



### ***Dear RG Friends!***

We have the pleasure of inviting you to participate in the **3rd "ROYAL CROWN" CUP** for **Individual** Senior, Junior, Pre-Junior, Hopes and Minis Gymnasts and **Groups** for Hopes, Pre-Juniors, Juniors and Seniors which will take place in Thessaloniki from 23th until 25th May 2019.

The 3rd International Rhythmic gymnastics tournament "ROYAL CROWN" CUP is under the auspices of the Hellenic Gymnastics Federation (E.G.O), the Municipality of Pylaia Chortiati and the Region of Central Macedonia.

#### **Organizing Committee**

President: Elena Kaitezidou

General Manager: Nouly Giannitsopoulou

Contact Person: Nikolaidou Maria

Phone 1: (+30) 6937141203

Phone 2: (+30) 6979987678

E-mail: [info@arionpanoramatos.gr](mailto:info@arionpanoramatos.gr)

Web: [arionpanoramatos.gr](http://arionpanoramatos.gr)

#### **Date**

23-25th May 2019

#### **Venue**

Pale de Sports (Alexandrio Athlitiko Melahtron)

#### **Schedule**

Wednesday 22 May 2019: Arrival of Delegations and training.

Thursday, 23th May, 2019: Judges' meeting, training and Competition.

Friday 24th May, 2018: Judges' meeting and Competition.

Saturday, 25th May, 2019: Competition

Sunday 26th May, 2019: Departure of Delegations

## Categories – Requirements

### Individual

#### Categories

<b>Seniors: 2003 and earlier</b> (4 apparatus)	FIG requirements
<b>Junior: 2004-2005-2006</b> (4 apparatus)	FIG requirements

Categories	LEVEL A		LEVEL B	
<b>Pre-Juniors 2007-2008</b>  2 apparatus by choice (rope-hoop-ball-clubs)	<b>2 apparatus by choice</b>  BD: min. 3 - max. 7, D max: <b>6.00 p.</b> , S min. 2, R max 3, AD no min/max.		<b>2 apparatus by choice</b>  BD: min. 3 - max. 7, D max: <b>5.00 p.</b> , S min. 2, R max 3, AD no min/max.	
<b>Hopes 2009-2010</b>  2 apparatus by choice (without apparatus- rope-hoop-ball-clubs)	<b>without apparatus</b>  BD: min. 3 - max. 9 max D max: <b>5.00 p.</b> , S min. 2, R max 2 (R : max.3 in series)	<b>1 apparatus by choice</b>  BD: min. 3 - max. 7 D max: <b>5.00 p.</b> , S min. 2, R max 2, AD max. 5	<b>without apparatus</b>  BD: min. 3 - max. 9, D max: <b>4.00 p.</b> , S min. 2, R max. 2 (R : max. 3 in series)	<b>1 apparatus by choice</b>  BD: min. 3 - max. 7, D max: <b>4.00 p.</b> , S min. 2, R max. 2 AD max. 5
<b>Children 2011</b>  without apparatus and 1 apparatus by choice (rope-hoop-ball)	<b>without apparatus</b>  BD: min. 3 - max. 7, max 0.30 point/BD D max: <b>4.00 p.</b> , S min. 3, waves min 3 R max 2 (R : 2 rotations max)	<b>1 apparatus by choice</b>  BD: min. 3 - max. 6, max 0.30 point/BD D max: <b>4.00 p.</b> , S min. 2, R max 2 AD max. 3	<b>without apparatus</b>  BD: min. 3 - max. 7, max 0.30 point/BD D max: <b>3.00 p.</b> , S min. 3, waves min 3 R max 2 (R : 2 rotations max))	<b>1 apparatus by choice</b>  BD: min. 3 - max. 6, max 0.30 point/BD D max: <b>3.00 p.</b> , S min. 2, R max 2 AD max. 3
<b>Minis 2012-13</b>  (without apparatus)	<b>without apparatus</b>  BD: min. 3 - max. 6, max 0.30 point/BD D max: <b>3.00 p.</b> , S min. 3, waves min 3 R max 2 (R : 2 rotations max)			

#### Group requirements

<b>Junior: 2004-2005-2006</b>	FIG requirements
<b>Seniors: 2003 and earlier</b>	FIG requirements

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

Difficulty without Exchanges: <b>BD</b>	Difficulty with Exchange: <b>ED</b>	Dance Steps Combination <b>S</b>	Dynamic Element with Rotation <b>R</b>	Collaboration <b>C</b>
Min. 3	Min. 3	Min.2	Max.1	Min. 4
Max. 7(1 by choice)				

**D max: 6 p.**

## Hopes 2009-2010 (5 balls)

Difficulty without Exchanges: <b>BD</b>	Difficulty with Exchange: <b>ED</b>	Dance Steps Combination <b>S</b>	Dynamic Element with Rotation <b>R</b>	Collaboration <b>C</b>
Min. 3	Min. 3	Min.2	Max.1	Min. 4
Max. 7(1 by choice)				

**D max: 5 p.**

### Apparatus awards (for all apparatus in each category & each level)

The first 8 places in each category, in each apparatus. The results will be separated by year.

#### Individual all around (all categories)

- First 3 places will be awarded by medals: Gold -Silver-Bronze.
- Gymnasts in position 4 - 8 will be awarded by honor diplomas.

For the 1<sup>st</sup> places in Individual Juniors and Seniors there will be a “Royal Crown” Award (handcrafted artistic composition made of true olives plated with 24 carats gold).

#### Apparatus awards (all apparatus in each category)

- In each category the first 3 gymnasts will be awarded by medals: Gold-Silver-Bronze.
- Gymnasts in position 4 - 8 will be awarded by honor diplomas.

#### Groups awards

- The first 3 groups in each category will be awarded by cup and medals for all their gymnasts: Gold-Silver-Bronze.
- Groups in position 4 - 8 will be awarded by honor diplomas.

#### Gala

All Gymnasts are welcomed to participate in a gala performance with a duration of max. 3 minutes.

#### Visa

If your delegation needs visa for the entry, please don't hesitate to contact us.  
The organizers will take care.

- [Visa Request form:](#)      [16/ 04 / 2019](#)

#### Judges

Each Delegation should bring a judge (international or national) for the competition.

#### Medical service

The organizing committee will provide the medical services.

#### Cost

##### Entry fee

- 40 EUR for each Individual Gymnast, 80 EUR for each group who will choose the Accommodation hotel rooms

Who will NOT choose the Accommodation hotel rooms.

- 40 EUR for minis and children.
- 50 EUR for hopes and pre-juniors.
- 60 EUR for seniors and juniors.
- 140 EUR for each group.

## **Accommodation Hotel room (breakfast included + one meal) + transportations**

### **Hotel 5 stars \*\*\*\*\***

Double and Triple rooms: **70 Euros per person**

- Breakfast & Lunch or Dinner in hotel
- Indoor warm ozone swimming pool
- Transportations from airport /to hotel - and hotel / to airport
- Transportation from hotel / to gym and gym / to hotel for all days

There is also free transportations-every hour-from/to the city center (5 minutes) with a 19 place shuttle bus

### **HOTEL 4 STARS \*\*\*\***

**(5 minutes from the gym)**

Double and Triple rooms: **55 Euros per person**

- Breakfast & Lunch or Dinner in hotel
- Transportations from airport / to hotel and hotel / to airport

### **The above prices include:**

- Snacks at the gym for all participant athletes, coaches and judges.
- Medical personnel & ambulance during competition hours.
- Mementos & gifts for all athletes, coaches and judges.

**The organizer is not covering traveling costs of delegations nor any other expenses made during their stay.**

### **Deadlines**

**Please send us back the registration form:**

- Preliminary Participation: 30/03/2019
- Nominative entry : 30/04/2019
- Full payment: 30/04/2019

### **Payment/Bank details:**

BENEFICIARY: ATHLITIKOS OMILOS ARION PANORAMATOS

Account number

0026.0257.28.0201403066

IBAN: GR9802602570000280201403066

BANK: EUROBANK

ADDRESS: [MARINOY ANTYPA 50 THESSALONIKI GREECE](#)

Participants cover the costs of accommodation, food and travel expenses themselves.

Organizers cover the costs of tournament, medals, diplomas and additional prizes.

### **Please, do not forget:**

Each delegation must have on arrival:

- **Music**  
All music must be recorded on CD. Please bring two duplicates of each CD clearly labeled (in English) with Country/Club/Name of gymnast and Apparatus.
- **Flags-National Anthem**  
All delegations are kindly requested to bring with them their National Flag and their National Anthem.

**We are looking forward to see you participating in our tournament in Thessaloniki!**

**ONLY FOR GREEK ATHLETES:**

\* Οι ονομαστικές δηλώσεις συμμετοχής των αθλητριών των Ελληνικών σωματείων πρέπει να γίνουν μέσω της ηλεκτρονικής πλατφόρμας [www.onlinego.gr](http://www.onlinego.gr).

## **Pale De Sport**

The stadium was named after Alexander the Great.

It was the first large indoor court in Greece and remained the largest until 1985.

It is located in Thessaloniki, in the heart of the city, within the international exhibition area.



**Sincerely,**

**Elena Kaitezidou**

President of the "ROYAL CROWN" CUP

**Nouly Giannitsopoulou**

General manager of the "ROYAL CROWN" CUP