



Comune di Pordenone



CR Friuli Venezia Giulia

## **5<sup>th</sup> INTERNATIONAL TOURNAMENT Per CLUBS IN RHYTHMIC GYMNASTICS**

**1<sup>st</sup> International Gala Show in AESTHETIC GYMNASTICS**

### **“ALPE ADRIA TROPHY”**

**Pordenone - Italy, 19.11.2011**

#### **ORGANIZING COMMITTEE:**

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#### **VENUE:**

Sports Hall of Pordenone

Via Fratelli Rosselli, 4

33170 Pordenone, Italy

#### **SCHEDULE:**

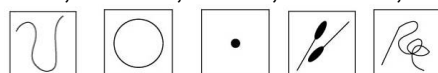
- **FRIDAY, November 18<sup>th</sup> :**  
*Arrival of delegations;*
- **SATURDAY, November 19<sup>th</sup>:**  
*Technical Meeting*  
**“5<sup>th</sup> ALPE ADRIA TROPHY”**  
**“1<sup>st</sup> International Gala Show in Aesthetic Gymnastics”**  
*Banquet*
- **SUNDAY, November 20<sup>nd</sup> :**  
*Departures of delegations.*

# COMPETITIONS

## 1) - Alpe Adria Team Trophy -

- FIG SENIOR program;
- Every team must compete with **3/5 gymnasts** (1998 and older);
- Every team must present **one routine of each apparatus** in following order;

ROPE, HOOP, BALL, CLUBS, RIBBON

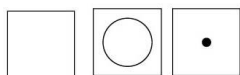


- Each gymnast may perform **maximum 2 routines**;
- Total exercises/ team: **5**.

## **2) -Alpe Adria Young Team Trophy**

(Gymnasts born in 1999 – 2002)

- Every team must compete with **2/3 gymnasts**;
- Every team must present **one routine of each apparatus** in following order:



+ 1 by choice between: rope, clubs or ribbon;

- Each gymnast may perform **maximum 2 routines**;
- Total exercise for each team: **4**.

**D1:** max 5.00 pts. ; 8 difficulties (A-G);

*-Difficulties of higher value can be performed, written with correct symbol, but the value must be 0.70 maximum, marked with 0.7.*

*-Without Apparatus / hoop: 2 difficulties for each body movement; other exercises 6 (3+3).*

**D2:** max 8.00 pts.

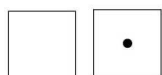
**A:** 10 pts.

**E:** 10 pts.

## **3) -Alpe Adria Baby Team Trophy**

(Gymnasts born in 2003)

- Every team must compete with **2/3 gymnasts**;
- Every team must present **one routine of each apparatus** in following order:



+ 1 by choice between: rope or hoop;

- Each gymnast may perform **maximum 2 routines**;
- Total exercise for each team: **3**.

**D1:** max 4.00 pts ; 8 difficulties (A-E);

*-Difficulties of higher value can be performed, written with correct symbol, but the value must be 0.50 maximum, marked with (0.5).*

*- Without Apparatus: 2 difficulties for each body movement; other exercises 6 (3+3).*

**D2:** max 6.00 pts.

**A:** 10 pts.

**E:** 10 pts.

***The “5<sup>th</sup> Alpe Adria Trophy” will be winning by the club that will obtain the best result by the summa of: best team in competition 1 + best team in competition 2.***

# 1<sup>st</sup> INTERNATIONAL GALA SHOW IN AESTHETIC GYMNASTICS

We are glad to invite you at the “1<sup>st</sup> Gala Show in Aesthetic Gymnastics”; we would like to make know this lovable movement that is Aesthetic Gymnastics.

- Each club can presents a maximum of **2 exhibitions**, with the same or different gymnasts;
- Age: minimum 8 years old;
- Number of Gymnasts: 6-10;
- Music: max. 2'45”;
- Rewards: best composition, most elegant group, youngest group, older group;



## **DELEGATION:**

- Max 2 teams in Alpe Adria Team Trophy
- Max 2 teams in Alpe Adria Young Team Trophy (1999-2002)
- Max 2 teams in Alpe Adria Young Team Trophy (2003)
- Max 2 exhibitions in Gala Show of Aesthetic Gymnastics
- 1 judge (min. national brevet)

*The Organizing Committee can enter more teams in each group.*

## **EXPENSES:**

- Starting fee: **10 euro / gymnast** (*not for Aesthetic Gymnastics Gala*).
- Each delegation will pay for their travelling, accommodation and meal expenses.

## **APPLICATION DEADLINES:**

- NOMINATIVE ENTRY:  
till **1<sup>st</sup> November 2011** at: [cr.friuliveneziagiulia@federginnastica.it](mailto:cr.friuliveneziagiulia@federginnastica.it)
- OFFICIAL PAPERS FOR JUDGING:  
till **16<sup>th</sup> November 2011** at: [cr.friuliveneziagiulia@federginnastica.it](mailto:cr.friuliveneziagiulia@federginnastica.it)

Hope to see you in Friuli Venezia Giulia!

Technical Director  
Magda Pigano

President of C.R. Friuli Venezia Giulia  
Carlo Longo

## DEFINITIVE ENTRY : TEAMS TROPHIES

CLUB: \_\_\_\_\_  
 JUDGE : \_\_\_\_\_ Brevet: \_\_\_\_\_  
 COACH: \_\_\_\_\_

*Please cross the apparatus performed by each gymnast!*

### 1) Team Trophy – Juniors and Seniors

#### Team 1

Surname	Name	Date of Birth	Apparatus
			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

#### Team 2

Surname	Name	Date of Birth	Apparatus
			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

### 2) Young Team Trophy (1999 – 2002)

#### Team 1

Surname	Name	Date of Birth	Apparatus
			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> + <input type="checkbox"/> or <input type="checkbox"/> or <input type="checkbox"/>
			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> + <input type="checkbox"/> or <input type="checkbox"/> or <input type="checkbox"/>
			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> + <input type="checkbox"/> or <input type="checkbox"/> or <input type="checkbox"/>

#### Team 2

Surname	Name	Date of Birth	Apparatus
			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> + <input type="checkbox"/> or <input type="checkbox"/> or <input type="checkbox"/>
			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> + <input type="checkbox"/> or <input type="checkbox"/> or <input type="checkbox"/>
			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> + <input type="checkbox"/> or <input type="checkbox"/> or <input type="checkbox"/>

### 3)Baby Team Trophy (2003)

### Team 1

Surname	Name	Date of Birth	Apparatus
			<input type="checkbox"/> <input type="checkbox"/> · + <input type="checkbox"/> or <input type="checkbox"/>
			<input type="checkbox"/> <input type="checkbox"/> · + <input type="checkbox"/> or <input type="checkbox"/>
			<input type="checkbox"/> <input type="checkbox"/> · + <input type="checkbox"/> or <input type="checkbox"/>

### Team 2

Surname	Name	Date of Birth	Apparatus
			<input type="checkbox"/> <input type="checkbox"/> · + <input type="checkbox"/> or <input type="checkbox"/>
			<input type="checkbox"/> <input type="checkbox"/> · + <input type="checkbox"/> or <input type="checkbox"/>
			<input type="checkbox"/> <input type="checkbox"/> · + <input type="checkbox"/> or <input type="checkbox"/>

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### TRAVEL PLAN :

**Arrival:** (date) \_\_\_\_\_

**Departure:** (date) \_\_\_\_\_

**Extra Person :** (n°) \_\_\_\_\_

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Definitive entry till 1<sup>st</sup> November 2011 to: [cr.friuliveneziagiulia@federginnastica.it](mailto:cr.friuliveneziagiulia@federginnastica.it)

## DEFINITIVE ENTRY : AESTHETIC GYMNASTICS GALA

CLUB: \_\_\_\_\_

COACH: \_\_\_\_\_

### **Group 1** \_\_\_\_\_

Surname	Name	Date of Birth

### **Group 2** \_\_\_\_\_

Surname	Name	Date of Birth

*(Please max 2 groups!)*

### **TRAVEL PLAN**

**Arrival:** (date) \_\_\_\_\_

**Departure:** (date) \_\_\_\_\_

**Extra Person:** (n°) \_\_\_\_\_

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Definitive entry till **1<sup>st</sup> November 2011** to: [cr.friuliveneziagiulia@federginnastica.it](mailto:cr.friuliveneziagiulia@federginnastica.it)