



FORZA GOLDEN CUP 2024

**International Tournament in Rhythmic Gymnastics
Ghent, BELGIUM**

2/11/2024 - 3/11/2024

Dear friends,

FORZA RITMICA BELGIUM has the pleasure to invite your federation / club to participate in the aforementioned official International Event.

DISCIPLINE	RHYTHMIC GYMNASTICS
LOCAL ORGANIZING COMMITTEE	FORZA RITMICA GENT VZW Mrs. Lara Daels Mrs. Mariia Vetoshnikova Lange Violettestraat, 277A B- 9000 Gent - BELGIUM Tel: +32 478 25.25.98 E-mail: forzacup@forzaritmica.be Website: www.forzaritmica.be
LOCATION	GENT - BELGIUM
DATE	02/11/2024-03/11/2024
VENUE	SPORTHAL "ARENA VAN VLETINGEN" ROOF 11 METERS Lange Violettestraat, 277A B- 9000 Gent - BELGIUM Tel.: +32 472.35.04.04 Maria Vetoshnikova (Russian, Ukrainian, English) Tel.: +32 478.25.25.98 Lara Daels (Dutch, French, English)
PROVISIONAL SCHEDULE	01/11/2024 : arrival day of the delegations, meeting of the delegations, podium training 02/11/2024 : judge meeting, competition day 1 03/11/2024 : judge meeting, competition day 2, departure of delegations.
EVENT FORMAT	Individual A B C D international. 2015 and younger will not see their scores in accordance with the Panathlon declaration 'Ethics in Youth sports'. They will be all awarded with medals. Scores will be given to the coaches.
DELEGATION	<ul style="list-style-type: none">- no gymnasts limits- preferably in different categories- 1 coach- 1 judge (fee for missing judge 200 EUR / team) REGISTRATION UP TO MAXIMUM 200 gymnasts
REGISTRATION	ONLINE REGISTRATION VIA

DEADLINE	http://rgform.eu Definitive inscription: 01.10.2024 The organizing committee can close the registration earlier if the maximum number of gymnasts is reached.
ENTRY FEES	The Entry fee for this event will be 1 routine : 40,00 EUR / gymnast (non-refundable) 2 routines : 45,00 EUR / gymnast (non-refundable) 3 and 4 routines : 50,00 EUR / gymnast (non-refundable) Junior/Senior A level : 55,00 EUR / gymnast (non-refundable) Cancellations or changes in the delegation should be notified to the LOC before 05.10.2023 . Afterwards all costs must be paid, and accommodation cannot be guaranteed.
BANK ACCOUNT INFORMATION	Beneficiary name: FORZA RITMICA GENT VZW Bank name and address: FINTRO ,Neerstraat 42, 9660 Brakel IBAN: BE65 1424 0359 5096 BIC: GEBABEBB Each participating member Federation is kindly requested to integrate the payment's purpose as follows: FORZAGOLDENCUP 2024 – COUNTRY/CLUB The participating Federation is responsible for covering all bank fees in connection with the bank transfers.
ACCOMMODATION	Feel free to contact us if you need help in finding accommodation. We have a lot of rooms for the FORZA GOLDEN CUP for the whole weekend.
LOCAL TRANSPORT	Arrival at the railway Station ‘Gent Sint-Pieters’: Representatives of the organizing committee will meet your delegation at Ghent railway station on 5/04/2024. The costs are at charge of the LOC only if hotel reservations are made through the LOC. Arrival at Brussels International Airport (Zaventem): The LOC can organize the transport (60 min. from Ghent) at a charge per person (rates on request). We are willing to help you book this privat transfer. Direct train from Zaventem Brussels Airport till railway station ‘Gent St.-Pieters’. https://www.belgiantrain.be Arrival at Brussels South Airport (Charleroi): The LOC can organize the transport (90 min. from Ghent) at a charge per person (rates on request). We are willing to help you book this privat transfer. There is a shuttle bus service – www.flibco.com Nine shuttles per day are organized from/to Ghent Train station HOTELS are within walking distance from the venue. The LOC will organize the local transportation only if hotel reservations are made through the LOC for JUDGES if needed.
INTERNATIONAL TRANSPORT	The invited participating federations must pay for the travel costs of their delegation members. The Travel Schedule Form must be returned to the LOC by 01.10.2024
MEALS	<i>Lunch</i> will be provided by the organizers in the competition hall on Saturday

	<p>and Sunday for Judges. <i>Meals will be provided at reasonable rates at the venue for gymnasts and guests.</i></p>
MEDICAL SERVICES	<p><u>Nearest Hospital:</u> UZ GENT C.HEYMANS LAAN 10 – 9000 Gent Tel.: +32 / 9 332 21 11 E-mail: info@uzgentgent.be <u>Emergency Tel: +32 9 332 50 24</u> <u>Medical service will be provided</u></p>
EVENT MANAGER	<p>Mrs. Lara Daels (President of the LOC)</p>
CANCELLATION POLICY	<p>Cancellations or changes in the delegation must be notified to the LOC before 04.10.2024. Afterwards all costs must be paid and accommodation cannot be guaranteed. Start fee is non refundable. No refund possible if later arrival or early departure.</p>
MUSIC	<p>Music's (mp3) must be uploaded on ksis (rgform.eu) no later than 12.10.2024</p>
DEADLINES SUMMARY	<p>Preliminary registration 01.09.2024 Definitive & Nominative Registration 01.10.2024</p> <p>Accommodation form 15.09.2024 Payment of the Accommodation Costs 01.10.2024 Travel Schedule Form 15.10.2024 Visa Request Form 15.10.2024</p> <p>Music Uploaded 12.10.2024 Payment of the Entry Fee 05.10.2024</p>
AWARD	<p>All gymnastics will receive a gift and participation certificate.</p> <p>Medals for 1st, 2nd, 3rd places in <u>All-round and by apparatus.</u></p> <p>Special awards for Miss Artistic, Miss Elegance, Miss Smile, Miss Tournament, Miss Grace, Miss Dance.</p> <p>Coach of the winner in 2011A,B Junior A,B and Senior A,Bcategories will receive a special gift.</p> <p>All judges will receive a gift.</p>



	A	B	C	D
Babies 2016 and younger	WA or 1 app. by choice			
Mini 2015	HOOP + 1 app. by choice	WA + 1 app. by choice	WA or 1 app. by choice	
Children 2014	BALL + 1 app. by choice	HOOP + 1 app. by choice	WA or 1 app. by choice	
Pre-Junior 2013	CLUBS + 1 app. by choice	BALL + 1 app. by choice	WA + 1 app. by choice 7 DB max 0,4	WA or 1 app. by choice 7 DB max 0,3
Pre-Junior 2012	RIBBON + 1 app. by choice	CLUBS + 1 app. by choice	WA + 1 app. by choice 7 DB max 0,4	WA or 1 app. by choice 7 DB max 0,3
2011	3 apparatus by choice	2 apparatus by choice	2 app. by choice 7 DB max 0,4	1 app. by choice 7 DB max 0,3
Junior 2010+2009	3 apparatus by choice	2 apparatus by choice	2 app. by choice 7 DB max 0,4	1 app. by choice 7 DB max 0,3
Senior 2008 and older	3 apparatus by choice	2 apparatus by choice	2 app. by choice 9 DB max 0,4	1 app. by choice 9 DB max 0,3

