

DIRECTIVES

Dear FIG affiliated Member Federation,

The Gymnastics Federation of Lithuania 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 Algimantas Prunskas Zemaites str. 6, LT-03117 Vilnius, Lithuania Mobile: +370 696 37663 E-mail: info@gimnastika.lt Web site: www.gimnastika.lt		
ORGANIZING COMMITTEE	Contact persons: Dalia Kutkaite, phone number: +370 698 81588, e-mail: kutkaite.dalia@gmail.com ; Head Judge - Rita Simonavičienė, phone number: +370 686 42787, e-mail: r.narbutaityte@gmail.com		
LOCATION	Kaunas Sports Hall Perkuno al. 5, Zaliakalnis, Kaunas, Lithuania https://www.stadionas.lt/kauno-sporto-hale		
DATES	27 th -28 th March, 2026		
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 will invite all Member Federations in good standing.		
PARTICIPATION AND AGE LIMITS	Individual gymnasts' delegation consists of maximum 8 persons: 6 individual gymnasts (not more than 2 in category) from 4 age groups: <ul style="list-style-type: none"> - Senior 2010 and older - Junior 2011–2012 - Pre-Junior 2013–2014 1 coach, 1 judge.		
COMPETITION FORMAT CATEGORIES AND TECHNICAL PROGRAME	Seniors - 2010 and older	hoop, ball, clubs, ribbon	FIG program
	Junior 2011–2012 year	hoop, ball, clubs, ribbon	FIG program
	Pre-junior 2013– 2014 year	hoop, ball, clubs, ribbon	FIG program
REGISTRATION DEADLINES	Nominative registration	20th February, 2026	
MUSIC	Music has to be send via e-mail muzika@smstartas.lt in mp3 format with such name: surname_category_apparatus_country.		
PROVISIONAL SCHEDULE	Thursday 26th March Arrival of the delegations Friday 27th March Arrival of the delegations 8:30 – 11:00 podium training 10:00 Judges meeting 11:00 – 21:00 competition		

	Saturday 28th March 10:30 – 20:00 competition Sunday 29th March Departure of the delegations	
ENTRY FEES	Registration fee – 50 € per individual gymnast. If invited country would like to participate with more than 8 gymnasts, the registration fee – 70 € for extra person.	
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 SWIFT: HABALT22 IBAN: LT617300010002449954	
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.	
ACCOMMODATION AND TRANSPORTATION	All accommodation and traveling costs are at the charge of participating club. If your delegation need help with accommodation and transfer, please contact as via e-mail: info@gimnastika.lt Federation is recommending accommodation: Hotel Victoria, Miško str. 11, 44321 Kaunas	
JUDGES AND JURIES	Organizing Committee will invite neutral judge/s supervisor/s. The participating member federations must send one judge with current valid FIG brevet.	
AWARDS	Winners of the Tournament will be awarded by cups, medals and diplomas.	
DEADLINES SUMMARY	Definitive Registration	1 st February, 2026
	Nominative Registration	20 th February, 2026
	Travel Schedule Form	15 th March, 2026

Sincerely Yours,

Vilnius, 13.01.2026



Algimantas Prunskas
 Secretary General of the LTU NF