

УКРАЇНСЬКА  
ФЕДЕРАЦІЯ  
ГІМНАСТИКИ



UKRAINIAN  
GYMNASTICS  
FEDERATION

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TO THE FIG-AFFILIATED FEDERATIONS,  
INTERESTED IN AEROBIC GYMNASTICS

Subject:  
6<sup>th</sup> Ukrainian Open Aerobic Gymnastics,  
14-19 May, 2008

Dear friends,

The Ukrainian Gymnastics Federation will organize for the six time the Open Ukrainian Championship in Aerobic Gymnastics with use of the FIG Code of Points. It will happen on Weekend, 14-19<sup>th</sup> of May 2008 in Odessa (Illiechevsk).

The Open Ukrainian Championship has the following categories:

Children:	8-9 years (individuals, pairs, trios and groups)
	10-11 years (individuals, pairs, trios and groups)
Age Group 1:	12-14 years (individuals, pairs, trios and groups )
Age Group 2:	15-17 years (individuals, pairs, and trios and groups)
Seniors:	18 years and older (IM, IW, MP, TRIOS and GROUPS)

For kids and juniors will be used some additional rules:

For kids 8-9:

a) Duration of the routine 1.15"+/0.5

b) Difficulty elements: 0.1- 0.3

Total 6 elements. One from each group;

Compulsory: regular push up; tuck jump; split on the floor.

- c) 1 lift in the routine (for (MP, TR, GR)
- d) Intensity (frequency of movements according speed 135 BPM)

For kids 10-11:

The rules are according FIG directives for age 10-12  
(see Code of Points 2005-2008, Appendix 5)

For kids 12-14 (Age Group 1):

The rules are according FIG directives for age 12-14  
(see Code of Points 2005-2008, Appendix 5)

For juniors 15-17(Age Group 2):

The rules are according FIG directives for age 15-17  
(see Code of Points 2005-2008)

In the Open Ukrainian Championship, judging is according the complete Code of Points Aerobic Gymnastics 2005-2008.

General Program will be the following one:

- Wednesday 14<sup>th</sup> May - Arrival of the delegations;  
Technical meeting (evening).
- Thursday 15<sup>th</sup> - Orientation Meeting / Judges briefing  
Training (Schedule will be made in  
reference to the arrival dates of  
delegations
- Friday 16<sup>th</sup> - Training for kids, juniors and seniors.
- Saturday 17<sup>th</sup> - Training For Aerobic Gymnastics  
Participants.  
Ukrainian national championship
- Sunday 19<sup>th</sup> May - Ukrainian Open  
(kids, juniors, seniors)  
Banquet.
- Monday 20<sup>st</sup> May - Departure of the delegations.

**Further information will be given with workplan after provisional registration**

We invite from your country a delegation composed by:

- 1 coach;
- 1 head of delegation;
- 1 judges (min, 2 max) with current FIG /national brevet;
- free number of athletes (in any age group).

The Ukrainian Gymnastics Federation will be responsible for the transportation from/to Odessa airport (or railway station).

The participating countries must pay as entry fee of EUR 15 for every senior competitor and category and EUR10 for every child or junior competitor in Aerobic Gymnastics.

For Hotel information you can contact:

Phone/fax +380 482 -7230439, Levina Yelena

E-mail [levina@te.net.ua](mailto:levina@te.net.ua)

For staying in the Hotel or pansionat (EUR 30\*\*-45\*\*\* per person per night in double room including breakfast and dinner).

Exact information regarding accommodation will be given in January 2008

Medals will be given to the three first placements in each of the categories for seniors, juniors and children as well as presents.

If you need an official invitation to obtain a visa, please contact to Yelena Levina.

**Provisional registration , March 5, 2008!!! (form enclosed)**

**Nominative registration April 10, 2008!!! (form enclosed)**

Very kind regards.

Ukrainian Gymnastics Federation.

**PROVISIONAL REGISTRATION for UKRAINIAN OPEN  
(latest March, 5, 2008)**

e-mail [Levina@te.net.ua](mailto:Levina@te.net.ua) Or fax +38.048.7230439

Nation :

\_\_\_\_\_

Club :

\_\_\_\_\_

**Contact**

Name : \_\_\_\_\_  
\_\_\_\_\_

Given Name :

Street : \_\_\_\_\_  
\_\_\_\_\_

City, Zip-Code:

Phone: \_\_\_\_\_  
\_\_\_\_\_

FAX:

Date : \_\_\_\_\_  
\_\_\_\_\_

e-mail

**Numbers of participants** Please cross the circle



\_\_\_\_\_

Signature :

Seal:

**(Federation)**

**Seniors (from 18 and older)**

Individual Men                      0x      O

Individual Women

Mixed Pair                            0x      O

Trio                                      0x      O

Group                                    0x      O

**Age Group 2 (Juniors (15-17))**

Mixed Pair                            0x      O

Trio                                      0x      O

Group                                    0x      O

IW                                        0x      O

IM                                        0x      O

**Age Group 1 (12-14)**

Mixed Pair                    0x    O  
Trio                                0x    O  
Group                            0x    O  
IW                                 0x    O  
IM                                 0x    O

**Children (10-11)**

Mixed Pair                    0x    O  
Trio                                0x    O  
Group                            0x    O  
IW                                 0x    O  
IM                                 0x    O

**Children (8-9)**

Mixed Pair                    0x    O  
Trio                                0x    O  
Group                            0x    O  
IW                                 0x    O  
IM                                 0x    O

Judges with FIG-Brevet        1x    O                    2x    O

Judges with national Brevet    1x    O                    2x    O

Provisional hotel information (number of rooms and level of the hotel)

Hotel	Price per person	Ne of days	Meal	Total

**NOMINATIVE REGISTRATION for UKRAINIAN OPEN  
(latest April, 10, 2008)**

**e-mail [levina@te.net.ua](mailto:levina@te.net.ua) Or fax +38.048.7230439**

Nation :

\_\_\_\_\_

Club :

\_\_\_\_\_

**participants** Please write the names

Signature : \_\_\_\_\_

**Seal  
(Federation)**

**Seniors (from 18 and older)**

Individual Men \_\_\_\_\_

Individual Women \_\_\_\_\_

Mixed Pair \_\_\_\_\_

Trio \_\_\_\_\_

Group \_\_\_\_\_

**Age Group 2 (Juniors (15-17))**

Mixed Pair \_\_\_\_\_

Trio \_\_\_\_\_

Group \_\_\_\_\_

IW \_\_\_\_\_

IM \_\_\_\_\_

**Age Group 1 (12-14)**

Mixed Pair \_\_\_\_\_

Trio \_\_\_\_\_

Group \_\_\_\_\_

IW \_\_\_\_\_

IM \_\_\_\_\_

### Children (10-11)

Mixed Pair \_\_\_\_\_

Trio \_\_\_\_\_

Group \_\_\_\_\_

IW \_\_\_\_\_

IM \_\_\_\_\_

### Children (8-9)

Mixed Pair \_\_\_\_\_

Trio \_\_\_\_\_

Group \_\_\_\_\_

IW \_\_\_\_\_

IM \_\_\_\_\_

Judges with FIG-Brevet \_\_\_\_\_ (category)

Judges with national Brevet \_\_\_\_\_

Date of arrival delegation, transport (No flight) \_\_\_\_\_

Date of departure delegation, transport (No flight) \_\_\_\_\_

Hotel reservation  
(No of rooms, which level **\*\*or\*\***)

Hotel	Price per person	No of days	Meal	Total