



THE INTERNATIONAL RHYTHMIC GYMNASTICS TOURNAMENT  
“LA COUPE DU SOLEIL 2024”  
30.11.2024-01.12.2024

**DEAR FRIENDS,**

Club **GR PERPIGNAN** would like to invite you and your gymnasts to participate in the international rhythmic gymnastics tournament “**LA COUPE DU SOLEIL 2024**”, which will take place on 30<sup>th</sup> of November-1<sup>st</sup> of December 2024 year in sports hall “Centre Sud Canigo Sports and Pleine Nature” in Arles sur Tech, France.

We would be very pleased if you join us and look forward to meeting you in France!



<p><b>DISCIPLINE</b></p>	<p>Rhythmic gymnastics</p>
<p><b>DATES</b></p>	<p>30.11.2024-01.12.2024</p>
<p><b>COMPETITION HALL</b></p>	<p>Centre Sud Canigo Sports et Pleine Nature, Lieu dit La Baillie, 66150 Arles sur Tech France</p>  
<p><b>HOST ORGANISATION</b></p>	<p>Club of rhythmic gymnastics <b>“GR Perpignan”</b>  Tournament director – Olga Torreilles-Kharitonova;  Loc.tel., whatsapp:  +33615486233-Olga Torreilles-Kharitonova -French, Russian  +33745416390-Daria Volosova-English, Russian  E-mail: <a href="mailto:tournament.crystalcup@gmail.com">tournament.crystalcup@gmail.com</a></p>

<b>SCHEDULE OF COMPETITION</b>	<p>29.11- Arrival of delegations, Podium training;  30.11-Meeting of Judges; Opening Ceremony; Competition day; Award ceremonies;  01.12-Meeting of Judges; Competition day; Award ceremonies; Closing Ceremony;  01.12-Departure of delegations.</p>				
	<b>INDIVIDUAL CATEGORIES</b>				
<b>EVENT FORMAT</b>	Age	Category "A"	Category "B"	Category "C"	Trophée Fédéral
	2017 and younger	without apparatus + apparatus by choice	without apparatus		
	2016	without apparatus + 2 apparatus by choice	without apparatus+ apparatus by choice	without apparatus	
	2015	without apparatus + 2 apparatus by choice	without apparatus + apparatus by choice	without apparatus or clubs	hoop
	2014	without apparatus + 2 apparatus by choice	without apparatus + apparatus by choice	without apparatus or clubs	hoop
	2013	3 apparatus by choice	without apparatus + apparatus by choice	without apparatus or ribbon	clubs
	2012	3 apparatus by choice	2 apparatus by choice or	apparatus by choice	clubs

		without apparatus + apparatus by choice		
2011	3 apparatus by choice	2 apparatus by choice	apparatus by choice	ball
2010-2009	hoop ball clubs ribbon	2 apparatus by choice	apparatus by choice	ball or ribbon
2008 and older	hoop ball clubs ribbon	2 apparatus by choice	apparatus by choice	ball or ribbon

**ATTENTION!**

All Junior and youngest categories compete according to FIG Junior program!

All Senior categories compete according to FIG Senior program!

For Without Apparatus maximum 7 counted elements, 2 DB combined is possible, it is not necessary to do risk (no extra points for R)!

The organizing committee reserves the right to reduce the specified program of the competition.

In the row “apparatus by choice” can be only apparatus, you cannot choose Without Apparatus!!!

**AWARDS**

- All participants will be awarded special gifts;
- Gymnasts who take 1-6 places in the all-around will be awarded with medals
- Gymnasts who take 1-3 places (separate apparatuses) will be awarded with medals

**MUSIC**

Kindly use the registration link to add your music.  
All music must be uploaded ONLINE.  
**Deadline: November 20, 2024**

	<p>The files must be in mp3 format and good quality. Please also have a USB with music of exercises.</p>
<b>DELEGATION</b>	<p>Gymnasts (no quantity limits) 1 Coach 1 Judge. Delegations coming without a judge will be charged a penalty of 100 EUR. *The Delegation is required to provide for the tournament work of the Judge within the whole period of the competitions.</p>
<b>ENTRY FEE</b>	<p><b>€ 40 per each gymnast in category C, category Trophée federal and categories 2017 B,</b> <b>€ 45 per each gymnast in category B and categories 2017 A</b> <b>€ 50 per each gymnast in category A</b></p> <p>The participating delegations are responsible for covering ALL bank fees in connection with the bank transfers for the competition.</p> <p><b>Bank account Details:</b></p> <p>Beneficiary: GYMNASTIQUE RYTHMIQUE PERPIGNAN</p> <p>Bank: CIC THUIR</p> <p>IBAN: FR7610057193730002014930135</p> <p>BIC: CMCIFRPP</p>
<b>PUBLIC</b>	<p>€7 per day</p>

<p><b>INSURANCE</b></p>	<p><b>GR Perpignan</b> disclaims all liability for accidents or damage to persons or property that may occur before, during or after the holding of the event. All participants must have insurance coverage.</p>
<p><b>VISA INVITATION</b></p>	<p>If you need any official invitation, please contact us as soon as possible. We send the official invitation by email.</p>
<p><b>ACCOMODATION</b></p>	<p>We offer accommodation directly at the Centre Sud Canigo Sport. (max.100 persons). Please all request of the booking at the Centre Sud Canigo Sport send to this email address <a href="mailto:accueil@centresudcanigo.com">accueil@centresudcanigo.com</a> or contact by phone +33468393782</p> <div data-bbox="461 1124 963 1456"> </div> <div data-bbox="979 1124 1485 1456"> </div>
<p><b>TRANSFER</b></p>	<p>We offer to book transfers from Airports (Perpignan, Montpellier, Carcasson, Gironne, Barcelona). All requests of price and booking please send to this email: <a href="mailto:tournament.crystalcup@gmail.com">tournament.crystalcup@gmail.com</a></p>
<p><b>MEALS INFO</b></p>	

Centre Sud Canigo Sport will provide meals to all participants and guests of our tournament in the sport hall with additional payment.



**REGISTRATION**

Nominative registration: Until November 15, 2024  
Fee payment submission: Until November 15, 2024  
Music records: Until November 20, 2024