

13th Open Championships in Rhythmic Gymnastics of the "SPORTS BOX" club

"SUPER STARS CUP"

Baku, Azerbaijan

18-21 October 2024

Individual and Group

Directives

Dear Friends,

"SPORTS BOX" has the pleasure to invite you to our 13th Rhythmic Gymnastics Open Championships "SUPER STARS CUP" which will take place in Baku on October 18-21, 2024ş

	((Create Beyl)				
ORGANIZERS AND	"Sports Box"				
CONTACTS	Director of competitions: Sevil Farajova				
	Phone number: +994 50 433 33 87				
	E-mail: sevil.farajova@gmail.com				
	Secretary of competitions: Aynur Gambarova				
	Phone number: +994 50 416 20 21				
	E-mail: aynurgambarova.06@gmail.com				
	Web-site: www.sportbox.az				
PLACE OF THE	Baku, Azerbaijan				
COMPETITION	Sport hall of the "Oxbridge Academy"				
	Sport Hair of the Oxbridge Academy				
COMPETITION	October 18: Podium training, Accreditation, Judging meeting				
PROGRAM					
	October 19: 1 st day of the competition				
	October 20: 2 nd day of the competition, Banquet				
	October 21: Departure of delegations				
NUMBER OF	Unlimited number of gymnasts				
GYMNASTS, COACHES					
AND JUDGES	Every delegation should have a qualified judge				
1 1 1	In case of absence of the judge- fine of 170 EUR.				
REGISTRATION	Preliminary registration – September 20, 2024				
DEADLINES	Definitive registration – October 1, 2024				
	Definitive registration – October 1, 2024				
	Submission of music by October 10, 2024				
	Podium training list by October 10, 2024				
	Preliminary and Definitive entry forms shall be sent to the LOC's following e-mail addresses:				
	mail@sportsbox.az aynurgambarova.06@gmail.com ,also you can register on our web-site:				
	https://scoring.sportsbox.az/				

	Category	Α	В	С	C light	D(GPP)	E-Dance
PROGRAM OF	2021 and	Free	Free	Free	Free	GPP	Dance
COMPETITIONS	younger	7(BD)	7(BD)	7(BD)	7(BD)		competition
	2019-2017	Free + 1	1	Free	Free	GPP	Dance
		apparatus	apparatus	7(BD)	7(BD)		competition
	2016-2014	2	Free + 1	1	Free	GPP	Dance
		apparatus	apparatus	apparatus	7(BD)		competition
	2013-2011	2	Free + 1	1	Free	GPP	Dance
		apparatus	apparatus	apparatus	7(BD)		competition
	2010-2008	3	2	1	Free	GPP	Dance
		apparatus	apparatus	apparatus	7(BD)		competition
	2007 и older	3 apparatus	2 apparatus	1 apparatus		GPP	Dance competition

Organizers have the right to shorten the competition schedule by removing one discipline in the age categories.

Gymnasts in Free-hands routines can perform pre-acrobatic elements series. Each series should include 3 pre-acrobatic elements and will be valued 0,30 points.

E-Dance

Dance composition for all gymnasts it is estimated from 10 points, where is it taken into account: Costume, Artistism, Execution (max. 10 points). The dance can include elements of gymnastics and pre- acrobatic elements.

D - General Physical Preparation (max. 50 points)

- 1. Fold/pike (max. 10 points)
- 2. Small basket (lying on the stomach, tilt back, bend the knees, touch the felt of the head) (max. 10 points)
- 3. Bridge (lying or standing) (max. 10 points)
- 4. Forward somersault (max. 10 points)
- 5. Somersault back (max. 10 points)
- 6. Split with right leg (max. 10 points)
- 7. Split with straight (max. 10 points)
- 8. Split with left leg (max. 10 points)
- 9. Passe balance with the right and left leg (max. 10 points)
- 10. Jump up from the foot position together (max. 10 points)

Group exxercises

Category	А	В
2014-2016	Free hands Balls	Free hands or ball (1 exercise by choise)
2012-2013	Free hands Hoops	Free hands or hoop (1 exercise by choise)
2009-2011	Hoops Clubs	

Free hands (4-6 gymnasts):

• Duration: 1:30-2:00

• 5 Body Difficult: + 2DB performed synchronously by all 5 gymnasts

- o 1 balance (T)
- o 1 jump (∧)
- o 1 pivot (6)
- Min. 1, max. 2 pre-acrobatic series (R) Value of each 0.30.
- Min. 5 cooperations- Value of each 0.30.
- 3 visible waves
- Min. 3 combinations of dance steps

Ball, hoop, clubs

• According to the FIG program.

DDAMAUNIC OF LOTS						
DRAWING OF LOTS	The gymnasts' drawing of lots will take place after the closing date of the Definitive registration and the participating countries will be informed of the starting order accordingly.					
ENTRY FEES	The non-refundable cost for the Entry Fee is:					
	 100 EUR per individual gymnast (each) 250 EUR per group 10 EUR (for gymnast) team podium training 					
	If the gymnast performs in two categories, the Entry Fee is 100 EUR.					
	In case of refusal to participate after payment, the amount is not refunded.					
ACCOMODATION	1 st Hotel - 50 EUR for 1 person. 2 nd Hotel – 65 EUR for 1 person.					
	If the gymnasts do not stay in our hotels, the ENTRY FEES for one gymnast was be 170 EUR, per group 400 EUR. The price includes: accommodation, breakfast, transfer (from and to the airport, transfer during competitions).					
	Aysu Huseynova					
EVENT MANAGED	Phone number: +994 55 859 91 94					
EVENT MANAGER	Phone: +994504333387 E-mail: sevil.farajova@gmail.com					
AWARDING	Award ceremony: by the year of the birth all categories. First 3 places will be awarded					
CEREMONY	with medal, diploma and present. All the gymnasts will receive diploma and present.					
ACCREDITATION	Accreditation cards will be given at the gym before the podium training.					
	The Head of Delegation must bring to the Accreditation:					
6 6						
1 1	o Passports or ID Cards					
	o Proof of payment					
	o Medical Insurance					
BANQUET	Dear participants and guests of the competition! After completing our exciting competition, we invite you to a banquet on October 20th. The price per person is 40 EUR.					

Sincerely Yours,

Baku, June 24 2024

Sevil Farajova

Attachment №1 (Application sample)

APPLICATION

To participate in the 13th Open Rhythmic Gymnastics Championship of the "SPORTS BOX" club "SUPER STARS CUP", representing the team [school name] from [city],

Year

October 18-21, 2024, in Baku.

Category

Apparatus

Individual:

 $N_{\underline{0}}$

Name, Surname

1.	[Name, surname]	[2014]	[B]	[Free, ball]
2.				
3.				
4.				
5.				
6.				
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11.	*		All I	
12.		A		
13.				Avenue
14.	*			
15.				
C	A CHARLES			THE RESERVE OF THE PARTY OF THE
Gro №	up exercises:	Year of	Cotogowy	Amnavatus
745	Name, surname	each	Category	Apparatus
[Gre	oup name], [year]			/ * / Marie /
1.	[Name, surname]			
2.				
3.				
4.				
5.				

Judges: [Name, surname] / [Judging category]

Coaches: [Name, surname]

Gala: [Name of the gala] [Name, surname]

Attachment №2 (Hotel booking sample)

[Hotel name]					
	Date of Arrival	Time of arrival	Date of Departure	Time of Departure	
Room 1 [Name, surname]					
Room 2 [Name, surname] [Name, surname]					
Room 3 [Name, surname] [Name, surname] [Name, surname]				A	
Room 4 [Name, surname] [Name, surname] [Name, surname]		TIL	AZ		

