



[www.uksirina.pl](http://www.uksirina.pl)

e-mail: [lord11@firma.pl](mailto:lord11@firma.pl); [lord1108@hotmail.com](mailto:lord1108@hotmail.com)

ul. Narbutta 14

02-541 Warszawa

**V INTERNATIONAL RHYTHMIC GYMNASTICS TOURNAMENT  
IRINA-CUP  
13-14.04. 2013  
Warsaw Poland**

**Organizer:** UKS „IRINA” and Polish Gymnastics Federation  
Tel/fax + 48 22 851 05 58  
e-mail [lord1108@hotmail.com](mailto:lord1108@hotmail.com)

Phones of organizers : + 48 608 300 832 Irina Lortkipanidze;  
+48 602 696 675 –Sławomir Kardaszewski

Tournament will be held: Sports hall  
Szkoła Podstawowa N 85  
Ul. Narbutta 14 Warszawa

<b>Program:</b>	12 April 2013	14.00-18.00 -arrival of delegations
	Friday	14.30-19.00 - Training
		19.00-20.00 -dinner
	13 April 2013	9.30-10.00 Drawing of lots for judges
	Saturday	10.00- 18.00-All-round Competition,
		18.00-19.00 -Gala-Show program
		20.00 - Banquet
	14 April 2013	-All-round Competition. Awards Ceremony
	Sunday	- Warsaw –city Sightseeing ,shopping
	15 April 2013	- breakfast
	Monday	-Departure of delegation

**Categories:**

**2006/2007-** Without apparatus  
**2005-** Without apparatus, Apparatus by choice  
**2004 -**Without apparatus, Apparatus by choice  
**2003 -** 2 apparatus- rope, hoop,  
**2002 -**2 apparatus- hoop and 1 Apparatus by choice  
**2000 -2001 -** 3 apparatus by choice  
**1998-1999 -**3 apparatus by choice

**Delegations:** 1 gymnast per categories !!! /max 4 gymnasts/  
1 coach  
1 judge

***Total 6 persons***

## **Attention; important!!!**

**All Gymnasts are welcome to participate in gala program with performance of max 3 min.**

Please bring with you **4 copies of D form** for each routine of your gymnasts.

### **Competitions forms are to be given during the podium training**

- Music: 1 CD for each routine
- National Anthem: 1 CD
- 1 copy of FIG Form

Medical Insurance (obligatory for all delegation members)

### **Costs**

*\*Registration fee for each gymnast is **35 Euro**.*

*\*Hotel charge: **45 Euro/person/night- double room** including breakfast  
**60 Euro/person/night - single room**, including breakfast*

*\*For every extra gymnast in category registration fee is **50 Euro**.*

*The expenses for accommodation for extra persons and extra days are fixed at **60 € per day and per person**.*

*Warsaw sightseeing **15 Euro/person***

- Organisers is not covering travelling.

### **Important!!!**

- **Visa:** If you need an official invitation to obtain a visa to travel to Poland, please contact us as soon as possible no more **than 20 February 2013** (please, fill the documents below)

### **Individual all around (for each category)**

*First 3 positions will be awarded with medals: Gold-Silver-Bronze , cups and special presents.*

*Gymnasts in position 4-6 will be awarded with diplomas and special presents*

The gymnast will be awarded for all around competition and each separately in each category, with a maximum of 1 gymnast per club.

*The organizing club is reserving itself the right to have 1 gymnast additional.*

### **Subscription**

We are looking forward to your confirmation by mail at: lord1108@hotmail .com

- preliminary subscription : **before 10 February 2013**
- definitive subscription : **before 10<sup>st</sup> March 2013**

Only **8 first foreign** delegations( max. 2 per country) returning their definitive subscription by deadline will be entered into the competition.

Age	Competition I day	II day	Difficulty	Evaluation
<i>Children 2006-2007</i>	Without apparatus		<i>Without- D min.3 max.5, 1 sequel of dance steps, max 3 marks  Apparatus- D max 4, min 3, 1sequel of dance steps, 1risk.</i>	• 4.00
<i>Children 2005  2004</i>	Without apparatus  Apparatus by choice	Apparatus by choice  Without apparatus	<i>Without: D min 3, max 6, 1 sequel of dance steps, max 4 marks  Apparatus: D min 3, max 5, min 1 sequel of dance steps, max 1 risk, mastery.</i>	• 6.00
<i>2003</i>	ROPE	HOOP	<i>Without: D min 3, max 6, 1 sequel of dance steps, max 4 marks  Apparatus: D min 3, max 5, min 1 sequel of dance steps, max 1 risk, mastery.</i>	6.00
<i>2002-</i>	HOPE	Apparatus by choice	<i>Apparatus: D min 4, max 7, min 1 sequel of dance steps, max 3 risks, mastery.</i>	7.00
<i>2001-2000</i>	2 Apparatus by choice	1 Apparatus by choice	<i>FIG junior</i>	
<i>Junior 1998-1999</i>	1 Apparatus by choice	2 Apparatus by choice	<i>FIG junior</i>	

**INTERNATIONAL RHYTHMIC GYMNASTICS TOURNAMENT**

**"IRINA-CUP"**

**UKS „IRINA"**

**ul. Narbutta 14**

**DEFINITIVE ENTRY**

**till 10 MARCH 2013**

Name of the Sport Club/Association:

.....

Contact person:

.....

Your contact address:

.....

.....

Tel: ..... Fax: ..... E-mail.....

**Rhythmic Gymnastic:**

Name	Date of birth	Nr passport	Date of expiry	apparatus
coach				
judge				

**Travelling** by plane, bus, train, car

**Arrival :** Date:..... Time:.....

**Departure:** Date:..... Time:.....

We are interested in sightseeing Yes No