

**28TH PORTIMÃO INTERNATIONAL TOURNAMENT (POR)
2 – 4 SEPTEMBER 2019**



Seniors: Individuals
Juniors: Individuals and Groups

DIRECTIVES

Event ID: 16163

Dear FIG affiliated Member Federation,

The Gymnastics Federation of **Portugal** has the pleasure to invite your Federation to participate in the aforementioned official FIG International Event.

DISCIPLINE	Rhythmic Gymnastics
HOST FEDERATION	Gymnastics Federation of Portugal Contact Person: ARAÚJO, Paula Estrada da Luz, n.º 30-A 1600-159 Lisboa - Portugal Tel: +351 21 814 11 45 E-mail: rgportugal@gympor.com Website: http://www.fgp-ginastica.pt
LOCATION	Portimão, Algarve, Portugal
DATE	From 2 to 4 September 2019
VENUE	Portimão Arena Address: Parque de Feiras e Exposições de Portimão Caldeira do Moinho 8500 – 726 Portimão Tel: +351 282 470 870 E-mail: portimao.arena@cm-portimao.pt Website: https://www.cm-portimao.pt/servicos-municipais/portimao-arena-parque-de-feiras-e-exposicoes Venue capacity: 2.530 seats Competition Hall: Capacity for 1 floor Training hall: Capacity for 4 floors Warm up area: Ballet bars and 1 floor There is also the possibility of site to train with 2 carpets and a warm up gymnasium in the renovated Municipal Sports Hall
APPARATUS SUPPLIER	Floor: GYMNOVA – Refª 6668 – London Replacement Apparatus Rope – Venturelli, ROP7-PL2, Size: L, 3 m 1 cm, Quality: nylon Hoop Senior – Venturelli, HO18-85, weight 300 g Hoop Junior – Venturelli, HO18-85, weight 300 g Ball – Venturelli, BAL18W, CM18, COD.016 Clubs – Venturelli, C45018T, Club 45 CM rubber head and plastic body, Ribbon Senior – Venturelli Stick without ribbon, STICK ST5918 - Stick without ribbon, with rubber grip, 59cm long, Fiberglass, several colours Ribbon without stick, RIB618 - Ribbon without stick, 5,4 cm wide, 6 m and above, weight 35 g and above, Rayon Ribbon Junior – Venturelli Stick without ribbon, STICK ST5616 - Stick without ribbon, with rubber grip,

	56cm long, Fiberglass, several colours Ribbon without stick, RIB518 - Ribbon without stick for Juniors, 5,4 cm wide, 5 m and above, weight 30 g and above, Rayon																					
GYMNASTS' HAND APPARATUS	<p>The changes of the Apparatus Norms for the Hand Apparatus valid for Apparatus Manufacturers and Gymnasts enter into force from 01 January 2019.</p> <p>The list of the RG Hand Apparatus with valid certificates is published on the FIG website (here) and updated regularly. Make sure that your gymnasts use only FIG certified Hand Apparatus for this event and for any other FIG recognized competitions, as they will not be allowed to compete with an Apparatus which does not comply with the norms.</p> <p>Random checks on the FIG and Manufacturers' Logos will be carried out at any time during the Event.</p>																					
RULES AND REGULATIONS	<p>The event will be organized under the following FIG rules, as valid in the year of the event, except for any deviation mentioned in these directives:</p> <ul style="list-style-type: none"> • Statutes • Technical Regulations • Code of Points and relevant Newsletters • General Judge's Rules • Specific Judge's Rules • Doping Control Rules • Licence rules • Media Rules • Apparatus Norms • FIG Rules for Sanctioning (approval) of International Events • Medical Organization of the Official FIG Competitions and Events • Accreditation Rules • Advertising and Publicity Rules <p><i>and subsequent decisions of the FIG Executive Committee</i></p>																					
FEDERATIONS INVITED	<p>All FIG affiliated Federations are invited.</p> <p>Only gymnasts in good standing with the correct age and holding a valid FIG License at the time of registration until the end of the competitions may participate.</p> <p>The Local Organizing Committee will be responsible for checking the validity of the gymnasts Licenses. None gymnast will be accepted without a valid FIG License at the time of the event.</p> <p>The maximum size of the invited delegation is as follows:</p> <table border="1"> <thead> <tr> <th></th> <th>Individual Jun/Sen</th> <th>Joint</th> </tr> </thead> <tbody> <tr> <td>Head of Delegation</td> <td>1</td> <td>1</td> </tr> <tr> <td>Coach</td> <td>1 per gymnast (2 per group)</td> <td>12</td> </tr> <tr> <td>Gymnasts</td> <td>8 Jun / 4 Sen 6 (group junior)</td> <td>12 6</td> </tr> <tr> <td>Medical Doctor</td> <td>1</td> <td>1</td> </tr> <tr> <td>Paramedical Staff</td> <td>2</td> <td>2</td> </tr> <tr> <td>Judges</td> <td>1 per individual 1 per group</td> <td>2</td> </tr> </tbody> </table>		Individual Jun/Sen	Joint	Head of Delegation	1	1	Coach	1 per gymnast (2 per group)	12	Gymnasts	8 Jun / 4 Sen 6 (group junior)	12 6	Medical Doctor	1	1	Paramedical Staff	2	2	Judges	1 per individual 1 per group	2
	Individual Jun/Sen	Joint																				
Head of Delegation	1	1																				
Coach	1 per gymnast (2 per group)	12																				
Gymnasts	8 Jun / 4 Sen 6 (group junior)	12 6																				
Medical Doctor	1	1																				
Paramedical Staff	2	2																				
Judges	1 per individual 1 per group	2																				
AGE LIMITS	<p>Seniors :16 years in the year of the competition Juniors: 13, 14 and 15 years in the year of the competition All gymnasts must have a current valid FIG licence until the end of the event.</p>																					
JUDGES AND JURIES	All judges must have a current valid FIG brevet at the time of the event for the respective discipline (RGI and/RGG).																					

	The Organizing Member Federation will apply a fine of CHF 2'000 per missing judge (to be paid to the LOC), should a federation fail to bring the required number of judges. This fine must be paid to the LOC by 05 July 2019.					
REGISTRATION DEADLINES	The definitive and nominative deadlines are compulsory.					
	<table border="1"> <tr> <td>Definitive registration:</td> <td>July, 5th, 2019</td> <td>(2 months prior to the event)</td> </tr> <tr> <td>Nominative registration</td> <td>August, 5th, 2019</td> <td>(4 weeks prior to the event)</td> </tr> </table>	Definitive registration:	July, 5 th , 2019	(2 months prior to the event)	Nominative registration	August, 5 th , 2019
Definitive registration:	July, 5 th , 2019	(2 months prior to the event)				
Nominative registration	August, 5 th , 2019	(4 weeks prior to the event)				
ENTRY FEES	<p>The not refundable cost for the Entry Fee is:</p> <ul style="list-style-type: none"> • 30 EUR per gymnast • 55 EUR per all other participants (except judges) <p>At the time of the Definitive entry 100% of the entry fee must be paid to the LOC. Entry fees must be paid 100% by 5th July and according to the number of persons registered in the Definitive Form.</p> <p>Entries without payment of the entry fees will be considered as invalid and will be refused.</p>					
ACCREDITATION	<p>Accreditation cards will be given at the "Portimão Arena" by the arrival of the Delegations.</p> <p>A photo of each member of the delegation (in electronic format – JPEG – must be sent to the LOC together with the nominative registration – 5th August 2019).</p> <p>Please note: Photos taken upon arrival will be charged of EUR 20 each. The Head of Dlegation must bring to the Accreditation center:</p> <ul style="list-style-type: none"> • Proof of all payments • Certification of valid insurance for all Delegation members • National Flag • Gymnasts music (1 CD for each exercise or pen drive)* • Gala Form <p>*Note: All participating federations are kindly requested to send all the musics of their gymnasts/Groups to the official e-mail of the event rgportugal@gympor.com at the time of the Nominative entry (max. size 10 MB; file format – WAV).</p>					
EVENT FORMAT	<p>This International Tournament consist in:</p> <ul style="list-style-type: none"> • <u>Seniors: Individual Competition</u> <ul style="list-style-type: none"> - Qualifications/All-Around Competition; - Apparatus Finals: The top eight Seniors gymnasts per apparatus (2 per Country) from the Qualifications will participate in the Finals. - In addition, the Organising Member Federation may participate in the four finals with one gymnast, at its free choice. This Wild Card gymnast will have to start first. • <u>Juniors: Individual Competition</u> <ul style="list-style-type: none"> - Individual Qualification: Each country can participate with the number of gymnasts that desires, NO LIMIT for Individual gymnasts; - Apparatus Finals: The top eight Junior gymnasts per apparatus (one per Country) from the Qualifications will participate in the Finals. - In addition, the Organising Member Federation may participate in the four finals with one gymnast, at its free choice. This Wild Card gymnast will have to start first. - Team: each team must have between 2 and 4 gymnasts (only one team per Country count for the classification); they must perform the total of 8 routines – 2 per apparatus. - Each Federation can participate with more than 1 team. However in the final rankings only one team per Federation will be included (the team with the best results). 					

	<ul style="list-style-type: none"> • Juniors: Group Competition <p>- Group All around Qualification - 2 exercises – (5 hoops and 5 ribbons) - Group Apparatus Final – the best 8 Groups per exercise</p>
PROVISIONAL SCHEDULE	<p>Sunday 1st September Arrival of Delegations (All day) Trainings (All Day) Orientation Meeting (max. 2 persons per country)</p> <p>Monday 2nd September Trainings Competition: Qualification Seniors: 2 apparatus (Hoop & Ball) Juniors: 2 apparatus (Clubs & Ribbon) Junior Group: 1 apparatus (5 Hoops) Opening Ceremony</p> <p>Tuesday 3rd September Competition: Qualification Seniors: 2 apparatus (Clubs & Ribbon) Juniors: 2 apparatus (Hoop & Ball) Junior Group: 1 apparatus (5 Ribbons) Individuals Seniors Awards Ceremony Teams Juniors Awards Ceremony Junior Group Awards Ceremony</p> <p>Wednesday 4th September Trainings for the Finals Finals Apparatus Competition Senior Individuals (8 best gym. per apparatus, 2 per country) Junior Individuals (8 best gym. per apparatus, 1 per country) Junior Group (8 best groups per apparatus) Finals Awards Ceremony</p> <p>Thursday 5th September Departure of delegations</p>
EVENT MANAGER	Mr. SOUSA, Álvaro Estrada da Luz, n.º 30-A 1600-159 Lisboa / Portugal Tel: (+351) 21 814 11 45 E-mail: alvaro.sousa@gympor.com
MEDICAL SERVICES	The LOC will provide first aid medical services. A physiotherapist and medical support will be present during training and competitions as well as other staff specialized in first aids.
VISA	Please verify immediately with your travel agent or the Portuguese Embassy or Consulate in your country if a visa is required for you to travel to Faro, Portugal. The LOC will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before 9 March to the LOC. The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, the arrival and departure dates of the Delegation Member as well as the city the visa application support letter must be sent to.
INSURANCE	The Host Federation, the LOC and the FIG will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like. The FIG Technical Regulations foresee that all participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation for all the members of their Delegation. The LOC will verify the insurance upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy). Delegation members with

	insufficient insurance cover must inform the LOC in advance.
INTERNATIONAL TRANSPORTATION	The invited participating federations must pay for the International travel costs of their delegation members. The Travel Schedule Form must be returned to the LOC by 5 th August 2019.
LOCAL TRANSPORTATION	For all participants who booked their accommodation through the LOC, we will provide free local transportation: <ul style="list-style-type: none"> - Transfer from/to <u>Faro's (FAO) airport</u> (1h30m distance to Portimão by bus), - A shuttle service from/to the Hotels and the Venue, for trainings and competitions. <p>The LOC will have no responsibility for the Delegations that choose another airport for arrival to Portugal.</p>
ACCOMMODATION AND MEALS	The participating federations must pay for the accommodation expenses of their delegation members. The hotel's prices are per person and per night and include: <p>Category 1 Hotel Euro 170,00 (single room, full board) Euro 140,00 (double room, full board)</p> <p>Category 2 Hotel Euro 130,00 (single room, full board) Euro 115,00 (double room, full board) Euro 105,00 (triple room, full board)</p> <p>Category 3 Hotel (Low Cost) Euro 100,00 (double room, full board) Euro 95,00 (triple room, full board)</p> <p>The prices charged for the hotel rooms will not exceed the usual hotel rates. While the Accommodation Form must be returned to the LOC by 5th July at the very latest, the Hotel rooms will be allocated on a "first come, first serve" basis.</p> <p>Cancellation/Reimbursement Policy: 50% Of the total amount due for Accommodation and meals cost shall be reimbursed if the cancellation occurs up to 1 month prior to the event (till the 1st of August). After, no reimbursement will be made.</p> <p>"Full Board" – All the meals included (breakfast at the Hotel; lunch and dinner).</p>
FINAL BANQUET	The Final Banquet will be offered to all participants who have booked their accommodation through the LOC. Extra -Tickets to the Final Banquet will be available at the cost of EUR 25 each and can be paid at the LOC offices until 6 th September 2019 (12h00, Portugal time). The LOC will not reimburse any cancelled entry ticket to the Final Banquet.
BANK ACCOUNT INFORMATION	Each participating member Federation is kindly requested to integrate the payment's purpose as follows: <u>FIG RG International Tournament Portimao 2019</u> Bank: Millennium BCP BENEFICIARY: Gymnastics Federation of Portugal IBAN: PT50 0033 0000 0188 0157 8909 6 BIC/Swift: BCOMPTPL The participating federation is responsible for covering all bank fees in connection with the bank transfers.
MARKETING	FIG advertising and publicity norms must be respected
MEDIA	All media representatives (journalists, photographers, TV) must request an accreditation from the LOC Media Office as soon as possible to have access

	to the media centre on the competition venue. Media Officer: Ms. ROSCA, Elena Estrada da Luz, n.º 30-A 1600-159 Lisboa / Portugal Tel: (+351) 21 814 11 45 Fax: (+351) 21 814 29 50 e-mail: comunicacao@gympor.com																				
SOCIAL MEDIA	Facebook page: https://www.facebook.com/ginasticaportugal?fref=ts Youtube: https://www.youtube.com/user/ginasticaportugal																				
DEADLINES SUMMARY	<table border="1"> <tr> <td>Definitive Registration</td> <td>5 July 2019</td> </tr> <tr> <td>Payment of the Entry Fee</td> <td>5 July 2019</td> </tr> <tr> <td>Visa Request Form</td> <td>5 July 2019</td> </tr> <tr> <td>Accommodation Form</td> <td>5 July 2019</td> </tr> <tr> <td>Payment of the fine for missing judge (2000 CHF)</td> <td>5 July 2019</td> </tr> <tr> <td>Payment of the Accommodation/Meals Costs (first 50%)</td> <td>5 July 2019</td> </tr> <tr> <td>Nominative Registration</td> <td>5 August 2019</td> </tr> <tr> <td>Payment of the Accommodation/Meals Costs (second 50%)</td> <td>5 August 2019</td> </tr> <tr> <td>A photo of each delegation member (electronic format – JPEG)</td> <td>5 August 2019</td> </tr> <tr> <td>Travel Schedule Form</td> <td>5 August 2019</td> </tr> </table>	Definitive Registration	5 July 2019	Payment of the Entry Fee	5 July 2019	Visa Request Form	5 July 2019	Accommodation Form	5 July 2019	Payment of the fine for missing judge (2000 CHF)	5 July 2019	Payment of the Accommodation/Meals Costs (first 50%)	5 July 2019	Nominative Registration	5 August 2019	Payment of the Accommodation/Meals Costs (second 50%)	5 August 2019	A photo of each delegation member (electronic format – JPEG)	5 August 2019	Travel Schedule Form	5 August 2019
Definitive Registration	5 July 2019																				
Payment of the Entry Fee	5 July 2019																				
Visa Request Form	5 July 2019																				
Accommodation Form	5 July 2019																				
Payment of the fine for missing judge (2000 CHF)	5 July 2019																				
Payment of the Accommodation/Meals Costs (first 50%)	5 July 2019																				
Nominative Registration	5 August 2019																				
Payment of the Accommodation/Meals Costs (second 50%)	5 August 2019																				
A photo of each delegation member (electronic format – JPEG)	5 August 2019																				
Travel Schedule Form	5 August 2019																				
ADDITIONAL INFORMATION	From September 06 th to the 08 th , the RG FIG World Challenge Cup will take place in Portimão.																				

Sincerely Yours,



Place and date:
Lisbon, 26th March, 2019

Signature of the President or
Secretary General of POR Federation