



## INVITATION

*Dear RG Friends*

*We have the honor to invite your club to attend our International Rhythmic Gymnastics Competition "12th Helioupolis Cup 2019", which will be held in city of Helioupolis , Greece on January 11 - 13, 2019.*

*Organizer:*

*Gymnastic Club of Helioupolis*

*Organizing Committee:*

*Themis Charitou - Giakoumelou  
George Kyriazis*

*Competition Hall:*

*Helioupolis Gym (Athens, Greece).*

*Contact e-mail :*

*gsi\_rg@yahoo.gr*

## General information

### Delegation per club:

Delegations will consist of:

- **6 individual gymnasts** (preferably different age category)
- **1 or 2 judges** (preferable international FIG brevet) one for individual - one for group or one for both.
- **1- 2 coaches** (one for individual - one for group).
- **5 - 6 junior group gymnasts**
- **5 - 6 pre-junior group gymnasts**

**Costs:** Price 135 Euros (per each participant (gymnasts, coaches and judges))

### **The above prizes include:**

- 3 nights stay (Friday, Saturday, Sunday).
- Breakfast & Dinner in hotel.
- Transportation from airport to hotel and hotel to airport.
- Transportation from hotel to gym and gym to hotel for all days.
- Snacks at the gym, on Saturday, for all participant athletes, coaches , judges and visitors who stay at the official Hotel.
- Medical personnel & ambulance during competition hours.
- Mementos & gifts for all athletes, coaches and judges.
- Good bye Party, for all, after the competition.

### **Start Fee:**

- Delegations pay the Start fee:
- 25 Euros per each participating individual gymnast.
- 100 Euros per each group.

### **The cost for**

- i. **Additional person**, (gymnasts, coaches and other persons)
- ii. **extra night** or
- iii. **Delegations traveling without a Judge**  
Is **50 Euros** per person per night.

- **The organizer is not covering traveling costs of delegations nor any other expenses made during their stay.**

## 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 athletes will make up the Team Score.

### Awards

- 12th 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.
- Athletes in position 4 to 8 will be awarded with honor diplomas.

#### **Apparatus awards (all apparatus in each category)**

- In each category the 3 first gymnasts will be awarded with medals: Gold-Silver-Bronze.
- Athletes in position 4 - 8 will be awarded with honor diplomas.

#### **Group awards**

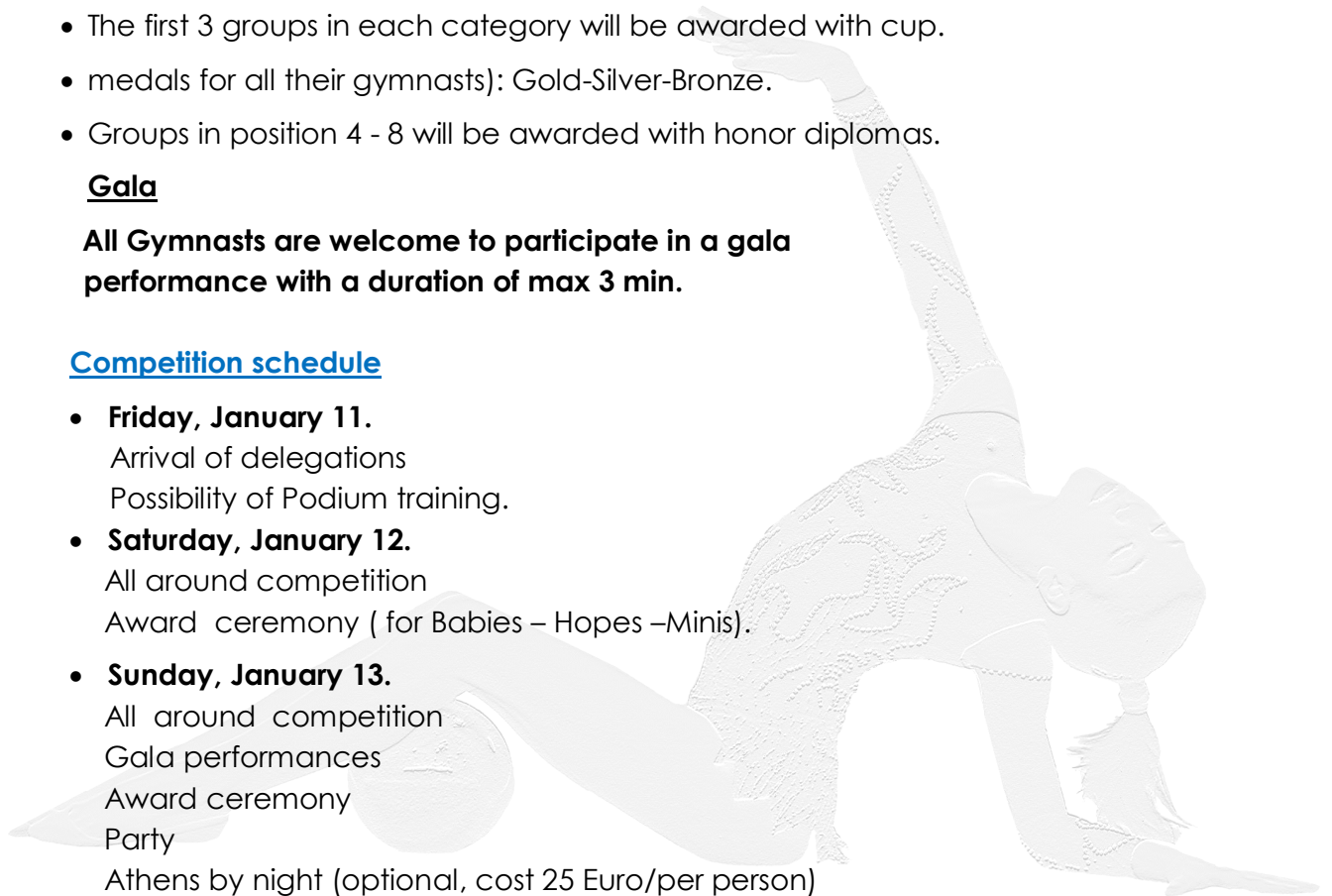
- The first 3 groups in each category will be awarded with cup.
- medals for all their gymnasts): Gold-Silver-Bronze.
- Groups in position 4 - 8 will be awarded with honor diplomas.

#### **Gala**

**All Gymnasts are welcome to participate in a gala performance with a duration of max 3 min.**

### Competition schedule

- **Friday, January 11.**  
Arrival of delegations  
Possibility of Podium training.
- **Saturday, January 12.**  
All around competition  
Award ceremony ( for Babies – Hopes –Minis).
- **Sunday, January 13.**  
All around competition  
Gala performances  
Award ceremony  
Party  
Athens by night (optional, cost 25 Euro/per person)
- **Monday , January 14.**  
Departure of delegations



## Deadlines

Please send us back the registration form:

- Preliminary registration : **15 / 11 / 2018**
- Nominative registration : **30 / 11 / 2018**
- Visa Request form **30 / 11 / 2018**  
**DO NOT Booking directly with the Hotel ask us to send you the Hotel booking for your VISAS.**
- Gala Performance Entry **15 / 12 / 2018**
- Travel Details : **15 / 12 / 2018**
- Interesting Of "Athens By night". **15 / 12 / 2018**(Number of persons, Names)

## Don't forget list

Each delegation must have on arrival:

- **Music**  
All music must be recorded on CD. Please bring two duplicates of each CD **clearly labeled (in English) with Country/Club/Name of gymnast/Apparatus.**
- **Flags**  
All delegations are kindly requested to bring with them their National Flag.

The organizing committee hopes to see you in Athens.

