

**OPEN RG AZUR 2019**  
 July 6-7  
 International Tournament

La Colle Sur Loup  
 French Riviera  
**FRANCE**

**Summer Camp July 8-12**

www.spcoc-gr.com  
 spcocgr.ti@gmail.com  
 www.facebook.com/SpcocGRTournoiInterational

**Kseniya Moustafaeva is the godmother of the event.**

**OPEN RG AZUR 6 et 7 juillet 2019**  
**Stage International 8 – 12 juillet 2019**

**LIEU DE LA COMPETITION :**

**Gymnase Emilie Fer**

Boulevard Honoré Teisseire  
 06480 La Colle-Sur-Loup , France

Contact : spcocgr.ti@gmail.com  
[www.facebook.com/SpcocGrTournoiInternational](http://www.facebook.com/SpcocGrTournoiInternational)



Info : between 8:00 am and 19:00 pm

**Administrative**

Frédéric Ferra : + 33 6 63 34 06 28 (french, english)

Annaelle Ferra : + 33 6 63 99 77 96 (french, spanish)

Whatsapp

**Technic**

Reneta Nesheva: + 33 6 58 03 47 40 (bulgaria, russian)

Clarisse Daudin: + 33 6 68 32 60 42 (french, english)

Whatsapp

## RULES (Code FIG 2017-2020)

INDIVIDUAL COMPETITION «A» Choice your apparatus / Age classification / depending on the number of entries		
S Min 1(2003et +) ,Min 2(others);R Min 1;AD Min 1(2003et +) no mini/maxi (others); BD:Min 3 Diff Code FIG junior ; Diff Code FIG senior		
Category	Apparatus	Without Apparatus (WA)
2003 and before (2 apparatus)	9 BD (Max) / 10 points	
2005/2004 (2 apparatus)	7 BD (Max) / 8 points	
2007/2006 (2 apparatus)	7 BD (Max) / 8 points	
2009/2008 (1 apparatus + WA)	6 BD Max / 8 points	6 BD Max / 8 points
2010/2011/2012 and after (WA + 1 apparatus)	5 BD Max / 4 points	6 BD Max / 4 points

INDIVIDUAL COMPETITION «B» choice your apparatus / Age classification / depending on the number of entries		
S Min 1(2003 and +) ,Min 2(others);R Min 1;AD Min 1(2003 et +) no mini/maxi (autres); BD:Min 3 ; Diff Code FIG junior ; Diff Code FIG senior		
Category	Apparatus	Without Apparatus (WA)
2003 and before (2 apparatus)	9 BD Max / 8 points	
2005/2004 (2 apparatus)	7 BD Max / 6 points	
2007/2006 (2 apparatus)	7 BD Max / 5 points	
2009/2008 (1 apparatus + WA)	7 BD Max / 4.5 points	7 BD Max / 4.5 points
2011/2010 (1 apparatus + WA)	6 BD Max / 4 points	6 BD Max / 4 points
2012 and after ( WA)		5 BD Max / 3 points

INDIVIDUAL COMPETITION «C» choice your apparatus / Age classification / depending on the number of entries		
S : Min 2 ; R : Min 1 ; DE :Min 1(2003 et +) ; DC : Min 3 ; Diff valeur max 0,2 pt		
Category	Apparatus	Without Apparatus (WA)
2003 and before (1 apparatus)	7 BD Max / 4,5 points	
2005/2004 (1 apparatus)	6 BD Max / 4 points	
2007/2006 (1 apparatus)	6 BD Max / 4 points	
2009/2008 (1 apparatus)	5 BD Max / 3,5 points	
2010/2011/2012 and after (WA)		5 BD Max / 2 points



## PARTICIPATION FEES

- 30 € by gymnast
- The gymnasts must be up to date of their licenses
- Registration Form  
<https://goo.gl/forms/F8lu7tB8IffUzsgJ3>
- Dead line for participants registration is the 15th of may
- The club can provide a personal invitation for the visa application (for countries outside of Europe):  
<http://www.spcoc-gr.com/wp-content/uploads/2019/01/visa-request.docx>
- Rules:  
<http://www.spcoc-gr.com/wp-content/uploads/2019/02/conditions-de-participation-au-TIA-EN.pdf>

## REGISTRATION and PAYMENT

- By Wire/Transfer Payment (again before May 15)

IBAN : **FR76 3000 3009 4300 0372 7110 991**

BIC : **SOGEFRPP**

**It is mandatory to send an associated email with the reference number of the wire transfer and Club Name to [spcocgr.ti@gmail.com](mailto:spcocgr.ti@gmail.com)**

## PUBLIC ENTRY FEE

- 1 day 6€
- Week-end 10€
- Free for entry for under 18 years old

## MUSICS **only MP3 format**

- Send your music's files MP3 only, to [spcocgr.ti@gmail.com](mailto:spcocgr.ti@gmail.com) before 15th of june, the files should be named: LastName\_FirstName\_Apparatus\_Category (use wetransfer.com to send your musics.mp3)

Your files sent will be private and **confidential**.

We recommend that you also come with a backup stored on a USB key (no way to read CD nor DVD)

## JUDGES

- Each delegation must present at least 1 judge for 5 gymnasts range. The fee for a lack of judge is 100€
- Lunch offered to the judges during the competition

## IMAGE RIGHT

- Form to print and fill:

<https://www.spcoc-gr.com/wp-content/uploads/2017/01/Droit-Image.pdf>



## EVENT PLANNING

- details of the competition available on 15th of june
- Friday, 5th of july
  - Gymnasts arrival and installation (from 12:00 am)
  - « Welcome drink » at 7:00 pm
- Saturday, 6th of july
  - Judge's meeting at 6:00 pm / Deposit of the scorecards
  - Beginning of the competition and exhibitions
  - Awards ceremony of the end of the competition
- Sunday, 7th of july
  - 2nd day of the competition and exhibitions
  - Awards ceremony of the end of the competition
  - Farewell

## AWARDS

- All the 1st will receive a gift worth at least 30 €
- All gymnasts will receive a diploma and a participation gift

## MISS

- All tournament participants participate in the Miss Contest

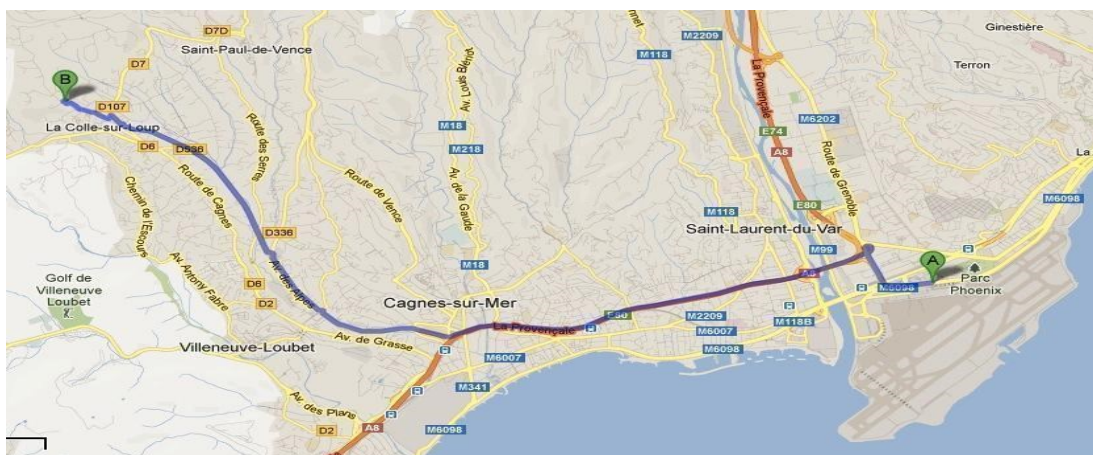
## RESTAURATION

- Refreshments and Snack on site

## ROAD TRANSPORTATION

- **Taxi Olivier.** Un accueil et aide à l'organisation de votre séjour dans notre région. Toutes distances, visite de la région, transfert aéroport, gare 7/7 et 24/24  
Tel : +33 6 11 53 50 89 [taxilacolle@gmail.com](mailto:taxilacolle@gmail.com) WhatsApp
- **Gilbert DA COSTA Tpmr Glc Prestige** Spécialiste du transport de personnes à mobilité réduite, notre société réalise tous vos trajets pour aéroports, gares ...toutes distances.  
Tel : +33 7 61 66 65 90 [gilbertdacosta61@gmail.com](mailto:gilbertdacosta61@gmail.com) WhatsApp
- **Taxi Richard.** Toutes distances, 24/24  
Tel : +33 6 03 49 80 61 [montrodatt1960@gmail.com](mailto:montrodatt1960@gmail.com)

## SITUATION



A 15 minutes de l'Aéroport Nice Cote d'Azur



## SE LOGER avec nos Partenaires :



### **Belambra clubs de Saint-Paul-de-Vence “Les Oliviers”**

500m from the gym.

A comfortable club in a relaxing and green setting, in the heart of a 20-hectare pine forest, a few kilometers from the beach and less than 15 km from Nice airport.

Apartments for 2 to 5 people for rent or ½ pension or full board.

[www.belambra.fr/club-la-colle-sur-loup-les-terrasses-de-saint-paul-de-vence/ete](http://www.belambra.fr/club-la-colle-sur-loup-les-terrasses-de-saint-paul-de-vence/ete) Tél: +33 4 93 32 96 96  
Email: [seminaires.lesoliviers@belambra.fr](mailto:seminaires.lesoliviers@belambra.fr)

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### **MARC HELLY , Hôtel \*\*\***

2 minutes by car

A Provençal style with a warm and family atmosphere, air-conditioned, modern and cozy, 15 minutes from the airport, the center of tourism, cultural and sports activities of the region.

A very suitable place !

[www.hotel-marc-hely.com/fr/](http://www.hotel-marc-hely.com/fr/)  
Email: [contact@hotel-marc-hely.com](mailto:contact@hotel-marc-hely.com)  
Tél : +33 4 93 22 64 10

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### **La Vague de Saint Paul, Hôtel \*\*\*\***

4km from the gym

4 stars hotel with contemporary design

La Vague de Saint Paul \*\*\*\* invites you to enjoy its bistro restaurant, its outdoor swimming pool, its petanque and tennis courts but also its Spa by staying in one of their 50 bright and modern rooms.

Tél +33 4 92 11 20 00 ,  
Email: [sales@vaguesaintpaul.com](mailto:sales@vaguesaintpaul.com)  
[www.vaguesaintpaul.fr](http://www.vaguesaintpaul.fr)

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### **Le Mas De Pierre, Hôtel \*\*\*\*\***

5 minutes by car

The ‘Mas de Pierre’ offers the luxury and comfort of a 5 stars hotel. Seven bastides camped in a wonderful setting of a Relais & Châteaux fully in the scents of Provence.

Free shuttle on request.

All the activities are proposed by our chief concierge who is at your disposal to advise you and organize your stay.

Free underground parking.

[commercial@lemasdepierre.com](mailto:commercial@lemasdepierre.com)  
[www.lemasdepierre.com/l-hotel](http://www.lemasdepierre.com/l-hotel) , Tél: +33 4 93 59 00 10

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### **Hôtel Les Bastides Saint-Paul \*\*\***

4 km from the gymnasium.

Located in Saint Paul de Vence, this charming hotel offers a swimming pool in the form of a clover.

Guests can enjoy a hearty breakfast served on the sun terrace.

A car is recommended, free parking is available.

Email [contact@hotelbastides.fr](mailto:contact@hotelbastides.fr)

[www.hotelbastides.fr](http://www.hotelbastides.fr)

Tél: +33 4 92 02 08 07

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### **Camping le Vallon Rouge \*\*\***

2 km to the gym, car

This campsite is an upscale resort offering rentals of mobile homes and cottages near a charming river (Le Loup), in which swimming and other activities are possible.

Restaurant, grocery, swimming pool and animations are at your disposal.

Email: [info@auvallonrouge.com](mailto:info@auvallonrouge.com)

[www.auvallonrouge.com](http://www.auvallonrouge.com),

Tel : +33 4 93 32 86 12

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### **Camping les pinèdes \*\*\*\*\***

1 km to the gym, car

4 stars Campsite enjoys the bright sun and blue sky, the Mediterranean Sea and the mountains in the background, with a hinterland between the two villages with multiple villages perched on their green hills.

Its family atmosphere, its restaurant and sports and leisure facilities contribute to make this little "tip of Provence" a real paradise for "small" as for "big".

[www.lespinedes.com](http://www.lespinedes.com) , Tél: +33 4 93 32 98 94

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Email: [campinglespinedes@gmail.com](mailto:campinglespinedes@gmail.com)

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### **Hôtel Mercure \*\*\*\*\***

On the beach, 15 minutes from the gym.

The Mercure Villeneuve Loubet Plage 4 stars hotel offers a unique location in the riviera.

Located in the prestigious area of Marina Baie des Anges between Nice, Antibes and Cannes. Take height on its terrace, around the pool, to admire the panoramic sea view.

Ideal location 15 minutes from Nice and the Côte d'Azur airport.

Email [Ha9a2@accor.com](mailto:Ha9a2@accor.com) tel +33 4 93 20 45 09

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# SPCOC-GR

## Summer training camps RG AZUR 2019

**Training from monday 8th to friday 12th of july, Gymnase Emilie Fer, La Colle Sur Loup**

Gymnasts are required to have their apparatus, be up to date with their insurance and belong to a RG federation.

### FEE :

- Training 150 € (5 days, 6h/day)

### PLANNING :

- Footing,
- Stretching and flexibility exercises
- Working-out of elements (balance, turns, jumps)

### CONTACT :

email: [spcocgr.ti@gmail.com](mailto:spcocgr.ti@gmail.com)

\*\* Le club fourni une invitation nominative pour la demande du visa (pour les Pays hors Europe)  
<http://www.spcoc-gr.com/wp-content/uploads/2019/01/visa-request.docx>

**REGISTRATION and PAYMENT :** payment payable to SPCOC-GR

- **Par virement bancaire avant le 1 juin 2019**
  - IBAN : FR76 3000 3009 4300 0372 7110 991
  - BIC : SOGEFRPP

It is mandatory to send an associated email with the reference number of the wire transfer and Club Name to [spcocgr.ti@gmail.com](mailto:spcocgr.ti@gmail.com) .

### RULES

<http://www.spcoc-gr.com/?p=2216>

### REGISTRATION FORM

Inscription au Stage <https://goo.gl/forms/7d0Szd5Q9iFdSog92>

### TECHNICAL SUPERVISOR

• **Reneta Nesheva** (Bulgaria) – élève du légendaire entraîneur Neshka Robeva.  
Multiple fois championne de Bulgarie, lauréat aux Championnats du Monde et d'Europe.  
Elle a entraîné des lauréats des championnats d'Europe 2008-2010 (Boyanka Angelova et autres), plusieurs championnes de Bulgarie.

