

Asd Ritmica  
DynamO 



ROMA

Municipio Roma X



# ROME CUP 2019

Rhythmic  
Gymnastics

5/7  
JULY  
2019  
ROME  
OSTIA

### **Date and Location:**



### **Roma Ostia**

5/6/7 July 2019

Olimpic Center Matteo Pellicone - Fijlkam  
Via dei Sandolini 79 - 00122 Roma (RM)



Arena is located in front of the metro station Castel Fusano.

**Participants move hotel to the gym and back on their own.**

### **Schedule:**

#### **Friday 5 July:**

- Arrival and accreditation of the delegation. All foreign teams must arrive 5 of July.
- Podium training.
- Juries' briefing (Each team must provide a proper jury. Failing this, there will be **100 euro penalty applied**).

#### **Saturday 6 July:**

- Individual gymnasts Silver LD, Silver LE;
- Individual gymnasts Gold B,

#### **Sunday 7 July:**

- Individual gymnasts Rome Cup RG, Junior, Senior;
- Baby Rome Cup exhibition;
- Group competitions;
- Gala;
- Festive banquet.

*All participants will be rewarded with a certificate and a tournament souvenir.*

*Individual gymnasts Silver LD, Silver LE;*

*Gold B, will be rewarded with medals of 1<sup>st</sup> -3<sup>rd</sup> place.*

*Individual gymnasts GOLD A will be rewarded with cups of 1<sup>st</sup> -3<sup>rd</sup> place.*

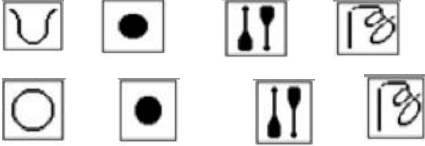








*All participants of Baby Rome Cup exhibition will be rewarded with a certificate and a medal of participant.*













Contacts: WhatsApp: +39 347 94 20 723 Darina Yarish





















Email: [ritmica.dynamo@gmail.com](mailto:ritmica.dynamo@gmail.com)

















Facebook: Rome Cup 2019 International Rhythmic Gymnastics Tournament for clubs


Web.: <https://www.asdritmicadynamo.com/>

Individual program:			
Difficulty level :			
Silver LD	Silver LE	Gold B	Rome Cup Gold A
Apparatus award 1-2 routine on your choice	Apparatus award 1-2 routine on your choice	Apparatus award 2-3 routine on your choice	This level is dedicated for juniors and seniors only. Award all round. 
4 p.	5 p.	J1 - p. 8,00 J2-J3 - p. 8,00 S - p. 9,00	J1 - p. 8,00 J2-J3 - p. 8,00 S - p. 9,00
Music (1,15- 1.30)	Music (1,15-1,30)	Music 1,30	Music 1,30
Age group:			
Allieve:	Junior	Senior	
GIOVANISSIME "Baby Rome Cup" exhibition: 2011/2012 and earlier A1 (2010/2011, 8 years completed) A2 (2009) A3 (2008) A4 (2007)	J1 2006 J2 2005 J3 2004	S 2003 and before	
Group program:			
Allieve 2007/2009/2010/2011	Giovanile 2004/2005/2006	Open 2003 e precedenti	
By choice:  5  5  Group free hands	By choice:  5  5	By choice:  5  3 +  4	
Music (1,45- 2.00)	Music (2.30)	Music (2.30)	

SILVER LD					
Apparatus award. 1-2 routine on your choice					
p. 4,00	BD	BDG	S	R	AD
	from 0,10 to 0,40 Min. 3 BD Max. 6 BD	Jumps Min. 1 Balances Min. 1 Rotations Min. 1	0,30 Min. 2 S (8 second)	/	/
	from 0,10 to 0,40 Min. 3 BD Max. 6 BD	Jumps Min. 1 Balances Min. 1 Rotations Min. 1	0,30 Min. 2 S (8 second)	No Min.   Max. 3 R	0,20/0,30/0,40 No Min./Max.
	from 0,10 to 0,40 Min. 3 BD Max. 6 BD	Jumps Min. 1 Balances Min. 1 Rotation Min. 1	0,30 Min. 2 S (8 second)	No Min.   Max. 3 R	0,20/0,30/0,40 No Min./Max.
	from 0,10 to 0,40 Min. 3 BD Max. 6 BD	Jumps Min. 1 Balances Min. 1 Rotations Min. 1	0,30 Min. 2 S (8 second)	No Min.   Max. 3 R	0,20/0,30/0,40 No Min./Max.
	from 0,10 to 0,40 Min. 3 BD Max. 6 BD	Jumps Min. 1 Balances Min. 1 Rotations Min. 1	0,30 Min. 2 S (8 second)	No Min.   Max. 3 R	0,20/0,30/0,40 No Min./Max.
	from 0,10 to 0,40 Min. 3 BD Max. 6 BD	Jumps Min. 1 Balances Min. 1 Rotations Min. 1	0,30 Min. 2 S (8 second)	No Min.   Max. 3 R	0,20/0,30/0,40 No Min./Max.
SILVER LE					
Apparatus award. 1-2 routine on your choice					
p. 5,00	BD	BDG	S	R	AD
	from 0,10 a 0,50 Min. 3 Max. 6 Higher value	Jumps Min. 1 Balances Min. 1 Rotations Min. 1	0,30 Min. 2 S (8 second)	/	/
	from 0,10 a 0,50 Min. 3 Max. 6 Higher value	Jumps Min. 1 Balances Min. 1 Rotations Min. 1	0,30 Min. 2 S (8 second)	No Min.   Max. 4 R	0,20/0,30/0,40 No Min./Max.
	from 0,10 a 0,50 Min. 3 Max. 6 Higher value	Jumps Min. 1 Balances Min. 1 Rotations Min. 1	0,30 Min. 2 S (8 second)	No Min.   Max. 4 R	0,20/0,30/0,40 No Min./Max.
	from 0,10 a 0,50 Min. 3 Max. 6 Higher value	Jumps Min. 1 Balances Min. 1 Rotations Min. 1	0,30 Min. 2 S (8 second)	No Min.   Max. 4 R	0,20/0,30/0,40 No Min./Max.
	from 0,10 a 0,50 Min. 3 Max. 6 Higher value	Jumps Min. 1 Balances Min. 1 Rotations Min. 1	0,30 Min. 2 S (8 second)	No Min.   Max. 4 R	0,20/0,30/0,40 No Min./Max.
	from 0,10 a 0,50 Min. 3 Max. 6 Higher value	Jumps Min. 1 Balances Min. 1 Rotations Min. 1	0,30 Min. 2 S (8 second)	No Min.   Max. 4 R	0,20/0,30/0,40 No Min./Max.

<b>GOLD B</b>					
Apparatus award. 2-3 routine on your choice					
<b>Allieve</b>					
Apparatus award. 2-3 routine on your choice					
Age Group:	BD	BDG	S	R	AD
A1 (2010) e (2011) 8 years completed)	Min. 3 Max. 6 Higher value	Min. 2 for each BDG	S Min. 2 (8 sec.) 0,30	Min. 1 R Max. 2 R	Min. 1 Max. 4 0,20/0,30/0,40
A2 (2009)	Min. 3 Max. 6 Higher value	Min. 2 for each BDG	S Min. 2 (8 sec.) 0,30	Min. 1 R Max. 2 R	Min. 1 Max. 4 0,20/0,30/0,40
A3 (2008)	Min. 3 Max. 6 Higher value	Min. 2 for each BDG	S Min. 2 (8 sec.) 0,30	Min. 1 R Max. 3 R	Min. 1 No Max. 0,20/0,30/0,40
A4 (2007)	Min. 3 Max. 7 Higher value	Min. 1 for each BDG	S Min. 2 (8 sec.) 0,30	Min. 1 Max. 4	Min. 1 No Max. 0,20/0,30/0,40
<b>Junior</b>					
Apparatus award. 2-3 routine on your choice with apparatus					
Age Group:	BD	BDG	S	R	AD
J1 (2006)     	Min. 3 Max 7 Higher value	Min. 1 for each BDG	S Min. 2 (8 sec.) 0,30	Min. 1 Max. 4	No Min. No Max. 0,20/0,30/0,40
J2 (2005)     	Min. 3 Max 7 Higher value	Min. 1 for each BDG	S Min. 2 (8 sec.) 0,30	Min. 1 Max. 4	No Min. No Max. 0,20/0,30/0,40
J3 (2004)     	Min. 3 Max 7 Higher value	Min. 1 for each BDG	S Min. 2 (8 sec.) 0,30	Min. 1 Max. 4	No Min. No Max. 0,20/0,30/0,40
<b>Senior</b>					
Apparatus award. 2-3 routine on your choice with apparatus					
    	Min. 3 Max 7 Higher value	Min. 1 for each BDG	S Min. 2 (8 sec.) 0,30	Min. 1 Max. 4	No Min. No Max. 0,20/0,30/0,40

GOLD A ROME CUP RG Award all round.					
<i>Junior</i> Award all round.					
Age Group JUNIOR:	BD	BDG	S	R	AD
J1 (2006)    	Min. 3 Max 7 Higher value	Min. 1 for each BDG	S Min. 2 (8 sec.) 0,30	Min. 1 Max. 4	No Min. No Max. 0,20/0,30/0,40
J2 (2005)    	Min. 3 Max 7 Higher value	Min. 1 for each BDG	S Min. 2 (8 sec.) 0,30	Min. 1 Max. 4	No Min. No Max. 0,20/0,30/0,40
J3 (2004)    	Min. 3 Max 7 Higher value	Min. 1 for each BDG	S Min. 2 (8 sec.) 0,30	Min. 1 Max. 4	No Min. No Max. 0,20/0,30/0,40
<i>Senior</i> Award all round.					
Age Group: Senior	BD	BDG	S	R	AD
   	Min. 3 Max 9 Higher value	Min. 1 Per BDG	S Min. 1 (8 sec.) 0,30	Min. 1 Max. 5	Min. 1 No Max. 0,20/0,30/0,40

Baby Rome Cup: 2011/2012 and earlier	BD	BDG	S
	Min. 3 Max. 6	Min. 1 for each BDG	Min. 1
All gymnasts will be awarded with the medal of participation and the diploma, and the souvenir gift of the tournament.			

**Costs:**

**1) Participation fee:**

- Silver LD/LE 40 euro (for gymnast)
- Gold B 50 euro (for gymnast)
- Rome Cup 70 euro (for gymnast)
- Group 70 euro (for one group routine)
- BABY CUP ROME CUP EXHIBITION 40 euro (for gymnast)

**2) Photographer:** 15 euro for gymnast (15 photos),

30 euro for one group routine (15 photos). The photos must be booked during the registration (write the email of a gymnast, her parents and your club).

*Luca Agati is an international photographer. All the post-produced photos will be delivered to the participants. Please, write your email during registration to get the access (price 15 euro).*

**Additional services:**

- *Sports Palace FIJKAM dining hall charges 17 EURO for a meal, reservation beforehand is required.*
- *There will be a banquet hosted after the registration. We will contact each team individually.*
- *Medical support during the competition.*

*Association and Federation of Gymnastics in Italy are not responsible for the physical and property damage before, after and during competition. It is required to have a personal insurance for each participant.*

**Conventional Hotels:**

*Please contact our managers to check the availability before booking a hotel.*

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HOTEL LA SCALETTA (ON THE SEA) \*\*\*

<http://hotellascalettaroma.it/it/>

Located in the center of Ostia (near the sea).

Lungomare Paolo Toscanelli 130, 00121 Lido di Ostia, Italia

Room type	Single	Double	Triple
Price BB	70	100	120
With sea view	/	110	130
Booking before 15/04/2019, otherwise for bookings after the deadline will be applied a price of high season.			
Tourist tax of Rome city council is not included (4 euro per person older than 10 y.o. per one night up to 10 nights).			

HOTEL BELLA VISTA (ON THE SEA) \*\*\*

Hotel La Riva

Located in the center of Ostia (near the sea).

[www.rivabellahotels.it](http://www.rivabellahotels.it)

Piazzale Magellano 22 - 00122 Lido Di Ostia (RM)

Room type	Single	Double	Triple	4-bedded
Price BB	68	95	120	135
Booking before 15/04/2019, otherwise for bookings after the deadline will be applied a price of high season.				
Tourist tax of Rome city council is not included (4 euro per person older than 10 y.o. per one night up to 10 nights).				

PARK HOTEL OSTIA ANTICA \*\*\*

[www.ostiaanticaparkhotel.it](http://www.ostiaanticaparkhotel.it)

15 mins the sea by taxi.

Viale dei Romagnoli, 1041 A

Swimming pool in the hotel.

Room type	Double	Triple
Цена BB	80	100
Dinner	20 euro	
Taxi to Ostia	5 euro per person, shuttle for 7 people	
Booking before 15/04/2019, otherwise for bookings after the deadline will be applied a price of high season.		
Tourist tax of Rome city council is not included (4 euro per person older than 10 y.o. per one night up to 10 nights).		

*If you are interested in hotels \*\*\*\*, we can help you book Fly Deco Hotel.*

### Sea Hostel

LITUS ROMA HOSTEL

<http://www.litusroma.com/>

Located in the center of Ostia, near the sea

Lungomare P. Toscanelli, 186

Check-in Via Adolfo Cozza, 7

Room Type	2 beds	3 beds	4 beds	5 beds	6 beds
Price BB	80	100	120	140	170
Booking before 15/04/2019, otherwise for bookings after the deadline will be applied a price of high season.					
Tourist tax of Rome city council is not included (4 euro per person older than 10 y.o. per one night up to 10 nights).					

### Sports Palace hotel

Room type	Single	Double
Price BB	60	100
lunch	17 euro	
dinner	17 euro	
Room type	Single	Double
Lunch+Dinner	95	160
Booking before 15/04/2019.		

***All the hotels must be booked via our managers before 15/04/2019. After rooms' termination we cannot guarantee the same room prices.***

***After 15/04/2019 all the hotels will increase the prices due to high season.***

***All teams are free to book a stay in ANY OTHER HOTEL on your choice. In this case managers are not responsible for providing a Voucher for SHENGEN VISA.***



## GALA

Each team can have 2 performances maximum. (NO competition routine).

**Duration: 2.30 min MAX.**

### **SUBSCRIPTIONS:**

Preliminary subscription :	15.03.2019
Payment of 50% registration and hotel:	15.04.2019
Visa invitation:	15.04.2019
Residual payment	15.06.2019
Music must be sent by email:	<a href="mailto:romecuprgmusic@gmail.com">romecuprgmusic@gmail.com</a> before 01.06.2019
LA START LIST will be announced on 01.07.2019	<a href="https://www.asdritmicadynamo.com/rome-cup-rg-2019/">https://www.asdritmicadynamo.com/rome-cup-rg-2019/</a>
Each delegation must have at least: 1 manager, 1 coach, 1 jury. In case of JURY absence - 100 EUR fee.	

Payment should be transferred to the bank account of the club manager. Cash is NOT accepted.

Details for the payment description: **ROME CUP 2019- CITY and CLUB Participant's NAME**, transfer fee is at expense of participant's sports club.

**Registration payments are not returned, in case the gymnast is not able to come, you can substitute the participant.**

### **BANK ACCOUNT:**

<b>Elenco rapporti (Coordinate Conto/IBAN)</b>	<b>BIC/SWIFT</b>	<b>Tipo *</b>	<b>Intestazione</b>
IT61X0200805237000104474047	UNCRITM1J47	CC	ASSOCIAZIONE SPORTIVA DILETTANTISTICA RITMICA DYNAMO

**REGISTRATION AND BILLING INFORMATION WILL BE SENT BY EMAIL**

**How to arrive:**

**By Air:**

**Fiumicino Airport, it is available transfer the airport to your hotel (contact our managers).**

**FREE TIME:**

- **Rome tour**

IT is possible to book an excursion with a guide in Rome (in Russian, Italian or English language). You can also visit Rome by your own.

- **OUTLET CASTEL ROMANO**

You can book a transfer to CASTEL ROMANO OUTLET VILLAGE.

- **ZOOMARINE – AquaParc**

You can book a bus to ZOOMARINE ACQUAPARK

Contacts:

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Email: [ritmica.dynamo@gmail.com](mailto:ritmica.dynamo@gmail.com)

Facebook: Rome Cup 2019 International Rhythmic Gymnastics Tournament for clubs

Web.: <https://www.asdritmicadynamo.com/>

***WE WILL BE HAPPY TO MEET YOU AT OUR  
COMPETITION!***

International Rhythmic Gymnastics  
Tournament for clubs

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