



## 2023 Provincial Gymnaestrada

Saturday June 3, 2023 - 2:00PM Showtime

Investors Group Athletic Centre - 75 Sidney Smith St, Winnipeg

Join us for an afternoon of gymnastics performances while showcasing your skills for friends, family, and spectators! Provincial Gymnaestrada is a performance-based event providing the opportunity to celebrate movement and the joy of physical activity in a non-competitive environment while capturing the true essence of the 'Gymnastics for All' philosophy of sport.

The 2023 Provincial Gymnaestrada will be hosted by Manitoba Fusion as their final performance in Canada prior to attending the World Gymnaestrada in Amsterdam, Netherlands.

### Registration

Rhythmic Gymnastics Manitoba is pleased to invite all gymnastics groups (including rhythmic and artistic men and women, cheerleading, dance and acro groups) to take part in the 2023 Rhythmic Gymnastics Manitoba Provincial Gymnaestrada.

To register, please complete the preliminary registration (provided in electronic excel format) and submit to rhythmic gymnastics Manitoba no later than **Monday April 3** to reserve a spot for your group. The final registration (provided in electronic format) and submit to rhythmic gymnastics Manitoba no later than **Wednesday May 24**.

Registrations will be accepted on a "first-come, first-served" basis and numbers may be capped, so get your registration in ASAP!

Please email the registration to [rgm.ed@sportmanitoba.ca](mailto:rgm.ed@sportmanitoba.ca)

### Registration Fee

Full or Associate Member                      \$15.00 Per Performer

Non - Member                                      \$20.00 Per Performer

Full member is an individual member of a club who has paid a full individual member fee to RGM. Associate members include out of province participants who are members of their provincial organization, members of a group (school, community club, etc.) That has an associate group membership (\$32.00/group/year) with RGM or is a member of the Manitoba Gymnastics Association (MGA). Non-Members are not registered members of RGM, MGA or a provincial sport organization.

### Photo and Video

Attendees and participants may be photographed or video recorded. Participants grant Rhythmic Gymnastics and its representatives the right to reproduce derivative works of these images and recordings in any media now known or later developed, including but not limited to print, electronic, digital, and social media, for promoting, publicizing, or explaining Rhythmic Gymnastics Manitoba or its activities.

## Length of Performing Number

Each group/club may present a performance number up to 10 minutes in length. Please use the following as a guideline:

Groups of less than 10 performers	Maximum of 2.5 minutes
Groups of 10 – 20 performers	Maximum of 5 minutes
Groups of more than 20 performers	Maximum of 10 minutes

Note:

- Provincial Gymnaestrada is intended as a group performance (not individual routines)
- Walking on and off the floor, Set up and take down, must be choreographed as a part of the maximum 10-minute performance
- Street shoes and black dance shoes are not allowed on the carpet due to markings left behind.
- The Organizing Committee reserves the right to limit the number of participating groups to ensure the length of the event does not exceed three hours.

## Performing Area

The area available for the performance is the size of one basketball court. A rhythmic gymnastics carpet will be positioned in the center of this area. Any additional equipment required must be brought by participating groups. Indicate your additional equipment needs at the time of preliminary registration. The organizing committee will work with you individually to determine how this could be accommodated.

## Music

Music is to be submitted electronically using Dropbox or Google Drive. The electronic files of your music will be due with the registration on May 24. Music must be appropriate for a general audience, avoiding explicit language, violence, and discrimination.

## Rehearsal

Practice time slots will be available between 11:00 AM to 1:00 PM on the day of the event. Groups will be assigned a rehearsal time for approximately the time of their performance. The practice schedule will be circulated with the final bulletin and order of performances.

## Advertising

Each participating group is encouraged to invite individuals and business associates to advertise products or services in the Provincial Gymnaestrada souvenir program.

Full Page	8.5 X 11 inches	\$50.00
Half Page Horizontal	7.5 X 5 inches	\$25.00
Business Card	3.5 X 2.0 inches	\$15.00

Submissions can be made to Rhythmic Gymnastics Manitoba by email to [rgm.ed@sportmanitoba.ca](mailto:rgm.ed@sportmanitoba.ca). The deadline for ads and payment is May 25.