

3rd SPRING CUP

Ploiesti Romania 19-22 may 2011
International Rhythmic Gymnastics Tournament

Municipality Sports Club
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INVITATION

We are very pleased to invite a delegation from your country to attend our
International Tournament for Rhythmic Gymnastics
3rd SPRING CUP 2011,
which be held in Ploiesti, ROMANIA, from 19th till 22nd of May 2011

Organizing Committee: MUNICIPALITY SPORTS CLUB, PLOIESTI CITY (CSM PLOIESTI)
Tel./Fax 00 40 244 57 46 99

LILIANA BĂESCU e-mail: ritmica.csm@ploiesti.ro
Website: <http://ritmica.csm.ploiesti.ro>

Partner: ROMANIAN RHYTHMIC GYMNASTICS FEDERATION

CĂTĂLIN MANU e-mail: office@frgr.ro
Website: www.frgr.ro

Invitations to:

- ARG, AUS, AUT, BEL, BLR, BRA, BUL, CAN, CRO, CYP, CZE, EGY, ESP, EST, FIN, FRA, GBR, GEO, GER, GRE, HUN, ITA, ISR, JPN, KAZ, LAT, LTU, MAS, MEX, NED, NOR, POL, POR, RSA, ROM, RUS, SLO, SUI, SVK, SWE, TPE, TUR, UKR, VEN, USA

Venue: "Leonard Doroftei" Hall, Ploiesti City - Milcov Street No. 1

Date of arrival May, 19th, 2011

Date of departure May, 22nd, 2011

Delegation per Country: Each delegation consist of maximum **8 persons:**

- 5 individual gymnasts (at least 3 categories)
- 2 coach
- 1 judge (preferable international FIG brevet)

senior individual gymnasts (born 1995 or older)
junior individual gymnasts (born 1996 – 1998)
pre-junior individual gymnasts (born 1999 – 2000)
children individual gymnasts (born 2001 – 2002)
mini individual gymnast (born 2003 – 2005)

The organizing club is reserving the right to enter more than 2 gymnast per category in all around competition

Start Money: Free of any financial obligation!

- Forms:** Please bring with you 6 copies of D1&D2 form for each routine
 ** The forms could be sent by e-mail 1 copy for each routine or will be gived at the arrivals
- Music:** All music must be recorded on CD (clearly labelled with the gymnast's name, club, country,
- National Flag:** All delegations are kindly requested to bring their national flag.
- Insurance** All participants should have their own health insurance. All delegations are responsible for having the necessary coverage against accidents and illness.
- Accommodation:
& Meals** **Central Hotel***:** 56 euro / day / person
<http://www.thr.ro/>
- Transport** The organizing committee will provide transportation from the airport/train station to hotel and return, and bus transportation from the hotel to training and competition hall.
 International travel's expenses will be paid by each delegation.
- Program:**
- May, 19th
- Arrival of delegations and accommodation.
 - Training in competition hall.
 - Press Conference
 - Technical meeting for judges and coaches in the competition hall
- May, 20th
- Meeting of judges
 - Opening Ceremony
 - All around competition.
 - Senior – hoop, ball
 - Junior – clubs, ribbon
 - Pre-Junior – hoop, ball
 - Children – rope, hoop
 - Mini – free, rope
- May, 21st
- Meeting of judges
 - All around competition.
 - Senior – clubs, ribbon
 - Junior – hoop, ball
 - Pre-Junior – clubs, ribbon
 - Children – ribbon
 - Award Ceremony.
 - Gala and Closing ceremony
 - Banquet

May, 22nd

- Departure of delegations.

Competition

Senior:

All around competition according to FIG Regulation

Junior:

All around competition according to The UEG junior program

Pre-Junior:

All around competition according to The UEG junior program

Children:

All around competition according to The UEG junior program

Mini:

All around competition according to The UEG junior program

Closing Ceremony Gala: We welcome any delegation to participate in the Closing Ceremony Gala. (Please fill Gala form).

Entries

Preliminary entry: 15th of April, 2011

Definitive entry: 1st, of May, 2011

Travel schedule

Not later than **May 1st, 2011**

VISA FORMS

Please check in time your delegation's visa for entry in Romania.

Ask in time for an official nominative invitation list (name, surname, birth date, birth place, no. of passport, address) and the address and no. fax of Romanian Consulate in your country.

Awards:

Individual all around competition medals will be awarded for the top 3 gymnasts in each category and each apparatus separately. Certificates and presents will be awarded to all participants.

Accommodation and Meals must be paid on arrival.

We look forward to your participation in our tournament!

Sincerely,

Mihaela Stambolgiu
CSM President

TECHNICAL PROGRAM – SPRING CUP 2011

Category	Year of Birth	Technical Program	Difficulty of the Body (D1)				Difficulty of the Apparatus (D2)
			No. of Diff.	Compulsory body movement difficulties	Non-compulsory body movement difficulties	Value (D1)	
Mini	2005-2003	Free	8 dif. max.	2 \wedge 2 T 2 \perp S 2 O		5.00 p. max.	
		Rope	8 dif. max.	min. 3 \wedge + min. 3 O	max. 2 dif. by own choice	5.00 p. max.	10.00 p. max.
Children	2001-2002	Rope	8 dif. max.	min. 3 \wedge + min. 3 O	max. 2 dif. by own choice	5.00 p. max.	10.00 p. max.
		Hoop		2 \wedge 2 T 2 \perp S 2 O			
		Ribbon		min. 3 \wedge + min. 3 O	max. 2 dif. by own choice		
Pre-Junior	1999-2000	Hoop	10 dif. max.	min 2 - max 3 \wedge T \perp S O		6.00 p. max.	10.00 p. max.
		Ball		min. 3 \perp S + min. 3 \wedge	max. 4 dif. by own choice		
		Clubs		min. 3 T + min. 3 O	max. 4 dif. by own choice		
		Ribbon		min. 3 \wedge + min. 3 O	max. 4 dif. by own choice		
Junior	1996-1998	Hoop	10 dif. max.	min 2 - max 3 \wedge T \perp S O		7.00 p. max.	10.00 p. max.
		Ball		min. 3 \perp S + min. 3 \wedge	max. 4 dif. by own choice		
		Clubs		min. 3 T + min. 3 O	max. 4 dif. by own choice		
		Ribbon		min. 3 \wedge + min. 3 O	max. 4 dif. by own choice		
SENIOR GYMNAST	min. 1995	Hoop	12 dif. max.	min 2 - max 4 \wedge T \perp S O		10.00 p. max.	10.00 p. max.
		Ball		min. 4 \perp S + min. 4 \wedge	max. 4 dif. by own choice		
		Clubs		min. 4 T + min. 4 O	max. 4 dif. by own choice		
		Ribbon		min. 4 \wedge + min. 4 O	max. 4 dif. by own choice		