



Dear RG Friends!

We have the pleasure of inviting you to the
5th "ROYAL CROWN"
 for **Individuals** and **Groups**, which will take place in **Thessaloniki**
 from **19th until 21th May 2023.**

Organizing Committee	President: Elena Kaitezidou General Manager: Sissy Papakosta Accreditation Officer: Jenny Kaniatsaki Contact person: Sissy Papakosta	
Contact	Phone 1: (+30) 6937177175 Sissy Papakosta (english) Phone 2: (+30) 6948531011 Kamelya Berter (german, turkish, italian) E-mail: info@arionpanoramatos.gr Web: www.royalcrown.gr	
Date	19-21 May 2023	
Venue	PAOK Sports Arena 	
Schedule	<p>Thursday 18/05/2023: Arrival of Delegations and training.</p> <p>Friday 19/05/2023: Judges' meeting, Competition and award ceremony.</p> <p>Saturday 20/05/2023: Judges' meeting, Competition and award ceremony.</p> <p>Sunday 21/05/2023: Competition, award ceremony and Gala.</p> <p>Monday 22/05/2023: Departure of Delegations</p>	

CATEGORIES			
INDIVIDUALS	SENIORS LEVEL A & B	2007 and older	3 apparatus by choice (hoop , ball , clubs , ribbon)
	JUNIORS LEVEL A & B	2008-2009- 2010	3 apparatus by choice (hoop , ball , clubs , ribbon)
	PREJUNIORS LEVEL A & B	2011	2 apparatus by choice (hoop , ball , clubs , ribbon)
	PREJUNIORS LEVEL C		2 apparatus by choice (hoop , ball , clubs , ribbon)
	PREJUNIORS LEVEL A & B	2012	2 apparatus by choice (hoop , ball , clubs , ribbon)
	PREJUNIORS LEVEL C		2 apparatus by choice (without apparatus, rope, hoop , ball , clubs)
	BENJAMINS LEVEL A & B	2013	without apparatus and 1 apparatus by choice (rope, hoop, ball)
	BENJAMINS LEVEL C		without apparatus and 1 apparatus by choice (rope, hoop, ball)
	BENJAMINS LEVEL A & B	2014	without apparatus and 1 apparatus by choice (rope, ball)
	BENJAMINS LEVEL C		Without apparatus
	MINI CHILDREN	2015-2016	without apparatus and 1 apparatus by choice (rope, ball)
	EXHIBITION	2017-2018- 2019	Without apparatus
GROUPS	SENIORS	2007 and older	FIG requirements
	JUNIORS	2008-2009- 2010	FIG requirements
	PREJUNIORS	2011-2012	5 hoops
	BENJAMINS	2013-2014	5 Balls / 5 W.A
	MINI CHILDREN	2015-2016	Without apparatus

INDIVIDUAL
Technical Requirements

EXHIBITION 2017-2018-2019					
	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	-
MINI CHILDREN 2015 - 2016 Without apparatus and 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

BENJAMINS 2014 LEVEL A - B Without apparatus and 1 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 Rotations - 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
	Jumps - Min. 1 Balances - Min. 1 Rotations - Min. 1 No Combined Difficulties	Min. 8''	Min. 2 full body waves	Min. 2 rotations	Max. 5
BENJAMINS 2014 LEVEL C Without apparatus					
	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. 1 Balances - Min. 1 Rotations - Min. 1 No Combined Difficulties	Min. 8''	Min. 4 full body waves	Max. 2 rotations	—

BENJAMINS 2013 LEVEL A - B Without apparatus and 1 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 Rotations - 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
	Jumps - Min. 1 Balances - Min. 1 Rotations - Min. 1 No Combined Difficulties	Min. 8''	Min. 2 full body waves	Min. 2 rotations	Max. 7
BENJAMINS 2013 LEVEL C Without apparatus and 1 apparatus by choice					
	Body Difficulty	Dance Steps Combination	Body Waves	Dynamic Elements with Rotation	Apparatus Difficulty
Without apparatus	DB Min. 3 - Max. 5	S Min. 3	W Min. 4	R Max. 2	–
	Jump/Leaps - Min. 1 Balances - Min. 1 Rotations - Min. 1 No Combined Difficulties	Min. 8''	Min. 4 full body waves	Max. 2 rotations	–
Rope Hoop Ball	DB Min. 3 - Max. 5	S Min. 2	W Min. 2	R Max. 1	DA Max. 3
	Jumps - Min. 1 Balances - Min. 1 Rotations - Min. 1 No Combined Difficulties	Min. 8''	Min. 2 full body waves	Min. 2 rotations	Max. 3

PREJUNIORS 2012 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 - Min. 1 Balances - Min. 1 Rotations - Min. 1	Min. 8''	Min. 2 full body waves	Min. 2 rotations	Max. 10
PREJUNIORS 2012 LEVEL C 2 apparatus by choice					
	Body Difficulty	Dance Steps Combination	Body Waves	Dynamic Elements with Rotation	Apparatus Difficulty
Without apparatus	DB Min. 3 - Max. 5	S Min. 3	W Min. 4	R Max. 2	-
	Jump/Leaps - Min. 1 Balances - Min. 1 Rotations - Min. 1 No Combined Difficulties	Min. 8''	Min. 4 full body waves	Max. 2 rotations	-
Rope Hoop Ball Clubs	DB Min. 3 - Max. 7	S Min. 2	W Min. 2	R Max. 3	DA Max. 10
	Jump - Min. 1 Balances - Min. 1 Rotations - Min. 1	Min. 8''	Min. 2 full body waves	Min. 2 rotations	Max. 10
PREJUNIORS 2011 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
	Jumps - Min. 1 Balances - Min. 1 Rotations - Min. 1	Min. 8''	Min. 2 full body waves	Min. 2 rotations	Max. 10

PREJUNIORS 2011 LEVEL C 2 apparatus by choice					
	Body Difficulty	Dance Steps Combination	Body Waves	Dynamic Elements with Rotation	Apparatus Difficulty
Rope Hoop Clubs Ball Ribbon	DB Min. 3 - Max. 5	S Min. 2	W Min. 2	R Max. 2	DA Max. 5
	Jumps - Min. 1 Balances - Min. 1 Rotations - Min. 1	Min. 8''	Min. 2 full body waves	Min. 2 rotations	Max. 5
JUNIORS 2008-2009-2010 LEVEL A 3 apparatus by choice					
Hoop Ball Clubs Ribbon	FIG requirements 2022-24				
JUNIORS 2008-2009-2010 LEVEL B 3 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
	Jumps - Min. 1 Balances - Min. 1 Rotations - Min. 1	Min. 8''	Min. 2 full body waves	Min. 2 rotations	Max. 10
SENIORS 2006 and older LEVEL A 3 apparatus by choice					
Hoop Ball Clubs Ribbon	FIG requirements 2022-24				

SENIORS 2006 and older LEVEL B 3 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
	Jumps - Min. 1 Balances - Min. 1 Rotations - Min. 1	Min. 8''	Min. 2 full body waves	Min. 2 rotations	Max. 10

GROUP
Technical Requirements

BENJAMIN GROUPS 2013-2014 5 Without apparatus					
	Difficulty without Exchanges: Body Difficulty	Dance Steps Combination	Body Waves	Dynamic Elements with Rotation	Collaborations
Without apparatus	DB Max. 3	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	Only CC & CR
BENJAMIN GROUPS 2013-2014 5 Balls					
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 No Combined Difficulties					Min. 2 CC

5 Without apparatus					
	Difficulty without Exchanges: Body Difficulty	Dance Steps Combination	Body Waves	Dynamic Elements with Rotation	Collaborations
Without apparatus	DB Min. 3 / Max. 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	Only CC & CR
PREJUNIOR GROUPS 2011-2012 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.3	S Min. 2	W Min. 2	R Max. 1	DC Max. 10
Max 7 (1 by choice)		Min. 8''	Min. 2	Min. 2 rotations	Without lift
Jump/Leaps-Min. 1 Balances - Min. 1 Rotations - Min. 1 No Combined Difficulties					Min. 2 CC
JUNIOR GROUPS (2007-2008-2009) FIG requirements 2022-2024					
SENIOR GROUPS (2006 and older) FIG requirements 2022-2024					

Awards	<p>Individual all around (all categories)</p> <ul style="list-style-type: none"> •First 3 places will be awarded by medals: Gold -Silver-Bronze. •Gymnasts in position 4 - 8 will be awarded by honor diplomas.
	<p>Apparatus awards (all apparatus in each category)</p> <ul style="list-style-type: none"> •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.
	<p>Group awards</p> <ul style="list-style-type: none"> •The first 3 groups in each category will be awarded by medals for all their gymnasts: Gold-Silver-Bronze. •Groups in position 4 - 8 will be awarded by honor diplomas.
	<p>Exhibition Awards</p> <p>All participants will be awarded by medals.</p>
	<p>1st places in Individual Juniors and Seniors there will be awarded with a real “Royal Crown” (handcrafted artistic composition made of true olives plated with 24 carats gold).</p>
	<p>The results will be separated by year.</p> <p>Also, special gifts will be given to all participating athletes by the organizing committee.</p>
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.
Judges	Each Delegation should bring a judge for the competition. In the absence of a judge there will be a fine of 100 euros.
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 25/03/2023 ● Visa application form 10/04/2023 ● Hotel Accommodation form 10/04/2023 ● Travel Details form 10/04/2023 ● 50% Down Payment for accommodations 22/04/2023 ● Gala Performance form 22/04/2023 ● Nominative Registration 22/04/2023 <p>Full payment of accomodations and entry fees payment will take place at registration upon your arrival to the gym.</p>
Music	Music will be sent to royalcrown@gmail.com in mp3 format. Each file name, must have the name of the athlete-team-categgory-apparatus. Every coach has to have a spare cd or a usb device, in any case.

Cost	50 EUR for each Individual Gymnast, 100 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"> • 50 EUR for Exhibitions. • 60 EUR for Minis, Benjamins and Prejuniors. • 70 EUR for Juniors and Seniors. • 130 EUR for each group. • Snacks at the gym for all participant athletes, coaches and judges.

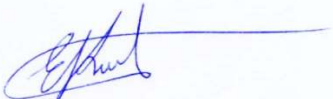
The organizer will not cover travelling expenses of delegations or any other expenses made during their stay.

Accommodation	<p>The organizing committee of "Royal Crown" has booked a hotel for athletes, which is near PAOK sports Arena and 2 minutes on foot from the National Gym for RG, where all delegations can have their training, 09:00-14:00, in case of early check in.</p> <p>The cost is 50 Euros per person/night (double, triple and 4 bed room with breakfast) 15 Euros plus/person for lunch and dinner.</p> <p>(Single rooms are available at request at a different price)</p> <p>(accommodation tax: 3 euros per room per night)</p> <p>Included in price:</p> <ul style="list-style-type: none"> - Transportation from/to airport, from/to hotel and from/to gym. - Snacks at the gym for all participant athletes, coaches and judges.
	Hotel reservations are made through the organizing committee.
Payment Bank details	<p>BENEFICIARY: ATHLITIKOS OMILOS ARION PANORAMATOS</p> <p>Account number 0026.0257.28.0201403066</p> <p>IBAN:GR9802602570000280201403066</p> <p>BANK: EUROBANK</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

