

«Approved by»
Honored coach of Russia,
senior coach of the junior staff of the
Russian national rhythmic
gymnastics team
_____ Sirotina E.S.
«_____» _____ 2021

REGULATIONS

On conducting

The ONLINE INTERNATIONAL COMPETITION OF SKILLS AND ORIGINAL ELEMENTS IN RHYTHMIC GYMNASTICS INTERNATIONAL COMPETITION 78

1. General Provisions

- 1.1. These Regulations determine the procedure and conditions for conducting the Online International Competition of Skills and Original Elements in Rhythmic Gymnastics INTERNATIONAL COMPETITION 78 (hereinafter referred to as the Competition) among female gymnasts from all over the world – participants of the Competition.

2. Goals and objectives

- 2.1. The purpose of the Competition is to determine the level of sportsmanship and originality of the participants in the performance of rhythmic gymnastics elements.
- 2.2. The objectives of the Competition are:
 - promoting the development of rhythmic gymnastics;
 - increasing the level of sportsmanship;
 - popularizing rhythmic gymnastics in the world and in the Russian Federation;
 - strengthening international sports cooperation;
 - searching talented and promising gymnasts from all over the world;
 - developing the unique and original thinking in the field of rhythmic gymnastics;
 - unleashing the creativity and imagination of gymnasts at any age.

3. Date and venue

- 3.1. From **March 27th 2021** online on the ZOOM application platform.

4. Organizer and management of the Competition

- 4.1. The direct carrying out of the Competition is entrusted to the Supreme Jury, the Chairman of the referee teams, the secretary and the referees of the Competition.
- 4.2. The Competition is judged by experts from the field of rhythmic gymnastics, ballet and Circus Art.
- 4.3. **Supreme Jury of the Competition**
 - Honored coach of Russia, senior coach of the junior staff of the Russian national rhythmic gymnastics team **Ekaterina Sergeevna Sirotina**;
 - Honored coach of Russia, vice-president of FSOO "Rus" **Chernyshkova Irina Alexandrovna**;
 - Russian ballet dancer, Honored Artist of Russia, People's Artist of the Republic of North Ossetia-Alania, soloist of the Mariinsky Theater **Ilya Vladimirovich Kuznetsov**;

- Organizer of juggling conventions in Russia, judge of the Championships of Russia and International tournaments of Circus Art **Ilya Mikhailovich Polyakov**.

4.4. **Chairman of the referee teams (qualification)**

Ovseenko Polina Petrovna Sports judge of the All-Russian category

4.5. **Secretary of the Competition**

Kuzmicheva Natalia Mikhailovna Sports judge of the All-Russian category

5. Program and rules of the Competition

- 5.1. The Competition is conducted in the form of hitting qualifying standards! Participants perform only 2 routines with apparatus in the first round and/or one connection of body elements in the second round of the Competition without music accompaniment. They can participate both in the full programme and in any chosen round as well (apparatus/body elements)!
- 5.2. The task of the participants is to come up with, prepare and demonstrate only original, exclusive and unique elements of the apparatus and body. **Evaluation of originality, an invented element is the most important assessment of the Competition!**
- 5.3. The Competition is held in 2 rounds + finals:

1st round - Routine with apparatus

Participants perform 2 different routines, using 2 different apparatuses to choose from, one apparatus for each routine.

2nd round - Body difficulties

Participants perform one connection of body difficulties in one attempt.

! At each stage, participants are provided with 1 attempt of performance of prepared difficulty. In case of a serious error in performance of the difficulty (loss of apparatus in round 1 or complete loss of balance by a gymnast in round 2), the attempt will not be assessed and the second and subsequent attempts will be given, until the gymnast has completed the intended difficulty. In this case, team technique penalty is deducted from the total score for the performed difficulty minus 0.5 for each subsequent attempt.

A gymnast has the possibility to ask for the 2nd attempt not having had a serious error, but realizing that she failed to perform everything she planned in the 1st attempt. In this case, penalty for a subsequent attempt is also applied and the best attempt to perform difficulty is scored.

Finals

The 8 best participants at each age range and in each round pass to the finals and present the same apparatus elements and body elements as at the first two stages.

Competition stages	Born in 2010 and older
1 st round (Routine with apparatus)	2 different routines, using different apparatuses choose from (1 apparatus for each routine)
2 nd round (Body difficulties)	One connection of body difficulties (connection of different body difficulties)

- 5.4. In the 1st round, it is possible to perform any basic work, including a high throw and catching from a high throw.
- 5.5. In the 2nd round, it is possible to perform and combine all groups of difficulties (turns, jumps, balances), and interesting pre-acrobatic elements in connection with body difficulties without interruption in performance.
- 5.6. The gymnast must perform only those elements that she can perform safely and with a high degree of aesthetic and technical qualifications.

6. Evaluation criteria for participants

- 6.1. Originality of difficulty - maximum 10 points
- 6.2. Difficulty of body element / routine with apparatus - maximum 5 points.
The complexity of the connection of body difficulties is determined by any non-standard connection of difficulties; connection of different groups of difficulties; connection of different forms of difficulty of rotation; using interesting pre-acrobatic elements in a connection of difficulties.
- 6.3. Execution technique.
The total technique penalty is deducted from the sum of the originality and difficulty scores.

7. Insurance of participants and security measures

- 7.1. Participation in the Competition is allowed only if there are supporting documents on life and health insurance against accidents of each participant, which are presented to the Organizer.
- 7.2. The person, who submitted the application in the manner specified in clause 13 of the Regulations, thereby confirms the absence of contraindications for participation in the Competition.

- 7.3. Insurance of participants is carried out at the expense of sending organizations. Ensuring the safety of participants is carried out by themselves or by their parents.

8. Participants of the Competition

- 8.1. Gymnasts from Special Sport School (Olympic Reserve), sports schools, sports clubs, FSO of all regions of Russia, as well as gymnasts from all countries of the world who have no medical contraindications, **born in 2010 and older**, are admitted to the Competition.

9. Conclusion of an agreement with the Organizer and the cost of participation

- 9.1. The conclusion of an agreement for participation in the Competition is formalized through electronic exchange of documents.
- 9.2. The cost of participation in the Contest in the online format:
- in one of the rounds (object or body elements) - 25 Euro
 - in the full program of the competition (both rounds) - 35 Euro
- 9.3. Payment must be made before **March 20th**, 2021 according the details specified in the Agreement.

10. Summing up and rewarding

- 10.1. Participants with the highest score are awarded
- in each age category
 - in each round of the competition (apparatus, body elements)
- 10.2. The winner of the Competition is the participant who scored the highest number of points in total for 2 rounds of the Competition.

11. Special requirements for participants

- 11.1. Gymnasts can participate in the Competition in any sport facility equipped with a due cover as well as from home. Mmaximum free and safe area needs to be provided. If at home, furniture needs to be removed and space with no sharp corners secured, a soft floor covering prepared (carpet / mat for fitness activities).
- 11.2. In accordance with the rules, gymnasts during training should have: black uniform, white socks, gymnastic shoes, and gymnastic hairstyle.

12. Technical requirements

12.1. To participate, it is necessary to download the ZOOM app and sign up with it: the application is downloaded on any device with the Internet.

Important! When signing up, please specify the name and surname of the gymnast.

12.2. Two-way communication online (the picture you see) depends on the speed of the Internet on YOUR side; therefore, when using a laptop or computer connected via wired Internet or Wi-Fi, the quality will be better than when viewing on a mobile phone and via mobile Internet.

Important! The device you use must be equipped with a camera and microphone!

12.3. The link with ID to enter a group WhatsApp chat will be sent to the participants of the Competition beforehand.

Important! When entering the chat, please specify the name and surname of the gymnast so that the organizers can accurately address the participant in order to coordinate her activity.

13. Competition costs

The costs of participation in the Competition are borne by the participants or their representatives.

14. Applications

14.1. To participate in the Competition, applications must be submitted ONLY on the gymshow.ru website (in the Events section) no later than **March 20th**, 2021!

14.2. Up-to-date information about the event is on the website: gymshow.ru in the Events section

15. Contacts

Coordinator – Olga Boldyreva: 8-968-033-29-91, info@gymshow.ru

Director of the event – Anastasia Popova, popova@gymshow.ru

These Regulations are an official invitation to participate in the Competition!