GIMNASTICKO DRUSTVO
PALILULA

RHYTHMIC GYMNASTIC CLUB "PALILULA"

is pleased to invite you
to Belgrade for the

23rd INTERNATIONAL RHYTHMIC GYMNASTICS TOURNAMENT

"PALILULA CUP 2016"

BELGRADE, April 2nd/3rd · 2016.

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"PALILULA CUP '2016"
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organizing committee:

Rhythmic gymnastics Club "PALILULA" / BELGRADE
President – Alexandra Josifović
Head Coach/Cup manager – Dara Terzić Šterić
Head judge – Dragana Terzić

contact persons:

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competition hall:

Pioneer hall,
11000 Beograd,
39 Č.Čaplina st.

size of the delegation:

- ✓ **category '2008. and younger** unlimited number of gymnasts
- ✓ **category '2007.** unlimited number of gymnasts
- ✓ **category '2006.** unlimited number of gymnasts
- ✓ **category pre-juniors ('2005/'2004)** unlimited number of gymnasts
- ✓ **category juniors ('2003 - '2001)** unlimited number of gymnasts
- ✓ **category seniors ('2000 and older)** unlimited number of gymnasts
- ✓ **coach/es**
- ✓ **min. 1 judge**

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participation fee:

30 € per gymnast

accommodation:

1. **hotel ZIRA (de lux 4*), Belgrade, Roosevelt st. 35**
   http://www.zirahotels.com/
   price:

✓ **double bed room: 45 euro per day/per person (with breakfast and afternoon meal)**
✓ **single bed room: 77 euro per day/per person (with breakfast and afternoon meal)**

(for all guests: free wi-fi, free spa and fitness and free access to the international phone lines)

2. **hostels in the competition venue area**
   price: around 20 euro per person/per day (no meals)

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category	program	rules:
'2008 and younger	**without apparatus**	D /max/ = 4.00 points 4 do 7 b.d. (max. 1.00 point; 1-3 from b.d. group) min, 1 S
'2007 • **each apparatus will be awarded separately (1 or 2 exercises)** • **all around ranking for gymnasts competing 2 apparatus**	**without apparatus** **+** **hoop**	D /max/ = 5.00 points 4 do 7 b.d. (max. 1.00 point; 1-3 from b.d. group) min, 1 S max. 2 DER max. 4 elements of M (mastery)
'2006 • **each apparatus will be awarded separately, (1 or 2 exercises)** • **all around ranking for gymnasts competing 2 apparatus**	**without apparatus** **+** **hoop or rope**	D /max/ = 6.00 points 4 do 7 b.d. (max. 1.00 point; 1-3 from b.d. group) w.app.: min. 1 S hoop or rope: min, 1 S max. 3 DER max. 4 elements of M (mastery)
pre-juniors **('2004 i '2005)**	**2 apparatus by choice**	D /max/ = 7.00 points 4 do 7 b.d. (max. 1.00 point; 1-3 from b.d. group) • each apparatus will be awarded separately, so number of exercises is to be freely chosen by gymnast (1or 2 exercises) • all around ranking for gymnasts competing 2 exercises
juniors **('2001 - '2003)**	**3 apparatus by choice**	UEG program for juniors • each apparatus will be awarded separately, so number of exercises is to be freely chosen by gymnast (1, 2 or 3 exercises) • all around ranking for gymnasts competing 3 exercises (2 best scores)
seniors **('2000 and older)**	**3 apparatus by choice**	FIG program for seniors • each apparatus will be awarded separately, so number of exercises is to be freely chosen by gymnast (1, 2 or 3 exercises) • all around ranking for gymnasts competing 3 exercises (2 best scores)

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preliminary competition schedule:

!!! IMPORTANT: the exact day of the competition is to be DECIDED (Saturday or Sunday) !!!

- **Friday, April 1st :**
  arrivals of the delegations
- **Saturday, April 2nd:**
  arrivals of the delegations or competition
- **Sunday, April 3rd :**
  competition or delegation departures
  from 8 am.: warming up
  from 9 am.: competition
  around 8 pm.: the last victory ceremony and the end of the competition

- **Monday, April 4th.:**
  delegation departures

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entries deadlines:

preliminary entry: March 13th. 2016.
nominative entry: March 20th. 2016.
travel details: March 28th. 2016.

visas:

Please, check in time whether you need visa for enter Serbia. We will be at your full disposal, regarding this matter.

We do hope to see you soon in Belgrade!
With the best regards!!!

Rhythmic gymnastics Club "PALILULA"