

3rd Friendship Cup 2020

Friendship Cup

2020 | The Netherlands

Invitation:

Dear friends,

We are very pleased to invite you to attend the 3rd Friendship Cup of the Ritmica RG Club. The competition will take place on the 7-8 of November 2020, Alkmaar, The Netherlands. Participation is possible for A; B levels individual and group.

We look forward to meeting you in The Netherlands!

Organizer:

Ritmica RG Club President: Cees Heegstra

Contact Person: Alua Bekturova (Dutch, English, Kazakh Russian, Spanish,)

E-mail: friendshipcup@ritmica-rgc.com

Mobile: +31 624 69 44 19



Competition Hall:

Sporthal de Meent
Terborchlaan 301, 1816 MH
Alkmaar The Netherlands

Height of the ceiling is 13 meters

Competition floor: Pastorelli



Program Schedule: changed

7 November - starts at 09.00-21.00 hrs

8 November - starts at 09.00-17.00 hrs

Delegations:

Delegations will consist 5 or more persons:

- Individual gymnasts (preferably in different age categories)
- Group gymnasts
- 1 Coach
- 1 Judge

(*Each delegation must include 1 judge with a license from the FIG or a national federation member of the FIG. Delegations coming without a judge will be charged a penalty of 100 EUR).

Judges should judge all the competitions.

Ritmica RGC reserves the right to reduce the number of exercises in one or several categories if the sum of registered participants is too high.



Accommodation:

Grand Hotel Alkmaar **** : <https://www.grandhotelalkmaar.nl/nl>

Golden Tulip Alkmaar **** : <http://www.hotelalkmaar.nl>

Wolf Hotel Kitchen& Bar **** : <https://www.wolf-alkmaar.nl>

Amrath Hotel Alkmaar **** : <https://www.amrathhotelalkmaar.nl/en/index.html>

Please contact the hotels directly.

Transport:

Airport close to the Alkmaar is: Schiphol Amsterdam.

In case your delegation needs transport from/to Airport or to the sport hall, please contact Alua Bekturova +31 624 69 44 19

Visa:

If you need an official invitation to obtain visa to travel to Netherlands, please contact us as soon as possible. We send the official invitation by email.

Registration fee:

€45,- / gymnast

€60,- / group

Must be paid by October 1st, 2020 by wire transfer to our bank account below.

Awards :

Each age category:

A 1st, 2nd and 3rd place --- medals and diploma

Each gymnast will get diploma and gift for participation.

Special Awards:

Miss Elegant, Miss Smile, Miss Beautiful, Miss Expression, Miss Flexibility, Miss Tournament, Miss Dance, Miss Risk..

Insurance:

The organizing committee is not responsible for the insurances of the delegations. Delegations are responsible for their members having adequate insurance coverage against accidents, illness and other travel en sport risks.

Bank Details:

IBAN : NL 76 ABNA 08 13 69 64 96 – Ritmica RG Club

Music:

Participants are requested to upload the music in MP3 file in the KSIS online registration platform before 28 February 2020.



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Registration deadlines:

Preliminary registration	15 September 2020
Nominative registration	1 October 2020

Competition program:**Level A**

Age category	Apparatus	Technical program
Girls born 2013 and younger	Without apparatus	BD 3-7 difficulties, S min.2, D – max. 4,00 E – 10,00
Girls born 2012	Without apparatus + 1 Apparatus	BD 3-7 difficulties, S min.2, D – max. 5,00 E – 10,00
Girls born 2011	Without apparatus +1 apparatus by choice	BD 3-7 difficulties, S min.2, D – max. 6,00 E – 10,00
Girls born 2010	Without apparatus +1 apparatus by choice	BD 3-7 difficulties, S min.2, R min 1. D – max. 6,00 E – 10,00 The non-dominant hand must be used to perform a Fundamental Apparatus Technical element during 1 BD (Ball and Ribbon)
Girls born 2009	Without apparatus +1 apparatus by choice	BD 3-7 difficulties, S min.2, R min 1. D – max. 6,00 E – 10,00 The non-dominant hand must be used to perform a Fundamental Apparatus Technical element during 1 BD (Ball and Ribbon)
Girls born 2008	2 apparatus by choice	BD 3-7 difficulties, S min.2, R min 1. D – max. 6,00 E – 10,00 The non-dominant hand must be used to perform a Fundamental Apparatus Technical element during 1 BD (Ball and Ribbon)
Girls born 2005-2006-2007 (Juniors)	3 apparatus by choice	According to FIG program for Juniors
Girls born 2003-2004 and older (Senior)	3 apparatus by choice	According to FIG program for Seniors

Level B

Age category	Apparatus ³	Technical program
Girls born 2013 and younger	Without apparatus	BD 3-7 difficulties, S min.2, D – max. 4,00 E – 10,00
Girls born 2012	Without apparatus	BD 3-7 difficulties, S min.2, D – max. 4,00 E – 10,00
Girls born 2011	Without apparatus	BD 3-7 difficulties, S min.2, D – max. 5,00 E – 10,00
Girls born 2010	Without apparatus	BD 3-7 difficulties, S min.2, D – max. 6,00 E – 10,00
Girls born 2009	Without apparatus +1 apparatus by choice	BD 3-7 difficulties, S min.2, R min 1. D – max. 6,00 E – 10,00 The non-dominant hand must be used to perform a Fundamental Apparatus Technical element during 1 BD (Ball and Ribbon)
Girls born 2008	Without apparatus +1 apparatus by choice	BD 3-7 difficulties, S min.2, R min 1. D – max. 6,00 E – 10,00 The non-dominant hand must be used to perform a Fundamental Apparatus Technical element during 1 BD (Ball and Ribbon)
Girls born 2005-2006-2007 (Juniors)	2 apparatus by choice	According to FIG program for Juniors
Girls born 2003-2004 and older (Senior)	2 apparatus by choice	According to FIG program for Seniors

Groups

Group 2011-2012	Without Apparatus	BD 3-5 difficulties, C min 4, S min 2, Music 1.30 sec.
Group 2009-2010	Without Apparatus	BD 3-5 difficulties, C min 4, S min 2, Music 1.30 sec.
Group 2008-2009	Apparatus by choice	BD 3, ED 2 (1 choice BD or ED), C min 5, S min2 Music 2.30
Group Juniors	According to FIG program for Juniors	According to FIG program for Juniors