

4th International Rhythmic Gymnastics Tournament
Agape Cup, Shanghai, 2019
25 - 28th July

Dear RG friends,

Dream Field Rhythmic Gymnastics Club, Shanghai has the great pleasure to invite your gymnasts to participate in the 4th International Rhythmic Gymnastics Tournament “Agape Cup 2019”. The event will take place in Shanghai, China, on 25th - 28th July 2019.

DF Rhythmic Gymnastics Club hosted Agape Cup for three years since 2016. There were 24 clubs up to 380 gymnasts took part in the latest tournament in 2018. We organize it as a friendly competition, aiming to build up friendship world-widely between rhythmic clubs. Meanwhile we set up money prizes as well as champion title to inspire excellence out of all gymnasts.

We enclosed detailed competition information in the following sheets. Should you have any questions in mind, please don't hesitate to contact with us.












We look forward to seeing you all at “ Agape Cup”.

Dream Field Rhythmic Gymnastics Club




Agape Cup 2019

Organizer	Dream Field Rhythmic Gymnastics Club, Shanghai Kiki Xu (head coach & club founder) Tel : +86-21-18201820350 e-mail : 857193685@qq.com
Venue	Shanghai, China (full address to be confirmed)
Dates	25.07.2019 - 28.07.2019
Entry fee	£50 (estimated from last year, will be confirmed later) per gymnast
Entry level	Gymnasts from all levels are welcomed. No limit of gymnasts per age and category. Category A (Amateur) : Recreational team members (training hours ≤ 6 hours/week) Category B (Developed) : National squad, Elite team members (training hours > 6 hours/week)
Accommodation	£130 (estimated from last year, will be confirmed later) per room per night in a five-star rated hotel. It applies to gymnasts who book hotel via the organizer.
Travel	Delegation/Gymnasts arrange their own transportation. FYR:- £850-£1,200 pp direct flight London ↔ Shanghai, £700 pp 1 stop flight (data from Skyscanner 10.01.19)
Visa	DF Rhythmic Gymnastics Club will be happy assist each delegation member with an official invitation letter. Please email us your full name, gender, date of birth, citizenship, passport number, passport expiry date, arrival and departure dates. FYR:- Visa fee £85 single entry, Service fee £66 standard. Total visa charge = (visa fees +service fee) x number of persons in the group (data from Chinese embassy UK)
Registration deadline	31.05.2019

Individual

Age Group	Year Born	Apparatus	Category A (Amateur)	Category B (Developed)
Baby Age 4-6	2013 – 2015		<p>Body Difficulties 3-4 (leap/pivot/balance least 1 each), Value: 0.1 – 0.3</p> <p>Dance step combination min 1, 8 seconds</p> <p>Body rolling min 2</p> <p>Body waves 3 (on floor or standing)</p>	<p>Body Difficulties 3-6 (leap/pivot/balance least 1 each), Value: 0.1 – 0.5</p> <p>Dance step combination min 1, 8 seconds</p> <p>Body rolling min 3</p> <p>Body Waves 3 (on floor or standing)</p>
Mini Age 7-8	2011 – 2012	 	<p>Body Difficulties 3-5 (leap/pivot/balance least 1 each), Value: 0.1 – 0.3</p> <p>Dance step combination min 1, 8 seconds</p> <p>Body rolling min 2 (free)</p> <p>Risk max 1 (ball)</p>	<p>Body Difficulties 3-6 (leap/pivot/balance least 1 each), Value: 0.1 – 0.5</p> <p>Dance step combination min 1, 8 seconds</p> <p>Body rolling min 3 (free)</p> <p>Risk max 2 (ball)</p>
Hopes Age 9-10	2009 – 2010	 	<p>Body Difficulties 3-6 (leap/pivot/balance least 1 each), Value: 0.1 – 0.3</p> <p>Dance step combination min 1, 8 seconds</p> <p>Risk max 2</p>	<p>Body Difficulties 3-6 (leap/pivot/balance least 1 each) ; Value: 0.1 – 0.5</p> <p>Dance step combination min 1, 8 seconds</p> <p>Risk max 3</p>
Pre-Junior Age 11-12	2007 – 2008	 	<p>Body Difficulties 3-6 (leap/pivot/balance least 1 each), Value: 0.1 – 0.3</p> <p>Dance step combination min 1, 8 seconds</p> <p>Risk max 2</p>	<p>Body Difficulties 3-6 (leap/pivot/balance least 1 each), Value: 0.1 – 0.5</p> <p>Dance step combination min 1, 8 seconds</p> <p>Risk max 3</p>
Junior	2004 – 2006	<p>2 optional from    </p>		FIG code of points apply
Senior	2003 and before			

Group

Age Group	Year Born	Apparatus	Category A (Amateur)	Category B (Developed)
Baby Age 4-6 (2-5 gymnasts)	2013 - 2015		Body Difficulties 3-4 (leap/pivot/balance least 1 each), Value: 0.1 – 0.3 Dance step combination min 1, 8 seconds Collaboration max 2 Body waves 3 (on floor or standing)	Body Difficulties 4-6 (leap/pivot/balance least 1 each), Value: 0.1 – 0.3 Dance step combination min 1, 8 seconds Collaboration 1-2 Body waves 3 (on floor or standing)
Hopes Age 7-9	2010 – 2012		Body Difficulties 3-6 (leap/pivot/balance least 1 each) ; Value: 0.1 – 0.3 Dance step combination min 1, 8 seconds Technical mastery min 2 Collaboration min 4 (all gymnasts must participate in)	Body Difficulties 3-6 (leap/pivot/balance least 1 each) ; Value: 0.1 – 0.5 Dance step combination min 1, 8 seconds Technical mastery min 4 Collaboration min 6 (all gymnasts must participate in)
Junior Age 10+	2007 – 2009 2006 and before		Body Difficulties 3-6 (leap/pivot/balance least 1 each) ; Value: 0.1 – 0.3 Dance step combination min 1, 8 seconds Exchange difficulties 2-4 Risk max 2 Collaboration min 3 (all gymnasts must participate in)	Body Difficulties 3-6 (leap/pivot/balance least 1 each) ; Value: 0.1 – 0.5 Dance step combination min 1, 8 seconds Exchange difficulties 3-5 Risk 1-2 Collaboration min 5 (all gymnasts must participate in)