



# 8TH INTERNATIONAL OPEN COMPETITION

**AEROBIC GYMNASTICS  
CANTANHEDE I PORTUGAL**

**22-25 MARCH 2018  
PAVILHÃO "OS MARIALVAS"**



# WORKPLAN

Dear Friends,

The Gymnastics Federation of Portugal as the honour to welcome all participating Federations to the Aerobic Gymnastics FIG International Open Competition, that will be held in Cantanhede, Portugal, from 22<sup>nd</sup> to 25<sup>th</sup> of March 2018.

This work plan as been developed to provide all necessary information concerning the participation of the national federations, at the above mentioned event.

**1 - Participating Federations:** Australia, Brazil, Bulgaria, Canada, Czech Republic, Estonia, Finland, France, Germany, Greece, Hungary, Italy, Latvia, Lithuania, Mexico, Portugal, Romania, Russia, Slovakia, South Africa and Spain.

**2 - Host Federation:** Gymnastics Federation of Portugal

Contact Person: Paula Araújo

Address: Estrada da Luz, 30A, 1600-159 Lisbon, Portugal

Tel: 00315 218141145 / Fax: 00351 218142950 / E-mail: [gympor@gympor.com](mailto:gympor@gympor.com) / Website: [www.gympor.com](http://www.gympor.com)

**3 - Competition Venue:** Pavilhão Marialvas

Address: Rua Luís de Camões, n<sup>o</sup>19, 3060 – 183 Cantanhede, Portugal

Tel: +351 231 422 101 / E-mail: [academia.cantanhedegym@gmail.com](mailto:academia.cantanhedegym@gmail.com) / Website: [www.cantanhedegym.com](http://www.cantanhedegym.com)

**4 - Competition Dates**

Qualifications: Thursday 22<sup>nd</sup> to Saturday 24<sup>th</sup> March 2018

Finals: Saturday 24<sup>th</sup> to Sunday 25<sup>th</sup> of March 2018

**5 - Local Organising Committee:** Academia Cantanhedegym

Address: Rua da Concórdia, Lote 12, 3060 – 149 Cantanhede / Portugal

Contact Person: João Dias

Mobile: +351 925123182 / E-mail: [academia.cantanhedegym@gmail.com](mailto:academia.cantanhedegym@gmail.com)

Website: [www.cantanhedegym.com](http://www.cantanhedegym.com)

**6 - Organising Committee**

President	João Paulo Rocha
Vice-President	João Dias
Executive Director	Sofia Costa
Technical Director	Maria Félix
Financial Director	Agostinho Moura
Local Technical Coordinator	Vanda Dias
Volunteers	Sérgio Morais
Protocol & Social Program	Miguel Almeida
Communication & Marketing	Pedro Lopes
Facilities	Paulo Pessoa
Security	António Pereira
Transports & Accommodations	Carlos Pessoa
Secretary	Daniel Santos
Scoring System	Sérgio Mateus
Photography	Rainer Fleck
Logistics	Tiago Horta & Ricardo Condez
Speaker	Pedro Canilhas

## **7 - Technical Regulations**

The competition must be organized under the following FIG rules, as valid in the year of the competition, except for any deviation mentioned in these directives:

- Statutes
- Technical Regulations
- Code of Points and relevant Newsletters
- Licenses Rules
- General Judges Rules
- Specific Judges' Rules for Aerobic Gymnastics
- Medical Organization of the Official FIG Competitions
- Doping Control Rules
- Media Rules
- Apparatus Norms
- Advertising and Publicity Rules
- Regulations for Awards Ceremonies
- FIG Rules for Sanctioning (approval) of International Events

## **8 - FIG Official Representative**

The official FIG representative appointed for the competition to act as Technical Delegate and President of the Superior Jury is Ms. Svetlana Lukina, Member of the FIG Aerobic Gymnastics Technical Committee.

## **9 - Competition jury**

The number of Juries (judges' panels) may be decided by the organizing member federation depending on the number of participating competitors and judges. The Juries are set up by draw with priority to the judges of the highest category. If, on the day of the competition, there are no sufficient number of judges in the requested categories, the Technical Director may take whatever action needed to secure the running of the event. All judges must hold a current valid FIG brevet at the time of the event

## **10 - Floor supplier**

Gymnova, 6632 Cancun (wood matt surface), FIG Certified.

## **11 - Age Group and Categories**

AG1: 12 – 14 years / AG2: 15-17 years / Seniors: 18 or more years in 2018.  
Categories: IW, IM, MP, TR, GR, GRAD

## **12 – Participation**

The competition consists of Qualifications and Finals in all categories. There will be qualifications only for the categories and age groups with more than 8 participants. The participation in the finals is limited to 2 units per country in each category.

Only gymnasts in good standing with the correct age and holding a valid FIG License, until the end of the event, may participate.

The Local Organizing Committee will be responsible for checking the validity of the gymnast Licenses. No gymnasts will be accepted without a valid FIG License at the deadline of the Nominative Registration.

### 13 - Detailed Schedule:

<b>Tuesday,</b>	<b>20/03/2018</b>	<b>All day: Arrival of Delegations and accreditation at Pavilhão Marialvas</b>
	10:00-18:00	Training sessions by schedule
	19.30-20.30	Rehearsal of the official ceremonies (Opening, Awards & Closing) by LOC in the Competition Hall
<b>Wednesday,</b>	<b>21/03/2018</b>	<b>All day: Arrival of Delegations and accreditation at Pavilhão Marialvas</b>
	09:00-23:00	Training sessions by schedule
<b>Thursday,</b>	<b>22/03/2018</b>	<b>FIG WC Training sessions by schedule (before and after the competition)</b>
	08.30-09:00	Orientation Meeting for all Head of Delegations, Coaches and Judges (Pavilhão Marialvas)
	09:00-11:30	Judges Instruction Meeting (Pavilhão Marialvas)
	11.30-13.30	IOC & Youth Qualifications (IW Youth & IW AG1)
	14.30-20.00	IOC & Youth Qualifications (IW – TR Youth & IW – IM AG1 & IM – MP AG2)
	20:00-21.00	Rehearsal of the Official Opening/Closing Ceremony (COMPULSORY FOR ALL NATIONS with maximum 10 competitors by nation)
<b>Friday,</b>	<b>23/03/2018</b>	
	08.30-09.00	IOC Judges Meeting
	09.00-12.30	IOC Qualifications (GR AG1 & IW AG2 & IW SNR)
	13.30-16.00	IOC & Youth Qualifications/Finals (IM–IW–MP Youth & MP AG1 & IW AG2)
	14:00-15:00	Athletes Meeting – Round Table (2 per NF – Marialva Park Hotel)
	16.45-17.15	World Cup Judges Meeting
	17.30-17.45	Official Opening Ceremony
	17.45-18.15	World Cup Qualifications (MP)
	18.30-19.30	IOC & Youth Qualifications/Finals (TR – GR Youth & GR AG2)
	19.45-20.05	Youth Competition Award Ceremony
<b>Saturday,</b>	<b>24/03/2018</b>	
	08.30-09.00	IOC Judges Meeting
	09.00-13.00	IOC Qualifications/Finals (MP–TR AG1 & MP–TR–GR AG2 & TR SNR)
	13:00-13:20	IOC Award Ceremony
	14.15-14.45	World Cup Judges Meeting
	15.00-17.30	World Cup Qualifications (IM – IW – TR – GR)
<b>Sunday,</b>	<b>25/03/2018</b>	
	08.30-09.00	IOC Judges Meeting
	09.00-12.00	IOC Finals (IM–IW–TR–GR AG1 & IW–IM–TR–AD AG2 & IM–IW–AD SNR)
	12:10-12:30	IOC Award Ceremony
	13.30-14.00	World Cup Judges Meeting
	14.15-14.30	Opening Ceremony
	14.30-15:30	World Cup Finals (IM – IW – TR)
	15:30-15:50	WC Award Ceremony
	16.00-17.00	World Cup Finals (MP – GR)
	17.15-17.35	WC Award Ceremony
	17.35-18.00	Closing Ceremony
	19.30	Final Banquet (Hotel Quinta da Lagoa)
<b>Monday,</b>	<b>26/03/2018</b>	<b>All day: Departure of the delegations</b>

#### 14 - Training and competition areas

- a) At the accreditation desk, all delegations will receive the final detailed training schedule..
- General warm-up: This area can be used by each nation team during 1 hour.
- Specific warm-up: This area will have a competition floor, with music for each routine during 2 minutes.
- The coaches and gymnasts should bring their own training extra CDs.
- Podium / Competition area: This area will be at the main competition hall with official floor at the podium / stage, using the routine music previously send by e-mail to the LOC.
- b) The Opening Ceremony Rehearsal is compulsory for all nations with the presence of the Head of Delegation, Coaches and maximum participation of 10 gymnasts by nation. The nations will present a 2 x 8 counts with music.

#### 15 - Music procedure

In order to simplify the management of the music and to limit the technical problems of wiring for sound during the competitions, the Organizing Committee wishes to reduce the variety of the various musical supports (CD, key USB) and use only the numerical support. Each music will be classified and indexed in a file on the computers of wiring for sound by respecting the flow schedule in order to be able to use them quickly and effectively.

All the music used must be send to LOC by the following email: [aer.fig.wc.ioc.acg.musics@gmail.com](mailto:aer.fig.wc.ioc.acg.musics@gmail.com), until **12<sup>th</sup> March 2018**, in WAV or MP3 format. It is also necessary to send the attached Music Release form. Each music will have to contain following information:

- The name of the competition (IOC)
- The name of the nation (official abbreviation of the country)
- The last and first name of all competitor/s
- The category (IM, IW, MP, TR, GR, AD) & Country/Team # ID

Example: IOC\_POR\_PEREIRA\_Maria\_AG2\_IW6.wav or mp3

***\*Although, all teams should bring their own CDs for each routine with the identification of the Nation, Gymnasts Names, Category, Age group, music time.***

#### 16 – Awards

Diplomas for all participants and medals for the best 3 Ranked by Category and Age Group.

#### 17 - Accommodation

The official hotel Marialva Park Hotel is located between 5 minutes walking from the Competition Hall. The Hotel Quinta da Lagoa and Herdade Lago Real are 20 minutes from the Competition Hall (by bus, provided by the LOC).

All participating federations must pay for their accommodation and meals costs to the LOC. Entries without payment will be considered as invalid and will be refused.

#### 18 - Transports

The delegations have to cover by themselves the costs for their international transportation.

The LOC will arrange at a determined fee, the transport service from the OPORTO/LISBON International airport to the accommodation place in Cantanhede and to the competition hall. Transportation from Oporto Airport to the competition venue or hotel and back is 55€ (fifty five Euros). Transportation from Lisbon Airport to the competition venue or hotel and back is 80€ (eighty Euros).

#### 19 - Medical services

The Host Federation, the Local 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 declaration in English writing upon arrival of the delegation members (Head of Delegation, Team Manager and Coaches) (e.g. cover note or photocopy of the valid policy). These 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: 40 EURO per person/day.

## **20 – Accreditation**

For the accreditation process, all delegation members must send to LOC by the following email: [aer.fig.wc.ioc.acg.photos@gmail.com](mailto:aer.fig.wc.ioc.acg.photos@gmail.com), the pictures identified, in jpeg format, until **12<sup>th</sup> March 2018**. Each photo taken in the accreditation will have an extra fee of 5 euros.

Example: IOC\_POR\_MARQUES\_Teresa\_AG1

The accreditation will be at Pavilhão Marialvas

Address: Rua Luís de Camões, nº19, 3060 – 183 Cantanhede, Portugal

Tel: +351 231 422 101 / E-mail: [academia.cantanhedegym@gmail.com](mailto:academia.cantanhedegym@gmail.com) / Website: [www.cantanhedegym.com](http://www.cantanhedegym.com)

The Head of Delegation has to be ready to present the following documents:

- Passports of each member of the delegation.
- Insurance declaration in English, for Head of delegation, Team Manager and Coaches.
- National Flag and Anthem.
- Two CDs for each routine with the Country, Category and Names of the competitor/s.
- List of difficulty elements for each routine.
- To be ready to fill a list for the order of your competitors during the time for the trainings.
- FIG Gymnast Licences and one copy of all FIG Licences must be given in the accreditation

During the Orientation Meeting detailed and updated information will be given to all nations. If you need some more information in advance, please do not hesitate to contact us.

Looking forward to welcome you in Cantanhede!