

**Under the patronage of the Luxembourg Federation of Gymnastics
we have the great honour to invite your club to
attend the 5th edition of International
Rhythmic Gymnastics Competition**



LUXEMBOURG CUP 2016

Invitation

FL Gym



On 9th, 10th and 11th December 2016

Organizer:

*Ecole de GRS Luxembourg / Tel: 00352 691 318 757
President : Ms. Oksana VICHNIAKOVA
E-mail: joblux2501@gmail.com*

Competition Hall:

*Complexe sportif Centre des Sports 14, rue d'Ostende
L- 2271 Luxembourg-Belair*



Program :

Friday 9.12.2016

Arrival of the delegations/Technical meeting / training

Saturday 10.12.2016

*Judge Meeting / All-around competition/ Award ceremony/
Banquet*

Sunday 11.12.2016

All-around competition/ Gala /Award ceremony.

Monday 12.12.2016

Departures of the delegations

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Accommodation:

Hotel **DoubleTree by HILTON** www.hilton.com

Special rates for delegation

75 Euro single room inclusive Breakfast

85 EUR double room or twin inclusive Breakfast

95 EUR triple Superior room or twin inclusive Breakfast

125 EUR quadruple Deluxe or Deluxe twin inclusive Breakfast.

On triple or quadruple room preference 3-rd and 4-rd person are children up to 12 years. **Important**. Indicate please in hotel booking form **one double-bed or twin beds**

Meals:

Lunch Package will be provided by the organisation in the competition hall Saturday and Sunday.

Banquet Saturday Evening for delegations only

Banquet in the hotel Hilton for the judges

Delegation:

Delegations will consist of 1 judge, 1 coach and 5 gymnasts

Application fee: EUR 35 per gymnast

Extra gymnast: EUR 40 per gymnast

Fee free for gymnasts who participated 3rd time in event

The starting fee will be paid upon arrival.

Transport:

Organizer will provide transport from Luxembourg Airport and Central Railway Station to Hotel and back. The organizer also organizes the transport to the competition hall and back.

Insurance:

All participating delegations are responsible for having the necessary coverage against accidents and illness.

Awards:

Individual All-around: 1st – 3rd place will receive a trophy and medal.

4th - 6th place will receive a medal.

Every apparatus: 1st-3rd-place will receive a medal.

Seniors Cat A

1st place-200 euro, 2nd place-150 euro, 3rd place 100 euro.

Juniors Cat.A

1st place-150 euro, 2nd place-100 euro, 3rd place 50 euro.

For junior and senior separate ranking . FIG licence and national licence

Separate ranking for participants from Small States of Europe

All gymnasts will receive a diploma and present.

Coaches and Judges will receive a present.

Special awards for best THEMATIC Demonstration at Gala (one demonstration per team).

Special awards: Miss Elegance, Miss Artistic, Miss Smile, Miss Tournament, Miss Princess (plus jeune), Miss Effort. Miss Model GR Luxembourg , Miss Fidélité Luxembourg Cup, Miss Fidélité Coach, Miss Fidélité Judge

Possibility given for a Group excursion to old town of Luxembourg

Possibility given for a Group excursion to Christmas market in Strasbourg on 12th December

Preliminary inscription: 30th October 2016

Nominative inscription: 25th november 2016

Visa application: 25th October 2016 / If you need the Schengen Visa, we ask you to fill in the applied form and send it to us.

Travel Details: http://en.wikipedia.org/wiki/List_of_low-cost_airlines contains a list of all low cost airlines www.edreams.fr, www.opodo.de, www.wizzair.com., www.ryanair.com, www.jereserve.com

www.flibco.com / Bus service from Frankfurt/Main Frankfurt/
Hahn and Bruxelles / Charleroi

Please bring a flag of your country!!

Music / Sheets:

*Please submit only music on CDs (no MP3 or USB
Sticks). Identified with gymnast's name, category, country and
apparatus.*

Please bring to technical meeting with you 5 copies D sheets for each routine of gymnasts