



Mini Carramba Christmas Cup



Rhythmic Gymnastics Tournament

13-14 December 2024



It's our pleasure to invite you to 22th International Rhythmic Gymnastics
Tournament *Mini Carramba Christmas Cup*





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Goal	Popularization of rhythmic gymnastics, implementation of the principle of "fair play".
Place and date	Tournament is hold 13-14.12.2024 , Poland, Katowice.
Timetable	Friday, 13.12.2024 arrival of delegations, technical and judge meeting, competition (evening) Saturday, 14.12.2024 technical and judge meeting, competition, departure of delegations
Organizer:	Klub "Carramba" Main Judge Anna Mulka: WhatsApp text message +48 665 427 778, carrambacup@gmail.com
Payment:	4 WEEKS BEFORE THE TOURNAMENT DATE: after registering with KSIS, the entry fee must be paid within 10 days. Otherwise, the gymnast will be removed from the list of registered. 60 € per each individual gymnast if the entry fee reaches the organizer's account by <u>November 29 2024</u> at the latest. If you pay the entry fee after November 29 2024, the entry fee is 65 € per each gymnast. 40 € per each gymnast in group/duet if the entry fee reaches the organizer's account by <u>November 29 2024</u> at the latest. If you pay the entry fee after November 29 2024, the entry fee is 45 € per each gymnast. A club without Judge will pay a fee of 100 euros- not if the delegation has 1 and 2 gymnasts. If a club registers 22 individual gymnasts (A, B, C) and more, they will receive a € 50.00 discount. All Payment shall be paid into an account transfer Carramba. BANK: PKO B.P. BIC: BPKOPLPW ACCOUNT NR: PL78 1020 2368 0000 2402 0625 6624 UCZNIOWSKI KLUB SPORTOWY "CARRAMBA" ADRES: ULANSKA 9/118, 40-887 KATOWICE
Delegation	The number of registered gymnasts is not limited. An absent gymnast may be replaced by another, however, the number of gymnasts in the team reported to the organizer in a final confirmation till <u>November 20 2024</u> must be consistent with the number of contestants arriving at the competition, starting fees will not be refunded. If the club does not report changes in the list of gymnasts submitted by <u>November 20 2024</u> , the last list of gymnasts will become binding. The crew manager by reporting his group thereby certifies that each athlete submitted by him has a statement on the absence of contraindications to the exercise of sports - medical ability and valid sports insurance and meets the guidelines due to the state of the epidemic COVID. Subscribing to the tournament through the KSIS system is tantamount to accepting the rules of the competition.
Registration:	Applications will be accepted until <u>December 12 2024</u> Registration: https://www.rgform.eu/event.php?id_prop=7259
Programme	Individual, Groups, Duets.
Awards	The first 3 places in ALL AROUND in each category will receive: statuettes, medals, diplomas, gifts. The first three places IN EACH APPARATUS will receive: medals, diplomas, 4 th -8 th diplomas. Each competitor, regardless of the place, will receive a medal, diploma, gift.
Dinner	Orders for lunches are accepted until August 15, 2024 in a text message on WhatsApp +48 665427778. The cost of one dinner in the restaurant is 9 euros. The organizer guarantees lunch for the judges when they work before and after lunch. EACH GYMNASTIST REPRESENTING A FOREIGN CLUB WILL RECEIVE A PORTION OF BROTH FROM THE BUFFET DURING LUNCH.
Accommodation	in a separate document - ask if needed - text message on WhatsApp +48 665427778



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Technical Requirement

		INDIVIDUAL PROGRAM
DB W R DA S		Min 3; min 1 jump/leaps, min 1 balances, min 1 rotations. SENIOR DB Highest 9 counted, max 3 CBD / JUNIOR and younger DB Highest 7 counted, max 1 CBD. 2014 and younger. In WA DB min 6 (min 2 jump/leaps, min 2 balances, min 2 rotations), highest 7 counted.
		Full body waves (W) min 2. In WA min 3.
		SENIOR R max 5 / JUNIOR and younger (2011, 2012, 2013) R max 4 (in performance order). For 2014 and younger R max 3, 1x one rotation under the flight apparatus (R=0,1). R in WA: 2013 max 1, 2014 and younger max 2.
		SENIOR DA min 1, max 20 / JUNIOR and younger (2011, 2012, 2013) DA min 1, max 15 (in performance order). For 2014 and younger DA min 1, max 12.
		Dance steps (S) min 2 / Dance steps (S) in WA min 3.

CATEGORY			A PROFESSIONAL MASTER	B LESS STRONG PROFESSIONAL	C STANDARD RECREATION	CL LESS STRONG RECREATION	D to the first three starts
1	BABY	2018 ↓	1 exercise ○				
2	BABY	2017	2 exercises ○ + ●	2 exercises ☺ + ○	1 exercise U, ○, ●, ☺, ☻	☺	
3	CHILDREN	2016	2 exercises ○ + ●	2 exercises ☺ + ○	1 exercise U, ○, ●, ☺, ☻	☺	
4	CHILDREN	2015	2 exercises ● + ☺	2 exercises ☺ + ○	1 exercise U, ○, ●, ☺, ☻	☺	☺
5	CHILDREN	2014	2 exercises ● + ☺	2 exercises ☺ + ○	1 exercise U, ○, ●, ☺, ☻	☺	
6	CHILDREN	2013	2 exercises ● + ☺	2 exercises ☺ + ○	1 exercise U, ○, ●, ☺, ☻	☺	☺
7	PREJUNIOR	2012	2 exercises ☺ + ☻	2 exercises ○ + ●	1 exercise U, ○, ●, ☺, ☻	☺	
8	PREJUNIOR	2011	2 exercises ☺ + ☻	2 exercises ○ + ●	1 exercise U, ○, ●, ☺, ☻	☺	
9	JUNIOR	2010	2 exercises ☺ + ☻	2 exercises ○ + ●	1 exercise U, ○, ●, ☺, ☻	☺	
10	JUNIOR	2009	2 exercises ☺ + ☻	2 exercises ○ + ●	1 exercise U, ○, ●, ☺, ☻	☺	☺
11	SENIOR	2008 ↑	2 exercises ☺ + ☻	2 exercises ○ + ●	1 exercise U, ○, ●, ☺, ☻	☺	

GROUP PROGRAM

CATEGORY		A Professional	RECREATION	DUETS
I.	CHILDREN 2016 ↓	☺	MINI (6 gymn)	MINI DUET ☺
II.	CHILDREN 2015	CHOISE	2014 and younger ☺	
III.	CHILDREN 2014	CHOISE		
IV.	PREJUNIOR 2013-12	CHOISE	YOUNG (6 gymn) 2013-2012 ☺	YOUNG DUET ☺
V.	JUNIOR 2011-9	FIG	OLDER (5 gymn) 2011 and older	OLDER DUET
VI.	SENIOR 2008 ↑	FIG	CHOISE	CHOISE



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DIMENSIONS OF THE SPORTS HALL:
HEIGHT 10,8m
WIDTH 18,7m
LENGTH 35,3m

