



VII INTERNATIONAL RG TOURNAMENT
SUMMER STARS
JULY 8-10, 2016
SANGALHOS - PORTUGAL



DIRECTIVES

1. HOSTING

Ivanova Rhythmic Gymnastics Academy
Address: Rua Narciso da Marça 101, 3780 Sangalhos, Portugal
Tel: +351 963 091 426
ivanovargacademy@gmail.com

2. ORGANIZING COMMITTEE

Clube Escola de Formação da Bairrada
Address: Rua Foral Edifício Arco-Iris, 2º B, 3770 - 218 Oliveira do Bairro
Tel: +351 234 747 381
Contact person: Caterina Ivanova cativanova@hotmail.com

3. VENUE

Centro de Alto Rendimento de Sangalhos (CAR)
Address: Rua Ivo Neves 3780-524 Sangalhos, Portugal
GPS: N: 40°28'46, W: 8°28'27

NOTE: Warming up and competition area 14m high



4. ACCOMMODATION & MEALS

Estalagem de Sangalhos- Sports & Nature Hotel
Address: Rua Narciso da Marça 3780-101 Sangalhos, Portugal
Tel: + 351 234 745 133
GPS: 40°28'38.27"N - 8°27'34.39"W

5. BANQUET

Free closing banquet for all participants with accreditation in Estalagem de Sangalhos- Sports & Nature Hotel, Saturday 20h00 (to be confirmed) . Special prizes and a lot of fun!

6. LOCAL TRANSPORTATION

- Free airport transfer from and to Oporto International Airport
- Free local bus hotel-gym-hotel
- Airport transfer from and to Lisbon has an additional cost. Please contact cativanova@hotmail.com

7. INTERNATIONAL TRANSPORTATION

- Travel costs are responsibility of each delegation.
- Travel Plans must be sent till June, 5th to cativanova@hotmail.com

8. VISA

Please verify if a visa is required for your travel to Portugal. We will assist your delegation with an official invitation letter. Requests should be sent till May,1st to cativanova@hotmail.com

9. INSURANCE

Each delegation is responsible for their own insurances. Organizing committee can provide medical assistance in case of any problem but we are not taking responsibility about costs.

10. MEDICAL SERVICES

Organizing committee is providing first medical aid services.

11. TENTATIVE SCHEDULE

7th July - Arrival and accommodation, official trainings
8th July - Competition (?)
9th July - Competition
10th July - Competition, Closing gala show & banquet
11th July - Departure of delegations

OPTIONAL: 11th-16th - Summer Camp 2016 (contact for more informations)

12. DELEGATION

- Individual gymnasts: unlimited
- Groups (in the same or different age groups): unlimited
- Individual coaches: unlimited
- Group coaches: unlimited
- Judge: **1 (obligatory)**
- Coreographer: max. 1
- Doctor / physiotherapist: max. 1
- Head of delegation: max. 1

13. ACCREDITATION

All registered members will have accreditations.

Please upload a photo of each member of your delegation till June, 5th
<http://www.ivanovaacademy.com/accreditation-photo/>

Accreditation desk will be in the competition hall (gymnasts entrance)

Head of delegation is responsible to bring the following documents upon arrival

- Gymnasts passports or ID documents
- Payment proof of entry fee and hotel in case of any problem
- Medical insurance
- USB drive with all musics and forms in case of any problem

14. MUSIC UPLOAD

All musics, including the gala ones, have to be uploaded in mp3 format till June 5, 2016.

<http://www.ivanovaacademy.com/musics/>

15. COMPETITION FORMS UPLOAD

All forms have to be uploaded in PDF format till June 12, 2016.

<http://www.ivanovaacademy.com/competition-forms/>

16. DEADLINES

April 3, 2016	Provisional registrations
May 1, 2016	Definitive registrations
May 1, 2016	Visa request
May 1, 2016	Payment of accommodation & meals 50%
May 1, 2016	Payment of the entrie fee 100%
May 1, 2016	Accommodation & meals form
June 5, 2016	Nominative registration
June 5, 2016	Travel schedule
June 5, 2016	Payment of accommodation & meal 50%
June 5, 2016	Payment of penalty for missing judge
June 5, 2016	Accreditation photos
June 5, 2016	Music upload
June 12, 2016	Competition forms upload

17. COASTS

- 30€ per individual gymnast (ELITE LEVEL)
- 25€ per individual gymnast (A LEVEL)
- 25€ per each group gymnast
- 65€ per day per person for accommodation with breakfast, lunch and dinner
- 150€ penalty for delegation without a judge

*NOTE: Gymnasts taking part of the individual and group competitions pay **only individual fee**.*

18. MEDIA

All participants and parents know and agree that photos and videos of "VII Summer Stars" will be uploaded for free in our website, youtube, facebook and other...

19. INDIVIDUAL REQUIREMENTS

AGE GROUP	YEAR OF BIRTH	LEVEL ELITE	LEVEL A
Baby (O.C) 4-7 dd. Min. 1 DANCE STEPS	2010 & after		1 routine: Without apparatus (W.A.) D-max:4.00 E-max:10.00
Children 4-7 dd. Max. 3 F Max. 3 M Min. 1 DANCE STEPS	2009 2008	2 routines: Obligatory: W.A. 1 by choice: rope/hoop/ball D-max: 5.00 E-max: 10.00	1 routine: W.A. D-max:6.00 E-max:10.00
Hopes 4-7 dd. Max. 3 F Max. 3 M Min. 1 DANCE STEPS	2007 2006	2 routines: Obligatory: W.A. 1 by choice: rope/hoop/ball D-max: 6.00 E-max: 10.00	1 routine: W.A. D-max: 5.00 E-max: 10.00
Pre-junior 4-7 dd. Max. 3 F Max. 3 M Min. 1 DANCE STEPS	2006 2004	3 routines: Obligatory: W.A. 2 by choice: rope/hoop/ball/dubs/ribbon D-max:7.00 E-max: 10.00	2 routines: Obligatory: W.A. 2 by choice: rope/hoop/ball/dubs/ribbon D-max: 6.00 E-max:10.00
Junior 4-7 dd. Max. 3 F Max. 4 M Min. 1 DANCE STEPS	2003 2002 2001	FIG 4 routines: Rope, hoop, ball & dubs D-max: 8.00 E-max: 10.00	2 routines: Rope/hoop/ball/dubs/ribbon D-max: 7.00 E-max: 10.00
Senior 7-9 dd. Max. 3 F Max. 6 M Min. 1 DANCE STEPS	2000 & older	FIG 4 routines: Hoop, ball, dubs & ribbon D-max: 10.00 E-max: 10.00	2 routines: Hoop/ ball/dubs/ribbon D-max: 8.00 E-max: 10.00

NOTES:

- Junior and senior gymnasts *can* take part of the competition with less apparatuses. In this case they will be in the apparatus ranking but not in the all-around.

20. GROUPS REQUIREMENTS

AGE GROUP	YEAR OF BIRTH	APPARATUS & NUMBER OF GYMNASTS	MAX. SCORES
Children	2007 & before	5 or 6 gymnasts - W.A. 1:15-2:30	D-max: 5.00 E-max: 10.00
Hopes	2006 2005	5 or 6 gymnasts - apparatus by choice 1:15-2:30	D-max: 6.00 E-max: 10.00
Pre-junior	2004 2003	5 or 3+2 gymnasts - apparatus by choice 2:15-2:30	D-max: 7.00 E-max: 10.00
Junior - FIG	2003 2002 2001	5 or 3+2 gymnasts - apparatus by choice 2:15-2:30	D-max: 8.00 E-max: 10.00
Senior - FIG	2000 & before	5 or 3+2 gymnasts - apparatus by choice 2:15-2:30	D-max: 10.00 E-max: 10.00

NOTES:

- Each group is performing two times the same routine or once two different ones;
- All-around (AA) is the sum of the two routines;
- Groups awarding will be only AA regardless of the performed apparatuses.

21. COMPETITION FORMAT AND AWARDS

	ELITE			A		
	1 st	2 nd	3 rd	1 st	2 nd	3 rd
Individual AA *	medal	medal	medal	medal	medal	medal
Individual per apparatus **	medal	medal	medal	medal	medal	medal
Individual absolut AA **	cup	cup	cup	cup	cup	cup
	1 st	2 nd	3 rd			
Groups**	medals & cup		medals & cup		medals & cup	
Biggest delegation	cup		cup		cup	
Miss expression	cup		cup		cup	
Miss elegance	cup		cup		cup	
"Champions of the future"	cup		cup		cup	
Baby miss	cup					
Miss experience	cup					
Most original group routine	cup					

* per year of birth

** per age group

22. CLOSING GALA SHOW

All teams are invited to take part of our closing gala show preferently with group performances .
No competition routines will be accepted.

Please upload your gala music till June, 5th <http://www.ivanovaacademy.com/musics/>