

**13 th Open  
Championship in Rhythmic Gymnastics  
of the "Sports box" club**

**Super stars cup**


**18-21 October**



**Azerbaijan Baku**

**+994504333800**

 **SPORTS  
BOX**

 **gimnastika  
baku**

**13<sup>th</sup> 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 13<sup>th</sup> Rhythmic Gymnastics Open Championships "SUPER STARS CUP" which will take place in Baku on October 18-21, 2024.

<b>ORGANIZERS AND CONTACTS</b>	<b>"Sports Box"</b> <b>Director of competitions:</b> Sevil Farajova <b>Phone number:</b> +994 50 433 33 87 <b>E-mail:</b> <a href="mailto:sevil.farajova@gmail.com">sevil.farajova@gmail.com</a> <b>Secretary of competitions:</b> Aynur Gambarova <b>Phone number:</b> +994 50 416 20 21 <b>E-mail:</b> <a href="mailto:aynurgambarova.06@gmail.com">aynurgambarova.06@gmail.com</a> <b>Web-site:</b> <a href="http://www.sportbox.az">www.sportbox.az</a>
<b>PLACE OF THE COMPETITION</b>	Baku, Azerbaijan Sport hall of the "Oxbridge Academy"
<b>COMPETITION PROGRAM</b>	October 18: Podium training, Accreditation, Judging meeting October 19: 1 <sup>st</sup> day of the competition October 20: 2 <sup>nd</sup> day of the competition, Banquet October 21: Departure of delegations
<b>NUMBER OF GYMNASTS, COACHES AND JUDGES</b>	Unlimited number of gymnasts Every delegation should have a qualified judge <b>In case of absence of the judge- fine of 170 EUR.</b>
<b>REGISTRATION DEADLINES</b>	Preliminary registration – September 20, 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: <a href="mailto:mail@sportsbox.az">mail@sportsbox.az</a> <a href="mailto:aynurgambarova.06@gmail.com">aynurgambarova.06@gmail.com</a> ,also you can register on our web-site: <a href="https://scoring.sportsbox.az/">https://scoring.sportsbox.az/</a>



	Category	A	B	C	C light	D(GPP)	E-Dance
<b>PROGRAM OF COMPETITIONS</b>	2021 and younger	Free 7(BD)	Free 7(BD)	Free 7(BD)	Free 7(BD)	GPP	Dance competition
	2019-2017	Free + 1 apparatus	1 apparatus	Free 7(BD)	Free 7(BD)	GPP	Dance competition
	2016-2014	2 apparatus	Free + 1 apparatus	1 apparatus	Free 7(BD)	GPP	Dance competition
	2013-2011	2 apparatus	Free + 1 apparatus	1 apparatus	Free 7(BD)	GPP	Dance competition
	2010-2008	3 apparatus	2 apparatus	1 apparatus	Free 7(BD)	GPP	Dance 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 exercises

Category	A	B
2014-2016	Free hands Balls	Free hands or ball (1 exercise by choice)
2012-2013	Free hands Hoops	Free hands or hoop (1 exercise by choice)
2009-2011	Hoops Clubs	

### Free hands (4-6 gymnasts):

- Duration: 1:30-2:00
- 5 Body Difficult: + 2DB performed synchronously by all 5 gymnasts  
Min.:
  - 1 balance (T)
  - 1 jump ( $\wedge$ )
  - 1 pivot ( $\acute{o}$ )
- 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.



**Attachment №1 (Application sample)**

**APPLICATION**

To participate in the 13<sup>th</sup> Open Rhythmic Gymnastics Championship of the “SPORTS BOX” club “SUPER STARS CUP”, representing the team [school name] from [city],

October 18-21, 2024, in Baku.

**Individual:**

<b>№</b>	<b>Name, Surname</b>	<b>Year</b>	<b>Category</b>	<b>Apparatus</b>
1.	[Name, surname]	[2014]	[B]	[Free, ball]
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				

**Group exercises:**

<b>№</b>	<b>Name, surname</b>	<b>Year of each</b>	<b>Category</b>	<b>Apparatus</b>
<b>[Group name], [year]</b>				
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)

<b>[Hotel name]</b>				
	<b>Date of Arrival</b>	<b>Time of arrival</b>	<b>Date of Departure</b>	<b>Time of Departure</b>
<b>Room 1</b> [Name, surname]				
<b>Room 2</b> [Name, surname] [Name, surname]				
<b>Room 3</b> [Name, surname] [Name, surname] [Name, surname]				
<b>Room 4</b> [Name, surname] [Name, surname] [Name, surname]				

