



We are very pleased to invite you to the International Tournament in RG

11.th ISTANBUL RHYTHMICS CUP2019

ISTANBUL TURKEY JUNE 19-23 th 2019

- ORGANIZERS** 1-Foundation of directorate Youth and Sports of İstanbul
2-Istanbul Municipality Spor A.Ş.
3- Acibadem Gymnastics Sport Club
- APPROVEMENT** Turkish Gymnastics Federation
- DATE and VENUE** 19-24 th JUNE 2019
Burhan Felek Sports Complex/ İstanbul-TURKIYE
(Gymnastics Hall)
- ARRIVAL** 19 JUNE 2019 **DEPARTURE** 24 JUNE 2019
- MEMBERS OF DELEGATIONS** Max 10 gymnasts individuals (gymnasts in different categories)
6 gymnasts GROUP
2 coach , 1 judge .
- ENTRIES** Preliminary entries to be sent to
Ms. Nataliya Malakhovska Imga
Head of the Organizing Committee
Latest on 15 may 2019.
E-mail: nataliyaimga@gmail.com

GSM + 90 534 982 32 93

Nominative entries, as well as the travel details (date and hour of arrival Flight No , train / bus) to be sent to the organizing committee, via e-mail by 15 May 2019

REGULATIONS

FOR THE INTERNATIONAL RHYTHMIC GYMNASTICS TOURNAMENT

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BORN	CATEGORY A	CATEGORY B	CATEGORY C
2013 & younger	W/A Max: 7 difficulties Min : 2 combination of steps D:max: 3.00	W/A Max: 7 difficulties Min : 2 combination of steps D:max: 3.00	W/A Max: 7 difficulties Min : 2 combination of steps D:max: 2.00
2012	W/A and 1 apparatus hoop or ball Max: 7 difficulties Min : 2 combination of steps Min: 1AD D:max: 5.00 (w/a) 6.00 (apparatus)	W/A Max: 7 difficulties Min : 2 combination of steps D:max: 4.00	W/A Max: 7 difficulties Min : 2 combination of steps D:max: 3.00
2011	W/A and 1 apparatus hoop or ball Max: 7 difficulties Min : 2 combination of steps Min: 1AD Min: 1R D:max: 6.00 (w/a) 7.00 (apparatus)	W/A and 1 apparatus hoop or ball Max: 7 difficulties Min : 2 combination of steps Min: 1AD Min: 1R D:max: 5.00 (w/a) 6.00 (apparatus)	W/A Max: 7 difficulties Min : 2 combination of steps D:max: 4.00
2010	W/A and 1 apparatus by choice Max: 7 difficulties Min : 2 combination of steps Min: 1AD Min: 1R D:max: 7.00 (w/a) 8.00 (apparatus)	W/A and 1 apparatus hoop or ball Max: 7 difficulties Min : 2 combination of steps Min: 1AD Min: 1R D:max: 6.00 (w/a) 7.00 (apparatus)	W/A Max: 7 difficulties Min : 2 combination of step D:max: 5.00
2009	hoop and 1 apparatus by choice Max: 7 difficulties Min : 2 combination of steps Min: 1AD	hoop and 1 apparatus of choice Max: 7 difficulties Min : 2 combination of steps Min: 1AD Min: 1R D: max 7.00	1 apparatus hoop or ball Max: 7 difficulties Min : 2 combination of steps Min: 1AD Min: 1R D:max: 5.00

	Min: 1R D:max: 8.00		
2008	Ball and 1 apparatus by choice Max: 7 difficulties Min : 1 combination of steps Min: 1AD Min: 1R D:max: 8.00	Ball and 1 apparatus of choice Max: 7 difficulties Min : 1 combination of steps Min: 1AD Min: 1R D:max: 7.00	1 apparatus hoop or ball Max: 7 difficulties Min : 1 combination of steps Min: 1AD Min: 1R D:max: 5.00
2007	clubs and 1 apparatus by choice BD:min 4 -max 7 min 1 combination of steps Min:1 AD min 1R 8.00 Point max	clubs and 1 apparatus of choice BD:min 4 -max 7 min 1 combination of steps Min: 1AD min 1R 7.00 Point max	1 apparatus hoop or ball Max: 7 difficulties Min : 1 combination of steps Min: 1AD Min: 1R D:max: 6.00
2006 JUNIOR	FIG JUNIORS	NO	NO
2005 JUNIOR	FIG JUNORS	NO	NO
2004 JUNIOR	FIG JUNIORS	NO	NO
SENIOR	FIG 2017-2020	NO	NO
GROUPS 2012-2011	W/A Max: 7 difficulties Min : 1 combination of steps D:max: 6.00	NO	NO
GROUPS 2009-2010	W/A Max: 7 difficulties Min : 1 combination of steps D:max: 7.00	<u>NO</u>	<u>NO</u>
GROUPS 2007-2008	1 apparatus by choice Max: 7 difficulties Min : 1 combination of steps D:max: 8.00		
GROUPS 2004 -2006	FIG JUNIORS	NO	NO
AWARDS	Gymnasts who take 1-6 places will be awarded with medals and prizes in each age category and for each apparatus. Junior all-around 1-6 places in each age group, Seniors all-around 1-6 places 1-3 place Apparatus Finals		
MUSIC	Musical accompaniment of the exercises in mp3 format should be sent before May 25 th 2019 to		

	istanbulcuprg@gmail.com
ARRIVAL	19 JUNE 2019
COMPETITION	20-23 JUNE 2019
DEPARTURE	24 JUNE 2019
EVENT	BURHAN FELEK SPOR KOMPLEKSİ 50. YIL VOLEYBOL SALONU ISTANBUL
PARTICIPATION FEE	40 EURO per individual gymnast 80 Euro per group
ACCOMODATION	VOLLEY HOTEL **** ISTANBUL CROWNE PLAZA ORYAPARK HOTEL ***** ISTANBUL Accomodation is with halfboard (breakfast and dinner) SINGLE ROOM 60 Euro 1person/night DOUBLE ROOM 50 Euro 1 person /night TRIPLE ROOM 40 Euro 1 person/night
TRANSPORT	Transportation from Istanbul International Airports (Ataturk Int. Airport or Sabiha Gokcen Int. Airport) to the hotel , gymnastic hall (and back) is provided by organizers. 10 EURO /1 PERSON
EXCURSIONS	ISTANBUL HAGIA SOPHIA and BLUE MOSQUE TOUR (please contact organizer) ISTANBUL BOSPHORUS BOAT TRIP (please contact organizer)
PHOTO/VIDEO	PHOTO AND VIDEO also online LIFESTREAM translation of competition will be provided by BARNY THIEROLF and MARC SHUIRMAN (GERMANY)
INSURANCE	INSURANCE All participating delegations are responsible for having the necessary coverage against accidents and illness!
CONTACTS	Nataliya Imga –Organizing Committee of Istanbul Rhythmics Cup 2019 e-mail nataliyaimga@gmail.com GSM: 905349823293