



**30TH RG PORTIMÃO INTERNATIONAL
TOURNAMENT (POR)
30th April –2nd May 2023
Seniors: Individuals
Juniors: Individuals and Groups**



DIRECTIVES

Event ID: 17348

Dear FIG affiliated Member Federation,

The Gymnastics Federation of Portugal has the pleasure to invite your Federation to participate in the official FIG International RG Tournament.

DISCIPLINE	Rhythmic Gymnastics (RG)
HOST FEDERATION	Gymnastics Federation of Portugal Contact Person: Teresa Loureiro Tel: +351 21 814 11 45 E-mail: rgportugal@ginastica.org federacao@ginastica.org Website: http://www.fgp-ginastica.pt
LOCATION	Portimão, Algarve, Portugal
DATE	From 30th April to 3rd May 2022
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
APPARATUS SUPPLIER	Please refer to the attached apparatus list
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 • 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

	<ul style="list-style-type: none"> 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 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. 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/ 2 per group</td> <td>10</td> </tr> <tr> <td>Individual Gymnasts</td> <td>4 Jun / 4 Sen</td> <td>8</td> </tr> <tr> <td>Group Gymnasts</td> <td>6 Jun</td> <td>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 (<i>compulsory</i>)</td> <td>3 (1 junior individual/ 1 junior group and 1 senior)</td> <td>3</td> </tr> </tbody> </table>		Individual JUN or SEN (maximum)	Joint	Head of Delegation	1	1	Coach	1 per gymnast/ 2 per group	10	Individual Gymnasts	4 Jun / 4 Sen	8	Group Gymnasts	6 Jun	6	Medical Doctor	1	1	Paramedical Staff	2	2	Judges (<i>compulsory</i>)	3 (1 junior individual/ 1 junior group and 1 senior)	3
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AGE LIMITS	<p>Seniors :16 years in the year of the competition</p> <p>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 6th April.</p>																								
REGISTRATION DEADLINES	<p>The definitive and nominative deadlines are compulsory.</p> <table border="1"> <tbody> <tr> <td>Definitive registration:</td> <td>3rd March</td> <td>(2 months prior to the event)</td> </tr> <tr> <td>Nominative registration</td> <td>6th April</td> <td>(4 weeks prior to the event)</td> </tr> </tbody> </table>	Definitive registration:	3rd March	(2 months prior to the event)	Nominative registration	6th 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"> 50 EUR per individual gymnast 200 EUR per group 55 EUR per all other participants (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 3rd March and according to the number of persons registered in the Definitive Form. 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 LOC Office at "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 – 6th April). Photos taken upon arrival will be charged of EUR 20 each.</p> <p>The Head of Delegation <u>must verify</u> at the Accreditation Office:</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> at the Accreditation Office:</p> <ul style="list-style-type: none"> Certification of valid insurance for all Delegation members Exercises music's (1 pen drive per gymnast or group) * 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 – 6th April (max. size 10 MB; file format – MP3). It's better if you send it by <i>WeTransfer</i>. In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan.</p>
<p>EVENT FORMAT</p>	<p>Individual Competition</p> <ul style="list-style-type: none"> • <u>Seniors: 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: 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); each team must perform the total of 4 routines – 1 per apparatus. ○ Each Federation can participate with a maximum of 2 Teams. 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 nominative registration. ○ <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. <p>Group Competition</p> <ul style="list-style-type: none"> • <u>Juniors: 2 exercises - (5 Ropes and 5 Balls)</u> <ul style="list-style-type: none"> ○ Qualifications/All-Around Competition (Each Federation can participate with one Group) ○ Apparatus Finals: the top eight Groups per apparatus from the Qualifications will participate in the Finals. ○ In addition, the Organising Member Federation may participate in the 2 finals. This <i>wild card</i> group will have to start first.
<p>PROVISIONAL SCHEDULE</p>	<p>Friday 28th April Arrival of Delegations (All day)</p> <p>Saturday 29th April Trainings per schedule (All day) Orientation Meeting (max. 2 persons per country)</p> <p>Sunday 30th April Competition: Qualifications (All day) Individual Juniors: 2 apparatus (Hoop, Ball) Groups Juniors: 1 apparatus (5 Ropes) Opening Ceremony Seniors: 2 apparatus (Clubs and Ribbon) Groups Juniors: 1 apparatus (5 Ropes)</p> <p>Monday 1st May Competition: Qualifications (All day) Individual Juniors: 2 apparatus (Clubs and Ribbon) Teams Juniors Awards Ceremony Groups Juniors: 1 apparatus (5 Balls) Groups Juniors Awards Ceremony Seniors: 2 apparatus (Hoop, Ball) Individuals Seniors Awards Ceremony</p>

	<p>Tuesday 2nd May Trainings for the Finals Finals Apparatus Competition Senior (8 best gym. per apparatus, 2 per country) Individual Juniors (8 best gym. per apparatus, 1 per country) Group Juniors (8 best groups per apparatus, 1 per country) Finals Awards Ceremony</p> <p>Wednesday 3rd May Departure of Delegations</p>
EVENT MANAGER	<p>Mrs. TERESA LOUREIRO Tel: +351218141145 E-mail: 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>The FIG Medical Guidelines for FIG Competitions and Events are still effective and they should be used according to the situation with COVID-19 pandemic in your country.</p> <p>Considering the current situation as it is written in the guideline, it is the health situation in your country that prevails.</p> <p>"These guidelines can be adapted according to the health situation related to the COVID-19 pandemic in the host country and the city."</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 3rd March to the official e-mail: rgportugal@ginastica.org. 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 held responsible for any liabilities in case of accidents, illness, repatriation, and the like.</p> <p>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.</p> <p>Basic insurance (sickness, accident and repatriation) in your country of residence is compulsory in order to be able to benefit from coverage by FIG IMSSA subsidiary insurance. Please also refer to https://www.gymnastics.sport/site/pages/medical-insurance.php for additional information regarding the FIG IMSSA insurance for Athletes and Judges. The LOC will verify the insurance coverage upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy).</p> <p>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> <p>The FIG and the LOC strongly recommend that each Federation take cancellation insurance for their international transportation.</p> <p>Note: The Travel Schedule Form must be returned to the LOC not later than the 6th April. After this deadline An extra fee of 30€ per person will be charged for each transfer way.</p>
LOCAL TRANSPORTATION	<p>The LOC will provide free local transportation for all participants who booked their accommodation through the LOC: Transfer from/to Faro (FAO) airport, as well as a shuttle service from/to the Hotels and the Venue, for trainings and competitions. Arrival airport: FARO (FAO) (1h30m distance to Portimão by bus – LOC provided).</p>

ACCOMMODATION AND MEALS (FULL BOARD)	<p>The invited participating federations must pay for the accommodation and meals expenses of their delegation members.</p> <p>The hotels' prices are per person and per night and include the transfer service and all the meals (full board - FB) – breakfast at the Hotel; lunch and dinner at the Portimão Arena:</p> <p>Category 1 Hotel (FB) Euro 170,00 (single room) Euro 140,00 (double/twin room) Euro 120,00 (triple room)</p> <p>Category 2 Hotel (FB) Euro 130,00 (single room) Euro 115,00 (double/twin room) Euro 100,00 (triple room)</p> <p>Category 3 Hotel (FB) Euro 120,00 (single room) Euro 100,00 (double/twin room) Euro 85,00 (triple room)</p> <p>The Accommodation Form must be returned to the LOC by 3rd March at the very latest, the Hotels will be allocated on a “first come, first serve” basis.</p> <p>Cancellation/Refund Policy: 50% of the costs/total amount due for Accommodation with full board, shall be refund if the cancellation occurs before 6th April. After, no reimbursement will be made.</p>																
FINAL BANQUET	<p>The Farewell Dinner will be offered to all participants who have booked their accommodation through the LOC.</p>																
BANK ACCOUNT INFORMATION	<p>Each participating member Federation is kindly requested to integrate the payment's purpose as follows: <u>RGPORTIMAO2023</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 fees in connection with the bank transfers.</p>																
MARKETING	<p>FIG advertising and publicity norms 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. ROSCA, Elena Tel: +351218141145 e-mail: elena.rosca@ginastica.org</p>																
SOCIAL MEDIA	<p>Facebook page: https://www.facebook.com/ginasticaportugal?fref=ts Youtube: https://www.youtube.com/user/ginasticaportugal</p>																
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	A photo of each delegation member (JPEG)	6 th April
	Travel Schedule Form	6 th April
	Gymnasts' music's (mp3 format)	6 th April

Sincerely Yours,

Lisbon, December 14th 2022



Signature of the
Secretary General of the FIG affiliated NF