



Marina Durunda Gymnastics Academy
invites you to join the **“Seasonal Showdown – Rhythmic Gymnastics Competition”**
and Masterclass by Olympian and World Medalist Polina Berezina
on the **20th of December 2025**, at the Grammar School, Limassol.

DISCIPLINES	Rhythmic Gymnastics
DATES	20th of December 2025
LOCATION	The Grammar School Limassol, Cyprus https://maps.app.goo.gl/dpcdta7sft1Mu8V79
HOST ORGANIZATION	Marina Durunda Gymnastics Academy Contacts: 99988775 Marina, 97552700 Daria
DELEGATION	<ul style="list-style-type: none">• <i>No max Limit of athletes registration</i>
JUDGES	<ul style="list-style-type: none">• <i>Minimum of one judge per delegation per discipline is compulsory</i>
AWARDING	Each participant is awarded with diplomas and medals of the corresponding degrees. Awarding takes place in each age group and category. The following nominations will be determined at the solo events: <i>Miss Grace, Miss Elegance, Coach’s Pride, Miss Artistry, Coach’s Hope, The Youngest Participant, The Most Expressive Participant, Miss Smile.</i>
REGISTRATION	Registration should be made through the registration platform not later than 7th December . Registration platform : tourney.easycompete.ru

MUSIC	<ul style="list-style-type: none"> • All music must be submitted via the platform • Deadline for music submission is 14th December • Music files must be submitted in MP3 • Please prepare a USB Flash drive for the music back up
PAYMENT	<ul style="list-style-type: none"> • Individual performance 50 euros • Polina Berezina Masterclass 70 euros <p>Polina Berezina is a five-time Spanish national champion, World Championships bronze medalist, World Cup medalist and a representative of Spain at the 2020 Tokyo Olympic Games.</p>
INSURANCE	<p>LOC will not be held responsible for any liabilities in case of accidents, illness, repatriation, and the like.</p> <p>All participating delegations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation for all the members of their delegation.</p>
SOCIAL MEDIA	<p>https://www.facebook.com/marinadurundaga</p> <p>https://www.instagram.com/marinadurundaga/</p>
DEADLINES FOR ENTRIES	<ul style="list-style-type: none"> • Registration DEADLINE 7th December • Music submission DEADLINE 14th December
RULES	<ul style="list-style-type: none"> • Rhythmic Gymnastics: According to FIG rules (see table below for Categories)



RHYTHMIC GYMNASTICS



MDGA "SEASONAL SHOWDOWN"	GROUP A	GROUP B	GROUP C	GROUP D
Mini Baby Cup 1 2019 & younger	W/A and 1 App. by choice Min 2 S Max 6 BD	W/A Min 2 S Max 6 BD Value Max 0,4	W/A Min 2 S Max 6 BD Value Max 0,3	W/A Min 2 S Max 6 BD Value Max 0,2
Mini Baby Cup 2 2018 y.b.	W/A and 1 App. by choice Min 2 S Min 6 BD	W/A and 1 App. by choice Min 2 S Max 6 BD Value Max	W/A Min 2 S Max 6 BD Value Max 0,4	W/A Min 2 S Max 6 BD Value Max 0,3
Baby Cup 2017 y.b.	W/A and 1 App. by choice Min 2 S Min 6 BD	W/A and 1 App. by choice Min 2 S Min 6 BD Value Max	W/A Min 2 S Max 6 BD Value Max 0,4	W/A Min 2 S Max 6 BD Value Max 0,3
MINI 2016 – 2015 y.b.	2 App. by choice	2 App. by choice	W/A 1 App. by choice	W/A Max 6 BD Value Max 0,3
CHILDREN 2014 – 2013 y.b.	2 App. by choice	2 App. by choice	W/A 1 App. by choice Value Max 0,4	W/A or 1 App. Max 6 BD Value Max 0,4
PRE -JUNIOR 2012 y.b.	2 App. by choice	2 App. by choice	2 App. by choice Value Max 0,4	1 App. Max 6 BD Value Max 0,4
JUNIOR 2011 – 2009 y.b.	2 App. by choice	2 App. by choice	2 App. by choice	1 App. by choice