



# ASSOCIAZIONE SPORTIVA UDINESE

Società dilettantistica di ginnastica e scherma fondata nel 1875  
STELLA D'ORO E COLLARE D'ORO AL MERITO SPORTIVO



Udine, August 2018

**Object: Udine International Tournament in RG for clubs**

Dear Sport Friends,

Associazione Sportiva Udinese, section for Rhythmic Gymnastics is glad to invite you to a BIG INTERNATIONAL TOURNAMENT for clubs, which will be hold on:

**OCTOBER 5-6<sup>th</sup> 2018 in PALESTRA ASU, Via Lodi 1, 33100 UDINE**

**SUNDAY OCTOBER 7<sup>th</sup>: BIG PALASPORT CARNERA, via Floriano Candonio, Udine**

We are honoured to announce the organization of several collateral events:

### TRIP in VENICE

OCTOBER 5 <sup>th</sup> MORNING	<b>30€/person</b> (minimum 20 participants)
------------------------------------	---

### WORKSHOPS 5th-7th October

20 €	1. <b>WARM UP, BD - 2 WORKSHOPS WITH COACHES FROM RUS/BLR</b>
3 workshops 50 €	2. <b>STUDY OF AD: Špela DRAGAŠ (ITA) with Alexandra AGIURGIUCULESE</b>
4 workshops 60 €	3. <b>PRINCIPALS GROUPS: PROF.SSA VALENTINA ROVETTA (ITA-NATIONAL GROUP)</b>
	4. <b>EXPRESSIVITY and ARTISTRY: Carolina RODRIGUEZ (ESP)</b>
10 €	1. <b>CLASSICAL BALLET LESSON FOR RHYTHMIC GYMNASTICS (BAR) AND SPACE</b>
	2. <b>EXPRESSIVE PART: HIP HOP / MAKUMBA LESSON</b>

**ALL EVENTS SPOTS ARE LIMITED: INSCRIPTION 30 MINUTES BEFORE EVENT STARTS**  
**PRICE FOR EACH EVENT - COACHES: if they bring 4 gymnasts or more, workshop is GRATIS!**

**INDIVIDUAL LEVEL C - COMPETITION PLACE: PALESTRA ASU, VIA LODI 1, OCTOBER 5<sup>TH</sup>**  
**START FEE: 12€ per gymnast**

**1 apparatus by choice, any age**

**D: max 2,00 p. (min 1 - max 2 BD per body group)**

MAIN SPONSOR:



**ASSOCIAZIONE SPORTIVA UDINESE (A.S.U.)** Polisportiva Dilettantistica

Via Lodi 1 - 33100 Udine

tel. e fax 0432 541828 - [www.asu1875.it](http://www.asu1875.it) - [polisportiva@asu1875.it](mailto:polisportiva@asu1875.it)

Sez. Ginnastica: [ginnastica@asu1875.it](mailto:ginnastica@asu1875.it) - Sez. Scherma: [scherma@asu1875.it](mailto:scherma@asu1875.it)

P. IVA: 01029360300 - C.F.: 80011780303



# ASSOCIAZIONE SPORTIVA UDINESE

Società dilettantistica di ginnastica e scherma fondata nel 1875

STELLA D'ORO E COLLARE D'ORO AL MERITO SPORTIVO



## INDIVIDUAL LEVEL B - COMPETITION PLACE: PALESTRA ASU, VIA LODI 1, OCTOBER 6<sup>TH</sup> START FEE: 35€ per gymnast

ALL CATEGORIES CAN PERFORM 2 APPARATUS (2007-2010: TWO APPARATUS OR WITHOUT APPARATUS AND 1 APPARATUS)

THERE WILL BE CLASSIFICATION OF: ALL AROUND OF TWO ROUTINES and MEDALS FOR EACH APPARATUS

### CATEGORIES:

2009-2010	3-7 diff (min 1 difficulty from each Body Group)	
2008		
2007		
2006		

## INDIVIDUAL LEVEL A - COMPETITION PLACE: PALESTRA ASU, VIA LODI 1, OCTOBER 6<sup>TH</sup> START FEE: 35€ per gymnast

ALL CATEGORIES CAN PERFORM 2 APPARATUS, (2007-2010: TWO APPARATUS OR WITHOUT APPARATUS AND 1 APPARATUS)

THERE WILL BE CLASSIFICATION OF: ALL AROUND OF TWO ROUTINES and MEDALS FOR EACH APPARATUS

### CATEGORIES:

2009-2010	3-6 diff (min.1 BD from each Body Group)	
2008		
2007		
2006		
2005	FIG JUNIOR or SENIOR: In case senior program is performed, judges will consider only first 4 Risks and 7 highest BD, no left hand required	<b>NEW: THE BEST 10 GYMNASTS (05-03 together) WILL PREFORM ON SUNDAY, 7/10 FINAL WITH THIRD, DIFFERENT APPARATUS !!!</b>
2004		
2003		
SENIOR	FIG SENIOR	<b>NEW: BEST 10 : FINAL 7/10: THIRD APPARATUS</b>

TO THE FINALS, WHICH WILL BE HELD ON SUNDAY, 07/10 IN PALASPORT CARNERA, WILL QUALIFY: 10 BEST JUNIOR (03-05) AND SENIOR GYMNASTS: 2 GYMNASTS PER COUNTRY, IF PLACES ARE LEFT ACCORDING TO THIS CRITERIUM, WILL FOLLOW GYMNASTS ACCORDING TO RESULTS BY FIRST 2 APPARATUS.

ASU WILL HAVE THE RIGHT TO PRESENT THEIR GYMNASTS IN FINAL, BUT THEY WILL BE CLASSIFIED ONLY IF QUALIFIED BY RESULT.

MAIN SPONSOR:



ASSOCIAZIONE SPORTIVA UDINESE (A.S.U.) Polisportiva Dilettantistica

Via Lodi 1 - 33100 Udine

tel. e fax 0432 541828 - www.asu1875.it - polisportiva@asu1875.it

Sez. Ginnastica: ginnastica@asu1875.it - Sez. Scherma: scherma@asu1875.it

P. IVA: 01029360300 - C.F.: 80011780303



# ASSOCIAZIONE SPORTIVA UDINESE

Società dilettantistica di ginnastica e scherma fondata nel 1875

STELLA D'ORO E COLLARE D'ORO AL MERITO SPORTIVO



## INDIVIDUAL LEVEL B - COMPETITION PLACE: PALASPORT CARNERA ASU, OCTOBER 7<sup>TH</sup>

**START FEE: 35€ per gymnast**

JUNIOR	FIG JUNIOR	BOTH CATEGORIES CAN PERFORM 2 APPARATUS
SENIOR	FIG SENIOR	THERE WILL BE CLASSIFICATION OF: ALL AROUND OF TWO ROUTINES and MEDALS FOR EACH APPARATUS

## SPECIAL CATEGORY - COMPETITION PLACE: PALASPORT CARNERA, OCTOBER 7<sup>TH</sup>

**START FEE: 20€ per gymnast**

WITHOUT APPARATUS	3-8 BD (more then 8: only first 8 will be considered)
-------------------	---

## GROUPS - COMPETITION PLACE: PALASPORT CARNERA, OCTOBER 7<sup>TH</sup>

**START FEE: 15€ per gymnast**

<b>GROUP ROUTINE LEVEL A</b> WITHOUT APPARATUS 3-8 GYMNASTS 2006 AND YOUNGER	3-6 DIFF (min. 1 x each body group)  2 dance steps: 0,30
<b>GROUP ROUTINE LEVEL B</b> WITHOUT APPARATUS 3-8 GYMNASTS 2006 AND YOUNGER	<b>COLLABORATIONS:</b> 0,10 collaboration 0,20 collaboration over/under gymnast 0,30 acrobatic over/under gymnast 0,40 jump+acrobatic over/under gymnast
<b>GROUP ROUTINE LEVEL A</b> WITHOUT APPARATUS 3-8 GYMNASTS 2005 AND OLDER	
<b>GROUP ROUTINE LEVEL B</b> WITHOUT APPARATUS 3-8 GYMNASTS 2005 AND OLDER	
<b>2 GYMNAST (PAIR): TOGETHER: 2 APPARATUS BY CHOICE</b> 2006 AND YOUNGER	3 BD, 3 ED, CC, CR, CRR, CRRR
<b>2 GYMNASTS (PAIR): TOGETHER: 2 APPARATUS BY CHOICE</b> 2005 AND OLDER	3 BD, 3 ED CC, CR, CRR, CRRR
<b>CHILDREN GROUP ROUTINE: 4-6 GYMNASTS</b> APPARATUS BY CHOICE 2006 AND YOUNGER	3 BD, 3 ED CC, CR, CRR, CRRR
<b>JUNIOR GROUP ROUTINE: 4-6 GYMNASTS</b> APPARATUS BY CHOICE 2003 AND YOUNGER	FIG JUNIOR GROUP
<b>SENIOR GROUP ROUTINE: 4-6 GYMNASTS</b> APPARATUS BY CHOICE IF MINIMUM 1 GYMNAST IS 2002 BORN OR OLDER	FIG SENIOR GROUP
<b>SUCCESSION ROUTINE: 1 SCORE FOR 2 GYMNASTS , EACH PERFORMING ALONE WITH OWN, DIFFERENT APPARATUS, CCA 45 SECONDS DURING UNINTERRUPTED RHYTHMIC ROUTINE WHICH LASTS 1.30 MIN</b> 2006 AND YOUNGER	Each part must include 1 element per body group

MAIN SPONSOR:



ASSOCIAZIONE SPORTIVA UDINESE (A.S.U.)

Polisportiva Dilettantistica

Via Lodi 1 - 33100 Udine

tel. e fax 0432 541828 - www.asu1875.it - polisportiva@asu1875.it

Sez. Ginnastica: ginnastica@asu1875.it - Sez. Scherma: scherma@asu1875.it

P. IVA: 01029360300 - C.F.: 80011780303



# ASSOCIAZIONE SPORTIVA UDINESE

Società dilettantistica di ginnastica e scherma fondata nel 1875

STELLA D'ORO E COLLARE D'ORO AL MERITO SPORTIVO



- **DELEGATIONS:** unlimited number of gymnasts and participants.
- **COMPETITION DEADLINE:** September 25<sup>th</sup> or fulfilled category
- **MUSICS:** in MP3, till October 2<sup>nd</sup> (anyway CD's needed!)
- **ACCOMMODATION:** person contact Alessia Clarini: [visit@2east.it](mailto:visit@2east.it)
- **INFO, ENTRIES, MUSICS:** [asu.udinese.sezione.ritmica@gmail.com](mailto:asu.udinese.sezione.ritmica@gmail.com)
- **PERSONS:** Špela Dragaš (Russian, English, German): + 39 338 93 77 933  
Magda Pigano (Italian): +39 329 53 29 567

*A.S. UDINESE DISCLAIMS ANY LIABILITY FOR DAMAGES TO PERSONS OR THINGS DURING THE DURATION OF THE EVENT.*

Hope to see you in Udine!

Špela Dragaš - Asu RG Head Coach

MAIN SPONSOR:



**ASSOCIAZIONE SPORTIVA UDINESE (A.S.U.)** Polisportiva Dilettantistica

Via Lodi 1 - 33100 Udine

tel. e fax 0432 541828 - [www.asu1875.it](http://www.asu1875.it) - [polisportiva@asu1875.it](mailto:polisportiva@asu1875.it)

Sez. Ginnastica: [ginnastica@asu1875.it](mailto:ginnastica@asu1875.it) - Sez. Scherma: [scherma@asu1875.it](mailto:scherma@asu1875.it)

P. IVA: 01029360300 - C.F.: 80011780303