

*The rhythmic gymnastics club of TJ Žďár nad Sázavou  
would like to invite you  
for the group competition, competition of duos or trios*

A woman in a voluminous blue ballgown with puffed sleeves is walking down a wide stone staircase. In the background, a large, illuminated castle with multiple spires and towers is visible under a dark, misty sky. The scene is set in a park-like area with trees and stone railings.

**Žďárská Popelka**

# Žďárská Popelka 2019

23rd November 2019, Žďár nad Sázavou

Organized by: TJ Žďár nad Sázavou

Venue: Sports hall Bouchalky, Jungmannova street 10, Žďár nad Sázavou,  
by the ice hockey stadium

Registration: By 2. 11. 2019 latest, e-mail: hanulka100@seznam.cz

*The conditions of the competition: every club can be represented by unlimited number of groups in any categories, every club must be represented by 1 qualified judge.*

- ❖ *The enrolment form must contain: the category with the names and the surnames of the gymnasts, the name and the qualification of the judge, the contact e-mail for sending detailed information regarding the competition.*

Entry fee: 32 euro for group and 16 euro for competition of duos or trios

Music:

- ❖ *Music send in format mp3 to e-mail: hanulka100@seznam.cz by 15. 11. latest*

for GROUP COMPETITION

club\_category\_G...example: TJŽďárnadSázavou\_Children\_G

for COMPETITION OF DUOS OR TRIOS

club\_category\_DT...example: TJŽďárnadSázavou\_Children\_DT

Accommodation: not provided by the organizing committee

Catering: a food stall run during the competition



## *Categories of groups*

### *I. category: HOPES youngest B*

- ❖ *Born 2012 and younger*
- ❖ *Exercise without apparatus*

- 5 body difficulty elements
- max 3 dynamic elements with rotation
- min. 2 combination of dancing step combination
- min. 4 collaborations elements
- D: 8 points , E: 10 points


### *II. category: HOPES youngest A*

- ❖ *Born 2010 and younger*
- ❖ *Exercise without apparatus*

- 5 body difficulty elements
- max 3 dynamic elements with rotation
- min. 2 combination of dancing step combination
- min. 4 collaborations elements
- D: 8 points , E: 10 points

### *III. category: Children*

- ❖ *Born 2009 and younger*
- ❖ *Exercises with clubs*

- min 3 difficulty without changing the apparatus a min 2 difficulty with changing apparatus ( max 6 together)
  - max 1x RISK (dynamic element with rotation)
  - min 2 combination of dancing steps
  - min 4 collaborations
  - D: 8 points , E: 10 points
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*IV. category: Pre-juniors*



*Born 2007 and younger*



*Exercises with 2-4 ropes and 2 balls*

- min 3 difficulty without changing the apparatus and min 3 difficulty with changing apparatus ( max 7 together)
- max 1x RISK (dynamic element with rotation)
- min 2 combination of dancing steps
- min 4 collaborations
- D: 8 points , E: 10 points

*V. category: JUNIORS*



*Born 2004 - 2006*



*Exercises with ropes*

- min 3 difficulty without changing the apparatus and min 3 difficulty with changing apparatus ( max 7 together)
- max 1x RISK (dynamic element with rotation)
- min 2 combination of dancing steps
- min 4 collaborations
- D: 8 points , E: 10 points

*VI. category: SENIORS*



*Born 2003 and older*



*Exercise with 5 balls, exercises with 3 hoops + 2 clubs*

- min 4 difficulty without changing the apparatus and min 4 difficulty with changing apparatus ( max 9 together)
- max 1x RISK (dynamic element with rotation)
- min 1 combination of dancing steps
- min 4 collaborations
- D: no limits , E: 10 points

# *Competition of duos and trios*

- music 1:45 – 2:00 min

## *I. category: Children*

- ❖ *Born 2009 and younger*
- ❖ *Exercises with clubs*

- min 3 difficulty without changing the apparatus a min 2 difficulty with changing apparatus ( max 6 together)
- max 1x RISK (dynamic element with rotation)
- min 2 combination of dancing steps
- min 4 collaborations
- D: 8 points , E: 10 points

## *II. category: Pre-juniors*

- ❖ *Born 2007 and younger*
- ❖ *Exercises with rope and ball*

- min 3 difficulty without changing the apparatus and min 3 difficulty with changing apparatus ( max 7 together)
- max 1x RISK (dynamic element with rotation)
- min 2 combination of dancing steps
- min 4 collaborations
- D: 8 points , E: 10 points

## *III. category: JUNIORS*

- ❖ *Born 2004 and younger*
- ❖ *Exercises with ropes*

- min 3 difficulty without changing the apparatus and min 3 difficulty with changing apparatus ( max 7 together)
- max 1x RISK (dynamic element with rotation)
- min 2 combination of dancing steps
- min 4 collaborations
- D: 8 points , E: 10 points

*We look forward to meeting you at the competition soon.*

*The club of RG TJ Žďár nad Sázavou*

