



COSNY CUP

International Rhythmic Gymnastics
Tournament
2ND EDITION



11 & 12 January 2025



**GYMNASE ANDRÉ FERRARI
4 RUE SCHUMAN
54400 COSNES-ET-ROMAIN
FRANCE**



COMITÉ
RÉGIONAL
GRAND EST



CROS
GRAND EST

INVITATION

Dear gymnastics clubs,

We were so happy to organize our first edition of our first International Rhythmic Gymnastics last year. More than 240 gymnasts participated! So « Les Edelweiss de Cosnes-et-Romain » have the pleasure to invite you to their second International Tournament of Rhythmic Gymnastics; the Cosny Cup.

Organizer	Les Edelweiss de Cosnes-et-Romain www.gr-cosnes-et-romain.com https://www.facebook.com/profile.php?id=100057343694809
Place of Event	Gymnase André Ferrari 4 rue Robert Schuman 54400 COSNES-ET-ROMAIN France You will find photographs of our gymnasium in annex. High ceiling of 8.20 meters
Date	11 and 12 January 2025
Start fee	35€ per gymnast category C/D 45€ per gymnast category A/B Bank account : Beneficiary: LES EDELWEISS DE COSNES ET ROMAIN IBAN: FR76 1027 8043 1000 0357 5414 585 BIC: CMCIFR2A Registration and payment must be done before January 3 rd 2025. The registration will be only confirmed after receiving the payment.
Contact	grcosnesetromain@gmail.com (FR/EN/DE) Messenger : « Les Edelweiss de Cosnes-et-Romain » (FR/EN/DE) Jennifer RICHARD (FR) +33 6 01 44 62 20 (What's app)
Awards	Medal + gift for each gymnast. Rankings for individual gymnasts will be separate by year of birth and done according to all-around score for category C and D. For category A and B, there will also be rankings per apparatus.

<p>Delegation</p>	<p>No limit on the number of gymnasts 1 judge per club mandatory during the competition. Participating teams without a judge will be charged a penalty of 100 EUR (if the club has 3 gymnasts or more) 1 coach for 1 to 4 gymnasts / 2 coaches for 5 to 8 gymnasts / 3 coaches for 9 gymnasts and more</p>
<p>Music</p>	<p>Music have to be uploaded before December 31st 2024 on the registration page. Take a USB stick with the music in case of any problem.</p>
<p>Accomodation</p>	<p>Delegations are responsible for their accomodation and travel arrangements.</p> <ul style="list-style-type: none"> - B&B Hôtel, rue de la Carrière 54720 Lexy Tel : +33 8 90 71 26 21 - Hôtel Ibis, rue du Château d'eau 54135 Mexy Tel : +33 3 82 23 14 19 - Hôtel du Nord, 16 rue Gambetta 54400 Longwy Tel : +33 3 82 23 40 81 - Hôtel F1, 3 rue du Pulventeux 54400 Longwy Tel : +33 3 82 25 50 66 - Maison d'Hôtes Le Grenier de Vauban, 54400 Cosnes-et-Romain (4 rooms – 10 persons) - Chambre d'Hôtes La Fraiseriaie, 54260 Tellancourt - Chambre d'Hôtes La Cambrousse 54870 Villers-la-Chèvre - Hôtel du Pôle Européen, Complexe Douanier 6790 Aubange, Belgique Tel : +32 63 38 01 20 - Hôtel Threeland, 50 rue Pierre Hamer 4737 Petange, Luxembourg Tel : +352 26 50 80 0
<p>Entrance price</p>	<p>6 Euros for 1 day 10 Euros for 2 days</p>
<p>Food/Drink</p>	<p>You will find sandwich, chips, cake, candies, crepe, sodas, coffee and other drinks during all the day.</p>

Insurance

Gymnast and delegation are responsible to ensure appropriate insurance coverage against health and other risks.

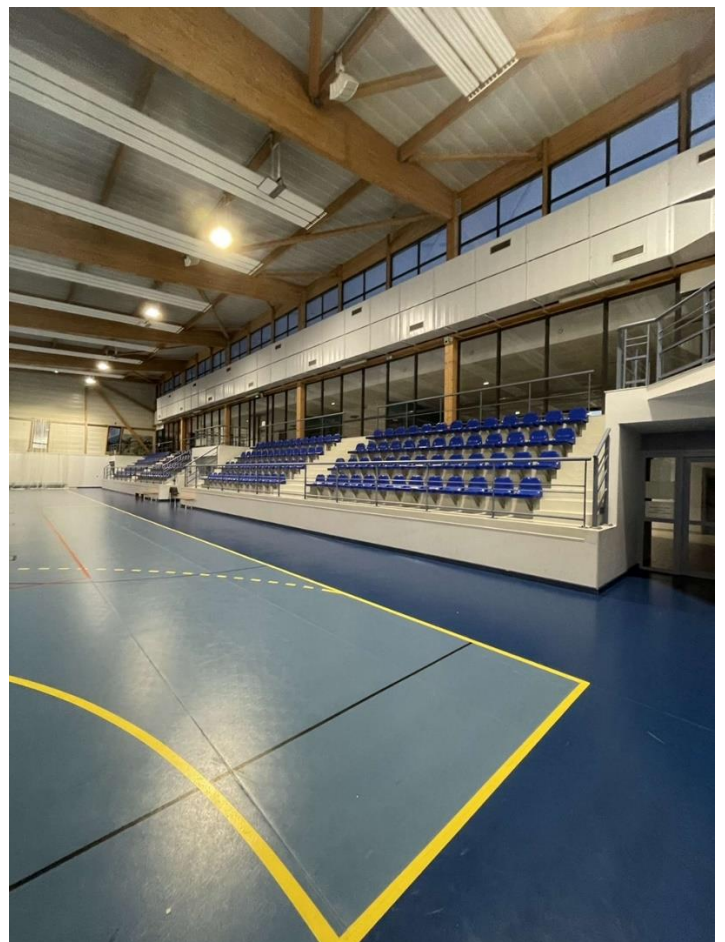
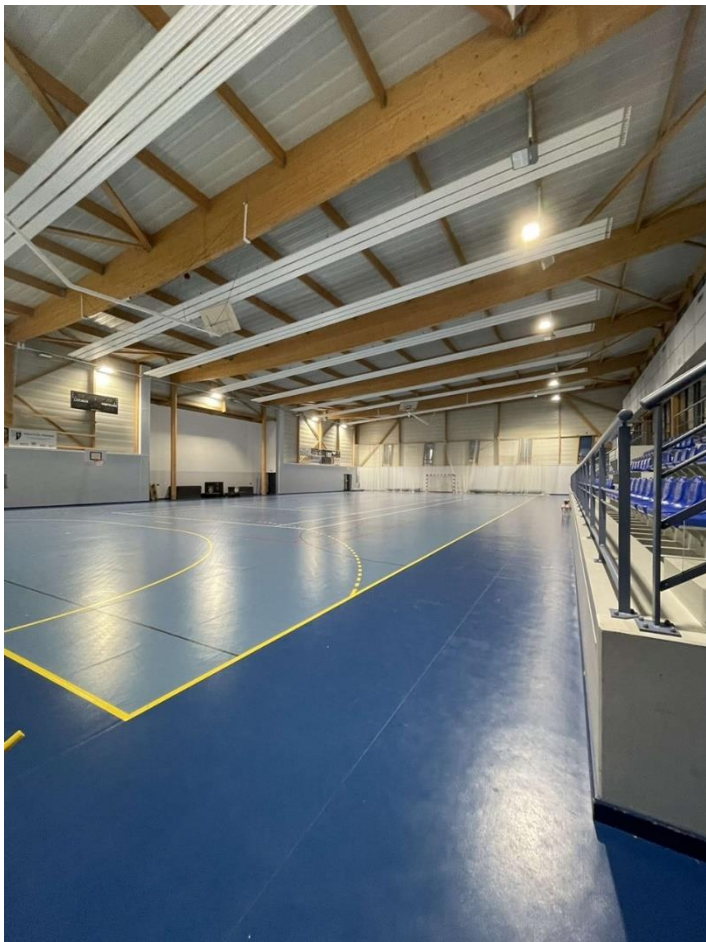
TECHNICAL PROGRAM – 2nd Cosny Cup (CODE FIG 2025-2028)

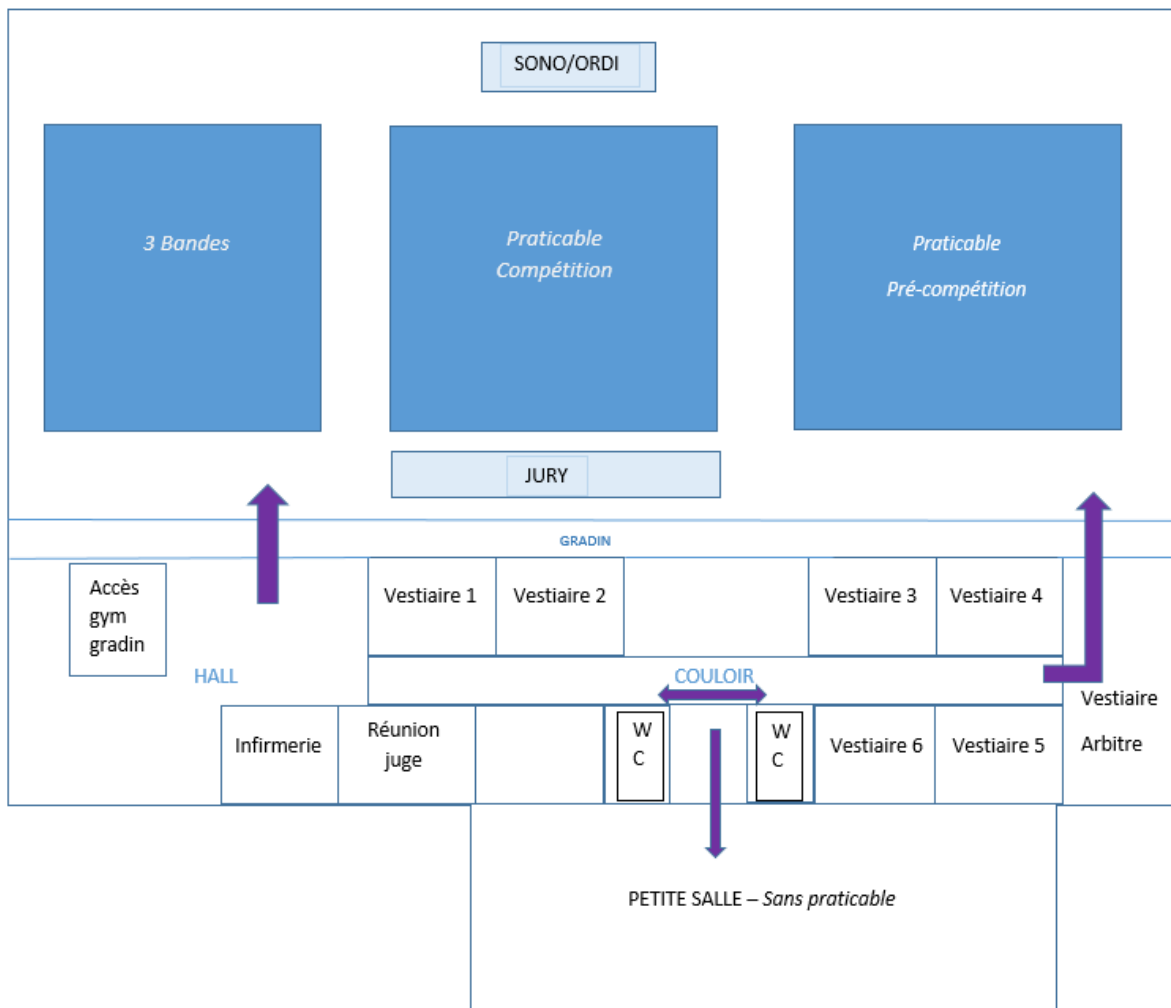
- For category “by choice”, choose an apparatus; you can’t choose “without apparatus”.
- French gymnasts qualified for the individual French Championship who would like to obtain a DB-DA score under the code FIG 2024 may be judged by the responsible judge(s) on request.
- R without apparatus will not be validated.

	LEVEL A	LEVEL B	LEVEL C	LEVEL D
2019	Single category : Without apparatus : 6 highest difficulty (one of each group)			
2016-2017-2018	Without apparatus + 1 apparatus 6 highest difficulty (one of each group) Apparatus : Max 3 R Max 12 AD	Without apparatus 6 highest difficulty (one of each group)	Without apparatus 6 highest difficulty (one of each group)	
2015	Without apparatus + 1 apparatus by choice 6 highest difficulty (one of each group) Apparatus : Max 3 R Max 12 AD	Without apparatus + 1 apparatus by choice 6 highest difficulty (one of each group) Apparatus : Max 3 R Max 12 AD	1 apparatus by choice 6 highest difficulty (one of each group) Apparatus : Max 3 R Max 12 AD	Without apparatus 6 highest difficulty (one of each group)
2014	Without apparatus + 1 apparatus by choice 6 highest difficulty (one of each group) Apparatus : Max 3 R Max 12 AD	Without apparatus + 1 apparatus by choice 6 highest difficulty (one of each group) Apparatus : Max 3 R Max 12 AD	1 apparatus by choice 6 highest difficulty (one of each group) Apparatus : Max 3 R Max 12 AD	Without apparatus 6 highest difficulty (one of each group)
2013,2012, 2011, 2010	2 apparatus by choice 6 highest difficulty (one of each group) Max 3 R Max 12 AD	2012-2013: WA + 1 apparatus 2010-2011:2 apparatus 6 highest difficulty (one of each group) Max 3 R Max 12 AD	1 apparatus by choice 6 highest difficulty (one of each group) Max 3 R Max 12 AD	1 apparatus by choice 5 highest difficulty (one of each group) Max 3 R Max 12 AD
2009 and older	2 apparatus by choice 8 highest difficulty (one of each group) Max 4 R Max 15 AD	2 apparatus by choice 8 highest difficulty (one of each group) Max 4 R Max 15 AD	1 apparatus by choice 8 highest difficulty (one of each group) Max 4 R Max 15 AD	1 apparatus by choice 6 highest difficulty (one of each group) Max 4 R Max 15 AD

Annex:

Photographs of the gymnasium:





Our mascot « Cosny » is eager to see you!

