

INVITATION

Dear sport friends,

Rhythmic gymnastics club “Academic” invites you to participate in the „IX-th Academic Winter Cup“ with main organization place Sofia, Bulgaria, on the dates between the 13th to 15th of December 2024.

SPORT	RHYTHMIC GYMNASTICS (RG) CoP 2025-2028
DATE	13-15 December 2024
LOCATION	Sofia, Bulgaria, sport hall Sofia Borisova Gradina https://www.rqform.eu/menu.php?akcia=NP&id_prop=7265
HOST ORGANIZATION	Competition organizer RG Club “Academic”, Sofia Bulgaria LOC tel. +359 887 30 40 79 – Marieta Dukova - Russian +358 888 90 70 12 – Elena Dukova – contact person E-mail: wintercup_academic@abv.bg General management and organization of the tournament is carried out by Club “Academic”. Head Secretary – Stanislava Aleksieva-Pandova (BUL) The tournament is conducted directly by the Main Judges' Board
DELEGATION	No limit of coaches and min.1 judge No limit of gymnasts
REGISTRATION	Registration MUST to be done only online at https://www.rqform.eu/menu.php?akcia=NP&id_prop=7265 For any questions - wintercup_academic@abv.bg Deadline for Registration – 13.11.2024
RULES AND REGULATIONS	All participant have to follow the FIG rules and regulations for 2025-2028
ENTRY FEES	50 EURO participation fee per individual gymnasts 150 EURO participation fee per group If you don't have judge – FEE 100 euro Payment could be made following options: Cash During the accreditation in the sport hall in arrival day Bank transfer Bank:DSK IBAN BG54STSA93000020756342 BIC STSABGSF Address: Sofia, Vasil Levski bld. 73 Name: RG Club Academic Deadline for Bank transfer – 01.12.2024
PRELIMINARY PROGRAM	Please, note that this Preliminary Program could be change. 13-15 December 2024 - competition days *Depend of participating countries, continents and categories, the schedule of competition will be made in suitable and comfort time for all participants and will be send not later them 15 th of November 2024 * Technical and welcome meeting for competition will be made on 12 th December 2024
PERSONAL DATA PROTECITON	All participants automatically give the permission for video and photo material usage by organizers

TECHNICAL REGULATIONS AND RULES

TECHNICAL REGULATIONS			
	Category A level	Category B level	Category B light level
Seniors	3 <u>exercises by choice</u> RULES 2025-2028	2 <u>exercises by choice</u> RULES 2025-2028	1 exercises by choice RULES 2025-2028
2010	3 <u>exercises by choice</u> RULES 2025-2028	2 <u>exercises by choice</u> RULES 2025-2028	
2011	3 <u>exercises by choice</u> RULES 2025-2028	2 <u>exercises by choice</u> RULES 2025-2028	
2012	3 <u>exercises by choice</u> RULES 2025-2028	2 <u>exercises by choice</u> RULES 2025-2028	
2013	3 <u>exercises by choice</u> RULES 2025-2028	2 <u>exercises by choice</u> RULES 2025-2028	
2014	2 <u>exercises by choice</u> RULES 2025-2028	2 <u>exercises by choice</u> RULES 2025-2028	
2015	1-2 <u>exercises by choice</u> RULES 2025-2028	1-2 <u>exercises by choice</u> RULES 2025-2028	
2016	1-2 <u>exercises by choice</u> RULES 2025-2028	1-2 <u>exercises by choice</u> RULES 2025-2028	
2017	1-2 <u>exercises by choice</u> RULES 2025-2028	1-2 <u>exercises by choice</u> RULES 2025-2028	
2018			
2019			

DIFFICULTY OF BODY			
		SENIORS	JUNIORS, PRE-JINORS CHILDREN AND MINI
DIFFICULT OF BODY	DB	Highest 8 counted	Highest 6 counted
Leap/Jump	∧	Minimum 1	
Balance	T	Minimum 1	
Rotation	⊥	Minimum 1	
DYNAMIC ELEMENTS OF ROTATION	R	Maximum 4 in performance order	Maximum 3 in performance order

DIFFICULTY OF APPARATUS			
		SENIOR	JUNIORS, PRE-JINORS CHILDREN AND MINI
DIFFICULT OF APPARATUS	DA	MIN 1 MAX 15	MIN 1 MAX 12

JUDGES

It is required participants to have min 1 judge in the age category and level they participate

Penalty for missing judge – 100 EURO

Judge registration have to be send by

FORM to wintercup_academic@abv.bg and

https://www.rqform.eu/menu.php?akcia=NP&id_prop=7265

ACCOMMODATION AND FINANCIAL CONDITIONS	<p>Accommodation, breakfast and dinner for 1 night stay is 80 € per person/day (in double or triple room) Accommodation in single room, breakfast and dinner for 1- night – 95 € per person/day *Meals – breakfast and dinner at the hotel</p> <p>*Transport during competition days is included</p> <p>Airport-hotel-airport Delegations who are NOT accommodated in the official hotel have to pay 15 EURO per person for organization fee. All participants will receive invoice with some of participation fees and accommodation expenses.</p>												
DEADLINES SUMMARY	<p>ONLINE registrations must be done at: https://www.rgform.eu/menu.php?akcia=NP&id_prop=7265</p> <p>After the deadline, the system will be close</p> <table border="1" data-bbox="467 488 1500 707"> <tr> <td>Preliminary entry</td> <td>13.11.2024</td> </tr> <tr> <td>Accommodation application</td> <td>13.11.2024</td> </tr> <tr> <td>Travel plane</td> <td>01.12.2024</td> </tr> <tr> <td>Payment for participation fee and accommodation</td> <td>13.11.2024</td> </tr> <tr> <td>Judges registration – by mail and online</td> <td>01.12.2024</td> </tr> <tr> <td>Music upload</td> <td>01.12.2024</td> </tr> </table>	Preliminary entry	13.11.2024	Accommodation application	13.11.2024	Travel plane	01.12.2024	Payment for participation fee and accommodation	13.11.2024	Judges registration – by mail and online	01.12.2024	Music upload	01.12.2024
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AWARDING	<p>All participants in IX-th Academic Winter cup are awarded with:</p> <ol style="list-style-type: none"> 1. Diploma – all participants 2. Medals – 1-3 place in each apparatus 3. Ranking of gymnasts is by year of birth and by apparatus. 4. Present – Souvenir form Academic Winter CUP <p>The club with maximum number of participants will be AWARDED with CUP!!!</p>												