**Nevis Cup 2018**

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**Nevis RG, Sweden invites you to our 21:st international meet in Rhythmic Gymnastics.**

**The competition will be arranged in Staffanstorp, December 1. The competition is sanctioned by the Swedish Gymnastic Federation. ( Staffanstorp is a village just outside the city of Malmö. Malmö has an airport but Copenhagen and a short traintrip is convenient too.)
Sporthall: Hagalidhallen, Hagalidvägen, Staffanstorp**

**Groups Children (born 2006-2009) one program without apparatus 5-6 gymnasts. Time 1.45-2.00 minutes. Max 6 D (min 1 jump,1balance,1 rotation), Max 6 points, min 4 collaborations, min 2 dance-steps comb. formations min 5.**

**DTQ (duo,trio,quarto) Nordic rules, just ask if you do not know the norms and we will send.**

**Children ( born 2007- 2009) one program without apparatus and one of own choice. CoP as for juniors but no claim to include DER. Without apparatus min 1, max 2 acrobatic combinations ( min 2 rotations, max 4 in same combination and include min 1 pre-acrobatic element)**

**Pre-juniors (born 2006) two programs of own choice. CoP same as for Children).**

**Individual Juniors (born 2003-2005 ) FIG norms, three routines free choice of apparatus. CoP juniors**

**Individual Seniors (born 2002 and earlier) FIG norms, three routines free choice of apparatus. CoP seniors**

**Registration fee: 30 euro ind.gymnast. 50 euro DTQ. 100 euro groups.
To be paid in the sporthall.**

**Arrival day: Friday afternoon November 30.**

**Free training during the evening.**

**Technical meeting , Competition Saturday December 1.**

**Departure day: Sunday morning December 2.**

**Last day of registation October 22 to:**

**eva.nevisrg@gmail.com**

**Nevis RG co/ Eva Rodriguez Järneksv.6 24544 Staffanstorp Sweden**

**OBS! All registration will be confirmed by an e- mail. If not then the registration has not reached us and please contact us by a new mail or by post.**

**All gymnasts, coaches etc shall be insured by their own club.**

**This hotel has taken contact with us and has promised a nice prize for gymnasts taking part in Nevis Cup. When booking mention Nevis Cup. It is also possible to stay in hostfamilies for free.**

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