



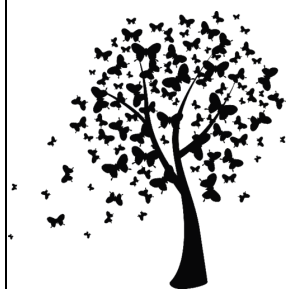
Rhythmic Gymnastics Tournament

Carramba Cup 2019

01-03.02.2019, Katowice, Poland



It's our pleasure to invite you to 8th international Rhythmic Gymnastics
Tournament *Carramba Cup 2019*



Anna Mulka



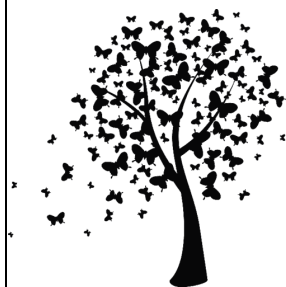
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Carramba Cup 2019



Goal:	Popularization of rhythmic gymnastics in Poland, implementation of the principle of "fair play".
Place and date:	Tournament is hold 01-03.02.2019 , Poland, Katowice, Alfreda 1, in Hala Kolejarcz.
Schedule :	Friday, 01.02.2019 arrival of delegations , technical meeting, training Saturday, 02.02.2019 judge meeting , competition , banquet Sunday, 03.02.2019 competition , departure of delegations
Organizer:	Rhythmic gymnastics club " <i>Carramba</i> ". Chef coach and judge Anna Mulka : +48 790 720 231, carrambacup@gmail.com
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. On days when the judge is working, lunches are provided - at the organizer's cost.
Programme:	Individual A, B, Group
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. 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. Rewarding for each gymnastic exercises / apparatus (A B C D E F) in each category: 1-8 places: medals.
Registration:	Preliminary application to 30.11.2018. Definitive application till 31.12.2018. The application form on the website: https://www.rgform.eu/event.php?id_prop=861
Payment:	45 € per each gymnast (limit gymnasts in the team: 4). Each additional gymnast participation fee is 50 € Gymnasts reported after deadline 30.11.2018 entry fee of 50 € . Each group 80 € . A club without Judge will pay a fee of 50 euros. Price includes entry fee and the fee for all of the photos and all the films of one gymnast , all exercises - Marc and Barny 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 Carramba – till 03.01.2019 : ING Bank Śląski 83 1050 1214 1000 0023 1290 4929 UCZNIOWSKI KLUB SPORTOWY "CARRAMBA" ADRES: ULANSKA 9/118, 40-887 KATOWICE SWIFT: INGBPLPW



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Accommodation: **OBLIGATORY: The organizer will make your reservation in hostel or hotel.**

- **TWÓJ Hostel**, Katowice, ul. Klimczoka 7. Place in the hostel are limited.

Fee : **70 € per each person** coming for the entire stay- dormitories

Access from the hotel to the sports hall about 8 € (32 PLN) for 4 people

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 01.02/02.02/03.02 - 2 nights

Breakfast 02, 03.02 in the sport hall

Lunch 02, 03.02 in the sport hall

Dinner 01, 02.02 in the sport hall

Banquet 02.02 in the sport hall

- **Hotel „Park Inn By Radisson”**, Katowice, Bytkowska 1

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

Fee : **100 € per each person** coming for the entire stay - double room

150 € per each person coming for the entire stay - single room

Fee includes:

Accommodation of 01.02/02.02/03.02 - 2 nights

Breakfast 02, 03.02 in the sport hall

Lunch 02, 03.02 in the sport hall

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

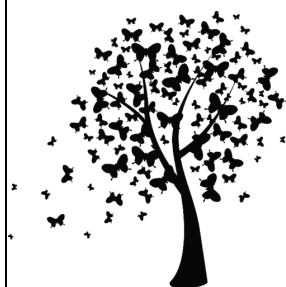
Banquet 02.02 in the sport hall

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.

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 (at the latest 24.02.2019) !



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








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Technical Requirements

	Category	Apparatus	Requirements
I	BABY 2013 and younger	1 exercises: 	*D max w.a. 5,00 *BD = min 3, max 7 elements *min 1  , min 1  , min 1  *S in w.a. min 3 ! * R in w.a. max 3 with 1 Z • R in w.a. means: max 3 rotation, with 1 changes axis or level, include only 1 "Z": R3Z= max 0,4 x max 3 times= max 1,2 points in routine
II	BABY 2012	1 exercises: 	*D max w.a. 5,00 *BD = min 3, max 7 elements *min 1  , min 1  , min 1  *S in w.a. min 3 ! * R in w.a. max 3 with 1 Z • R in w.a. means: max 3 rotation, with 1 changes axis or level, include only 1 "Z": R3Z= max 0,4 x max 3 times= max 1,2 points in routine
III	BABY 2011	2 exercises:  + 1 choice with apparatus:  or  or  or  or  or 	*D max 6,00 , in w.a. 5,50 *BD = min 3, max 7 elements *min 1  , min 1  , min 1  *S min 2 = 0,3, in w.a. min 3 * R min 1, max 3 • permitted 1 rotation under the apparatus when apparatus is in the flight ! * R in w.a. max 3 with 1 Z • R in w.a. means: max 3 rotation, with 1 changes axis or level, include only 1 "Z": R3Z= max 0,4 x max 3 times= max 1,2 points in routine *AD no limits
IV	BABY 2011 B	1 exercises: 	*D max w.a. 5,50 *BD = min 3, max 7 elements *min 1  , min 1  , min 1  *S min 2 = 0,3, in w.a. min 3 ! * R max 3 with 1 Z • R in w.a. means: max 3 rotation, with 1 changes axis or level, include only 1 "Z": R3Z= max 0,4 x max 3 times= max 1,2 points in routine



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	Category	Apparatus	Requirements
V	CHILDREN 2010	2 exercices: 2 choice with apparatus: 	*D max 6,00 *BD = min 3, max 7 elements *min 1 , min 1 , min 1 *S min 2 = 0,3 *R min 1, max 3 • permitted 1 rotation under the apparatus when apparatus is in the flight *AD no limits
VI	CHILDREN 2009	2 exercices: 2 choice with apparatus: 	*D max 6,00 *BD = min 3, max 7 elements *min 1 , min 1 , min 1 *S min 2 = 0,3 *R min 1, max 3 *AD no limits
VII	CHILDREN 2010 B	2 exercices: + 1 choice with apparatus: 	*D max 6,00 , in w.a. 5,50 *BD = min 3, max 7 elements *min 1 , min 1 , min 1 *S min 2 = 0,3, in w.a. min 3 *R min 1, max 3 • permitted 1 rotation under the apparatus when apparatus is in the flight ! * R in w.a. max 3 with 1 Z • R in w.a. means: max 3 rotation, with 1 changes axis or level, include only 1 "Z": R3Z= max 0,4 x max 3 times= max 1,2 points in routine *AD no limits
VIII	CHILDREN 2009 B	2 exercices: + 1 choice with apparatus: 	*D max 6,00 , in w.a. 5,50 *BD = min 3, max 7 elements *min 1 , min 1 , min 1 *S min 2 = 0,3, in w.a. min 3 *R min 1, max 3 *AD no limits



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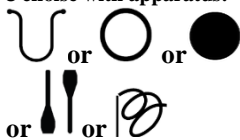



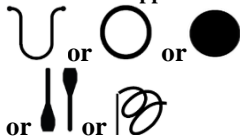



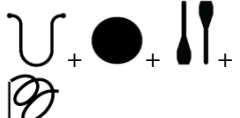
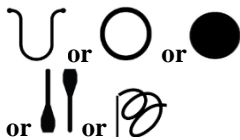
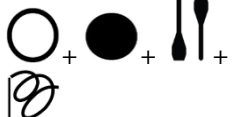
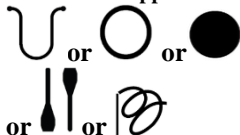




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Technical Requirements

	Category	Apparatus	Requirements
IX	PREJUNIOR 2008, 2007	3 exercises: 3 choice with apparatus: 	*D max 8,00 *BD = min 3, max 7 elements *min 1  , min 1  , min 1  *S min 2 = 0,3 • 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
X	PREJUNIOR 2008, 2007 B	2 exercises: 2 choice with apparatus: 	*D max 6,50 *BD = min 3, max 7 elements *min 1  , min 1  , min 1  *S min 2 = 0,3 • 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
XI	JUNIOR 2006, 2005, 2004	4 exercises: 	FIG rules
XII	JUNIOR 2006, 2005, 2004 B	2 exercises: 2 choice with apparatus: 	FIG rules *D max 6,50
XIII	SENIOR 2003 and older MASTERS CLASS	4 exercises: 	FIG rules
XIV	SENIOR 2003 and older B	2 exercises: 2 choice with apparatus: 	FIG rules *D max 8,00



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










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ADDITIONAL CATEGORY







No obligatory

Technical Requirements



	Category	Apparatus	Requirements
XV	PREJUNIOR 2008, 2007	 Without apparatus	*BD = min 3 *min 1  , min 1  , min 1  * S min 3 = 0,3
XVI	JUNIOR 2006, 2005, 2004	 Without apparatus	*BD = min 3 *min 1  , min 1  , min 1  * S min 3 = 0,3
XVII	SENIOR 2003 and older	 Without apparatus	*BD = min 3 *min 1  , min 1  , min 1  * S min 3 = 0,3

GROUP EXERCISES

	Category	Apparatus	Requirements
XVIII	2011 and younger		according to the new FIG regulations for 2019
XIX	2010	CHOISE	according to the new FIG regulations for 2019
XX	2009	CHOISE	according to the new FIG regulations for 2019
XXI	PREJUNIOR 2008, 2007	CHOISE	according to the new FIG regulations for 2019
XXII	JUNIOR 2006, 2005, 2004	5  / 5 	according to the new FIG regulations for 2019
XXIII	SENIOR 2003 and older	5  / 3  + 2p 	according to the new FIG regulations for 2019



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