

*Texas Rhythmic Academy*

Proudly presents



**International  
Rhythmic Gymnastics Competition**

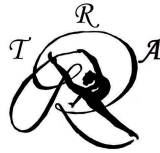
*Unforgettable performances by rhythmic gymnasts  
From around the world!*

**MAY 19-20, 2012**

**Plano/Dallas, Texas, USA**

For more information contact: (469) 288-1745 or [www.trgym.org](http://www.trgym.org)





# Dallas Cup 2012

## International Rhythmic Gymnastics Tournament

- Meet Director: Tatiana Kartseva  
Tel: 469-288-1745  
tatianach7@hotmail.com  
www.trgym.org  
Skype: tatianach7
- Date: May 19-20, 2012
- Competition Site: Texas Instruments- Texins Activity Center  
6624 Chase Oaks Dr.  
Plano, TX 75023
- Entry Fee: \$100 per gymnast
- Registration: Please register by **March 15, 2012**  
Please send one check payable to TRA along with the registration form to:  
TRA  
PO Box 250025  
Plano, TX 75025  
\*or contact meet director to arrange other method of payment
- Program: US Level 3-8 & FIG Junior/Senior (see categories and programs description)  
And Groups  
All ages are welcome (Child, Junior, Senior, group)!
- Score Sheets: Please bring 6 copies of each **D1 & D2 form** for Level 7-10  
(for each routine for each gymnast) to the coaches/judges meeting  
on **May 18<sup>th</sup>**, or fax/mail/e-mail by May 15th!
- Flag: Please bring your country's flag for the ceremony.
- Awards: The top 6 places in each category will be awarded.  
Prizes: Dallas Cup, Miss Elegance & many more  
All gymnasts and coaches will receive gifts!

- Gala:** The gala show will take place on Sunday, May 20 upon completion of the competition. Please submit the Gala Performance Form by April 20, 2012.
- Banquet:** The Dallas Cup Dinner Banquet will be held on Saturday May 19 at the Hilton Garden Inn. The banquet is free for all judges!  
Cost: \$20 per person
- Travel:** Travel to and from the US and accommodations at host hotel are to be paid for by each delegation.  
Please make sure to acquire a visa to enter the USA if needed.  
Airport: Dallas Fort-Worth International Airport (DFW)  
**\*For help with US Visa, please fill out Visa Form & contact meet director!**
- Transportation:** Transportation to/from the airport will be provided for up to 6 people. Shuttle service will be provided to/from hotel and the competition site. Transportation to/from anywhere within 5 miles/8 km of hotel will also be provided (including nearby shops/restaurants/DART rail station). The DART rail station can take you downtown.
- Hotel:** Homewood Suites by Hilton  
455 Central Expressway  
Allen, TX 75013  
214-383-6673  
up to 6 people per room  
- Free Breakfast  
- Complimentary shuttle service to/from competition site and within 5 mile radius  
- Full service hotels with laundry, business center, restaurant, and pool
- Tentative Schedule:**
- |                 |   |
|-----------------|---|
| May 17-18, 2012 | Arrival of Delegation<br>Coaches & Judges Meeting<br>Training |
| May 19, 2012    | 1 <sup>st</sup> Day Competition<br>Dinner Banquet             |
| May 20, 2012    | 2 <sup>nd</sup> Day Competition<br>Gala Show                  |
| May 21, 2012    | Free Day<br>and/or Training Camp                              |
| May 22, 2012    | Departure of Delegation                                       |
- \*Final schedule of competition will be e-mailed to all participating teams 1 week prior to competition.



Categories & Technical Program: **Please choose your level according to technical requirements or contact meet director for help!**

<b>Level</b>	<b>Age Group</b>	<b>Routines</b>	<b>Technical Requirements</b>
<b>Level 4</b>	Child –2006-2001	<b>3 routines</b> 1) (FX) Without Apparatus 2) Rope 3) Ball	<u>FX:</u> Maximum <u>6 difficulties</u> on D1 form: A- B, difficulties should be distributed evenly among all body groups, 2 series of rhythmic steps, 2 full body waves, 2 acrobatic elements, 1 arm wave ----- <u>Apparatus:</u> Maximum <u>6 difficulties</u> on D1 form: A-B elements. 2 leaps/jumps, 2 balances, 2 pivots/turns, 2 flexibilities, 7 Handlings (Technical Groups). Minimum: 1 rhythmic steps, 1 body wave, 1 acrobatic
<b>Level 5</b>	Child –2006-2001 Junior-2000-1997	<b>4 routines</b> 1) (FX) Without Apparatus 2) Rope 3) Hoop 4) Ball	<u>FX:</u> Maximum <u>6 difficulties</u> on D1 form: A- C, difficulties should be distributed evenly among all body groups, 2 series of rhythmic steps, 3 full body waves, 1 acrobatic element + series of 2 acrobatic elements ----- <u>Apparatus:</u> Maximum <u>6 difficulties</u> on D1 form: A-C elements, 2 leaps/jumps, 2 balances, 2 pivots/turns, 2 flexibilities, 7 Handlings (Technical Groups), 2 throws, Minimum: 2 rhythmic steps, 1 body wave, 1 acrobatic
<b>Level 6</b>	Child –2006-2001 Junior-2000-1997	<b>4 routines</b> 1) (FX) Without Apparatus 2) Hoop 3) Ball 4) Ribbon	<u>FX:</u> Maximum <u>7 difficulties</u> on D1 form: A- D, difficulties should be distributed evenly among all body groups, 3 series of rhythmic steps, 3 full body waves, 1 acrobatic element + series of 2 acrobatic elements ----- <u>Apparatus:</u> Maximum <u>7 difficulties</u> on D1 form: A-D elements, 1 difficulty from each body group & 3 additional difficulties from different body groups, 8 Handlings (Technical Groups), 3 throws Minimum: 2 rhythmic steps, 1 body wave, 2 acrobatic
<b>Level 7</b>	Child –2006-2001 Junior-2000-1997 Senior-1996 and older	<b>4 routines</b> 1) (FX) Without Apparatus 2) Hoop 3) Ball 4) Ribbon	<u>FX:</u> Maximum <u>8 difficulties</u> on D1 form: A- F, difficulties should be distributed evenly among all body groups, 3 series of rhythmic steps, 2 full body waves, 1 acrobatic isolated + series of 2 acrobatic ----- <u>Apparatus:</u> Maximum <u>8 difficulties</u> on D1 form: A- F elements Rope – 3 leaps/jumps, 3 pivots/turns, 1 balance, 1 flexibility Ball – 3 flexibilities, 3 leaps/jumps, 1 balance, 1 pivot/turn Clubs – 3 balances, 3 pivots/turns, 1 leap/jump, 1 flexibility
<b>Level 8</b>	Child –2006-2001 Junior-2000-1997 Senior-1996 and older	<b>4 routines:</b> 1)(FX) Without Apparatus 2) Hoop 3) Clubs 4) Ribbon	<u>FX:</u> Maximum <u>9 difficulties</u> on D1 form: A-G, difficulties should be distributed evenly among all body groups, 3 series of Rhythmic steps, 2 full body waves, 1 acrobatic isolated +series of 2 acrobatic ----- <u>Apparatus:</u> Maximum <u>9 difficulties</u> on D1 form: A-G elements. Ball – 3 flexibilities, 3 leaps/jumps, 3 other body groups Clubs – 3 balances, 3 pivots/turns, 3 other body groups Ribbon – 3 pivots/turns, 3 leaps/jumps, 3 other body groups
<b>L 9/10 Hope</b>	2001-2000	<b>4 routines:</b> FIG program	FIG Code of Points
<b>L 9/10 Junior</b>	1999 – 1997	<b>4 routines:</b> FIG program	FIG Code of Points
<b>L 9/10 Senior</b>	1996 and older	<b>4 routines:</b> FIG program	FIG Code of Points

# Dallas Cup 2012 Tournament Official Entry Form

Country: \_\_\_\_\_

Club/Team: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone #: \_\_\_\_\_

**Coach:** \_\_\_\_\_ Willing to Judge? : YES / NO

Phone Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

**Judge:** \_\_\_\_\_ Judging Level : \_\_\_\_\_

Phone Number: \_\_\_\_\_ E-mail: \_\_\_\_\_

GYMNAST'S NAME	DATE OF BIRTH	LEVEL

\_\_\_\_\_ Yes, we will attend the Dallas Cup Banquet  
(\$20 ticket)  
\_\_\_\_\_ children \_\_\_\_\_ adults

# Dallas Cup 2012

## Gala Performance Form

All participating teams are invited to perform in the Dallas Cup  
GALA SHOW on Sunday May 20 upon conclusion of the competition.  
Performances should not be longer than 5 minutes.  
To register for this please fill out the form below.

Team Name: \_\_\_\_\_

### DETAILS OF GALA PERFORMANCES:

Performance Name	Gymnasts	Music Length

### PLEASE SUBMIT ALL GALA ENTRIES

**BY April 20, 2012 To:**

TRA

PO Box 250025

Plano, TX 75025

**OR**

Email: [tatianach7@hotmail.com](mailto:tatianach7@hotmail.com)



# Flight Schedule

Federation / Club from: \_\_\_\_\_

## Departing Flight:

Departing from (airport): \_\_\_\_\_

Arriving at (airport): \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / 2012

Flight №: \_\_\_\_\_

Time: \_\_\_\_\_

Persons: \_\_\_\_\_

## Returning Flight:

Departing from (airport): \_\_\_\_\_

Date: \_\_\_\_ / \_\_\_\_ / 2012

Flight №: \_\_\_\_\_

Time: \_\_\_\_\_

Persons: \_\_\_\_\_

Arriving at (airport): \_\_\_\_\_

# 2012 DALLAS CUP VISA FORM

Please complete this form for any delegation members who need a personal invitation to assist with their Visa Application for entry into the United States. After this information is received, a letter of invitation will be sent to the applicants.

Family/Last Name	First Name	Function	Passport #
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**Please Provide the Complete and Full Name as it appears on the Passport**