

14th International Rhythmic Gymnastics Tournament
MIKULÁS KUPA 2023



Dear friends,

We are very pleased to invite you to the 14th edition of the International Rhythmic Gymnastics Tournament "MIKULAS KUPA 2023" which will take place in

Budapest, Hungary from 02 - 03. December 2023.

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	02 – 03. December 2023
ENTRY FEES	Individual: 50 € per gymnast (to 6 gymnast / extra gymnast 60 €) Group: 170 €(5 gymnast),90 €(3 gymnast) , 60 € (2 gymnast)
REGISTRATION	Application form on the website: https://www.gm-events.com/event/A203F7D3E
PROGRAM	02. December 2023 – 08:00 Judges Meeting Individual Competition A/B-LIGHT, Award, Gala 03. December 2023 – 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!

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DEADLINES	Nominative registration: 15 November 2023, Visa application form: 15 November 2023, Hotel reservation: 10 November 2023, Music uploads: 28. November 2023
ACCOMODATION	All participants must pay for their accommodation costs. Hotel name: Hotel Benczur (capacity 40 rooms) Address: 1068 Budapest, Benczur street 35. Costs per room / night: 65 EUR (Single room / 1 person, including breakfast) 95 EUR (Double room / 2 persons, including breakfasts) 125 EUR (Triple room / 3 persons, including breakfasts - only 3 rooms) Dinner: 15 EUR / person 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 Application form on the website: https://www.gm-events.com/event/A203F7D3F
TRANSPORTATION	Who will live in HOTEL BENCZUR, organizing transportation is 25 EUR/1 person/only day aeroport-hotel-aeroport
SIGHTSEEING	BUDAPEST TOUR: 40 EUR / person
VISA REGISTRATION	Application form on the website: https://www.gm-events.com/event/A203F7D3F
PHOTO & VIDEO	MORVAI Tamas (https://gymnasticmoments.com)

Technical Program: Individual				
	LEVEL A (VSK I)	LEVEL B (VSK II)	LEVEL B LIGHT (VSK III)	LEVEL C (SZK 1 és SZK 2)
2016 (BN)	Without apparatus D max-4.0 Max 7+1 difficulty min 2 Dans Step max 4 R(0.3) 1 J,1B,1R no mix DB			
	HOOP DB max 5.00 max 3-7 difficulty NO R min 2 Step min 2 W max 10 DA no mix or Without apparatus D max-4.0 Max 7+1 difficulty min 2 Dans Step max 4 R(0.3) 1 J,1B,1R no mix DB			

2015 (BN)	<p>Without apparatus + 1 hoop</p> <p>Without apparatus D max-5.0 Max 3-7 difficulty min 2 Dans Step max 4 R(0.3) no mix DB</p> <p>HOOP DB max 5.00 max 3-7 difficulty NO R min 2 Step min 2 W max 10 DA no mix</p> <p>or</p> <p>Without apparatus D max-4.0 Max 7+ 1 difficulty min 2 Dans Step max 4 R(0.3) 1 J,1B,1R no mix DB</p>			
	<p>Hoop , Ball max 7 difficulty DB max 0.5 max 2 R min 2 Step min 2 W max 10 DA mix 1 max 0.8</p>	<p>Without apparatus + Hoop</p> <p>Without apparatus D max-4.0 DB max 0.5 Max 7+1 difficulty min 2 Dans Step max 4 R(0.3) 1 J,1B,1R NO mix</p> <p>HOOP max 3-7 difficulty max 2 R min 2 Step min 2 W max 10 DA</p>		<p>Without apparatus D max-3.5 DB max 0.3 Max 3-7 difficulty min 2 Dans Step max 4 R(0.3) 1 J,1B,1R NO mix</p>
2014				

2013	<p>Hoop , Ball max 7 difficulty DB max 0.5 max 2 R min 2 Step min 2 W max 10 DA mix 1 max 0.8</p>	<p>Without apparatus + Hoop</p> <p>Without apparatus D max-4.0 DB max 0.5 Max 7+1 difficulty min 2 Dans Step max 4 R(0.3) 1 J,1B,1R NO mix</p> <p>HOOP max 3-7 difficulty max 2 R min 2 Step min 2 W max 10 DA</p>		<p>Without apparatus D max-3.5 DB max 0.3 Max 3-7 difficulty min 2 Dans Step max 4 R(0.3) 1 J,1B,1R NO mix</p>
	<p>2 appar by choice max 7 difficulty max 3 R min 2 Step min 2 W max 12 DA</p>	<p>Without apparatus + ball</p> <p>Without apparatus D max-5.0 DB max 0.5 Max 7+1 difficulty min 2 Dans Step 1 J,1B,1R NO mix Ball max 6.0 max 7 difficulty max 2 R min 2 Step min 2 W max 10 DA No mix</p>	<p>Without apparatus D max-3.5 DB max 0.3 Max 3-7 difficulty min 2 Dans Step max 4 R(0.3) 1 J,1B,1R NO mix</p> <p>OR(или)</p> <p>1 hoop D max-5.0 Max 3-7 difficulty 1diff. max 0.4 points max 3 R min 2 Step No mix</p>	<p>1 appar by choice apparatus</p>
2012				

<p>2011</p>	<p>2 appar</p> <p>Max 9.0 DB 0.6 max 7 difficulty max 3 R min 2 Step min 2 W max 12 DA max 1 mix(1,0)</p> <p>FINAL:clubs</p>	<p>Without apparatus + ball</p> <p>Without apparatus D max-5.0 Max 7+1 difficulty 1diff. max 0.4 points max 2 R min 2 Step R max 4 (0,3) No mix Ball max 3-7 difficulty max 3 R min 2 Step min 2 W max 15 DA No mix</p>	<p>Without apparatus D max-3.5 Max 3-7 difficulty 1diff. max 0.3 points max 2 R min 2 Step R max 4 (0,3) No mix</p> <p>OR(или)</p> <p>Ball D max-5.0 Max 3-7 difficulty 1diff. max 0.3 points max 3 R min 2 Step No mix</p>	<p>1 appar by choice apparatus</p>
	<p>2 appar by choice apparatus</p> <p>FIG rules – junior</p> <p>FINAL: ball</p>	<p>Ball+Clubs D max-8.0 Max 7 difficulty DB 0,5 max max 3 R, min 2 Step Min 2 W Max 12 DA No mix</p>	<p>Hoop or Ball D max-7.0 Max 7 difficulty DB max 0.3 points max 3 R, Min 2 Step Min 1 W Max 10 DA No mix</p>	<p>1 appar by choice apparatus</p>
	<p>2 appar by choice apparatus</p> <p>FIG rules – junior</p> <p>FINAL: ribbon</p>	<p>Ball+Clubs D max-8.0 Max 7 difficulty DB 0,5 max max 3 R, min 2 Step Min 2 W Max 12 DA No mix</p>	<p>Hoop or Ball D max-7.0 Max 7 difficulty DB max 0.3 points max 3 R, Min 2 Step Min 1 W Max 10 DA No mix</p>	<p>1 appar by choice apparatus</p>
<p>JUNIOR 2010</p>	<p>JUNIOR 2009</p>			

JUNIOR 2008	2 appar by choice apparatus FIG rules – junior FINAL: ribbon	Ball+Clubs D max-8.0 Max 7 difficulty DB 0,5 max max 3 R, min 2 Step Min 2 W Max 12 DA No mix	Hoop or Ball D max-7.0 Max 7 difficulty DB max 0.3 points max 3 R, Min 2 Step Min 1 W Max 10 DA No mix	1 appar by choice apparatus
	SENIOR 2007 AND OLDER	2 appar by choice apparatus FIG rules – senior FINAL: ribbon	Clubs +1 appar. by choice apparatus D max-10.0 Max 9 difficulty DB max 0.5 max 3 R, min 2 Step Min 1 W Max 15 DA No mix	

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.

GROUP

Technical Program: Individual

	LEVEL A(EKCS I)	LEVEL B(EKCS)	LEVEL B LIGHT(SZK)
2014-2013-2012 (2-3 gymnast) (5 gymnast)	5 hoop min 0.3 max 0.5 DB DE max 0.6 min 3-max 10 CR max 1 R	Without apparatus 7 DB/4.0 max 0.3 min 3-max 8 CR max 1 R(0.3)	Without apparatus
2012-2011-2010 (2-3 gymnast) (5 gymnast)	5 ball min 3 max 0.6 DE max 0.8 nim 3-max 12 CR max 1 R	Hoop min 3 DB/D 5.0 DB max 0.3 DE max 0.4 min3-max 8 CR max 1 R	Hoop
JUNIOR (2-3 gymnast) (5 gymnast)	5 ball FiG program	ball min 3 DB/ D 6.0 DB max 0.3 DE max 0.5 min 3-max 10 CR max 1 R	Ball
SENIOR 2007 AND OLDER (2-3 gymnast) (5 gymnast)	3 ribbon+2 ball FIG program	clubs min 3 DB/ D 7.0 DB max 0.3 DE max 0.6 min 3-max 12 CR max 1 R	Clubs