

Lucia-Cup 2024



14th – 15th of December

International friendship
tournament

Asker, NORWAY 

Dear rhythmic gymnastics friends,
we are very pleased to invite you to our 2nd edition of Lucia cup.
The competition will take place in Asker, Norway
from Saturday 14th December to Sunday 15th December.
Saturday qualification round, Sunday finals.

*There will be possibilities for training in the competition hall on Friday 13th of December.

*On Sunday 15th December it will also be a national competition for Mini-rekrutt, and rekrutt. A special invitation for this, will be sent to Norwegian clubs.

Organizer and contact	<p>Asker Turnforening Contact person: Bente Bjanes Hage E-mail: rgbente1@gmail.com Phone +4792026363</p>
Program schedule	<p>12th or 13th December: Arrival of delegation</p> <p>13th December: 13.00 – 20.00 Possibility for training (contact in advance)</p> <p>14th December: Judges meeting AA-competition for all individual categories Award ceremony</p> <p>15th December: Finals and competition for duo/trios, Award ceremony. Departure of delegations</p>
Competition format	<p>Individual junior and senior level A – according to FIG CoP rules 2025-2028 Individual junior and senior level B – according to FIG CoP rules 2025-2028 Duo/Trio – according to Nordic duo/trio rules</p>
Delegation	<p>Max 8 individual gymnasts, preferably in different categories and levels. Duo/Trios and Groups, unlimited Min. 1 judge pr delegation with a license from FIG (2024 or 2025), or highest national category. Delegations without a judge will be charged with a 100 € fee.</p>
Award ceremony and prices	<p>We would like to see all individual gymnasts participating in the award ceremony on Saturday evening.</p> <p>Sunday 15th the award ceremony will be for duo/trios, and for all participating in the individual finals.</p> <p>We will hand out prizes for the best execution score, and the best artistry score in both junior and senior level A. We will also hand out the price for Miss Lucia 2024.</p>
Costs	<p>Start Fee: 50 € pr individual gymnast 50 € pr duo/trio</p>
Insurance	<p>Delegations are responsible for their members having adequate insurance coverage against cancellation, accidents, illness and other travel and sport risks.</p>
Competition hall	<p>Address: Askerhallen, Brages vei 2 1387 Asker Norway</p> <p>Warming up, preparation on RG carpet Competition floor: Spieth Competition flex floor, and Spieth RG-carpet. Height of the ceiling 13 meters</p> <p>There will be a café Saturday and Sunday, with mineral water, coffee, tea, fruits, sandwiches, salads, etc.</p>
Registration and payment	<p>All registrations (gymnasts, trainers and judges should be submitted via this link: https://rgform.eu/event.php?id_prop=7192</p> <p>Registration deadline 5th November 2023 Payment due date 20th November 2023 Payment to: Asker Turnforening Bank: DNB Bank ASA Bankadress: DNB Bank ASA, Postboks 1600 Sentrum, 0021 Oslo BIC: DNBANOKKXXX IBAN: NO3615037589389</p>

Music	<p>Participants are requested to upload music files in MP3 format at the online platform RGform.eu.</p> <p>Make sure that the music files are named as followed: Level_Age group_Name_Country_Apparatus Example: SrA_2003_Marte Andersen, NOR_Hoop</p> <p>Deadline for uploading music files: 15th of November.</p> <p>All delegations must bring a usb-stick with music as a backup – deliver to the organization upon arrival.</p>
Accommodation	<p>Scandic Hotel, Asker Book through this link: https://www.scandichotels.no/hotell/norge/oslo/scandic-asker?utm_campaign=gmb&utm_source=google&utm_medium=organic&utm_content=asker</p> <p>Use this code for discount: BASK121224 The discount code will only be available until the 5th of November.</p> <p>Prices incl. breakfast: Single Room: 1090, - NOK Double Room: 1290, - NOK Triple Room: 1470, - NOK Quadruple Room: 1680,- NOK</p> <p>Triple and quadruple room must be booked at meeting@scandichotels.com</p> <p>The hotel is within walking distance from the train station, and Asker center, approximately 5 min. Also walking distance from the competition hall 10-15 min.</p>
Transport	<p>Oslo airport Gardermoen, or Torp airport, Sandefjord.</p> <p>From Oslo airport Gardermoen, Express Train “Flytoget”, to Asker station. All travelers under 16 years have free ticket on the train when travelling together with an adult. 5 min walking distance to Scandic Hotel Asker</p> <p>From Torp airport Sandefjord there’s an airport shuttle bus to Asker. The bus stops at approximately 20 min walking distance from the hotel.</p>
Registration deadlines	<p>Registration: 5th of November Accommodation with discount price at Scandic Hotel: 5th of November Payment for the competition: 20th of November Music upload: 15th of November</p>

Welcome to Asker, Norway!

Asker Turnforening
Bente Bjanes Hage
rgbentel@gmail.com

CATEGORIES:

INDIVIDUAL LEVEL A:
Junior 2011: 2 apparatus free of choice
Junior 2010: 2 apparatus free of choice
Pre senior 2009: 2 apparatus free of choice
Senior 2008 & older: 2 apparatus free choice
The 6 best score for junior 2010-2011(together) in each apparatus, and the 6 best score for pre senior and senior, in each apparatus will qualify for the finals.
INDIVIDUAL LEVEL B:
Junior 2009-2011: 2 apparatus free of choice
Senior 2008 & older: 2 app free of choice
DUO/TRIO:
Junior 2008,2009,2010, 2011: app free of choice
Senior 2008 & older: app free of choice