



PRINCESS CUP

2nd International R.G. Competition
1-2 June 2019 – Differdange, Luxembourg

Dear Gymnastics Friends,

We are happy to invite you to the 2nd edition of our International Children's Rhythmic Gymnastics Competition "Princess Cup" which will take place in Differdange, Luxembourg on the 1st and 2nd of June 2019. The competition is for pre-juniors and younger, girls born from 2007 to 2013.

REGISTRATION

Nominative registration before: **01/05/2019**

Registration: <http://princesscup.eu/register>

START FEES

30 EUR per gymnast

50 EUR per group

COMPETITION HALL

Differdange Sports Centre

avenue du Parc des Sports

L-4671 Oberkorn (Differdange)

Map: <https://goo.gl/maps/Lb9fjn6FrEn>

DELEGATIONS

Delegation composition:

- up to 8 gymnasts in individual competition
- up to 3 groups
- 1 judge
- 1-2 coach(es)

100 EUR penalty - delegations without a judge.

Max. 5 clubs per country.

CONTACTS

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AWARDS

Separate ranking by year of birth
For all gymnasts: medals, diplomas & gifts
1st – 3rd place: trophies (individuals only)

GALA

Delegation may present 1 gala (max. 3 min)
Please register and upload gala music by **15/05/2019** via the registration website:
<http://princesscup.eu/register>

INSURANCE

Delegations are responsible to ensure appropriate insurance coverage for their members against health and other risks.

MUSIC

The music must be uploaded in mp3 format via the registration website
<http://princesscup.eu/register> by **15/05/2019**

ACCOMODATION & TRAVEL

The organising committee does not provide official accommodation or transportation. Delegations are responsible for their accommodation and travel arrangements.

PAYMENT

Please pay the start fees by bank transfer by **15/05/2019** to GRS Differdange asbl
BAN: LU36 0090 0000 0515 5098
BIC: CCRALULL

The organising committee reserves the right to waive restrictions and make exceptions at its sole discretion with regard to registration or delegation acceptance.

TECHNICAL PROGRAM – INDIVIDUALS

Applies to all categories – S: min 1

Age group	A	B	C
2013	Without apparatus +1 apparatus of choice BD: max 6 AD: min 1 D: max 2.0 (W/A) D: max 3.0 (App.)	Without apparatus BD: max 5 D: max.1.5	



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Age group	A	B	C
2012	Without apparatus +1 apparatus of choice BD: max 6 AD: min 1 R: min 1 D: max 3.0 (W/A) D: max 4.0 (App.)	Without apparatus BD: max 5 D: max.2.5	Without apparatus BD: max 5 D: max.2.0
2011	Without apparatus +1 apparatus of choice BD: max 7 AD: min 1 R: min 1 D: max 4.0 (W/A) D: max 5.0 (App.)	Without apparatus +1 apparatus of choice BD: max 6 AD: min 1 R: min 1 D: max 3.0 (W/A) D: max 4.0 (App.)	Without apparatus BD: max 6 D: max.3.0
2010	2 apparatus of choice BD: max 7 AD: min 1 R: min 1 D: max 6.0	Without apparatus +1 apparatus of choice BD: max 6 AD: min 1 R: min 1 D: max 4.0 (W/A) D: max 5.0 (App.)	Without apparatus BD: max 6 D: max.3.0
2009	2 apparatus of choice BD: max 7 AD: min 1 R: min 1 D: max 6.0	Without apparatus +1 apparatus of choice BD: max 7 AD: min 1 R: min 1 D: max 4.0 (W/A) D: max 5.0 (App.)	Without apparatus BD: max 6 D: max.4.0
2007 - 2008	2 apparatus of choice BD: max 7 AD: min 1 R: min 1 D: max 7.0	2 apparatus of choice BD: max 7 AD: min 1 R: min 1 D: max 6.0	1 apparatus of choice BD: max 7 AD: min 1 R: min 1 D: max 5.0



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Differdange
SPORT CITY

TECHNICAL PROGRAM – GROUPS

Group size: 4 – 6 gymnasts

Applies to all categories – S: min 1

Age group	B	C
2011-2013	Without apparatus BD: max 5 C: min 4 D: max 4.0 Time : 1 :15 – 1 :30	Without apparatus BD: max 4 C: min 4 D: max 3.0 Time : 1 :15 – 1 :30
2009-2011	1 apparatus of choice BD + ED: max 5 (BD: min 2 ; ED: min 2) R: min 1 D: max 6.0 Time : 1 :30 – 2 :00	Without apparatus BD: max 5 C: min 4 D: max 4.0 Time : 1 :30 – 2 :00
2007-2009	1 apparatus of choice BD + ED: max 5 (BD: min 2 ; ED: min 2) R: min 1 D: max 6.0 Time : 2 :00 – 2 :30	1 apparatus of choice BD + ED: max 5 (BD: min 2 ; ED: min 2) R: min 1 D: max 6.0 Time : 2 :00 – 2 :30

DEADLINES OVERVIEW

01/05/2019	Nominal registration
15/05/2019	Music upload
15/05/2019	Payment
15/05/2019	Gala registration & music upload

Looking forward to see you in Differdange, Luxembourg,

The Organising Committee