



International Rhythmic Gymnastics Tournament Pahran Invitational February 18-19, 2023

Pahran Rhythmic Gymnastics has pleasure to invite you to participate in Pahran Rhythmic Gymnastics Invitational. This event is for individual routines for Development, sub junior, pre junior, Junior, Senior and level 5-10 gymnasts. Categories, Development, Junior, Senior International group routines. Gala performances are welcome too!

All inquiries:

Kateryna Logachova

Phone: 0433 505 925

Email: prahranrg@outlook.com or klogachova@yahoo.com.au

Venue:

Pahran Rhythmic Gymnastics Specialist Centre

Australia, Melbourne

Cnr Green & Thomas St., Prahran. 3181

Event dates:

Saturday 18th of February– Competition Day 1

Sunday 19th of February– Competition Day 2

Delegation:

Any number of gymnasts and groups

Any number of coaches

Judge is required

Closing Date for Entries:

1st of February 2023

Session Times:

To be advised once entries are received



Event Regulations:

Requirements as per FIG Code of Points and ALP.

Division	Age	Time	Max D score	Apparatus	DA	R
Development ALP	8-10yo	1'-1'15"	Min 3 - Max 5, any value REQUIRED: 1 x Jump/Leap, 1 x Balance, 1 x Rotation (must show split line 1 X balance, 1 X leap: 0.3 penalty missing) W Full body wave – Min 2 (Penalty 0.3 each missing)	FH, Rope, Ball	APPARATUS Min 1 Max 5 * in performance order FREEHAND Set fundamentals 0.2 each - max 0.8 (0.3 penalty missing) See requirements for Pre and Sub Junior	No Min Max 2
Sub-junior ALP	10-11yo	1'-1'30"	No maximum, any value Highest 6 counted (must show split line 1 X balance, 1 X leap, 1 X rotation: 0.3 penalty missing) <i>*non dominant hand and combination DB as per Junior FIG rules</i> W Full body wave – Min 2 (Penalty 0.3 each missing)	FH, hoop, ball, clubs	Min 1 Max 10 * in performance order FREEHAND Set fundamentals 0.2 each - max 0.8 (0.3 penalty missing) 1. Illusion 2. Series (min 3) pre acrobatics elements, variety of level and/or axis 3. Isolated pre acrobatic into DB 4. Series (min 3) vertical rotations with variety of level and/or axis	Min 1 Max 3
Pre-junior ALP	11-13yo	1'-1'30"	No maximum, any value Highest 7 counted (must show split line 1 X balance, 1 X leap, 1 X rotation: 0.3 penalty missing)	FH, hoop, ball, ribbon	Min 1 Max 12 * in performance order FREEHAND Set fundamentals 0.2 each - max 0.8 (0.3 penalty missing) 1. Illusion	Min 1 Max 3

			<i>*non dominant hand and combination DB as per Junior FIG rules</i> W Full body wave – Min 2 (Penalty 0.3 each missing)		2. Series (min 3) pre acrobatics elements, variety of level and/or axis 3. Isolated pre acrobatic into DB 4. Series (min 3) vertical rotations with variety of level and/or axis	
Level 9 ALP	12+	1'15"-1'30"	As per ALP	Hoop, Ball, clubs, ribbon	As per ALP	As per ALP
Junior FIG	13-15yo	1'15"-1'30"	As per FIG Junior program	Hoop,Ball, clubs,ribbon	Min 1 Max 15	Max 4
Level 10 ALP	15yo+	1'15"-1'30"	As per FIG Senior program	Hoop, Ball, clubs,ribbon	Min 1 Max 20	Max 5
Senior FIG	16yo+	1'15"-1'30"	As per FIG Senior	Hoop,Ball, clubs, ribbon	Min 1 Max 20	Max 5
Level 5 ALP	Min 8yrs	1'-1'15"	As per ALP	FH Hoop Clubs	As per ALP	As per ALP
Level 6 ALP	Min 9 yrs	1'-1'15"	As per ALP	FH Ball Ribbon	As per ALP	As per ALP
Level 7 ALP	Min 10 yrs	1'15-1'30	AS per ALP	FH, Ball, Clubs, Ribbon	As per ALP	As per ALP
Level 8 ALP	Min 11 yrs	1'15-1'30	As per ALP	FH, Hoop, Clubs,Ribbon	As per ALP	As per ALP
Development group	ALP					
Junior Group	FIG					
Senior Group	FIG					
Category groups	ALP					



Awards:

Awards will be given to the champions of each apparatus at each level as well as all-around

There is no team award at this event

Entry Fee:

\$100 per individual gymnast.

\$20 per gymnast for group routines.

\$10 per gymnast for Gala.

Cheques are to be made payable to Pahran Rhythmic Gymnastics Specialist Centre

Payment can be made via direct debit to the following acct:

BSB: 083166

A/C: 869095026

Please use your club name as reference

Entries to be sent:

email to: pahranrg@outlook.com



Group routines

Please enter the apparatus and gymnasts' names:

Apparatus	Names

Total entry fees for Group \$20 per gymnast: \$



Gala performance

Please enter the gymnasts' names:

Total entry fees for Gala \$10 per gymnast:

CLUB: _____ CONTACT PERSON NAME: _____

EMAIL: _____

Please indicate all coaches and judges attending the competition

NAME	coach	judge