

Online Żoliborz Gold Cup

We cordially invite you for the II International
Competition in Rythmic Gymnastics (Online)

Organizer: UKS Ronin Team Warsaw

COMPETITION DATES	28 November 2020 (professional gymnasts categories A and B) 29 November 2020 (recreational gymnasts categories B light, C, C light) - the competition plan can be modified depending on the number of registered gymnasts
PLACE	Please record a routine in vertical position. The recording can be made in the competition hall, outside or at home.
CONTACT	ga.roninteam@gmail.com Rozalia Pietka +0048 506 688 730
ENTRY	by 21.11.2020 email: ga.roninteam@gmail.com
DELEGATION	Unlimited number of gymnasts, 1 judge
STARTING FEE	30 euro per gymnast Bank account: PL 47 1020 1026 0000 1102 0115 2008 (Entry Fee + club name + number of gymnasts)
MEDICAL and INSURANCE	Each gymnast must have a medical certificate and insurance for the duration of the competition
AWARDING	Each gymnast will receive a medal, diploma and a gift. The first 3 places in all around competition will receive cups or statuettes. The gymnasts will be classified by category and/or year of birth depending on the number of registered gymnasts.

MUSIC	MP3 by email: ronin.muzyka@gmail.com
MEDIA	The transmission of the recorded routines will be provided by rell.pl

COMPETITION PROGRAM
Category A and B

	CATEGORY A	CATEGORY B
2012 and younger	2 ROUTINES WA + choice	1 ROUTINE WA D: max 3,5
2010-2011	2 ROUTINES 2 apps by choice	2 ROUTINES WA + choice D: max 5,0
2008-2009	2 ROUTINES 2 apps by choice	2 ROUTINES 2 apps by choice D: max 6,0
2006-2007 JUNIOR	2 ROUTINES 2 apps by choice FIG	2 ROUTINES 2 apps by choice D: max 7,5
2004 and older SENIOR	2 ROUTINES 2 apps by choice FIG	2 ROUTINES 2 apps by choice FIG

**Competition Program
Recreational gymnasts**

	Category B light	Category C	Category C light
2010 and younger	1 ROUTINE 1 app by choice D: max 3,0	1 ROUTINE WA D: max 2,5	1 ROUTINE WA D: max 2,0
2008-2009	2 ROUTINES WA+ app by choice D: max 4,5	1 ROUTINE 1 app by choice D: max 4,0	1 ROUTINE WA D: max 3,5
2005-2007 JUNIOR	2 ROUTINES 2 apps by choice D: max 7,0	1 ROUTINE 1 app by choice D: max 6,5	
2004 and older SENIOR	2 ROUTINES 2 apps by choice FIG		