



### **Invitation**

The Swedish Gymnastic Federation and C4-gymnasterna, in partnership with Landskrona Kvinnliga GF and Nevis RG invite gymnasts, coaches and judges to the Nordic Championships in rhythmic gymnastics 2020. We hope for pleasant days together in Kristianstad, where happiness and fellowship are in focus.

### **Date**

March 7th-8th 2020

### **Place**

Kristianstad Arena, Västra Storgatan 69, S-291 54 Kristianstad, Sverige

### **Competition area**

Unlimited ceiling height, beige FIG-approved competition carpet, 2-3 extra carpets in a adjacent hall.



## Preliminary schedule

### Friday March 6th

Training in competition hall. 1 hour per nation on competition floor. Schedule will come later.

Technical meeting 20.00 in Kristianstad Arena.

Judge's meeting 21.00 in Kristianstad Arena.

### Saturday March 7th

Training on competition floor 30 minutes per nation before competition.

Junior, individual - team competition and individual AA (rope, ball, clubs, ribbon).

Senior, individual - team competition and individual AA (hoop, ball, clubs, ribbon).

Junior, group - AA (5 ribbons, 2 rounds).

Senior, group - AA (5 hoops, 2 ropes and 3 balls).

Banquet in Kristianstad Arena.

### Sunday March 8th

Junior, duo/trio - apparatus by choice AA two rounds.

Senior, duo/trio - apparatus by choice AA two rounds.

Senior, group - apparatus finals.

Junior, group - apparatus finals.

Junior, individual - apparatus finals.

Senior, individual - apparatus finals.

Evaluation meeting in Kristianstad Arena.

## Rules for the competition

The all-around competition for juniors and seniors will include the four apparatuses stated above. Each nation can participate with teams in both the junior class and the senior class.

Each team may consist of 5 gymnasts, with 4 gymnasts/apparatus. The 3 highest scores in every apparatus are added together for the team competition.

The 6 best gymnasts in each apparatus (maximum 2 from each nation) will qualify for the individual apparatus finals.

Duo/trio will compete together in one category. The all-around for duo/trio will include two programs.

The all-around for the groups will include two programs. Maximum one group from each nation will qualify for the apparatus finals. The best group in the senior competition qualifies for the apparatus finals per apparatus (maximum 1 from each nation).

The entire competition follows the FIG:s Code of Points and the Nordic Code of Points for duos/trios.

## Judges

Each nation is expected to provide 3 judges. A FIG judging brevet is recommended for judging Nordic Championships.



**20Nordic Championships**  
**20Rhythmic Gymnastics**

## Application dates

### January 1st

Provisional registration (please use the application form attached)

- Number of gymnasts in each competition class
- Number of groups in each competition class
- Number of judges
- Number of coaches and other staff.

### February 1st

Nominative registration

- Names of all delegation members + judge's allergies
- Participants at the technical meeting + allergies.

### Februari 25th

- Return the order of performance with names
- Submit items for the technical agenda.

### Technical meeting

The technical meeting is held in a meeting room in Kristianstad Arena March 6th, 20.00.

Maximum 5 from each delegation.

A basic evening meal is served.

### Judge's meeting

The judge meeting is held in a meeting room in Kristianstad Arena March 6th, 21.00. Each judge that will officiate at the championships is requested to attend. Coffee and "fika" will be served.

### Accreditation

We will have the accreditation in the entrance to the competition hall on Friday between 14.30-17.30 and Saturday between 8.30-9.30. This applies to the gymnasts, coaches and physiotherapists. We will also look at the gymnasts passports.

### Insurance

All delegation members must have a valid insurance for illness and accidents. Gymnasts also need a valid national passport, according to the Nordic technical regulations.

### Flag and national anthem

All delegations must bring their own flag and national anthem on USB or CD.

### To Kristianstad

You can travel to Kristianstad by car, bus, train or airplane. There are good connections by train to and from Copenhagen airport. There are also good connections to and from Malmö by train and bus. A timetable is available at <https://www.skanetrafiken.se>.



**20**Nordic Championships  
**20**Rhythmic Gymnastics

It is 1,5 kilometers from Kristianstad Central Station to the competition hall and a few hundred meters to the hotels.

Between the hotels and the competition hall it is about 1,5 kilometers and it takes about 20 minutes to walk. The green bus nr 3 is available close to the hotels and has a station next to Kristianstad Arena.

## **Accommodation**

### **Quality Hotel Grand Kristianstad**

Västra Storgatan 15

S-291 21 Kristianstad, Sweden

+46 (0) 44 28 48 00

q.grand.kristianstad@choice.se

Single room: SEK 890 per room per night

Double room: SEK 990 per room per night

3-bed room: SEK 1140 per room per night (SEK 380 per person per night)

4-bed room: SEK 1290 per room per night (SEK 322.50 per person per night)

Booking is done directly via the following link:

<https://www.nordicchoicehotels.se/quality/gymnastik/>

### **Kristianstad stadshotell**

Nya Boulevarden 8

S-291 31 Kristianstad, Sweden

+46 (0) 44 10 02 55

<https://www.stadshotelletkristianstad.se>

info@stadshotelletkristianstad.se

Single room: SEK 1195 per room per night

Double room: SEK 1495 per room per night

Booking is done by mail or telephone and in connection with booking, use the discount code NM-20.

### **First hotels Christian IV**

Västra Boulevarden 15

S-291 31 Kristianstad, Sweden

+46 (0) 442 038 50

<https://www.firsthotels.se>

Booking is done by email: christianiv@firsthotels.se or phone +46 (0) 442 038 50.

Enter the code NC2020 and you will receive a 10% discount on the hotel's flex prices.

## **Food**

Each delegation will arrange its' own meals.

You can pre-order food from the restaurant in Kristianstad Arena on Friday evening, lunch Saturday and Sunday. You can also eat there without pre-order. If you want dinner Friday it must be pre-ordered. Contact information regarding ordering food is found below and it must be pre-ordered no later than 3 weeks before the competition.



**20Nordic Championships**  
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## Prices:

Lunch Saturday / Sunday costs SEK 80 for pre-ordered food and SEK 90 if you buy food on site.

Dinner Friday (pre-order only) costs 110 SEK.

On Saturday evening the delegations are invited to a banquet. Each delegation has to pay for the dinner at this banquet. The cost for the banquet is SEK 195 per person.

Contact information for the restaurant:

Email [info@kristianstadarena.se](mailto:info@kristianstadarena.se)

Phone +46 (0) 44 253 35 33 (telephone time between 9-11 and 14-16)

Contact person: Joel Wedberg

## Banquet

On Saturday, after the competition, we will arrange a banquet for the gymnasts, coaches, judges and other interested persons. The banquet will be held at the restaurant in Kristianstad Arena. Latest registration for the banquet is 3 weeks before the competition.

## Menu

### Lunch Saturday

Chicken with pasta, sauce and salad.

### Lunch Sunday

Veal patties with pasta, two tomato sauces and salad.

## Banquet

Turkey roast with pepper sauce as well as roasted potatoes and root vegetables. Salad, butter and bread. White chocolate mousse with rhubarb compote and nougatine. Soda/water/coffee.

It is possible to order a vegetarian alternative to both Saturday and Sunday lunch, Friday evening dinner and the banquet. If you wish to do this, you must pre-order via email [info@kristianstadarena.se](mailto:info@kristianstadarena.se) or +46 (0) 44 253 35 33 (telephone time between 9-11 and 14-16).

## Contact information

Competition manager, C4-gymnasterna:

Sarah Magnusson, [c4-gymnasterna@hotmail.com](mailto:c4-gymnasterna@hotmail.com)

Swedish Gymnastics Federation:

Anna Gustafsson, [Rg@gymnastik.se](mailto:Rg@gymnastik.se)

You are welcome to visit our facebook page: Nordic Championships RG 2020 for more information.

## Welcome to Kristianstad, Sweden!



20 Nordic Championships  
20 Rhythmic Gymnastics