



Marina Durunda Gymnastics Academy invites you to join the
"Autumn Seasonal Showdown – Rhythmic Gymnastics Competition"
on Sunday **25 October 2026**, at The Grammar School, Limassol.

DISCIPLINES	Rhythmic Gymnastics
DATES	25 October 2026
LOCATION	The Grammar School Limassol, Cyprus https://maps.app.goo.gl/dpcdta7sft1Mu8V79
HOST ORGANIZATION	Marina Durunda Gymnastics Academy Contacts: 99988775 Marina, 97552700 Daria
DELEGATION	• <i>No maximum limit on the number of athletes registered.</i>
JUDGES	• <i>A minimum of one judge per delegation per discipline is compulsory.</i>
AWARDING	Each participant receives a diploma and a medal corresponding to their placing. Awards are presented in each age group and category. The following special awards will be presented in the solo events: <i>Miss Grace, Miss Elegance, Miss Artistry, Miss Smile, Coach's Pride, Coach's Hope, The Youngest Participant, The Most Expressive Participant.</i>
REGISTRATION	Registration must be completed no later than 11 October 2026. Registration platform: https://tourney.easycompete.ru/





MUSIC

- *All music must be submitted by **18 October 2026***
- *Files must be in MP3 format*
- *Please also bring a USB flash drive with your music as a backup*

PAYMENT

- One routine - **€50**
- Two routines - **€60**

INSURANCE

LOC will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like.

All participating delegations are responsible for arranging valid insurance coverage against illness and accidents, and for repatriation, for all members of their delegation.

SOCIAL MEDIA

<https://www.facebook.com/marinadurundaga>
<https://www.instagram.com/marinadurundaga/>

DEADLINES FOR ENTRIES

- *Registration **DEADLINE 11 October 2026***
- *Music submission **DEADLINE 18 October 2026***

RULES

- **Rhythmic Gymnastics:** According to FIG rules
(see table below for Categories)



RHYTHMIC GYMNASTICS



MDGA "AUTUMN SEASONAL SHOWDOWN"	GROUP A	GROUP B	GROUP C	GROUP D
2022	W/A	X	X	X
2021	W/A	X	X	X
2020	W/A + 1 App. or 2 App.	W/A + 1 App.	W/A	X
2019	W/A + 1 App. or 2 App.	W/A + 1 App. or 2 App.	W/A or 1 App.	W/A
2018	W/A + 1 App. or 2 App.	W/A + 1 App. or 2 App.	W/A or 1 App.	W/A
2017	2 App.	W/A + 1 App. or 2 App.	1 App.	W/A or 1 App.
2016	2 App.	2 App.	W/A or 1 App.	X
2015	2 App.	2 App.	W/A or 1 App.	X
2014	2 App.	2 App.	W/A or 1 App.	X
2013	2 App.	2 App.	W/A or 1 App.	X
2012	2 App.	2 App.	W/A or 1 App.	X
2011	2 App.	2 App.	W/A or 1 App.	X
2010 and older	2 App.	1 App.	X	X