



**AKADEMIA**  
**LESZKA BLANIKA**  

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**WARSZAWA**

Warsaw, October 3, 2023

***Official Invitation***

*Dear Gymnastics Friends,*

Leszek Blanik Academy in Warsaw has a great pleasure to invite you to the

***1<sup>st</sup> International Rhythmic Gymnastics Tournament***  
***'Gym Challenge Cup', Warsaw (POL), 25<sup>th</sup> November 2023***

You may find all the details concerning the organization of the competitions attached to the invitation. We would be very happy about numerous international participants from RG clubs.

For **further** communication please be so kind to directly contact the organizer's address, you will find on the event invitation.

See you in Warsaw,  
**Adriana Szymanska**





## EVENT HOST

**Host Club:** Leszek Blanik Academy

## Event Coordinators:

### Olga Balakina

(Ukrainian/Russian)

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### Khristyna Hnitieska

(English/Ukrainian)

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+48736179035

## CONTACTS

📍 Księcia Trojdena 2C, Warsaw, Poland

✉ [gymchallengecup@gmail.com](mailto:gymchallengecup@gmail.com)

📘 [facebook.com/ALBWarszawa](https://facebook.com/ALBWarszawa)

📷 [alb.gimnastyka.waw](https://alb.gimnastyka.waw)

# GYM CHALLENGE CUP

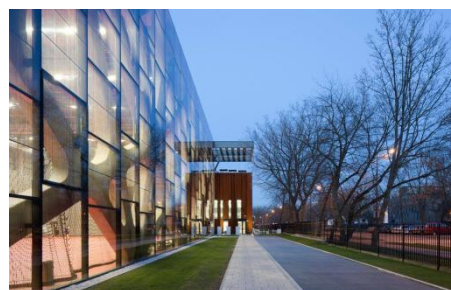
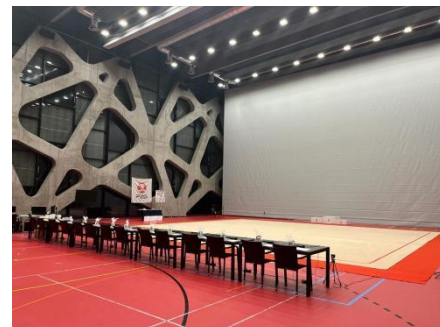
1<sup>st</sup> International Rhythmic Gymnastics Tournament

## COMPETITION VENUE

### The Sports and Rehabilitation Centre of the Medical University of Warsaw

Księcia Trojdena 2C, Warsaw, Poland

- 14 m high
- two training floors
- one competition floor
- sports complex has a full-sized swimming pool



## COMPETITION FORMAT

### Age categories

Individual programme

- Youth: 2017 and younger, 2016, 2015, 2014
- Pre-junior: 2013, 2012-2011
- Junior: 2010-2008
- Senior: 2007 and older

## REGISTRATION AND DEADLINES

### Deadlines

- registration and visa form till November 10
- music files till November 18

### Registration system

- please complete your registration through filling the names and music files into the system
- file description: surname, name, year of birth, category, apparatus, club

[https://rgform.eu/event.php?id\\_prop=5629](https://rgform.eu/event.php?id_prop=5629)





## HOTEL PROPOSITIONS

### **ibis Styles Warszawa Airport**

Poleczki 31, 02822 Warsaw

+48223733700 | HC131@accor.com

### **ibis budget Warszawa Centrum**

Zagórna 1, 00441 Warsaw

+48227453660 | h6401@accor.com

### **ibis budget Warszawa Reduta**

Bitwy Warszawskiej 16, 02366 Warsaw

+48225722500 | h7125@accor.com

### **B&B HOTEL Warszawa-Okęcie**

Aleja Krakowska 193, 02180 Warsaw

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## CONTACTS

📍 Księcia Trojdena 2C, Warsaw, Poland

✉ gymchallengecup@gmail.com

📘 facebook.com/ALBWarszawa

📺 alb.gimnastyka.waw

## PROVISIONAL SCHEDULE

### **November 24, 2023 (Friday)**

Arrival

Training & accreditation

Accommodation

### **November 25, 2023 (Saturday)**

08:45 Judges' draw & briefing

08:30 - 10:00 Warm up

10:00 - 14:00 Start of cat. Mini, Kids, Children and Pre-junior I

14:00 Opening ceremony & Award ceremony

14:30 - 20:00 Start of cat. Pre-junior II, Junior and Senior

20:00 Closing ceremony & Award ceremony

20:30 Official banquet

### **November 26, 2023 (Sunday)**

Departure

## AWARD CEREMONY

Gymnasts will be awarded for each apparatus separately

## ENTRY FEE

- categories with 1 apparatus 30 €
- categories with 2 apparatuses 50 €

## MEDIA AND OTHER

- event is transmitted online on YT by [rell.pl](https://www.rell.pl)
- during the competitions there's a possibility to visit the RG shop stand offering professional hand apparatuses, sportswear and other gym accessories
- please inform us if you need our assistance while transferring from airport / train station. We need info about place of arrival and departure, as well as time





CATEGORY	APPARATUS	REQUIREMENTS
<b>Mini</b> 2017 and younger	1 exercise: WA	WA: <b>DB</b> - min. 6 / max. 8 (min. 2 balances, min. 2 pivots, min. 2 leaps); split leap is obligatory <b>Combined Body Difficulties are not allowed</b> <b>W</b> - min. 3 <b>S</b> - dance steps combination - min. 3 <b>R</b> - max. 2 (max. 1 with series of pre-acrobatics or DB with rotation): R2Z=3, R3Z=4; R3S=5, R3S db=6  Apparatus: <b>DB</b> - FIG junior rules <b>Combined Body Difficulties are not allowed</b> <b>W</b> - FIG junior rules <b>S</b> - FIG junior rules <b>R</b> - max. 3 (it is allowed to use one rotation under the flight: R=0.1) <b>DA</b> - min. 1 / max. 12
<b>Kids I A</b> 2016	2 exercises: WA & hoop	
<b>Kids I B</b> 2016	1 exercise: WA	
<b>Kids II A</b> 2015	2 exercises: WA & hoop	
<b>Kids II B</b> 2015	1 exercise: WA	
<b>Children A</b> 2014	2 exercises: ball & by choice	
<b>Children B</b> 2014	1 exercise: hoop	WA: <b>DB</b> - min. 6 / max. 7 (min. 2 balances, min. 2 pivots, min. 2 leaps) <b>Combined Body Difficulties</b> - max. 1 <b>W</b> - min. 2 <b>S</b> - dance steps combination - min. 3 <b>R</b> - max. 1 (max. 1 with series of pre-acrobatics or DB with rotation): R2Z=0.3, R3Z=0.4; R3S=0.5, R3S db=0.6  Apparatus: <b>FIG Junior rules</b>
<b>Pre-junior I A</b> 2013	2 exercises: hoop & by choice	
<b>Pre-junior I B</b> 2013	1 exercise: by choice	
<b>Pre-junior II A</b> 2012-2011	2 exercises: clubs & by choice	
<b>Pre-junior II B</b> 2012-2011	1 exercise: by choice	
<b>Junior A</b> 2010-2008	2 exercises: clubs & by choice	
<b>Junior B</b> 2010-2008	1 exercise: by choice	Apparatus: <b>FIG Senior rules</b>
<b>Senior A</b> 2007 and older	2 exercises: by choice	
<b>Senior B</b> 2007 and older	1 exercise: by choice	