

# Rhythmic Air Cup 2020

**Gymnastics Life invites you to participate in Rhythmic Air Cup 2020.**

Dear Coaches, Gymnasts and Parents,

The coronavirus epidemic has changed our life and our plans and again divided our borders, but we can still bring light and let our gymnasts shine with their performances. Rhythmic gymnastics unites us and has no borders.

We cordially invite you to our first "online" competition for rhythmic gymnastics. We expect competitors from around the world and it will take place **December 19th and 20th.**

Registered competitors will prepare a routine according to the competition rules.

Prizes - medals and presents - will be sent by US mail after the competition to the address given in the application. Each Age group will be awarded separately.

## **Rhythmic Air Cup 2020 rules:**

- 1) The routine must be performed in a home environment – in a children's or living room, garage, etc. For safety reasons the competitors will adjust the routines to the given limited space options.
- 2) The routines can NOT be filmed in sports halls, gyms and similar places for full-fledged routines. The principle of the competition is to deal with restrictions and nonstandard conditions in times of limited movement and sports.
- 3) The routine will be performed by a gymnast with standard hairstyle and makeup accompanied by music.
- 4) The competitor will present their routine at the assigned time by organizing committee.

## **Entry Fee rules:**

- 1) Entry fee: \$40 per gymnast (one or two routines)
- 2) \$15 from each club (for postage and packing medals and presents for competitors and coach). Entry fee's are non refundable.
- 3) Each club will send an entry form (attached) with a list of competitors, stating their name, category (level), and year of birth, and time zone for best convenient competition time.

Payments arrangements will be made after entry form submission via (check, Zelle, PayPal)

## Categories and criteria:

Each Age group will be awarded separately.

### Little Stars (Level 3-4):

Floor Routine

min. 2, max. 4 elements • min. 2x S • max. 1x DER

S = dance steps valid also in the length of 6 sec.

DER = dynamic elements with rotation – for Floor routines these are two different rotations without a break (0,20 p. per each DER)

Routine length min. 0:45 up to max. 1:00 min.

### Raising Stars (Level 5-6)

Apparatus Routine by choice

min. 2, max. 5 elements • min. 2x S • max. 2x DER • max. 1 AC

S = dance steps valid also in the length of 6 sec.

DER = dynamic elements with rotation – for routines with apparatus DER valid also with one rotation.

Routine length min. 1:15 up to max. 1:30 min.

### Stars (level 7-8)

Apparatus Routine by choice

min. 2, max. 4 elements • min. 2x S • max. 3x DER • max. 3x AC

S = dance steps valid also in the length of 6 sec.

\*DER = dynamic elements with rotation (risk)

without a break pro (0,20 b. per each DER) DER valid also with one rotation.

Routine length min. 1:15 up to max. 1:30 min.

### Super Stars (Level 9-10)

Apparatus Routine by choice

min. 2, max. 6 elements • min. 2x S • max. 3x DER • max. 5x AC

S = dance steps valid also in the length of 6 sec.

DER = dynamic elements with rotation (risk)

DER valid also with one rotation.

Routine length min. 1:15 up to max. 1:30 min.

## Evaluation:

Professional evaluation by judges

Each judge will make an evaluation and send scores to the organizers (100 points).

Judges will not take into account and award deductions for criteria that cannot be performed in a non-standard space – eg. use of the competition area, directions, missing elements from the group of difficulty of rotations (jumps), missing DER etc.

**Deadline for applications and Entry fee (starcuptournament@gmail.com) by December 1, 2020**

Rhythmic gymnastics family we are all in this together!

### **Team participating from their own Gym's:**

Each team will be given assigned time and the start list : starting from the lowest level and going up. Each gymnast will perform the routine and after the first rotation, gymnasts will perform the second routine. Judges will be evaluating gymnasts during their performance and reporting all the scores to the organizer. (Score cards will be send back to the team coach after the competition)  
The Organizer will present each team with medals and gifts for each gymnast for their earned place.

### **Evaluation:**

Professional evaluation by judges (categories Brevet Cat 4)

Judges will not take into account nor award deductions for criteria that cannot be performed in a non-standard space – eg. use of the competition area, directions.

### **Categories and criteria:**

- **Level 3 Floor and Ball (USAG code of points)**
- **Level 4 Floor and Rope (USAG code of points)**
- **Level 5: Floor and Hoop (USAG code of points)**
- **Level 6: Floor and Ball (USAG code of points)**
- **Level 7: Hoop and Ball (USAG code of points)**
- **Level 8: Ball and Clubs (USAG code of points)**
- **Level 9-10 : Two routines by choice (FIG code of points)**

### **Instruction for the team leader:**

1. Fill out the Entry form and send it to: [starcuptournament@gmail.com](mailto:starcuptournament@gmail.com) (with your submission please specify your time zones so we can make sure to accommodate the best time for your team to compete) By December 10,2020
2. Payment arrangements will be send to you with options to pay via (Check, Zelle, PayPal)
3. You will receive the start up list with the time specified for your team to compete.
4. Print it out along with the routine form for each gymnast.
5. Place all forms in order in the envelope if you like the score cards to be send back to you after the competition, please include pre paid envelope. (For US teams only)
6. For International gymnasts please scan all the forms and send them to the organizer.

### **Organizational rules:**

- \* Entry fee: \$40 per gymnast(two routines)
- \* Entry fees are non refundable
- \* \$15 from each club (for postage and packing medals and presents for competitors and coach).
- \* Each club will send an entry form (attached) with a list of competitors, stating their name, category (level), year of birth, and routines.

