



# “OCAQ” INTERNATIONAL SPRING CUP 2021

Rhythmic Gymnastics Online Open Championships

May 12-15, 2021



Ocaq Sport Klubu



Ocaq Sport Klubu



ocaqsportklubu



competition@ocaqsport.az

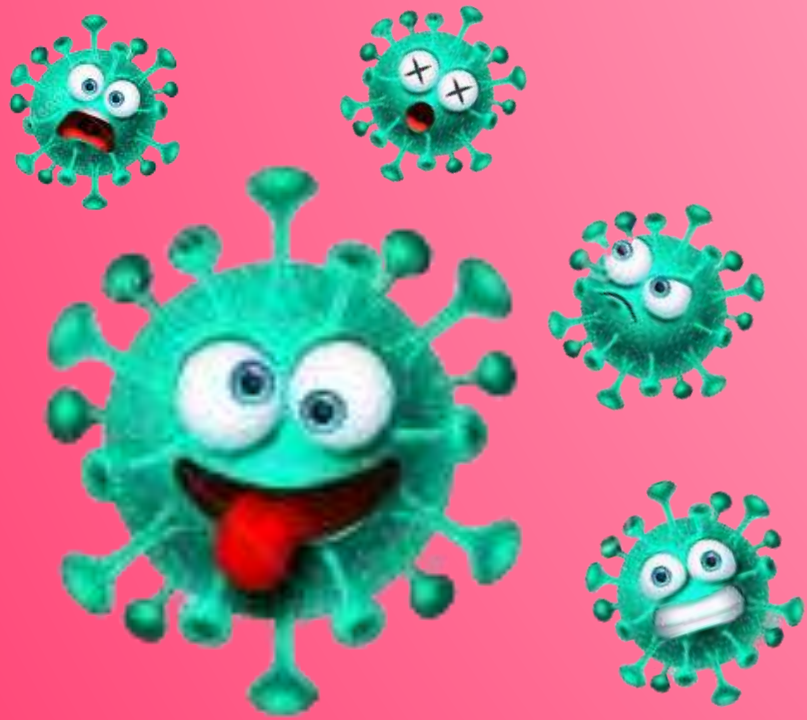
Dear sport friends,  
“Ocaq Sport” Club invites you to participate in the online  
***“OCAQ INTERNATIONAL SPRING CUP 2021”*** based in Baku  
on ***May 12-15, 2021.***



This event will give us an opportunity to feel the competition atmosphere in the  
challenging period for all of us due to COVID-19 global pandemic.

Every challenge makes us even stronger.

Join us online to feel the thrill of the competition.



There will be held the masterclass within the  
framework of the tournament

***May 16, 2021***

# Official program:

<b>Discipline</b>	Rhythmic Gymnastics
<b>Location &amp; Dates</b>	Competition: May 12-15, 2021 Masterclass: May 16, 2021 Main server: Baku, Azerbaijan Online virtual competition: YOUTUBE, FACEBOOK Online virtual masterclass: YOUTUBE, FACEBOOK
<b>Host organization</b>	Competition`s organizer - “Ocaq Sport” Club specialized in gymnastics disciplines Baku, Azerbaijan. Director of “Ocaq Sport” Club - Rashid Mammadov ☎ +994559496699 (Whatsapp) Head Secretary - Niyar Abdullayeva ☎ +994555446747 (Whatsapp) ✉ <a href="mailto:competition@ocaqsport.az">competition@ocaqsport.az</a> Head Judge - Vafa Bakarova ☎ +994503541021 (Whatsapp) All the questions about registration form and payment - - ✉ <a href="mailto:info@ocaqsport.az">info@ocaqsport.az</a> – Lala Maharramova

<b>Online Competition Format</b>	<p>The performances of gymnasts should be sent to the organizers as per the deadline via email (for more details, please, see the registration section). All the collected performances will be available on YOUTUBE during the competition (the link will be sent to the participating delegation on due time and will be assessed by the judges online.</p>
<b>Delegation Size</b>	<p>The number of athletes and groups to participate in the event is unlimited.</p> <p>Every delegation should register 1 coach and 1 judge.</p> <p>Penalty for missing a judge - 50 EUR.</p>
<b>Entry Fees</b>	<p><u>Individual Exercise:</u> 1 exercise - 20 EUR 2 exercises - 40 EUR</p> <p><u>Group Exercise :</u> 60 EUR</p> <p>Participation in the Masterclass is free of charge, if the persons concerned are participating in the competition. Otherwise, the fee for participation in the Masterclass is 20 EUR.</p>

<b>Registration</b>	<p>The registration should be made online by completing the form on the official website of “Ocaq Sport” Club (<a href="http://www.ocagsport.az">www.ocagsport.az</a>) or through the following link (<a href="https://ocagsport.az/site/form/ocag_international_spring_cup_2021172108365">https://ocagsport.az/site/form/ocag_international_spring_cup_2021172108365</a>)</p> <p>The registration will be completed after the payment for entry fees is processed.</p>	
<b>Deadlines</b>	<b>Registration deadline for gymnasts, coaches and judges:</b>	19.04.2021
	<b>Payment for participation fee and award posting expenses:</b>	19.04.2021
	<b>Deadline for sending video:</b>	26.04.2021

## Awarding

Participants of the competition, who took 1-3<sup>rd</sup> places in their age category and level, will be awarded with medals, diplomas and presents.

All gymnasts participating in the competition will be awarded with diplomas and special presents.

The following nominations will be determined at the competition:

- Miss OCAQ SPRING CUP 2021
- Miss Artistry
- Best Choreography
- The Youngest Gymnast
- Miss Flexibility
- Miss Risk
- Miss Expression



# Individual program:

Individual 1.15 - 1.30	A+ level: Full Carpet (FIG)	A level: Unlimited space	B level: Unlimited space	C level: Home performance
Category				
2015-2016		W/A 7BD Jump: min. 1 Balance: min. 1 Rotations: min. 1 Min. 3 RHYTHMIC STEPS Min. 2 body waves (0.2 for each)	W/A 7BD from 0.10 to 0.50 Jump: min. 1 Balance: min. 1 Rotations: min. 1 Min. 3 RHYTHMIC STEPS Min. 2 body waves (0.2 for each)	W/A 7BD from 0.10 to 0.50 Jump: min. 1 Balance: min. 1 Rotations: min. 1 Min. 3 RHYTHMIC STEPS Min. 2 body waves (0.2 for each)
2013-2014	1 APPARATUS by choice FIG Junior Program	W/A + 1 Apparatus: W/A: 7BD Jump: min. 1 Balance: min. 1 Rotations: min. 1 Min. 3 RHYTHMIC STEPS Min. 2 body waves (0.2 for each) APPARATUS by choice: AD - unlimited NO Risk	W/A 7BD from 0.10 to 0.50 Jump: min. 1 Balance: min. 1 Rotations: min. 1 Min. 3 RHYTHMIC STEPS Min. 2 Body Waves (0.2 for each)	W/A 7BD from 0.10 to 0.50 Jump: min. 1 Balance: min. 1 Rotations: min. 1 Min. 3 RHYTHMIC STEPS Min. 2 Body Waves (0.2 for each)

# Individual program:

Individual 1.15 - 1.30	A+ level: Full Carpet (FIG)	A level: Unlimited space	B level: Unlimited space	C level: Home performance
Category				
2011-2012	2 APPARATUS by choice FIG Junior Program	W/A + 1 Apparatus: W/A: 7BD Jump: min. 1 Balance: min. 1 Rotations: min. 1 Min. 3 RHYTHMIC STEPS Min. 2 body waves (0.2 for each) APPARATUS by choice: AD - unlimited NO Risk	W/A 7BD from 0.10 to 0.50 Jump: min. 1 Balance: min. 1 Rotations: min. 1 Min. 3 RHYTHMIC STEPS Min. 2 body waves (0.2 for each)	W/A 7BD from 0.10 to 0.50 Jump: min. 1 Balance: min. 1 Rotations: min. 1 Min. 3 RHYTHMIC STEPS Min. 2 body waves (0.2 for each)
2009-2010	2 APPARATUS by choice FIG Junior Program	W/A + 1 Apparatus: W/A: 7BD Jump: min. 1 Balance: min. 1 Rotations: min. 1 Min. 3 RHYTHMIC STEPS Min. 2 body waves (0.2 for each) APPARATUS by choice: AD - unlimited NO Risk	W/A 7BD from 0.10 to 0.50 Jump: min. 1 Balance: min. 1 Rotations: min. 1 Min. 3 RHYTHMIC STEPS Min. 2 Body Waves (0.2 for each)	W/A 7BD from 0.10 to 0.50 Jump: min. 1 Balance: min. 1 Rotations: min. 1 Min. 3 RHYTHMIC STEPS Min. 2 Body Waves (0.2 for each)



# Individual program:

Individual 1.15 - 1.30	A+ level: Full Carpet (FIG)	A level: Unlimited space	B level: Unlimited space	C level: Home performance
Category				
2008 and older	2 APPARATUS by choice FIG Junior Program	2 APPARATUS by choice: AD - unlimited NO Risk		

# Group program:

Group 2.00 - 2.15 (Each group consists of 4-6 gymnasts)	A level: Full Carpet (FIG)	B level: Unlimited space
Category		
2014-2015	W/A 7BD Jump: min. 1 Balance: min. 1 Rotations: min. 1 Min. 3 RHYTHMIC STEPS Min. 2 body waves (0.2 for each) C - min. 5 collaboration (0.3 for each)	W/A 7BD Jump: min. 1 Balance: min. 1 Rotations: min. 1 Min. 3 RHYTHMIC STEPS Min. 2 body waves (0.2 for each) C - min. 5 collaboration (0.3 for each)
2013-2014	W/A 7BD Jump: min. 1 Balance: min. 1 Rotations: min. 1 Min. 3 RHYTHMIC STEPS Min. 2 body waves (0.2 for each) C - min. 5 collaboration (0.3 for each)	W/A 7BD Jump: min. 1 Balance: min. 1 Rotations: min. 1 Min. 3 RHYTHMIC STEPS Min. 2 body waves (0.2 for each) C - min. 5 collaboration (0.3 for each)

# Group program:

Group 2.00 - 2.15 (Each group consists of 4-6 gymnasts)	A level: Full Carpet (FIG)	B level: Unlimited space
Category		
2011-2012	1 Apparatus by choice FIG Junior Program	W/A 7BD Jump: min. 1 Balance: min. 1 Rotations: min. 1 Min. 3 RHYTHMIC STEPS Min. 2 body waves (0.2 for each) C- min. 5 collaboration (0.3 for each)
2009-2010	1 Apparatus by choice	W/A 7BD Jump: min. 1 Balance: min. 1 Rotations: min. 1 Min. 3 RHYTHMIC STEPS Min. 2 body waves (0.2 for each) C - min. 5 collaboration (0.3 for each)

# Group program:

Group 2.00 - 2.15 (Each group consists of 4-6 gymnasts)	A level: Full Carpet (FIG)	B level: Unlimited space
Category		
2008 and older	1 Apparatus by choice FIG Junior Program	

# Masterclass YOUTUBE (live)

## May 16, 2021



**Zohra Aghamirova**  
gymnast

- Qualified for the **Tokyo-2020 Olympic Games**
  - 1<sup>st</sup> place
- 4<sup>th</sup> Islamic Solidarity Games,**  
Baku, Azerbaijan/2017
  - 2<sup>nd</sup> place
- 30<sup>th</sup> Summer Universiade,**  
Naples, Italy/2019
- Finalist of the World and European Championships



**Ildirim Mirmammadov**  
choreographer

- **Hip-Hop Dancer**





*#YourGymnasticsHome*

