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REGULATIONS

For “6th BALTIC RHYTHMIC GYMNASTICS JUNIOR CUP”

21st – 22nd May, 2021- Gdynia Poland

Date of Tournament : May 21- 22, 2021
Arrival of delegations : May 20 (Thursday), 2021
Departure of delegations : May 23 (Sunday), 2021

Venue : Complex of Sports – GDYNIA ARENA (www.gdyniaarena.pl)

Delegation: maximum 12 persons , including:
2 gymnasts junior – born 2006-2008
2 gymnasts pre-junior – born 2009-2010
2 gymnasts children – born 2011
2 gymnasts babies – born 2012-2013
1 or 2 coach ind.
1 or 2 judge

Programme: Free exercises according to the requirements of the FIG for individuals – junior, pre-junior, children, babies – detail on next page.

Start fee: – individual – 40euro

Accommodations :



Hotel Antares
Komandorska 59
81-232 Gdynia, Poland
+48 (58) 623 36 39

<http://www.hotelantares.pl>

The costs per room/night in this Hotel are as follows:

90 euro (single room, including breakfast and dinner)
140 euro (double room, including breakfast and dinner)
170 euro (triple room, including breakfast and dinner)

The invited participating federations must pay for the accommodation expenses of their delegation members.

Transport:

All participants will be picked up at the Gdynia Railway Station or Gdansk Rebiechowo “ Lech Walesa” Airport and provided with free local transportation to hotel, competitions venue and back. All travel expenses to Gdynia Railway Station or Gdansk Rebiechowo “ Lech Walesa” Airport and back are at the charge of the participating countries.

Covid – 19:

Besides the medical guidelines for the particular event, LOC also requires all the participants to follow the standard precautions.

The LOC requires all participants, judges and officials to take standard precautionary measures, such as frequent hand-washing, wearing masks or face coverings at all times and keeping a physical distance of at least 1.5 metres whenever possible.

The only situation in which the safety distance does not have to be respected is when a coach provides assistance (catch, lead, spotting) during an athlete's performance. This phase must be kept as short as possible and the assisting person is obliged to wear a mask throughout.

Gymnasts do not need to wear a mask or face covering while they are performing at the training venue or on the FOP and keeping a physical distance of at least 1.5 metres whenever possible.

Please, confirm your entry to participate in our Tournament before April 8th, 2021 with enclosed application.

Contacts to the Organizing Committee :

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CATEGORY	APPARATUS	REQUIRMENTS
I – 2012-2013 BABIES	Without apparatus + by choice	Min 3BD Min 1 from each group ,7 highest will be counted, Min 3 Dance steps Max 2 dynamic elements with rotations
II – 2011 CHILDREN	hoop + ball	Min 3BD Min 1 from each group ,7 highest will be counted, Min 2 Dance steps Min 1 Max 4 R AD – no limit
III – 2010-2009 pre-juniors	hoop + clubs	Min 3BD Min 1 from each group ,7 highest will be counted, Min 2 Dance steps Min 1- Max 4 DER AD – no limit
IV – juniors- 2008-2006	Ball + Clubs	FIG rules