



International Friendship Cup

Online 2022

March 6th, 2022

**AESTHETIC GROUP
GYMNASTICS**

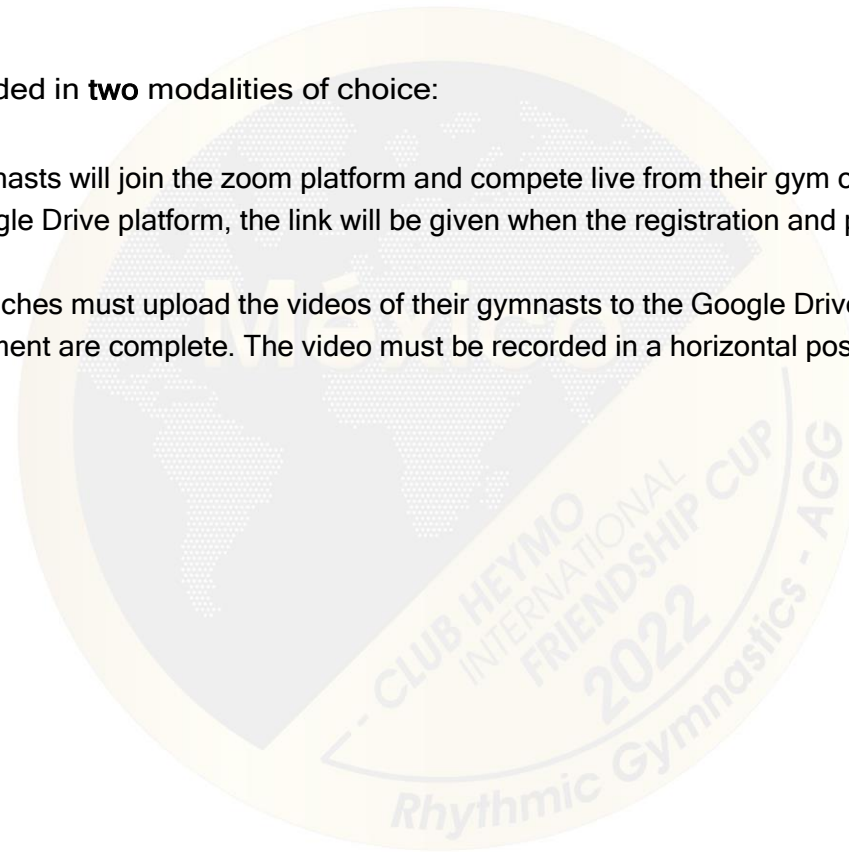
With the purpose of motivate and continue with the technical advances of the school and competitive level gymnasts, Club HEYMO invitess every Club to our 2nd International Competition

International Friendship Cup Online 2022

This competition will be divided in **two** modalities of choice:

Online live competition: Gymnasts will join the zoom platform and compete live from their gym or home (their music and photo must be uploaded to the Google Drive platform, the link will be given when the registration and payment are complete)

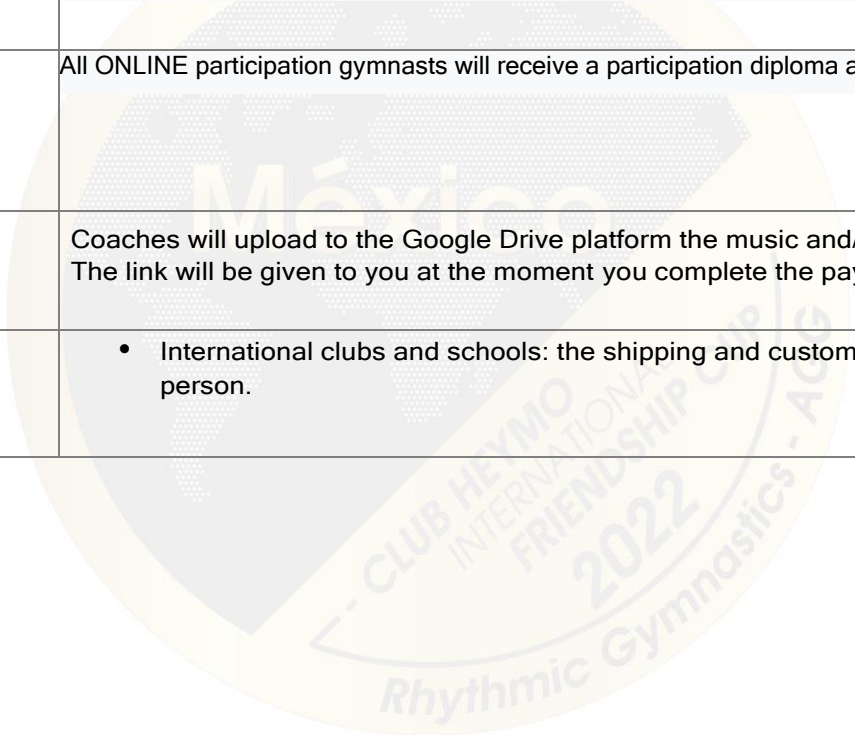
Online video competition: Coaches must upload the videos of their gymnasts to the Google Drive platform, the link will be given when the registration and payment are complete. The video must be recorded in a horizontal position and on one take, without cuts.



GENERAL BASES

ORGANIZING COMMITTEE	Club HEYMO Mérida, Yucatán, México Contact Information Heidy Ortega Rosado Mónica Ortega Rosado +52 9991211571 +52 9993690247 WhatsApp +52 9993507662 Link: https://wa.link/32f00j
MODALITIES	<ul style="list-style-type: none">• Online live• Online video:<ul style="list-style-type: none">- Due date for sending videos: March 2nd, 2022
DATES	March 6th, 2022
REGISTRATION	<ul style="list-style-type: none">• REGISTRATION THROUGH THE PLATFORM KSIS. Link: http://rgform.eu/menu.php?akcia=NP&id_prop=3427• REGISTRATION CLOSURE February 27th, 2022 (clubs that have already participated in previous occasions, they have the same username and password, if not remembered, contact the organizing committee)• SENDING MUSIC / VIDEOS / PHOTOS March 2nd, 2022
COST	Online Competition Per team \$130 USD (This does not include medal shipping)

PAYMENT	<p>International The invoice with the corresponding data will be sent upon receipt of your Registration.</p> <p>DATA FOR BANK TRANSFER NAME: Heidi Verónica de Guadalupe Ortega Rosado BANK. BBVA Bancomer ACCOUNT NUMBER: 0195547695 CLABE ACCOUNT 012910001955476950 SWIFT CODE BCMRMXMPYM</p>
AWARD CEREMONY	All ONLINE participation gymnasts will receive a participation diploma and medal (paying shipping costs)
MUSIC AND VIDEO	Coaches will upload to the Google Drive platform the music and/or videos. The link will be given to you at the moment you complete the payment.
MEDALS SHIPPING	<ul style="list-style-type: none"> • International clubs and schools: the shipping and custom expenses run by each person.



IFAGG PROGRAM

Regulation governed by the IFAGG, CONVENTIONAL PROGRAM AND SHORT PROGRAM without changes or modifications, teams may have the option of choosing to compete in one or both programs, which will be awarded independently of each other.

CATEGORY TABLE IFAGG PROGRAM (WOMEN/MIXED)

YEAR OF BIRTH	CATEGORY
2014-2012	8-10 YEARS OLD
2012-2010	10-12 YEARS OLD
2010-2008	12-14 YEARS OLD
2008-2006	JUVENIL (14-16 YEARS OLD)
2006 AND LESS	MAYORES (16 YEARS OLD AND OLDER)

