



## **Luxembourg Greater Region & BeNeLux Cup OPEN**

**30<sup>th</sup> of March 2018 – Münsbach, LUXEMBOURG**

### **REGISTRATION DEADLINES**

**24/02/2019** – preliminary registration

**10/03/2019** – final registration

### **COMPETITION HALL**

185, rue Principale  
L-5366 MUNSBACH  
LUXEMBOURG

Photos

### **COMPETITION FLOOR**

Gymnova complete RG competition carpet  
with wooden floor - FIG Approved

### **CONTACT INFORMATION**

e-mail: [grbeneluxcup@gmail.com](mailto:grbeneluxcup@gmail.com)  
[www.rythmica.lu](http://www.rythmica.lu)

### **DELEGATIONS**

- 5 gymnasts – preferably 1 per age group
- 1 coach
- 1 judge

Priority to Greater Region and BeNeLux teams but open to others also.

Maximum 130 gymnasts will be admitted for the competition; maximum 5 clubs per country. **LOC reserves the right to decide to hold the competition in two days if the number of registered gymnasts before the final registration date will exceed 130.**

### **FEES**

30 EUR per gymnast  
40 EUR per additional gymnast

### **INSURANCE**

Delegations are responsible for their members having adequate insurance coverage against accidents, illness and other travel risks!

Tel. (+352) 621 458 588 – Aliona (RUS/FRA/ENG)

*We are kindly asking you to use the phone only in case of urgency*



### COMMON TECHNICAL CRITERIA

- Min. 1 (8 seconds)
- (E): max. 10.00
- Min. 1 difficulty from each body movement group (except where FIG program applies)

### SPECIFIC TECHNICAL FIG 2017-2020 PROGRAM - INDIVIDUAL EXERCISES

| Age group               |   | Exercises  | (D)<br>max.*                                | Difficulties*                  |             |        |
|-------------------------|---|--|---|--------------------------------|-------------|--------|
| Baby 2013 & younger     |   | <i>without apparatus</i>                                 | <b>1.5</b>                                  | Max. 5 (max. 0.20,  max. 0.30) |             | -      |
| Mini 2011-2012          | A | <i>without apparatus</i><br><i>1 apparatus of choice</i> | <b>3.0</b><br><b>4.0</b>                    | Max. 6 (max. 0.40,  max. 0.40) | AD - min. 1 | min. 1 |
|                         | B | <i>without apparatus</i>                                 | <b>2.0</b>                                  | Max. 5 (max 0.30,  max. 0.40)  |             |        |
| Kids (2009 - 2010)      | A | <i>without apparatus</i><br><i>1 apparatus of choice</i> | <b>5.0</b><br><b>6.0</b>                    | max. 7 (max. 0.60,  max. 0.80) | AD - min. 1 | min. 1 |
|                         | B | <i>without apparatus</i><br><i>1 apparatus of choice</i> | <b>4.0</b><br><b>5.0</b>                    | max. 6 (max. 0.50,  max. 0.60) | AD - min. 1 | min. 1 |
| Pre-juniors (2007-2008) | A | <i>2 apparatus of choice</i>                             | <b>7.0</b>                                  | max. 7 (max. 0.80,  max. 1.00) | AD - min. 1 | min. 1 |
|                         | B | <i>2 apparatus of choice</i>                             | <b>5.0</b>                                  | max. 6 (max. 0.60,  max. 0.60) | AD - min. 1 | min. 1 |
| Juniors (2004-2006)     | A | <i>2 apparatus of choice</i>                             | <i>According to FIG program for juniors</i> |                                |             |        |
|                         | B | <i>2 apparatus of choice</i>                             | <b>7.0</b>                                  | max. 6 (max. 0.80,  max. 0.80) | AD - min. 1 | min. 1 |
| Seniors (2003 & older)  | A | <i>3 apparatus of choice</i>                             | <i>According to FIG program</i>             |                                |             |        |
|                         | B | <i>2 apparatus of choice</i>                             | <b>8.0</b>                                  | max. 9 (max. 0.80,  max. 0.80) | AD - min. 1 | min. 1 |

\* Gymnasts will not be penalised for performing additional difficulties. These additional difficulties will simply not be evaluated.

### RANKING

Rankings will be separate by year of birth for gymnasts born 2007 and younger. Gymnasts will be ranked according to their all-around results.

### JUDGES

Each delegation must include 1 judge with a licence from the FIG or a national federation member of the FIG. Delegations coming without a judge will be charged a penalty of 50 EUR.



**6<sup>th</sup> International Rhythmic Gymnastics Tournament**  
**Luxembourg Greater Region & BeNeLux Cup OPEN**



### **MUSIC**

Music for the competition in mp3 format must be uploaded via [RGFORM.EU](http://RGFORM.EU) by **10/03/2019** as specified in the FIG Code of Points. We require each gymnast to have a backup CD for each music routine.

### **GALA**

Each team is welcome to present 1 short performance (max. 1 per team) not longer than 3 minutes. Please register also your gala presentation via [RGFORM.EU](http://RGFORM.EU) by **10/03/2019**. Exception is granted to clubs registered in Luxembourg.

### **AWARDS**

#### **All-around ranking**

1<sup>st</sup> – cup, medal, gift, diplomas

2<sup>nd</sup>-3<sup>rd</sup> – medals, gifts, diplomas

*All participants will receive encouragement medals, gifts and diplomas.*

#### **Special awards**

Miss Tournament, Mini Miss Tournament, Miss Dance, Miss Artistry, Spectators' choice award.

### **PAYMENT OF FEES**

Starting fees for gymnasts must be paid by the **10<sup>th</sup> of March 2019** by wire transfer to our bank account indicated below or online following the link <https://www.billetweb.fr/benelux-cup-2019>:

Beneficiary: Rythmica Lux ASBL

IBAN : LU67 0029 9100 4822 8600

BIC : BILLLULL (*Banque Internationale à Luxembourg*)

Participating teams must support potential transaction costs or bank commissions. Cash is not accepted. Each team will receive the invoice based on final registration by March 10, 2019.

### **PRELIMINARY REGISTRATION**

We are requesting you to apply the preliminary registration of your participation by February 24, 2019 via [RGFORM.EU](http://RGFORM.EU).

### **DEFINITIVE REGISTRATION**

Definitive registration has to be done by March 10, 2019 via [RGFORM.EU](http://RGFORM.EU).

**GOOD LUCK and looking forward to seeing you in Luxembourg !**