

Announcement



Gymnastics Club of Helioupolis is organizing

An international rhythmic gymnastics tournament for RG Clubs

4th Helioupolis Cup

01 – 03 October 2010

Helioupolis , Greece



INVITATION

Dear RG Friends

It is an honor and a pleasure to invite your club to take part in our "4th Helioupolis Cup" competition.

The tournament will take place on the 1st to 3rd of October 2010 in the Helioupolis Gym (Athens, Greece). It is approved and supported by the Secretariat General of Sports (G.G.A.), the Union of Gymnastics, the Hellenic Gymnastics Federation (E.G.O.) and the Athletic Organization of Helioupolis.

We promise you to do our best to organize a tournament you will never forget. We wait for your participation inquiries and hope to see you in Greece.

Mrs. Themis Giakoumelou
President of the organization committee

General information

Delegations

To qualify for our “Full Delegation” package, each delegation MUST consist of:

- 4 individual gymnasts
- 1 coach
- 1 judge

Delegations traveling without a Judge or with less or more participants will be subject to additional costs. See our “Costs” section for more details.

Accommodations

Our Full Accommodations package is as follow:

1. 2 night stay.
2. Breakfast & Dinner in hotel for all.
3. Transportation from airport to hotel and hotel to airport.
4. Transportation from hotel to gym and gym to hotel.
5. Snack at the gym for all participating athletes.
6. Medical personnel & ambulance during competition hours.
7. Mementos & gifts for all athletes.
8. Good bye Party after the competition.

Cost

For “Full Delegations

30 Euros per person/ per night

All other delegations:

50 Euros per person per night.

For each extra person accompanying a delegation or for extra night stays, the cost is **50 Euros/person/night**.

Participation Fee

20 Euros for each participating gymnast.

Team Competition

To be evaluated for the “Team Competition” each delegation MUST participate with one mini, one Pre Junior and one Junior or Senior . The sum of the All Around score of each of the above athlete will make up the Team Score.

Technical Regulations

Category	<u>Difficulty</u>	<u>Artistry & Execution</u>	<u>Total</u>
<p>Minis (2000 and younger)</p> <p><u>Routines (2)</u></p> <p>1. Without Apparatus 2. Rope, Hoop or Ball (one by choice)</p>	<p>D1 Max 8 difficulties (A-G) FIG COP Min 3 difficulties from each GCO + max. 2 GCNO Without Apparatus & Hoop – min 2 difficulties from each GCO D1 with apparatus: max. 4.00 p. D1 without apparatus: 5.00 p.</p> <p>D2 - max 2 risks D2 with apparatus: max. 6.00 p. D2 without apparatus: 0.00 p.</p>	<p><u>Artistry</u> Max 10.00 points</p> <p><u>Execution</u> Max 10.00 points</p>	<p><u>Total with ap'</u> D1 – 4.00 D2 – 6.00 A – 10.00 E – 10.00 (D1+D2)/2 + A+E = max 25.00</p> <p><u>Total without ap</u> D1 – 5.00 D2 – 0.00 A – 10.00 E – 10.00 D1+D2+A+E = max 25.00</p>
<p>Pre juniors (1998-1999)</p> <p><u>Routines (3)</u></p> <p>1. Without Apparatus 2. Rope, Hoop, Ball or Ribbon (two by choice)</p>	<p>D1 Max 10 difficulties (A-J) FIG COP Min 3 difficulties from each GCO + max. 4 GCNO Without Apparatus & Hoop – min 2 difficulties from each GCO D1 with apparatus: max. 5.00 p. D1 without apparatus: 6.00 p.</p> <p>D2 - max 2 risks D2 with apparatus: max. 7.00 p. D2 without apparatus: 0.00 p.</p>	<p><u>Artistry</u> Max 10.00 points</p> <p><u>Execution</u> Max 10.00 points</p>	<p><u>Total with ap'</u> D1 – 5.00 D2 – 7.00 A – 10.00 E – 10.00 (D1+D2)/2+A+E = max 26.00</p> <p><u>Total without ap'</u> D1 – 6.00 D2 – 0.00 A – 10.00 E – 10.00 D1+D2+A+E = max 26.00</p>
<p>Juniors (1995 -1997)</p> <p><u>Routines (3)</u></p> <p>Rope, Hoop, Ball, Clubs (3 by choice)</p>	<p>D1 - FIG D2 - FIG</p>	<p><u>Artistry</u> Max 10.00 points</p> <p><u>Execution</u> Max 10.00 points</p>	<p><u>Total</u> D1 – 7.00 D2 – 10.00 A – 10.00 E – 10.00 (D1+D2)/2+A+E = max 28.500</p>
<p>Seniors (1994 and before)</p> <p><u>Routines (3)</u></p> <p>Rope, Hoop, Ball, Ribbon (3 by choice)</p>	<p>D1 - FIG D2 - FIG</p>	<p><u>Artistry</u> Max 10.00 points</p> <p><u>Execution</u> Max 10.00 points</p>	<p><u>Total</u> D1 – 10.00 D2 – 10.00 A – 10.00 E – 10.00 (D1+D2)/2+A+E = max 30.000</p>

Awards

4th Helioupolis Cup

The team with the highest score wins the Cup.

Cups will be awarded to second and third place as well.

Individual all around (all categories)

First 3 places will be awarded with medals: Gold-Silver-Bronze.

Girls in position 4 - 8 will be awarded with *honor diplomas*.

Apparatus awards (all apparatus in each category)

In each category the first 3 gymnasts will be awarded with medals: Gold-Silver-Bronze.

Girls in position 4- 8 will be awarded with *honor diplomas*.

Competition schedule

Friday October 1.

Arrival of delegations - Rest in hotel

After noon: Podium training & Technical meeting.

Saturday October 2.

All around competition (2 apparatus)

Sunday October 3.

All around competition (1 apparatus)

Gala performances

Award ceremony

Party

Departure of delegations

Deadlines

Clubs interested in participating will be informed about the deadlines by e-mail.

Don't forget list

Each delegation must have on arrival:

D and A forms

According to FIG rules 10 copies for each routine for each gymnast.

Music

All music must be recorded on CD. Please bring two duplicates of each CD clearly labeled (in English) with Country/Club/Name/Apparatus.

Flags

All delegations are kindly requested to bring with them their National Flag.