

**INTERNATIONAL  
RHYTHMIC GYMNASTICS  
FRIENDLY COMPETITION  
" 4<sup>th</sup> AKAMAS CUP 2020 "**



**4th & 5th of April 2020  
PAPHOS - CYPRUS**

**Dear RG friends,**

The Gymnastics Sports Club "AKAMAS" would like to invite you to participate in our 4<sup>th</sup> International RG Friendly Tournament "AKAMAS CUP" that will take place in Paphos , Cyprus from April 4<sup>th</sup> till April 5<sup>th</sup> 2020. The event is organized under the auspices of the Cyprus Gymnastics Federation and the Municipality of Paphos.

***Thank you and looking forward to seeing you in our friendly competition in our beautiful town Paphos, in Cyprus.***

<b>Program:</b>
<b>Friday, April 3</b>
• Arrival
• Training (10:00-19:00)
• Technical meeting (20:00)
<b>Saturday, April 4</b>
• Opening Ceremony
• Competition – <b>B level</b> (BABIES-HOPES)
• Awarding Ceremony
• Competition – <b>B level</b> (MINIS-PRE JUNIORS)
• Awarding Ceremony
• Competition – <b>B level</b> ( JUNIORS-SENIORS)
• Awarding Ceremony
<b>Sunday , April 5</b>
• Competition – <b>A level</b> (BABIES-HOPES)
• Awarding Ceremony
• Competition – <b>A level</b> (MINIS-PRE JUNIORS)
• Awarding Ceremony
• Competition – <b>A level</b> ( JUNIORS-SENIORS)
• Awarding Ceremony
• Closing Ceremony
• Banquet Party at the HOTEL
<b>Monday, April 6</b>
• Departure of delegations
<b>*The exact time for each age category will be send you after the Provisional Registration March 1<sup>st</sup> 2020.</b>
<b>*All music must be on CD, for each gymnasts, for each apparatus.</b>

<b>DISCIPLINE</b>	Rhythmic Gymnastic
<b>ORGANIZER</b>	AKAMAS SPORTS CLUB <a href="mailto:akamasclub@gmail.com">akamasclub@gmail.com</a>
<b>COMPETITION DATE</b>	4-5 of April 2020
<b>REGISTRATION DEADLINES</b>	Provisional Registration February 24th 2020 Definitive and nominative Registration Form - March 1st 2020
<b>LOCATION SPORT HALL</b>	International School of Paphos - Sports Hall Address: 100 Aristotelous Savva Avenue, Anavargos, Paphos, Cyprus
<b>PROGRAM</b>	<b>Competition for Each Age</b>
<b>AWARDS</b>	1. Medals for 1 <sup>st</sup> – 3 <sup>rd</sup> for each apparatus for each age. (all around only for 2007 A - Juniors A - Seniors A) 2. Diplomas for 1 <sup>st</sup> – 8 <sup>th</sup> 3. Diplomas and gifts for all gymnasts and coaches 4. Special surprise awards
<b>DELEGATION SIZE</b>	6 individual gymnasts in each level per club (preferably different age category) 1 - 2 judges // 1 - 2 coaches
<b>INSURANCE</b>	The organizing Committee will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like. All participating Federations and Clubs are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and repatriation for all the members of their Delegation.
<b>VISA</b>	If you need an official invitation to obtain a visa to travel to Cyprus, please contact us as soon as possible.
<b>TRASFER</b>	-Transportation from Paphos airport to hotel and hotel to Paphos airport. -Transportation from hotel to gym and gym to hotel for all days. 20 Euros per person ( From Larnaka airport + 10 euros per person)
<b>COST</b>	Entry fees 20 Euros per gymnast
<b>ACCOMODATION 4 **** Hotel</b>	€73.00 - 1 Person on a Bed & Breakfast per single room per night €90.00 - 2 Persons on Bed & breakfast per room per night Triple room: €40.00 per person per night on a Bed & Breakfast basis. Half-Board Plus: €16.00 per person per day
<b>ACCOMODATION 3 *** Hotel</b>	€ 69,00 -2 Persons on Bed & breakfast per room per night € 87,00 -2 Persons on Half Board per room per night € 69,00 -2 Persons plus 1 child till 12 y.o. on Bed & breakfast per room per night € 96,00 -2 Persons plus 1 child till 12 y.o. Half Board per room per night

## TECHNICAL REGULATIONS

CATEGORY	A LEVEL	B LEVEL
Babies Born 2014	<b>1.Without Apparatus</b> 7 B.D Min3-7highest R (max.2) Consists Min.2 Max.3 rotations D.Steps min.3	<b>1.Without Apparatus</b> 7 B.D Min3-7highest 0.30 point each R (max.2) Consists Min.2-Max.3 rotations D.Steps min.3
Babies Born 2013	<b>1.Without Apparatus</b> 7 B.D Min3-7highest R (max.2) Consists Min.2- Max.3 rotations D.Steps min.3	<b>1.Without Apparatus</b> 7 B.D Min3-7highest 0.30 points each R (max.2)Consists Min.2-Max.3 rotations D.Steps min.3
Hopes Born 2012	<b>1.Without Apparatus</b> <b>2.Apparatus by choice</b> 7 B.D Min3-7highest D.Steps min.3 R (Min.1-Max.2) A.D No Min/Max	<b>1.Without Apparatus</b> 7 B.D Min3-7highest 0.50 points each D.Steps min.3 R (Min.1-Max.2) A.D No Min/Max
Hopes Born 2011	<b>1.Without Apparatus</b> <b>2.Apparatus by choice</b> 7 B.D Min3-7highest D.Steps min.3 R (Min.1-Max.2) A.D No Min/Max	<b>1.Without Apparatus</b> 7 B.D Min3-7highest 0.50 points each D.Steps min.3 R (Min.1-Max.2) A.D No Min/Max
Minis Born 2010	<b>2 Apparatus by choice</b> 7 B.D Min3-7highest D. Steps min.2 R (Min.1-Max.4) A.D No Min/Max	<b>2 Apparatus by choice</b> 7 B.D Min3-7highest D. Steps min.2 R (Min.1-Max.4) A.D No Min/Max
Minis Born 2009	<b>2 Apparatus by choice</b> 7 B.D Min3-7highest D. Steps min.2 R (Min.1-Max.4) A.D No Min/Max	<b>2 Apparatus by choice</b> 7 B.D Min3-7highest D. Steps min.2 R (Min.1-Max.4) A.D No Min/Max
Pre-juniors Born 2008	<b>2 Apparatus by choice</b> FIG RULES	<b>2 Apparatus by choice</b> FIG RULES
Pre-juniors Born 2007	<b>3 Apparatus by choice</b> FIG RULES	<b>2 Apparatus by choice</b> FIG RULES

Juniors Born 2006-2005	<b>3 Apparatus by choice</b> FIG RULES	<b>2 Apparatus by choice</b> FIG RULES
Seniors Born 2004 and older	<b>3 Apparatus by choice</b> FIG RULES	<b>2 Apparatus by choice</b> FIG RULES

- **Contact person: Mrs. Anna Kimonos - Head Coach Akamas Club**  
Mob: +357 99537890, E-mail: kimonosanna@yahoo.com
- **EVENT MANANGER: Mr. Stelios Papageorgiou – Managing Director Akamas Club**  
Mob: +35799586736 , E-mail: akamasclub@gmail.com

**Thank you and hope to see you soon in our beautiful town Paphos!!**

**Best Regards,**

**Papageorgiou Stelios  
Managing Director  
Akamas Sports Club**

