



“SWIRL&TWIRL” RG INTERNATIONAL TOURNAMENT  
Udine, Italy  
30-31/01 - 01/02/2026



by SWIRL & TWIRL

## DIRECTIVES

### RGI and RGG competition for clubs

Dear Friends,

Associazione Sportiva Udinese has the pleasure to invite your Club to participate in the “Swirl&Twirl RG International Tournament”.

<b>DISCIPLINE</b>	<b>Rhythmic Gymnastics (RGI and RGG)</b>
<b>LOCAL ORGANIZING COMMITTEE</b>	Associazione Sportiva Udinese Technical Director: Špela Dragaš Contact Person: Magda Pigano Via Lodi, 1, 33100 Udine Phone: +393295329567 (WhatsApp) E-mail: <a href="mailto:asu.udinese.sezione.ritmica@gmail.com">asu.udinese.sezione.ritmica@gmail.com</a> Website: <a href="http://www.asu1875.it">www.asu1875.it</a>
<b>LOCATION</b>	Udine, Italy
<b>DATE</b>	<b>January 30-31, February 01 2026</b>
<b>VENUE</b>	<u>Competition and training hall</u> <b>PalaPrexta, Via Lodi 1, 33100 Udine</b>
<b>PARTICIPANTS</b>	Unlimited number of gymnasts (2018 gymnasts already turned 8 years old); max 2 coaches.
<b>COMPETITION FORMAT</b>	Individual and Group Competition; Level A, B and C (CoP 2025-2028) Male competition
<b>JUDGES</b>	<b>Max. 1 JUDGE</b> Each delegation shall include 1 judge with a FIG licence or from its National Federation. Delegations coming without a judge will have a charge of € 150,00 for the call-up of an external judge. If judge don't attend competition, the fee have to be paid in any case.
<b>ENTRY FEES</b>	<b>INDIVIDUAL all levels:</b> 25€ per gymnast/exercise <b>GROUP/TRIO/DUO all levels:</b> 15€ per gymnast/exercise Delegations must pay fees by bank transfer till January 15 <sup>th</sup> 2026: <b>IBAN: IT 20 R030 6909 6061 0000 0190 161</b> <b>BIC: BCI TIT MM</b>
<b>REGISTRATION</b>	Registration will be <b>ONLINE</b> on: <a href="https://rgform.eu/event.php?id_prop=9518">https://rgform.eu/event.php?id_prop=9518</a>
<b>REGISTRATION DEADLINE</b>	<b>January 4<sup>th</sup>, 2026 - or fulfillment of spots for daytimeline</b>
<b>MP3 DEADLINE</b>	<b>January 24<sup>th</sup>, 2026- (anyway, USB is needed!)</b>

<b>SCHEDULE (provisory)</b>	<p><b>Friday, January 30<sup>th</sup></b>  - Arrival of delegations - Competition (early afternoon)</p> <p><b>Saturday, January 31<sup>st</sup></b>  - Competition</p> <p><b>Sunday, February 1<sup>st</sup></b>  - Competition</p> <p><b>Monday, February 2<sup>nd</sup></b>  - Departure of delegations</p>
<b>AWARDING</b>	<p><b>INDIVIDUAL:</b>  - All Around of 2 (best) routines  - Medals for each apparatus/category</p> <p><b>GROUP/TRIO/DUO:</b>  - Medals for each apparatus/category</p> <p><b>All gymnasts will receive medals and gifts</b></p>
<b>INSURANCE</b>	<p>Participation is at own risk. The insurance is at the individual participants' or their delegations' expense. Associazione Sportiva Udinese is not responsible for any accident and damage to people or things before, during and after the event, as well as of theft, loss of money or goods or other personal property.</p>
<b>ACCOMODATION</b>	<p>Closest hotels (no organization partners):  Hotel San Giorgio: Piazzale Cella 2, Udine +39 0432.505577  Hotel Ramandolo: via Forni di Sotto 28, Udine <a href="http://www.hotelramandolo.it">www.hotelramandolo.it</a>  Hotel Friuli: Viale Ledra 24, Udine <a href="http://www.hotelfriuli.udine.it">www.hotelfriuli.udine.it</a>  Hotel Continental: viale Tricesimo 71, Udine <a href="http://www.bestwestern.com">www.bestwestern.com</a>  Hotel Suite Inn: Via di Toppo 25, Udine <a href="http://www.suiteinn.it">www.suiteinn.it</a></p>
<b>MEALS</b>	<p><b>Free of charge in the hall: for judges and coaches ONLY</b>  <b>BAR will be available for all (coffee, water, snacks, sandwiches...)</b>  <b>Meal tickets: 10,00€</b></p>
<b>TRANSFER</b>	<p>Local committee can provide transfer from/to follow airport (not free of charge): Venice, Treviso, Trieste  Info at: <a href="mailto:asu.udinese.sezione.ritmica@gmail.com">asu.udinese.sezione.ritmica@gmail.com</a></p>
<b>MEDIA</b>	<p><b>Follow us on Instagram/Facebook/TikTok</b>  - ASU.UDINESE.SEZIONE.RITMICA  - ASU1875</p> 

## TECHNICAL PROGRAM

INDIVIDUAL COMPETITION			
CATEGORIES:	LEVEL A	LEVEL B	LEVEL C
<b>LITTLE PRINCESS 2017-2018*</b> <b>*(already turned 8)</b>	DB 3 - 6 R MIN 1 - MAX 2 DA MIN 1 - MAX 8 (1-2 routines)	DB 4 highest R MAX 1 DA MAX 8 (1-2 routines)	max. 5,00 p. D (1-2 routines)
<b>BABY 2016</b>	DB 3 - 6 R MIN 1 - MAX 2 DA MIN 1 - MAX 8 (1-3 routines)	DB 4 highest R MAX 2 DA MAX 8 (1-2 routines)	max. 5,00 p. D (1-2 routines)
<b>CHILDREN 2015</b>	DB 3 - 6 R MIN 1 - MAX 2 DA MIN 1 - MAX 10 (1-3 routines)	DB 5 highest R MAX 3 DA MAX 10 (1-2 routines)	max. 5,00 p. D (1-2 routines)
<b>CADETS 2014</b>	DB 3 - 6 R MIN 1 - MAX 3 DA MIN 1 - MAX 10 (1-3 routines)	DB 5 highest R MAX 3 DA MAX 10 (1-2 routines)	max. 5,00 p. D (1-2 routines)
<b>PRE-JUNIOR 2013</b>	FIG JUNIOR (1-4 routines)	DB 6 highest R MAX 3 DA MAX 12 (1-2 routines)	max. 5,00 p. D (1-2 routines)
<b>JUNIOR (2011, 2012) each year</b>	FIG JUNIOR (1-4 routines)	DB 6 highest R MAX 3 DA MAX 12 (1-2 routines)	max. 5,00 p. D (1-2 routines)
<b>SENIOR I (2010)</b>	FIG SENIOR (1-4 routines)	DB 8 highest R MAX 4 DA MAX 15 (1-2 routines)	max. 5,00 p. D (1-2 routines)
<b>SENIOR II (2009)</b>	FIG SENIOR (1-4 routines)	DB 8 highest R MAX 4 DA MAX 15 (1-2 routines)	max. 5,00 p. D (1-2 routines)
<b>SENIOR III (2008 and older)</b>	FIG SENIOR (1-4 routines)	DB 8 highest R MAX 4 DA MAX 15 (1-2 routines)	max. 5,00 p. D (1-2 routines)

The men's competition will be held according to the **Level B** program. The **female and male categories** will be managed and judged **separately**.

<b>GROUP COMPETITION</b>			
<b>CATEGORIES:</b>	<b>LEVEL A</b>	<b>LEVEL B</b>	<b>LEVEL C</b>
<b>PRE JUNIOR 2013-2018*(already turned 8)</b>	GROUP: by choice DB/DE max 5 (min 3+2), MAX 1R, 8 DC  DUO/TRIO: by choice DB/DE max 5 (min 3+2), MAX 1R, 6 DC	GROUP: by choice DB/DE max 5 (min 3+2), MAX 1R, 8 DC  DUO/TRIO: by choice DB/DE max 5 (min 3+2), MAX 1R, 6 DC	GROUP: by choice DUO/TRIO: by choice; D max 5,00
<b>JUNIOR (2011, 2012)</b>	GROUP: by choice (FIG RULES)  DUO/TRIO: by choice DB/DE max 6 (3+3), MAX 1 R, Max 8 DC	GROUP: by choice (FIG RULES)  DUO/TRIO: by choice DB/DE max 6 (3+3), MAX 1 R, Max 8 DC	GROUP: by choice DUO/TRIO: by choice; D max 5,00
<b>SENIOR (2010 and older)</b>	GROUP: by choice (FIG RULES)  DUO/TRIO: by choice DB/DE max 6 (3+3), MAX 1 R, Max 8 DC	GROUP: by choice (FIG RULES)  DUO/TRIO: by choice DB/DE max 6 (3+3), MAX 1 R, Max 8 DC	D max 5,00  GROUP: by choice DUO/TRIO: by choice

Any mixed groups will be included in the regular ranking.

\* Triplets or quartets exercises without apparatus is also possible. DC will be evaluated in this way:

- 0.10 easy connections with contact between the gymnasts
- 0.20 passing on, under, through constructions between the gymnasts, without dynamic rotation elements
- 0.30 passing on, under, through constructions between the gymnasts, with dynamic rotation elements
- 0.40 passing on other gymnasts with jump+ dynamic elements rotations

Hope to see you in Udine!



As Udinese