

**INTERNATIONAL RHYTHMIC GYMNASTIC TOURNAMENT  
KAUNAS CUP 2019  
6th of April 2019**



**Garliava sports and cultural center, Vasario 16 st. 8,  
Garliava, Kaunas district, Lithuania**



## **1<sup>st</sup> INTERNATIONAL TOURNAMENT**

### **“KAUNAS CUP 2019”**

Organized by : Gymnastic club “ POLEKIS “  
Kaunas sport school “ STARTAS “

#### **INVITATIONAL**

Dear Friends of Sports,  
We are very glad to organize the First international rhythmic gymnastics tournament “ KAUNAS CUP 2019 ” .

With big pleasure and honor we would like to invite your club to take part of our competition. The sport event will take place on the 6 April 2019 in the town Kaunas, Lithuania.

**Organizers:** Gymnastic club „POLEKIS “  
Kaunas sport school “ STARTAS “

Rita Simonavičienė tel. +370 686 42787; email. [r.narbutaityte@gmail.com](mailto:r.narbutaityte@gmail.com)

Rita Naujokienė tel. +370694 51860;

Sports School “Startas” Gymnastics Manager



**Contact person:** to the competition Rita Simonavičienė – registrations to the competitions by email. [r.narbutaityte@gmail.com](mailto:r.narbutaityte@gmail.com)

**Sport hall:** Garliavos sport and cultural center, Vasario 16 –osios st. 8, Garliava, district of Kaunas.



**Delegation:**

- 1 Coach
  - 1 Judge
  - 10 gymnasts (if is possible - two per one age).
- If club would like to participate with more than 10 gymnasts, please inform.

**Awards :**

- 1<sup>st</sup> - 3<sup>rd</sup> - cup, medal, diploma
  - 4<sup>th</sup> - 6<sup>th</sup> - medal, diploma.
- Special prizes for gymnasts, coach and judge.  
All the participants will be awarded certificate of participation and presents.

**Program:**

Friday - the 5<sup>th</sup> of April

- Arrival of the delegations and accommodation
- Training if you need (not in competition hall)
- Technical Meeting for judge and coach in the evening

Saturday – the 6<sup>th</sup> of April

- Competition of all category

Sunday – the 7<sup>th</sup> of April

- Departure of delegations

**Accommodation:**

Delegation will be accommodated at Hotel „Europa Royale“, Misko st. 11, Kaunas

<http://www.booking.com/Share-UZe1Uu>

Coast ~35 € + breakfast (per person, per night).

If you need another hotel or cheaper hotel, please tell for us.

We will try to help.

Registration Please send us back the registration form,

Preliminary registration till 10<sup>th</sup> of February

Definitive nominative registration submitted by **10.03.2019**

**Transportation**

If you need any help with transportation from/to the airport or bus station, please get in touch with us by the 20<sup>th</sup> of March. Transportation costs from/to airport or bus station have to be covered by participating delegations. We can help arrange.

Transportation to the competition hall from hotel and back will pay organizers.

**Insurance**

All participants should have their own health insurance.

## Music

We kindly ask you to send music of routines to [palengva@gmail.com](mailto:palengva@gmail.com) by 25<sup>th</sup> of March, 2019. Music must be in MP3 format and named as following:

**Name\_Surname\_year\_category\_apparatus**

### TECHNICAL PROGRAM

<u>Age group</u>	<u>Year born</u>	<u>A level</u>	<u>B level</u>
Senior	2003 and older	Ball and clubs FIG program	
Junior	2004	Ball and clubs FIG program	2 apparatus by choice (BD – max. 0.5, R – max.3/min.1)
	2005	Ball and clubs FIG program	2 apparatus by choice (BD – max. 0.5, R – max.3/min.1)
	2006	2 apparatus by choice FIG program	2 apparatus by choice (BD – max. 0.4, R – max.3/min.1)
Pre-junior	2007	2 apparatus by choice FIG program	2 apparatus by choice (BD – max. 0.4)
	2008	2 apparatus by choice FIG program	2 apparatus by choice (BD – max. 0.4, R – max.3/min.1)
Children	2009	2 apparatus by choice FIG program	w.a. (BD – max. 0.3) + 1 apparatus by choice (BD – max. 0.3, R – max. 2/min.1)
	2010	w.a. + 1 apparatus by choice, max -7 BD	w.a. (BD – max. 0.3) + 1 apparatus
	2011	w.a. + 1 apparatus by choice,max -7 BD	w.a. (BD – max. 0.3)
	2012	w.a.	

### Awards

Winners of the “Kaunas cup” will be awarded with cups, medals and diploma (the winners of 1 – 6 places will be awarded with diploma and medals. The coach of the first place winner will be awarded with medal. Also, the organizers will award with special presents. All the participants will be awarded with certificate of participation and presents.