



RG Friends MASTERS 2022
with Taastrup Idræts Klub (TIK)

6th International Rhythmic Gymnastics Tournament
4th – 5th November 2022
Taastrup Idrætscenter, Taastrup, Denmark



Dear RG Friends and clubs,

RG Friends Denmark are happy to invite you to RG Friends Masters 2022, the 6th friendship tournament organized by RG Friends Denmark together with TIK.

The competition will take place Saturday 5th November 2022 with possibility of training Friday 4th November 2022, Taastrup, Denmark. Participation is possible for individual gymnasts and junior and senior duos/trios according to the categories in the Competition format and technical program below.

We look forward to meeting you in Copenhagen, Denmark ♥



PRELIMINARY COMPETITION SCHEDULE

4th November 2022	<p>Arrival of delegations and possibility of training between 12.00 – 20.00 (according to schedule)</p> <p>Registration of delegations between 12.00 – 20.00</p>
5th November 2022	<p>Registration of delegations between 08.00 – 09.00</p> <p>Judge meeting 08.30 – 09.00</p> <p>Competition for all categories and award ceremony 09.30 – 19.00</p>
6th November 2022	Departure of delegations

COMPETITION FORMAT

Delegation	<ul style="list-style-type: none"> - 3 – 7 individual gymnasts – preferably 1-2 per age group - 1-2 Duo/Trio - Min. 1 coach - Min. 1 judge <p>Each delegation must include min.1 judge with a license from FIG or from a national federation.</p> <p>Delegations coming without a judge may be charged a penalty of 100 EUR/750 DKK.</p>
Fee	<p>40 EUR/300 DKK per individual gymnast</p> <p>45 EUR/350 DKK per duo/trio</p>
Insurance	Delegations are responsible for their members having adequate insurance coverage against cancellation, accidents, illness and other travel and sport risks.

<p>Training hall and competition hall</p>	<p>Taastrup Idræts Center Parkvej 78 2630 Taastrup Denmark</p> <p>Training hall: RG carpet Preparation area: Gymnova RG carpet Competition hall: Spieth RG carpet</p> <p>The café in Taastrup Idræts Center will be open during competition hours.</p>
<p>Organizing committee</p>	<p>RG Friends Denmark www.rgfriends.dk info@rgfriendsdenmark.dk together with</p> <p>Taastrup Idræts Klub (TIK) Parkvej 78 2630 Taastrup</p>
<p>Registration deadline</p>	<p>Registration to be made to RG Friends Denmark at info@rgfriendsdenmark.dk</p> <p>By 7th October 2022</p> <p>Registration is binding but if Covid-19 restrictions is re-implemented after registration preventing the competition to take place or your participation due to travel restrictions, we will repay registration fees (except for administration and bank fees).</p>
<p>Payment of fees and bank details</p>	<p>Starting fees for gymnasts must be paid by 14th October 2022 (3 weeks before competition) by bank transfer to our bank account below:</p> <p>Beneficiary: RG Friends Denmark IBAN: DK1354760000911189 SWIFT/BIC: NYKBDKKK (Nykredit Bank)</p> <p>Danish clubs can also pay via MobilPay to 282220 (RG Friends) stating club and number of gymnasts (only one payment per club).</p>
<p>Accommodation</p>	<p>To be booked and paid by each delegation.</p>

	<p>Hotel with special price for delegations:</p> <p>Glostrup Park Hotel Hovedvejen 41 2600 Glostrup www.parkhotel.dk</p> <p>Prices per room/night incl. breakfast: For one person: DKK 500 For two persons: DKK 700 For three persons: DKK 900 For three persons (one must be under 12 years): 800 DKK Room for 4 persons (two must be under 12 years) DKK 900</p> <p>The hotel is situated in walking distance to Glostrup Station two stops from Taastrup Station.</p> <p>Please ask for email and code upon registration.</p> <p>Other hotels close to Taastrup Idræts Center:</p> <p>Zleep Hotels (previous Quality Hotel), Høje Tåstrup Carl Gustavs Gade 1, 2630 Taastrup www.zleep.com</p> <p>The hotel is situated right by Høje Taastrup Station one stop from Taastrup Station.</p> <p>Taastrup Park Hotel Brorsonsvej 3 DK 2630 Taastrup www.tphotel.dk</p> <p>The hotel is situated close to Taastrup Station.</p>
<p>Music and deadline for uploading music</p>	<p>Music for the competition must be uploaded in mp3 format to Live Score Event Systems no later than 21st October 2022 (2 weeks before competition).</p>

	<p>Link and user code for each club will be forwarded after registration.</p> <p>Each gymnast should also bring their music for each music routine on mobile phone.</p>
Getting to Denmark	<p>Copenhagen Airport</p> <p>Copenhagen Main station (Københavns Hovedbanegaard)</p>
Transportation to Taastrup Idræts Center	<p>From Copenhagen Airport 1) Regional/Øresund train (direction Helsingør) to Copenhagen Main Station <u>or</u> 2) Metro (direction Vanløse) to Nørreport Station</p> <p>From Copenhagen Main Station <u>or</u> Nørreport Station Train Line B (S-train) (direction Høje Taastrup) to Taastrup Station</p> <p>From Taastrup Station either 15 minutes' walk or bus 118 (three stops)</p> <p>Information about transportation in Denmark (Copenhagen) look at journeyplanner.dk where you can plan your journey.</p>

TECHNICAL PROGRAM - INDIVIDUAL AND DUO/TRIO EXERCISES					
Age group	Cat.	Exercises	(D) max.	Difficulties	R
Children (2012-2011)	A	<i>2: without apparatus + free choice of app.</i>		7 highest are counted min. 1 from each group of body movements min. 2 waves Without apparatus: No min./max. on AC*)	min. 1 R
Pre-junior (2010)	A	<i>2: free choice of app.</i>		7 highest are counted min 1 for each body movements min.2 waves	min. 1 R
Junior 1 (2009)	A	<i>2: free choice of app.</i>	<i>According to FIG CoP 2022-2024 for juniors</i>		
Junior 2 (2008 - 2007)	A	<i>3: free choice of app.</i>	<i>According to FIG CoP 2022-2024 for juniors</i>		

Senior (2005 & older)	A	3: free choice of app.	<i>According to FIG CoP 2022-2024 for seniors</i>
Duo/Trio junior (2008-2006)	A	-	Junior duo/trio follow the Nordic CoP for duo/trio
Duo/Trio senior (2005 & older)	A	-	Senior duo/trio follow the Nordic CoP for duo/trio

*) AC – acrobatic combination:

- 2 different rotations (pre-acrobatic and/or vertical) continuously without any stop
- value 0.2

***) Organiser reserves the right to reduce the number of exercises in one or several categories or include finals if the sum of registered participants is too high. Organizer also reserves the right to prioritize an even distribution of participants in different age groups.