



Rhythmic gymnastics club SK MG CHODOV PRAHA, Czech Republic

Would like to invite you to participate in the 20th International Rhythmic gymnastics tournament „Chodov Cup 2020“ in Prague, CZE



Saturday 12th DECEMBER 2020, SPORTOVNÍ HALA JIŽNÍ MĚSTO,
Květnového vítězství 1554/54, Praha 4 – Chodov, CZECH REPUBLIC

Proposed Schedule: **Thursday 10th December 2020 - arrival**
Friday 11th December 2020 – arrival, training
(14:00 - 18:00 training shedule will be prepared)
Saturday 12th December 2020 - competition
Sunday 13th December 2020 - departure

Organiser: **SK MG CHODOV PRAHA, z.s.**
CZECH REPUBLIC
www.gymnastikachodov.cz
www.chodovcup.cz

Competition hall: **SPORTOVNÍ HALA JIŽNÍ MĚSTO,**
Květnového vítězství 1554/54, Praha 4 – Chodov,
CZE

Deadline for application: **Definitive and Nominative: 22th November 2020**

Delegation: **6 persons in total:**
4 gymnasts (max. 2 gymnasts in one category)
1 coach
1 judge

Note: Total number of participating gymnasts is limited.

Application send to: **Iveta Holá**
Tel.: +420 777 235 352
E-mail: chodovcup@email.cz

Expenses: Insurance, accommodation, meals and travel expenses to and from Prague **will not** be covered by organiser SK MG Chodov Praha. (Accommodation, meals and travel expenses are the responsibility of the participating clubs).

Costs: **50 Euros per night/person (accommodation and meals - breakfast and dinner per 1 person from official delegation which consists of 6 persons)**

Extra person will pay 60 Euros per night/per person (accommodation and meals - breakfast and dinner).

Payment: cash to organizator after your arrival.

For night/days before official arrival (10.12.) and after official departure (13.12.) is accomodation and meals - 60 Euros per each person per night.

Request till 22th November 2020.

Possibility of transport: Organiser offers transport from the airport (bus, train station) to the hotel and back to airport (bus, train station) and from hotel to training and competition and back. Transport fee (charge) is **10 Euros per 1 person** (for all ways/1 person, payment - cash to organiser after your arrival).

Request till 22th November 2020.

Entry fee: **25 Euros per one gymnast – payment cash to organiser after your arrival**

Music: You can use CD.
You can send MP3 music via email named as follows:

LAST NAME_FIRST NAME_CLUB_STATE_CATEGORY_APPARATUS
(NOVAKOVA_JANA_SKMGCHODOV_CZE_IV.CATEGORY_HOOP)

E-mail: chodovcup@email.cz

Music MP3 must be send till 5th December 2020.

Please send final tournament's applications together with final accomodation reservation till 22th November 2020!!! After 22th November 2020 there are no changes of accomodation possible (under the penalty from the hotel)!!!

Please send as well final request of transport together with tournament's applications till 22th November 2020!!!

CATEGORIES CHODOV CUP 2020

I. CATEGORY – HOPES - BORN 2010

2 EXERCISES – exercise with ROPE and exercise with APPARATUS BY CHOICE

Body Difficulty – max. 6 (min. 3)
Dynamic elements with rotation - min. 1x - max. 3x
Dance Steps Combination - min. 2x
Apparatus Difficulty – no limit

II. CATEGORY – PREJUNIORS - BORN 2008 AND 2009

2 EXERCISES – exercise with CLUBS and exercise with APPARATUS BY CHOICE

UEG/FIG Junior Code of points

III. CATEGORY - JUNIORS - BORN 2005 - 2007

3 EXERCISES – exercise with BALL, exercise with CLUBS and exercise with APPARATUS BY CHOICE

UEG/FIG Junior Code of points

IV. CATEGORY - SENIORS - BORN 2004 AND OLDER

3 EXERCISES – exercise with HOOP, exercise with RIBBON and exercise with APPARATUS BY CHOICE

FIG Senior Code of points

We look forward to your participation in our competition in Prague!

Ivana Holá

Head coach of SK MG Chodov Praha, z.s.

www.gymnastikachodov.cz

