

# FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



FONDÉE EN 1881



**MAIA**  
**FIG ACRO WORLD CUP**

**MAIA, PORTUGAL –MARCH 2<sup>nd</sup> - 6<sup>th</sup> 2016**

**REVISED 23.02.2016**

**[www.acroteam.org/maiaworldcup](http://www.acroteam.org/maiaworldcup)**

V.1 - updated 04.02.2016



ACRO CLUBE DA MAIA



Federação  
de Ginástica  
de Portugal



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## 1. GENERAL INFORMATION

This competition will be organized under the following FIG rules, as valid in the year of the competition, except for any deviation mentioned in these World Cup Rules for Acrobatics Gymnastics:

Statutes

Technical Regulations

Code of Points

Medical Organization of the Official FIG Competitions

Doping Control Rules

FIG Media Rules

FIG Apparatus Norms

FIG Advertising and Publicity Rules

Regulations for Awards Ceremonies

and subsequent decisions of the FIG Executive Committee –

FIG Acrobatics Gymnastics Technical Delegate: Frank Boehm - FIG Acro TC Member

## 2. COMPETITION VENUE

COMPLEXO MUNICIPAL DE GINÁSTICA DA MAIA

Rua Altino Coelho

4470 – 233 Vermoim - MAIA

PORTUGAL

Info: [www.acroteam.org](http://www.acroteam.org) or [www.acroteam.org/maiaworldcup](http://www.acroteam.org/maiaworldcup)

Email: [acm@acroteam.org](mailto:acm@acroteam.org) / [lourencofranca@sapo.pt](mailto:lourencofranca@sapo.pt)



WORKPLAN - MAIA FIG ACRO WORLD CUP 201



MIAC 2011 © Acro Clube da Maia

### 3. ORGANIZATION

#### International Federation

#### **FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE**

12 Avenue de la Gare 1003 Lausanne

SWITZERLAND

Phone : +41 (0) 21 321 55 10

Fax : +41 (0) 21 321 55 19

E-Mail: [rvinagre@fig-gymnastics.com](mailto:rvinagre@fig-gymnastics.com)

URL: [www.fig-gymnastics.com](http://www.fig-gymnastics.com)

#### **Technical Delegate: Mr. Frank Boehm**

#### Local Organising Committee

#### **FEDERAÇÃO DE GINÁSTICA DE PORTUGAL**

Estrada da Luz, 30

1600 – 159 Lisboa

PORTUGAL

Phone : +351 21 814 11 45

Fax : +351 21 814 29 50

E-Mail: [gympor@gympor.com](mailto:gympor@gympor.com)

URL: [www.gympor.com](http://www.gympor.com)

#### **ACRO CLUBE DA MAIA**

Rua de Almorode, 185 C

4470-231 Vermoim - Maia

PORTUGAL

Phone / Fax: +351 22 9410731

E-Mail : [acm@acroteam.org](mailto:acm@acroteam.org) and [lourencofranca@sapo.pt](mailto:lourencofranca@sapo.pt)

URL: [www.acroteam.org](http://www.acroteam.org)

### 4. RESPONSIBLE PERSONS

Mr. João Paulo Rocha	OC President
(Portuguese Gymnastics Federation President)	
Mr. Manuel Barros	OC Vice-President
(Acro Clube da Maia President & LOC Head Responsable)	
Mr Lourenço França	Technical Director
Mr. Tiago Maia	Competition Director
Mrs. Elena Rosca	Head of Media & Communication
Mrs. Maria José Medeiros	Office / Accreditations
Mr. Luis Medeiros	Accommodation and Transportation
Mr. Adelino Maia	Meals

Mr. Manuel Silva	Access Control Manager
Mrs. Úrsula Martins	Medical
Mr. Sergio Mateus	Results Software
Mr. António Costa	IT Manager
Mr. João Ferreira	Floor Manager (Competition and Warm-Up)
Ms. Patrícia Nobre	Opening and Award Ceremonies

## 5. GENERAL PROGRAMME

Wednesday, 2 <sup>nd</sup> March	All day	Delegations arrival
	18:30 – 21:30	Free Training (music)
Thursday, 3 <sup>rd</sup> March	10:00 – 13:00	Sightseeing Tour – Tourist Visit
	11:30 – 12:30	Orientation meeting and Reception at City Hall
	14:00	Judges meeting
	14:00 – 18:30	Training Per Schedule
Friday, 4 <sup>th</sup> March	15:25	Start Warm-up
	16:15	Qualif. 1 <sup>st</sup> exercise
	WP / Mx2 – Dynamic // MP / WG - Balance	
	17:30	Opening Ceremony
Saturday, 5 <sup>th</sup> March	15:25	Start Warm-up
	16:15	Qualif. 2 <sup>nd</sup> exercise
	WP / Mx2 – Balance // MP / WG - Dynamic	
Sunday, 6 <sup>th</sup> March	14:00	Start Warm-up
	15:00	FINALS
	16:15	Award Ceremony
	21:00	Dinner & Farewell Party
Monday, 7 <sup>th</sup> March		Departure of all delegations

## 6. TRANSPORTATION

Transfers by bus to and from the **Porto Airport** or **Campanhã (Porto) Train Station** to the official hotels, as well as from the official hotel to the training and competition hall will be provided to the delegations that booked their accommodation through the Organizing Committee. The transport schedule will be given upon arrival.

Nevertheless, shuttle buses will leave the Competition Venue and the Hotels according to the schedule they will follow strictly. **Please be on time!!!**

## 7. ACCREDITATION

### COMPLEXO MUNICIPAL DE GINÁSTICA DA MAIA - OC OFFICE

Wednesday, 2<sup>nd</sup> March from 10:00 – 20:00  
(Delegation arriving later than 20:00 must contact the LOC)

The accreditation system identifies individuals participating in the competition and ensures controlled access to each area. All participants and officials are required to wear accreditation cards at all times.

At accreditation, the Head of Delegation must check the correct names of their complete delegation, verify accommodation requirements, make the necessary payments (including insurance, if necessary) and hand in the music cd's of the competitors. They also have to present the passports / ID of all competitors and judges for the control of nationality and age. The definitive competition schedule will be given to the Head of Delegation.

The accreditation is personal, non-transferable and compulsory to control access to training and competition hall, functions, official transport, lunches and dinners.

**Without your accreditation card, you cannot pass the security control and you cannot participate in lunches, dinners, etc. So if you have loose your accreditation card, you must purchase a new one for the price of 125 Euro.**

When all the commitments are fulfilled, all delegation members will receive their accreditations. All participants and officials are required to wear the accreditations at the all times.

Federations will receive accreditation based on nominative entry upon arrival at the Competition Venue.

In order to accelerate the accreditation procedure, please send by email – [lourencofranca@sapo.pt](mailto:lourencofranca@sapo.pt) - to the Organizing Committee a photo of each delegation member.

In alternative it was created a Dropbox folder to each delegation where one can "drop" all the photos.

The specification of the photo should be as follows:

File format; JPG, JPEG, PNG, TIFF

Dimensions: 190 pixels wide x 250 pixels high

File name: NF\_Surname\_Firstname (example POR\_Silva\_Antonio.jpg)

If no photo is sent before the accreditation, the price for taking the photo is 5 EUR / photo at accreditation.

## 8. TARIFF SHEETS

Tariff Sheets must be returned to the Competition Office, during the Accreditation or no later than March 3<sup>rd</sup> at 10:00.

## 9. INSURANCE

The host Federation, the Organizing Committee and the FIG will not be held responsible for any liabilities in case of accidents, illness or repatriation.

The FIG Technical Regulations (Section 1, Article 12.10) foresees that all participating Federations are obliged to cover the expenses for all members of their Delegation for the necessary insurance coverage against accidents and illness.

The Organizing Committee will verify the insurance of all federations at accreditation. Federations who cannot provide proof will have to purchase the insurance offered by the OC at their own cost. The Organizing Committee will subsequently offer insurance at the Federations own charge as follows: 40 Euro per person/day (except judges and gymnasts).

## 10. OFFICIAL LANGUAGE

The official language is English. Interpretations from and into other language must be organized by the delegations. Announcements will be made in English. The Work Plan and all other documents are available in English only.

## 11. VISAS

Please check immediately with your travel agent or the Portugal Embassy or Consulate in your country, if a visa is required for your travel to Portugal.

## 12. HOTELS

<b>Porto Axis SPA ****</b>	<b>Hotel Beta ****</b>	<b>Star Inn Hotel***</b>	<b>Res. D. Teresa ***</b>
Rua Maria Feliciano nº 100 4465-283 São Mamede <a href="http://www.axishoteis.com">www.axishoteis.com</a>	Rua do amial, 601-607 4200-062 PORTO <a href="http://www.hotelbetaporto.belterhotels.net">www.hotelbetaporto.belterhotels.net</a>	Rua Senhora do Porto, 930 4250-453 PORTO <a href="http://www.hotelstarinn.com/">http://www.hotelstarinn.com/</a>	Estrada Nacional 107, N.º 745 4425-138 Águas Santas - Maia <a href="http://www.donateresa.com/index.html">www.donateresa.com/index.html</a>

## 13. MEALS

Full board is included in the accommodation packages booked through the OC. Breakfast will be served at the hotel. Lunch and dinner will be served close to the Competition Venue, inside the Sports Complex.

The Head of Delegation will receive meal tickets upon arrival at accreditation.

**NO TICKET—NO MEALS!!! - NO ACCREDITATION—NO MEALS!!!**

DAY	LUNCH	DINNER
<b>Wednesday, 2<sup>nd</sup> March</b>	<b>11:00 – 15:00</b>	<b>18:00 – 21:00</b>
<b>Thursday, 3<sup>rd</sup> March</b>	<b>11:00 – 15:00</b>	<b>18:00 – 21:00</b>
<b>Friday, 4<sup>th</sup> March</b>	<b>11:00 – 15:00</b>	<b>18:00 – 21:00</b>
<b>Saturday, 5<sup>th</sup> March</b>	<b>11:00 – 15:00</b>	<b>18:00 – 21:00</b>
<b>Sunday, 6<sup>th</sup> March</b>	<b>11:00 – 15:00</b>	<b>Banquet 21:00</b>

#### 14. ORIENTATION MEETING

The orientation meeting will take place on Thursday, March 3<sup>rd</sup> beginning **at 11:30 in the City Hall**. The meeting can be attended by Head of Delegations, Team Managers, and Coaches.

Daily information and results will be delivered in the Delegation's mailboxes. Only the Head of Delegation will be entitled to retrieve mail from the box.

#### 15. TRAINING BY SCHEDULE AND MEASUREMENTS – (March 3<sup>rd</sup>)

Gr. / NF			General Warm Up (30 min.)		Floor A (60 min.)		Floor B-FOP (3 routines / PG)	
Group	NF	Nº	in	out	in	out	in	out
Group 1	<b>AZE / BEL / POR / PUR</b>	6	14:00	14:30	14:30	15:30	15:35	16:25
Group 2	<b>FRA / RUS</b>	6	15:00	15:30	15:30	16:30	16:35	17:25
Group 3	<b>GBR / GER / NED</b>	7	16:00	16:30	16:30	17:30	17:35	18:35

Gymnast measurement will be made immediately after the podium training on March 3<sup>rd</sup>.

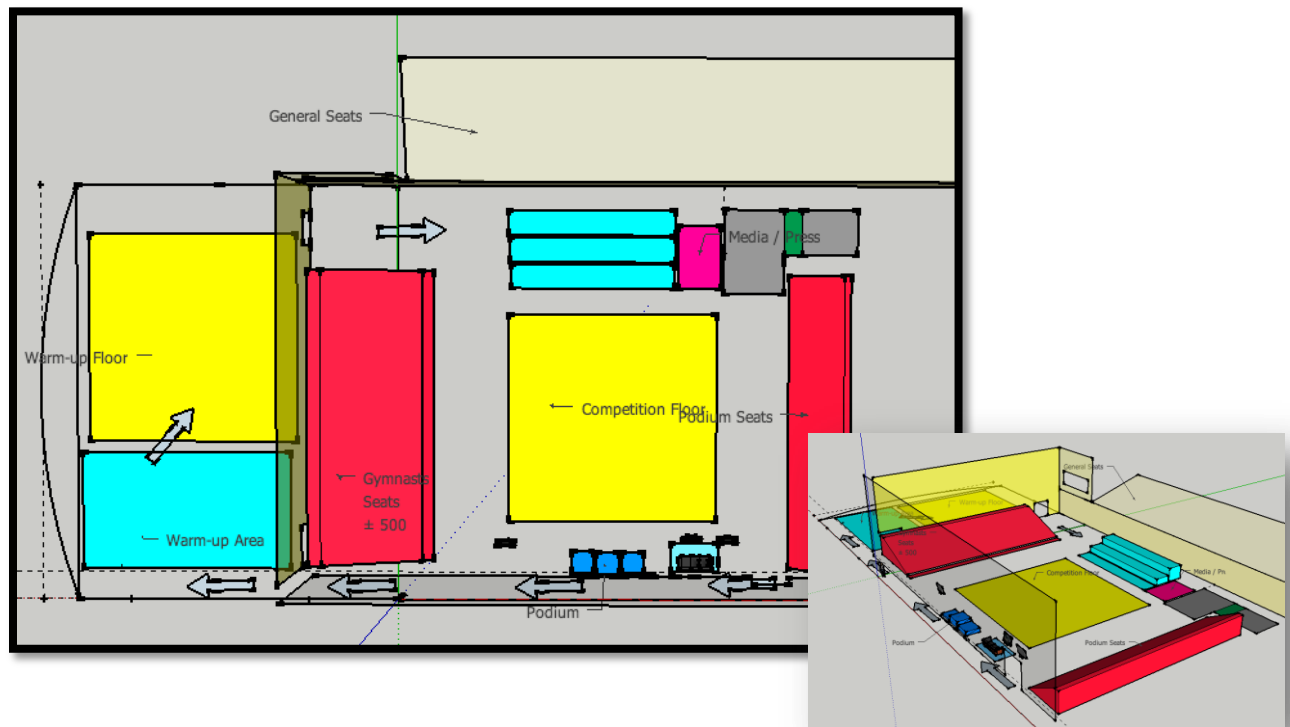
#### 16. EQUIPEMENT

Competition Floor: Gymnova (red boundaries)

Training Floor: Gymnova (red boundaries)



## 17. GYMNASTS PATH (on Competition days)



## 18. JUDGES MEETING

The Judges Meeting will take place on Thursday, March 3<sup>rd</sup> at 14:00 in the Sports Hall (Judges room – Competition Venue).

All participating federations must provide at least one judge with a valid FIG Brevet. Failure to do so will result in a fine of Swiss Francs 2 000,00.

## 19. THE DRAW FOR JUDGES

The draw for judges will be on Thursday, March 3<sup>rd</sup>.

## 20. NO SMOKING POLICY

Please note that it is strictly forbidden to smoke in the venue complex.

## 21. MEDICAL SERVICES & ROOM

The Organizing Committee will provide medical and physiotherapist services. A special room is marked with "Medical Room". Red Cross and Physiotherapist will be present on the Competition Area.

Doping controls will be made according FIG Anti-Doping Rules.

## **22. OPENING CEREMONY / MARCH IN**

The competitors are asked to assemble in the Warm-Up area on Friday, 4<sup>th</sup> March for Opening Ceremony. Two gymnasts and one coach wearing National Track suite are required to the March In for the Opening Ceremony.

On the beginning of each Competition, JUDGES are asked to be ready to march in on to their panel places so they can be called up by the official speaker.

## **23. VIDEO RECORDING**

All routines and passes will be recorded.

## **24. AWARD CEREMONIES**

The award ceremony will take place on Sunday, 6<sup>th</sup> March. Only the medal winners and one coach/gold medal are invited to participate. Competitors must appear in their competition attire.

## **25. FINAL BANQUET**

The banquet will take place on Sunday, 6<sup>th</sup> March at 21:00.

Quinta do Geraldino

Rua de Sá nº 578

4475-161 Gemunde – Maia

## **26. DELEGATIONS SEATS**

A special area will be reserved for delegations in the competition area. Please note that all delegations members must sit in this designated area.

## **27. MUSIC**

**COMPULSORY:** The music CD's must be given to the OC upon arrival at accreditation: 2 copies for each routine for every Pair / Group (Competition and Spare CD).

**ALTERNATIVE#1:** Every delegation has a Dropbox folder already created. There you can "drop" all the music and individual photos.

**ALTERNATIVE#2:** Send the music by email in MP3 or AAC/MP4 format (with good quality) until March 2<sup>nd</sup>. The OC kindly asks you to send these files to the email: [lourencofranca@sapo.pt](mailto:lourencofranca@sapo.pt)

Identify the MUSIC TRACKS as follows:

TOP NAME\_SPECIALITY\_EXERCISE\_COUNTRY

Example: PINTO\_W3\_BAL\_POR.mp3

## 28. NATIONAL FLAG AND ANTHEM

Please bring a National Flag and the National Anthem to deliver upon arrival on Accreditation.

## 29. SOCIAL ACTIVITIES

On Thursday, March 3<sup>rd</sup> (Training per Schedule day) there will be the possibility to participate in some Social Activities:

Port Wine Cellars + Douro River Cruise + Panoramic Circuit	35 €
Douro River Cruise of the Six Bridges on the Douro River	25 €
Panoramic Bus Circuit	25 €
Maia Zoo	8€
Tourist Train Circuit	Free
Urban City Trail	Free
Maia City Hall Tower 360º	Free

You are kindly requested to inform the Local OC until March 2nd to the email: [lourencofranca@sapo.pt](mailto:lourencofranca@sapo.pt) of what tours / circuits you wish to participate and with how many people.

## 30. MAIA INTERNATIONAL ACRO CUP 2016 CONNECTION

The Maia FIG Acro World Cup 2016 is held in close connection with the Maia International Acro Cup 2016. All the facilities, transportations and services provided to the MIAC'16 Delegations can be fully used by the World Cup Delegations that booked their accommodation through the OC.

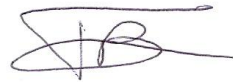
*V.1 - terça-feira, fevereiro 23, 2016*

Maia WCup'16 OC President



Mr. João Paulo Rocha

Maia WCup'16 OC Vice-President



Mr. Manuel Barros