



2nd "Sea cup"

International Rhythmic Gymnastic Tournament 2011 - Ashdod, Israel

We have the honor to invite your club / federation to
attend the 2nd edition of the international Rhythmic
gymnastic F.I.G Tournament "Sea cup" 2011

Which will be held in Ashdod, Israel on June 3rd –4th

Organizer: Club Maccabi Ashdod with cooperation of
Ashdod sports authority

Organizing Committee:

Maria Vainblat Tel: +972-50-7747349

E-mail: mariavainblat@walla.com

Elena Vainblat Tel: +972-50-7603269

lenochka8@walla.com

Competition Hall:

Hakiriya Arena, City Quarter
The Haatzmout Street, 60
Ashdod, Israel

Accommodation:

HOTEL HOLLIDAY INN ASHKELON

Yekutiel Adam Street, Ashkelon

Tel : +972-8-6748888

Fax : 08-6718823

http://www.afi-hotels.com/Holiday_Inn_Ashkelon

Delegation:

Delegations will consist of maximum 8 persons:

- **6 individual gymnasts (preferably different age category)**
- **1 judge (preferable international FIG brevet)**
- **1 coach**

Costs:

- **Starting fee: 30\$ per gymnasts**
- **The accommodation cost:**
 - Single room – 110\$ person/night**
 - Double room – 60\$ person/night**
 - Triple room– 45\$ person/nigh**
- **The organizing club will cover:**
 - Transportation from the Airport to the hotel and back**
 - Meals and snacks for all participants**
 - Shuttles between hotel and competition hall**
- **Any additional night will cost for delegation 70\$ per person**
- **The organizer is not covering traveling costs of delegations nor any other expenses made during the stay.**
- **Price per Additional person, (gymnasts, coaches and other person) 70 \$ per person/night**

All costs have to be paid upon arrival

Transport:

- Organizer will provide transport of your delegation from “Ben-Gurion” International Airport, to the hotel and back.
- The organizer is also providing the transport from the hotel to the competition hall and back.

Forms:

Please bring with you 10 copies of each form for each routine of your Gymnasts.

Insurance:

All the participants should be insured. The hosting club will not take any responsibility to gymnasts' accidents.

Entries:

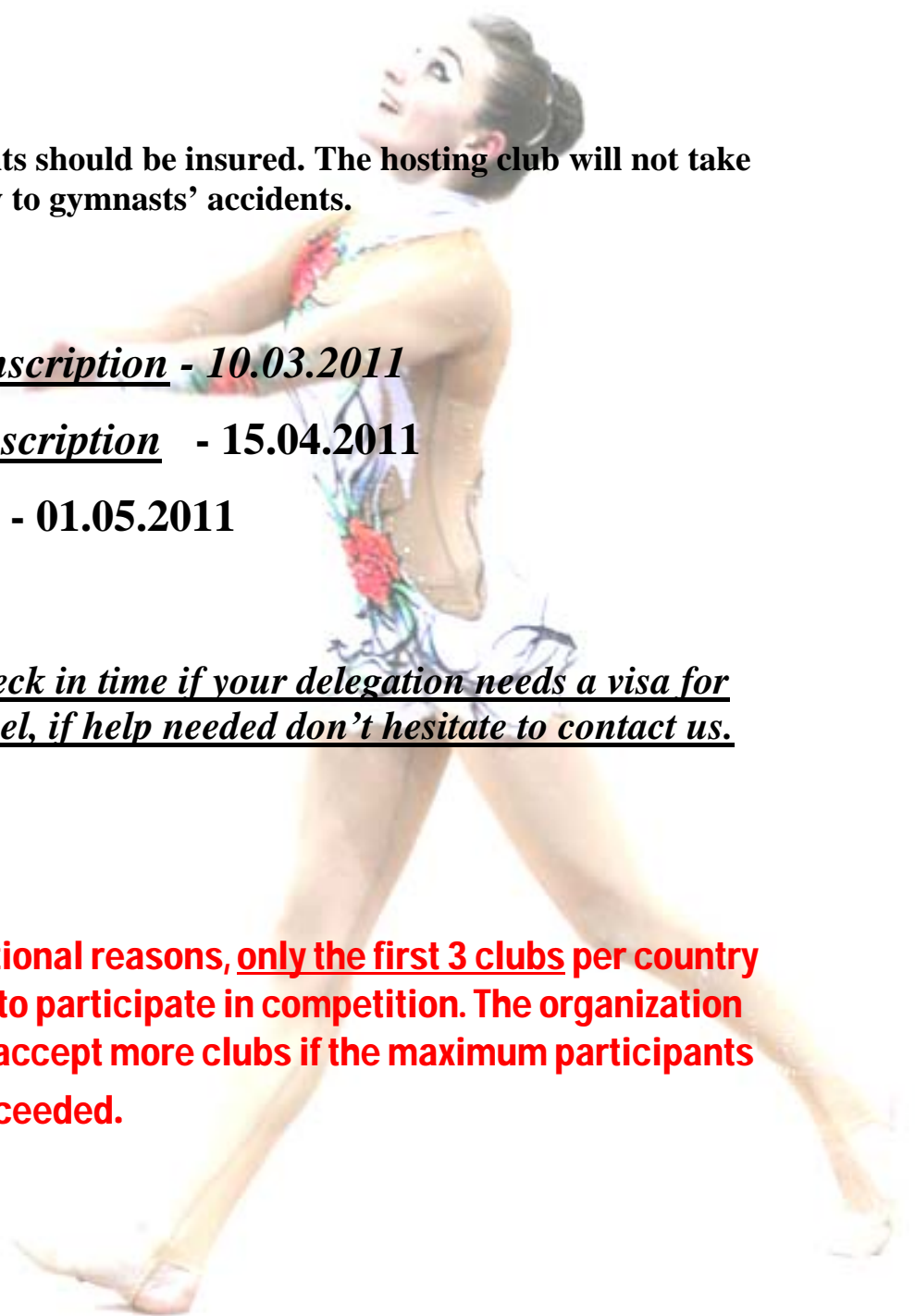
Preliminary inscription - 10.03.2011

Nominative inscription - 15.04.2011

Travel Details - 01.05.2011

Visa: Please check in time if your delegation needs a visa for the entry to Israel, if help needed don't hesitate to contact us.

Due to organizational reasons, only the first 3 clubs per country will be ensured to participate in competition. The organization has the right to accept more clubs if the maximum participants has not been exceeded.



Technical Program and Categories

Categories:

Senior individual (1995+)

Junior individual (1996 - 1997)

Pre junior individual (1998-1999)

Children individual (2000-2001)

Hopes individual (2002-2004)

Technical Program:

Hopes individual (2002-2004)

2 routines

- Without apparatus
- 1 for choice from Ball/Hoop/Rope

Children individual (2000-2001)

2 routines

- Without apparatus
- 1 for choice from (Ball/Clubs/Hoop/Rope)

Pre junior individual (1998-1999)

3 routines

- Hoop
- 2 for choice from Clubs/Ball/Rope/Ribbon

Junior individual (1996 - 1997)

3 routines

- Ball
- 2 for choice

Senior individual (1995 and older)

3 routines

- Ribbon
- 2 for choice from Hoop/Ball/Clubs

Category	Difficulty	Artistic & Execution	Total
Hopes (2002-2004)	<p>D1 Max 10 difficulties (A-H) on D form</p> <ul style="list-style-type: none"> • Min 3 + 3 GCO difficulties • Max 4 NGCO difficulty <p>W.A & Hoop – all the body movement groups must be well balance in the routine.</p> <p>D2 - max 2 risks D2 with apparatus: max. 7.00 points D2 without apparatus: 0.00 points</p>	<p>Artistic Max 10.00 points</p> <p>Execution Max 10.00 points</p>	<p>Total with ap' D1 – 8.00 D2 – 7.00 A – 10.00 E – 10.00 (D1+D2)/2+A+E = max 27.50</p> <p>Total without ap' D1 – 8.00 D2 – 0.00 A – 10.00 E – 10.00 D1/2 +A+E = max 24.00</p>
Children (2000-2001)	<p>D1 Max 10 difficulties (A-H) on D form</p> <ul style="list-style-type: none"> • Min 3 + 3 GCO difficulties • Max 4 NGCO difficulty <p>W.A & Hoop – min 2 difficulties from each body movement group</p> <p>D2 - max 2 risks D2 with apparatus: max. 8.00 points D2 without apparatus: 0.00 points</p>	<p>Artistic Max 10.00 points</p> <p>Execution Max 10.00 points</p>	<p>Total with ap' D1 – 6.00 D2 – 8.00 A – 10.00 E – 10.00 (D1+D2)/2+A+E = max 27.00</p> <p>Total without ap' D1 – 8.00 D2 – 0.00 A – 10.00 E – 10.00 D1/2+A+E = max 24.00</p>

<p>Pre Junior (1998-1999)</p>	<p>D1 Max 10 difficulties (A-J) on D form</p> <ul style="list-style-type: none"> • Min 3 + 3 GCO difficulties • Max 4 NGCO difficulty <p>Hoop – min 2 difficulties from each body movement group</p> <p>D2 - max 2 risks Max. 10 points</p>	<p>Artistic Max 10.00 points</p> <p>Execution Max 10.00 points</p>	<p>Total with ap' D1 – 10.00 D2 – 10.00 A – 10.00 E – 10.00 (D1+D2)/2+A+E = max 30.000</p>
<p>Junior (1996 - 1997) UEG Program</p>	<p>D1 Max 10 difficulties (A-J) on D form</p> <ul style="list-style-type: none"> • Min 3 + 3 GCO difficulties <p>Max 4 NGCO difficulty</p> <p>Hoop –</p> <ul style="list-style-type: none"> • Min 2 difficulties from each body movement group in routine with 8-10 elements • Min. 1 and max. 2 difficulties from each body movement group, in an exercise of 7 (or less) elements. <p>D2 - max 2 risks Max. 10.00 points</p>	<p>Artistic Max 10.00 points</p> <p>Execution Max 10.00 points</p>	<p>Total with ap' D1 – 10.00 D2 – 10.00 A – 10.00 E – 10.00 (D1+D2)/2+A+E = max 30.000</p>

<p>Senior (1995 - older) FIG Program</p>	<p><u>D1</u> Max 12 difficulties (A and higher) on D form</p> <ul style="list-style-type: none"> • Min 4 + 4 GCO difficulties <p>Max 4 NGCO difficulty Hoop –</p> <ul style="list-style-type: none"> • Min 2 difficulties and max 4 difficulties from each body movement group in routine. <p><u>D2</u> Max. 10.00 points</p>	<p><u>Artistic</u> Max 10.00 points</p> <p><u>Execution</u> Max 10.00 points</p>	<p><u>Total with ap'</u> D1 – 10.00 D2 – 10.00 A – 10.00 E – 10.00 $(D1+D2)/2+A+E =$ max 30.000</p>
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Program

Thursday 2nd of June

- Arrival of delegations
- Training in competition hall
- Technical Meeting for judges and coaches in the Hotel 21:30

Friday 3rd of June

- Judge meeting
- Training possibility in competition place
- Opening Ceremony
- Competitions: senior, junior, pre-junior

Saturday 4th of June

- Judge meeting
- Competitions: hopes, children
- Finals: senior, junior, pre-junior
- Gala
- Closing ceremony
- Banquet

Sunday 5th of June

- Trip to Jerusalem
- Departure of Delegations

Finals :

First 6 gymnasts in each apparatus of the all-round competition (Senior, Junior, Pre-junior) maximum 1 gymnast per country.

The organizing club (Maccabi Ashdod) can add 1 gymnast in every final.

Finals will be held in the following categories and apparatus:

Pre-Juniors: Rope, Hoop and Ball

Junior: Rope, Ball and Clubs

Senior: Hoop, Ball and Ribbon

Awarding:

- **Awarding ceremony will be held for each apparatus separately and for All around**

Gala:

On Saturday June 4th 2011, after all finals, there will be a small Demonstration Gala. Gymnasts are welcome to present 1 short exhibition, In solo or in group exercise.

Prices:

- **The winner in every category will receive a trophy and medal.
Second and third place will receive medals.**

Invitations are send to : AUS, BLR, BUL, CAN, CHN, BOS, CRO, CYP, CZE, DEN, EGY, ESP, EST, FIN, FRA, GEO, GER, GBR, GIB, GRE, HUN, ISR, ITA, JAP, KAZ, LAT, LTU, MEX, NED, POL, POR, ROM, RUS, SRB, SVK, SLO, TUR, UKR, USA, UZB.

**We look forward to your participation in our competition!
Sincerely,**

***Maria Vainblat,
International FIG Judge***

***Yelena Vaynblat,
Head coach Maccabi Ashdod***



Preliminary Entry

PRELIMINARY ENTRY – 10 March 2011

Country : _____

Club / Team name : _____

Address: _____

Phone: _____

Fax number : _____

Contact Person : _____

E- mail : _____

*We are intends to participate on the 2011 edition of the
"SEA CUP", Ashdod, Israel with the following number of persons:*

<i>Gymnasts</i>		<i>Person</i>
<i>Judge</i>	<i>1</i>	<i>Person</i>
<i>Coach</i>	<i>1</i>	<i>Person</i>
<i>Additional Person</i>		<i>Person</i>
		<hr/>
<i>Total Delegation</i>		<i>Person</i>

PLEASE RETURN THIS APPLICATION FORM BEFORE **10 March 2011**
TO E-MAIL : mariavainblat@walla.com or lenochka8@walla.com

Definite and Nominative Entry



DEFINITE ENTRY – 15 April 2011

Country: _____

Club / Team name : _____

Address: _____

Phone: _____

Fax number : _____

Contact Person : _____

E- mail : _____

Will participate on the 2011 edition of the "SEA CUP", with the following delegation:

Gymnasts:

NAME	SURNAME	BIRTHDAY	CATEGORY
1.			
2.			
3.			
4.			
5.			
6.			

Judge: _____

Coach: _____

Additional Person: _____

PLEASE RETURN THIS APPLICATION FORM BEFORE **15 April 2011**
TO E-MAIL : mariavainblat@walla.com or lenochka8@walla.com

Travel Ditals Arrivel and Departure



Country : _____

Club / Team name : _____

Adress: _____

Phone: _____

Fax number : _____

Contact Person : _____

E- mail: _____

Date Of Arrivle : _____

Airport Fling Company Flight number Time Arriving From

Ben-Gurion

Date Of Departure : _____

Airport Fling Company Flight number Time Going to

Ben-Gurion

PLEASE RETURN THIS APPLICATION FORM BEFORE March 28th 2010
TO E-MAIL : mariavainblat@walla.com or lenochka8@walla.com

Gala



We would like to take part in the gala

Country : _____

Club / Team name : _____

Name of the performance _____

Names of the performing gymnast/s :

1. _____

2. _____

3. _____

4. _____

5. _____

Length of the performance: _____

PLEASE RETURN THIS APPLICATION FORM BEFORE MAY 1st 2011
TO E-MAIL : mariavainblat@walla.com or lenochka8@walla.com