

Summer Stars Cup Invitation

22nd – 23rd June 2024

Dear Club,

Stars Academy RGC are pleased to invite you to our 3rd friendly rhythmic gymnastics competition Summer Stars 2024 in Welwyn Garden City.

The Competition is for all Levels - Individuals, Duos, Trios and Groups.

Presentations will be for each age group, each level and apparatus.

Each gymnast, who hasn't received 1st, 2nd or 3rd place medal, will receive a medal for participation.

COMPETITION DATE	22 nd – 23 rd June 2024
ENTRY DEADLINE	12 th May 2024 * If the number of competitors reaches the maximum allowed gymnasts number, we reserve the right to close the entry before the above deadline.
ENTRIES	All entries will be via https://rhythmicvision.uk * Please use your existing club password for registrations. Anyone who doesn't have a password yet, please let the team organisers know.
DISCIPLINE	Rhythmic Gymnastics
VENUE	The Ridgeway Academy Sports Centre Herns Lane Welwyn Garden City AL7 2AF
HOST & ORGANIZER CONTACT DETAILS	Stars Academy Rhythmic Gymnastics Club Elena Museva emuseva@hotmail.com 07966130247
CARPETS	GymNova Competition Carpet Regular carpet in warm up area
RULES & REGULATIONS	The event will be organized under the following competition rules and regulations: <ul style="list-style-type: none"> - Basic COP for Level 1 & 2 and Novice - FIG Code of points for Level 3, 4 and 5 - Correct British Gymnastics Membership - Clear definitions of Level must be observed - British Gymnastics Competition Requirements - Apparatus Norms - Age is determined as of 1st of January 2024 - Dress for gymnasts – leotard or cat suit, with or without sleeves, no spaghetti straps. As per FIG Code of Points. - Dress for coaches – to comply with BG dress codes for coaches, suitable sports clothing attire and suitable footwear. - Neither gymnasts nor coaches will be allowed to wear jewellery in the warm-up or floor areas. - Only gymnasts and their nominated coaches will be allowed in the warm-up areas. - Music – As per the competition requirements sheet. Music may be of any type in line with the current FIG CoP.

	<p>- Clear definitions of the levels are given and these must be observed: Novice – Accessible Rhythmic Gymnastics for all. Gymnasts must be 5 years old at the time of the competition. Level 1 – A beginner gymnast, max 5 competition events. Gymnasts must be 5 years old at the time of the competition. Level 2 – A gymnast who have been in Rhythmic Gymnastics longer than 1 year, competed at more than 5 competitions, have not competed at any National / International competitions and have not entered the zone grades in 2024. Gymnasts must be 6 years old at the time of the competition. Level 3 – Competition for gymnasts working with the GBR / UEG / FIG code of points, have not reached the required level for National grade finals 2024 or above. Including L3 gymnasts who have not attended Zone Grades 2024 but are suitable to compete at L3. L3 gymnasts must be aged 7 on 1 January 2024. Level 4 - Competition for gymnasts working with the GBR / UEG / FIG code of points, who have reached the required level for National grade finals 2024, but not qualified for British Championships 2024. Including L4 and L5 gymnasts who have not attended Zone Grades 2024 but are suitable to compete at L4. L4 gymnasts must be aged 7 on 1 January 2024. Level 5 - Competition for gymnasts working with the GBR / UEG / FIG code of points, who qualified for British Championships 2024.</p>
CLUBS DELEGATIONS	<p>Coaches - 1-2 (in line with safeguarding) Judges - 2 (1 judge for clubs with up to 2 gymnasts). For clubs with a <u>missing judge</u>, we reserve the right to deny club competition entry. Should we find additional judges from other clubs, clubs with a missing judge must agree to pay all expenses for the judge assigned to their club for this competition. Gymnasts - unlimited</p>
JUDGES	<p>All judges must have a current valid qualification. Please email your judges names with their qualification to the competition organiser.</p>
INSURANCE	<p>Competition organizers are not responsible for any liabilities in case of an accident, illness and the like. All participating clubs are responsible for making their own arrangements to have necessary valid insurance coverage against illness, accidents for all members of their delegation. All delegation members' gymnasts, coaches and judges must have the required British Gymnastics membership as designated by their role.</p>
FIRST AID	<p>Each club is responsible for bringing first aid supplies at the competition and a first aider within their delegation. There will be a first aid kit on site. Please email your first aider names to the competition organiser.</p>
FEES	<p>Competition Entry Fees: £17 for each individual routine £30 per Duo £45 per Trio £50 per Group - L1, L2, L3 - Performing once (1 routine) £75 per group Groups - L4, L5 – Where competition timings allow, can perform each routine twice (two routines) (Group -Level 1, 2 – 4 to 7 gymnasts) (Group -Level 3, 4, 5 - 5 or 6 gymnasts)</p> <p>Please note: Entry fees payment information will be included in https://rhythmicvision.uk website. After the closing date payments are non-refundable.</p>
MUSIC	<p>Each club should upload their music to https://rhythmicvision.uk by 9th June 2024 (Sunday) Each music to be named –as gymnast Name Surname Club Apparatus Level/or Category. Just in case - please bring on the day a copy of the music on a USB stick.</p>
INDIVIDUALS	<p>Novice: Under 6 - Free Under 7 - Free Under 8 - Free Under 9 – Free or App of choice Under 10 – Free or App of choice Under 12 – Free of App of choice Under 13 – Free of App of choice Junior 1st year – Free of App of choice</p>

Junior 2nd year – Free of App of choice
Senior – Free of App of choice

Level 1:

Under 6 - Free or/and App of choice
Under 7 - Free or/and App of choice
Under 8 - Free or/and App of choice
Under 9 - Free or/and App of choice
Under 10 - Free or/and App of choice
Under 11 - Free or/and App of choice
Under 12 - Free or/and App of choice
Under 13 - Free or/and App of choice
Junior 1st Year - One or two routines App of choice
Junior 2nd Year - One or two routines App of choice
Junior 3rdYear - Delete
Senior - One or two routine App of choice

Level 2:

Under 6 - Free or/and App of choice
Under 7 - Free or/and App of choice
Under 8 - Free or/and App of choice
Under 9 - Free or/and App of choice
Under 10 - Free or/and App of choice
Under 11 - Free or/and App of choice
Under 12 - Free or/and App of choice
Under 13 - One or two routines App of choice
Junior 1st Year -One or two routines App of choice
Junior 2nd Year -One or two routines App of choice
Junior 3rdYear - Delete
Senior - One or two routines App of choice

Level 3:

Under 9 - two routines App of choice
Under 10 - two routines App of choice
Under 11 - two routines App of choice
Under 12 - two routines App of choice
Under 13 – two or three routines App of choice
Junior 1st Year –two or three routines App of choice
Junior 2nd Year – two or three routines App of choice
Junior 3rdYear - Delete
Senior - two or three routines App of choice

Level 4:

Under 9 - two routines App of choice
Under 10 - two routines App of choice
Under 11 - two or three routines App of choice
Under 12 - two or three routines App of choice
Under 13 - two or three routines App of choice
Junior 1st Year - three or four routines App of choice
Junior 2nd Year - three or four routines App of choice
Junior 3rdYear - Delete
Senior – three or four routines App of choice

Level 5:

Under 9 - two routines App of choice
Under 10 - two routines App of choice
Under 11 - two or three routines App of choice
Under 12 - two or three routines App of choice
Under 13 - two or three routines App of choice
Junior 1st Year – three or four routines App of choice
Junior 2nd Year –three or four routines App of choice

	<p>Junior 3rdYear - Delete Senior – three or four routines App of choice</p>
Duos	<p><u>Novice:</u> Under 6 - Free or one App of choice Under 7 - Free or one App of choice Under 8 - Free or one App of choice Under 9 - Free or one App of choice Under 10 - Free or one App of choice</p> <p><u>Level 1:</u> Under 6 - Free or one App of choice Under 7 - Free or one App of choice Under 8 - Free or one App of choice Under 9 - Free or one App of choice Under 10 - Free or one App of choice Under 11 - Free or one App of choice Under 12 - Free or one App of choice Junior – One App of choice Senior – One App of choice</p> <p><u>Level 2:</u> Under 6 - Free or one App of choice Under 7 - Free or one App of choice Under 8 - Free or one App of choice Under 9 - Free or one App of choice Under 10 - Free or one App of choice Under 11 - Free or one App of choice Under 12 - Free or one App of choice Junior – One App of choice Senior – One App of choice</p> <p>Level 3+ by request</p>
TRIO	<p><u>Novice:</u> Under 6 - Free or one App of choice Under 7 - Free or one App of choice Under 8 - Free or one App of choice Under 9 - Free or one App of choice Under 10 - Free or one App of choice</p> <p><u>Level 1:</u> Under 6 - Free or one App of choice Under 7 - Free or one App of choice Under 8 - Free or one App of choice Under 9 - Free or one App of choice Under 10 - Free or one App of choice Under 11 - Free or one App of choice Under 12 - Free or one App of choice Junior – One App of choice Senior – One App of choice</p> <p><u>Level 2:</u> Under 6 - Free or one App of choice Under 7 - Free or one App of choice Under 8 - Free or one App of choice Under 9 - Free or one App of choice Under 10 - Free or one App of choice Under 11 - Free or one App of choice Under 12 - Free or one App of choice Junior – One App of choice Senior – One App of choice</p>

	Level 3+ by request
GROUPS	<p>Groups: Level 1 & 2 and Novice – 4, 5 or 6 gymnasts L1 & L2 and Novic - Performing once (1 routine) Basic COP for Level 1 & 2 and Novice</p> <p>Level 3, 4, 5 - 5 or 6 gymnasts L4, L5 – Subject to confirmation with competition organisers, can perform each routine twice FIG COP for L3, L4 and L5</p> <p>Novice: Under 6 - Free or one App of choice Under 7 - Free or one App of choice Under 8 - Free or one App of choice Under 9 - Free or one App of choice Under 10 - Free or one App of choice</p> <p>Level 1: Under 6 - Free or one App of choice Under 7 - Free or one App of choice Under 8 - Free or one App of choice Under 9 - Free or one App of choice Under 10 - Free or one App of choice Under 11 - Free or one App of choice Under 12 - Free or one App of choice Junior – One App of choice Senior – One App of choice</p> <p>Level 2: Under 6 - Free or one App of choice Under 7 - Free or one App of choice Under 8 – Free or one App of choice Under 9 - Free or one App of choice Under 10 - Free or one App of choice Under 11 - Free or one App of choice Under 12 - Free or one App of choice Junior – One App of choice Senior – One App of choice</p> <p>Level 3: Espoir - App of choice Junior - App of choice Senior - App of choice</p> <p>Level 4: Espoir - Free and/or Hoops Junior - 5 Hoops and/or 10 Clubs Senior - 3 Ribbons 2 Balls and/or 5 Hoops</p> <p>Level 5: Espoir - Free and/or Hoops Junior - 5 Hoops and/or 10 Clubs Senior - 3 Ribbons 2 Balls and/or 5 Hoops</p>
PRESENTATION	Presentations will be for each level, each age group and each apparatus. Additional special presentations. Each gymnast, who hasn't received 1st, 2nd or 3rd place medal, will receive a medal for participation.
PAYMENTS	Payments must be settled on or before 12 th May 2024 with your club's entry. If you are struggling to meet this deadline, please contact the competition organiser.
SPECTATORS	Spectator tickets are available at £8 for adults and £1 for children under 16.
PICTURES & VIDEOS	Available to purchase on the day.

Any questions, please let us know.

We look forward to seeing you at our competition!

**Kind Regards
Stars Academy**