



INVITATION



Dear RG Friends

We have the honor to invite your club to attend our International Rhythmic Gymnastics Competition

“8th Helioupolis Cup”.

Which will be held in city of Helioupolis , Greece on

January 09 – 12 , 2015

Organizer: Gymnastic Club of Helioupolis

Organizing Committee: Themis Charitou - Giakoumelou
George Kyriazis

Competition Hall: Helioupolis Gym (Athens, Greece).

General information

Delegation per country:

Delegations will consist of :

- **6 individual gymnasts** (preferably different age category)
- **1or 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**

Costs: Price 105 Euro (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 and judges.
- 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:
- 20E per each participating individual gymnast
- 60E per each group

The cost for

- Additional person**, (gymnasts, coaches and other persons)
- extra night** or
- Delegations traveling without a Judge**
is **50 E** 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

- 8th 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 3 first gymnasts will be awarded with medals: Gold-Silver-Bronze.
- Girls in position 4 - 8 will be awarded with honor diplomas.

Groups awards

- The first 3 groups will be awarded with medals (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 09.**
Arrival of delegations
Possibility of Podium training
Technical meeting of Judges in hotel.
- **Saturday, January 10.**
All around competition
Award ceremony.
- **Sunday, January 11.**
All around competition
Gala performances
Award ceremony
Party
Athens by night (optional, cost 22 E/per person)
- **Monday , January 12**
Departure of delegations

Deadlines

Please send us back the registration form:

- Preliminary Participation : 30 / 10 / 2014
- Nominative entry : 30 / 11 / 2014
- Visa Request form 05 / 12 / 2014 **DO NOT** Booking directly
with the Hotel ask us to
send you
the Hotel booking for
your VISAS.
- Gala Performance Entry 20 / 12 / 2014
- Travel Details : 20 / 12 / 2014
- Interesting Of “Athens By night”. 20/ 12 / 2014 (Number of persons,
Names)

Don't forget list

- Each delegation must have on arrival:
- D forms **1 copy** for each routine for each gymnast and each group.

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.

Technical Regulations

Babies (2008/and earlier) Routine (1)
Without Apparatus

Hopes (2007) Routines (2)
1. Without Apparatus obligatory
2. Rope, Hoop or Ball (1 by choice)

Minis (2005 - 2006) Routines (2)
1. Without Apparatus obligatory
2. Rope, Hoop or Ball (1 by choice)

Pre-juniors (2003 – 2004) Routines (3)
Rope, Hoop, Ball or Clubs (3 by choice)

Juniors (2000 – 2001 – 2002) Routines (3)
Rope, Hoop, Ball, Clubs (3 by choice)

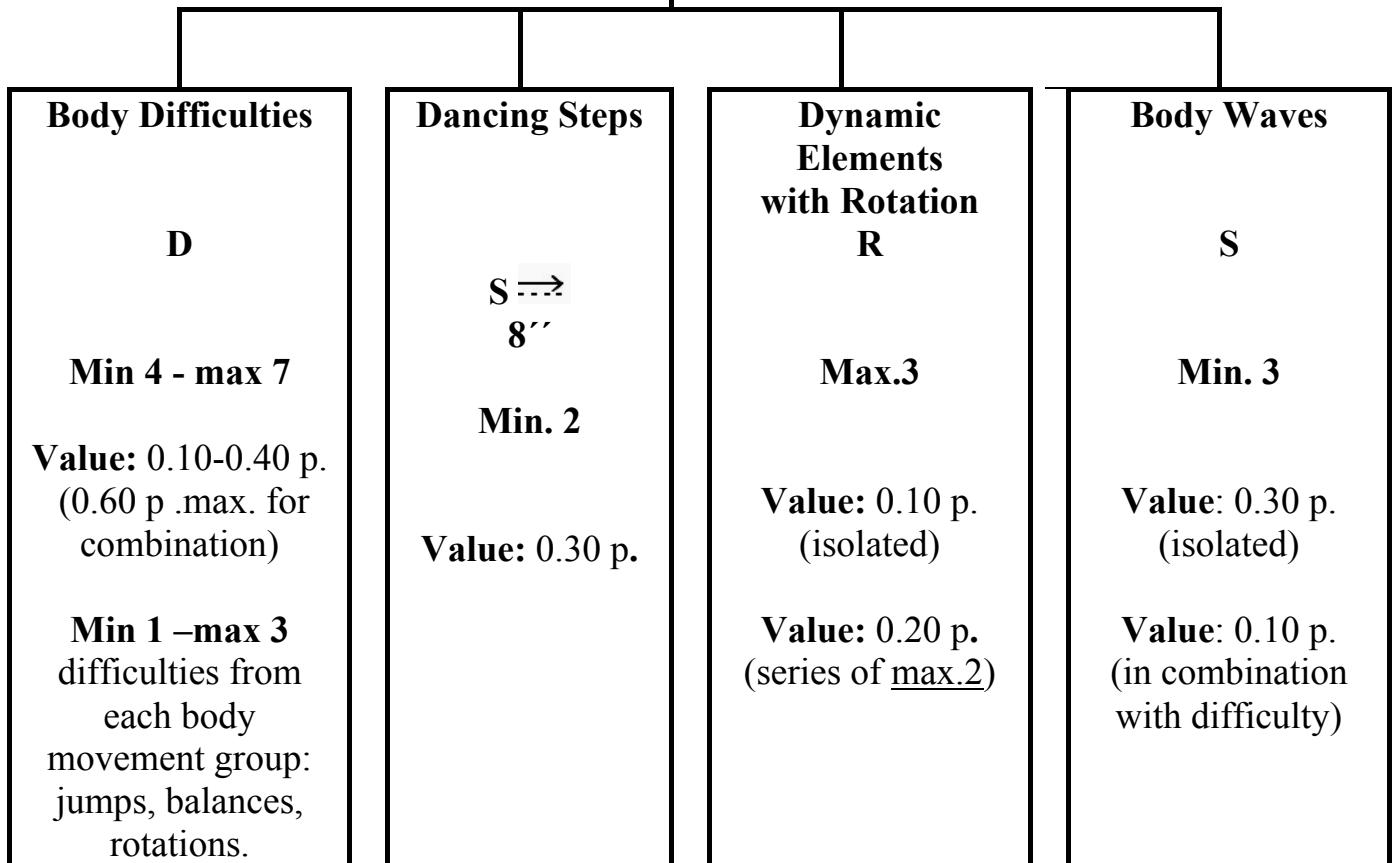
Seniors (1999 and before) Routines (3)
Hoop, Ball, Clubs or Ribbon (3 by choice)

Groups (99 – 2002) Routine (1)
5 Balls

Babies 2008 and erlier
Routine (1) Without Apparatus

Without Apparatus

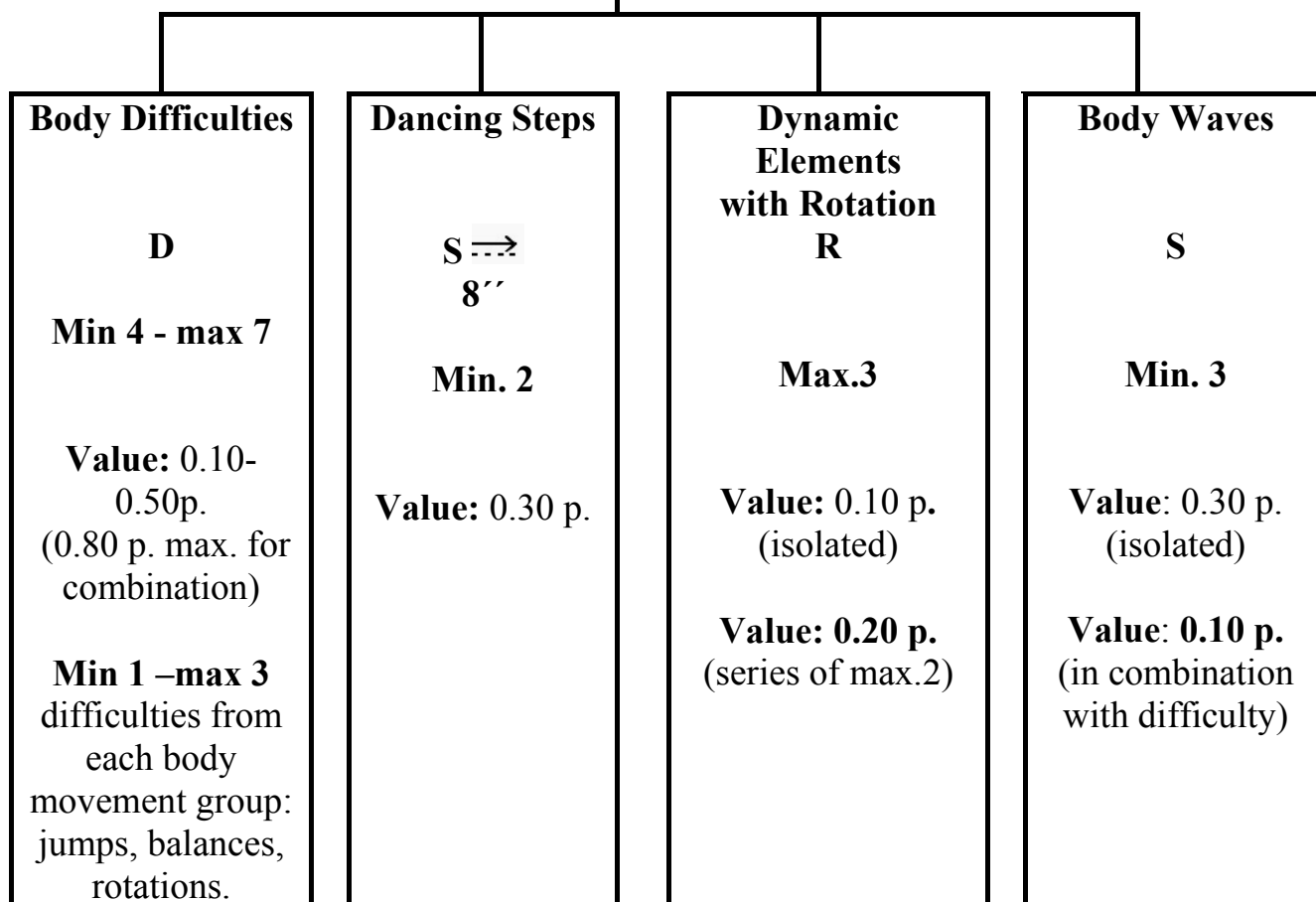
Difficulty (D)
max. 3.00 p.



Hopes (2007)

Without Apparatus

Difficulty (D)
max. 5.00 p.



Rope-Hoop-Ball

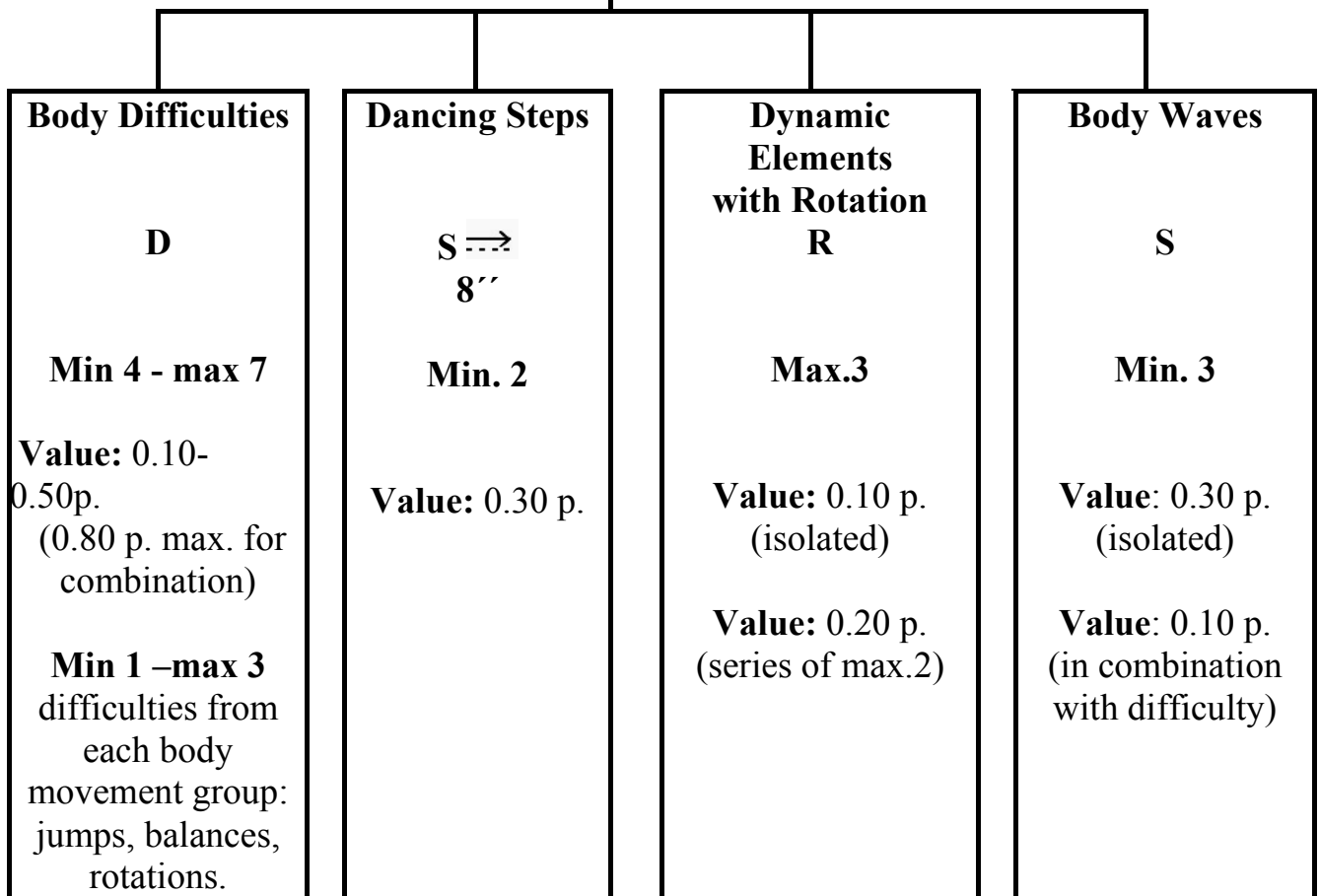
Difficulty (D)
max 5.00 p.

Body Difficulties	Dancing Steps	Dynamic Elements with Rotation	Mastery
D	S \rightarrow 8''	R \nearrow	M
Min 4 - max 7	Min. 1	Max.3	No limit
Value:0.10-0.50 p. (0.80 p. max. for combination)	Value: 0.30 p.	Base value: 0.20 p.	Value: 0.20 p.
Min 1 –max 3 difficulties from each body movement group: jumps, balances, rotations.			For Mastery, Junior category requirements

Minis (2005 - 06)

Without Apparatus

Difficulty (D)
max. 6.00 p.



Rope-Hoop-Ball

Difficulty (D)
max 6.00 p.

Body Difficulties

D

Min 4 - max 7

Value: 0.10-0.50 p.

(0.80 p. max. for combination)

Min 1 –max 3 difficulties from each body movement group: jumps, balances, rotations.

Dancing Steps

S \rightarrow
8''

Min. 1

Value: 0.30 p.

Dynamic Elements with Rotation

R

Max.3

Base value: 0.20 p.

Mastery

M

No limit

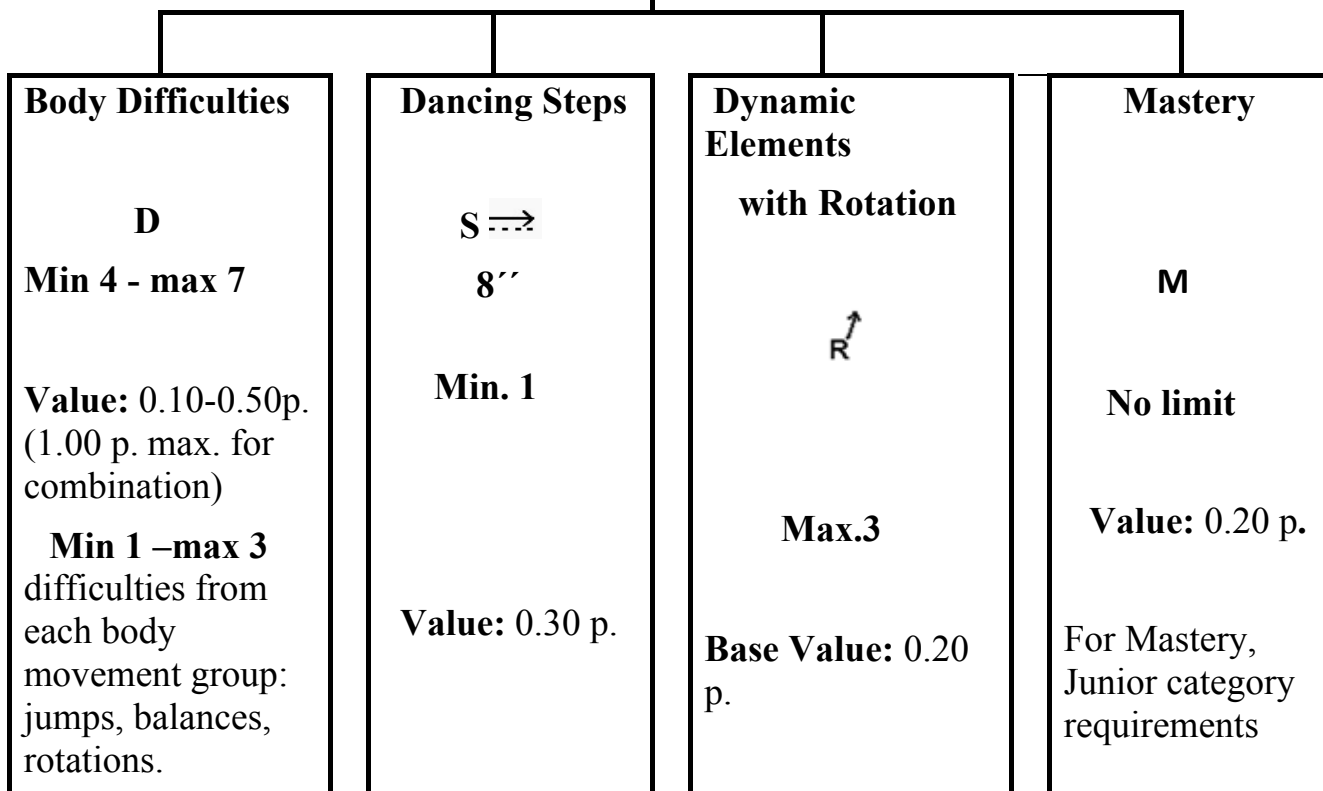
Value: 0.20 p.

For Mastery, Junior category requirements

Pre-juniors (2003 - 2004)

Rope-Hoop-Ball-Clubs

Difficulty (D)
max 7.00 p.



Juniors –Seniors

Rope-Hoop-Ball-Clubs


FIG requirements 2013-16

Seniors

Hoop-Ball-Clubs-Ribbon

FIG requirements 2013-16

Groups

Apparatus	Requirements
5 	<p>F.I.G. requirements 2013-2016</p> <p>8 Difficulties max.</p> <p>4 D with exchange 4 D without exchange (0.10-0.50)</p> <p>Dancing Steps combination (min.1)</p> <p>Dynamic Elements with Rotation and throw (max.1)</p> <p>Collaboration elements (min.6)</p> <p>Execution (E): 10.00</p> <p>Total = D + E = 7.00 +10.00 = 17.00</p>



Deadline : 30 October

Preliminary Participation

Club Name:

.....

Country:

.....

Address:

.....

Contact Person :

.....

Phone :

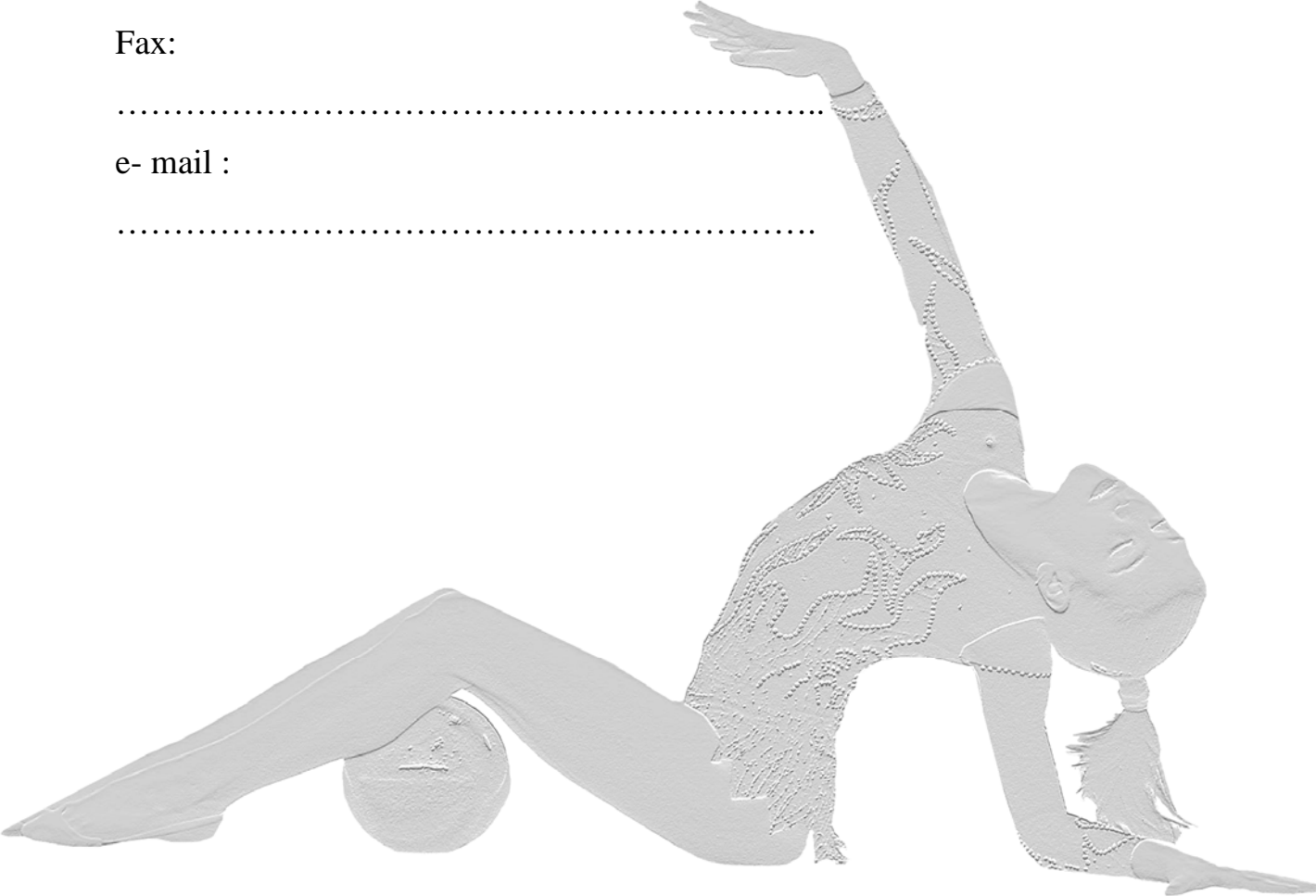
.....

Fax:

.....

e- mail :

.....



We are interested to participate with: (write how many)

No of athletes

Seniors	
Juniors	
Pre - Juniors	
minis	
Hopes	
Babies	
Group	
Total Athletes	
Coaches	
Judges	
Officials –Parents - spectators	

Please send it back before 30 of October to : 8th Helioupolis Cup – 2015

E – mail : gsi_rg@yahoo.com

Phone / fax : + 30 210 9839860

Mobile phone: + 30 6934 555858

Date :

Signature:



Deadline : 30 November 2014

Nominative Entry

The Delegation of :

Country:.....

Will participate with : individual Gymnasts

	Last Name	First Name	Category	Date of Birth	Apparatus
1					
2					
3					
4					
5					
6					

Will participate with : group

	Last Name	First Name	Date of Birth
1			
2			
3			
4			
5			
6			

Officials	Last Name	First Name	Category
Judge 1: individual			
Judge 2: group			
Coach 1:			
Coach 2:			

Total number of Delegation :

Extra persons who will need accommodation:

	Last Name	First Name	Sex
1			
2			
3			
4			
5			

Fill the Registration and send it before 30 of November to : 8th Heliopolis Cup - 2015

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Phone / fax : + 30 210 9839860

Mobile phone: + 30 6934 555858

Place and Date

Stamp and Signature:



Travel Details

Club :

Country:

Arrival to: El. Venizelos INTL (Athens) Airport

From: Flight № :

Airline: Date: Time :

No of Persons :

Departure from Airport: E. Venizelos INTL (Athens) Airport

To : Flight № :

Airline: Date : Time :

Persons:

If you are not arriving to El. Venizelos international airport , please inform us of your travel plan on the area below:

Please return this form no later than 20 /12 / 2014 to ;
8th Helioupolis Cup – 2015

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Mobile phone: + 30 6934 555858

Place and date :

Stamp and signature:



Deadline : 20 December 2014

Gala Performance ENTRY

The Delegation of :

Country :

We will participate to Gala performance with:

Team performance:

Individual

	Name of Gymnast	Title	Duration
1			
2			
3			
4			
5			

Fill the Registration and send it no later than **20 December** to : 8th Helioupolis Cup – 2015

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Phone / fax : + **30 210 9839860**

Mobile phone: + **30 6934 555858**

Place and Date :

Stamp and Signature:



Visa Request form

Club:

Country:

Surname	First name	Date of birth	Citizenship	Passport No	Expiry date

DO NOT Booking directly with the Hotel. Ask us to send you the Hotel booking for your VISAS.

Please return this form until 05 of December 2014 to:

8th Helioupolis Cup - 2015

E - mail : gsi_rg@yahoo.com

Phone / fax : + 30 210 9839860

Mobile phone: + 30 6934 555858

Place and date _____
signature _____

Stamp and



Deadline : 20 December 2014

Athens by night ENTRY

The Delegation of :

Country :

We will participate to “Athens by night” with:

Number of persons:

	Names
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Fill the Registration and send it no later than **20 December** to : 8th Helioupolis Cup – 2015

E - mail : gsi_rg@yahoo.com

Phone / fax : + **30 210 9839860**

Mobile phone: + **30 6934 555858**

Place and Date :

Stamp and Signature: