

28 & 29
september
2019

Rhythmic
Gymnastics



INDIVIDUAL
& GROUPS

7th
INTERNATIONAL
FIGUERES
CUP

FIGUERES - SPAIN





Dear friends,

One more year we organized our international rhythmic gymnastics tournament. We would love that they could participate. September 28 and 29, 2019

ORGANIZER	Club Gimnàstica Rítmica Figueres - Spain
E-mail	info@cgrfigueres.com
Telephone	Gemma Torrent: +34687906566 Director of the Competition Eva Garvín: +34678522429 Secretary of the Competition
Venue	Sport Center Figueres Poliesportiu Municipal de Figueres - SPAIN Address: Plaza de los voluntarios s/n 17600 Figueres
Accommodation	The hotel of the organization will be the Hotel Travé ***. It is 10 minutes walk from the center of the city and the sports center. But you can also book directly your, in any hotel in the city
Medical Services	Figueres Hospital Free visit with health international card
Insurances	The organizing Committee will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like. All participating Federations and Clubs are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and repatriation for all the members of their Delegation.
Cost:	Entry fee: Individual 25€ Groups 60€
Travel:	Figueres has two airports nearby. The Barcelona airport which is 125km away. Girona Airport is 45 km away.



Transfer	There is the possibility of pick-ups at the airport. the price of the pickup bus can be communicated soon. Since it depends on the number of people and the airport of arrival and departure.
Competition	<p>Unlimited number of gymnasts Unlimited of groups</p> <p>Individual and Group competition:</p> <ol style="list-style-type: none"> 1) Medals for all gymnast 2) Cups for 1st-3rd 3) Diplomas 1st to 8 4) Presents for all gymnast <p>Music: Send e-mail music@cgrfigueres.com And CD in MP3 Necessary in case of problem</p>
VISA	If you need an official invitation to obtain a visa to travel to Spain, please contact us as soon as possible.
REGISTRATION DATES:	<p>DEADLINES:</p> <p>PRELIMINARY ENTRY: APRIL 1, 2019</p> <p>DEFINITIVE ENTRY: AUGUST 25, 2019</p> <p>No limited gymnasts and coaches</p>
JUDGE	Possibility 1 judge for Club

Provisional Competition Schedule	<p><u>Friday, September 27:</u> Arrival of delegations Accreditation, Gymnast , Coach, Judge Free Trainings</p> <p><u>Saturday, September 28:</u> Judges meeting Groups Competition Award Ceremony Gala show</p> <p><u>Sunday, September 29:</u> Judges meeting Individual Competition Award Ceremony Departure of delegations</p> <p><u>Monday, September 30:</u> Departure of delegations</p> <p style="text-align: right;">This is Provisional - more activities – masterclass ...</p>
---	---

INDIVIDUAL COMPETITION

LEVEL A individual		
PRE -MINI Born 2012 - 2013	Only 1 exercise W/A	FIG JUNIOR
MINI Born 2011	Apparatus or W/A maximum 1 exercise by choice	FIG JUNIOR
MINI Born 2010	Apparatus or W/A maximum 2 exercises by choice	FIG JUNIOR
CHILDRENS Born 2009	Apparatus or W/A maximum 2 exercises by choice	FIG JUNIOR
CHILDRENS Born 2008	Apparatus or W/A maximum 2 by exercises by choice	FIG JUNIOR
Pre-Juniors Born 2007	Apparatus maximum 2 exercises by choice	FIG JUNIOR
Pre-Juniors Born 2006	Apparatus maximum 2 exercises by choice	FIG JUNIOR
JUNIORS Born 2005 - 2004	Apparatus maximum 3 exercises by choice	FIG JUNIOR
SENIORS Born 2003 and older	Apparatus maximum 3 exercises by choice	FIG SENIOR

The coach can choose how many exercises she wants her gymnast to do. respecting the maximum of each category.

The Awards will be for W / A and for the different apparatus by category, and General Classification.

LEVEL B individual		
PRE -MINI Born 2012 - 2013	1 exercise W/A	FIG JUNIOR
MINI Born 2011	Apparatus or W/A maximum 1 exercise by choice	FIG JUNIOR
MINI Born 2010	Apparatus or W/A maximum 1 exercise by choice	FIG JUNIOR
CHILDRENS Born 2009	1 Exercises Apparatus by choice	FIG JUNIOR
CHILDRENS Born 2008	1 Exercise Apparatus by choice	FIG JUNIOR
Pre-Juniors Born 2007	1 Exercises Apparatus by choice	FIG JUNIOR
Pre-Juniors Born 2006	1 Exercise Apparatus by choice	FIG JUNIOR
JUNIORS Born 2005 - 2004	1 Exercises Apparatus by choice	FIG JUNIOR
SENIORS Born 2003 and older	1 Exercise Apparatus by choice	FIG SENIOR

The Awards will be for W / A and for the different apparatus by category.

LEVEL C individual		
MINI Born 2011 - 2010	1 Exercises W/A	<u>WITHOUT APP.</u> BD MIN3 MAX 6 S MIN 2
CHILDRENS Born 2009 -2008	1 Exercises Apparatus by choice or W/A	
Pre-Juniors Born 2007-2006	1 Exercises Apparatus by choice or W/A	
JUNIORS Born 2005 - 2004	1 Exercises Apparatus by choice	<u>APPARATUS</u> BD MIN 3 MAX 6 S MIN 2 1 R MAX.
SENIORS Born 2003 and older	1 Exercise Apparatus by choice	Senior 2R max.

The Awards will be for W / A and for the different apparatus by category.

GROUP COMPETITION -

LEVEL A GROUPS		
MINI Born 2010 - 2011 – 2012 - 2013	1 exercise W/A or Apparatus by choice	FIG Junior
CHILDRENS Born 2008 – 2009 - 2010	1 exercise w/A or Apparatus by Choice	FIG Junior
PRE-JUNIORS Born 2006 – 2007 - 2008	1 exercise 1 or 2 Types of apparatus by choice	FIG Junior
JUNIORS Born 2004- 2005 - 2006	1 exercise 1 or 2 Types of apparatus by choice	FIG Junior
SENIORS Born 2003 and older	1 exercise 1 or 2 Types of apparatus by choice	FIG Senior

. The Awards will be for W / A and for the apparatus by category.

LEVEL B GROUPS		
MINI Born 2010 - 2011 – 2012-2013	1 exercise W/A or Apparatus by choice	FIG Junior
CHILDRENS Born 2008 – 2009 - 2010	1 exercise w/A or Apparatus by Choice	FIG Junior
PRE-JUNIORS Born 2006 – 2007 - 2008	1 exercise 1 or 2 Types of apparatus by choice	FIG Junior
JUNIORS Born 2004- 2005 - 2006	1 exercise 1 or 2 Types of apparatus by choice	FIG Junior
SENIORS Born 2003 and older	1 exercise 1 or 2 Types of apparatus by choice	FIG Junior

. The Awards will be for W / A and for the apparatus by category.

LEVEL C GROUPS possibility 5 / 4 gymnasts		
MINI Born 2010 - 2011 – 2012-2013	1 exercise W/A	<u>WITHOUT APP.</u> BD MIN3 MAX 6 S MIN 2 TOTAL: 7,00p
CHILDRENS Born 2008 – 2009 - 2010	1 exercise w/A or Apparatus by Choice	
PRE-JUNIORS Born 2006 – 2007 - 2008	1 exercise w/A or Apparatus by Choice	
JUNIORS Born 2004- 2005 - 2006	1 exercise 1 or 2 Types of apparatus	<u>APPARATUS</u> 3BD 3ED S MIN 2 1 R MAX. TOTAL 7,00p
SENIORS Born 2003 and older	1 exercise 1 or 2 Types of apparatus	

. The Awards will be for W / A and for the apparatus by category.

LEVEL D GROUPS possibility 5 / 4 gymnasts		
MINI Born 2009 and younger	1 exercise W/A	<u>WITHOUT APP.</u> BD MIN3 MAX 6 S MIN 2 TOTAL: 6,00p
CHILDRENS Born 2007 -2008	1 exercise Apparatus or W/A by choice	
PRE-JUNIORS Born 2005 - 2006	1 exercise Apparatus or W/A by choice	
JUNIORS Born 2004-2003	1 exercise Apparatus or W/A by choice	<u>APPARATUS</u> 3BD 3ED S MIN 2 1 R MAX. TOTAL 6,00p
SENIORS Born 2002 and older	1 exercise Apparatus by choice	

. The Awards will be for W / A and for the apparatus by category.



INDIVIDUAL INSCRIPTION

NAME CLUB:			
CONTRY:		CITY:	
ADDRESS			
CONTACT PERSON:			
PHONE CONTACT PERSON:			
NAME COACH AND PHONE:			
NAME COACH AND PHONE:			
NAME JUDGE AND PHONE:			

Send: Info@cgrfigueres.com or whassap +34687906566

NAME	BIRTHDATE	LEVEL	CATEGORY	W/A	ROPE	HOOP	BALL	RIBBON	CLUBS

GROUP INSCRIPTION

NAME CLUB:			
CONTRY:		CITY:	
ADDRESS			
CONTACT PERSON:			
PHONE CONTACT PERSON:			
NAME COACH AND PHONE:			
NAME COACH AND PHONE:			
NAME JUDGE AND PHONE:			

Send: Info@cgrfigueres.com or whassap +34687906566

NAME CLUB	LEVEL	CATEGORY	DESCRIPTION EXERCISE EXAMPLE: 5 W/A	GIMNAST NAME	BIRTHDATE
NAME CLUB	LEVEL	CATEGORY	DESCRIPTION EXERCISE EXAMPLE: 5 BALL	GIMNAST NAME	BIRTHDATE



NAME CLUB	LEVEL	CATEGORY	DESCRIPTION EXERCISE EXAMPLE: 5 W/A	GIMNAST NAME	BIRTHDATE

Reservation Hotel

Organization Hotel - Travé Hotel ***

ROOM	BED & BREAKFAST	HALF BOARD	FULL BOARD
SINGLE	50€	50€	60€
DOUBLE	56€	76€	96€
TRIPLE	78€	108€	138€
QUADRUPLE	100€	140€	180€

Prices are per room

Prices include water and wine for adults

Payment is made at the hotel

Swimming pool

10% VAT included

It is 10 minutes' walk from the center of the city and the sports center.

But you can also book directly your, in any hotel in the city

Send this reservation: info@cgrfigueres.com or whassap +34687906566

RESERVATION

NAME CLUB: _____

Entry Date: _____

Departure Date: _____

Bed & Breakfast

Half Board

Full Board

Single Room n^o

Total Persons

Double Room n^o

Total Persons

Triple room n^o

Total Persons

Quadruple Room n^o

Total Persons

Date: _____

Signature: _____