



Dear RG Friends!

We have the pleasure of inviting you to the
4th "ROYAL CROWN"
 for **Individuals** and **Groups**, which will take place in **Thessaloniki**
 from **27th until 29th May 2022.**

Organizing Committee	President: Elena Kaitezidou General Manager: Sissy Papakosta Accreditation Officer: Jenny Kaniatsaki Contact person: Maria Nikolaidou
Contact	Phone 1: (+30) 6937141203 Phone 2: (+30) 6979987678 E-mail: info@arionpanoramatos.gr Web: royalcrown.gr
Date	27-29 May 2022
Venue	Palais des Sports (Alexandrio Athlitiko Melathron) 
Schedule	<p>Thursday 26/05/2022: Arrival of Delegations and training.</p> <p>Friday 27/05/2022: Judges' meeting, training and Competition.</p> <p>Saturday 28/05/2022: Judges' meeting and Competition.</p> <p>Sunday 29/05/2022: Thessaloniki Tour and Competition</p> <p>Monday 30/05/2022: Departure of Delegations</p>

CATEGORIES

INDIVIDUALS	SENIORS	2006 and older	3 apparatus by choice (hoop , ball , clubs , ribbon)
	JUNIORS	2007-2008-2009	3 apparatus by choice (hoop , ball , clubs , ribbon)
	PREJUNIORS LEVEL A & B	2010	2 apparatus by choice (hoop , ball , clubs , ribbon)
	PREJUNIORS-HOPES LEVEL A & B	2011	2 apparatus by choice (hoop , ball , clubs , ribbon)
	BENJAMINS LEVEL A & B	2012	2 apparatus by choice (without apparatus, rope, hoop , ball)
	KIDS LEVEL A & B	2013	2 apparatus by choice (without apparatus, rope, ball)
	MINI CHILDREN	2014-2015	1 apparatus by choice (Without apparatus ,rope, ball)
	EXHIBITION	2016-2017	Without apparatus
GROUPS	SENIORS	2006 and older	FIG requirements
	JUNIORS	2007-2008-2009	FIG requirements
	PREJUNIORS	2010-2011	Apparatus by choice
	BENJAMINS	2012-2013	5 hoops

INDIVIDUAL Technical Requirements

EXHIBITION 2016-2017					
	Body Difficulty	Dance Steps Combination	Body Waves	Dynamic Elements with Rotation	Apparatus Difficulty
Without apparatus	DB Min. 3 - Max. 4	S Min. 3	W Min. 4	-	-
	Jump/Leaps - Min. 1 Balances - Min. 1 Rotations - Min. 1 No Combined Difficulties	Min. 8''	Min. 4 full body waves	-	-
MINI CHILDREN 2014-2015 LEVEL A - B (1 apparatus by choice)					
	Body Difficulty	Dance Steps Combination	Body Waves	Dynamic Elements with Rotation	Apparatus Difficulty
Without apparatus	DB Min. 3 - Max. 4	S Min. 3	W Min. 4	R Max. 1	-
	Jump/Leaps - Min. 1 Balances - Min. 1 Rotations - Min. 1 No Combined Difficulties	Min. 8''	Min. 4 full body waves	Max. 2 rotations	-
Rope, Ball	DB Min. 3 - Max. 4	S Min. 2	W Min. 2	R Max. 1	DA Max. 3
	Jump/Leaps - Min. 1 Balances - Min. 1 Rotations - Min. 1 No Combined Difficulties	Min. 8''	Min. 2 full body waves	Max. 2 rotations	Max. 3

KIDS 2013
LEVEL A - B
 (2 apparatus by choice)

	Body Difficulty	Dance Steps Combination	Body Waves	Dynamic Elements with Rotation	Apparatus Difficulty
Without apparatus	DB Min. 6 - Max. 8	S Min. 3	W Min. 4	R Max. 2	-
	Jump/Leaps - Min. 2 Balances - Min. 2 No Combined Difficulties	Min. 8''	Min. 4 full body waves	Min. 2 - Max. 3 rotations	-
Rope Ball	DB Min. 3 - Max. 7	S Min. 2	W Min. 2	R Max. 2	DA Max. 5
	Jump/Leaps - Min. 1 Balances - Min. 1 Rotations - Min. 1 No Combined Difficulties	Min. 8''	Min. 2 full body waves	Min. 2 rotations	Max. 5

BENJAMINS 2012
LEVEL A - B
 (2 apparatus by choice)

	Body Difficulty	Dance Steps Combination	Body Waves	Dynamic Elements with Rotation	Apparatus Difficulty
Without apparatus	DB Min. 6 - Max. 8	S Min. 3	W Min. 4	R Max. 2	-
	Jump/Leaps - Min. 2 Balances - Min. 2 No Combined Difficulties	Min. 8''	Min. 4 full body waves	Min. 2 - Max. 3 rotations	-
Rope Hoop Ball	DB Min. 3 - Max. 7	S Min. 2	W Min. 2	R Max. 2	DA Max. 7
	Jump/Leaps - Min. 1 Balances - Min. 1 Rotations - Min. 1 No Combined Difficulties	Min. 8''	Min. 2 full body waves	Min. 2 rotations	Max. 7

PREJUNIORS - HOPES 2011 LEVEL A - B (2 apparatus by choice)					
	Body Difficulty	Dance Steps Combination	Body Waves	Dynamic Elements with Rotation	Apparatus Difficulty
Rope Hoop Ball Clubs	DB Min. 3 - Max. 7	S Min. 2	W Min. 2	R Max. 3	DA Max. 10
	Jump/Leaps - Min. 1 Balances - Min. 1 Rotations - Min. 1	Min. 8''	Min. 2 full body waves	Min. 2 rotations	Max. 10
PREJUNIORS 2010 LEVEL A - B (2 apparatus by choice)					
	Body Difficulty	Dance Steps Combination	Body Waves	Dynamic Elements with Rotation	Apparatus Difficulty
Hoop Ball Clubs Ribbon	DB Min. 3 - Max. 7	S Min. 2	W Min. 2	R Max. 3	DA Max. 10
	Jump/Leaps - Min. 1 Balances - Min. 1 Rotations - Min. 1	Min. 8''	Min. 2 full body waves	Min. 2 rotations	Max. 10
JUNIORS 2007-2008-2009 LEVEL A (3 apparatus by choice)					
Hoop Ball Clubs Ribbon	FIG requirements 2022-24				
SENIORS 2006 and older (3 apparatus by choice)					
Hoop Ball Clubs Ribbon	FIG requirements 2022-24				

GROUP
Technical Requirements

BENJAMIN GROUPS 2012-2013					
	Difficulty without Exchanges: Body Difficulty	Dance Steps Combination	Body Waves	Dynamic Elements with Rotation	Collaborations
Without apparatus	DB Min. 4	S Min. 3	W Min. 3	R Max. 1	DC Max. 8
	Jump/Leaps-Min. 1 Balances - Min. 1 Rotations - Min. 1 No Combined Difficulties	Min. 8''	Min. 3	Max. 2 rotations	Min. 2 CC
BENJAMIN GROUPS 2012-2013 5 Hoops					
Difficulty without Exchanges: Body Difficulty	Difficulty with Exchange: Exchange Difficulty	Dance Steps Combination	Body Waves	Dynamic Elements with Rotation	Collaborations
DB Min. 3	DE Min.2	S Min. 2	W Min. 2	R Max. 1	DC Max. 8
Max 6 (1 by choice)		Min. 8''	Min. 2	Min. 2 rotations	Without lift
Jump/Leaps-Min.1 Balances - Min. 1 Rotations - Min. 1					Min. 2 CC

PREJUNIOR GROUPS 2010-2011
Apparatus by choice

Difficulty without Exchanges: Body Difficulty	Difficulty with Exchange: Exchange Difficulty	Dance Steps Combination	Body Waves	Dynamic Elements with Rotation	Collaborations
DB Min. 3	DE Min.3	S Min. 2	W Min. 2	R Max. 1	DC Max. 10
Max 7 (1 by choice)					Without lift
Jump/Leaps-Min. 1 Balances - Min. 1 Rotations - Min. 1 No Combined Difficulties		Min. 8''	Min. 2	Min. 2 rotations	Min. 2 CC

JUNIOR GROUPS (2007-2008-2009) FIG requirements 2022-2024

SENIOR GROUPS (2006 and older) FIG requirements 2022-2024

Awards

Individual all around (all categories)

- First 3 places will be awarded by medals: Gold -Silver-Bronze.
- Gymnasts in position 4 - 8 will be awarded by honor diplomas.

Apparatus awards (all apparatus in each category)

- In each category the first 3 gymnasts will be awarded by medals: Gold-Silver-Bronze.
- Gymnasts in position 4 - 8 will be awarded by honor diplomas.

Group awards

- The first 3 groups in each category will be awarded by cup and medals for all their gymnasts: Gold-Silver-Bronze.
- Groups in position 4 - 8 will be awarded by honor diplomas.

Exhibition Awards

All participants will be awarded by medals and honor diplomas.

For the 1st places in Individual Juniors and Seniors there will be a "Royal Crown" Award, (handcrafted artistic composition made of true olives plated with 24 carats gold).

The results will be separated by year.

Also, special gifts will be given as "Miss smile" etc.

GALA	All Gymnasts, as well as groups of aesthetic or general gymnastics are welcome to participate free, in a gala performance of max. 3 minutes duration. All participants will be awarded by honor diplomas.
Judges	Each Delegation can bring a judge (international or national) for the competition.
Medical services	The organizing committee will provide medical services during the competition.
Insurance	Every delegation is responsible for covering expenses of accidents or illness of their own athletes. Measures against Covid 19 will be taken, according to restrictions in Greece.
Deadlines	<ul style="list-style-type: none"> ● Preliminary Registration 30/03/2022 ● 50% Down Payment for accommodations 15/03/2022 ● Visa application form 15/03/2022 ● Hotel Accommodation form 15/03/2022 ● Travel Details form 15/03/2022 ● Gala Performance form 27/04/2020 ● Nominative Registration 27/04/2022
Music	Music will be sent to s_papakosta@teemail.gr in mp3 format. Each file name, must have the name of the athlete-team-category-apparatus.
Cost	40 EUR for each Individual Gymnast, 80 EUR for each group who will choose our Accommodation hotel rooms.
	<p>For those who will NOT choose our Accommodation hotel rooms.</p> <ul style="list-style-type: none"> ● 40 EUR for Minis and Exhibition. ● 50 EUR for Kids and Benjamins. ● 60 EUR for Hopes, Prejuniors, Juniors and Seniors. ● 120 EUR for each group. <p>Full payment of accomodations and entry fees payment will take place at registration upon your arrival to the gym.</p>
	<p>The above prices include:</p> <ul style="list-style-type: none"> ● Transportation from hotel to gym and gym to hotel for all days (for those who choose our Accommodation hotel rooms) ● Snacks at the gym for all participant athletes, coaches and judges. ● Medical personnel & ambulance during competition hours. ● Mementos & gifts for all athletes, coaches and judges.

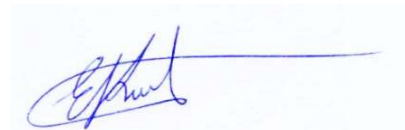
The organizer will not cover travelling expenses of delegations or any other expenses made during their stay.

Accommodations	<p>HOTEL 5 STARS ***** 60 euro person/night (double, triple or quadruple room including breakfast and either lunch or dinner). (Single rooms are available at request at a different price) Included in price: - Breakfast & Lunch or Dinner in award winning hotel restaurant. - Indoor warm ozone swimming pool - Transportation from/to airport, from/to hotel and from/to gym. (accommodation tax: 4 euros per room per night) The hotel offers free transportation - every hour - from /to the city center (5 minutes) with a 19 place shuttle bus.</p>
	<p>HOTEL 4 STARS **** in City Center of Thessaloniki's most commercial street. 50 Euros person/night (double and triple room with breakfast) (Single rooms are available at request at a different price) Included in price - Breakfast - Transportation from/to airport, from/to hotel and from/to gym. (accommodation tax: 3 euros per room per night)</p>
	<p>HOTEL 3 STARS **** in City Center of Thessaloniki's most commercial street. 40 Euros person/night (double and triple room with breakfast) (Single rooms are available at request at a different price) Included in price - Breakfast - Transportation from/to airport, from/to hotel and from/to gym. (accommodation tax: 3 euros per room per night)</p>
Payment Bank details	<p>BENEFICIARY: ATHLITIKOS OMILOS ARION PANORAMATOS Account number 0026.0257.28.0201403066 IBAN:GR9802602570000280201403066 BANK: EUROBANK</p>
Please, do not forget	<p>All delegations are kindly requested to bring with them their National Flag and their National Anthem.</p>

We are looking forward to seeing you at the "Royal Crown" in Thessaloniki!

Sincerely,

Elena Kaitezidou: President of the "ROYAL CROWN" CUP



Sissy Papakosta: General manager of the "ROYAL CROWN" CUP

