

# Lucia-Cup 2025



13th – 14th of December

International friendship  
tournament

Asker, NORWAY 

Dear rhythmic gymnastics friends,  
we are very pleased to invite you to our third edition of Lucia cup.  
The competition will take place in Asker, Norway  
**from Saturday 13<sup>th</sup> December to Sunday 14<sup>th</sup> December.**  
Saturday qualification round, Sunday finals.

\*There will be possibilities for training in the competition hall on Friday 12<sup>th</sup> of December.

\*On Sunday 14<sup>th</sup> December it will also be a national competition for Mini-rekrutt, and rekrutt. A special invitation for this, will be sent to Norwegian clubs.

Organizer and contact	Asker Turnforening Contact person: Bente Bjanes Hage E-mail: bente@askerturn.no Phone +4792026363
Program schedule	<p>11<sup>th</sup> or 12<sup>th</sup> December: Arrival of delegation</p> <p>12<sup>th</sup> December: 13.00 – 20.00 Possibility for training (contact in advance)</p> <p>13<sup>th</sup> December: Judges meeting AA-competition for all individual categories Award ceremony</p> <p>14<sup>th</sup> December: Finals and competition for duo/trios and groups Award ceremony. Departure of delegations</p>
Competition format	<p>Individual junior and senior level A – <b>according to FIG CoP rules 2025-2028</b></p> <p>Individual junior and senior level B – <b>according to FIG CoP rules 2025-2028</b></p> <p>Group junior and senior - <b>according for FIG CoP rules 2025-2028</b></p> <p>Duo/Trio – according to Nordic duo/trio rules</p>
Delegation	<p>Unlimited individual gymnasts, preferably in different categories and levels.</p> <p>Duo/Trios and Groups, unlimited</p> <p>Min. 1 judge pr delegation with a license from FIG (Cop 2025-2028), or highest national category.</p> <p>Delegations without a judge will be charged with a 120 € fee.</p>

Award ceremony and prices	<p>We would like to see all individual gymnasts participating in the award ceremony on Saturday evening.</p> <p>Sunday 15<sup>th</sup> the award ceremony will be for duo/trios, and for all participating in the individual finals, and all participating in groups and duo/trios.</p> <p>We will hand out prizes for the best execution score, and the best artistry score in both junior and senior level A.</p> <p>We will also hand out the prize for Miss Lucia 2025.</p>
Costs	<p><b>Start Fee:</b>  60 € pr individual gymnast  60 € pr duo/trio  120 € pr group</p>
Insurance	<p>Delegations are responsible for their members having adequate insurance coverage against cancellation, accidents, illness and other travel and sport risks.</p>
Competition hall	<p>Address:  Askerhallen,  Brages vei 2  1387 Asker  Norway</p> <p>Warming up, preparation on RG carpet  Competiton floor: Spieth Competiton flex floor, and Spieth RG-carpet.  Height of the ceiling 13 meters</p> <p>There will be a café Saturday and Sunday, with mineral water, coffee, tea, fruits, sandwiches, salads, etc.</p>
Registration and payment	<p><b>All registrations (gymnasts, trainers and judges should be submitted via this link:</b>  <a href="https://rgform.eu/event.php?id_prop=8923">https://rgform.eu/event.php?id_prop=8923</a></p> <p>Registration deadline <b>5<sup>th</sup> November 2025</b>  Payment due date <b>20<sup>th</sup> November 2025</b>  Payment to:  Asker Turnforening  Bank: DNB Bank ASA  Bankadress: DNB Bank ASA, Postboks 1600 Sentrum, 0021 Oslo  BIC: DNBANOKKXXX  IBAN: NO3615037589389</p>
Music	<p>Participants are requested to upload music files in MP3 format at the online platform RGform.eu.</p> <p>Make sure that the music files are named as followed:  Level_Age group_Name_Country_ Apparatus  Example: SrA_2003_Marte Andersen, NOR_Hoop</p> <p>Deadline for uploading music files: <b>15<sup>th</sup> of November</b></p> <p>All delegations must bring a usb-stick with music as a backup – delivered to the organization upon arrival.</p>
Accommodation	<p><b>Scandic Hotel, Asker</b>  <a href="http://www.scandichotels.com">www.scandichotels.com</a> (choose Scandic Asker)</p> <p>Use this code for discount: BASK111225  The discount code will only be available until the <b>10<sup>th</sup> of November</b>.</p> <p>Prices pr night, incl. breakfast:  Single Room: 1090.- NOK  Double Room: 1290.- NOK  Triple Room: 1470.- NOK</p> <p>Triple room must be booked at <a href="mailto:meeting@scandichotels.com">meeting@scandichotels.com</a></p>

	<p>The hotel is within walking distance from the train station, and Asker center, approximately 5 min.</p> <p>Also walking distance from the competition hall 10-15 min.</p>
Transport	<p>Oslo airport Gardermoen, or Torp airport, Sandefjord.</p> <p>From Oslo airport Gardermoen, Express Train “Flytoget”, to Asker station. All travelers under 16 years have free ticket on the train when travelling together with an adult. 5 min walking distance to Scandic Hotel Asker</p> <p>From Torp airport Sandefjord there’s an airport shuttle bus to Asker. The bus stops at approximately 20 min walking distance from the hotel.</p>
Registration deadlines	<p><b>Registration: 5<sup>th</sup> of November</b></p> <p><b>Accommodation with discount price at Scandic Hotel: 10<sup>th</sup> of November</b></p> <p><b>Payment for the competition: 20<sup>th</sup> of November</b></p> <p><b>Music upload: 10<sup>th</sup> of November</b></p>

## Welcome to Asker, Norway!

Asker Turnforening  
Bente Bjanes Hage  
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## CATEGORIES:

<b>INDIVIDUAL LEVEL A:</b>
Pre Junior 2012: 3 apparatus free of choice
Junior 2011-2010: 3 apparatus free of choice (junior CoP)
Pre senior 2010: 3 apparatus free of choice (senior CoP)
Senior 2009 & older: 3 apparatus free choice
The 6 best scores among pre-junior and junior in each apparatus, and the 6 best score among pre senior and senior in each apparatus will qualify for the finals.
<b>INDIVIDUAL LEVEL B:</b>
Junior 2010-2012: 2 apparatus free of choice (Gymnasts 2010 can choose junior or senior) (Junior CoP)
Senior 2010 & older: 2 app free of choice (Senior CoP)
<b>DUO/TRIO:</b>
Junior 2010, 2011 and 2012: app free of choice
Senior 2010 & older: app free of choice
<b>GROUP JUNIOR:</b>
Junior (2013-2010): one exercise with 5 apparatus (free choice)
<b>GROUP SENIOR:</b>
Senior (2010 and older): one exercise with 5 apparatus (free choice) + one exercise with 3 + 2 apparatus (free choice)