

**15th Open Championship in
Rhythmic Gymnastics
of the "Sports Box" club**

**Gymnastics
is . . .**

Baku

Azerbaijan

**21-23
February**



15th Open Championships in Rhythmic Gymnastics of the "SPORTS BOX" club

"GYMNASTICS IS..."

Baku, Azerbaijan

21-23 February 2025

Individual and Group

Directives

Dear Friends, "SPORTS BOX" has the pleasure to invite you to our 15th Rhythmic Gymnastics Open Championships " GYMNASTICS IS..." which will take place in Baku on February 21-23, 2024.

ORGANIZERS AND CONTACTS	"Sports Box" 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 COMPETITION	Baku, Azerbaijan Sport hall of the "Oxbridge Academy"
COMPETITION PROGRAM	February 21: Podium training, Accreditation, Judging meeting February 22: 1 st day of the competition February 23: 2 nd day of the competition, Banquet February 24: Departure of delegations
NUMBER OF GYMNASTS, COACHES AND JUDGES	Unlimited number of gymnasts Every delegation should have a qualified judge In case of absence of the judge- fine of 170 EUR.
REGISTRATION DEADLINES	Preliminary registration – January 1, 2024 Definitive registration – February 1, 2025 Submission of music by February 1, 2025 Podium training list by February 1, 2025 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/

PROGRAM OF COMPETITIONS	Category	A	B	C	C light	D(GPP)	E-Dance
	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 (^)
 - 1 pivot (ó)
- 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.

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	<p>The non-refundable cost for the Entry Fee is:</p> <ul style="list-style-type: none"> ○ 100 EUR per individual gymnast (each) ○ 250 EUR per group ○ 10 EUR (for gymnast) team podium training <p>If the gymnast performs in two categories, the Entry Fee is 100 EUR.</p> <p>In case of refusal to participate after payment, the amount is not refunded.</p>
ACCOMODATION	<p>1st Hotel - 50 EUR for 1 person. 2nd Hotel – 65 EUR for 1 person.</p> <p>If the gymnasts do not stay in our hotels, the ENTRY FEES for one gymnast was be 170 EUR, per group 400 EUR.</p> <p>The price includes: accommodation, breakfast, transfer (from and to the airport, transfer during competitions).</p> <p>Aysu Huseynova</p> <p>Phone number: +994 55 859 91 94</p>
EVENT MANAGER	<p>Sevil Farajova</p> <p>Phone: +994504333387</p> <p>E-mail: sevil.farajova@gmail.com</p>
AWARDING CEREMONY	<p>Award ceremony: by the year of the birth all categories. First 3 places will be awarded with medal, diploma and present. All the gymnasts will receive diploma and present.</p>
ACCREDITATION	<p>Accreditation cards will be given at the gym before the podium training.</p> <p>The Head of Delegation must bring to the Accreditation:</p> <ul style="list-style-type: none"> ○ Passports or ID Cards ○ Proof of payment ○ Medical Insurance
BANQUET	<p>Dear participants and guests of the competition!</p> <p>After completing our exciting competition, we invite you to a banquet on October 20th.</p> <p>The price per person is 40 EUR.</p>

Sincerely Yours,

Baku, August 18 2024

Sevil Farajova

Attachment №1 (Application sample)

APPLICATION

To participate in the 15th Open Rhythmic Gymnastics Championship of the “SPORTS BOX” club “GYMNASTCS IS...”, representing the team [school name] from [city],

February 21-23, 2024, in Baku.

Individual:

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

Group exercises:

№	Name, surname	Year of each	Category	Apparatus
[Group name], [year]				
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]				
Room 4 [Name, surname] [Name, surname] [Name, surname]				