakfast
- Free shuttle service to/from competition site and within 5 mile radius
- Full service hotels with laundry, business center, restaurant, and pool

Tentative Schedule: April 28-29 Arrival of Delegation
Coaches & Judges Meeting, Training
April 30 1st Day Competition
Dinner Banquet
May 1 2nd Day Competition
Gala Show
May 2-3 Departure of Delegation

Final schedule of competition will be e-mailed to all participating teams 1-2 weeks prior to competition.



CATEGORIES & TECHNICAL PROGRAM:

Choose level according to technical requirements, program is based on the level of difficulty in routine. There are several age group divisions within each level. Awards will be

<i>Level</i>	Age Group	Routines	Technical Requirements
<i>Level 4</i>		3 routines: Free + 2 apparatus	Body Difficulties = 5 D1 Values = 0,1-0,3
<i>Level 5</i>	Child A: 2009-2010 Child B: 2007-2008	4 routines: Free + 3 apparatus	Body Difficulties = 5 D1 Values = 0,1-0,4
<i>Level 6</i>	Child C: 2005-2006 Junior A: 2003-2004	4 routines: Free + 3 apparatus	Body Difficulties = 5 D1 Values = 0,1-0,6
<i>Level 7</i>	Junior B: 2001-2002 Senior: 2000 +	4 routines: Free + 3 apparatus	Body Difficulties = 6 D1 Values = 0,1-0,7 Total D Max Value = 4,0 max Free ; 6,0 max Apparatus 2 DER max
<i>Level 8</i>		4 routines: Free + 3 apparatus	Body Difficulties = 6 D1 Values = 0,1-0,9 Total D Max Value = 5,0 max Free ; 7,0 max Apparatus 3 DER max
<i>FIG Hope</i>	2004 – 2005	4 routines: FIG program	FIG Code of Points
<i>FIG Junior</i>	2001 – 2003	4 routines: FIG program	FIG Code of Points
<i>FIG Senior</i>	2000 +	4 routines: FIG program	FIG Code of Points

PLEASE CONTACT MEET DIRECTOR FOR QUESTIONS REGARDING LEVEL PLACEMENT OR REQUIREMENTS – texasrhythmic@gmail.com

DALLAS CUP 2016

Gala Show Registration Form

All participating teams are invited to perform in the Dallas Cup GALA SHOW. Performances should not be longer than 5 minutes. To register please fill out the form below.

Team Name: _____

DETAILS OF GALA PERFORMANCES:

Performance Name	Gymnasts	Music Length

**PLEASE SUBMIT/EMAIL GALA ENTRIES
by APRIL 1ST to TEXASRHYTHMIC@GMAIL.COM**

TRAVEL INFORMATION

Federation / Club : _____

ARRIVAL

Departing from (airport): _____

Arriving at (airport): _____

Date: ____/____/ 2016

Persons: _____

Time: _____

Airline/Flight №: _____

DEPARTURE

Departing from (airport): _____

Arriving at (airport): _____

Date: ____/____/ 2016

Persons: _____

Time: _____

Airline/Flight №: _____

