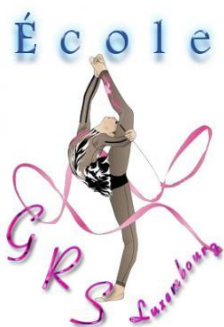


**Under the patronage of the Luxembourg Federation of Gymnastics
we have the great honour to invite your club to
attend the 8th edition of International
Rhythmic Gymnastics Competition**



LUXEMBOURG CUP 2019

Invitation

FL Gym



On 21st, 22nd and 23rd of December 2019

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 20.12.2019

*Arrival of the delegations / Technical meeting / Podium Training
Just FIG gymnasts*

Saturday 21.12.2019

*Judge Meeting
All-around children competition,
FIG individual junior and senior 2 app
Award ceremony*

Sunday 22.12.2019

*All-around children competition
FIG individual junior and senior 2 app
International Gala with Milena Baldassari / Award ceremony /
Banquet for judges*

Monday 23 .12.2019

**FIG final to junior and senior
Master -Class with Julieta Cantaluppi**

Monday 24.12.2019

Departures of the delegations

*

Accommodation:

Hotel **DoubleTree by HILTON (see hotel booking forms)**

Special rates for delegation!

79 EUR single room inclusive Breakfast
89 EUR double room or twin inclusive Breakfast
109 EUR triple Superior room or twin inclusive Breakfast
139 EUR quadruple Deluxe or Deluxe twin inclusive Breakfast

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

Hotel form return latest 18th November 2019 directly to Hilton

Meals:

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

Special option Dinner menu at 16 EUR in the Hotel Hilton (see hotel boking form)

A buffet with snacks, hot meals and drinks will be opened non-stop during the competition

Banquet in the hotel Hilton for the judges Sunday Evening

Delegation:

*Delegations will consist of 1 judge, 1 coach and 6 gymnasts
Max : 2 gymnasts per categories*

Application fee: EUR 40 per gymnast
Extra gymnast : EUR 50 per gymnast

Master Class, gymnastes fee.: Euro 30
Master Class , Coach fee : Euro 10

The Fee is free for the gymnasts who have participated at the event the last all three years : 2016, 2017 and 2018

Each participating member is kindly request to make the payment of all fees to the account below by December 5rd

Beneficiary: Ecole de GRS Luxembourg ASBL

IBAN: LU25 0090 0000 5255 8129

BIC: CCRALULL

The accommodation costs have to be provided to the Hotel (see hotel booking form)

Transport:

Organizer will provide transport from Luxembourg Airport and Central Railway Station to Hotel and back during arrival and departure day as well as from/to the hotel to the competition hall and back.at a cost of EUR 15 per person

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-3st-place will receive a medal

For Juniors and Seniors separate ranking

FIG compétition and

NON -FIG CHALLENGE TOURNAMENT for A and B program.

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 / theme French popular song).

Special awards: Miss Elegance, Miss Artistic, Miss Smile, Miss Tournament, Miss Princess (youngest), Miss Effort, Miss Model GR Luxembourg, Miss Model Kids 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 markets in Strasbourg/ Brussels/ Paris on 23th December

| | | |
|---------------------------------|------------------------|----------------------|
| Preliminary inscription: | 20th | November 2019 |
| Nominative inscription: | 05th | December 2019 |
| Visa Request form: | 20th | November 2019 |
| Travel Schedule form: | 25th | November 2019 |

For the children competition you can registrate with the FIG form and using the link

https://www.rqform.eu/event.php?id_prop=1651

Visa application:

20th of November 2019 / 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.skyscanner.com

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

Please bring a flag of your country!!

Music

1 CDs for each gymnast's music (no MP3 or USB), identified with gymnast's name, category, country and apparatus.