



Rhythmic Gymnastics club competition

Elegance Cup 2019

Lithuanian Rhythmic Gymnastics Club “Elegance” has the pleasure to invite your Club to participate in the International Friendly Competition - “Elegance Cup 2019”




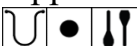

















Invited clubs:	Clubs from Estonia, Lithuania, Latvia, Poland, Russia, Slovakia, Ukraine															
Organizing committee:	Rhythmic Gymnastics club „Elegance” Club President Audronė Astrauskienė Contacts: <ul style="list-style-type: none"> • Audronė Astrauskienė audronegym@gmail.com +37061810900 (RUS); • Renata Rutkauskaitė gimnastika@gmail.com , +37067409104 (ENG, RUS) 															
Date and Venue:	11 th –12 th of May, 2019 Address of the competition: Prienai Sport Arena Pramonės st. 20, Prienai LT–59145 															
Competition schedule:	<table style="width: 100%; border: none;"> <tr> <td style="width: 30%;">Arrival</td> <td style="width: 30%; text-align: center;">–</td> <td style="width: 40%;">– Friday and Saturday, May 10th</td> </tr> <tr> <td>Judges meeting</td> <td style="text-align: center;">–</td> <td>– Saturday, May 11th,</td> </tr> <tr> <td>Competition (A, B level, Gala performance)</td> <td></td> <td>– Saturday, May 11th,</td> </tr> <tr> <td>Competition (B light, Groups, A Finals)</td> <td></td> <td>– Sunday, May 12th</td> </tr> <tr> <td>Departure</td> <td></td> <td>– Sunday evening, 12th May</td> </tr> </table>	Arrival	–	– Friday and Saturday, May 10 th	Judges meeting	–	– Saturday, May 11 th ,	Competition (A, B level, Gala performance)		– Saturday, May 11 th ,	Competition (B light, Groups, A Finals)		– Sunday, May 12 th	Departure		– Sunday evening, 12 th May
Arrival	–	– Friday and Saturday, May 10 th														
Judges meeting	–	– Saturday, May 11 th ,														
Competition (A, B level, Gala performance)		– Saturday, May 11 th ,														
Competition (B light, Groups, A Finals)		– Sunday, May 12 th														
Departure		– Sunday evening, 12 th May														
Delegation:	<ul style="list-style-type: none"> – 6 gymnasts from the club. – 1 judge (obligatory). If club decides to participate without judge, a fee – 50 Euro must be paid in cash upon arrival. – 1 coach. 															
Start fee:	35 € per gymnast. Start fee must be paid upon arrival. If your club															



	would like to participate with extra gymnast – start fee 40 euro.
Accommodation and Transportation:	All accommodation and traveling costs are at the charge of participating club. If your delegation need help with accommodation and transfer, please contact as via e-mail: gimnastika@gmail.com
Registration:	Definitive registration not later than 20 th of March. Nominative registration not later than 15 th of April via e-mail: gimnastika@gmail.com
Awards:	Winners of the “Elegance Cup” will be awarded with cups, medals and diplomas. All the participants will be awarded certificate of participation and presents.
Music:	Music must be send via e-mail: dirtas123@gmail.com not later than 5 th of May in such a name format: SURNAME AGE CATEGORY CLUB APPARATUS
Gala:	All participating delegations are invited to prepare 1 demonstration routine for gala show.
Insurance:	All participants should have their own health insurance
Invitation:	This regulation is an official Invitation to the competition



TECHNICAL PROGRAM

<u>Age group</u>	<u>Category</u>		
	<u>A category</u>	<u>B category</u>	<u>C category</u>
Senior 2003 year and older	3 apparatus  FIG program Finals: 	2 apparatus by choice  FIG program	–
Junior 2004–05– 06 year born	3 apparatus  FIG program Finals: 	2 apparatus by choice  FIG program	1 apparatus by choice  FIG program
Pre– Junior 2007 year born	2 apparatus by choice  FIG program Finals: 	2 apparatus by choice  (BD–max 0.4, R – max 3)	1 apparatus by choice  (BD–max 0.3, R – max 1)
Pre– Junior 2008 year born	2 apparatus by choice  FIG program Finals: 	2 apparatus by choice  (BD–max 0.3, R – min 1)	1 apparatus by choice  (BD–max 0.3, R – max 1)
Children 2009 year born	2 apparatus by choice  FIG program Finals: 	Without apparatus + 1 apparatus by choice  (BD–max 0.4, R – min 1)	Without apparatus (D–max 3.5)
Children 2010 year born	2 apparatus by choice  (D max. 6.0) FIG program	Without apparatus + 1 apparatus by choice  (BD–max 0.4, R – min 1)	Without apparatus (D–max 3.5)
Children 2011 year born	Without apparatus + 1 apparatus by choice  FIG program	Without apparatus (D–max 4.0)	Without apparatus (D–max 3.5)
Children 2012 year born and younger	Without apparatus (D–max 4.5)	Without apparatus (D–max 4.0)	Without apparatus (D–max 3.0)



“Elegance Cup 2019” INITIAL CONFIRMATION

COUNTRY: _____

CLUB: _____

PHONE: _____

E-MAIL: _____

CONTACT PERSON: _____

GYMNASTS:

Nr.	Name, Surname	Born	Category	Apparatus
1.				
2.				
3.				
4.				
5.				
6.				

Judge:

Name Surname

Coach:

Name Surname

Please return this application form before 15th of April, 2019 via e-mail:
gimnastika@gmail.com