

Competition Regulations
online Competition

International sport Academy of Irina Viner Prize Tournament

"Keep fit"

Moscow, 2020

Definitions:

online competition is an assessment of the physical and sports training of participants and the identification of the best on the basis of the adversarial process in the mode of participants' performance in conditions of remote access using IT technologies; ZOOM Conference platform - a cloud platform for conducting online events;

FIG - abbreviated name in English of the International Federation of Gymnastics, developing gymnastic sports. The oldest sports federation in the world; gymnasts - participants in online competitions, students of children's sports schools, pupils of additional education by sports: rhythmic gymnastics (women), rhythmic gymnastics (men), gymnastics and other types of gymnastics;

application for participation of the gymnast - an online application formulated on the website www.academyviner.com. An application can be formed both with the participation of a trainer, and independently by a gymnast.

I. GENERAL PROVISIONS

The online competition is held with the aim of developing and popularizing general gymnastics for the harmonious development of personality, as well as female and male rhythmic gymnastics.

The main objectives of the Tournament:

- harmonious development, health promotion and the formation of healthy habits;
- increasing the level of sportsmanship of gymnasts and their gaining competitive experience;
- Strengthening friendly sports ties;
- identification of the strongest athletes.

II. PLACE AND DATE

The tournament is held June 25-26, 2020 in the online mode of performances of gymnasts in accordance with the starting protocols for the ZOOM Conference platform (hereinafter, ZOOM). The ZOOM address will be sent to the participants to the email specified in the application for participation.

III. ORGANIZERS

The general control over the organization and conduct of the Tournament is carried out by International sport Academy of Irina Viner, ANO .

The direct holding of the Tournament is assigned to the main panel of judges.

The main judge is Anna Svirina, judge of the international category FIG.

Judging gymnasts by type of sport men's rhythmic gymnastics (other types of gymnastics for boys) is carried out under the guidance of the world champion in men's rhythmic gymnastics Alexander Buklov, a master of sports of international class in gymnastics.

Tournament Director - Maria Tarasova, Deputy Director of the International sport Academy of Irina Viner, ANO

IV. REQUIREMENTS FOR PARTICIPANTS AND THE CONDITIONS OF THEIR ADMISSION

Gymnasts of 2016, 2015, 2014, 2013, 2012, 2011, 2010, 2009 born and older in the starting protocol on the basis of submitted electronic applications on the website <http://academyviner.com/> and providing the necessary requirements specified in This Regulation.

The deadline for applications is 06/21/2020 until 21:00.

The organizers reserve the right to prematurely complete the acceptance of applications.

The time of performances is determined by the starting protocol.

The participation of gymnasts only in a competitive form.

V. REQUIREMENTS FOR PLACES OF GYMNASTES, TECHNICAL REQUIREMENTS AND REGISTRATION

The performance room should allow the combination of exercises to be demonstrated as part of the image availability for judges on camera.

The room should not have any foreign objects that may interfere with safety during the exercise. Compliance with the safety of performing a combination of exercises rests with gymnasts and parents.

Technical requirements:

- the presence of a transmitting device connected to the Internet (tablet, phone, smartphone, computer, etc.), with a video camera and microphone;
- a mat for gymnastics or a carpet.

Register at ZOOM:

Registration of gymnasts in ZOOM for participation in the Tournament is carried out in the ZOOM application <https://zoom.us/>. When registering, you must provide your email address.

When registering, in order to identify each participant of the Tournament in your personal account, you must indicate the surname, name of the gymnast without reduction and year of birth. The identification number and password for entering the Online Tournament at ZOOM, as well as the starting protocol will be sent to each gymnast participating in the Tournament by e-mail specified in the application.

VI. PROGRAM OF REGULATIONS. ASSESSMENT OF PERFORMANCE

The program of standards was compiled on the basis of "Educational programs for children and youth sports schools, specialized sports schools of the Olympic reserve, schools of higher sports skill" and approved by the chief judge of the competitions Svirina Anna. The standards contain the necessary sections that meet modern requirements at the stages of many years of sports training, and are most acceptable for the conditions of their implementation in a limited space mode: - BODY COMPOSITION (invoice);

- FLEXIBILITY (mobility of the hip joints, spinal column, etc.);
- MUSCULAR FORCE (strength of the muscles of the press, back, legs, arms);
- COORDINATING ABILITIES;
- VESTIBULAR STABILITY (static equilibrium);
- SPEED-POWER ABILITY. ENDURANCE.

Performance evaluation.

Each element and its performance is evaluated by the judiciary according to a 5-point system, with a step of 0.1. The marks of the judges are summed up and the average score is calculated, which is the final mark put in the protocol of the Tournament.

OFP standards for girls by age categories:

2016-2014 b.

- Main stand on half-fingers of the hand to the side (10 sec)
- Torso torso forward
- Butterfly tilted forward
- angle
- Bridge from a prone position
- Frog on the stomach
- Box
- Birch
- Fish
- Balance Pass
- Since 2014 twine (right, left, transverse)

Born 2013-2012

- Main stand on half-fingers of the hand to the side (10 sec)
- Crease standing legs together
- Legs shoulder width, tilt back fixation 10 sec
- Legs together, arms extended forward fixing 10 sec. "Corner"
- Turn on the "Pass"
- Twine from a hill (right, left, transverse)
- Bridge on your knees
- Lying on your stomach, bend back "Pussy"
- Lying on your back, stretching to the side (8 times)
- Mahi: Lying on your back / side / stomach 8 times
- Box
- Frog on the stomach with a tilt back
- Balance arabesque back right / left leg
- Lateral balance right / left leg
- Wheel (flipping sideways)
- Jumping rope (rotation forward) 10 jumps
- Jumping rope (rotation back) 10 jumps

- Scrolling hands with a jump rope (jump rope folded in 4)

Born 2011-2010

- Lateral balance right / left leg on relev (fixing position 3 counts)
- Balance “Ring with” on the right / left leg (fixing position 3 counts)
- “Planchet” balance on the full foot, right / left leg (fixing position 3 counts)
- Feet shoulder width apart, tilt back with grip of the ankles (fixing the position of 10 accounts)
- Lying on his stomach, arms open to the sides, holding the back (fixing the position of 10 accounts)
- Chest (10 accounts) + "Crab" (fixing the position of 10 accounts)
- Box
- Twine with raising right / left leg with torso tilted back
- Lying on your back, stretching to the side 8 times
- Mahi: Lying on your back / side / stomach 8 times
- Lying on the back “puffs” with the right / left foot
- Lying on the stomach “tightening” the right / left foot
- Angle (fixing the position of 8 accounts ”
- Jumps with double rotation of the rope (10 times)
- Jumping group skipping rope stacked in 2 (10 times)
- Transfers with a skipping rope (skipping rope folded in 4)

Born in 2009 and older

- Lateral balance of the right / left leg on a relev (fixing of position 3 of the account)
- “Planchet” balance right / left foot on the relev (fixing position 3 of the account)
- Balance “pull back with a straight leg” right / left leg (fixing position 3 counts)
- Twist into the twine with a hand with a 360 degree tilt
- Legs shoulder width, tilt back with ankle grip fixation 10 sec
- Twine in sag for 1 minute right / left / straight
- Stand on the chest 10 sec + "Crab" fixation 10 sec
- Lying on his stomach, a ring with two legs 10 times + leg grab and hold
- Angle (hold position 10 seconds)
- Lying on the back “puffs” with the right / left foot
- Lying on the stomach “tightening” the right / left foot
- Mahi: Lying on your back / side / stomach 8 times
- forward / reverse right / left leg
- Flips back right / left leg
- From 2008; Forward flip balance “back” on a full stop (fixing position 3 accounts)
- Jumps with double rotation of the rope (2006 and older, at least 50 jumps)
- Jumping rope grouping folded in two forward rotation (2006 and older at least 30 jumps)
- Jumping group jump rope folded in two rotation back (2006 and older at least 30 jumps)

OFP standards for boys by age categories:

Born in 2012 and younger

- Fixing balance back “swallow” on a full stop
 - Flip forward ("Gingerbread Man" forward)
 - “Bridge” (position fixation)
 - Birch with the help of hands
 - Stop crouching (jumping up) 3 times
 - Push-ups (5 times)
 - “Boat” on the stomach with fixation in 3 sec
 - Side twine (position fixation)
 - Stop crouching (jumping up)
- Finish Exercise - Final Point

Born 2011-2010

- Fixing balance back “swallow” on a full stop
 - Flip forward ("Gingerbread Man" forward)
 - Flip back ("Kolobok" back)
 - Birch without the help of hands (fixation of position)
 - “Bridge” (position fixation)
 - Torso of the torso forward (position fixation)
 - “Side twine” (position fixation)
 - “Boat” on the stomach with fixation in 3 sec
 - Push-ups (5 times)
 - Handstand in a grouping (legs on weight)
 - "Wheel" (flip sideways)
- Finish Exercise - Final Point

Born in 2009

- Fixing balance back “swallow” on a full stop
- Flip forward ("Gingerbread Man" forward)
- Flip back ("Kolobok" back)
- Stand on the head legs up (position fixation)
- An emphasis crouching, "level" with transition to a handstand "corner" legs on weight
- 10 raise your arms and legs to the “corner” position
- 180-degree turn from the supine position to the supine position
- Push ups 10 times
- Side twine (position fixation)
- Rise from the floor through arms with straight legs

- "Wheel" (flip sideways)
- "Wheel" (two-sided flip) "rondat"
- Flip forward through focus on the head, two legs
- Lateral balance on a full stop (position fixation)

VII. AWARD

Gymnasts who took 1st - 3rd place in each age group are awarded:

- diploma (in electronic form);
- a medal;
- a prize.

All participants of the Tournament are awarded with a diploma for participation (in electronic form).

VIII. FINANCIAL CONDITIONS

The entry fee for participation in the Tournament is 1,500.00 rubles Payment is made on receipt of the current account specified in Appendix 1.

IX. CONTACTS

Applications are submitted on the website: <http://academyviner.com/>.

Contact number:

- +7 (495) 211-28-39,
- + 7-916-981-95-56.

This provision is an official invitation.

Attention: Translation made using Google translator.

Claims are accepted only when using the Russian language and the Russian version of the Regulations on the conduct, approved by the director of International sport Academy of Irina Viner, ANO

Those who applied for participation in the tournament and paid the entry fee (25 Euros) will be sent a video with a set of exercises for the performance to be sent by email. Please carefully write in the application email address and home address for sending gifts to participants.