

5th

INTERNATIONALER NIBELUNGEN CUP



2019 Rhythmic Gymnastic Tournament

Dear Sportfriends,

We are very pleased to invite your club to 4th International tournament in Rhythmic Gymnastics „Nibelungen Cup“, that will take place in Worms , Germany from 28.09.2019. We look forward to meeting you in the Germany!

The of competition organizer:

Rhythmic gymnastic club „ **RSG TG 1846 Worms**“

Date of competition:

28.09.2018

Sitze of the delegation:

Each delegation consist of:

6 gymnasts

1 judge

1 coach

Delegations coming without a judge will be charged a penalty of **100€**

Attention important !!!

After the number of **160 gymnasts** is reached, the registration will be closed. Thank you for understanding.

Entrance fee:

Entrance fee for individual exerises cost – **35€** per gymnast.

Awarding:

Diplomas, medals and presents for all gymnasts.

Ranking will be by the year of birth in all categories.

In all Level 1st to 3rd place receive trophies in all age category.

Deadlines:

Definitive registration before: **01.09.2019**

Registration: https://rgform.eu/event.php?id_prop=1364

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 to Email: nibelungencup@gmail.com

Music:

The music must be uploaded in MP3 format via the registration website https://rgform.eu/event.php?id_prop=1364

Insurance :

All delegations are responsible to have the necessary coverage in case of accidents or illness.

Contact persona :

Agnieszka Klink: +491785362460 (for German, Polish)

Klaudia Gogolew: +4917632679256 (for English)

E-mail: nibelungencup@gmail.com

Facebook: RSG TG Worms 1846 e.V.

Web page: <http://www.tgworms.de>

Competition hall :

Sporthall: BIZ Sport Center

Address : Von Steuben Straße 31
67549 Worms



Accommodation Info :

Hotel Asgard: <http://www.hotel-asgard.com/index.php/de>

Hotel Hüttl: <http://www.hotel-huettl-worms.de/>

Hotel Boss : <http://www.hotel-boos.de>

Parkhotel Prinz Carl: <http://www.parkhotel-prinzcarl.de/>

Jugendherberge Worms : <http://www.jugendherberge.de/de-de/jugendherbergen/worms433/portraet>

Payment:

Starting fees for gymnasts must be paid by the **15.09.2019** by wire transfer to our bank account below:

TG Worms Abt.RSG

IBAN: DE21 5509 1200 0066 2365 01

BIC : GENODE61AZY (Volksbank Alzey-Worms)

Verwendungszweck/ Payment reference: "5INC+ Club „



Technical program

LEVEL A

Age group	Exercises		Difficulties
BABY 2012 and younger	1	without apparatus	BD max.5 difficulties, S min.2, D- max. 3,0
MINI 2011	2	without apparatus 1 apparatus of choice	BD max.6 difficulties, S min.2, R1(01+) max 1, AD min. 1 D- max. 3,5
KIDS 9 2010	2	without apparatus 1 apparatus of choice	BD max .6 difficulties, S min.2, R max.1, AD min. 2 D- max. 4,0
KIDS 10 2009	2	without apparatus 1 apparatus of choice	BD max.7 difficulties, S min.2, R min.1, AD min..2 D- max. 5,0
PRE-JUNIORS 2008	2	2 apparatus of choice	BD max.7 difficulties, S min.2, R min.1, AD min.3 D- max. 6,0
PRE-JUNIORS 2007	2	2 apparatus of choice	BD max.7 difficulties, S min.2, R min.1, AD max.4 D- max. 6,0
JUNIORS 2006-2004	2	2 apparatus of choice	According to FIG Rules Juniors R min.1, AD no limit, S min.2
SENIORS 2003 and older	2	2 apparatus of choice	According to FIG Rules Seniors R min.1 AD no limit, S min.1

LEVEL B

Age group	Exercises		Difficulties
BABY 2012 and younger	1	without apparatus	BD max.5 difficulties, S min.2, D- max. 2,0
MINI 2011	1	without apparatus	BD max.6 difficulties, S min.2, D- max. 3,0
KIDS 9 2010	2	without apparatus 1 apparatus of choice	BD max.6 difficulties, S min.2, R max.1, AD max 1 D- max. 3,5
KIDS 10 2009	2	without apparatus 1 apparatus of choice	BD max.7 difficulties, S min.2, R min.1-max.3, AD max.2 D- max. 4,5
PRE-JUNIORS 2008	2	without apparatus 1 apparatus of choice	BD max. 7 difficulties, S min.2, R min.1-max.3, AD max.2 D- max. 5,0
PRE-JUNIORS 2007	2	without apparatus 1 apparatus of choice	BD max. 7 difficulties, S min.2, R min.1-max.3, AD max.2 D- max. 5,0
JUNIORS 2006-2004	2	2 apparatus of choice	BD max.7 difficulties, S min.2, R min.1-max.4 AD no limit
SENIORS 2003 and older	2	2 apparatus of choice	BD max.9 difficulties, S min.1, R min.1-max. 5, AD no limit