

International Rhythmic Gymnastics Tournament
Olimpic Cup 2025
ESP Palma de Majorca
Bendinat 11-12.10.2025

Sincerely yours: Club Gimnasia Rítmica «OLIMPIC» Bendinat and "RUS RG Sport KFT": Bernat-Alekszandrova Liubov

First judge HUN: Alekszandrova Ljubov

HOST CLUB	Club Gimnasia Rítmica «Olimpic» Bendinat Vera Sten Elena +34686946973 RUS RG Sport KFT Bernat Ljubov Phone: +36 30 687 26 94 e-mail: alekluba@gmail.com
VENUE	Sport Hall Address: Av. des Capdellà 55, 07184 Calvià, Illes Balears, España
DATES	11-12.10. 2025
ENTRY FEES	Individual: 60 euro Group: 150 euro (5 gymnast), Trio 100 euro (3 gymnast) Duo 70 euro (2 gymnast)
REGISTRATION	Application form on the website:
PROGRAM	11.10.2025 – 08:00 Judges Meeting Competition 12.10.2025 -8:00 Judges Meeting Competition
AWARDS	Competition: 1st, 2nd, 3rd – medals, diplomas, present, 4th - 8th – medals, diplomas, present all gymnasts – medals and diplomas, present!
DEADLINES	Nominative registration: 1.10. 2025 Visa application form: 1.10. 2025 Music uploads: 06.10. 2025
ACCOMMODATION	Application form on the https://gm-events.com/event/D4BBA446C/ *
VISA REGISTRATION	Application form on the website: https://gm-events.com/event/D4BBA446C/
PHOTO & VIDEO	MORVAI Tamas (https://gymnasticmoments.com) https://gm-events.com/event/D4BBA446C/

Technical Program: Individual

	Gold	Silver	Bronz
2017-2019	Without apparatus 1 appar by choice apparatus	Without apparatus	Without apparatus
2016	2 appar by choice apparatus	Without apparatus 1 appar by choice apparatus	Without apparatus
2015	2 appar by choice apparatus	Without apparatus 1 appar by choice apparatus	Without apparatus
2014	2 appar by choice apparatus	Without apparatus 1 appar by choice apparatus	1 appar by choice apparatus
2013	2 appar by choice apparatus	2 appar by choice apparatus	1 appar by choice apparatus
2012	2 appar by choice apparatus	2 appar by choice apparatus	1 appar by choice apparatus
JUNIOR 2010-2011	3 appar by choice apparatus	2 appar by choice apparatus	1 appar by choice apparatus
SENIOR 2009	3 appar by choice apparatus	2 appar by choice apparatus	1 appar by choice apparatus

Примечание:

Все категории награждаются отдельно / по годам рождения и по отдельным видам/
All categories are awarded separately according to the years of birth in and for individual events.

Technical Program: Group/ Duo and Trio

	Gold	Silver	Bronz
2017-2019	Without apparatus	Without apparatus	Without apparatus
2016-2014	1 appar by choice apparatus	Without apparatus	Without apparatus
2014-2012	1 appar by choice apparatus	1 appar by choice apparatus	Without apparatus or 1 appar by choice apparatus
Junior 2010-2011	2 appar by choice apparatus FIG Programm	1 appar by choice apparatus	1 appar by choice apparatus
Senior 2009	2 appar by choice apparatus FIG Programm	1 appar by choice apparatus	1 appar by choice apparatus

Twos and threes limit from 1:00-1:30

max 3 body elements (1 jump, 1 turn, 1 balance) 2 exchanges(DE).

min 1 dance track, and 2 types (min 2-CC,2-CR)of DA (max 8)

Двойки и тройки ограничение по времени от 1:00-1:30

max 3 элемента тела(1 прыжок,1 поворот,1 равновесие)2 больших

обмена.мин 1 танцевальная дорожка, и по 2 вида ДА (min 2-CC,2 CR)(max 8 штук)

Group rule by FIG rules

Правило по групповым упражнениям по правилам FIG