



3rd International Rhythmic Gymnastics Tournament

19th -21st February 2016

Dear RG Friends,

We have pleasure to invite you to the 3rd International Rhythmic Gymnastics Tournament which will be held on February 19-21, 2016 in Kalamata, Greece.

It will be a great honor for us to have the opportunity to host the elite and the future stars of rhythmic gymnastics.

We will be very happy to welcome your delegation in Kalamata

Sincerely Yours,

Voula Kouvatsou

President of Filogymnastikos Omilos Kalamatas





3rd International Rhythmic Gymnastics Tournament

19th -21st February 2016

INVITATION

Place and time

The competition will take place in Kalamata ,Greece on 18th,19th,20th,21th February 2016,in competition hall "Tenta"

Delegation

Judges 1-2, coaches 1-2, individual gymnasts (no limit),Groups 2 .All delegations must provide one judge. Expenses are to be paid by the participants.

Program

February 18/2/2016 Arrivals, accommodation, Orientation meeting, training
February 19/2/2016 Judges meeting, Competition
February 20/2/2016 Competition
February 21/2/2016 Competition, Gala
February 22/2/2016 Optional visit to Ancient Olympia and the Museum
Departure of delegations

Awards

All around competition:	}	1 st place-cups, medals and diplomas
Apparatus finals:		2 nd -3 rd places-medals and diplomas
		4 th -8 th places- diplomas

Hopes, Benjamins, Kids -All around by age and apparatus by age

Juniors- All around by age , Teams and apparatus by category

Seniors - All around and apparatus by category

Minis - medals and diplomas

Categories

Individual

Seniors : (born in 2000 and older)

Juniors : (born in 2001, 2002, 2003)

Hopes : (born in 2004, 2005)

Benjamin's: (born in 2006, 2007)

Kids : (born in 2008)

Minis : (born in 2009 and younger)

Groups

Hopes : (born in 2004-2005)

Juniors : (born in 2001-2003)

Group competition with two presentations. The results of these two presentations will be added.

Fee

Registration fee for each gymnast is 40 euro ,
80 euro for groups.



Insurance

This is compulsory and in the responsibility of each participant. Filogymnastikos will not accept any responsibility what so ever.

Accommodation

A) **40 euro** per person, per day in double and triple room (**HB**).

Accommodation includes breakfast and dinner, also includes transportations from the hotel to the gym hall and reversely and Final Banquet.

B) **50 euro** per person, per day in double and triple room (**FB**).

Accommodation includes breakfast, lunch and dinner, also includes transportations from the hotel to the gym hall and reversely and Final Banquet.

Additional information

Please, bring with you 1 copies **D** for each apparatus of your gymnasts and give them to the organizers during your arrival.

There is a flight by Astra Airlines from Thessaloniki to Kalamata Airport.
Thess->Kal 17/02/16 10:50 -12:10

Travelling expenses from airport (Athens) to Kalamata and back for bus are to be paid by participants (50 €/per person)

Final Banquet : 15,00€ per each who does not accommodate in official hotels

Optional visit to Ancient Olympia and the Museum(the cost will depend on the participation)

Deadlines

Definitive registration:	20 th December 2016
Nominative registration:	20 th January 2016
Accommodation form:	20 th January 2016
Visa application form:	20 th January 2016
Travel Schedule form:	31 st January 2016
Gala performance form:	6 th February 2016
Payment of Accommodation	Upon arrival
Cost and Entry Fee:	Upon arrival
Payment of fine for missing judge:	Upon arrival

Gala

All Gymnasts are welcome to participate in Gala

Music

All music must be recorded on CD. Please bring two (2) duplicates of each CD clearly labeled in English with country /club/name of gymnast/apparatus.

Contact

Kouvatsou Voula 00306980162999
E-mail f.o.kalamatas@hotmail.com
st4.k@hotmail.com

The organizing commitee hopes to see you in Kalamata

TECHNICAL REGULATIONS

Seniors: 4 apparatus

Juniors: 4 apparatus

Hopes: 3 apparatus by choice

Benjamins: 2 apparatus by choice

Kids : 2 apparatus by choice

Minis: without apparatus

Hopes Groups: 5 Hoops

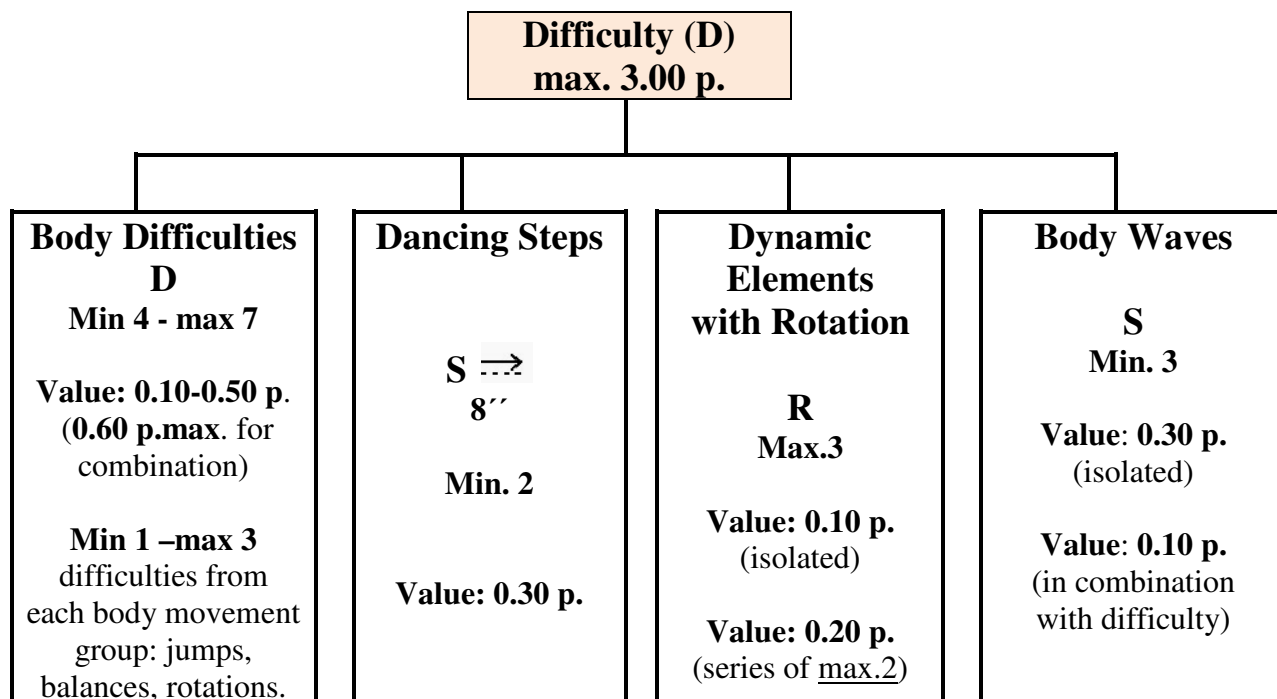
Juniors Groups: 5 Balls

Hopes Groups (born in 2004-2005)

Apparatus	Requirements
5 ○	Total = D + E= 6.00 +10.00=16.00

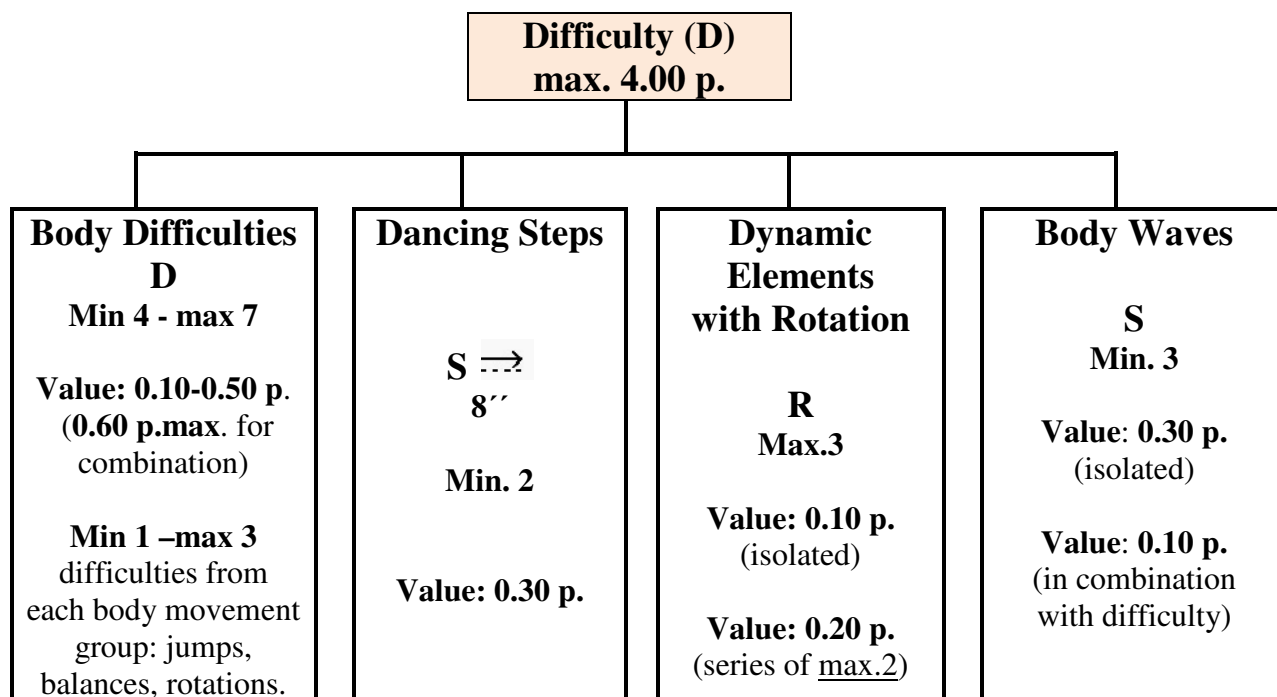
Minis (2009 and younger)

Without Apparatus

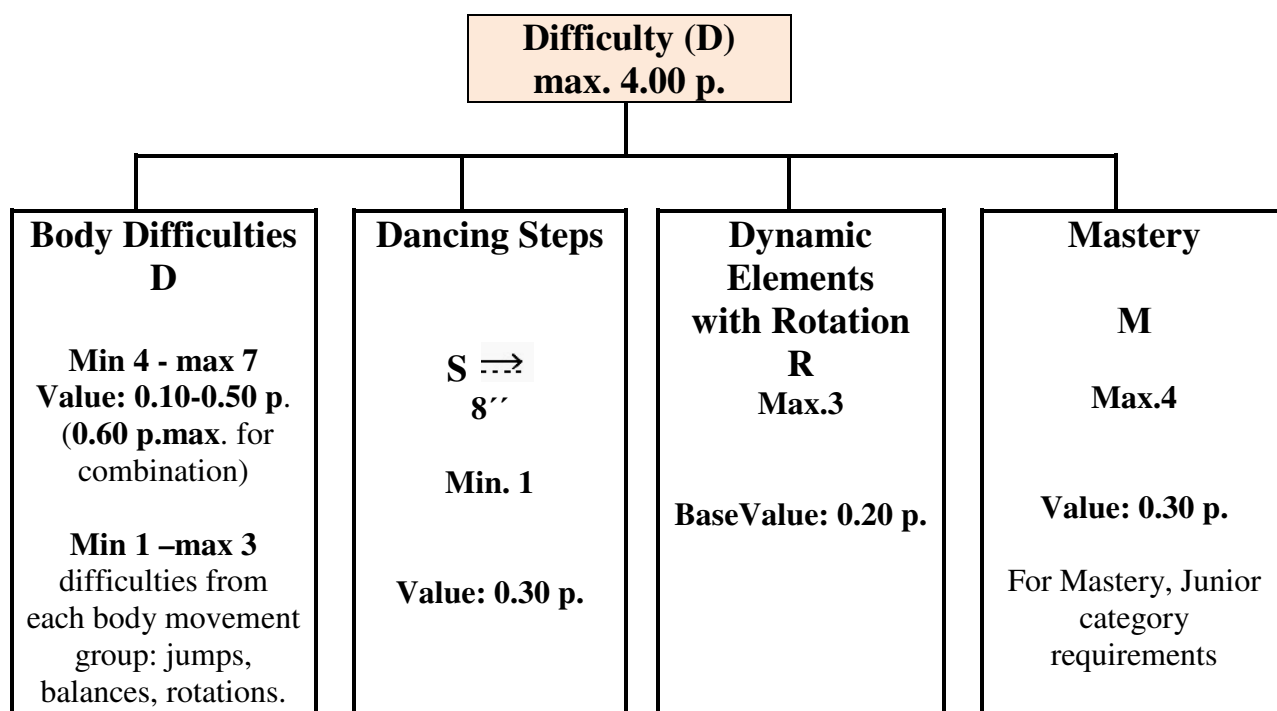


Kids (2008)

Without Apparatus

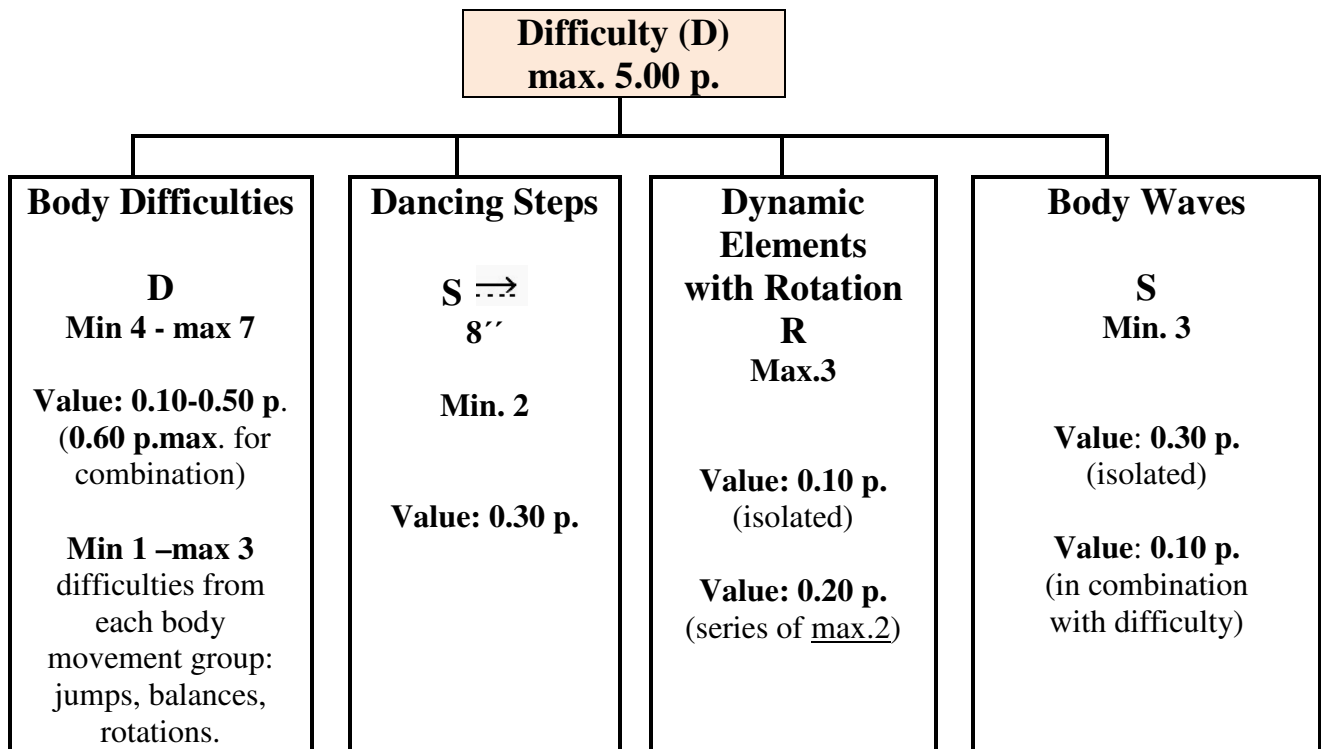


Rope-Hoop-Ball

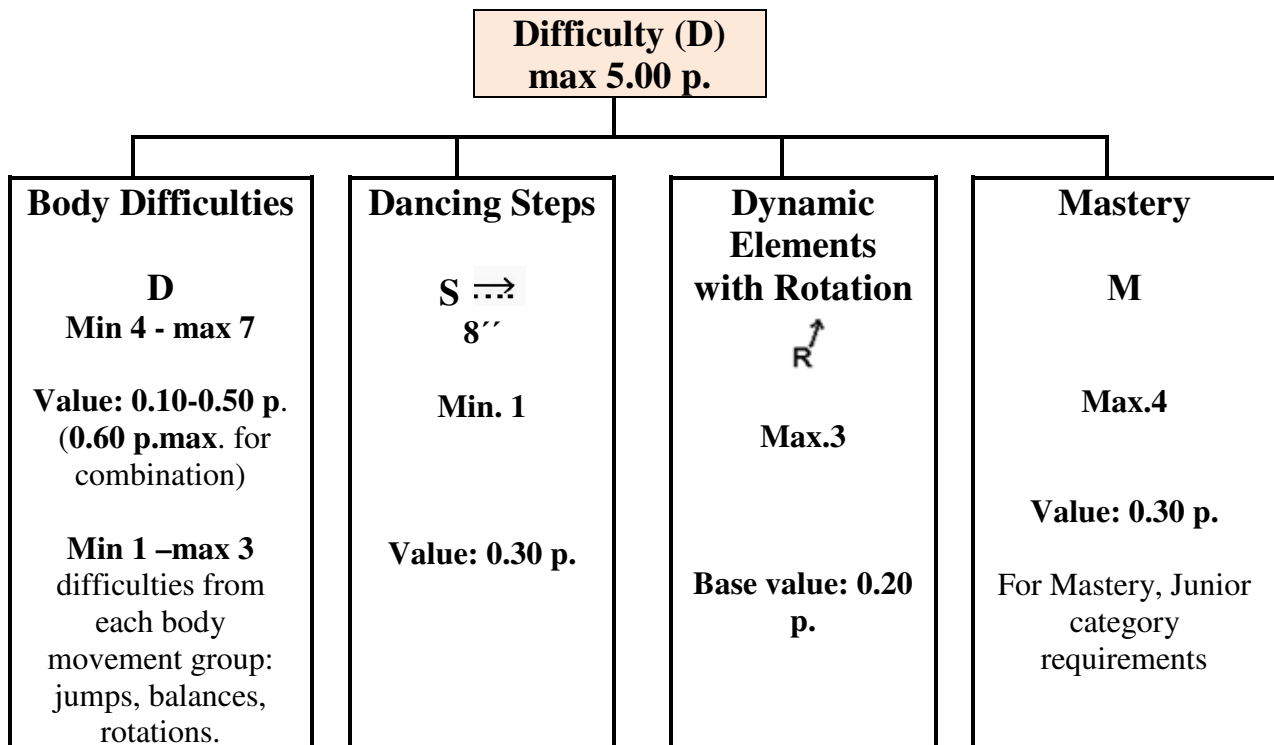


Benjamin's (2006-2007)

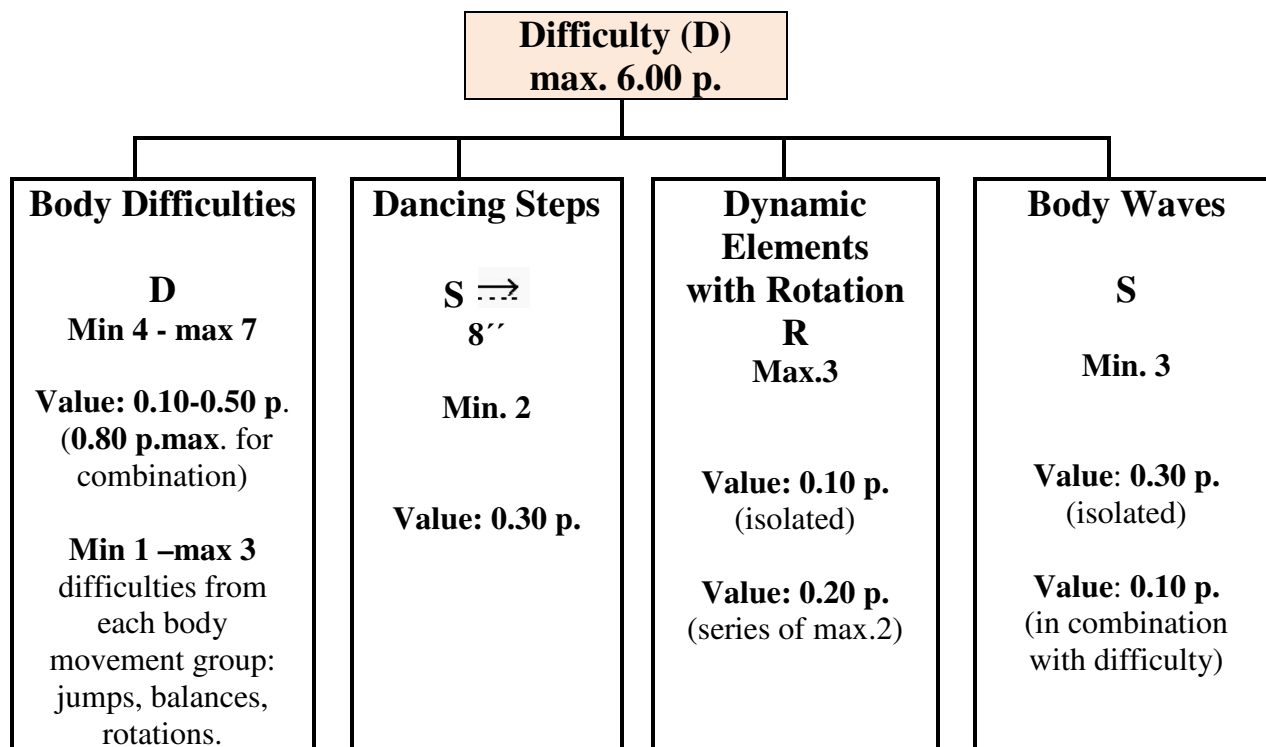
Without Apparatus



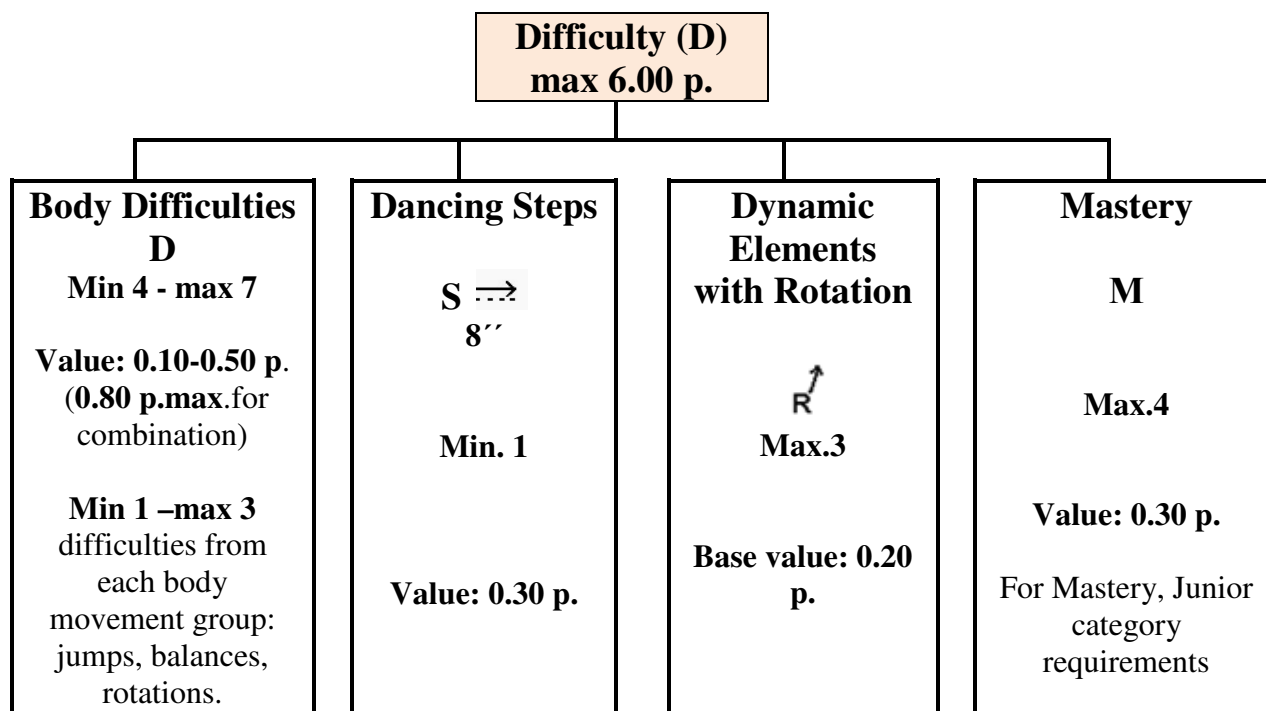
Rope-Hoop-Ball



Hopes (2005-2004)
Without Apparatus



Rope-Hoop-Ball-Clubs



Juniors and Senior Individual According FIG rules

Juniors Groups According FIG & UEG rules