




**Invitation**  
**3<sup>rd</sup> International Rhythmic**  
**Gymnastics Tournament**  
**“CITY OF WINDS CUP”**  
**Liepāja, 3<sup>rd</sup> – 5<sup>th</sup>, June 2016**

**Dear friends! WELCOME to our tournament!**

**DIRECTIVES**

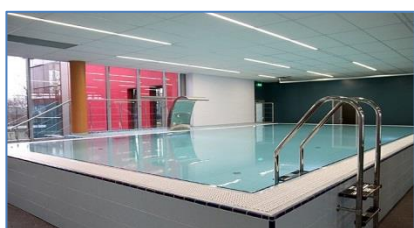
<b>DATE</b>	<b>3<sup>rd</sup> – 5<sup>th</sup>, June 2016</b>
<b>PLACE</b>	<b>Liepāja, Latvia</b>
<b>THE ORGANIZER</b>	<b>LKSS</b> Brivibas str. 39, Liepāja, LATVIA
<b>CONTACT PERSON</b>	<b>Jelena Rieksta</b> ( <i>English</i> ) Mob : + 371 26070121, <a href="mailto:rgliepaja@yahoo.com">rgliepaja@yahoo.com</a>  <b>Tatjana Nikitina</b> ( <i>Russian</i> ) Mob : + 371 20070005, <a href="mailto:rgliepaja@yahoo.com">rgliepaja@yahoo.com</a>
<b>COMPETITION HALL</b>	LIEPAJAS OLIMPISKAIS CENTRS Brivibas str. 39, Liepāja <a href="http://www.loc.lv/en/">http://www.loc.lv/en/</a>  
<b>RG FLOOR</b>	<b>SPIETH (beige)</b>

PROVISIONAL SCHEDULE		2 <sup>nd</sup> June (Thursday)	• arrival of delegations;
		3 <sup>rd</sup> June (Friday)	• training in the competition hall, • accreditation, • judges meeting, • 1 <sup>st</sup> competition day (younger age B group), • awards ceremony;
		4 <sup>th</sup> June (Saturday)	• judges meeting, • 2 <sup>nd</sup> competition day, • awards ceremony;
		5 <sup>th</sup> June (Sunday)	• judges meeting, • 3 <sup>rd</sup> competition day, • awards ceremony, • departure of delegations.
CATEGORY		LEVEL A	LEVEL B
YEAR	2009 & younger	<u>1 routine</u> Without apparatus <i>FIG rules – junior 2015-2016</i>	—
	2008	<u>2 routines</u> (2 for choice from Without apparatus/Rope/Hoop) <i>FIG rules – junior 2015-2016</i>	<u>1 routine</u> Without apparatus <i>D: (max 3.0 points / 7 diff.)</i>
	2007	<u>2 routines</u> (2 for choice from Without apparatus/Rope/Hoop) <i>FIG rules – junior 2015-2016</i>	<u>2 routines</u> (2 for choice from Without apparatus/Rope/Hoop) <i>D: (max 4.0 points / 7 diff.)</i>
	2006	<u>2 routines</u> (2 for choice from Rope/Hoop/Ball/Clubs) <i>FIG rules – junior 2015-2016</i>	<u>2 routines</u> (2 for choice from Without apparatus/Rope/Hoop) <i>D: (max 5.0 points / 7 diff.)</i>
	2005	<u>2 routines</u> (2 for choice from Rope /Hoop/Ball/ Clubs) <i>FIG rules – junior 2015-2016</i>	<u>2 routines</u> (2 for choice from Hoop/Ball/Clubs) <i>D: (max 5.5 points / 7 diff.)</i>
	2004	<u>2 routines</u> (2 for choice from Rope /Hoop/Ball/ Clubs) <i>FIG rules – junior 2015-2016</i>	<u>2 routines</u> (2 for choice from Rope /Hoop/Ball) <i>D: (max 6.0 points / 7 diff.)</i>
	Junior (2003-2001)	<u>2 routines</u> (2 for choice from Rope/Hoop/Ball/ Clubs) <i>FIG rules – junior 2015-2016</i>	<u>2 routines</u> (2 for choice from Rope/Hoop/Ball/Clubs) <i>D: (max 6.5 points / 7 diff.)</i>
	Senior (2000&older)	<u>2 routines</u> (2 for choice from Hoop/Ball/Clubs/Ribbon) <i>FIG rules – senior 2015-2016</i>	<u>2 routines</u> (2 for choice from Hoop/Ball/Clubs/Ribbon) <i>D: (max 7.0 points / 9 diff.)</i>

<b>DELEGATION</b>	<ul style="list-style-type: none"> <li>• <b>10 gymnasts</b> (not more than 2 in every age group except for extra fee) + additional gymnasts for extra fee</li> <li>• <b>coach</b></li> <li>• <b>judge</b> (All delegations must bring a judge with a national or international brevet updated on this Olympic cycle!)</li> </ul>
<b>ENTRY FEE</b>	<b>35 €</b> per gymnast, <b>100%</b> cash upon arrival For every extra gymnast in category registration fee is <b>45 €</b>
<b>ACCOMODATION</b>	HOTEL *** <b>25 €/person/night</b> . It includes: <ul style="list-style-type: none"> <li>• room</li> <li>• breakfast</li> <li>• transportation from hotel to the competition hall and back.</li> </ul>
<b>LOCAL TRANSPORTATION</b>	Transportation from <b>RIGA airport, RIGA bus/train station</b> or <b>Liepaja bus station</b> is available upon request. Price depends on number of person in delegation.
<b>TRAVEL COSTS</b>	Participants cover the costs of travel expenses themselves.
<b>MEALS</b>	Lunch and dinner are served in the competition hall. Cost of the meals is per person and per meal: <b>lunch 5 €/dinner 5 €</b> . Meal coupons can be purchased by coaches during accreditation in the competition hall.
<b>INSURANCE</b>	All participants should have their own health insurance.
<b>MEDICAL SERVICES</b>	Medical services will be provided by the Organizing Committee during competition.
<b>VISA</b>	The Organizing Committee will be happy to assist each delegation`s member with an official invitation letter, if the request is made before <b>1<sup>st</sup> April, 2015</b> .
<b>AWARDS</b>	Winners of the “CITY OF WINDS CUP” will be awarded with cups, diplomas and presents. Winners in each apparatus will be awarded with medals and diplomas. All the participants will be awarded with presents.

<b>ACCREDITATION</b>	Delegations` accreditation will take place upon arrival on 2 <sup>nd</sup> June during training. For accreditation the head of delegation is required to bring following: <ul style="list-style-type: none"> <li>• 4 copies of <b>D-form</b> (per each apparatus for each gymnast),</li> <li>• fee (in cash) for accommodation, participation and meals.</li> </ul>	
<b>DEADLINES SUMMARY</b>	<b>Nominative registration form</b>	<b>14<sup>th</sup> March, 2016</b>
	<b>Definitive registration form</b>	<b>2<sup>nd</sup> May, 2016</b>
	<b>Visa Request Form</b>	<b>1<sup>st</sup> April, 2016</b>
	<b>Accommodation Form</b>	<b>2<sup>nd</sup> May, 2016</b>
	<b>Travel Form</b>	<b>15<sup>th</sup> May, 2016</b>
<b>ADDITIONAL INFORMATION</b>	<p>We would like to offer your delegation to take a break during or after any competition day of your choice and relax in the largest and most modern <b>POOL&amp;SPA</b> center in Kurzeme district with a relaxation zone, water massage, bubble baths, three types of saunas, water attraction zone for children and two swimming pools.</p> <p><b>LOCATION:</b> The Olympic center of Liepaja (the very next building from the competition hall).</p> <p><b>PRICE:</b> Judge and coach – free of charge, gymnasts and other members of delegation - only <b>5 €</b> per person (50% off from a standard price). Tickets can be purchased during judges` accreditation.</p> <p>More info and pictures can be found at <a href="http://www.loc.lv/en/poolspa/">http://www.loc.lv/en/poolspa/</a></p>	

## POOL&SPA



**LOOKING FORWARD TO SEEING YOU SOON!**