



“BOROVETS AEROBICS FIG WORLD CUP”

FIG World Cup Competition – N 12087



“BOROVETS CUP AEROBICS OPEN 2015”

International Youths Competition – AG 12-14/ AG 15-17

FIG Registered N 13346

International Youths Competition – AG 9-11

1st – 3rd of May 2015

Borovets, Bulgaria

WORKPLAN

Version 28.04.2015

DEAR FRIENDS,

We're very happy to welcome all participating Federations at the “Borovets Aerobics FIG World Cup Competition” and “Borovets Cup Aerobics Open 2015” that will be held in the period of 1st – 3rd of May 2015 in Borovets, Bulgaria and provide you with all information concerning the participation at the above mentioned events.

1. PARTICIPATING NATIONS

FIG WORLD CUP: Austria, Azerbaijan, Belarus, People's Republic of China, Czech Republic, Spain, France, Germany, Hungary, Italy, Japan, Latvia, Mexico, Portugal, Romania, Republic of South Africa, Russia, Ukraine and Bulgaria

BOROVETS CUP OPEN: Belarus, Czech Republic, Spain, Finland, France, Germany, Greece, Hungary, Iran, Israel, Italy, Latvia, Moldova, Portugal, Romania, Russia, Turkey, Ukraine and Bulgaria

2. ORGANIZING COMMITTEE

Aerobic Union Bulgaria
Universiada Hall
2, Shipchenski prohod Blvd.
Sofia 1113
Bulgaria
Tel: +359 2 8737572
E-mail: aerobicub@gmail.com

3. CONTACT PERSON

Yana Sivilova – Technical assistant
Tel: +359 2 8737572
Cell phone: +359888802492
E-mail: aerobicub@gmail.com

4. COMPETITION VENUE AND ACCOMMODATION

Hotel “Samokov”*****
Borovets 2010
Tel: +359 750 32306
Fax: +359 750 32309
E-mail: samokov@netbg.com
Web page: www.samokov.com/bg

5. COMPETITION DATES

FIG WORLD CUP: 2nd – 3rd of May 2015
BOROVETS CUP OPEN: 1st – 2nd of May 2015

6. GENERAL PROGRAM

DATE/ TIME	DESCRIPTION	LOCATION
29 th of April 2015 Wednesday	Arrival of Delegations - all day	Sofia Airport/ Sofia Central railway or Sofia Bus station
	Accreditation – from 08:00 am	Hotel Samokov – “Vitosha” hall
30 th of April 2015 Thursday		
7:30 – 15:45	Podium training – Borovets Cup Open – according to the schedule	Warm up area, Training podium and Competition hall “Bulgaria”
15:50 – 16:15	Rehearsal of the Official Opening Ceremony – FIG World Cup	Competition hall “Bulgaria”
16:20 – 16:50	Rehearsal of the Official Opening Ceremony – Borovets Cup Open	Competition hall “Bulgaria”
16:15 – 22:15	Podium training – FIG World Cup – according to the schedule	Warm up area, Training podium and Competition hall “Bulgaria”
18:00 – 19:00	Orientation meeting - Borovets Cup Open and FIG World Cup	“Rodina” hall
19:00 – 20:30	Judges meeting and scoring system instructions – Borovets Cup Open and FIG World Cup	“Rodina” hall
1 st of May 2015 Friday		
07:30 – 09:00	Judges Meeting and Draw – Borovets Cup Open	“Rodina” hall
09:00 – 9:20	Official Opening Ceremony – Borovets Cup Open	Competition hall “Bulgaria”
9:20 – 10:54	Qualifications – Borovets Cup Open – TR 12-14 /IM 15-17/GR 15-17	Competition hall “Bulgaria”
10:54 – 11:10	Break	
11:10 – 13:20	Qualifications – Borovets Cup Open – IM 12-14/TR 15-17/MP 15-17/MP 12-14/GR 12-14	Competition hall “Bulgaria”
13:22 – 14:30	Lunch break	
14:30 - 15:58	Qualifications – Borovets Cup Open – IW 15-17/IW 12-14	Competition hall “Bulgaria”
15:58 - 16:10	Break	
16:10 – 17:36	Qualifications – Borovets Cup Open – IW 15-17/IW 12-14	Competition hall “Bulgaria”

16:15 – 22:15	Podium training – <i>FIG World Cup</i> – according to the schedule	Warm up area, Training podium and Competition hall “Bulgaria”
20:30	Distribution of the Results, Starting order for the Finals – Borovets Cup Open	“Vitosha” hall
2nd of May 2015 Saturday		
07:30 – 09:00	Judges Meeting and Draw – Borovets Cup Open	“Rodina” hall
09:00 – 10:50	Finals - Borovets Cup Open – IW 9-11/MP 9-11/IM 9-11/ TR 9-11/GR 9-11	Competition hall “Bulgaria”
10:50 – 11:10	Break	
11:10 - 12:15	Finals - Borovets Cup Open – IM 12-14/ MP 15-17/GR 12-14/ TR 15-17	Competition hall “Bulgaria”
12:15 – 12:25	Break	
12:25 - 14:00	Finals - Borovets Cup Open – IW 12-14/ GR 15-17/MP 12-14/ IM 15-17/TR 12-14/IW 15-17	Competition hall “Bulgaria”
14:05 – 14:50	<u>Award Ceremony</u> - Borovets Cup Open	Competition hall “Bulgaria”
14:50 – 15:00	<u>Award Ceremony</u> - Borovets Cup Open – AG Team Ranking	Competition hall “Bulgaria”
16:00 – 17:45	Judges Meeting and Draw – <i>FIG World Cup</i>	“Rodina” hall
17:45 – 19:45	Qualifications - FIG World Cup – IW/ IM	Competition hall “Bulgaria”
19:45 – 20:00	Break	
20:00 – 21:20	Qualifications - FIG World Cup – MP/TR	Competition hall “Bulgaria”
21:20 – 21:25	Break	
21:25 – 21:55	Qualifications - FIG World Cup – GR	Competition hall “Bulgaria”
23:00	Distribution of the Results, Starting order for the Finals – <i>FIG World Cup</i>	“Vitosha” hall
3rd of May 2015 Sunday		
08:50 – 12:00	Optional training Finalists - <i>FIG World Cup</i> – according to the schedule	Warm up area, Training podium and Competition hall “Bulgaria”
12:00 – 13:20	Judges meeting and Draw - <i>FIG World Cup</i>	“Rodina” hall
13:20 – 13:40	Official Opening Ceremony – <i>FIG World Cup</i>	Competition hall “Bulgaria”
13:40 – 16:00	Finals – FIG World Cup – IW/ IM/ MP/ TR/ GR	Competition hall “Bulgaria”
16:00– 16:25	<u>Award Ceremony</u> – <i>FIG World Cup</i> – IW/ IM/ MP/ TR/ GR	Competition hall “Bulgaria”
16:25 – 16:45	<u>Award Ceremony</u> - <i>FIG World Cup</i> – Winners of the FIG World Cup Series 2015	Competition hall “Bulgaria”
19:30	Farewell banquet	Hotel Samokov – Restaurant
22:30	Discotheque for all officials and athletes AG 15-17, Seniors	Hotel Samokov – Night club
4th of May 2015 Monday	Departure of Delegations	Hotel Samokov to Sofia Airport/ Sofia Central railway or Sofia Bus station

7. RULES AND REGULATIONS

The competition is organized under the following FIG rules, as valid in the year of the competition, except for any deviation mentioned in the Directives:

- Statutes
- Technical Regulations
- AER Code of Points and relevant Newsletters
- License Rules
- World Cup Rules for Aerobic Gymnastics
- 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 and subsequent decisions of the FIG Executive Committee

8. FIG OFFICIAL REPRESENTATIVE

The official FIG Representative appointed for the Competition who will act as a President of the Superior Jury is Ms. Mireille Ganzin – FIG AER TC President.

9. JUDGES AND JURIES

All registered judges should be in a possession of a valid FIG Brevet for the current cycle (2013-2016).

FIG WORLD CUP: There will be 2 judging panels consisting of: 1 Chair of Judge's Panel; 2 Difficulty Judges; 4 Artistic Judges; 4 Execution Judges; 1 Time Judge; 2 Line Judges.

The position of the judges will be decided by a draw before the competitions.

BOROVETS CUP OPEN: There will be 2 judging panels. Each judging panel will consist of: 1 Chair of Judge's Panel; 2 Difficulty Judges; 4 Artistic Judges; 4 Execution Judges; 1 Time Judge; 2 Line Judges.

The position of the judges will be decided by a draw on the days before the competitions.

All registered judges should attend all meetings/ instructions and draws as scheduled in the General Program. Judges who do not participate in the meetings/ instructions and draws will not be authorized to judge and will respectively receive warnings or other sanctions.

10. APPARATUS SUPPLIED

Gymnova Aerobic Floor, FIG Certified.
Reference number: 6630 Aero Floor One

11. AGE LIMIT & CATEGORIES

FIG WORLD CUP: 18 years in the year of the competition (born 1997 or before) – IW/ IM/ MP/ TR/ GR

BOROVETS CUP OPEN:

AG1 – 12-14 (born 2001-2003) – IW/ IM/ MP/ TR/ GR

AG2 – 15-17 (born 1998-2000) – IW/ IM/ MP/ TR/ GR

National Development – 9-11 (born 2004-2006) – IW/ IM/ MP/ TR/ GR

12. PARTICIPATION AND SIZE OF DELEGATION

The maximum size of delegation is set in the Directives for the events.

Extra persons exceeding the maximum size of delegation will be accredited for the price of 40 euro/ per person (accreditation/ farewell banquet).

13. COMPETITION FORMAT

FIG WORLD CUP: The competition consists of Qualifications and Finals in all 5 categories.

Qualifications:

Participation is limited to 2 per category and Nation.

Finals:

The top 8 (eight) competitors from the Qualifications in each category will take part in the Finals.

In addition, if the organizing federation has not qualified competitors in any category, it may nominate one participation in max.1 category of its choice. Maximum participation in the Finals is therefore 8+1 participants in one category and 8 in the other four categories.

BOROVETS CUP OPEN: The competition consists of Qualifications and Finals in all 5 categories in Age Groups 12-14 and 15-17. **For Age Group 9-11 there will be only Finals.**

Qualifications:

All registered athletes in Age Groups 12-14 and 15-17 in the different categories will take part in the Qualifications.

For Age Group 9-11 there are no Qualifications.

Finals:

The top 8 (eight) competitors from the Qualifications in Age Groups 12-14 and 15-17 in the different categories will take part in the Finals (**maximum two per category and Nation**).

In addition, if the organizing federation has not qualified competitors in any category, it may nominate one participation in max.1 category in each Age Group of its choice.

All registered athletes in Age Group 9-11 will take part in the Finals.

14. NAME CHANGES

According to the FIG TR after the Nominative registration no name changes are allowed. Where there are serious medical reasons exceptions may be made up to 24 hours prior to the competition. The request must be made in writing by using the attached Appendix 8 and accompanied by a comprehensive medical report in English language.

After the publication of the Draw on the FIG web page for the FIG World Cup the member Federations will be given an opportunity to modify the position of their athlete's starting order within 3 days by using the official form to be found on the FIG web page.

15. TRAINING AND COMPETITION AREAS

15.1. Warm up

The Warm up will be done on the ground floor. The place has a Warm up area as well as a Warm-up Podium (size 6 m x 9 m). The time at these areas is indicated in the Podium training schedules – Appendix 1 and in the Starting tables – Appendix 3 and Appendix 4.

15.2. Training Podium:

The training podium is situated in front of the Competition hall – “Bulgaria” Hall. The training podium is original Gymnova floor, identical to the competition podium.

During the trainings of Borovets Cup Open the time scheduled on the training podium is 1 minute and 30 seconds for each routine.

During the trainings of FIG World Cup the time scheduled on the training podium is 3 minutes for each routine.

During the competitions the time scheduled for each routine at this area is 4 minutes.

In this area there will be a CD player so athletes can use their music during the time at the training podium. For this area coaches/ athletes should have their own copy of CDs.

15.3. Competition Podium:

The competition podium is situated in “Bulgaria” Hall.

During the official trainings on 30th of April 2015 of Borovets Cup Open the time scheduled for each routine at this area is 1 min 30 sec.

During the official trainings on 30th of April and 1st of May of FIG World Cup the time scheduled for each routine at this area is 3 minutes.

In order to be well prepared and not loose time we would like to ask that each Federation fills in the attached “Order for podium training” form – Appendix 2 and present it to the OC during the accreditation.

During the official trainings on 30th of April and 1st of May at the competition podium the original CD handed during the accreditation will be played. If someone wants to change the original CD this should be done after the trainings of all Nations are finished!

During all trainings delegations must respect the training times and areas!!!

16. OPTIONAL TRAINING

BOROVETS CUP OPEN: Only for Age Group 9-11 - on 1st of May (Friday) the competitors will have the opportunity to do some trainings in hall “Serдика” which is situated on the second floor. The nations who want to use this area should apply to the OC a day earlier.

FIG WORLD CUP: On 3rd of May 2015 from 08:50 to 12:00 there will be an optional training for the Finalists according to the schedule – Appendix 5. The schedule with names will be distributed to the respective Federations after the Qualifications.

17. OFFICIAL OPENING CEREMONY

FIG WORLD CUP: The Official Opening Ceremony for the “Borovets Aerobics FIG World Cup” will take place on **3rd of May 2015 from 13:30** in Hotel Samokov – official podium. All Nations taking part in the FIG World Cup Competition have to take part at the Official Opening Ceremony.

The Nations will be presented by the competitors during 16 counts (two eights). The delegations will have to nominate a flag bearer at the time of the accreditation. The presentation of nations will be done in alphabetical order. The host country will be last. Further information will be given during the Orientation Meeting and the Rehearsal.

The Rehearsal for the Opening Ceremony will take place on **30th of April 2015 from 15:50 to 16:15** in the Competition Hall. All Nations taking part in the FIG World Cup Competition should be presented and take part in the Rehearsal for the Official Opening Ceremony.

BOROVETS CUP OPEN: The Official Opening Ceremony for the “Borovets Cup Aerobics Open” will take place on **1st of May 2015 from 09:00** in Hotel Samokov – official podium. All Nations taking part in the Borovets Cup Open have to take part at the Official Opening Ceremony.

The Nations will be presented by the competitors during 16 counts (two eights). The delegations will have to nominate a flag bearer at the time of the accreditation. The presentation of Nations will be done in alphabetical order. The host country will be last. Further information will be given during the Orientation Meeting and the Rehearsal.

The Rehearsal for the Opening Ceremony will take place on **30th of April 2015 from 16:20 to 16:50** in the Competition Hall. All Nations taking part in the Borovets Cup Open should be presented and take part in the Rehearsal for the Official Opening Ceremony.

!!!We ask that each nation has an English speaking athlete or coach during the training of the opening ceremony to translate to their athletes if needed!!!

18. AWARD CEREMONIES

The Award ceremonies will take part immediately after the Finals of each session as scheduled in the General Program and Starting tables – Appendix 3 and Appendix 4.

19. AWARDS

FIG WORLD CUP:

- A trophy will be handed to the winners in each Category.
- For the Top 3 competitors in each Category medals and diplomas will be presented.
- Diplomas will be presented for all the finalists.
- A diploma of participation will be given to all official members of the delegations.
- For the Top 3 competitors in each Category there will be prize money awards. The Prize Money, free of any deductible taxes, will be distributed in Swiss Francs as follows:

For Tournaments Category B:

Total CHF 8'950.-

Category	Gold	Silver	Bronze
Individual Men	500 CHF	250 CHF	100 CHF
Individual Women	500 CHF	250 CHF	100 CHF
Mixed Pairs	1000 CHF	500 CHF	200 CHF
Trios	1500 CHF	750 CHF	300 CHF
Groups	1500 CHF	1000 CHF	500 CHF

BOROVETS CUP OPEN:

- A trophy will be handed to the winners in each Category.

- For the Top 3 competitors in each Category and AG medals and diplomas will be presented.
- Diplomas will be presented for all the finalists.
- A diploma of participation will be given to all official members of the delegations.

20. AGE GROUPS TEAM RANKING – BOROVETS CUP OPEN

The nations who have registered athletes in all 3 Age Groups – 15-17; 12-14 and 9-11 will take part in the “Age Groups Team Ranking”. One unit from each Age Group as chosen by the respective nations at the time of the Nominative registration will participate in this Team Ranking. It will be done by adding the ranking from the Qualifications of the chosen units. The team with the best rankings will be announced as the winner of the trophy. In case of a tie the respective scores are taken into consideration. A special award ceremony will be held on **2nd of May at 16:50** for the top 3 Teams.

21. WINNER OF THE ANNUAL WORLD CUP

Due to the fact that Borovets Aerobics FIG World Cup is the last World Cup event for the 2015 year the winners of the annual World Cup will be announced and awarded with a Trophy.

The winner is the Individual gymnast/ Pair/ Trio/ Group with the highest number of points of the World Cup Ranking List after the last event.

A special award ceremony will be held on **3rd of May 2015 at 16:20**, immediately after the Award Ceremony of the Borovets Aerobics FIG World Cup.

22. MEDIA

The Finals on **3rd of May 2015** will be broadcasted live by the Bulgarian National TV.

23. MEDICAL

23.1. Insurance

The Host Federation, the 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 upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy).

Delegation members with insufficient coverage must inform the LOC in advance. The LOC will subsequently offer insurance at the Federations own charge during the accreditation.

23.2. Medical Services

During the Trainings and Competitions the OC will provide medical services. An appointed person will be available during those times.

23.3. Doping control

FIG WORLD CUP: Doping controls will be made as per the Doping Control Regulations of the FIG and WADA. The doping controls may take place at any time during the training, podium training or competition times.

The doping controls will be done by representatives of the Bulgarian Anti-doping Agency and the tests will be analyzed in the WADA licensed doping laboratory in Athens, Greece.

24. TRANSPORTATION

24.1. International transportation

The travel to Sofia and back is at each delegations own expenses.

In case of heavily delayed or canceled flights, please immediately contact the Organizing Committee by calling +359888802492 – Mrs.Yana Sivilova.

24.2. Local transportation

Detailed information on the conditions is set in the Directives for the events.

The LOC will provide transportation to all members of the delegations from Sofia airport, Sofia railway or Sofia central bus station to the Official Hotel in Borovets and back as requested in advance by the Federations.

At Sofia Airport, Sofia Railway Station or Sofia central bus station there will be a member of the LOC who will meet all delegations that requested local transportation and will assist them to the bus.

Borovets is at about 70 km away from Sofia and it takes 1 - 1 ½ hour to get there.

During the accreditation the return flight schedules will be verified.

The delegations that have requested local transportation will receive additionally information from the Organizing Committee for the departure time from Hotel “Samokov” to Sofia airport, Sofia railway or Sofia bus station.

The time indicated in the departure schedule is the time when the bus leaves the Hotel. Check-outs should be done in advance!!!

The Departure schedule will be also posted at the information board situated in the lobby of the Hotel.

25. ACCREDITATION

The accreditation desk will be open on 29th of April 2015 at 08:00 am and is situated in Hotel “Samokov” – ground floor, “Vitosha” Hall - the office of the LOC.

Each Head of delegation should come first to the accreditation desk and do the accreditation of the delegation before checking in!!!

During the Accreditation the Head of delegation will be asked to check in the names of the members of the delegation and confirm that they are correct.

During the Accreditation the Head of Delegation has to:

- Show passports of each member of the delegation.
- Hand in copy of passports of the athletes and judges. The copies should be placed in the respective passport. If a copy is missing the LOC will do it for 0.50 Euro per copy.
- Show the FIG license card for all athletes – Seniors, Age Group 12-14 and Age Group 15-17
- Show the Insurances for each member of the delegation.
- Hand in the Flag and a CD with the Anthem.
- Name the Flag bearers for the Official Opening Ceremonies – FIG World Cup and Borovets Cup Open.
- Hand in one CD for each routine **clearly marked in English** with the Country, Category/Age group and Names of the competitor/s. A second CD marked the same way in English for each routine is suggested in case of problems that may occur.

- Hand in the List of difficulty elements for each routine – Appendix 6.
- Hand in the Order for training - Appendix 2.

- Hand in the Questionnaire for the athletes in FIG World Cup – Appendix 7.
- Verify the return flight schedules.
- Make the necessary payments to the Organizing Committee (if needed). Payments should be done in Euro.

26. ADDITIONAL INFORMATION

26.1. Meals

As per the Directives for the members of delegations with reservation for Hotel “Samokov” the accommodation includes full board. The schedule for breakfast, lunch and dinner will be given to the Head of delegation during the accreditation. It’ll be also posted on the information board at the lobby of the Hotel.

26.2. Farewell banquet

On 3rd of May 2015 at 19:30 there will be a Farewell banquet in the Restaurant of Hotel “Samokov” for all accredited members of the delegations. The relevant diplomas; the flag and anthem and CDs will be distributed during the banquet.

On 3rd of May 2015 at 22:30 there will be a discotheque for all officials, athletes from AG 15-17 and Seniors in the Night Club of Hotel “Samokov”.

26.3. Check out

The check-out time is 12:00 on the day of departure and should be strictly respected. Any additional services used are at the delegations own charge and should be paid before checking-out.

26.4. Weather

Borovets is situated in a mountainous region and the temperature range in the period of May is usually 10 to 25 degrees C. We suggest that you check the weather forecast via Internet before departing to Bulgaria.

26.5. Currency

The official currency in Bulgaria is “lev”. 1 lev is divided into 100 “stotinki”. As per 09th of April 2015 the exchange rate is:

1 Euro - approximately 1.95 lev

1 USD - approximately 1.81 lev

26.6. Distribution of information, results, schedules

All information, results, schedules, starting tables will be available in the office of the OC – “Vitosha” Hall as indicated in the General Program and will be presented to the Head of the delegation.

The official and complete results will be sent by e-mail to each participating Federation.

During the Orientation Meeting on **30th of April 2015 at 18:00** in Hotel “Samokov” – “Rodina” Hall detailed information regarding the Competitions will be given.

If you need some more information in advance, please do not hesitate to contact us.

**THANK YOU FOR BEING PART OF THE EVENTS AND
LOOKING FORWARD TO WELCOME YOU IN BOROVETS!!!**



Mrs. Iordanka Blagoeva
President AUB

Attachments:

1. Appendix 1 – Podium training schedules – **Borovets Cup Open** and *FIG World Cup*
2. Appendix 2 – Order for podium training - **Borovets Cup Open** and *FIG World Cup*
3. Appendix 3 – Starting tables – Qualifications and Finals – **Borovets Cup Open**
4. Appendix 4 – Starting tables – Qualifications and Finals – *FIG World Cup*
5. Appendix 5 – Training schedule – Finalists – *FIG World Cup*
6. Appendix 6 – List of difficulty elements - **Borovets Cup Open** and *FIG World Cup*
7. Appendix 7 – Questionnaire – *FIG World Cup*
8. Appendix 8 – Change of start list **Borovets Cup Open** and *FIG World Cup*