



27th International RG Tournament “Kalamata’s Cup”

6th International Rhythmic Gymnastics Tournament

22nd -24th February 2019

Dear RG Friends,

We have pleasure to invite you to the 27th International RG Tournament "Kalamata Cup" and 6th International RG Tournament "Elegant Cup" which will be held on February 22-24, 2019 in Kalamata, Greece.

It will be a great honor for us to have the opportunity to host the elite and the future stars of rhythmic gymnastics.

We will be very happy to welcome your delegation in Kalamata

Sincerely Yours,

Voula Kouvatsou

President of Filogymnastikos Omilos Kalamatas





27th International RG Tournament “Kalamata’s Cup”

6th International Rhythmic Gymnastics Tournament

22nd -24th February 2019

INVITATION

Place and time

The competition will take place in Kalamata, Greece on 22nd, 23rd, 24th February 2019, in competition hall “Tenta”

Delegation

Judges 1-2, coaches 1-2, individual gymnasts unlimited. All delegations must provide one judge. Expenses are to be paid by the participants.

Program

February 20/2/2019 Arrivals, accommodation,
February 21/2/2019 Orientation meeting, training
February 22/2/2019 Judges meeting, Competition
February 23/2/2019 Competition
February 24/2/2019 Competition, Gala
February 25/2/2019 Optional visit to Ancient Messini and the Museum
Departure of delegations

Awards

All around competition: } 1st place-cups, medals and diplomas
Apparatus finals: } 2nd -3rd places-medals and diplomas
} 4th -8th places- diplomas

Kids - All gymnast takes medal

Pre-juniors, Benjamin's - All around by level and apparatus by level

Juniors - All around by age and apparatus by category

Seniors - All around and apparatus by category

Categories

Individuals

Seniors 2003 and older 3 apparatus by choice FIG requirements 2017-2020

Juniors 2004-2005-2006 3 apparatus by choice FIG requirements 2017-2020

Pre junior 2007-2008 2 apparatus by choice (rope, hoop, ball, clubs)

LEVELS A -B

Benjamin's 2009-2010 2 apparatus by choice (WA, rope, hoop, ball)

LEVELS A - B

Kids 2011 and younger Without apparatus

Groups

Pre -Juniors Groups (2007-2008) 5 Hoops

Juniors Groups (2004-2005-2006) FIG requirements 2017-2020

Seniors Groups (2003 and older) FIG requirements 2017-2020

Entry Fees

Registration fee for each gymnast is 30 euro and 80€ per group.

Fee for missing Judge 50€

Insurance

This is compulsory and in the responsibility of each participant. Filogymnastikos will not accept any responsibility what so ever.

Accommodation

The following prices* are per person, per day and include :

- 1.Accommodation in hotels with breakfast and dinner.
- 2.Shuttle buses between hotel and competition hall
3. Final Banquet.
4. Mementos & gifts for all athletes, coaches and judges

Option 1 (***)

40,00 € (in triple,quad room, HB)

50,00 € (in double room, HB)

65,00 € (in single room, HB)

Option 2 (****)

50,00 € (in triple ,quad room, HB)

60,00 € (in double room, HB)

75,00 € (in single room, HB)

Option 3 (****)

60,00 € (in triple,quad room, HB)

70,00 € (in double room, HB)

85,00 € (in single room, HB)

FB(breakfast, lunch and dinner) +10€ per person, per day

Travelling expenses from airport (Athens) to Kalamata and back for bus are to be paid by participants (40 €/per person)

Final Banquet : 15,00€ per each who does not accommodate in official hotels

Optional visit to Ancient Messini and the Museum(the cost will depend on the participation)

Deadlines

Preliminary registration:	20 th January	2019
Nominative registration:	05 th February	2019
Accommodation form:	05 th February	2019
Visa application form:	20 th January	2019
Travel Schedule form:	10 th February	2019
Payment of Accommodation		Upon arrival
Cost and Entry Fee:		Upon arrival
Payment of fine for missing judge:		Upon arrival

Gala

All Gymnasts are welcome to participate in Gala

Music

All music must be recorded on CD. Please bring two (2) duplicates of each CD **clearly labeled in English with country /club/name of gymnast/apparatus.**

Contact

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The organizing committee hopes to see you in Kalamata

TECHNICAL REGULATIONS

Groups

Pre-Juniors Groups (2007-2008) **5 hoops**

Difficulty components connected with Apparatus Technical elements	Difficulty without Exchanges: Body Difficulty	Difficulty with Exchange: Exchange Difficulty	Dance Steps Combination	Dynamic Element with Rotation	Collaboration
Symbols	BD Min. 3	ED Min. 3	S Min.2	R Max.1	C Min. 6
	Max 7 (1 by choice)				
Body Difficulty Groups	Jump/Leaps- Min.1 Balances Min1 Rotations Min 1				

Value of *each* Difficulty (BD and ED) with and without Exchange: 0.10 - 0.50

Juniors Groups (2004-2005-2006) **5 Hoops / 5 Ribbons**

FIG requirements 2017-2020

Seniors Groups (2003 and older) **5 Balls / 3 Hoops & 2 pairs Clubs**

FIG requirements 2017-2020