

ARZU SPRING FESTIVAL

13-14 MARCH

Dear friends!

We invite you to participate in international festival in rhythmic gymnastics. The competition will be held online "ARZU SPRING FESTIVAL." Goals and objectives: Popularization of rhythmic gymnastics; Improving the sportsmanship of gymnasts, motivation / acquisition of competitive experience; Establishing and strengthening friendly ties, sharing experience between coaches and referees.

Gymnasts- amateur sports clubs, sports general education organizations, sports organizations are allowed to participate in the competitions on the individual program, GPP DANCE Every team should have one referee!

CATEGORY	A+	B+	C+	A	B	C
2015 and younger	Free(7BD)	Free(7BD)	Free(7BD)	Free(5BD)	GPP	DANCE
2014-2013	Free(7BD)+1 APPRATUS	Free(7BD)+1 APPRATUS	Free(7BD)	Free(5BD)	GPP	DANCE
2012-2010	2 APPARUTUS (7BD)	2 APPARUTUS (7BD)	Free(7BD)+1 APPRATUS	Free(5BD)	GPP	DANCE
2009-2008	3 APPARUTUS (7BD)	2 APPARUTUS (7BD)	1 APPARUTUS (7BD)	Free(5BD)	GPP	DANCE
2007 and older	4 APPARUTUS (7BD)	3 APPARUTUS (7BD)	2 APPARUTUS (7BD)	4 APPARUTUS (7BD)	GPP	DANCE

Gymnasts of the category A+ participate only in the gym (unlimited space).

Risks with apparatus in A+B+C+ categories will be evaluated with a maximum of 0.2 points

cymnasts in Free routines can perform pre-acrobatic elements series.

Each series must include 3 pre-acrobatic elements and will be evaluated by 0.3 points

Dance composition

For all gymnasts it is estimated from 10 points. Where it is taken into account: Costume; Artistizim; technique of execution. (max 10

points) the dance you can include elements of gymnastics and pre-acrobatics elements

- 1.fold/pike
 - 2.small basket(lying on the stomach,tilt back,bend the knees,touch the feet of the head)
 - 3.Bridge(lying or standing);
 - 4.Forward somersault;
 - 5.Somersault back;
 - 6.Split with right leg;
 - 7.Split with straight;
 - 8.Split with left leg;
 - 9.Passe balance with the right and left leg;
 - 10.Jump up from the food position together.
- Each standard is evaluated from 5 points,(max 50 points)**

AWARD CEREMONY

Summing up and rewarding:

Each competitor is awarded with diplomas and medals of the corresponding degrees.

Awarding takes place in each age group and category.Coaches of winners in all sports disciplines will be awarded with diplomas.All judges will be awarded with certificates of appreciation.and also, the following

nominations will be determined at the competitions:

- Miss grace:
- Miss elegance:
- Thumbelina:
- Coach 's pride:
- Miss Artistry:
- Coach's hope:
- The youngest gymnast:
- Miss Arzu Spring Festival:
- The most expressive gymnast:
- Miss smile:

Starting fee: 30\$ per member Dear coaches and representatives, please pay a starting fee for each with a check for all team speakers, not individually! Thank you for your understanding. Competition of residents:

Valeriya :+905444429123

EVA:+905309909726

Applications can be sent by email...

arzuspring@mail.ru