



City of Novi Sad

Rhythmic gymnastic club



Ritmika

5th International Rhythmic Gymnastics Tournament

TROPHY of NOVI SAD 2016

19-21th march 2016

Individual and group exercises

Novi Sad
Serbia

Sport center "VOJVODINA"
SPENS, Sutjeska 2

TROPHY of NOVI SAD

19-21th march 2016

Organization of tournament:

Rhythmic gymnastic club RITMIKA Novi Sad, Serbia
With support of Sport Association of Novi Sad

The competition organizer Rhythmic gymnastic club RITMIKA Novi Sad, Serbia

The competition leadership Competition Director – Biljana Lučić Prostran, M.D.
Technical organization – Aleksandar Prostran M.C.E.
Receiving commission - Mirjana Čornenki, Mirjana Sentin

Preliminary schedule:

Saturday, March 19 : Arrival of delegations
Training
Competition – individual exercises – B light
– recreative groups
Technical meeting
Sunday, March 20 : Competition – individual exercises – A and B
– group exercises
Banquet
Monday, March 21 : Departure of delegations

Individual exercises A & B level:

Delegation: Unlimited number of competitors
1 judge (brevet or national qualifications)
coaches

Group exercises:

Delegation: Unlimited number of groups
1 judge
Coaches

Recreative groups:

Delegation: Unlimited number of groups
1 judge
Coaches

DEADLINES:

Preliminary entry: February 14th, 2016
Definitive entry: March 6th, 2016
Hotel Reservations: March 6th, 2016
Travel details: March 13th, 2016

Medical services are provided in the gym by Organizer.

Insurance: All delegations are responsible to have the necessary coverage in case of accidents or illness.

Official photographer and videographer: Pálhegyi Fotó.



Competition hall

Awarding:

Individual program:

Diplomas and presents for all gymnasts.

Each category (declared in the Propositions) from 1st to 3th place gets medals.

A program :Awarding in all around and 1 to 3 place by each apparatus.

Winner of the Competition is awarded with the Tournament Cup.

Group program:

Diplomas for all gymnasts.

Each category (declared in propositions) from 1st to 3th place gets medals .

Recreative groups:

Diplomas for all gymnasts.

Each category (declared in propositions) from 1st to 3th place gets medals .

Entrance fee (individual exercises) - 30 € per gymnast.

Entrance fee (group exercises) - 15 € per gymnast.

Entrance fee (recreative groups) –10 € per gymnast.

Gymnast who compete in individual program may participate in group exercises if pay both entrance fees. Recreative groups are not intended for the gymnasts who compete in individual programme.

All music must be recorded on CD in MP3 or audio format (clearly labeled with the gymnast's or group name, club, country, apparatus and category) for each exercise.

Official forms: 4 copies of form FIG for each individual and 8 copies for group exercise. Official forms send by e-mail, or bring on the competition. For recreative groups form is not needed.

Accommodation:
Hotel Novi Sad****
Bul. Jase Tomica bb
Novi Sad



Half-board service (dinner+bed+breakfast)

Price of accommodation per person per night (including the residence tax)

In double and three bed room 30 € pp/pn
In the single room 35 € pp/pn

Organizer will provide free local transportation from/to the hotel and the Competition Hall.

All costs, entrance fees and accommodation costs, have to be paid to the organizer on the technical meeting or upon arrival in the competition hall.

Please verify immediately with your travel agent or the Serbian Embassy or Consulate in your country if a visa is required for your travel to Serbia. The Organizing Committee will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before 28 February 2016 to the Organizer.

The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, the arrival and departure dates of the Delegation Member as well as the address the visa application support letter must be sent to.

contact persons: Biljana Lučić Prostran,
Aleksandar Prostran,

e-mail: prostranns@mts.rs

tel: +381 64 805 9902, +381 21 513 991

**WE ARE LOOKING FORWARD TO SEE YOU IN OUR
COMPETITION !**

PROPOSITIONS FOR INDIVIDUAL EXERCISES

	A	B	B light
SENIORS	2000 and older Two apparatus by choice FIG propositions (2013-2016)	2000 and older One apparatus by choice 6-9 diffic. (2-4 from each group) Dance steps comb. min 1 Mastery max 5 DER max 3, D max 9,0	---
JUNIORS	2001,2002,2003 Two apparatus by choice FIG propositions (2013-2016)	2001, 2002 One apparatus by choice 4-7 diffic. (1-3 from each group) Dance steps comb. min 1 Mastery max 4 DER max 3 D max 7,0	2001, 2002 One apparatus by choice 4-7 diffic. (1-3 from each group) Dance steps comb. min 1 Mastery max 4 DER max 3 D max 6,0
PRE-JUNIORS	2004, Two apparatus by choice 4-7 diffic. (1-3 from each group) Dance steps comb. min 1 Mastery max 4 DER max 3 D max 7,0	2003 One apparatus by choice 4-7 diffic. (1-3 from each group) Dance steps comb. min 1 Mastery max 4 DER max 3 D max 6,0	2003 One apparatus by choice 4-7 diffic. (1-3 from each group) Dance steps comb. min 1 Mastery max 4 DER max 3 D max 5,0
	2005 Two apparatus by choice 4-7 diffic. (1-3 from each group) Dance steps comb. min 1 Mastery max 4 DER max 3 D max 7,0	2004 One apparatus by choice 4-7 diffic. (1-3 from each group) Dance steps comb. min 1 Mastery max 4 DER max 3 D max 6,0	2004 One apparatus by choice 4-7 diffic. (1-3 from each group) Dance steps comb. min 1 Mastery max 4 DER max 3 D max 5,0
CHILDREN	2006 Without apparatus and one apparatus by choice 4-7 diffic. (1-3 from each group) Dance steps comb. min 1 Mastery max 4 DER max 3 D max 6,0	2005 Without apparatus 4-7 diffic. (1-3 from each group) Dance steps comb. min 1 D max 5,0	2005 Without apparatus 4-7 diffic. (1-3 from each group) Dance steps comb. min 1 D max 4,0
	2007 Without apparatus and one apparatus by choice 4-7 diffic. (1-3 from each group) Dance steps comb. min 1 Mastery max 4	2006 Without apparatus 4-7 diffic. (1-3 from each group) Dance steps comb. min 1 D max 5,0	2006 Without apparatus 4-7 diffic. (1-3 from each group) Dance steps comb. min 1 D max 4,0

	DER max 3 D max 6,0	2007 Without apparatus 4-7 diffic. (1-3 from each group) Dance steps comb. min 1 D max 5,0	2007 Without apparatus 4-7 diffic. (1-3 from each group) Dance steps comb. min 1 D max 4,0
YOUNG CHILDREN	2008 and younger Without apparatus 4-7 diffic. (1-3 from each group) Dance steps comb. min 1 D max 5,0	2008 Without apparatus 4-7 diffic. (1-3 from each group) Dance steps comb. min 1 D max 4,0	2008 Without apparatus 4-7 diffic. (1-3 from each group) Dance steps comb. min 1 D max 3,0
MINI		2009 and younger Without apparatus 4-7 diffic. (1-3 from each group) Dance steps comb. min 1 D max 4,0	---

PROPOSITIONS FOR GROUP EXERCISES

GROUP EXERCISES	
SENIORS Girls born 2000 and older	One exercise One or two types of apparatus by choice FIG propositions (2013-2016)
JUNIORS Girls born 2001, 2002 and 2003	One exercise One or two types of apparatus by choice FIG propositions for juniors (2013-2016)
PRE-JUNIORS Girls born 2003, 2004 and 2005	One exercise One or two types of apparatus by choice FIG propositions for juniors (2013-2016)
CHILDREN Girls born 2004 and younger	One exercise 4-6 gymnasts in group apparatus by choice 8 difficulties (4 with exchange, 4 without exchange) Colaborations min 6 dance steps combination min 1 dynamic elements with rotation and throw max 1 D max 7,0
YOUNG CHILDREN Girls born 2006 and younger	Without apparatus 4-6 gymnasts in group Max 6 body difficulties (2 of each group) colaborations min 6 (C=0,10 - without body rotation, CR=0,20 with body rotation) D max 6,0

Each exercise will be performed twice, better result is valid.

RECREATIVE GROUPS

4-6 competitors in group
The length of exercise from 1' to 2'30''

YOUNG CHILDREN 2008 and younger	without apparatus Min 3 formations 2-5 body difficulties, Min 2 colaborations Min 1 dance steps combination
CHILDREN 2006,2007,2008	without apparatus Min 4 formations 4-7 difficulties Min 2 colaborations Min 1 dance steps combination
PRE-JUNIORS 2004,2005,2006	apparatus by choise Min 5 formations 4-7 difficulties Min 2 colaborations Min 1 dance steps combination
YOUNG JUNIORS 2002,2003,2004	apparatus by choise Min 5 formations 4-7 difficulties (2 exchanges) Min 4 colaborations Min 1 dance steps combination
JUNIORS 2002 and older	apparatus by choise Min 5 formations 4-7 difficulties (2 exchanges) Min 4 colaborations Min 1 dance steps combination

Gymnasts who compete in individual A and B programme can not participate in groups of this level.
D form is not needed. Each exercise will be performed once.

ENTRY FORM
INDIVIDUAL EXERCISES A & B LEVEL

CLUB:	
Country	
Contact person	
e-mail	
Telephone	

No.	Name of competitor	Year of birth	Level	Apparatus
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

JUDGE: _____

COACHES: _____

GROUP EXERCISES

CLUB:	
Country	
Contact person	
e-mail	
Telephone	

group No.	Category	Names of gymnasts	Apparatus
1.		1. _____ 2. _____ 3. _____ 4. _____ 5. _____ (6. _____)	
2.		1. _____ 2. _____ 3. _____ 4. _____ 5. _____ (6. _____)	
3.		1. _____ 2. _____ 3. _____ 4. _____ 5. _____ (6. _____)	
4.			
5.			

JUDGE: _____

COACHES: _____

RECREATIVE GROUPS

CLUB:	
Country	
Contact person	
e-mail	
Telephone	

group No.	category	Number of gymnasts in group	Apparatus
1.			
2.			
3.			
4.			
5			
6			
7			

JUDGE: _____

COACHES: _____

GALA PERFORMANCE (if you want, max one performance)

Club	
Name (names) of performer	
Title of the performance	

TRAVEL DETAILS

Date and time of arrival	
Accommodation in hotel	a) Needed b) not needed
Mean od traveling	a) by car / van b) by bus c) by train d) by airplane (Belgrade airport 80 km away from Novi Sad)
Place of arrival	a) directly at the sport hall b) directly at the hotel c) at the bus / railway station d) at the airport
Transfer from the airport to the hotel and back (25€ pp)	a) needed for.....persons b) not needed

Do you plane to stay on the banquet?	a) Yes b) No
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ACCOMODATION FORM

	Full name	Function (gymnast/coach/ judge/guest)	Quantity of nights	Date of arrival	Date of departure	Type of room
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						