

# XXVI INTERNATIONAL CHRISTMAS TOURNAMENT in Rhythmic Gymnastics

**Dear sports friends**

We are pleased to invite you to the International Christmas Tournament in Rhythmic Gymnastics. Taking part in this competition will give you an opportunity to compete with the Representatives of clubs from: Slovakia, Czech Republic, Ukraine, Italy and Poland. Come to our place and enjoy your stay in our city during the competition.

Let's make together a pleasant sports event full of unforgettable experiences!

INFORMATION	
Organizer - host club	<b>Gymnastics Sport Club Stowarzyszenie Gimnastyki Artystycznej Bielsko-Biała</b> 43-300 Bielsko-Biała POLAND
Place	Primary School no 37. 43-300 Bielsko-Biała Poland Doliny Mietusiej 5
Date	<b>07.12 - 08.12.2024</b>
Entry deadlines	Preliminary: 01.11.2024 Definitive: 17.11.2024 <b>Entries only by email please!</b>
Contact	<a href="mailto:sga_dusza@op.pl">sga_dusza@op.pl</a> Mobile : +48 664 454 878 <a href="http://www.sgabb.pl">www.sgabb.pl</a> <a href="https://www.facebook.com/sgabb">www.facebook.com/sgabb</a>
Suggested accommodation:	<b>Each club provides accommodation on their own.</b>
Meal	Dinner on sports hall costs <b>5 EUR</b> per person. Please let us know how many people from your team will eat a meal and on which day. Judges has provided dinner and snacks during the whole competition.
Entries and fee	Each club can present max. <b>8 competitors</b> in group A + B and max. <b>8 competitors</b> in group C. Start payments is <b>50 EUR</b> per person, paid by bank transfer: PL 30102013900000660207470463

<b>PROGRAMME</b>		
<b>GROUP A</b> <u>professionals</u>	<b>2016 and younger</b>	WITHOUT APP + HOOP
	<b>2015-2014</b>	WITHOUT APP + BALL
	<b>2013</b>	HOOP + BALL
	<b>2013</b>	WITHOUT APP - separate category
	<b>2012-2011</b>	BALL + CLUBS
	<b>2010-2009-2008</b>	BALL + CLUBS
	<b>2007 and older</b>	BALL + CLUBS
<b>GROUP B</b> <u>competitors who practice max. 3 times a week</u>	<b>2016 and younger</b>	WITHOUT APP
	<b>2014-2015</b>	WITHOUT APP + HOOP
	<b>2013</b>	WITHOUT APP + APP FOR CHOICE (hoop, ball or clubs)
	<b>2012-2011</b>	2x APP FOR CHOICE (hoop, ball or clubs)
	<b>2010-2008</b>	2x APP FOR CHOICE (hoop, ball or clubs)
<b>GROUP C</b> <u>competitors who practice max. 2 times a week</u> <b>Each competitor can perform in 1 or 2 categories (they are separate)</b>	<b>2016 and younger</b>	WITHOUT APP
	<b>2014-2015</b>	WITHOUT APP
	<b>2013-2012-2011</b>	APP FOR CHOICE
	<b>2013-2012-2011</b>	WITHOUT APP
	<b>2010 and older</b>	APP FOR CHOICE
	<b>2010 and older</b>	WITHOUT APP

In the event of a large number of competitors in one category, the age groups will be distributed.

In groups C if there are less than 3 competitors in a given category, the years will be combined.

**GROUPS A AND B: FIG regulations 2022-2024**

**IN CATEGORIES 2014 AND YOUNGER IN THE PERFORMANCE WITHOUT APPARATUS  
IT IS ALLOWED TO DO MAX 2. DER**

**IN CATEGORY 2013 IN THE PERFORMANCE WITHOUT APPARATUS  
IT IS ALLOWED TO DO MAX 1. DER**

**Also 2014 and younger can do R with ONE ROTATION under the apparatus.**

Schedule	<p><b>07.12.2024</b></p> <ul style="list-style-type: none"><li>• Arrival</li><li>• Accommodation</li></ul> <p><b>08.12.2024</b> (about 9:00-19:00)</p> <ul style="list-style-type: none"><li>• Judges meeting</li><li>• Opening ceremony</li><li>• Individual all-around</li><li>• All-around awards</li></ul> <p><b>09.12.2024</b> (about 9:00-15:00)</p> <ul style="list-style-type: none"><li>• Individual all-around</li><li>• Awards, closing ceremony</li></ul>
Judge	Each club is requested to bring <b>one judge</b> . We do not accept clubs without a judge.
Music	<b>Please send music to <a href="mailto:sgabielsko@gmail.com">sgabielsko@gmail.com</a></b> Each competitor or coach is obliged to bring music on USB just in case if something was lacking or the music was wrong.
Application form (should be send in the email)	<b>Would you please write in your applications forms the following data:</b>
	<ul style="list-style-type: none"><li>• <b>names of competitors</b></li><li>• <b>date of birth</b></li><li>• <b>category</b></li><li>• <b>name of the judge</b></li></ul>

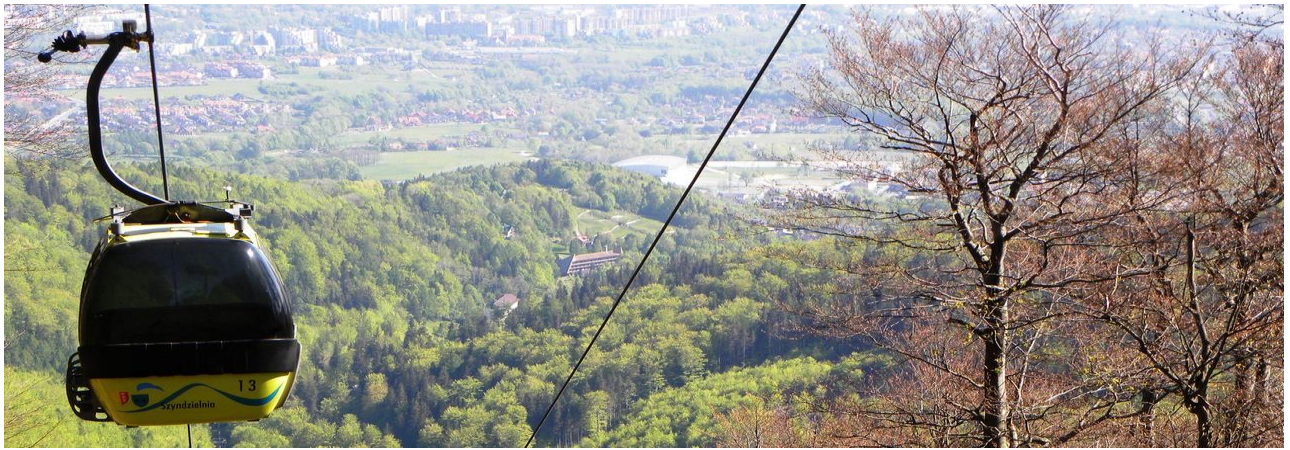
## WELCOME TO CAPITAL OF PODBESKIDZIE MOUNTAINSIDE



**Bielsko-Biala** is a city in southern Poland. Being a relatively large town, an important administrative and a cultural centre is exceptionally attractive as a base for tourism. The close proximity of the mountains, some of them lying within the town's suburban area, the many green areas and the well-developed skiing infrastructure all make it a great destination for anyone seeking a break that is both close to nature and to urban facilities. Interestingly, until as recently as 1951, Bielsko and Biala were two separate towns, each belonging to separate provinces: Silesia and Lesser Poland (with capital in Krakow).



Situated at the foot of the Beskid Slaski and the Beskid Maly Mountains, Bielsko-Biala has extremely rich natural resources. It belongs to a region often referred to as the "Green Lungs of Poland". One of the most beautiful places is the upper part of the Wapienica River valley, including the extraordinarily picturesque part known as Luiza's Valley.



Among the most favoured attractions are the numerous trails leading to the most enchanting nooks of the Beskidy Mountains, and the chance to take a cable car trip to Szyndzielnia (1026 m) anytime throughout the year. During the winter there are a number of very popular ski lifts in Debowiec, Klimczok and Magurka. Whatever active leisure pursuit gets you going, you will find something here to interest you.



If you need something less fast paced, then there are many interesting sights to see in the town itself. It is worth visiting Sulkowski Castle, built in the middle of the 14th century with a gallery inside where music concerts take place, and then there is the Saint Nicolas Cathedral with its exquisite stained glass windows and of course the Weaver's House dating from the 18th century.

**We are looking forward to your applications and feel free to ask any questions!**

**See you soon in Bielsko-Biala!**

**Coaches**  
**ANNA DUSZA**  
**ZUZANNA PAWLIK**