

DIRECTIVES

Dear Federation,

The Gymnastics Federation of Lithuania (LGF) has the pleasure to invite your Federation to participate in the aforementioned official Open Lithuanian Championships for Rhythmic Gymnastics.

DISCIPLINE	Rhythmic Gymnastics		
HOST FEDERATION	Lithuanian Gymnastics Federation Contact person: Algimantas Prunskas Zemaites str. 6, Vilnius LT-03117, Lithuania Mobile phone number: +370 69637663 E-mail: info@gimnastika.lt , Web: www.gimnastika.lt		
ORGANIZING COMMITTEE	Contact persons: Dalia Kutkaite, phone number: +370 698 81588, e-mail: kutkaite.dalia@gmail.com ; Rasa Zidoniene, phone number: +370 685 07402, e-mail: r.zidoniene@gmail.com		
LOCATION	Compensa Concert hall, Kernavės 84, LT-08216 Vilnius, Lithuania		
DATES	From 8 th to 9 th April, 2022		
RULES AND REGULATIONS	The competition will be organized under the following FIG rules, as valid in the year of the competition.		
FEDERATIONS INVITED	The Organizing Member Federation invites gymnasts from Estonia, Latvia and Poland.		
PARTICIPATION AND AGE LIMITS	<p>Individual gymnasts' delegation consists of maximum 8 persons: 6 individual gymnasts (not more than 2 in category) from 3 age groups:</p> <ul style="list-style-type: none"> - Senior 2006 and older - Junior 2007–2008 - Junior 2009–2010 <p>1 coach; 1 judge</p>		
COMPETITION FORMAT CATEGORIES AND TECHNICAL PROGRAME	Seniors - 2006 and older	hoop, ball, clubs, ribbon	FIG program
	Junior 2007–2008 year	hoop, ball, clubs, ribbon	FIG program
	Junior 2009– 2010 year	hoop, ball, clubs, ribbon	FIG program
REGISTRATION DEADLINES	Nominative registration	20th March, 2022	
MUSIC	Music has to be sent via e-mail muzikos.rg@gmail.com in mp3 format with such name: surname_category_apparatus_country.		
PROVISIONAL SCHEDULE	7 th April 2022 Arrival. 8 th April 2022 Judges instruction, 1 st competition day. 9 th April 2022, 2 nd competition day. 10 th April 2022 Departure.		
ENTRY FEES	Registration fee – 40 € per individual gymnast. All costs have to be paid upon arrival. If club would like to participate with more than 6 gymnasts, the registration fee – 50 € for extra person.		
MEDICAL SERVICES	Medical services will be provided by the Organizing Committee during training and competition.		

INSURANCE	The Host Federation, the Organizing Committee will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like. All participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation for all the members of their Delegation (except for gymnasts and judges).				
ACCOMMODATION	Hotel COURTYARD VILNIUS CITY CENTER Rinktinės str. 3 LT-09234 Vilnius, Lithuania The costs per room/night are as follows: 60 € (single room, including breakfast) 71 € (double room, including breakfast) Extra lunch 16 €, dinner 19 €				
ACCOMMODATION, TRANSPORTATION	All accommodation and traveling costs are at the charge of participating federation. If your delegation need help with accommodation and transfer, please contact as via e-mail: info@gimnastika.lt				
BANK ACCOUNT INFORMATION	Beneficiary: Lithuanian Gymnastics Federation Address: Zemaites str. 6, 03117 Vilnius, Lithuania Bank: Swedbank AB Bank address: Konstitucijos pr. 20A 03502 Vilnius, Lithuania IBAN: LT617300010002449954; SWIFT: HABALT22				
JUDGES AND JURIES	The participating member federations must send one judge with current valid FIG brevet.				
AWARDS	Winners of the Tournament will be awarded with cups, medals and diplomas.				
DEADLINES SUMMARY	<table border="1"> <tr> <td>Nominative Registration by e-mail</td> <td>20th March, 2022</td> </tr> <tr> <td>Travel Schedule Form</td> <td>1st April, 2022</td> </tr> </table>	Nominative Registration by e-mail	20 th March, 2022	Travel Schedule Form	1 st April, 2022
Nominative Registration by e-mail	20 th March, 2022				
Travel Schedule Form	1 st April, 2022				

Sincerely Yours,

LGF Vice-President

Place and date: Vilnius, ~~March~~ March 10, 2022



Dalia Kutkaite