

*Excel*  
EXCELENCIA DEPORTIVA



  
Confesport México



IT IS TIME TO

*Shine!!*



PrincessCUP

**JUNIO 1-6 2021**

INFO:

**+52 8261 7097 33**



Excel Academia Deportiva



# PRINCESS Cup International Online 2021

With the purpose of motivating and continuing with the technical development of gymnasts; Excel Academia Deportiva y CONFESPORT MÉXICO invites all clubs and schools to participate under the following

## Guidelines:

### TIME AND DATE

It will happen vía online, with core organization in San Nicolás de los Garza, Nuevo León, Mexico, From June 1 to 6, 2021.

### REGISTRATION

Open call starting from the present note.

**Deadline - May 12th, 2021.** Confirmation number and payment receipt required. **(one single deposit per club or school) un solo deposito por club o escuela)** to the following address:

[princesscup@excelacademia.mx](mailto:princesscup@excelacademia.mx) (LIMITED ACCESS)

Registration Fee **10USD per gymnast**

Modality or **extra test 7USD**

PLUS 9% TAX FOR PAYMENT BY PAYPAL including ONLY Online Certificate

#### Deposit to account:

**Banorte Bank**

To name

**Myrthala Adriana Juárez López**

**Card: 4189 2810 4615 8946**

**Bill: 0249822201**

#### Pay by Pay Pal:

**Myrthala López Garza**

[www.paypal.me/myrjuarez](http://www.paypal.me/myrjuarez)

### MODALITIES

Rhythmic Gymnastics, Aesthetic Group Gymnastics and Acro-Series

### CATEGORIES

See Technical Annex

### TECHNICAL REQUIREMENTS

See Technical Annex by Modality

### VIDEO REQUIREMENTS

The routine must be sent filmed frontal, horizontal from a single angle (no video clip), in video format without introductions and they will be uploaded to a drive link that will be provided at the time of covering their registration fee and sending your registration card; they will have to locate their gymnast in the folder for their level and category. The video will have to carry the Gymnast's full name / level / year of birth / Club / State or Country in the name of the video in the aforementioned league. Example (Laura Cavazos / Level 2/2011 / Excel / Nuevo León)

**VIDEO DELIVERY DATE**

LEVEL	DATE
Initiation Level	May-.22nd
Level 1 and 2	May- 22nd
Level 3, 4 and 5	May -23rd
Rope Level	May -24th
Ball Level	May -24th
Ribbon Level	May -24th
Acroserie 1, 2 and 3	May -25th
FENMEGEG 6-8/8-10	May -26th
FENMEGEG 10-12/12-14	May -26th
FENMEGEG JR/SENIOR	May -26th
IFAGG 8-10	May -27th
IFAGG 10-12	May -27th
IFAGG 12-14	May -27th
IFAGG JUNIOR	May -27th
IFAGG SENIOR	May -27th

**EVALUATION :**

The videos will be scored by designated judges of the organization committee and Confspport México

**AWARDS:**

All registered gymnasts will receive a online certificate .Online award certificate according to the place obtained.

**STREAMING**

The competition will be streamed via Facebook of Excel Academia Deportiva starding **June 1st, 2021**.

**IMPORTANT NOTE:** We would to inform you that the footage of the contestants in this National Gymnastics Encounter PRINCESS CUP INTERNATIONAL ONLINE will be posted on FACEBOOK, and other social media. Herein EXCEL ACADEMIA and CONFSPORT assumes your authorization for the sharing of said material.

**TRANSITORIES:**

Cases not specified by means of this file will be solved by the organizational committee. .

San Nicolás de los Garza, Nuevo León, MEXICO; January 2021



Karla de la Garza Castillo  
Director  
Princess Cup 2021



Yazmin Cárdenas Gallegos  
General Coordinator  
Princess Cup2021



Myrthala A Juárez López  
Delegate CONFSPORT ITALIA  
in México



- They will perform a mandatory routine. In the same order of elements, difficulties, as well as music.
- The difficulties will be predetermined, although they will be able to choose with which leg to perform, but they must preserve bilaterality.
  - Routines and music of the compulsory program in the link:[https://drive.google.com/drive/folders/15F2imElgnN\\_bnkSU4Rcr0F3PIr3VI\\_2g?usp=sharing](https://drive.google.com/drive/folders/15F2imElgnN_bnkSU4Rcr0F3PIr3VI_2g?usp=sharing)

### **FREE PROGRAM**

<b>FREE PROGRAM</b>				
<b>LEVEL</b>	<b>LEVEL 4</b>	<b>LEVEL 4</b>	<b>LEVEL 5</b>	<b>LEVEL 5</b>
<b>TEST</b>	FREE HANDS	BALL	FREE HANDS	BALL
<b>AGE</b>	ALL	ALL	ALL	ALL
<b>AREA</b>	5X5 MTS	5 X 5 MTS	5X5 MTS	5 X 5 MTS
<b>MUSIC</b>	45 TO 60 SECONDS	45 TO 60 SECONDS	45 TO 60 SECONDS	45 TO 60 SECONDS
<b>DRESSCODE</b>	LEOTARD OR UNITARD OF COMPETITION	LEOTARD OR UNITARD OF COMPETITION	LEOTARD OR UNITARD OF COMPETITION	LEOTARD OR UNITARD OF COMPETITION
<b>DIFICULTY</b>	C Y D (TECHNICAL ANNEX UPCHE)	C Y D (TECHNICAL ANNEX UPCHE)	D Y E (TECHNICAL ANNEX UPCHE)	D Y E (TECHNICAL ANNEX UPCHE)
<b>JUMP</b>	1	1	1	1
<b>BALANCE</b>	1	1	1	1
<b>ROTATION (TURN)</b>	1	1	1	1
<b>EXTRA DIFICULTY FREE CHOICE</b>	1		2	
<b>WAVE</b>	1		1	
<b>RHYTHMIC STEPS</b>	1	1	1	1
<b>ACROBATICS SERIES</b>	1	1 ACROBATIC	2	1 ACROBATIC
<b>HANDLESS CAPTURE</b>		1		1
<b>SMALL HANDLESS LAUNCH</b>		1		1
<b>HANLESS BOUNCE</b>		1		1
<b>ROLL IN TWO SEGMENTS</b>		1		1

- They will perform a FREE routine. With the elements mentioned.
- The difficulties will be of value C and D for level 4 and D and E for level 5 of the UPCHE program, a table is attached below.

### **MANDATORY PROGRAM ACROSERIE**






























<b>LEVEL</b>	<b>CATEGORIES</b>	<b>TEST</b>	<b>AREA OF COMPETENCE</b>	<b>DURATION</b>
LEVEL 1	ALL AGES	ACROSERIE	ACROBATIC LINE	ESTABLISHED
LEVEL 2	ALL AGES	ACROSERIE	ACROBATIC LINE	ESTABLISHED
LEVEL 3	ALL AGES	ACROSERIE	ACROBATIC LINE	ESTABLISHED







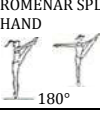























<b>LEVEL</b>	<b>ACRO 1</b>	<b>ACRO 2</b>	<b>ACRO 3</b>
<b>AGE</b>	ALL	ALL	ALL
<b>MUSIC</b>	Determined	Determined	Determined
<b>AREA</b>	3X3 o 5X5 mts	3X3 o 5X5 mts	3X3 o 5X5 mts
<b>DRESSCODE</b>	Leotard or club uniform	Leotard or club uniform	Leotard or club uniform

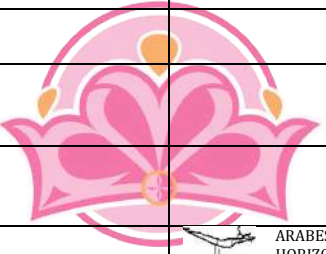
- They will perform a mandatory routine. In the same order of elements, difficulties, as well as music.
- The difficulties will be predetermined, although they will be able to choose with which leg to perform, but they must preserve bilaterality.
- The area can be square or linear.

Routines and music of the compulsory program in the link:

[https://drive.google.com/drive/folders/15F2imElgnN\\_bnkSU4Rcr0F3PIr3VI\\_2g?usp=sharing](https://drive.google.com/drive/folders/15F2imElgnN_bnkSU4Rcr0F3PIr3VI_2g?usp=sharing)

JUMPS				
A 0.10	B 0.20	C 0.30	D 0.40	E 0.50
		 STAG LEAP	 STAG LEAP WITH RING AND WITHPUT BACK BEND	 STAG LEAP WITH BACK BEND
	 SCISSORS	 CABROLE		
 HOP	 PASSE JUMP 180°	 PASSE JUMP 360°	 SPLIT	 SPLIT WITH BACK BEND
 SCISSORS WITH BENT LEGS	 SCISSORS WITH BENT LES 180°	 SCISSORS WITH BENT LEGS 360°		
	 JUMP WITH FREE LEG STRETCHED ON A SIDE AT 90°		 JUMP WITH FREE LEG STRETCHED ON A SIDE AT 90° WITH A TURN	
 VERTICAL WITHOUT ROTATION	 VERTICAL WITH 180°	 VERTICAL 360°		
	 X JUMP	 ARCH JUMP		 SQUART
		 COSSACK SIDE OR FRONT	 COSSACK WITH TRUNK FOWARD	 COSSACK 180°
		 RING WITH ONE LEG		 RING WITH BOTH LEGS
		 FOLIETTE	 STAG LEAP TURN	 RONDA SPLIT

BALANCES				
A 0.10	B 0.20	C 0.30	D 0.40	E 0.50
 RELEVÉE	 PROMENAR PASSE 180			
 PASSE	 FORAWRD	 PROMENAR PASSE 360	 PROMENAR SPLIT WITH ONE HAND STRECT FORWARD OR SIDE 180°	 ROMENAR SPLIT WITH ONE HAND STRECT FORWARD OR SIDE 180°
 COUPEE	 COUPPE WITH THUNK FOWARD		 180° COUPPE WITH TRUNK FOWARD	
45° FREE LEG FOWARD	45° FREE LEG FORWARD WITH TRUNK FOWARD			 PORMENAR RING 180°
 45° FREE LEG BACKWARD	 45 FREE LEG BACKWARD TRUNK BACKWARD	 PROMENAR FREE LEG BACKWARD TRUNK BACKWARD		STRETCH ARABESQUE
	 90° FREE LEG FORWARD OR SIDE	 90° FREE LEG FORWARD OR SIDE WITH TRUNK		
			 ARABESQUE OR ATTITUDE	
			 COSSACK	PROMENAR STRETCH ARABESQUE 180°
			 RING	PROMENAR RING TURN 360°
		 STRECH FOWARD OR SIDE	 GIRO ANILLO 180°	
	 ARABESQUE HORIZONTAL WITH FLAT FOOT	 ARABESQUE HORIZONTAL WITH RELEVE	 PONCHE 135°	 PONCHE 180°
 TURN OR CHENNE	 PASSE TURN 180°	 PASSE 360°	 ILLUSION WITH HANDS	 ILLUSION



PrincessCUP TOFFEE GIMNASIA CO



## TECHNICAL APPENDIX

## AESTHETIC GROUP GYMNASTICS

- The trainers will upload the videos to the Google Drive platform, they will be given the link at the time of completing the registration payment. The recording should be horizontal and recorded in a single shot, without cuts. The competition area must be delimited. Later the videos will be broadcast live on the EXCEL ACADEMIA DEPORTIVA page.

### School Program FENMEGEG

The competition will be individually complying with the technical and physical characteristics of the sport

They will perform a mandatory routine. In the same order of elements, difficulties, as well as music. Perform the routine in an area of up to 5 x 5 meters, an area that must be delimited.

The difficulties will be predetermined, although they will be able to choose which leg to perform with, but they must preserve bilaterality.

Routines and music in the

link: [https://drive.google.com/drive/folders/15F2imElgnN\\_bnkSU4Rcr0F3PIr3VI\\_2g?usp=sharing](https://drive.google.com/drive/folders/15F2imElgnN_bnkSU4Rcr0F3PIr3VI_2g?usp=sharing)

Categories:

MUSIC	AGES	CATEGORIES
Mulan	2015-2011	6-8 years/ 8-10 years
Valiente	2011-2007	10-12 years /12-14 years
Malefica	2006 - +	Junior/Senior

### IFAGG PROGRAM

#### Requirements:

- Intermediate / advanced gymnasts of any age may participate.
- The competition will be group (from 4 to 12 gymnasts) the qualification will be averaged, to get the group average.
- Difficulties and requirements of the IFAGG code will be evaluated
- They should locate the group according to their year of birth

Category table is attached:

AGES	CATEGORY
2013-2011	8-10 YEARS
2011-2009	10-12 YEARS
2009-2007	12-14 YEARS
2007-2005	JUNIOR
2005 - +	SENIOR



# AESTHETIC GROUP GYMNASTICS

## TABLE OF TECHNICAL REQUIREMENTS

REQUIREMENTS	8-10	10-12	12-14	JUNIOR	SENIOR
MUSIC	1:25-1:35 min	1:25-1:35 min	1:25-1:35 min	1:25-1:35 min	1:25-1:35 min
COMPETITION AREA	5x5	5x5	5x5	5x5	5x5
JUMP SERIE			1	1	1
JUMP	1	1	1		
BALANCE SERIE			1	1	1
BALANCE	1	1	1		
DYNAMIC BALANCE	1	1	1	1	1
BODY MOVEMENT SERIES A	2	2	1	TOTAL 2 1 INCLUDES SWING 1 FREE	TOTAL 2 1 INCLUDES SWING 1 FREE
BODY MOVEMENT SERIES B			1	TOTAL 4 1 LEVEL CHANGE 1 INCLUDES WAVE 1 WITH DISPLACEMENT 1 FREE	TOTAL 4 1 LEVEL CHANGE 1 INCLUDES WAVE 1 WITH DISPLACEMENT 1 FREE
JUMP + BALANCE				1	1
BALANCE + JUMP	1	1			
JUMP + BODY MOVEMENT SERIES				1	1
BALANCE + BODY MOVEMENTS SERIES				1	1
TOTAL WAVE	1	1	1		
TOTAL SWING	1	1	1		
RELAXATION			1		
BENDING BACKWARDS	1	1			
ARMS MOVEMENT SERIES	1	1			
SERIE OF DANCE STEPS	1	1	1		
ACROBATIC MOVEMENTS	1 MINIMUM	1 MINIMUM	1 MINIMUM		



## GENERAL REGULATIONS

### I. REGISTRATION

- To be valid, an inscription must meet the following requirements:
- Payment of registration by bank deposit, cash or transfer to the account already established in the official call, one only per club, academy or school.
- Send the payment receipt to the email specified in the official call and fill in completely all the correct and complete information in the EXCEL format provided by the organizing committee.
- Late registrations are not allowed.

### II. ROUTINES

- The compulsory routines will respect the same order of elements and difficulties, as well as the music, although they can choose with which leg to perform the elements, complying with the laterality requirements.
- The coach will place his gymnasts in the corresponding level.
- If any of the elements of the compulsory routines is changed for another element, it will not be valid in the grade.
- The routines of level 4 and 5 must comply with the elements of the UPCHE tables, difficulties that are not in the table may be performed and the evaluating committee will designate a value according to the difficulty of the same.

### III. VIDEOS:

- They should send their routine shot from the front horizontally from a single angle (not video clip) in video format without introductions, cuts or closings. (Penalty of 0.5 for non-compliance)
- They will be uploaded through a drive league that will be provided to them at the time of covering their registration fee and sending their registration card.
- They will have to locate the video of their gymnast in the folder of their level and category.
- The video will have to have the full Name of the Gymnast / Level / Year of birth / Club / State or Country in the name of the video in the aforementioned league. Example (Laura Cavazos / Level 2/2011 / Excel / Nuevo León) (Penalty of 0.5 for non-compliance)
- Videos that are not in drive folders on the indicated date will not be rated.

### IV. AREA:

- Perform the routine in a 3x3 or 5x5 area delimited according to your level. (Penalty of 0.5 for non-compliance)
- The area must be safe for the gymnast to perform the routine.
- You can use scenery according to the theme of the routine or competition but it is not a requirement nor will it affect the qualification of the gymnasts in the modality of Rhythmic, Aesthetics and Acro-Series

## V. DRESS

- Competition leotard attire for all levels
- The themed costumes are optional for levels Initiation, 1, 2, 3, Rope, Ball and Ribbon
- Themed costumes cannot obstruct the visibility of the gymnast's technique to the evaluator.
- The Acro-serie mode can wear a school sports uniform, competition leotard or sportswear.

## VI. AWARD.

- The competition is called for gymnasts of initiation or school level and is divided by levels according to the progress of the gymnasts starting with level 1 and up to the most advanced corresponding to level 5. Each level is divided by categories according to the year of birth of the athletes, each category is evaluated to all the gymnasts with the same criteria and judging body, then they are arranged according to the qualification obtained and from there they are divided into groups for their award
- These groups are divided into 6 or 7 gymnasts. The gymnast with the highest score is the first place in group A, the second the first place in group B and the third the first place in group c, the next 3 would be the second places of each group and so on.
  - Gymnast who did not upload his video in a timely manner will not be evaluated therefore does not receive a medal even if the entry has been covered.
  - The sending of medals and souvenirs will be sent to the addresses provided in the registration form.
  - The sending of diplomas will be sent to the email that they established in the registration form by means of a We transfer. Please download them when you receive the e-mail, since the league expires.



## VII TRANSITORIES

- Cases not specified by means of this file will be solved by the organizational committee.