



INVITATION

International rhythmic gymnastics tournament

“Autumn Grace” 2019

16.11.2019

**Place: Estonia, Keila city, Keila Tervisekeskus competition hall
(adress: Paldiski mnt 17)**

Organizer: GC Graatsia

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Participants: The delegation consists of gymnasts, 1 coach and 1 judge.

Start fee per 1 gymnast- 40 EURO. All participants will be awarded by diploms and presents. First three places will receive also medals. 4, 5, 6 places will be also awarded!!! The organizer awards Miss Graces of the competition by special prizes. Each year of birth will be awarded separately.

Program:

Friday 15.11.2019 – Arrival of the delegations, training in the competition hall

Saturday 16.11.2019 – Judge meeting, competition, GALA show

It is possible to go to a swimming pool in the competition hall. If you are interested, please contact the organizer. The price is 5 EURO per 1 person.



Each club can perform at least 1 performance to the Gala Show on Saturday. PLEASE contact us if your club wants to participate in Gala Show.

Please contact the organizer if you need a hotel, we will offer hotels in Tallinn city 15 minutes far from the competition hall or Keila competition hall Hostel , where is only 29 places.

TECHNICAL PROGRAM

Level A

EXTRA 2013 performance without apparatus

MINI (2012) – FREE HANDS (3-7 difficulties)

MINI (2011) – FREE HANDS + 1 APPARATUS BY CHOICE (3-7 difficulties)

CHILDREN (2010, 2009) – FREE HANDS + 2 APPARATUS BY CHOICE (3-7 difficulties)

PRE-JUNIOR (2008, 2007) – 3 APPARATUS BY CHOICE (3-7 difficulties)

JUNIOR (2006, 2005, 2004) – 3 APPARATUS BY CHOICE, FIG/UEG RULES

SENIOR – 3 APPARATUS BY CHOICE, FIG RULES

Level B

EXTRA 2013 performance without apparatus

MINI (2012) – FREE HANDS (3-7 difficulties)

MINI (2011) – FREE HANDS (D max- 3.0, 3-7 difficulties)

CHILDREN (2010, 2009) – FREE HANDS + 1 APPARATUS BY CHOICE (D max- 4.0, 3-7 difficulties)

PRE-JUNIOR (2008, 2007) – 2 APPARATUS BY CHOICE (D max- 6.0, 3-7 difficulties)

JUNIOR (2006, 2005, 2004) – 2 APPARATUS BY CHOICE (D max- 6.0, 3-7 difficulties)

SENIOR – 2 APPARATUS BY CHOICE, FIG RULES

Level B II

EXTRA 2013 performance without apparatus

MINI (2012,2011) – FREE HANDS (D max- 2.0,

3-7 difficulties)

CHILDREN (2010, 2009) – FREE HANDS (D max- 3.0,

3-7 difficulties)

**PRE-JUNIOR (2008, 2007) – 1 APPARATUS BY CHOICE (D max-
4.0, 3-7 difficulties)**

**JUNIOR (2006, 2005, 2004) – 1 APPARATUS BY CHOICE (D max-
5.0, 3-7 difficulties)**

**We kindly ask you to let us know about your arrival
till the 11.10.2019**

Best regards our dear friends, hope to see you!

Maria and Diana