

# OPEN GR AZUR 2016

International  
Tournament  
July 8-9-10

July

International  
Summer  
Training Camp  
July 11-16  
July 18-22



[www.spcoc-gr.com](http://www.spcoc-gr.com)  
[spcocgr.ti@gmail.com](mailto:spcocgr.ti@gmail.com)

[www.facebook.com/SpcocGRTournoiInterational](https://www.facebook.com/SpcocGRTournoiInterational)

**Kseniya Moustafaeva** is the godmother of the event.  
Many international gymnasts will participate to the show.  
Trainings: Russian and Bulgarian school

**FRANCE**  
French Riviera  
La Colle Sur Loup



# OPEN GR AZUR JULY 8 - 9 - 10, 2016

## Summer Training Camp 11-16 july & 18-22 july

### CONTACT

Gymnase Emilie Fer

Boulevard Honoré Teisseire  
06480 La Colle-Sur-Loup , France

[spcocgr.ti@gmail.com](mailto:spcocgr.ti@gmail.com)

[www.facebook.com/SpcocGrTournoiInternational](http://www.facebook.com/SpcocGrTournoiInternational)

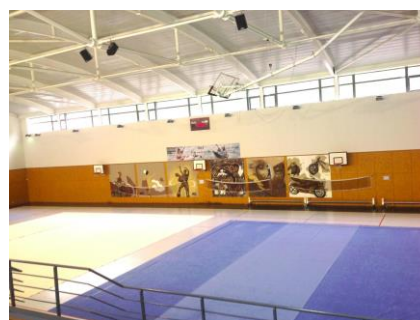


### Administrative :

Catherine Garcia : + 33 6 14 64 15 55 (french)

Frédéric Ferra : + 33 6 63 34 06 28 (french, english)

Annaelle Ferra : + 33 6 63 99 77 96 (french, spanish)



### Technic :





Clarisse Daudin: + 33 6 68 32 60 42 (french, english)

Marie Bianchi : + 33 6 15 03 44 16 (french)

Reneta Nesheva: + 33 6 58 03 47 40 (bulgarian, russian)



## RULES (Code FIG 2013-2016)





| INDIVIDUAL COMPETITION «A» Choice 2 apparatus / Age classification / depending on the number of entries   |  |                        |
|---|--|------------------------|
|  Min 1 ;  Max 3 ; <b>M</b> (5 max) ;  <b>T</b>  must necessarily be represented |  |                        |
| Category  | Apparatus                                | Without Apparatus (WA) |
| 2000 et +<br>2 apparatus  | 9 Dif (Max)<br>min 2 max 4 <b>GB</b> *** |                        |
| 2003/2002/2001<br>2 apparatus   | 7 Dif (Max)<br>min 1 max 3 GB            |                        |
| 2005/2004<br>2 apparatus  | 6 Dif (Max)<br>min 1 max 4 GB            |                        |
| 2007/2006<br>1 apparatus + WA   | 6 Dif Max<br>min 1 max 4 GB              | 8 Dif Max              |
| 2008<br>1 apparatus + WA  | 5 Dif Max<br>min 1 max 3 GB              | 6 Dif Max              |
| 2009 et -<br>WA   | -  | 6 Dif Max              |

\* A Gymnast can participate once in Individual Competition and again once in Team Competition («MIXTE» OR «AGE»).

\*\* If the gymnast present's both in Individual and in a Team» he or She must present 3 different apparatus (ie :ball and clubs in Individual , ribbon in «MIXTE»).





\*\*\***GB** : Group of Boby, basic characteristics specific to each group of body movements.

### Rules ( Code FIG)

| INDIVIDUAL COMPETITION «B» choice 2 apparatus / Age classification / depending on the number of entries   |                               |                        |
|---|-------------------------------|------------------------|
|  Min 1 ;  Max 3 ; <b>M</b> (5 max) ;  <b>T</b>  must necessarily be represented |                               |                        |
| Category  | Apparatus                     | Without Apparatus (WA) |
| 2000 et +<br>2 apparatus  | 9 Dif (Max)<br>min 2 max 4 GB |                        |
| 2003/2002/2001<br>2 apparatus   | 7 Dif (Max)<br>min 1 max 3    |                        |
| 2005/2004<br>2 apparatus  | 6 Dif Max<br>min 1 max 3 GB   |                        |
| 2008/2007/2006<br>WA + apparatus  | 5 Dif Max<br>min 1 max 3 GB   | 8 Dif Max              |





Gymnasts registered in competition «B» can also participate in a team competition («MIXTE» OR «AGE») he or she must present 3 apparatus (ie: ball and clubs in Individual, ribbon in «MIXTE»).



| INDIVIDUAL COMPETITION BY CATEGORY «AGE»  |                                      |                               |
|---|--------------------------------------|-------------------------------|
| 3 Gymnasts of the same age  |                                      |                               |
|  Min 1 ;  Max 3 ; <b>M</b> (5 max) ;  <b>T</b>  are mandatory |                                      |                               |
| Category  | Contain                              | Points                        |
| 2000 et +<br>1 apparatus  | 9 Dif (ax)<br><i>min 2 max 4 GB</i>  | D= 10 E= 10<br>20 points      |
| 2003/2002/2001<br>1 apparatus   | 7 Dif (Max)<br><i>min 1 max 3 GB</i> | D= 7 E= 10<br>17 points       |
| 2005/2004<br>1 apparatus  | 6 Dif Max<br><i>min 1 max 3 GB</i>   | D= 6 E= 10<br>16 points       |
| 2007/2006<br>1 apparatus  | 5 Dif Max<br><i>min 1 max 3 GB</i>   | D= 5 E= 10<br>Total 15 points |
| 2009/2008<br>1 apparatus  | 4 Dif Max<br><i>min 1</i>            | D= 4 E= 10<br>Total 14 points |

\* The total of the 3 notes of the gymnasts generates the classment.

\*\* Clubs have the right to present several teams in the same category by «AGE». (ie: 3 teams Junior, 2 teams Minim).

| INDIVIDUAL COMPETITION BY TEAM «MIXTE»  |                                      |                          |
|---|--------------------------------------|--------------------------|
| - LEVEL 1 from 2007 to 2006 or 2005 or 2004<br>- LEVEL 2 from 2001 to 2002 or 2003<br>- LEVEL 3 from 2000 or +  |                                      |                          |
| 3 Gymnasts of differents category « age » = Level 1 + Level 2 + Level 3   |                                      |                          |
|  Min 1 ;  Max 3 ; <b>M</b> (5 max) ;  <b>T</b>  are mandatory |                                      |                          |
| Category  | Contain                              | Points                   |
| Level 1<br>1 apparatus  | 6 Dif (Max)<br><i>min 2 max 4 GB</i> | D= 6 E= 10<br>18 points  |
| Level 2<br>1 apparatus  | 7 Dif (Max)<br><i>min 1 max 3 GB</i> | D= 8 E= 10<br>18 points  |
| Level 3<br>1 apparatus  | 9 Dif (Max)<br><i>min 2 max 4 GB</i> | D= 10 E= 10<br>20 points |

One gymnast in the team can be upgraded (ie : 1 junior + 1 junior + 1 minim or 1 senior + 1 junior + 1 benjamin).



## AWARDS

- The Gold medals for categories A and B have free access to one Bulgarian Training
- The Silver medals for categories A and B have 50% discount to one Bulgarian Training
- All gymnasts will receive a certificate and a gift for their participation.

## PARTICIPATION FEES

- 30 € by gymnast
- 45 € by team
- The gymnasts must be up to date of their licenses
- Club Registration Form  
<http://goo.gl/forms/7bQJluJxpz>
- Individual Registration Form  
<http://goo.gl/forms/CglGpejo2e>
- Team Registration Form  
<http://goo.gl/forms/tL39noZfCv>
- Date limit for participants registration is the 15th of may 2016
- The club can provide a personal invitation for the visa application (for countries outside of Europe).

## REGISTRATION and PAYMENT

- **By Cheque in the name/Libelle of " SPCOC-GR " : This must be received Before may 15 to SPCOC-GR**
- **please post to the following address**  
SPCOC GR, chez Mme Exposito  
2930 route des Serres  
06570 Saint Paul De Vence
- **By Wire/Transfer Payment (again before May 15)**

**Bank: Société Générale: 64 B av Georges Clemenceau 06480 La Colle-sur-Loup**

| Code banque | Code guichet | numéro de compte | Clé RIB |
|-------------|--------------|------------------|---------|
| 30003       | 00943        | 00037261985      | 12      |

**IBAN FR76 3000 3009 4300 0372 6198 512**

**BIC SOGEFRPP**

**It is mandatory to send an associated email with the reference number of the wire transfer and Club Name to [spcocgr.ti@gmail.com](mailto:spcocgr.ti@gmail.com)**

## PUBLIC ENTRY FEE

- 1 day 7€
- Week-end 12€
- Free for entry for under 12 years old

## MUSICS

- Send your music's files to [spcocgr.ti@gmail.com](mailto:spcocgr.ti@gmail.com) before 15th of june, the files should be named: LastName\_FirstName\_Apparatus\_Category (you can use wetransfer.com to send your musics.mp3)

Your files sent will be private and **confidential**.

We recommend that you also come with a backup stored on a USB key.



## D FORMS

- 4 Forms of Diff by sequence
- Come to the competition with yours printed D Forms.

Forms available here: <http://www.spcoc-gr.com/wp-content/uploads/2016/02/Fiches-D.pdf>

## JUDGES

- Each delegation must present at least 1 judge by category.
- Lunch offered to the judges during the competition.

## IMAGE RIGHT

- Form to print and fill: <http://www.spcoc-gr.com/wp-content/uploads/2015/06/Droit-Image.pdf>

## EVENT PLANNING

- Friday, 8th of July
  - Gymnasts arrival and installation (from 9 :00 am)
  - Judge's meeting at 6 :00 pm / Deposit of the scorecards
  - details of the competition available on 15th of june
  - « Welcome drink » at 8:00 pm
- Saturday 9th of July
  - Beginning of the competition and exhibitions
  - Awards ceremony of the end of the competition
- Sunday 10th of July
  - 2nd day of the competition and exhibitions
  - details of the competition available on 15th of june
  - Awards ceremony of the end of the competition
  - Farewell

## RESTAURATION

- refreshments on site
- Snack on site, possibility of booking lunch on site
- Form : <http://goo.gl/forms/FwuYNIW2e>

## ROAD TRANSPORTATION

Through reservation with the company Rudi Dasseville Prestige Services, they propose

1. Transfers services to and from the Nice Airport and to/from your hotel or residence
2. Limousine/excursion for visits along the French Riviera
3. Reservation/concierge services for all your needs during your stay
4. Bilingual drivers on request (English, French, Russian, German)

Our ground transportation services are supplied with our float of Mercedes Benz; S Class, E Class, V Class and Viano's from 1 to 7 people.

We can also supply from 7 to 50 people our range of 1st class Buses.

**Contact:** Rudi Dasseville

**Telephone** +33 6 07 71 76 50

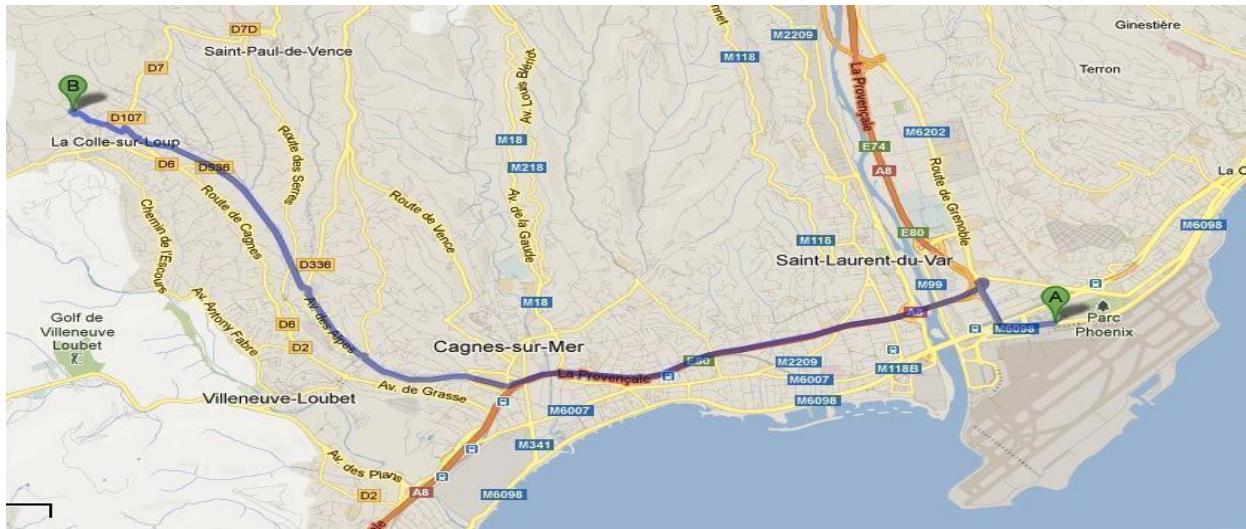
**Email:** rdpsc@orange.fr

- Formulaire :

<http://goo.gl/forms/erDJA6GGVK>



## SITUATION



15 minutes from the Nice Cote d'Azur Airport

### From Airport or Nice railway station:

- Join the motorway A8/E80 direction Antibes / Cannes / Marseille
- Exit Gate 48, Cagnes Sur Mer
- At the Roundabout Bachaga Boualam, take the 2nd exit (direction Vence)
- At the roundabout Paratrooper Drakkar, take the 2nd exit (direction La Colle-Sur-Loup)
- At the Roundabout Gendarmes Ouvea, take the 3rd exit
- Boulevard Pierre Sauvaigo after 800m at the Roundabout take the 2nd exit (direction La Colle s/ Loup),
- Boulevard Pierre Sauvaigo about 200m to the roundabout, take 2nd exit (direction La Colle Centre),
- Boulevard Pierre Sauvaigo , at 300m take the 2nd exit
- At the junction turn right Rue Yves Klein,
- At the Roundabout Père Bernard, take the 2nd exit
- after 800 m Boulevard Roubert Alex, you have arrived !

### Local Transport

Bus direction St Paul de Vence : Line 400. station « les Arnoux ».



## ACCOMODATION :

**Belambra Clubs** (at 500m of the gymnase).

**Preferential rate with the Code "LaColleSurLoup"**



*Belambra*  
clubs



A comfortable Club overlooking a hill in a peaceful and green in the heart of a 20 hectare pine forest ...

**belambra club de Saint-Paul-de-Vence "Les Oliviers" Provence Cote d'azur**

[www.belambra.fr/0/partnerLogin.html](http://www.belambra.fr/0/partnerLogin.html)

or

[www.belambra.co.uk//0/partnerLogin.html](http://www.belambra.co.uk//0/partnerLogin.html)

login : SPCOCGR

code 18118S

Enjoy discounts with "Belambra Early" this summer by booking before March 31.

Phone : +33 4 93 32 96 96

**Hôtel \*\*\*\*\* Le Mas De Pierre** (within 5 minutes drive)



**Le Mas de Pierre** offers the luxury and comfort of a 5 star hotel. 7 houses camped in a wonderful setting of a Relais & Châteaux steeped in the scents of Provence.

[www.lemasdepierre.com/l-hotel/](http://www.lemasdepierre.com/l-hotel/)

Phone : +33 4 93 59 00 10

Preferential rate for any booking made before 15 May (unconditional cancellation)

Code "Open GR Azur"





**Hôtel \*\*\* Syracuse Villeneuve-Loubet** (within 15 minutes drive)



Modern and cozy air-conditioned with direct access to the beach offering clear rooms and bungalows.

**Address** : 215 Boulevard Eric Tabarly, 06270 Villeneuve-Loubet

[www.hotel-syracuse.fr/](http://www.hotel-syracuse.fr/)

Phone : +33 4 93 20 45 09

Preferential rate for any booking made before 15 May wit Code **“Open GR Azur”**

**Résidence Inter Hotel Sea Side Park \*** (within 15 minutes drive)



The residence features a lounge, gym, pool tables and a panoramic swimming pool with the most spectacular views of the French Riviera...

**Address** : 2686 Route Nationale 7, 06270 Villeneuve-Loubet

[www.seasidepark.fr/](http://www.seasidepark.fr/)

Phone : +33 4 93 22 08 08

Preferential rate for any booking made before 15 May Code "Open GR Azur"



**S  
P  
C  
O  
C**

**Rhythmic Gymnastics**

# Summer Training Camp July 2016

Gymnase Emilie Fer  
La Colle Sur Loup  
**France**

## **Mornings**

Training 1 from 11-16  
Training 2 from 18-22  
Russian School

## **Afternoons**

Training 3 from 11-16  
Training 4 from 18-22  
Bulgarian School

[www.spcoc-gr.com](http://www.spcoc-gr.com)  
[spcocgr.ti@gmail.com](mailto:spcocgr.ti@gmail.com)

[www.facebook.com/SpcocGRTournoiInterational](https://www.facebook.com/SpcocGRTournoiInterational)





Location, gymnase Emilie Fer, at La Colle Sur Loup on July 11 to 16 and July 18 to 22.

**Training 1 and 2: Mornings**

**Training 3 and 4: Afternoons**

Gymnasts are required to :

- have their apparatus
- be up to date with their insurance.
- Belong to a RG federation

**FEE :**

- Russian morning only: 180 € (only 10 places out of russian's delegation members)
- Bulgarian training: 120 €

**Russian** with the trainers of the Russian team.

**Bulgarian** with Bulgarian champions and trainers Bilyana Prodanova and Reneta Nesheva

**CONTACT:**

email: [spcocgr.ti@gmail.com](mailto:spcocgr.ti@gmail.com)

\*\* The club provides a personal invitation on demand for the visa application (for countries outside of Europe)

**REGISTRATION and PAYMENT**

- By Cheque in the name/Libelle of " SPCOC-GR " : This must be received Before may 15 to SPCOC-GR  
please post to the following address  
SPCOC GR, chez Mme Exposito  
2930 route des Serres  
06570 Saint Paul De Vence
- By Wire/Transfer Payment (again before May 15)

**Bank: Société Générale: 64 B av Georges Clemenceau 06480 La Colle-sur-Loup**

| Code banque  | Code guichet                             | numéro de compte   | Clé RIB   |
|--------------|--|--------------------|-----------|
| <b>30003</b> | <b>00943</b>                             | <b>00037261985</b> | <b>12</b> |
| <b>IBAN</b>  | <b>FR76 3000 3009 4300 0372 6198 512</b> |                    |           |
| <b>BIC</b>   | <b>SOGEFRPP</b>                          |                    |           |

**It is mandatory to send an associated email with the reference number of the transfer and Club Name to [spcocgr.ti@gmail.com](mailto:spcocgr.ti@gmail.com)**

**RESTAURATION**

- Refreshments, Snack on site, possibility of booking lunch
- Forms : <http://goo.gl/forms/FwuYNImW2e>

**REGISTRATION FORM**

Russian training: <http://goo.gl/forms/LyOVGMI23z>



Bulgarian training: <http://goo.gl/forms/UL1Wa9hfuc>

