



FALIRO RG INTERNATIONAL TOURNAMENT

“APHRODITE CUP”

20th-22nd March 2020, Athens Greece



Update 05/12/19

DIRECTIVES

Event ID: 16278

Dear FIG affiliated Member Federations,

Following the decision of the Hellenic Gymnastics Federation, the RG Club GOPF “ARMONIA”, has the pleasure to invite Clubs and National Teams from your Federation to participate in the aforementioned RG International Tournament.

Discipline	Rhythmic Gymnastics
Host Federation	HELLENIC GYMNASTICS FEDERATION 37 Kifissias Ave., OAKA, EKAE Building (Former Athlete's Guesthouse) Opposite Fire Station, 15123 Marousi tel: 0030 210 9882458 fax: 0030 210 9887329 email: ego@otenet.gr website: www.ego-gymnastics.gr
Local Organizing Committee	GYMNASTIKOS OMILOS PALAIYOU FALIROU “ARMONIA” Dimotiko Athlitiko Centre, Office 1, 17561, Marina Flisvou Tel: 0030 210 9816708 fax: 0030 210 9838475 email: gym@gopf-armonia.gr website: www.gopf-armonia.gr Mrs. Eleni Michopoulou, President of RG Club GOPF "ARMONIA" email: gym@gopf-armonia.gr mobile: 0030 697 2004 509
Event Manager	Mr. Charalampos (Harris) Spiliakos email: aphroditecup@gopf-armonia.gr website: aphroditecup.com
Competition Manager	Mrs. Tzeni PAPADOPOULOU email: aphroditecup@gopf-armonia.gr website: aphroditecup.com
Location	Faliro, Athens, Greece
Dates	20th – 22nd, March 2020
Venue	Faliro Olympic Indoor Hall “TAEKWONDO” Height:17m - Seats:5.500

Competition Apparatus	Floor: Spieth “Beijing” Ref.1790280 Replacement Apparatus Rope: M-280-F / SASAKI Hoop: Senior – PASTORELLI “Sidney” 89cm inside diam., weight 305g. polyethylene, art.00310 FIG Hoop: Junior – PASTORELLI “Sidney” 85cm inside diam., weight 304g. polyethylene, art.00311 FIG Ball :Plain Ball M -20A-F/ SASAKI Clubs: Rubber Clubs M -34H-F/ SASAKI Ribbon Senior (stick + ribbon) : M-781-F + M-71-F / SASAKI Ribbon Junior (stick + ribbon) :M-781-F + MJ-715F / SASAKI
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 & 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"> • FIG Statutes • FIG Technical Regulations • FIG Code of Points and relevant Newsletters • FIG Licences Rules • FIG General Judges Rules • FIG Specific Judges’ Rules for Rhythmic Gymnastics • FIG Apparatus Norms • UEG Technical Regulations for Juniors • Licence rules (except for non competitive events) • Media Rules • FIG Rules for Sanctioning (approval) of International Events • Advertising and Publicity Rules • Medical Organization of the Official FIG Competitions and Events • Accreditation Rules <p>and subsequent decisions of the FIG Executive Committee</p>
Competition Format	<p>The International Tournament includes competition for:</p> <p>1. Juniors Individuals 4 apparatus (Rope-Ball-Clubs-Ribbon) Events: All Around and Finals Medals: All Around by age Finals by Junior category (13-15)</p> <p>2. Juniors Groups: Events: All around and Finals (5 Hoops & 5 Ribbons) Medals: All around and Finals (5 Hoops & 5 Ribbons)</p> <p>3. Seniors Individuals:4 apparatus (Hoop-Ball-Clubs-Ribbon) Events: All Around and Finals Medals: All Around and Finals by category</p> <p>4. Seniors Groups: Events: All around and Finals (5 Balls / 3 Hoops & 2 pairs Clubs) Medals: All around and Finals (5 Balls / 3 Hoops & 2 pairs Clubs)</p>

Provisional Schedule	<p>17 March: Arrivals of delegations 18 March: Arrivals of delegations, training 19 March: Official Training-Orientation Meeting 20 March: Competition 21 March: Competition 22 March: Competition and optional Sightseeing 23 March: Departure of delegations</p>																																																
Sightseeing Options	<p>a. to Monument Acropolis, Acropolis Museum (Ancient Athens) at the cost of 5,00€ per person for transportation b. to temple of Poseidon at Cape Sounion at the cost of 20,00€ per person for transportation (56km distance from Faliro)</p>																																																
Participation Rules	<p>1. Juniors Individual Competition: a. All around Competition according FIG rules b. Apparatus Finals according FIG & UEG rules 2. Juniors Group Competition: according FIG & UEG rules 3. Seniors Individual competition (All Around and apparatus Finals): according FIG rules 4. Seniors Group Competition: according FIG rules</p>																																																
Invited Federations	<p>Clubs and National Teams from all FIG member Federations, in good standing, are entitled to participate in all categories or in any category by their choice.</p>																																																
Size of Delegation and FIG License	<table border="1"> <thead> <tr> <th></th> <th>Individual Juniors</th> <th>Individual Seniors</th> <th>Group Juniors</th> <th>Group Seniors</th> <th>max TOTAL</th> </tr> </thead> <tbody> <tr> <td>Head of Delegation</td> <td>1</td> <td>1</td> <td>1</td> <td>1</td> <td>1</td> </tr> <tr> <td>Team Manager</td> <td>1</td> <td>1</td> <td>1</td> <td>1</td> <td>2</td> </tr> <tr> <td>Coach</td> <td>2</td> <td>2</td> <td>2</td> <td>2</td> <td>8</td> </tr> <tr> <td>Gymnasts</td> <td>4</td> <td>4</td> <td>6</td> <td>6</td> <td>20</td> </tr> <tr> <td>Judges</td> <td>1</td> <td>1</td> <td>1</td> <td>1</td> <td>2</td> </tr> <tr> <td>Doctor</td> <td>1</td> <td>1</td> <td>1</td> <td>1</td> <td>1</td> </tr> <tr> <td>Paramedical Staff</td> <td>1</td> <td>1</td> <td>1</td> <td>1</td> <td>1</td> </tr> </tbody> </table> <p style="text-align: right;">35</p>		Individual Juniors	Individual Seniors	Group Juniors	Group Seniors	max TOTAL	Head of Delegation	1	1	1	1	1	Team Manager	1	1	1	1	2	Coach	2	2	2	2	8	Gymnasts	4	4	6	6	20	Judges	1	1	1	1	2	Doctor	1	1	1	1	1	Paramedical Staff	1	1	1	1	1
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Age Limits	<p>Juniors: born in 2005, 2006, 2007 Seniors: Born in 2004 and older Juniors and Seniors Gymnasts must hold a valid FIG License until the end of the event.</p>																																																
Judges	<p>All participating judges must have a valid FIG Brevet (cat. I, II, III, IV), for cycle 2017-2020, in the respective discipline. The participating Member Federations must provide minimum one qualified judge as mentioned above. Failure to do so will result a fine of 150,00€ - to be paid to the LOC upon arrival.</p>																																																
Entry Fee	<p>The non-reimbursable entry Fee is: 50,00€ per Individual Gymnast 100,00€ per Group 40,00€ per each team member who does not choose to book accommodation through the LOC.</p>																																																

Drawing of lots	One week before the competition starts, in the National Federation's offices.
Accommodation Costs	<p><u>OPTION 1:</u> The following prices are per person, per day and include :</p> <ol style="list-style-type: none"> 1. Accommodation in hotels close to the Competition Hall, breakfast and dinner 2. Transportation from Athens airport "Eleftherios Venizelos" to the hotel (round trip) 3. Shuttle buses connecting hotels and the Competition Hall 4. Farewell party <p>Five Stars Hotel HB: Triple Room: 115,00€ Double Room: 130,00€ Single Room: 200,00€</p> <p>Four Stars Hotel HB: Triple Room: 75,00€ Double Room: 85,00€ Single Room: 100,00€</p> <p>Three Stars Hotel HB: Triple Room: 65,00€ Double Room: 75,00€</p> <p><u>OPTION 2:</u> The following prices are per person, per day and include :</p> <ol style="list-style-type: none"> 1. Accommodation in hotels close to the Competition Hall and breakfast 2. Transportation from Athens airport "Eleftherios Venizelos" to the hotel (round trip) 3. Shuttle buses connecting hotels and the Competition Hall <p>Four Stars Hotel BB (no availability of meals): Triple Room: 55,00€ Double Room: 60,00€ Single Room: 70,00€</p> <p>Important notice:</p> <ul style="list-style-type: none"> • Delegates who choose OPTION 2 can participate in the farewell party at the cost of 15,00€ per person. • Delegates who choose <u>not to book</u> accommodation through the LOC can participate in the farewell party at the cost of 25,00€ per person.
Accommodation Policy	<p>The Accommodation Form must be returned to the LOC by January 20th, 2020 at the very latest, the hotel rooms will be allocated on a "first come, first serve" basis.</p> <p>The invited participating federations must pay for the accommodation expenses of their delegation members. The costs for the accommodation must be paid to the LOC as follows: 50% until January 20th, 2020 and the rest 50% until February 20th, 2020.</p> <p>Please notify the LOC for your choice on the hotel class when your provisional registration is made.</p> <p>Cancellation/Reimbursement Policy: 50% of accommodation costs are refundable in case of cancellations at least 1 month prior to arrival. For cancellations made after February 20th, 2020 there will be no reimbursement.</p> <p>NOTE: No Hotel Reservations will be secured, for delegations that will not pay in time.</p>

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 February 20 th , 2020.
Local Transportation	Local transportation will be provided by the LOC.
Visa	Please verify immediately with your travel agent or the Greece Embassy or Consulate in your country if a visa is required for your travel to Greece. The LOC will be happy to assist each Delegation member with an official invitation letter, provided that the Visa request is made before January 20 th , 2020 to the LOC. The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, arrival and departure dates of the Delegation Members as well as the city the visa application support letter must be sent to.
Insurance	The Host Federation, the Organizing Committee 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. The LOC will subsequently offer insurance at the Federations own charge as follows: 30,00€ per person/day. NOTE: In the case of any medical services in the hospital, the cost must be covered by the delegations
Music and Music Forms	Each Delegation must send its Music by email to the following email address: music.aphreoditecup@gmail.com not later than February, 20th 2020. Music files have to be sent in .mp3 format. Name of each file must contain: <ul style="list-style-type: none"> • The name of the nation (official abbreviation of the country) • The first and last name of the individual competitor • The category (individual/group); • The apparatus • The Junior or Senior (Example: ROU_RADU_Alina_Junior_Group_5hoops.mp3) Delegation members are requested to keep in their possession a specimen of their CD and USB key for their training sessions and in case of a technical problem. At the accreditation, the Heads of delegation have to hand in the Music Release form which you will receive together with the work plan.
Accreditation	Delegation accreditation will take place upon arrival. For accreditation team leaders are required to bring the following documents: <ul style="list-style-type: none"> - passports of all members of the delegation - FIG licenses for junior and senior gymnasts

Financial Obligations and Bank Account	<p>Payment of 100% Entry Fee: January 20th, 2020 (non refundable)</p> <p>Payment of Accommodation Costs (first 50%): January 20th, 2020</p> <p>Payment of Accommodation Costs (second 50%): February 20th, 2020</p> <p>Each participating member Federation is kindly requested to integrate the payment's purpose as follows: GYMNASTIKOS OMILOS P.FALIROU "ARMONIA" Bank: Alpha Bank Address: 4 Ag. Alexandrou str. 17561, Palaio Faliro IBAN: GR52 0140 1180 1180 0200 2015 010 BIC: CRBAGRAA</p> <p>The participating federation is responsible for covering all bank fees in Connection with the bank transfers.</p>	
Registration & Payment Deadlines	<p><u>Provisional Registration:</u></p> <p><u>Definitive Registration:</u></p> <p><u>Accommodation Form:</u></p> <p><u>Visa Request Form:</u></p> <p>Payment of Entry Fee:</p> <p>Payment of Accommodation Costs (first 50%):</p> <p><u>Nominative Registration:</u></p> <p><u>Travel Schedule Form:</u></p> <p>Send Music File by email:</p> <p>Payment of Accommodation Costs (second 50%):</p> <p>Payment of fine for missing judge:</p> <p>Payment of optional Sightseeing cost:</p>	<p>December 20th, 2019</p> <p>January 20th, 2020</p> <p>January 20th, 2020</p> <p>January 20th, 2020</p> <p>January 20th, 2020</p> <p>January 20th, 2020</p> <p>February 20th, 2020</p> <p>February 20th, 2020</p> <p>February 20th, 2020</p> <p>February 20th, 2020</p> <p>Upon arrival</p> <p>Upon arrival</p>

All registration forms (provisional, definitive, nominative, accommodation, visa request and travel schedule) for the FIG Competition must be sent through the National Federations.

Athens, 29/08/2019



Sincerely Yours,

(Signature)
Athanasios VASILEIADIS / President
of Hellenic Gymnastics Federation