

Asd Ritmica
DynamO 



ROMA 

Municipio Roma X



ROME CUP 2020

Rhythmic
Gymnastics

10/12
JULY
2020
ROME
OSTIA

www.romecuprg.com

Date and Location:



Roma Ostia 10/11/12 July 2020

Olimpic Center Matteo Pellicone - Fijlkam

Via dei Sandolini 79 - 00122 Roma (RM).

- Modern sports hall with air conditioning;
- Live scores and video streaming of the competition;
- Spacious training area;
- Coffee bar;
- Shops with apparatus, accessories and leotards for rhythmic gymnastics.

Participants move hotel to the gym and back on their own.



Arena is located in front of the metro station Castel Fusano

Schedule:

Thursday 9 July

- Arrival and accreditation of the delegation. All foreign teams must arrive 9 of July.
- Podium training.
- Juries' briefing

Friday 10 July 1st competition day:

- Silver C
- Baby Rome Cup exhibition;
- Individual gymnasts Silver B

Saturday 11 July 2nd competition day

- Individual gymnasts Silver B
- Individual gymnasts Gold A

Sunday 12 July 3th competition day

- Individual gymnasts Gold A
- Group competitions;
- Gala;
- Festive banquet.



All participants will be rewarded with a certificate and a tournament souvenir.

Individual gymnasts will be rewarded with medals of 1st -3rd place.

Group gymnast will be rewarded with cups and medals of 1st -3rd place.

All participants of Baby Rome Cup exhibition will be rewarded with a certificate and a medal of participant.

Contacts:

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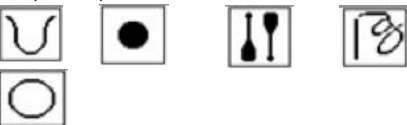



Facebook: Rome Cup RG International Rhythmic Gymnastics Tournament for clubs







WEB OF COMPETITION: www.romecuprg.com







WEB OF CLUB ORGANIZATOR.: www.asdritmicadynamo.com





Individual program:			
Difficulty level:			
SILVER C (Italian SILVER LD)	Silver B (Italian SILVER LE)	Gold A (Italian Gold Categoria)	
Apparatus award 1-2 routine on your choice	Apparatus award 1-2 routine on your choice	Apparatus award, and all 'around awards 2-3 routine on your choice	
Age group:			
Baby CUP	Allieve	Junior	Senior
2014 2013 2012 (BEFORE 8 YEARS)	2012 (COMPLETED 8 YEARS) 2011 2010 2009 2008	J1 2007 J2 2006 J3 2005	S 2004 and before

Group program:		
Allieve 2008/2010/2011/2012	Giovanile 2005/2006/2007	Open 2004 and before
By choice:  5  5  Group WA	By choice:  5  5	By choice:  5  3+  4
Music (1.45- 2.00)	Music (2.30)	Music (2.30)

GOLD A Apparatus award. 2-3 routine on your choice					
Allieve Apparatus award. 2-3 routine on your choice					
Age Group:	BD	BDG	S	R	AD
2012 (COMPLETED 8 YEARS) 	Min. 3 Max. 6 Higher value	Min. 2 for each BDG	S Min. 2 (8 sec.) 0,30	Min. 1 R Max. 2 R	Min. 1 Max. 4 0,20/0,30/0,40
2011 	Min. 3 Max. 6 Higher value	Min. 2 for each BDG	S Min. 2 (8 sec.) 0,30	Min. 1 R Max. 2 R	Min. 1 Max. 4 0,20/0,30/0,40
2010 	Min. 3 Max. 6 Higher value	Min. 2 for each BDG	S Min. 2 (8 sec.) 0,30	Min. 1 R Max. 2 R	Min. 1 Max. 4 0,20/0,30/0,40
2009 	Min. 3 Max. 6 Higher value	Min. 2 for each BDG	S Min. 2 (8 sec.) 0,30	Min. 1 R Max. 3 R	Min. 1 No Max. 0,20/0,30/0,40
2008 	Min. 3 Max. 7 Higher value	Min. 1 for each BDG	S Min. 2 (8 sec.) 0,30	Min. 1 Max. 4	Min. 1 No Max. 0,20/0,30/0,40
Junior Apparatus award. 2-3 routine on your choice with apparatus					
Age Group:	BD	BDG	S	R	AD
J1 (2007) 	Min. 3 Max 7 Higher value	Min. 1 for each BDG	S Min. 2 (8 sec.) 0,30	Min. 1 Max. 4	No Min. No Max. 0,20/0,30/0,40
J2 (2006) 	Min. 3 Max 7 Higher value	Min. 1 for each BDG	S Min. 2 (8 sec.) 0,30	Min. 1 Max. 4	No Min. No Max. 0,20/0,30/0,40
J3 (2005) 	Min. 3 Max 7 Higher value	Min. 1 for each BDG	S Min. 2 (8 sec.) 0,30	Min. 1 Max. 4	No Min. No Max. 0,20/0,30/0,40
Senior Apparatus award. 2-3 routine on your choice with apparatus					
	Min. 3 Max 7 Higher value	Min. 1 for each BDG	S Min. 2 (8 sec.) 0,30	Min. 1 Max. 5	No Min. No Max. 0,20/0,30/0,40

SILVER B (Italian Silver LE) Apparatus award. 1-2 routine on your choice				
Max p. 5,00	BDG	S	R	AD
BD  from 0,10 to 0,50 Min. 3 Max. 6	Jumps Min. 1 Balances Min. 1 Rotations Min. 1	0,30 Min. 2 S (8 second)	/	/
     from 0,10 to 0,50 Min. 3 Max. 6	Jumps Min. 1 Balances Min. 1 Rotations Min. 1	0,30 Min. 2 S (8 second)	No Min. I Max. 4 R	0,20/0,30/0,40 No Min./Max.

SILVER C (Italian Silver LD) Apparatus award. 1-2 routine on your choice				
Max p. 4,00	BDG	S	R	AD
BD  _from 0,10 to 0,40 Min. 3 BD Max. 6 BD	Jumps Min. 1 Balances Min. 1 Rotations Min. 1	0,30 Min. 2 S (8 second)	/	/
     from 0,10 to 0,40 Min. 3 BD Max. 6 BD	Jumps Min. 1 Balances Min. 1 Rotations Min. 1	0,30 Min. 2 S (8 second)	No Min. I Max. 3 R	0,20/0,30/0,40 NoMin./Max 2

Baby Rome Cup: 2012/2013 and earlier	BD	BDG	S
2012    (BEFORE 8 YEARS) 1-2 routine on your choice	Min. 3 Max. 6	Min. 1 for each BDG	Min. 1
2013  WA	Min. 3 Max. 6	Min. 1 for each BDG	Min. 1

All gymnasts will be awarded with the medal of participation and the diploma, and the souvenir gift of the tournament.

Costs:

Individual participation fee: 80 Euro for gymnasts

Group participation fee: 25 Euro for gymnasts

Participation fee included: presents, diploma, professional photo service, streaming of competition.



Luca Agati is the official photographer of the event. He and his team will provide a high quality photo shooting and live stream. All gymnasts will receive a weblink with the photos of their performance after the tournament.

Additional services:

- Sports Palace FIJKAM dining hall charges 25 EURO for a meal, reservation beforehand is required.
- There will be a banquet hosted after the registration. We will contact each team individually.
- Medical support during the competition.

Association and Federation of Gymnastics in Italy are not responsible for the physical and property damage before, after and during competition. It is required to have a personal insurance for each participant.

Conventional hostel near the sea:

Please contact our managers to check the availability before booking a hotel.

LITUS ROMA HOSTEL

<http://www.litusroma.com/>

Located in the centre of Ostia, near the sea

Lungomare P. Toscanelli, 186

Check-in Via Adolfo Cozza, 7

Room Type	4 beds	5 beds	6 beds
Price BB	125	145	170
Booking before 15/04/2020, otherwise for bookings after the deadline will be applied a price of high season.			
Tourist tax of Rome city council is not included (4 euro per person older than 10 y.o. per one night up to 10 nights).			

Conventional hotels near the sea ***

HOTEL LA SCALETTA (ON THE SEA) ***

<http://hotellascalettataroma.it/it/>

Located in the centre of Ostia (near the sea).

Lungomare Paolo Toscanelli 130, 00121 Lido di Ostia, Italia

Room type	Single	Double	Triple	FAMILY 4 PERS.
Price BB	70	105	125	148
With sea view	/	120	135	/
Booking before 15/04/2020, otherwise for bookings after the deadline will be applied a price of high season.				
Tourist tax of Rome city council is not included (4 euro per person older than 10 y.o. per one night up to 10 nights).				

HOTEL BELLA VISTA (ON THE SEA) ***

Located in the centre of Ostia (near the sea).

Hotel La Riva

www.rivabellahotels.it

Piazzale Magellano 22 - 00122 Lido Di Ostia (RM)

Room type	Single	Double	Triple	4-bedded
Price BB	70	105	125	145
Booking before 15/04/2020, otherwise for bookings after the deadline will be applied a price of high season.				
Tourist tax of Rome city council is not included (4 euro per person older than 10 y.o. per one night up to 10 nights).				

SIRENETTA (ON THE SEA) ***

Located in the centre of Ostia (near the sea).

Lungomare Paolo Toscanelli, 46

00122 Lido di Roma

www.hotelsirenettaroma.it

Room type	Single	Double	Triple
Price BB	75	110	150
With sea view	85	120	/
Booking before 15/04/2020, otherwise for bookings after the deadline will be applied a price of high season.			
Tourist tax of Rome city council is not included (4 euro per person older than 10 y.o. per one night up to 10 nights).			

HOTEL ARAN BLU 4*

Located near the touristic port of Ostia (front the sea).

Lungomare Duca degli Abruzzi, 72

00121 Ostia Lido, Roma

www.aranblu.com

Room type	Single	Double	Triple
Price BB	105	130	150
With sea view	125	150	170
Booking before 15/04/2020, otherwise for bookings after the deadline will be applied a price of high season.			
Tourist tax of Rome city council is not included (6 euro per person older than 10 y.o. per one night up to 10 nights).			

HOTEL FLY DECO' 4*

Located in the centre of Ostia (near the sea).

Lungomare Paolo Toscanelli, 52/A – 00122 – Ostia Lido

<https://www.flyhotelrome.com/>

Room type	Double Superior
Price BB	140
Booking before 15/04/2020, otherwise for bookings after the deadline will be applied a price of high season.	
Tourist tax of Rome city council is not included (6 euro per person older than 10 y.o. per one night up to 10 nights).	

Sports Arena guest rooms:

Olimpic Center Matteo Pellicone - Fijlkam

Via dei Sandolini 79 - 00122 Roma (RM)

Front the sea, in competitions sport arena

Room type	Single	Doble
Price BB	60	90
Lunch	25 euro	
Dinner	25 euro	
Booking before 15/04/2020, otherwise for bookings after the deadline.		

Federal Center Polo Natatorio Ostia
Front the sea, near competitions sport arena

Via delle Quinqueremi, 100, 00122 Lido di Ostia RM

Room type	Single	Doble	Triple
Price BB	60	90	120
Booking before 15/04/2020, otherwise for bookings after the deadline.			

Convenzional hotels 10 - 15 minutes away from the sea:

PARK HOTEL OSTIA ANTICA ***

www.ostiaanticaparkhotel.it

15 mins the sea by taxi.

Viale dei Romagnoli, 1041 A

Swimming pool in the hotel.

Room type	Double	Triple
Price BB	85	110
Dinner	20 euro	
Taxi to Ostia	5 euro per person, shuttle for 7 people	
Booking before 15/04/2020, otherwise for bookings after the deadline will be applied a price of high season.		
Tourist tax of Rome city council is not included (4 euro per person older than 10 y.o. per one night up to 10 nights).		

BEST WESTERN I Triangoli e Residence I Triangoli 4*

Via Ermanno Wolf Ferrari, 285, 00124 Roma RM

15 mins the sea and competition hall by cars

It is a good solution for teams who rent cars

Hotel				
Room type	Single	Double	Triple	
Price BB	65	80	105	
Booking before 15/04/2020, otherwise for bookings after the deadline will be applied a price of high season.				
Tourist tax of Rome city council is not included (6 euro per person older than 10 y.o. per one night up to 10 nights).				
Appartaments				
Type	Single	Double	Triple	Quadruple
Price BB	65	75	100	120
Supplement for kitchen use, for final cleaning	40 euro			
Booking before 15/04/2020, otherwise for bookings after the deadline will be applied a price of high season.				
Tourist tax of Rome city council is not included (4 euro per person older than 10 y.o. per one night up to 10 nights).				

All the hotels must be booked via our managers before 15/04/2020. After rooms' termination we cannot guarantee the same room prices.

After 15/04/2020 all the hotels will increase the prices due to high season.

All teams are free to book a stay in ANY OTHER HOTEL on your choice. In this case managers are not responsible for providing a Voucher for SHENGEN VISA.

GALA

Each team can have 2 performances maximum. (NO competition routine).

Duration: 2.30 min MAX.

SUBSCRIPTIONS AND DEADLINE:

Preliminary subscription	15.03.2020
Payment of 50% registration and hotel, meals/banquette:	15.04.2020
Visa invitation:	15.04.2020
ENTER NAME SURNAME, LEVEL AND DATE OF BIRTH OF GYMNAST IN DATABASE, ALL INSTRUCTIONS IN WEB SITE www.romecuprg.com	15.04.2020
<i>Music</i> <i>We create a Dropbox folder for download your music</i>	15.05.2020
Residual payment	15.06.2020
LA START LIST will be announced on 07.07.2020	www.romecuprg.com
Each delegation must have at least: 1 manager, 1 coach, 1 jury. In case of JURY absence - 100 EUR fee.	

Payment should be transferred to the bank account of the club manager. Cash is NOT accepted.

Details for the payment description: *ROME CUP 2020- CITY and CLUB Participant's NAME*, transfer fee is at expense of participant's sports club.

Registration payments are not returned, in case the gymnast is not able to come, you can substitute the participant.

BANK ACCOUNT:

Elenco rapporti (Coordinate Conto/IBAN)	BIC/SWIFT	Tipo *	Intestazione
IT61X0200805237000104474047	UNCRITM1J47	CC	ASSOCIAZIONE SPORTIVA DILETTANTISTICA RITMICA DYNAMO

REGISTRATION AND BILLING INFORMATION WILL BE SENT BY EMAIL

How to arrive:

By Air:

Fiumicino Airport, it is available transfer the airport to your hotel (contact our managers).

TRANSFERT COST 15 euro per person.

FREE TIME:

- **Rome tour**

IT is possible to book an excursion with a guide in Rome (in Russian, Italian or English language). You can also visit Rome by your own.

- **OUTLET CASTEL ROMANO**

You can book a transfer to CASTEL ROMANO OUTLET VILLAGE.

- **ZOOMARINE – AquaParc**

You can book a bus to ZOOMARINE ACQUAPARK

Transfert hotel – sport arena:

Cost 5 euro per person, minimum 6 persons. Fill the travel schedule.

TRAINING:

15/16/17 July for the teams that remain after the tournament on request, will be organized 3 days of training camp and master class.

Contacts:

WhatsApp: +39 347 94 20 723 Darina Yarish

Email: ritmica.dynamo@gmail.com

Facebook: Rome Cup International Rhythmic Gymnastics Tournament for clubs

Web.: www.romecuprg.com

WE WILL BE HAPPY TO MEET YOU AT OUR COMPETITION!


www.romecuprg.com

Asd Ritmica
Dynamo 

*2° International Rhythmic Gymnastics
Tournament for Clubs*

Rome (Ostia)
10/12 July 2020

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