



**IV INTERNATIONAL RHYTHMIC GYMNASTICS COMPETITION
"TRICK OR TREAT"**

„CUKIEREK ALBO PSIKUS”

<p>Organizer</p>	<p>STUDIO GWIAZD & UKS Studio Gwiazd</p>
<p>Purpose and Objectives</p>	<ul style="list-style-type: none"> • Popularization and development of rhythmic gymnastics • Performances by gymnasts of dance-gymnastics-acrobatics routines, routines with apparatus, trio routines, duets • Presentation of showcase routines • Promotion of a healthy lifestyle <p>Support and dissemination of physical culture</p> <ul style="list-style-type: none"> • Exchange of experiences among coaches, judges, and gymnasts
<p>Date / Place of competition</p>	<p>October 19, 2024 – Saturday Sports and Entertainment Hall Hala Widowiskowo-Sportowa 32 Ks. Norberta Bończyka St., 41-400 Mysłowice Poland</p>
<p>Fees</p>	<ul style="list-style-type: none"> • Individual routine: 55 EUR • Duet: 30 EUR per gymnast • Trio: 30 EUR per gymnast <p>Every gymnast will stand on the podium, receive a trophy, medal, diploma, and a handmade unique gift.</p>

<p>Competition Organization</p>	<ul style="list-style-type: none"> • Participants must have accident insurance (NNW) • The organizer provides medical support • All travel costs for gymnasts, coaches, and judges are covered by the sending organizations • The organizer provides meals for judges and refreshments for coaches • Clubs can order meals • Entry fees are payable only in groups by the registering club
<p>Contact</p>	<p>Anita Malinowska +48509657151 (What'sApp)</p> <p>e- mail : kontakt@studio-gwiazd.pl</p>
<p>Registration</p>	<p><u>Confirmation of participation by clubs by August 1, 2024.</u></p> <p>Individual registration by August 31, 2023 by KSIS form or by e-mail</p> <p>Registration may be closed earlier upon reaching the appropriate number of gymnasts. (The registration must include the gymnast's birth year, first and last name, group affiliation, coach, and judge).</p> <p><u>Every club that registers is obliged to enter gymnasts in the competition according to the number provided in the registration and to make the entry fee payment according to the registration.</u></p> <p>In case sports events are suspended for reasons beyond the organizer's control, the competition will be postponed to the next possible date.</p> <p>Payment for the competition is due by September 15, 2024, to:</p> <p>UKS Studio Gwiazd - Poland KOD BIC/SWIFT: PKOPPLPW Account Nr 59 1240 1330 1111 0011 1789 8889</p>
<p>Requirements</p>	<p>The competition is intended for recreational gymnasts:</p> <ul style="list-style-type: none"> • Those without a license from the Polish Gymnastics Association (PZG) • Those not simultaneously participating in competitive events (younger gymnasts who do not yet have a license) • Practicing a maximum of 3 times a week <p>Recreation Categories:</p> <ul style="list-style-type: none"> • C: Maximum DB value 0.5 • C- ight: Maximum DB 0.3 • D: Maximum DB 0.2 • 1 krok First routine in career • B light for professional Clubs

Accommodation	<p>1. Hotel Trojak</p> <p>Address: ul. Stadionowa11, 41-400 Mysłowice, Poland,</p> <p>Email: rezerwacja@hoteltrojak.pl (Distance: 4.4 km from the sports hall)</p>
	<p>2. Hotel Orion</p> <p>Address: ul. Przyjaciół Żołnierza 5A, 41-200 Sosnowie</p> <p>Tel: +48 726 353 033, +48 32 266 18 97,</p> <p>Email:rezerwacja@hotelorion.pl, (Distance: 5.7 km from the sports hall)</p>
	<p>3. Noclegi Mysłowice i okolice</p> <p>Tel +48 723 151 222, +48 730 99 99 55, +48 32 445 71 00 ,</p> <p>Email: hotelpracownicy@onet.pl</p>

INDIVIDUAL ROUTINE

YEAR OF BIRTH	CATEGORY C	CATEGORY C-light	CATEGORY D	CATEGORY 1 krok
	DB max.0,5	DB max.0,3	DB max.0,2	DB 0,1- 0,5
2018 and younger	WA	WA	WA	WA
2017	WA	WA	WA	WA
2016	Apparatus / WA	Apparatus / WA	Apparatus / WA	WA
2015	Apparatus / WA	Apparatus / WA	Apparatus / WA	WA
2014	Apparatus / WA	Apparatus / WA	Apparatus / WA	WA
2013	Apparatus / WA	Apparatus / WA	Apparatus / WA	WA
2012	Apparatus / WA	Apparatus / WA	Apparatus / WA	WA
2011	Apparatus / WA	Apparatus / WA	Apparatus / WA	WA
2010	Apparatus / WA	Apparatus / WA	Apparatus / WA	WA
2009	Apparatus / WA	Apparatus / WA	Apparatus / WA	WA
2008 and older	Apparatus / WA	Apparatus / WA	Apparatus / WA	WA

REQUIREMENTS

Dance Routine:

- DB max. 8 - 1 pirouette, 1 jump, 1 balance; from 2013, 1 combination CDB is allowed.
- In category C, 1 element worth 0.6 is allowed, counted as 0.5; i
- In category C-light, 1 element worth 0.4 is allowed, counted as 0.3;
- In category D, 1 element worth 0.3 is allowed, counted as 0.2.
- Other higher-scored DBs will not be counted.
- R max. 2.
- W min. 2 full waves.
- S min. 2 steps for at least 8 seconds.

Routine with Apparatus:

- DB max. 7 - 1 pirouette, 1 jump, 1 balance; from 2013, 1 combination CDB is allowed.
- In category C, 1 element worth 0.6 is allowed, counted as 0.5;
- In category C-light, 1 element worth 0.4 is allowed, counted as 0.3;
- In category D, 1 element worth 0.3 is allowed, counted as 0.2.
- R min. 1, max. 5 (1 rotation under the apparatus will be valid, counted as 0,1 value).
- W min. 2 full waves.
- S min. 2 steps for at least 8 seconds without DA during steps.
- DA max. 15, with a max of 3 involving acrobatics.

Note:

- DB in each category will be counted according to the above guidelines. If exceeded,
DB will NOT be counted!

DUO and TRIO	
ELEMENTS OF DIFFICULTY FOR DUO/TRIO WA (dance routines)	
<p>Difficulty of Body - DB</p> <p>DB min.3 max.8 R max. 2 W min. 2 S min. 2</p>	<p>Difficulty - Cooperation (Judge DA)</p> <p>C, CRA, CL max. 12 In performance order</p>

Special Requirements WA

<p style="text-align: center;">DB</p> <p>Difficulty of Body</p> <p>Jump min.1 Balance min.1 Pirouette min.1</p> <p>Max 1 CDB from 2013</p>	<p>W min.2</p> <p>R max 2 (max. 1 series value 0,5)</p>	<p style="text-align: center;">Min.6 max.12</p> <p>C – 0.1 Cooperation – intentional contact between gymnasts, action without acrobatics and lifting.</p> <p>CL – 0.2 Lifting above the knees, not longer than 4 seconds/4 steps.</p> <p>CRA – 0.3 Cooperation Acrobatics – intentional contact between gymnasts using only once the pre-acrobatic elements from table 4.3.2.</p>
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ELEMENTS OF DIFFICULTY FOR DUO/TRIO WA (apparatus routines)

<p style="text-align: center;">Difficulty of Body DB</p> <p style="text-align: center;">Max.8 DB/DE (3 options to choose from) In execution order</p>	<p style="text-align: center;">Difficulty of Apparatus DC</p> <p style="text-align: center;">Min 6. Max. 12 Difficulty with cooperation In execution order</p>	
<p>Difficulty without exchanges</p> <p style="text-align: center;">DB min.3</p>	<p>Difficulty with exchanges</p> <p style="text-align: center;">DE min.2</p>	<p style="text-align: center;">CC min.2 CR min.2</p> <p>C throw of many or C catch of many min.1 to choose from CL - possible <i>All cooperations are isolated</i></p>

Special Requirements for Apparatus

<p>Difficulties of Body</p> <p>Jump min.1 Balance min.1 Pirouette min.1</p> <p>1 combination CDB from 2013</p>	<p>W min.2</p> <p>DE – 0,2 4 meters in length or 2 heights of the gymnast</p>	<p>CC – 0,3 CR – 0,1</p> <p>CL – 0,2 level above knees C throw / C catch - 0,3 CC duo – required 2 actions CC trio – required 3 actions</p>	<p style="text-align: center;">DC Min. 6 Max. 12</p> <p>Music max. 2:00</p>
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GROUP	YEAR OF BIRTH	DUO/TRIO	CATEGORY	
SENIOR	2009 and older	WA / Apparatus	B light	This category has no restrictions on the value for gymnasts from professional clubs
JUNIOR	2010 2011	WA / Apparatus		
PREJUNIOR	2012 2013	WA / Apparatus		
YOUTH	2014 2015	WA / Apparatus	C	DB 0,5
MINI	2016 and younger	WA	C light	DB 0,3
			D	DB 0,2
<p>Additional Notes: In categories C Light and D, it is allowed to perform ONE element with a DB value 0.1 higher. If performed correctly, it will be counted as the allowable value for the category. Any subsequent higher-value elements will NOT be counted. For DUET/TRIO APPARATUS, all gymnasts perform with the same apparatus. Dance Duets and Trios: B Light, C, C Light, D Duets and Trios with Apparatus: B Light, C (classification in each age group)</p>				

REGULATIONS FOR THE "TRICK OR TREAT" COMPETITION 2024

1. Only registered and approved gymnasts without a Polish Gymnastics Association license can participate in categories C, C Light, and D.
2. For group categories, duet or trio, the age of the oldest gymnast determines the group affiliation.
3. The number of gymnasts in duo is 2, and in trio, it is 3 gymnasts.
4. The duration of musical pieces for trio and duo is from 1:45 to 2:00 minutes, while for individual routines it is from 1:15 to a maximum of 1:30 minutes.
5. In categories C, C Light, and D, individual routines and duo/trio routines with apparatus are allowed one rotation under throw during the risk.
6. In duets and trios, gymnasts must have their hair tied back, and the costume can be two-piece.
7. Showing or prompting the gymnast during the routine results in a 0.5 point deduction by the chief judge (exceptions are made for gymnasts born in 2018 and younger and for the "first start" category).
8. Repeating a routine for various reasons (forgetting the routine, stumbling, falling, dropping the apparatus, costume issues, etc.) results in a 1.0 point deduction by the chief judge.
9. Failure to comply with the rules may result in the disqualification of the gymnast.
10. The only allowed footwear is toe shoes; in special cases, bare feet are permitted. Gymnasts perform on a 13x13m gymnastics mat. Stepping out of the designated area results in a 0.3 point deduction each time by the chief judge.
11. In categories C, C Light, D, and "1 step-start", all gymnasts will stand on the podium.
12. The organizer reserves the right to merge categories in case of an insufficient number of participants.
13. The competition will be judged by a panel composed of judges from the clubs registered for the

competition. Each club should nominate at least 1 judge for the duration of the competition; failure to provide a judge results in an additional fee of 300 PLN.

14. Each gymnast must have valid accident insurance (NNW) and no contraindications for participation

in the competition. The organizer allows only those gymnasts whose parents/legal guardians or the club to which the gymnast belongs have signed the necessary declaration.

15. The organizer is not responsible for personal, material, and property damages that occur before,

during, or after the competition.

16. The organizer processes gymnasts' data solely for the purpose of conducting the sports event, live

streaming of the competition, and photos on social media.

17. Paid entry fees imply acceptance of the regulations and are non-refundable: in cases of force majeure, illness, injury of the athlete, withdrawal, etc. In such cases, the child will receive a gift.

FOR AUDIENCE

1. Free admission.

2. Smoking and consuming alcoholic beverages are prohibited.

3. Entry to the gymnasts' area (main and preparation area) and the judges' room is forbidden.

4. Maintain order in the locker rooms and stands.

5. Spectators are expected to support the gymnasts respectfully, respect the results, and follow the organizers' instructions.

6. Insulting coaches, judges, gymnasts, organizers, and other participants is prohibited. The competition is organized in the spirit of Fair Play.

7. Distributing advertising offers, etc., without prior agreement with the event organizer is prohibited.

With Regards!

Studio Gwiazd & UKS Studio Gwiazd

Dorota Kardyka & Anita Malinowska

www.studio-gwiazd.pl

Facebook : Studio Gwiazd – gimnastyka artystyczna

