

Sport club Liptovsky Mikulas, section GRS , Vajanského 28, 031 01, Liptovský Mikuláš,  
Slovakia

## **INVITATION**

### **of the 23th International Competition the Liptov Cup in GRS 2013.**

#### **Vlasta Fialová Memorial**

#### **A. ORGANIZER:**

Sport Club Liptovsky Mikulas, section GRS,  
Vajanského 28, 031 01 Liptovský Mikuláš, Slovakia  
tel.+ fax: +421 44 5623030, [www.modernagymnastikalm.sk](http://www.modernagymnastikalm.sk)

Date: **16. november 2013**

Place: Sport Hall of City L.Mikulas - Raztoky (Tatralandia), Slovak Republic

Competition Staff:

Director of the competition: PhDr. Roman Králik

Chief Judge: PaedDr. Tatiana Sukhomlinova

Entries: The deadline for definitiv entries is 31. oktober. 2013

Applications: Written applications are accepted by  
SK Liptovský Mikuláš, Vajanského 28, 031 01 Liptovský Mikuláš  
Slovakia, tel.+ fax +421 44 5623030,  
e-mail: [mg@modernagymnastikalm.sk](mailto:mg@modernagymnastikalm.sk), [tasia@centrum.sk](mailto:tasia@centrum.sk)

Competition forms: 4 copies per gymnast and exercises

Costs: the costs of accomadation is 21.-€ per person per day

Entry fee: 20.-€ / gymnast

## B. TECHNICAL REGULATIONS:

Regulation: FIG rules and this specification are valid for this competition

### Events: A: Competition of individual competitions:

I. category /years of birth 2005 and younger /: 1 exercise without instrument

3 -5 difficulties     D = 3.0     E = 10.0

II.category / years of birth 2004 -2003/: 1 exercise without instrument

1 exercise app. by the choice instrument

3 -5 difficulties     D = 4.0     E = 10.0

III. category /years of birth 2002-2001 : 2 exercise app. by the choice instrument

3 -7 difficulties     D = 7.0     E = 10.0

IV.category/years 2000: 2 exercise app. by the choice instrument

3 -7 difficulties     D = 8.0     E = 10.0

Difficulty ( D) FIG Program

V.category/years 1999 - 1998: 2 exercise app. by the choice instrument

4 -7 difficulties     D = 8.0     E = 10.0

Difficulty ( D) FIG Program

VI.category/ - specification for gymnasts Slovakia .

## **B: - specification for gymnasts Slovakia .**

Dress: according FIG rules

The area for the competition : 13x13 m carpet.

The music for competition: 1 CD for each gymnast and exercise  
(according to FIG Code of Points, 2009 – 2012).

Time outline:

16.th nov.2013	8.a.m.-10.00 a.m.	training in the hall
	9.a.m.	meeting of the judges
	10 a.m.	opening of the individual comp.A
	10. 15 a.m.-1.30 p.m.	competition
	1.30 p.m.-5.30 p.m.	training and competition B
	6.p.m.	awarding of the winners, closing ceremony
	8 p.m.	closing party

### **C. FINAL REGULATIONS:**

Each of the foreing clubs is allowed to delegate maximum 3 competitors, 1 coach, 1 judge, altogether 5 participants.

### **IMPORTANT:**

Please send us the official blanket of the Technical Value for your gymnasts as soon as possible, but not later than 12. th. november 2013 4 copy (D1+D2) .

You can send them to our adress Športový klub 031 01 Liptovský Mikuláš, Vajanského 28, Slovakia.

PhDr. Roman Králik

Director of the competition

PaedDr.Tatiana Sukhomlinová

Chief Judge