



## INVITATION

*Dear RG Friends*

*We have the honor to invite your club to attend our  
International Rhythmic Gymnastics Competition  
“10th Helioupolis Cup 2017”.*

*which will be held in city of Helioupolis , Greece on  
March 03 - 05, 2017*

*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](mailto:gsi_rg@yahoo.gr)*

## General information

### Delegation per country:

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**

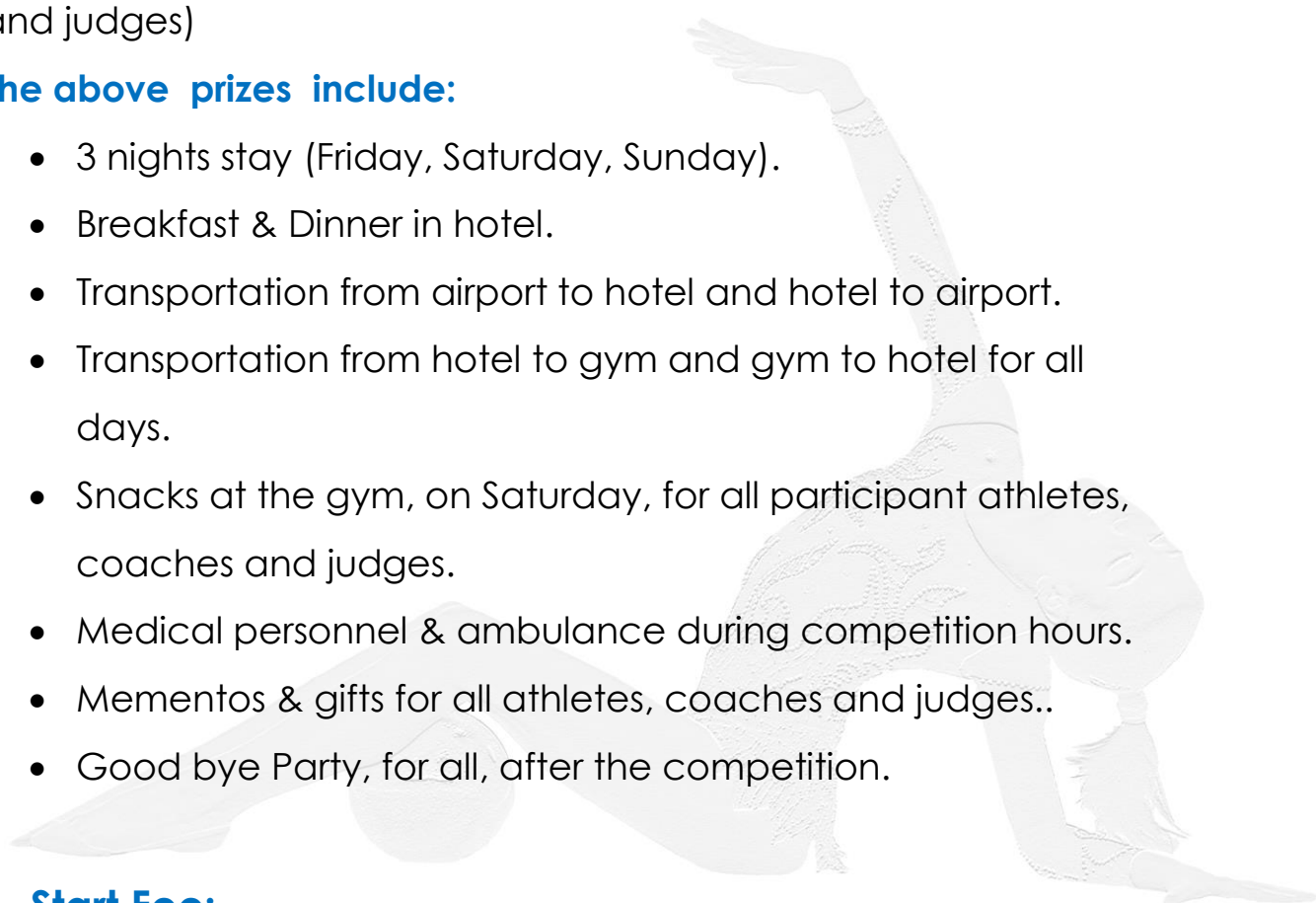
**Costs:** Price 120 Euros (per each participant (gymnasts, coaches and judges))

### **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 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:
- 25 Euros per each participating individual gymnast
- 80 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

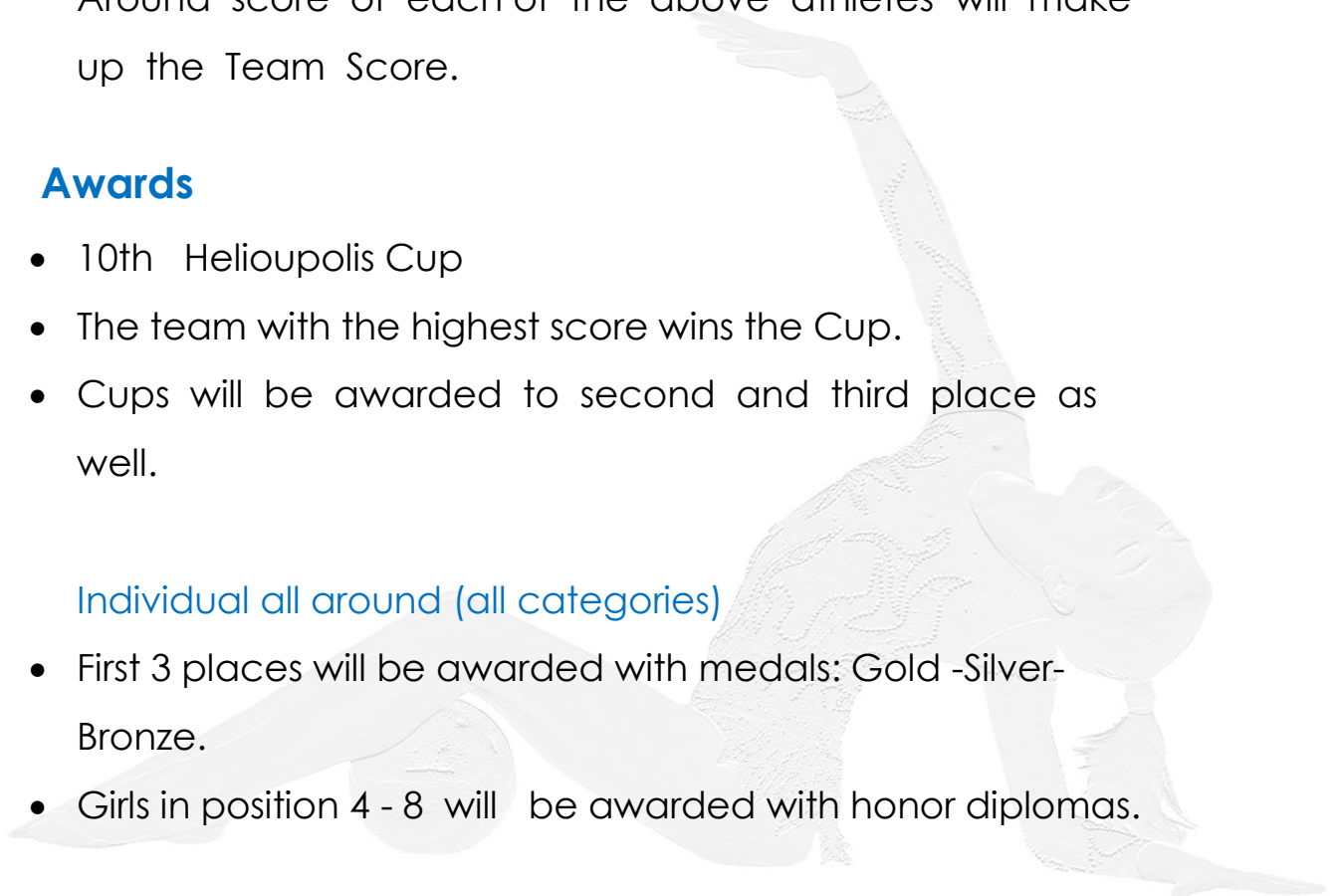
- To be evaluated for the "Team Competition" each delegation **MUST** participate with one mini, one Pre - Junior and one Junior or Senior .The sum of the All Around score of each of the above athletes will make up the Team Score.

## Awards

- 10th 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.

### Group awards

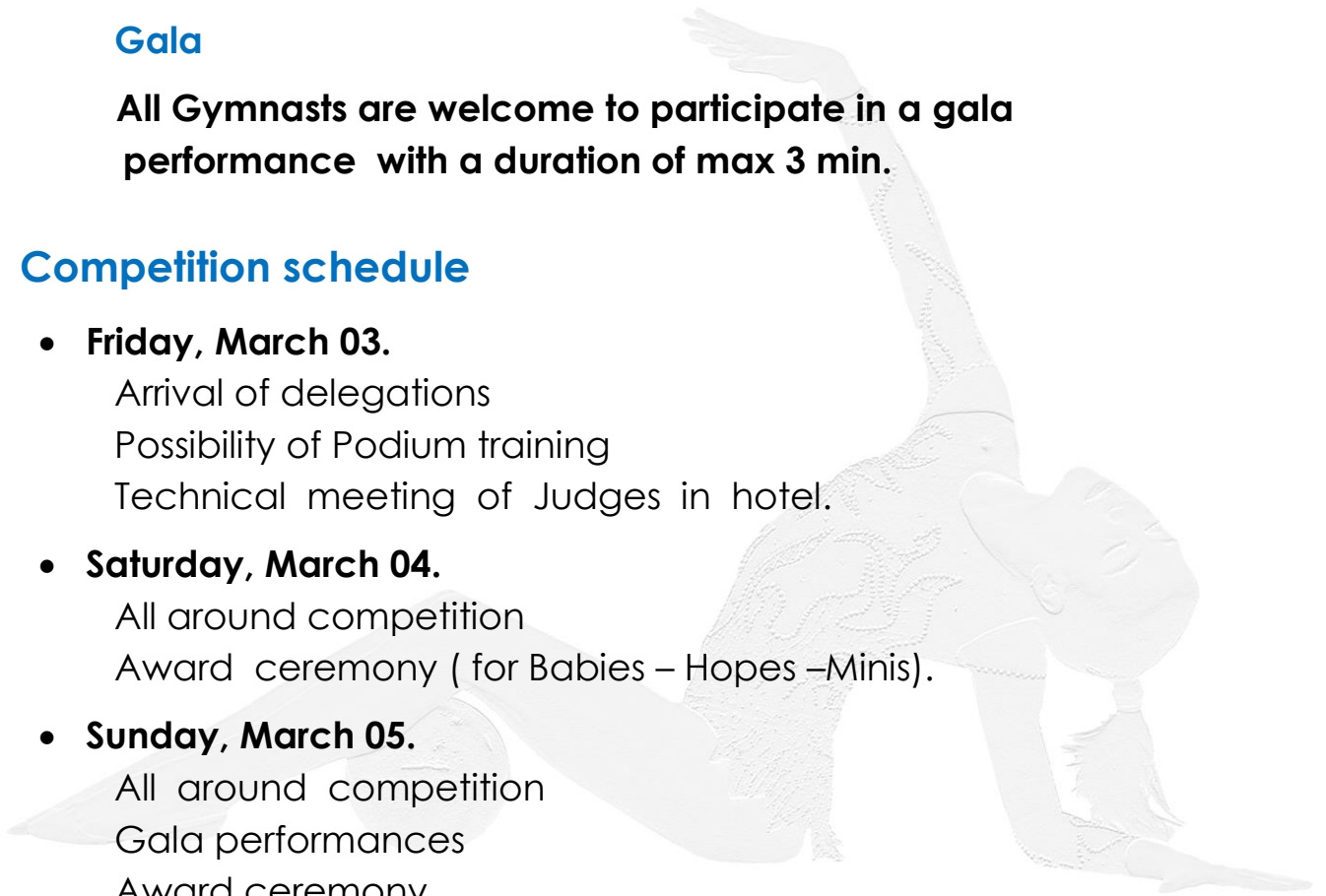
- The first 3 groups in each category will be awarded with cup.
- medals for all their gymnasts): Gold-Silver-Bronze.
- Groups in position 4 - 8 will be awarded with honor diplomas.

### Gala

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

### Competition schedule

- **Friday, March 03.**  
Arrival of delegations  
Possibility of Podium training  
Technical meeting of Judges in hotel.
- **Saturday, March 04.**  
All around competition  
Award ceremony ( for Babies – Hopes –Minis).
- **Sunday, March 05.**  
All around competition  
Gala performances  
Award ceremony  
Party  
Athens by night (optional, cost 25 E/per person)
- **Monday , March 06**  
Departure of delegations



## Deadlines

Please send us back the registration form:

- Preliminary Participation : 20 / 12 / 2016
- Nominative entry : 20 / 01 / 2017
- Visa Request form 30/ 01 / 2017
- **DO NOT Booking directly with the Hotel ask us to send you the Hotel booking for your VISAS.**
- Gala Performance Entry 15 / 02 / 2017
- Travel Details : 15/ 02 / 2017
- Interesting Of "Athens By night". 15 / 02 / 2017 (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.

