

# „THE CUP OF OSTRAVA“

Rhythmic gymnastic club SSK Vitkovice has pleasure to invite you to  
24.international competition



**DATE:** 5.9.2020

**PLACE:** Sport hall - Sareza  
Hrušovská 15/2953  
Ostrava - Přívoz  
Czech Republic  
GPS: 49.8517311N, 18.2827964E

## CATEGORIES:

Category	Age	Basic competition	Difficulty	Notice
Seniors A F.I.G.rules	2004 and older	hoop App.for choice	<b>International rules for seniors</b>	
Seniors B	2004 and older	ribbon App.for choice	<ul style="list-style-type: none"> <li>max. 7 difficulty elements ( min 3)</li> <li>min 2 series of dance steps</li> <li>min. 1x risk max. 4 x</li> <li>no limits AD</li> </ul>	<b>National program</b> Only 7 difficulty elements
Juniors A F.I.G. rules	2005-2007	clubs App for choice	<b>International rules for juniors</b>	
Juniors B	2005 - 2007	Ball App.for choice	<ul style="list-style-type: none"> <li>min 3- max. 7 difficulty elements</li> <li>min 2 series of dance steps</li> <li>min1 - max 3 RISK</li> <li>no limit AD</li> </ul>	<b>National program</b>
Hopes older A	2008-2009	clubs App.for choice	<ul style="list-style-type: none"> <li>Max 7 difficulty elements (min3)</li> <li>Min 2 series of dance steps</li> <li>Min. 1x Max 4 risk</li> <li>No limits AD</li> </ul>	
Hopes older B	2008-2009	Hoop App.for choice	<ul style="list-style-type: none"> <li>min 3- max. 6 difficulty elements</li> <li>min 2 series of dance steps</li> <li>min1 – max 3 RISK</li> <li>No limits AD</li> </ul>	<b>National program</b> Only 6 difficulty elements
Hopes Younger A + B	2010-2011	2010 hoop App. for choice  2011 Withoutapp. App.for choice	Apparatures <ul style="list-style-type: none"> <li>Max 6 difficulty elements (min3)</li> <li>Min 2 series of dance steps</li> <li>Min. 1 risk max. 3 x</li> <li>No limits AD</li> </ul> Without app  Max 7 difficulty elements (min3) Min 2 series of dance step Max 3 dynamics elements with rotation	Hopes younger A 2010  Hopes younger B 2009

Benjamins A and B	2012 – 2013 and younger	Withoutapp.	Without app  Max 6 difficulty elements (min3) Min 2 series of dance step Max 3 dynamics elements with rotation	Benjamins A 2012  Benjamins B 2013 and younger
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**Notice: in performance withoutapp.** - dynamics elements with rotation(R) min. 2 max. 3, with or without change of axis or level **has always value 0,2**

In categories benjamins A and B, hopes younger will results announcement by the year of birth.

**Competition:**

Each club can include max. 6 competitors in different categories.

Delegations can be represented by 8 members (6 competitors, coach, judge).

**Starting money is 30 euro for 1 competitor ( include lunch pocket and diner)**

**It is necessary to include 1 judge!**

**Please mind that App. For choice mean apparatus, it is not possible use routine without apparatus!**

**Accommodation:**

Accommodation is **20 EU per person – 1 night from friday till Saturday ,breakfast is include.**

**Transportation:**

Organiser will provide transportation from airport/train, bus station to sport hall and hotel.

If you want to present some exhibition, you are welcome. Please mention it in your application.

**Please send your application and musics till 20 th of semtember 2020 on adress:**

[https://rgform.eu/menu.php?akcia=NP&id\\_prop=2191](https://rgform.eu/menu.php?akcia=NP&id_prop=2191)

***If you want to provide accommodation writte down how many people and number of nights to e-mail: tomasovaj@seznam.cz***

**Contact details:**

Jitka Tomášová

e-mail: tomasovaj@seznam.cz

tel. +420773938385 /Hana Kyšková/

**Preliminary time table:**

Friday	4.9.2020	
17:00-19:00		Arrivals, training, accomodation
Saturday	5.9..2020	
8:00-9:45		Training without music
Till 8:45		Presens
9:00		Judges meeting
10:00		opening ceremony

For the organizing team

## Accommodation

**Address: Hotel CITY, Macharova 16, Ostrava-Přívov**

Arrival time, place :

Mean of transport: car      train      bus

Complete number of person for accomodation: **/20EU per person /**

24-25th appril .....person

Contact person:

Tel: .....

e-mail: .....

