



Skjeberg Turnforening

invites your **junior and senior** gymnasts to

Christmas Cup 2025

*International friendship competition in
rhythmic gymnastics*

Saturday 29th. November



Preliminary competition schedule	Saturday 29th November Competition day
Competition hall	Sandbakkenhallen. Sandbakkenfaret 18, 1743 Klavestadhaugen (Sarpsborg) 9 meters between competition floor and roof.
Competition categories A: (International classes) B: (National classes)	INDIVIDUAL : Pre Junior A 2012 : 2-3 apparatus free of choice Junior A 2011: 2-3 apparatus free of choice Pre senior A 2010: 2-3 apparatus free of choice Senior A 2009 & older: 2-3 apparatus free of choice Pre Junior B 2012 : 1-2 apparatus free of choice Junior B 2011: 1-2 apparatus free of choice Pre senior B 2010: 1-2 apparatus free of choice Senior B 2009 & older: 1-2 apparatus free of choice Special Olympic, Level 1,2,3,4: 1-2 apparatus free of choice <i>Individual gymnasts from all A classes: 2 or 3 apparatus free of choice (2 are counting)</i> <i>Individual gymnasts from all B and SO classes: 1 or 2 apparatus free of choice (1 are counting).</i>



	<p>GROUPS:</p> <p>Junior A Group: Ball 2011-2012 (one can use a maximum of two gymnasts f.2010/2013).</p> <p>Junior A Duo/trio: Ball 2011-2012</p> <p>Junior B Group: apparatus free of choice 2011-2012 (one can use a maximum of two gymnasts f.2013).</p> <p>Junior B Duo/trio: apparatus free of choice 2011/2012</p> <p>Senior A Group: 1: 5 balls 2: 3 hoops + 2 pair of clubs. Born 2010 and earlier.</p> <p>Senior A Duo/trio: Ball Born 2010 and earlier.</p> <p>Mix B Group: apparatus free of choice. Born 2012 and earlier, (at least one from 2010 or older)</p> <p>Mix B Duo/trio: apparatus free of choice Born 2012 and earlier, (at least one from 2010 or older)</p>
Costs	<p>Start Fee:</p> <p>550 NOK pr Individual gymnast A 450 NOK pr Individual gymnast B 300 NOK pr gymnast in duo/trio 300 NOK pr. gymnast in Group</p>
Judges	<p>Min. 1 judge pr. delegation with a license from FIG or national category. Delegations without a judge will be charged with a 1000 NOK fee.</p> <p>Please e-mail name and contact information (e-mail address) for the judge to: silje.handelsby@gmail.com</p>
Insurance	<p>Delegations are responsible for their members having adequate insurance coverage against cancellation, accidents, illness and other travel and sport risks.</p>
Registration	<p>Registration is sent digitally on the organizer's own website through SK live: https://stf.sklive.no Please contact us if you need guidance.</p> <p>Registration deadline: <u>20. October 2025.</u></p> <p><i>NOTE!</i> All registrations are binding. Any late registrations will incur a fee of 300,- per gymnast or team.</p>



Payment	<p>IBAN: NO04 1020 28 63197 Bic/Swift: EIDSNO21</p> <p><i>Startkontingent innbetales samlet fra klubb til konto: 1020 28 63197</i></p>
Contact	<p>Marit K Beck-Hansen: maritkjo@gmail.com Silje Handelsby: silje.handelsby@gmail.com</p>
Airports	<ul style="list-style-type: none">• Torp Sandefjord Airport (directions)• Gardermoen Oslo Airport (directions).• Göteborg Landvetter Airport (directions)
Hotel	<p>Scandic Sarpsborg: Hotell Sarpsborg Prisgaranti Scandic Hotels</p> <p>Scandic offers sports prices. Use the code D000025235 for booking at scandichotels.no or send an email to sarpsborg@scandichotels.com.</p> <p>Single room 1210,- NOK Double room 1310, NOK- 3-bed 1410,- NOK 5-bed 1510,- NOK <i>Per night and includes breakfast.</i></p> <p>Quality Sarpsborg: Quality Hotel™ Sarpsborg Hotell i Sarpsborg Strawberry</p>
Music	<p>Music must be uploaded electronically in mp3 file format on the organizer's https://stf.sklive.no along with the registration.</p> <p>The music file must be labeled with the following: Class – Name – Club – Equipment Example: Junior A - Olivia– Skjeberg – Ball</p> <p><u>Deadline for uploading music: November 22th.</u></p> <p>Each gymnast/coach is also responsible for having backup files available during the competition.</p>

Welcome to Skjeberg Turn!

