

## Friendship Cup 2025

### Invitation:

Dear friends,

We are very pleased to invite you to attend FRIENDSHIP CUP 2025. The competition will take place on the 28-30 March, 2025 in Alkmaar, The Netherlands. Participation is possible for A, B and C levels individuals and groups

We look forward to meeting you in The Netherlands!

### Organizer:

Ritmica RG Club

Contact Person: Alua Bekturova (Dutch, English, Kazakh Russian, Spanish,)

E-mail: [friendshipcup@ritmica-rgc.com](mailto:friendshipcup@ritmica-rgc.com)

Mobile: +31 624 69 44 19

### Competition Hall:

Sporthal Meent

Terborchlaan 301, 1816 MH Alkmaar The Netherlands

*Height of the ceiling is 13 meters*

*Competition floor: Pastorelli*

### Program Schedule: changed

28 March	Starts at 15.00-21.00 hrs
29 March	Starts at 09.00-21.00 hrs
30 March	Starts at 09.00-21.00hrs

### Delegations:

Delegations will consist 8 or more persons:

--- Individual gymnasts (preferably in different age categories)

--- Group gymnasts

--- 1 Coach

--- 1 Judge (\*Each delegation must include 1 judge with a license from the FIG or a national federation member of the FIG. Delegations coming without a judge will be charged a penalty of 200 EUR). Judges should judge all the competitions.

Ritmica RGC reserves the right to reduce the number of exercises in one or several categories if the sum of registered participants is too high.



**Accommodation:**

Grand Hotel Alkmaar \*\*\*\* : <https://www.grandhotelalkmaar.nl/nl>

Golden Tulip Alkmaar \*\*\*\* : <http://www.hotelalkmaar.nl>

Wolf Hotel Kitchen&Bar \*\*\*\* : <https://www.wolf-alkmaar.nl>

Amrath Hotel Alkmaar \*\*\*\* : <https://www.amrathhotelalkmaar.nl/en/index.html> **Transport:**

Airport close to the Alkmaar is: Schiphol Amsterdam.

In case your delegation needs transport from/to Airport or to the sport hall, please contact Alua Bekturova +31624694419

**Visa:**

If you need an official invitation to obtain visa to travel to Netherlands, please contact us as soon as possible. We send the official invitation by email.

**Registration fee:**

€60,--- / gymnast

€200--- / group

€7- Entrance fee for the adult

€3 – Entrance fee for the child

**Awards and prize money:**

Each age category:

AA 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place --- medals and diploma

Each gymnast will get diploma and gift for participation.

**Insurance:**

The organizing committee is not responsible for the insurances of the delegations.

**Music:**

Participants are requested to send the music in MP3 file to online platform RGform.eu before 1 of February 2025.

**Registration deadlines:**

Preliminary registration 10 January 2025

Nominative registration 1 February 2025

**Competition program:**

Categories	A	B	C
Baby 2017 And younger	1 apparatus by choice ( W.A is Possible)		
Level: 2016	2 apparatus by choice ( W.A is Possible)	2 apparatus by choice ( W.A is Possible)	1 apparatus by choice ( W.A is Possible)
Level: 2015-2014	2 apparatus by choice ( W.A is Possible)	2 apparatus by choice ( W.A is Possible)	1 apparatus by choice ( W.A is Possible)
Pre-junior: 2013-2012	Max 3 apparatus by choice	2 apparatus by choice ( W.A is Possible)	1 apparatus by choice ( W.A is Possible)
Junior 2011-2010	3 apparatus by choice	2 apparatus by choice	1 apparatus by choice
Senior (2009 and older)	3 apparatus by choice	2 apparatus by choice	1 apparatus by choice

Category 2017 and younger will not get points( will not be judged due to Dutch rules) They will get diplomas, gift, medal for the participation.

Group : mini 2015-2014	Without Apparatus or apparatus by choice	
Group: 2013-2012	apparatus by choice	
Group Juniors	FIG Rules	
Group Seniors	FIG Rules	

•Spectators need to pay entrance fee to watch the competition.