

RHYTHMIC GYMNASTICS



WORLD CUP

March 26th to 29th - 2015 - **Lisboa** - Portugal



CRÉDITOS: Fotografia: Carlos Alberto Matos - FGP // Design gráfico: Paulo Carilhas

WORK PLAN





1. ADMINISTRATION

1.1. FOREWORD

The present Work Plan has been developed in accordance with the following FIG rules and regulations:

- Statutes
- FIG Technical Regulations (2015)
- Rules for the FIG World Cup Competitions and Series in Rhythmic Gymnastics (2015)
- RG General and Specific Judges Rules
- FIG Apparatus Norms
- FIG Rules for Advertising
- FIG Rules for Accreditation
- Medical Organization of the FIG Competitions
- FIG Anti-Doping Rules
- FIG Media Rules
- RG Code of Points (2015)

and subsequent FIG decisions.

All participating Federations commit to respect the Statutes and all FIG Regulations, especially with regards to the license, the age and nationality of the gymnasts, as well as the respective regulations concerning “Insurance” (FIG Technical Regulations).

Federations which have not fulfilled their financial obligations towards the FIG and the Local Organizing Committee will not be allowed to participate in those Lisbon RG Competitions 2015.

1.2. ORGANIZING COMMITTEE

PORTUGUESE GYMNASTICS FEDERATION

Contact Person	Mrs. ARAÚJO, Paula (General Secretary)
Address	Estrada da Luz, nº 30 – A 1600-159 Lisboa, Portugal
Tel.	+351 218 141 145
Fax	+351 218 142 950
E.mail	gympor@gympor.com
Website	www.fgp-ginastica.pt



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LOC OFFICIALS

President	Mr. ROCHA, João Paulo
Executive Directors	Mrs. LOUREIRO, Teresa Mr. SOUSA, Álvaro
Local Technical Directors	Mrs. SANCHES, Andreia Mrs MONTEIRO, Sonia
Secretariat Management	Mrs. FALCÃO, Isabel Mrs. SOUSA, Susana
Head of Personnel for Equipment	Mr. BASTOS, Daniel
Head of Scoring Office	Ms. CHAMBEL, Isabel Mr. PEDRO, Alexandre
Liaison for Juries Matters	<i>To be indicated later</i>
Medical Services Doping Control Manager	Mrs. PALMEIRA, Maria João
Official Doctor	Mr. CAMACHO, Tiago
MKT and PRESS Coordinator	Ms. ROSCA, Elena
Hotels and Meals Coordinator	Mrs. CACHINHO, Anabela
Transportation Coordinator	Mr. OLIVEIRA, Carlos
Ceremonies and “Gala” Coordinator	Mr. Costa, Sofia
Protocol and Social Program Manager	Mrs. LOUREIRO, Teresa
Volunteers Manager	Mrs. JORGE, Patrícia
Co-Organization	Lisbon City Hall
Support	Associação de Ginástica de Lisboa Escola Secundária D. Dinis
Hospital	Hospital da CUF Descobertas

1.3. FIG – INTERNACIONAL GYMNASTICS FEDERATION

FIG COORDINATOR

Contact	Mrs. MARTINET, Sylvie
Address	Avenue de la Gare 12 – Case Postale 630 CH – 1001 Lausanne
Tel.	+41 (0) 21 321 55 15
Fax	+41 (0) 21 321 55 29
E.mail	smartinet@fig-gymnastics.org
Website	www.fig-gymnastics.com

FIG DELEGATE, for Lisbon World Cup

Mrs. CHIAIE, Daniela Delle



2. COMPETITIONS

2.1. PROGRAM

24.03 Tuesday	All day long	Delegations arrival
		Trainings in Competition Hall
		Non official extra Trainings in School
	13:45	Arrival of the FIG Delegate: Daniela Delle Chiaie
25.03 Wednesday	All day long	Trainings in Competition Hall
		Non official extra Trainings in School
	19:30 - 20:00	Welcome and Orientation Meeting (30')
26.03 Thursday	07:30 - 19:00	Trainings in School
	07:30 - 13:00	Trainings in Competition Hall
	11:00 - 12:00	Judges Instruction
	19:30 - 20:15	Judges meeting
	20:30 - 21:05	WCup Groups Qualification (<i>Gr. A</i>) <i>5 Ribbons</i>
	21:15- 21:45	Opening Ceremony
	21:45 - 22:15	WCup Groups Qualification (<i>Gr. B</i>) <i>5 Ribbons</i>
27.03 Friday	07:30 - 19:00	Non official extra Trainings in School
	16:30 - 17:15	Judges meeting
	17:30 - 18:50	WCup Individuals (<i>Gr. A</i>) Qualification - <i>Hoop; Ball</i>
	19:45 - 21:05	WCup Individuals (<i>Gr. B</i>) Qualification - <i>Hoop; Ball</i>
	21:10 - 22:30	WCup Individuals (<i>Gr. C</i>) Qualification - <i>Hoop; Ball</i>
28.03 Saturday	07:30 - 19:00	Non official extra Trainings in School
	12:00 - 12:45	Judges meeting
	14:00 - 15:15	WCup Individuals (<i>Gr. B</i>) Qualification - <i>Clubs; Ribbon</i>
	15:30- 16:00	WCup Groups Qualification (<i>Gr. B</i>) - <i>2 Hoops 6 Clubs</i>
	16:15 - 17:30	WCup Individuals (<i>Gr. C</i>) Qualification - <i>Clubs; Ribbon</i>
	17:45 - 18:20	WCup Groups Qualification (<i>Gr. A</i>) - <i>2 Hoops 6 Clubs</i>
	18:30 - 19h50	WCup Individuals (<i>Gr. A</i>) Qualification - <i>Clubs; Ribbon</i>
	20:00	Awards Ceremony for WCup Groups
	20:15	Awards Ceremony for WCup Individuals
29.03 Sunday	07:30 - 11:00	Trainings in Competition Hall (For Finals)
	13:45 - 14:45	Judges meeting
	15:00 - 15:45	WCup Groups Finals - <i>5 Ribbons</i>
	15:45 - 16:45	WCup Individual Finals - <i>Hoop; Ball</i>
	16:45 - 17:30	WCup Groups Finals - <i>2 Hoops 6 Clubs</i>
	17:30 - 18:30	WCup Individual Finals - <i>Clubs; Ribbon</i>
	18:30	Awards Ceremony for WCup Finals
	19:00 - 19:45	Gala and Closing Ceremony
	21:00 - 00:00	Dinner and Fareweel Party



2.2. VENUE and TRAINING HALL

Competition and official training all

Pavilhão do Complexo Desportivo Municipal do Casal Vistoso

Rua João da Silva

1900-271 Lisboa

Non Oficial Training Hall - School

Pavilhão da Escola Secundária D. Dinis

Rua Manuel Teixeira Gomes

1950 Lisboa

2.3 TRAINING FORMAT

Training Facilities

According with the FIG Technical Regulations:

- Minimum of 2 hours per day for federations participating in a single competition;
- Minimum of 3 hours per day for federations participating in two competitions.

Official Training Schedules

The training will start on the 24th March for all competitors, according to the flight time arrivals (ETA). Delegations must respect the designated training times and the allocated training carpets. Access to the competition hall and to the training locations will be given only to the members of the delegation wearing their accreditation card and only during their respective training times.

The training schedules will be given to the Delegations at arrival or accreditation.

2.4.CEREMONIES

Opening Ceremony

The opening ceremony will take place on the 26th of March at 21h15 in the competition hall. Each Delegation must present to the parade 1 gymnast (minimum) 2 (maximum).

Awards Ceremonies

All awards ceremonies will take place immediately after the end of each competition. On the podium, awards will only be presented to the medal winners:



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28th March	20:15	Individuals all-around	Individual Gymnasts ranked 1st to 3rd
	20:00	Groups all around	Groups ranked 1st to 3rd
29th March	18:30	Individuals Apparatus Finals	Individual Gymnasts ranked 1st to 3rd in each apparatus
		Groups Finals	Groups ranked 1st to 3rd in each exercise

GALA – Closing Ceremony

The Gala will take place in the competition hall after the last medal award ceremony on the 29th of March, from 19h00 to 19h45.

Any gymnast or Group that is interested is allowed to participate at the “Gala” for the participation of. This is a free participation.

The ones that are interested in the “Gala” performance must fulfil the attached form, and wait for the LOC confirmation of participation, because we have only 30 minutes for the Gala presentations. The registration form for Gala Presentation must be handed to the LOC, at the Heads of Delegation Orientation Meeting. The presentation will be confirmed on the 28th of March at the LOC office.

2.5. ORIENTATION MEETING

The Orientation Meeting for the Heads of Delegation will take place on the 25th of March by 19h30 at the Competition Hall – Judges Room.

This is where the LOC will give practical information on the running of the competitions.

This is the last moment for the Heads of Delegations to hand to the LOC:

- The “Gala” registration form
- The music’s forms

2.6. JUDGES INSTRUCTION

The Judges instructions will take place on the 26th of March, by 11h00, at the Competition Hall – Judges Room.

All Judges must be present.



2.7. OTHER INFORMATION

- Competition results/scores will be informed at each Hotel help desk. A full results book will be given to all delegations, at the 29th of March, after the competitions - Dinner and Farewell Party;
- After each competition the results will be posted on different places of the Competition Hall. We will not provide copy of the results after competition to delegations.
- Mail boxes: each delegation has a mail box at the entrance of the LOC office at the Competition Hall;
- Reserved seating: for Heads of Delegations; Judges and participants (gymnasts, coaches and other members);
- Bottles of water are at gymnasts disposal, but in Lisbon we can drink piped water.

3. OPERATIONAL AREAS

3.1. ACCREDITATION

The accreditation will take place upon arrival of the delegations, by schedule, in “Complexo Desportivo Municipal do Casal Vistoso” – Sports Hall.

Passports and FIG Licences will be checked during accreditation.

Music CD's (2 per gymnast/routine) and the music form, national flags and national anthems (1 CD) have to be handed out at the accreditation centre.

Heads of delegations have to present valid medical and accident insurance policies written in English language for all members of the delegation. Any outstanding payments have to be made by the head of delegation.

At the accreditation centre, heads of delegations have to present the forms with the D values of the gymnasts (2 copies), as well fill the Music forms (if not sent in advance).

Any missing photo will be taken upon arrival and the NF will be charged extra 10EUR – the accreditation will only be available 24hrs later – being provided a temporary access pass.

If any of these steps is not fully fulfilled participation in the RG Lisbon 2015 events will not be possible!

Accreditation card must always be visible in the venue. In case of losing the accreditation card and new one will be issued for a cost of € 100.



3.2. TRANSPORTATION

For the delegations, that have book the accommodation through the LOC, transport will be organised from the Lisbon International Airport to the Hotels and back.

For Competition, there will be dedicated transportation for Judges and for Gymnasts, Coaches and other member delegations that are going to compete, and that have book the accommodation true the LOC.

3.3. MEALS

A catering service for lunch and dinner will be organised for participants at the Competition Hall. A “meals card” must be showed to the access control.

Those “meals card” will be delivered at the LOC office.

Timetable:

Lunch – from 12h00 to 15h00

Dinner – from 18h00 to 21h00

3.4. DINNER AND FAREWELL PARTY

For: All Participants of World Cup
On the 29th of March