

GROUPS

INDIVIDUAL

FESTIVALS

GALA

# BLUME GRAN CANARIA

X INTERNATIONAL CUP RHYTHMIC GYMNASTICS

- More than 45 countries from all 5 continents have participated
- Combine your participation with the international workshops with instructors from 15 different nations
- More than 30 gymnastics festivals in the island

## GYMNASTICS WEEK

CUP Gymnastics rhythmic 2

Registration 3

Accommodation, transport 4

Directives 5

Individual Norms 6

Groups Norms 7

Contact, Questions 8

## International Rhythmic Gymnastics in GRAN CANARIA? YES, WE CAN

BLUME GRAN CANARIA is pleased to cordially invite you to the 10<sup>th</sup> International Cup Rhythmic Gymnastics 2024 for groups, individuals and exhibitions, that will take place on Saturday, November 30<sup>th</sup>, 2024.

Within the program of the 62<sup>nd</sup> International Gymnastics Festival BLUME GRAN CANARIA and in the spectacular sports hall of GRAN CANARIA ARENA in the capital of the island, Las Palmas de Gran Canaria our main objective is to share "the Canarian gymnastics party" during one day specially dedicated to the nice

discipline of the rhythmic gymnastics.

We will enjoy the international event with the participation of many



Gymnastics in  
BLUME GRAN CANARIA

nations and offers all categories for groups and individuals as well as the special festival. With our directives we are confident to offer our gymnasts the best

participation possibilities in this competition. The registration deadline is till November 5<sup>th</sup>, 2024 and can be done via mail to [office@blumegrancanaria.com](mailto:office@blumegrancanaria.com). You can download all documents concerning your participation in our web site **62<sup>nd</sup> International Gymnastics Festival BLUME GRAN CANARIA**

Hope to meet you in Gran Canaria!

With best regards,

M<sup>a</sup> Fabiola Rodríguez Cerpa  
International Cup Director and member of the Organizing Committee BLUME GRAN CANARIA

## Why, when & how to register?

An aesthetic attraction at BLUME GRAN CANARIA 2024 International Gymnastics Festival will be the rhythmic gymnastics competitions. As the most feminine sport of all, marked individuality, dynamism with emotions, elegance with extraordinary agility and control of the body.

Your team or gymnasts can choose any of the categories of the X International Cup that will take place on Saturday, November 30<sup>th</sup>, 2024 in GRAN CANARIA ARENA, where BLUME GRAN CANARIA repeats history for the third time. Training will be offered to teams and gymnasts on Friday, November 29<sup>th</sup> at San Fernando sports hall in Maspalomas.

You can register your gymnasts easy by sending a mail till November 5<sup>th</sup>, 2024 to [office@blumegrancanaria.com](mailto:office@blumegrancanaria.com).

## Rhythmic Gymnastics INDIVIDUAL



8 nations participated filling with rhythmic gymnastics the island sports halls

*“The International Cup BLUME GRAN CANARIA is a unique opportunity for our gymnasts to compete in Spain during winter”*  
Ursel Born,  
GR German Federation

International rhythmic gymnastics in Gran Canaria?

YES, ... in BLUME GRAN CANARIA



Start the competition with the variety of devices in the individual category of the international rhythmic gymnastics cup.

Following the current regulations of the FIG for the period 2022-2024 we will get excited with the seniors and juniors routines, as well as admire the

progression in the younger ages. It is a unique opportunity to share the results of so many hours of training and effort with the international atmosphere that is breathed during the VIII International Cup of Rhythmic Gymnastics. We have prepared some surprises so that

the gymnasts can enjoy their idols during the photoshop and autographs session at BLUME GRAN CANARIA.

**Polideportivo Jesús Telo**  
**Saturday, 30.11.2024**  
**09:00-10:00 Training**  
**10:00-13:00 Competition**

## Rhythmic Gymnastics GROUPS

A very special fascination dominates the competition in the category of groups: five gymnasts with five identical or two different devices together. The precise coordination where at each moment "they have to trust blindly" is

achieved with a lot of training and personal talent.

With a maximum duration of two and a half minutes, a real effects firework is presented, which is the special attraction of the group exercises. The seem-

ingly effortless handling of various devices captivates the audience and complete the competition day.

**Polideportivo Jesús Telo**  
**Saturday, 30.11.2024**  
**13:30-14:30 Training**  
**14:30-17:30 Competition**

## Rhythmic Gymnastics FESTIVAL

During the individual and group competition we will enjoy the exhibitions of the participating gymnasts and groups.

Register your participation with time enough, so that the public can share with us the Canarian Gymnastics Festival in the incomparable event hall of the island Gran Canaria.

**Polideportivo Jesús Telo**  
**Saturday, 30.11.2024**  
**18:00- 20:00 Festival**

# CUPS - Gimnasia Rítmica, TeamGym, Aerobic, Trampolín



**X International Cup  
Rhythmic Gymnastics  
BLUME GRAN CANARIA**

**XIII International Cup  
Teamgym  
BLUME GRAN CANARIA**

**VI International Cup  
Aerobic  
BLUME GRAN CANARIA**

**V International Open  
Trampolin  
BLUME GRAN CANARIA**

Pol. Jesús Telo  
29.11 10–13 Training  
30.11 10-13 Individual  
30.11 14–18 Groups

GRAN CANARIA CENTER  
30.11 9–10 Training  
30.11 10-16 Competition

Maspalomas, El Tablero  
30.11 17-19 Training  
30.11 12-16 Competition

GRAN CANARIA CENTER  
30.11 17–19 Training  
30.11 14–18 Competition

## Locations & Transport



BLUME GRAN CANARIA not only offers stages near our beaches on the island, but also hosts the X GR BGC International Cup in GRAN CANARIA ARENA, the largest multipurpose Sports Palace of the Canary Islands. It is our

International reference events hall and BLUME GRAN CANARIA is making again history offering for the gymnasts this incomparable gym stage for our participants. The teams that so require in their registration will be

picked up with BLUME GRAN CANARIA buses from their accommodations and will be transported to the event and at the end will be transported back to their accommodation.

**BLUME GRAN CANARIA -**

*The giant event hall  
Gran Canaria Arena  
The biggest sports  
hall of the Canary  
Islands for over  
10.000 spectators*

## Registration



With the entry + transport card the participants can reach and visit all gymnastics events during BLUME – GRAN CANARIA 2024.

The special Festival bus service will take the participants from the hotels to the sports halls, where the gymnastic team will participate. The entrance + transport-ticket costs per person during the Festival week including team gym tournament are:

Inscription	participants	visitors
BLUME GRAN CANARIA Festival + Cup	40 €	45 €
BLUME GRAN CANARIA Cup (*)	15 €	20 €
for children (till 6 years old) the entrance + transport ticket is free		

(\*) certified judge by the group

# Accommodation in Maspalomas

Our office BLUME GRAN CANARIA in the south of the island is located in the 3 \* Hotel Beverly Park during the week of the Festival.

hotel offers participants short distances to events, transport to events quickly and conveniently, as well as personal attention to the needs of the coaches.

BLUME GRAN CANARIA recommends accommodation including the half board (breakfast & dinner) at the 3 \* Hotel official **until September 1<sup>st</sup>, 2024.**

The accommodation of the participants in the



Of course the teams are free to decide alternative accommodation with their local travel agencies.

*“short distances and economic alternatives in Gran Canaria to participate in our international events”*

# Accommodation in Las Palmas de Gran Canaria

The official accommodation of the tournament is the 4 \* AC Hotel Iberia Las Palmas located in the vicinity of the sports halls and the historic center of the capital. Each room has air conditioning, minibar, plasma TV and equipped

toilets. Enjoying the additional fitness gym options, access to Wi-Fi, continental breakfast and the outdoor pool.

Booking through CO BGC airport transportation and events are included.



# Flight, insurance, visa

The Organizing Committee BLUME GRAN CANARIA recommends booking flights in advance to access the economic offers for groups. More than 80 European airports are directly connected to Gran Canaria airport. The 2 main airports to travel to Gran Canaria in Spain are Madrid and Barcelona. The low cost airlines allows flight prices in the winter time starting with 120 €.

Each participant in the BLUME GRAN CANARIA must be insured throughout their time of action in the Cup and Festival. The organization does not assume any responsibility for consequences derived

from its incorrect application. For the management of your visas please send us 3 weeks before the event your applications in Word format, which after processing will be processed.



BLUME GRAN CANARIA		DIRECTIVES ▪ X COPA INTERNACIONAL DE GIMNASIA RITIMICA	
<b>FECHA ▪ DATE</b>	29 - 30 de noviembre 2024		
<b>LUGAR DE COMPETICIÓN ▪ COMPETITION HALL</b>	Polideportivo Jesús Telo C. Coronel Rocha, s/n 35008 Las Palmas de Gran Canaria, SPAIN		
<b>ORGANIZADOR ▪ COMPETITION HALL</b>	BLUME GRAN CANARIA Juan Manuel Duran, 17 35007 Las Palmas de Gran Canaria, SPAIN e-mail: <a href="mailto:office@blumegrancanaria.com">office@blumegrancanaria.com</a> web site: <a href="http://www.blumegrancanaria.com">www.blumegrancanaria.com</a>		
<b>RESPONSABLE ▪ CONTACT PERSON</b>	(ESP)	Fabiola Rodríguez Cerpa e-mail: <a href="mailto:office@blumegrancanaria.com">office@blumegrancanaria.com</a>	
<b>EQUIPAMIENTO ▪ RG FLOOR</b>	GYMNOVA (beige)		
<b>PROGRAMA ▪ SCHEDULE</b>	<p>Jueves/Thursday 28.11.2024 Llegada de los participantes / Arrival of delegations</p> <p>Viernes / Friday 29.11.2024 10:00 - 12:00 Entrenamiento I / Training I Acreditaciones / Accreditations Pabellón San Fernando</p> <p>Sábado/Saturday 30.11.2024 09:00 - 10:00 Individual Training II / Entrenamiento II 10:00 - 13:00 Individual competition / Competición individual 13:30 - 14:30 Group Training III / Entrenamiento conjuntos III 14:30 - 17:30 Competición conjuntos / Group competition 17:30 - 18:00 Entrega de medallas / Award ceremony</p> <p>Domingo / Sunday 01.12.2024 11:00 - 13:00 Participación en Festival BLUME / Participation in BLUME Festival / Departure of delegations</p>		
<b>INSCRIPCIÓN ▪ REGISTRATION DEADLINE</b>	Inscripción definitiva / Definitive registration	05.11.2024	
	Inscripción nominativa / Nominative registration	20.11.2024	
	per mail:	<a href="mailto:office@blumegrancanaria.com">office@blumegrancanaria.com</a>	
<b>MÚSICA ▪ MUSIC</b>	<p>Group leader shall (1) bring music copies to the competition and (2) send one mp4-copy per mail till 20.11.2024</p> <p>Entrenadores (1) deben llevar una copia de seguridad de la música a la competición y (2) enviar copias en formato mp4 al correo hasta el 20.11.2024 <a href="mailto:office@blumegrancanaria.com">office@blumegrancanaria.com</a></p> <p>Se permiten músicas cantadas con palabras, en uno de los ejercicios. It is allowed to use musics with voice in one of the exercises.</p>		
<b>EXHIBICIÓN LIBRE ▪ EXHIBITION ROUTINES</b>	Grupos/individuales podrán participar con una coreografía de duración máxima de 5 min Groups/Individuals can participate with a maximum duration of 5 minutes		
<b>SEGURO MÉDICO ▪ HEALTH INSURANCE</b>	Cada participante debe tener presente su propio seguro médico / All participants shall have their own health insurance		
<b>VISADO ▪ VISA</b>	BLUME GRAN CANARIA assists each delegation's member with an official letter contacting our OC BGC in <a href="mailto:office@blumegrancanaria.com">office@blumegrancanaria.com</a>		

PROGRAMME FOR INDIVIDUAL	Internacional A Level	Internacional B Level	REGIONAL Nivel Escolar
<b><u>MINI BENJAMÍN</u></b> <b>2018 and younger</b> <b>*WA RULES ANEXO</b>	<b>1 exercise -ML</b> <b>Without Apparatus</b> Code FIG Junior 2022-24	<b>1 exercise -ML</b> <b>Without Apparatus</b> Code FIG Junior 2022-24	<b>1 ejercicio-ML</b> Código FIG Junior. Normativa FCG
<b><u>PRE BENJAMÍN 2017</u></b> <b>*WA RULES ANEXO</b> Ball Min. 15 cm Hoop Min. 60 cm.	<b>1 exercise-ML</b> <b>Without Apparatus</b> Code FIG Junior 2022-24.	<b>1 exercise-ML</b> <b>Without Apparatus</b> Code FIG Junior 2022-24.	<b>1 ejercicio-ML</b> Código FIG Junior. Normativa FCG
<b><u>BENJAMÍN 2015-2016</u></b> <b>*WA RULES ANEXO</b> Ball Min. 15 cm Hoop Min. 70 cm.	<b>1 exercise with one</b> <b>apparatus by choice.</b>  Code FIG Junior 2022-24.	<b>1 exercise with one</b> <b>apparatus by choice.</b>  Code FIG Junior 2022-24.	<b>1 ejercicio-ML o cuerda</b> Código FIG Junior. Normativa FCG
<b><u>ALEVÍN 2013-2014</u></b> <b>*WA RULES ANEXO</b> Ball Min. 15 cm Hoop Min. 70 cm.	<b>1 exercise with one</b> <b>apparatus by choice.</b>  Code FIG Junior 2022-24.	<b>1 exercise with one</b> <b>apparatus by choice.</b>  Code FIG Junior 2022-24.	<b>1 ejercicio-ML o aro</b> Código FIG Junior. Normativa FCG
<b><u>INFANTIL 2011-2012</u></b> Clubs Min. 35 cm Ribbon Min. 4.5 m.	<b>1 exercise with one</b> <b>apparatus by choice.</b>  Code FIG Junior 2022-24.	<b>1 exercise with one</b> <b>apparatus by choice.</b>  Code FIG Junior 2022-24.	<b>1 ejercicio-ML o mazas</b> Código FIG Junior. Normativa FCG
<b><u>JUNIOR 2009-2010</u></b> Ribbon Min. 5 m.	<b>1 exercise with one</b> <b>apparatus by choice.</b>  Code FIG Junior 2022-24.	<b>1 exercise with one</b> <b>apparatus by choice.</b>  Code FIG Junior 2022-24.	<b>1 ejercicio con un</b> <b>aparato a elegir.</b>  Código FIG Junior. Normativa FCG
<b><u>SENIOR</u></b> <b>2008 and older</b> Ribbon Min. 6 m.	<b>1 apparatus by choice</b> Code FIG 2022-2024.	<b>1 exercises with</b> <b>apparatus by choice:</b> Code FIG Junior 2022-24.	<b>1 ejercicio con un</b> <b>aparato a elegir.</b>  Código FIG Junior. Normativa FCG

• En las categorías donde la gimnasta deba ejecutar más de un aparato, la clasificación final se obtendrá, con la sumas de los aparatos presentados. Por ejemplo en Nivel A junior, la gimnasta debe presentar 2 ejercicios con 2 aparatos diferentes. Su nota final será la suma de los 2. (Nota Final Gimnasta Junior= aparato 1 + aparato 2).

• No hay clasificación por aparatos. Siendo las tres primeras clasificadas, las tres gimnastas que obtengan las sumas mayores.

• En el caso de que el número de inscripciones sea muy amplio, existe la posibilidad de, limitar el nivel B a un solo aparato, a elección.

• In the categories where the gymnast must execute more than one apparatus, the final classification will be obtained, with the sums of the apparatus presented. For example in Junior Level A, the gymnast must present 2 exercises with 2 different apparatus. Your final grade will be the sum of the 2. (Junior Gymnast Final Score = apparatus 1 + apparatus 2).

• There is no classification by apparatus. Being the first three classified, the three gymnasts that obtain the highest sums.

• In the event that the number of registrations is very wide, there is the possibility of limiting the level B to a single apparatus, by choice.

PROGRAMME GROUPS	A Level	B Level	RULES
<b>MINI BENJAMÍN 2018 and younger</b> <i>*WA RULES ANEXO</i>	<b>1 exercise: Without apparatus</b> Code FIG 22/24 Junior. 1.45" to 2.00"	<b>1 exercise: Without apparatus</b> Code FIG 22/24 Junior. 1.45" a 2.00"	<b>DB:</b> min. 3, max. 7 Min 1 bodygroup <b>S:</b> min. 2 <b>DC:</b> mín:6 max. 15 <b>W:</b> mín 2
<b>PREBENJAMÍN 2016 and 2017</b> <i>*WA RULES ANEXO</i>	<b>1 exercise: Without apparatus</b> Code FIG 22/24 Junior. 1.45" to 2.00"	<b>1 exercise: Without apparatus</b> Code FIG 22/24 Junior. 1.45" a 2.00"	<b>DB:</b> min. 3, max. 7 Min 1 bodygroup <b>S:</b> min. 2 <b>DC:</b> mín:6 max. 15 <b>W:</b> mín 2
<b>BENJAMÍN 2015 and 2016</b> <i>*WA RULES ANEXO</i> Ball Min. 15 cm	<b>1 exercise with one apparatus by choice.</b> Code FIG 22/24 Junior. 1.45" to 2.00"	<b>1 exercise: Without apparatus</b> Code FIG 22/24 Junior. 1.45" a 2.00"	<b>DB:</b> min. 3, max. 7 Min 1 bodygroup <b>S:</b> min. 2 <b>DC:</b> mín:6 max. 15 <b>W:</b> mín 2
<b>ALEVÍN 2013-2014 and 2015</b> Hoop Min. 70 cm.	<b>1 exercise with one apparatus by choice.</b> Code FIG 22/24 Junior. 1.45" to 2.00"	<b>1 exercise with one apparatus by choice.</b> Code FIG 22/24 Junior. 1.45" a 2.00"	<b>DB/DE:</b> min. 3, max. 7 Min 1 bodygroup <b>S:</b> min. 2 <b>DC:</b> mín:6 max. 15 <b>W:</b> mín 2
<b>INFANTIL 2011-2012 and 2013</b> Clubs Min. 35 cm. Ribbon Min. 4.5 m.	<b>1 exercise with one apparatus by choice.</b> Code FIG 22/24 Junior. 2.15" to 2.30"	<b>1 exercise with one apparatus by choice.</b> Code FIG 22/24 Junior. 1.45" a 2.00"	<b>FIG JUNIOR 2022-2024</b>
<b>JUNIOR 2011-2010 and 2009</b> Ribbon Min. 5 m.	<b>1 exercise with one apparatus by choice.</b> Code FIG 22/24 Junior. 2.15" to 2.30"	<b>1 exercise with one apparatus by choice.</b> Code FIG 22/24 Junior. 2.15" a 2.30"	<b>FIG JUNIOR 2022-2024</b>
<b>SENIOR 2008 and older</b> Ribbon Min. 6 m.	<b>1 exercise with one apparatus by choice.</b> Code FIG 22/24 Senior. 2.15" to 2.30"	<b>1 exercise with one apparatus by choice.</b> Code FIG 22/24 Senior. 2.15" a 2.30"	<b>FIG SENIOR 2022-2024</b>

• En las categorías donde la gimnasta deba ejecutar más de un aparato, la clasificación final se obtendrá, con la sumas de los aparatos presentados. Por ejemplo en Nivel A junior, la gimnasta debe presentar 2 ejercicios con 2 aparatos diferentes. Su nota final será la suma de los 2. (Nota Final Gimnasta Junior= aparato 1 + aparato 2).

• No hay clasificación por aparatos. Siendo las tres primeras clasificadas, las tres gimnastas que obtengan las sumas mayores.

• En el caso de que el número de inscripciones sea muy amplio, existe la posibilidad de, limitar el nivel B a un solo aparato, a elección.

• In the categories where the gymnast must execute more than one apparatus, the final classification will be obtained, with the sums of the apparatus presented. For example in Junior Level A, the gymnast must present 2 exercises with 2 different apparatus. Your final grade will be the sum of the 2. (Junior Gymnast Final Score = apparatus 1 + apparatus 2).

• There is no classification by apparatus. Being the first three classified, the three gymnasts that obtain the highest sums.

• In the event that the number of registrations is very wide, there is the possibility of limiting the level B to a single apparatus, by choice.



## BLUME GRAN CANARIA

### Contact:

#### BLUME GRAN CANARIA

Juan Manuel Duran Gonzalez, 17  
35007 Las Palmas de Gran Canaria  
Spain

Teléfono: +34 928 262815

Fax: +34 928 262815

Correo: [office@blumegrancanaria.com](mailto:office@blumegrancanaria.com)

### Visit us in ...

[www.blumegrancanaria.com](http://www.blumegrancanaria.com)

The Organizing Committee **BLUME GRAN CANARIA** and the Spanish Gymnastics are inviting to participate in the 62<sup>nd</sup> International Festival of Gymnastics for All **BLUME GRAN CANARIA** from November 29<sup>th</sup> till December 5<sup>th</sup>, 2024 in Gran Canaria, Spain.

Gran Canaria, known as the international tourist center of Europe, aims to invite gymnasts from all over the world to join together to share the fascination of gymnastics and enjoy our mild climate with spring temperatures during the winter season.

All groups are welcome to participate actively in the dense program of activities and a full week of international events packed with gymnastics from more than 15 participating countries.

## Questions and answers

### Can we participate this year?

Yes, the deadline for the provisional registration is till November 5th, 2024

### How can we organize our travel?

Reserve your flight so early as possible on line or in your local agency.

### Where shall we be accommodated in Gran Canaria?

For the Cup we recommend to be

accommodated in Las Palmas de Gran Canaria and if possible near to the beach.

### Can we make changes in our



### registration?

Yes, changes are possible till the deadline for the nominative inscription on November 20th, 2024.

### Can we participate only in the Cup?

Yes, in both categories, individual and/or groups

### How is the local transport ?

If you request the Festival transport, we will pick up your team from your accommodation and return after the event.

**Thank you for your support!**

