# International Online Rhythmic Gymnastics Competition

# “Spring Flowers”

9-11/04/2021

Supported by:

be fit
RHYTHMIC GYMNASTICS

Elitera ACADEMY

Why.

| | |
|---|---|
| **GOALS AND TASKS** | Development and promotion of Youth Rhythmic Gymnastics.<br>Technical and special development of young athletes.<br>Exchange of knowledge and experience between coaches and judges. |
| **HOST** | Be Fit Rhythmic Gymnastics<br>Kazakhstan, Nur-Sultan<br>Tel: +77071630534<br>Contact person: Asiia Khairalieva<br>Email: Be.FITRG@gmail.com<br><br>Silviya Miteva Academy<br>Bulgaria, Sofia<br>Tel: +359886743759<br>Contact person: Silviya Miteva<br>Email: silviya.miteva.academy@gmail.com |
| **DATE** | 9-11/04/ 2021 |
| **VENUE** | Online competition |
| **FORMAT OF COMPETITION** | All participants have to send previously recorded videos, which will be stream during the competition days on YouTube. The judging will be online during the stream. |
| **HEAD JUDGE** | Silviya Miteva – Breve Category II |
| **PARTICIPANTS** | Federations, Gymnastics schools, clubs and other affiliated organizations. |
| **DELEGATIONS** | Max 5 gymnasts in each category from one team<br>Max 2 group teams in each category<br>Min 1 Judge for each category per team<br>(min. National Level) |

| | |
|---|---|
| | * Max 2 gymnasts per team in each category will be in the apparatus finals ranking.<br><br>* Competition registration will be closed, after registration of max quantity of competitors in each category.<br><br>* Fine of 80 euro has to be paid by teams if there is no judge registered |
| **CATEGORIES** | **Individual program FIG** (videos from the gym the 13*13 m. space):<br>**Mini** – 2014 and younger, Categories A/B<br>**Stars** – 2013, 2012, 2011, Categories A/B<br>**Pre-Junior** – 2010, 2009, Categories A/B<br>**Junior** – 2008, 2007, 2006, Categories A/B<br>**Senior** – 2005 and older, Categories A/B<br><br>**Group program** (videos from the gym the 13*13 m. space):<br>**Mini** – 2013-2014 and younger<br>**Stars** – 2012-2011<br>**Pre-Junior** – 2010-2009<br>**Junior** – 2008, 2007, 2006<br>**Senior** – 2005 and older<br><br>**BE Fit @ home league** (limited space)**:**<br>**Mini** – 2014 and younger<br>**Stars** – 2013, 2012, 2011<br>**Pre-Junior** – 2010, 2009<br>**Junior** – 2008, 2007, 2006<br>**Senior** – 2005 and older |
| **REGISTRATION DEADLINES** | **Preliminary** entry: **10/03/2021**<br>Registration: http://rg.why.tm/preliminary<br><br>**Definitive** entry: **22/03/2021**<br>Registration for individuals: http://rg.why.tm/individuals |

| | |
|---|---|
| | Registration for groups: http://rg.why.tm/groups<br><br>**Judge's** entry: **22/03/2021**<br>Registration: http://rg.why.tm/judges<br><br>**Masterclasses** entry: **28/04/2021**<br>Registration: http://rg.why.tm/masterclass<br><br>* In case of problems with links make sure the VPN is turned on. |
| **PROGRAM OF COMPETITION** | **8 April**<br>Judges online meeting<br><br>**9 April**<br>Individual program FIG (Mini, Stars, Pre-Junior) 2 apparatus<br>Group program FIG (Mini, Stars, Pre-Junior) 1 apparatus<br>Be Fit @ home League (Mini, Stars)<br><br>**10 April**<br>Individual program FIG (Pre-Junior, Junior, Senior) 2 apparatus<br>Group program FIG (Junior, Senior) 1 apparatus<br>Be Fit @ home League (Pre-Junior, Junior, Senior)<br><br>**11 April**<br>Individual program FIG (Junior, Senior) 2 apparatus<br>Group program FIG (Junior, Senior) 1 apparatus<br>**Instagram online meeting with Silviya Miteva**<br><br>**1 May**<br>**Masterclass** with **hoop** for Categories **Mini & Stars** in Zoom<br>**Masterclass** with **ball** for Categories **Pre-junior & Junior 2008** in Zoom |

| | |
|---|---|
| | **Masterclass** with **clubs** for **Categories Junior 2007, 2006 & Seniors** in Zoom |
| **AWARDS** | • All-around FIG individual program 1, 2, 3 places in Stars, Pre-Junior, Junior & Senior categories A will be rewarded with diploma and certificate for online personal lesson with Silviya Miteva.<br>• All-around FIG individual program 4-8 places in Stars, Pre-Junior, Junior & Senior categories A will be rewarded with diploma and certificate for online group masterclass with Silviya Miteva.<br>• All-around FIG individual program 1, 2, 3 places in Mini & Stars, Pre-Junior, Junior & Senior categories B will be rewarded with diploma and certificate for online group masterclass with Silviya Miteva.<br>• All-around FIG individual program 4-8 places in Mini & Stars, Pre-Junior, Junior & Senior categories B will be rewarded with diploma and certificate for 50% discount for online group masterclass with Silviya Miteva.<br>• All-around FIG group program 1, 2, 3 places in Mini, Stars, Pre-Junior, Junior & Senior will be rewarded with diploma and certificate for online group masterclass with Silviya Miteva.<br><br>**BE Fit @ home league (limited space):**<br>• All-around 1, 2, 3 places in each category will be rewarded with diploma and certificates for online group masterclass with Silviya Miteva.<br>• All-around 4-8 places in each category will be rewarded with diploma and certificates for 50% discount for online group masterclass with Silviya Miteva. |

| | |
|---|---|
| | * Diplomas will be sent by email to all competitors.<br><br>* Personal online lesson will be held the week after the competition and will have different length, according to the rank:<br>1 place 60 min,<br>2 place 45 min,<br>3 place 30 min.<br><br>* Group online master classes will be held on 1st May for the winners. All other participants in the competition can attend it with 25% discount. |
| **VIDEO** | Recorded videos of gymnasts should be uploaded till **25th of March** on following **link**: http://rg.why.tm/upload<br><br>Videos have to be:<br>- **MP4** or **MOV** format<br>- Min. resolution **Full HD** (1920x1080)<br>- Without motion<br>- With music<br>- With competition leotard<br>- **With entering and leaving of the carpet**<br>- Recorded with a camera positioned as close to the music as possible<br>- The carpet has to be in the middle of the screen<br><br>**Each video has to be named before upload as follow: Category/Name & Family/Apparatus/Country/Club**<br>Ex: Mini/Sophia Ivanova /WA/ BUL/Akro<br><br>If video is recorded in an inappropriate way, gymnast can be removed from the competition.<br>Each video that is sent after deadline may take part in the competition with 50 Euro fine. |
| **PARTICIPATION FEE** | • All around individual program **4 apparatuses 50 euros**<br><br>• All around individual program **2 apparatuses 30 euros** |

| | |
|---|---|
| | • All around individual program **1 apparatus 20 euros**<br>• All around group program **2 apparatuses 60 euros**<br>• All around group program **1 apparatus 30 euros**<br>• BE Fit @ **home league 20 euros**<br><br>**Deadline** for participation fee: **22/03/2021**<br><br>Participation fee should be paid by one of the following bank accounts:<br><br>**ТОО "Siberia (Сайберия)**<br>IIN: 141140007665<br>Bank: JYSAN BANK, KAZAKHSTAN<br>IBAN: **KZ43998BTB0000564240**<br>BIC: **TSESKZKA**<br>BIN: **040741000057**<br><br>or<br><br>**SILVIYA MITEVA ACADEMY LTD**<br>Bank: **DSK BANK, BULGARIA**<br>Address: Bulgaria, 7000 Ruse, 5 Nezavisimost,sq.<br>IBAN: **BG78STSA93000025161747**<br>SWIFT: **STSABGSF**<br>BIC: **STSABGSF**<br><br>* In case of cancellation of the participation after the payment, 30% of the total amount will be keep.<br><br>* In case of using money transfers to pay participation fee, 10 % will be added on top |
| **MASTERCLASSES** | Masterclasses will be on **1st May** by Zoom.<br>Each masterclass will be with duration of **90 minutes**.<br>There will be three masterclasses: |

| | |
|---|---|
| | - 2011 y of b. and younger (hoop)<br>- 2008 – 2010 (ball)<br>- 2007 y. of b. and older (clubs)<br><br>Link for the Masterclass will be sent to all participants by e-mail one day before.<br>Participation fee for each one: **20 euros.** |

# Technical program

| Individual program FIG | | |
|---|---|---|
| **Mini**<br>2014 and younger | A – 1 apparatus of choice<br>(Rope, Hoop, Ball)<br><br>7 BD<br>Min 2 S<br>Max 1 R | B – Free routine<br><br>7 BD<br>Min 2 S |
| **Stars**<br>2013 – 2011 | A – 2 apparatus of choice<br>(Rope, Hoop, Ball, Clubs)<br><br>FIG | B – 1 apparatus by choice<br>(Hoop, Ball)<br><br>7 BD<br>Min 2 S<br>Min 1 R |
| **Pre-Junior**<br>2010 – 2009 | A – 2 apparatus of choice<br>(Hoop, Ball, Clubs, Ribbon)<br><br>FIG | B – 2 apparatuses by choice<br>(Hoop, Ball, Clubs)<br><br>7 BD<br>Min 2 S<br>Min 2 R |
| **Junior**<br>2008 – 2006 | A – 4 apparatuses<br>(Hoop, Ball, Clubs, Ribbon)<br><br>FIG | B – 2 apparatuses by choice<br>(Hoop, Ball, Clubs, Ribbon)<br><br>7 BD<br>Min 2 S<br>Min 2 R |
| **Senior**<br>2004 and older | A – 4 apparatuses<br>(Hoop, Ball, Clubs, Ribbon)<br><br>FIG | B – 2 apparatuses by choice<br>(Hoop, Ball, Clubs, Ribbon)<br><br>FIG |
| **Group program FIG** | | |
| **Mini**<br>2013 – 2014 | WA | 7 BD, Min 2 S<br>*CRR1 – 0,3<br>*CRR2 – 0,4<br>*CC – 0,1 |

| | | |
|---|---|---|
| **Stars**<br>2012 – 2011 | 1 apparatus of choice | FIG |
| **Pre-Junior**<br>2010 – 2009 | 5 balls<br>5 ribbons | FIG |
| **Junior**<br>2008 – 2006 | 5 balls<br>5 ribbons | FIG |
| **Senior**<br>2004 and older | 5 balls<br>2 pairs clubs & 3 hoops | FIG |
| *W/A CRR1 – one gymnast doing rotation under or above<br>*W/A CRR2 – two gymnasts are doing rotation under or above<br>*W/A CC – collaboration of all gymnasts | | |
| **BE fit @home**<br>• Routine 1 min 30 sec<br>• Any suitable space at home or garden<br>• Competition leotard and music<br>• Mark will be calculated according to the following formula:<br>D + E<br>(E = 10 – Technical mistakes) | | |
| **Mini**<br>2014 and younger | Free routine<br>7 BD, unlimited S | |
| **Stars**<br>2013 – 2011 | Free routine<br>7 BD, unlimited S | |
| **Pre-Junior**<br>2010 – 2009 | 1 apparatus by choice<br>7 BD, unlimited S | |
| **Junior**<br>2008 – 2006 | 1 apparatus by choice<br>7 BD, unlimited S,<br>unlimited AD (without large throws and catches) | |
| **Senior**<br>2005 and older | 2 apparatus by choice<br>9 BD, unlimited S,<br>unlimited AD (without large throws and catches) | |