
13th International Rhythmic Gymnastics Tournament
MIKULÁS KUPA 2022



Dear friends,

We are very pleased to invite you to the 13th edition of the International Rhythmic Gymnastics Tournament "MIKULÁS KUPA 2022" which will take place in

Budapest, Hungary from 03 - 04. December 2022.

It will be a great honor for us to have the opportunity to host the elite and the future stars of rhythmic gymnastics.

Looking forward to meeting you in Budapest!

Sincerely yours: "RUS RG Sport KFT": Bernat-Alekszandrova Liubov

First judge HUN: Papp Edina






Judges HUN: Alekszandrova Ljubov



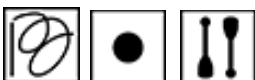

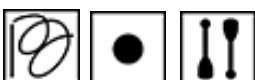



HOST CLUB	RUS RG Sport KFT Bernat Ljubov Phone: +36 30 687 26 94 e-mail: alekluba@mail.ru
VENUE	Sport Hall "ANGYALFÖLDI SPORT KÖZPONT" Address: 1139 Budapest, Rozsnyai utca 4.
DATES	03 – 04. December 2022
ENTRY FEES	Individual: 50 € per gymnast (to 6 gymnast / extra gymnast 60 €) Group: 170 €
REGISTRATION	Application form on the website: https://gm-events.com/event/F396C2138/
PROGRAM	03. December 2022 – 08:00 Judges Meeting Individual Competition A/B-LIGHT, Award, Gala 04. December 2022 – 08:00 Judges Meeting Individual Competition A Final/B, Award, Gala
GALA	All gymnasts are welcomed to participate in gala program with performance of max 3 min. 1 club max 2 dance demonstration.
DELEGATION	1 judge (mandatory), 2 coach (1 coach individual program, 1 coach group), max. 6 individual gymnasts, max. 2 groups
AWARDS	Competition: 1st, 2nd, 3rd – medals, cup and diplomas, present, 4th - 8th – medals, cup and diplomas, present all gymnasts – medals and diplomas, present!
DEADLINES	Nominative registration: 5. November 2022, Visa application form: 5. November 2022, Hotel reservation: 5. November 2022, Music uploads: 28. November 2022



ACCOMODATION	<p>All participants must pay for their accommodation costs.</p> <p>Hotel name: Hotel Benczur (capacity 60 rooms) Address: 1068 Budapest, Benczur street 35. Costs per room / night: 60 EUR (Single room / 1 person, including breakfast) 80 EUR (Double room / 2 persons, including breakfasts) 100 EUR (Triple room / 3 persons, including breakfasts - only 3 rooms) Dinner: 11 EUR / person</p> <p>Delegations have to use this hotel. A fine of EUR 80 per team if they do not stay in the hotel provided by the organizer</p> <p>Application form on the website: https://gm-events.com/event/F396C2138/</p>
TRANSPORTATION	Who will live in HOTEL BENCZUR, organizing transportation is 25 EUR/1 person/only day aeroport-hotel-aeroport
SIGHTSEEING	BUDAPEST TOUR: 20-40 EUR / person
VISA	Application form on the website: https://gm-events.com/event/F396C2138/
PHOTO & VIDEO	MORVAI Tamas (https://gymnasticmoments.com)

Technical Program: Individual			
	LEVEL A	LEVEL B	LEVEL B LIGHT
2016	<p>Without apparatus + 1 appar. by choice</p> <p>Without apparatus D max-5.0 Max 3-7 difficulty min 2 Dance Step max 1 mix</p> <p>1 appar. max 3-7 difficulty max 3 R min 2 Step min 2 W max 10 DA max 1 mix</p>	<p>Without apparatus D max-4.0 Max 3-7 difficulty min 2 Dance Step max 1 mix</p>	<p>Without apparatus D max-2.1 Max 3-7 difficulty 1 diff. max 0.3 points min 2 Dance Step</p>

<p>2015</p>	<p>Without apparatus + 1 appar. by choice</p> <p>Without apparatus D max-5.0 Max 3-7 difficulty min 2 Dance Step max 1 mix</p> <p>1 appar. max 3-7 difficulty max 3 R min 2 Step min 2 W max 10 DA max 1 mix</p>	<p>Without apparatus D max-4.0 Max 3-7 difficulty min 2 Dance Step max 1 mix</p>	<p>Without apparatus D max-2.1 Max 3-7 difficulty 1 diff. max 0.3 points min 2 Dance Step</p>
<p>2014</p>	<p>Without apparatus + 1 appar. by choice</p> <p>Without apparatus D max-5.0 Max 3-7 difficulty min 2 Dance Step max 1 mix</p> <p>1 appar. max 3-7 difficulty max 3 R min 2 Step min 2 W max 15 DA</p>	<p>Without apparatus + 1 appar. by choice</p> <p>Without apparatus D max-4.0 Max 3-7 difficulty min 2 Dance Step max 1 mix</p> <p>1 appar. max 3-7 difficulty max 3 R min 2 Step min 2 W max 10 DA</p>	<p>Without apparatus D max-2.8 Max 3-7 difficulty 1 diff. max 0.4 points min 2 Dance Step</p>
<p>2013</p>	<p>Without apparatus + 1 appar. by choice</p> <p>Without apparatus D max-6.0 Max 4-7 difficulty min 2 Dance Step</p> <p>1 appar. max 3-7 difficulty max 3 R min 2 Step min 2 W max 15 DA</p>	<p>Without apparatus + 1 appar. by choice</p> <p>Without apparatus D max-5.0 Max 4-7 difficulty min 2 Dance Step</p> <p>1 appar. max 3-7 difficulty max 3 R min 2 Step min 2 W max 10 DA</p>	<p>Without apparatus D max-2.8 Max 4-7 difficulty 1 diff. max 0.4 points min 2 Dance Step</p>

<p>2012</p>	<p>2 appar by choice 2 предмета на выбор</p>  <p>max 3-7 difficulty max 4 R min 2 Step min 2 W max 15 DA</p>	<p>Without apparatus + 1 appar. by choice</p> <p>Without apparatus D max-5.0 Max 3-7 difficulty min 2 Dance Step</p> <p>1 appar. max 3-7 difficulty max 3 R min 2 Step min 2 W max 15 DA</p>	<p>Without apparatus D max-2.8 Max 4-7 difficulty 1 diff. max 0.4 points min 2 Dance Step</p> <p>or (или)</p> <p>1 appar. by choice D max-5.0 Max 3-7 difficulty 1diff. max 0.4 points max 3 R min 2 Step</p>
<p>2011</p>	<p>2 appar 2 предмета</p>  <p>max 3-7 difficulty max 4 R min 2 Step min 2 W max 15 DA</p> <p>FINAL:</p>  <p>D max-6.0 Max 3-7 difficulty min 2 Step</p>	<p>Without apparatus + 1 appar. by choice</p> <p>Without apparatus D max-5.0 Max 3-7 difficulty min 2 Dance Step</p> <p>1 appar. max 3-7 difficulty max 3 R min 2 Step min 2 W max 15 DA</p>	<p>1 appar. by choice D max-5.0 Max 3-7 difficulty 1diff. max 0.4 points max 3 R min 2 Step</p>
<p>PRE-JUNIOR 2010</p>	<p>3 appar 3 предмета</p>  <p>FIG rules – junior</p> <p>FINAL:</p> 	<p>2appar. by choice apparatus 2 предмета на выбор</p> <p>D max-7.0 Max 3-7 difficulty max 4 R, min 2 Step Min 2 W Max 15 DA</p>	<p>1 apparatus</p> <p>D max-5.5 Max 3-7 difficulty 1 diff. max 0.5 points max 3 R, Min 2 Step Min 2 W Max 15 DA</p>

<p>JUNIOR 2009</p>	<p>3 appar 3 предмета</p>  <p>FIG rules – junior</p> <p>FINAL: </p>	<p>2appar. by choice apparatus 2 предмета на выбор</p> <p>FIG rules – junior</p>	<p>1 apparatus</p> <p>D max-7.0 Max 3-7 difficulty 1 diff. max 0.5 points max 3 R, Min 2 Step Min 2 W Max 15 DA</p>
<p>JUNIOR 2008</p>	<p>3 appar 3 предмета</p>  <p>FIG rules – junior</p> <p>FINAL: </p>	<p>2appar. by choice apparatus 2 предмета на выбор</p> <p>FIG rules – junior</p>	<p>1 apparatus</p> <p>D max-7.0 Max 3-7 difficulty 1 diff. max 0.5 points max 3 R, Min 2 Step Min 2 W Max 15 DA</p>
<p>JUNIOR 2007</p>	<p>3 appar 3 предмета</p>  <p>FIG rules – junior</p> <p>FINAL: </p>	<p>2appar. by choice apparatus 2 предмета на выбор</p> <p>FIG rules – junior</p>	<p>1 apparatus</p> <p>D max-7.0 Max 3-7 difficulty 1 diff. max 0.5 points max 3 R, Min 2 Step Min 2 W Max 15 DA</p>
<p>SENIOR 2007</p>	<p>3 appar 3 предмета</p>  <p>FIG rules – senior</p> <p>FINAL: </p>	<p>2appar. by choice apparatus 2 предмета на выбор</p> <p>FIG rules – senior</p>	<p>1 apparatus</p> <p>D max-8.0 Max 3-7 difficulty 1 diff. max 0.5 points max 3 R, Min 2 Step Min 2 W Max 15 DA</p>

SENIOR 2006 AND OLDER	<p>3 appar 3 предмета</p>  <p>FIG rules – senior</p> <p>FINAL:</p> 	<p>2appar. by choice apparatus 2 предмета на выбор</p> <p>FIG rules – senior</p>	<p>1 apparatus</p> <p>D max-8.0 Max 3-7 difficulty 1 diff. max 0.5 points max 3 R, Min 2 Step Min 2 W Max 15 DA</p>
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Примечание:

Все категории награждаются отдельно / по годам рождения в многоборье и по отдельным видам/

All categories are awarded separately according to the years of birth in the all-around and for individual events.