



**29TH PORTIMÃO INTERNATIONAL
TOURNAMENT (POR)
24th and 25th - May 2022
Seniors: Individuals
Juniors: Individuals**



DIRECTIVES

Event ID: 16989

Update February 9, 2022

Provisional schedule

Dear FIG affiliated Member Federation,

The Portuguese Gymnastics Federation has the pleasure to invite your Federation to participate in the official 29th FIG International RG Tournament.

DISCIPLINE	Rhythmic Gymnastics (RG)
HOST FEDERATION	Gymnastics Federation of Portugal Contact Person: LOUREIRO, Teresa Tel: +351218141145 E-mail: rgportugal@ginastica.org federacao@ginastica.org Website: http://www.fgp-ginastica.pt
LOCATION	Portimão, Algarve, Portugal
DATE	From 24th to 25th May 2022
VENUE	Portimão Arena Parque de Feiras e Exposições Caldeira do Moinho 8500-726 Portimão Website: https://www.cm-portimao.pt/documentos/informacoes-uteis/folhetos-e-programas/1176-folheto-portimao-arena-uk/file 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
APPARATUS SUPPLIER	Please refer to the attached apparatus list.
GYMNASTS HAND APPARATUS	<ul style="list-style-type: none">• The changes of the Apparatus Norms for the Hand Apparatus, valid for Apparatus Manufacturers and Gymnasts entered into force from 01 January 2019.• 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.• Random checks on the FIG and Manufacturers' Logos will be carried out at any time during the Event.
RULES AND REGULATIONS	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: <ul style="list-style-type: none">• Statutes• Code of Ethics• Code of Conduct• Technical Regulations• Code of Discipline

	<ul style="list-style-type: none"> • Code of Points and relevant Newsletters • General Judge's Rules • Specific Judge's Rules • Anti-Doping Rules • FIG Medical Guidelines for FIG Competitions and Events • FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events • Licence rules • Media Rules • Apparatus Norms • FIG Rules for Sanctioning (approval) of International Events • Accreditation Rules • Advertising and Publicity Rules • Regulations for Award Ceremonies <p>And Subsequent decisions of the FIG Executive Committee</p>																					
INVITED FEDERATIONS	<p>All FIG affiliated Federations are invited.</p> <p>Only gymnasts in good standing with the correct age and holding a valid FIG License by the time of registration until the end of the competitions may participate.</p> <p>The Local Organizing Committee (LOC) will be responsible for checking the validity of the gymnasts Licenses. No 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 or SEN (maximum)</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</td> <td>12</td> </tr> <tr> <td>Gymnasts</td> <td>8 Jun / 4 Sen</td> <td>12</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 (<i>compulsory</i>)</td> <td>1 for Juniors 1 for Seniors</td> <td>2</td> </tr> </tbody> </table>		Individual JUN or SEN (maximum)	Joint	Head of Delegation	1	1	Coach	1 per gymnast	12	Gymnasts	8 Jun / 4 Sen	12	Medical Doctor	1	1	Paramedical Staff	2	2	Judges (<i>compulsory</i>)	1 for Juniors 1 for Seniors	2
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AGE LIMITS	<p>Seniors :16 years in the year of the competition Juniors: 13, 14 and 15 years in the year of the competition</p> <p>All gymnasts must have a current valid FIG license until the end of the event.</p>																					
JUDGES AND JURIES	<p>All judges must have a current valid FIG brevet at the time of the event for the respective discipline (RGI and/or RGG).</p> <p>The Organizing Member Federation will apply a fine of CHF 2'000 per missing judge, should a federation fail to bring the required number of judges. This fine must be paid to the LOC by 27th April.</p>																					
REGISTRATION DEADLINES	<p>The definitive and nominative deadlines are compulsory.</p> <table border="1"> <tbody> <tr> <td>Definitive registration:</td> <td>27th March</td> <td>(2 months prior to the event)</td> </tr> <tr> <td>Nominative registration</td> <td>27th April</td> <td>(4 weeks prior to the event)</td> </tr> </tbody> </table>	Definitive registration:	27th March	(2 months prior to the event)	Nominative registration	27th April	(4 weeks prior to the event)															
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ENTRY FEES	<p>The not refundable cost for the Entry/Registration Fee is:</p> <ul style="list-style-type: none"> • 30 EUR per gymnast • 55 EUR per all other participants/Officials (except judges) <p>At the time of the Definitive Registration 100% of the entry fee must be paid to the LOC. Entry fees must be paid by 27th March and according to the number of persons registered in the Definitive Form. Entries without payment of the fees will be considered invalid and will be refused.</p>																					
ACCREDITATION	<p>Accreditation cards will be given at the LOC Office at "Portimão Arena" by the</p>																					

	<p>arrival of Delegations. A photo of each member of the delegation (in electronic format – JPEG – must be sent to the LOC together with the nominative registration – 27th April). Photos taken upon arrival will be charged of EUR 20 each.</p> <p>The Head of Delegation <u>must verify</u>, during the accreditation procedures:</p> <ul style="list-style-type: none"> • All the names of the Delegation members • All payments due • National Flag • National Anthem <p>The Head of Delegation <u>must deliver</u> during the accreditation procedures:</p> <ul style="list-style-type: none"> • Certification of valid insurance for all Delegation members with Covid-19 coverage • A proof of negative Covid-19 test, or a recovery certificate, or a vaccination certificate, for each member must be present • Musics of all the exercises (CD or pen drive) * • Gala Form <p><i>*Note:</i> All the exercises music's must be send to the official e-mail of the Event rgportugal@ginastica.org at the time of the Nominative entry – 27th April (max. size 10 MB; file format – WAV). It's better if you send it by <i>WeTransfer</i>.</p>
EVENT FORMAT	<p>This International Tournament consists in:</p> <ul style="list-style-type: none"> • <u>Seniors: Individual Competition</u> <u>4 exercises - (Hoop, Ball, Clubs and Ribbon)</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 <i>wild card</i> gymnast will have to start first. • <u>Juniors: Individual Competition</u> <u>4 exercises - (Hoop, Ball, Clubs and Ribbon)</u> <ul style="list-style-type: none"> - <u>Team/Individual Qualification</u>: Each Team must have between 2 and 4 gymnasts (only one team per country count for the Teams ranking); they must perform the total of 8 routines – 2 per apparatus. <ul style="list-style-type: none"> - Each Federation can participate with more than 1 Team. However in the final rankings only one team per Federation will be included. The Federation must previously indicate the Team that will entry in the competition ranking during the accreditation. - <u>Apparatus Finals</u>: 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 <i>wild card</i> gymnast will have to start first.
PROVISIONAL SCHEDULE	<p>Sunday 22nd May Arrival of Delegations (All day)</p> <p>Monday 23rd May Trainings per schedule (All day) Orientation Meeting (max. 2 persons per country)</p> <p>Tuesday 24th May Opening Ceremony Competition: Qualifications (All day) Juniors: 4 apparatus (Hoop, Ball, Clubs and Ribbon) <i>Junior Teams Awards Ceremony</i> Seniors: 4 apparatus (Hoop, Ball, Clubs and Ribbon) <i>Senior Individuals Awards Ceremony</i></p> <p>Wednesday 25th May</p>

	<p>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) Finals Awards Ceremony Gala presentation/Closing ceremony</p> <p>Thursday 26th May Departure of Delegations</p>
EVENT MANAGER	<p>Mrs. Teresa LOUREIRO Tel: +351926241139 Email: teresa.loureiro@ginastica.org rgportugal@ginastica.org</p>
MEDICAL SERVICES	<p>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.</p>
COVID 19	<p>Besides the medical guidelines for the particular event, FIG also requires all the participants to follow the standard precautions. The FIG requires all participants, judges and officials to take standard precautionary measures, such as frequent hand-washing, wearing masks or face coverings at all times and keeping a physical distance of at least 1.5 metres whenever possible. The only situation in which the safety distance does not have to be respected is when a coach provides assistance (catch, lead, spotting) during an athlete's performance. This phase must be kept as short as possible and the assisting person is obliged to wear a mask throughout. Gymnasts do not need to wear a mask or face covering while they are performing at the training venue or on the FOP and keeping a physical distance of at least 1.5 metres whenever possible. A proof of a negative Covid-19 test within the last 48h/72h (PCR), a recovery certificate, or a vaccination certificate must be present at accreditation. Delegations that will need a PCR or a quick test to flight back home, must indicate it at the nominative registration form (27th of April).</p>
VISA	<p>Please verify with your travel agent or the Portuguese Embassy or Consulate in your country if a visa is required for you to travel to Portugal. The LOC will assist each Delegation member with an official invitation letter, provided if the request is made before 27th March to the official e-mail: rgportugal@ginastica.org at the VISA form. 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.</p>
INSURANCE	<p>The Host Federation, the LOC and the FIG will not be 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, Covid-19 and for repatriation for all the members of their Delegation. The LOC will verify the insurance upon arrival of the delegation members.</p>
INTERNATIONAL TRANSPORTATION	<p>The invited participating federations must pay for the International travel costs of their delegation members.</p> <ul style="list-style-type: none"> • Airport of Arrival in Portugal: "FAQ" - Faro, Portugal. <p>The Travel Schedule Form must be returned to the LOC by 27th April.</p>
LOCAL TRANSPORTATION	<p>Organizers will provide free transfers and local transportation for all participants who booked their accommodation through the LOC. Transfers from/to Faro's ("FAO") airport (1h30 away to Portimão City, by bus) and a shuttle service from/to the Hotels and the Venue, for training and competition. If the Travel Schedule Form is not sent until the deadline (27th April) we will not guarantee the transfer service;</p>
ACCOMMODATION	<p>The participating federations must pay for the accommodation expenses of</p>

AND MEALS (FULL BOARD)	<p>their delegation members. The prices are per person and per night and include accommodation and meals (full board):</p> <p>Category 1 Hotel Euro 170,00 (single room, full board) Euro 140,00 (double/twin room, full board) Euro 120,00 (triple room, full board)</p> <p>Category 2 Hotel Euro 130,00 (single room, full board) Euro 115,00 (double room, full board) Euro 100,00 (triple room, full board)</p> <p>Category 3 Hotel Euro 130,00 (single room, full board) Euro 100,00 (double/twin room, full board)</p> <p>The prices charged for the hotel rooms will not exceed the usual hotel rates. The Accommodation Form must be returned to the LOC by 27th March 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 costs/total amount due for Accommodation with full board, shall be reimbursed if the cancellation occurs before 27th March. After, no reimbursement will be made.</p>																								
BANK ACCOUNT INFORMATION	<p>Each participating member Federation is kindly requested to integrate the payment's purpose as follows: <u>Portimao 2022</u> Bank: Millennium BCP BENEFICIARY: Gymnastics Federation of Portugal IBAN: PT50 0033 0000 0188 0157 8909 6 BIC/Swift: BCOMPTPL</p> <p>The participating federation is responsible for covering all bank taxes in connection with the bank transfers.</p>																								
MARKETING	<p>FIG advertising and publicity rules must be respected.</p>																								
MEDIA	<p>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.</p> <p>Media Officer: Ms. Elena ROSCA e-mail: elena.rosca@ginastica.org</p>																								
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Sincerely Yours,

Lisbon, 10th of January 2022



Ms. Teresa Loureiro
Secretary General of the POR NF