



**INTERNATIONAL RHYTHMICS GYMNASTIC
TOURNAMENT**

«ELEGANCE»

**for prizes of
Asian Champion**

Elizaveta Nazarenkova

28 April 2024

Moscow, «Chkalov Arena»

Dear friends,

We are very pleased to invite you to attend the international tournament «Elegance».

The competition will take place 28th April 2024 in Moscow, Russia.

Participation is possible in individual categories from 2017 and older gymnasts and group categories.

We are looking forward to seeing you in Moscow!

1. Dates: 28th of April 2024

Time 8:00-22:00

2. Venue:

Russia, Moscow, Chkalov Arena,

Letnaya street, 73



- Modern sport center
- Professional gymnastics floor and carpet and «SPIETH»
- Spacious training area
- Ceiling 16 meters
- 2 areas for warm up
- Cafeteria, bar, restaurant
- Shops with apparatus, clothes and accessories for rg

3. Event format

Individual program (Russian rules and FIG 2022-2024)

Год рождения	Russian rules A	Russian rules B	Russian rules +	FIG rules
2016	2 apparatus	w/a		w/a + apparatus
2015	2 apparatus	w/a + apparatus	1 apparatus	2 apparatus
2014	2 apparatus	w/a + apparatus	1 apparatus	2 apparatus
2013	2 apparatus	2 apparatus	1 apparatus	2 apparatus
2012	2 apparatus	2 apparatus	1 apparatus	2 apparatus
2011	2 apparatus	2 apparatus	1 apparatus	2 apparatus

2010 and older	2 apparatus	2 apparatus	1 apparatus	3 apparatus
----------------	-------------	-------------	-------------	-------------

Group team. FIG 2022-2024

	Group A	Group B
2016-2017	w/a	
2015-2016	w/a	
2013-2014	w/a + apparatus	w/a
2011-2012	2 apparatus	
2009-2011	2 apparatus	
2010 and older	2 apparatus	

4.Awards:

Competition in individual program will be held with Russian and FIG rules (2022-2024г.)
Group routines - FIG (2022-2024г.).

- 1 - 3 places will be awarded with medals, diplomas, presents;
- 4 - 6 places will be awarded with diplomas, presents;
- All participants will receive diplomas, presents;
- Judges and delegations will be awarded with presents;
- Will be awarded a lot of special prizes;
- Main prize - «Miss Elegance» will chosen by Elizaveta Nazarenkova.

5. Medical services

The organizing Committee will provide a first medical aid service.

6. Insurance

The Organizing of accidents. Illness, repatriation and the like. All the members of delegation are responsible for making their own arrangement to have the necessary valid insurance coverage against illness, accident and for repatriation. Committee will not be held responsible or any liabilities in case All the costs are covered by responsible persons, parents and sending institutions.

7. Delegation:

Individual Gymnasts (no quantity limits)

1 Coach

1 Judge (not necessary for foreigners)

8. Accommodation:

If you are needed accommodation the option is offered:

Apart hotel «Discovery» <http://dsc-hotel.ru>.

Adress: Moscow, Volokolamskoe shosse, 71/22к3. (5 minutes from metro).

Telephone of hotel: +79165474477

If you need help with reserve write to organizer: +7 (985) 257-85-57- Alena

9. Registration fee:

50€ per gymnast (individual)

100€ per group routine

Payment on the day of competition

All travel and participation expenses are covered by the sending institution.

10. Organization:

Organizers: sport agency «Put mechy».

Main judge – Nazarenkova Liudmila

Tournament director – Voronina Alena

11. Contacts:

Registration: gm-events.com

If you have any questions send it to e-mail:

elegancecup@mail.ru

All questions: +7 (985) 257-85-57 - Alena

