



**FALIRO RG INTERNATIONAL  
TOURNAMENT  
“APHRODITE CUP”  
24th-26<sup>th</sup> September 2021  
Athens Greece**



**DIRECTIVES**

**Event ID: 16730**

Dear FIG affiliated Member Federations,

Following the decision of the Hellenic Gymnastics Federation, the RG Club GOPF “ARMONIA”, has the pleasure to invite Clubs and National Teams from your Federation to participate in the aforementioned RG International Tournament.

<b>Discipline</b>	<b>Rhythmic Gymnastics</b>
<b>Host Federation</b>	<b>HELLENIC GYMNASTICS FEDERATION</b> 37 Kifissias Ave., OAKA, EKAE Building (Former Athlete's Guesthouse) Opposite Fire Station, 15123, Marousi. tel: 00302109882458 fax: 0030 2109887329 email: <a href="mailto:ego@otenet.gr">ego@otenet.gr</a> website: <a href="http://www.ego-gymnastics.gr">www.ego-gymnastics.gr</a>
<b>Local Organizing Committee</b>	<b>GYMNASTIKOS OMILOS PALAIYOU FALIROU “ARMONIA”</b> Dimotiko Athlitiko Centre, Office1, 17561, Marina Flisvou tel: 00302109816708 fax: 0030 2109838475 email: <a href="mailto:gym@gopf-armonia.gr">gym@gopf-armonia.gr</a> website: <a href="http://www.gopf-armonia.gr">www.gopf-armonia.gr</a>  <b>Mrs. Eleni Michopoulou,</b> President of RG Club GOPF “ARMONIA” email: <a href="mailto:gym@gopf-armonia.gr">gym@gopf-armonia.gr</a> mobile: 00306972004509
<b>Event Manager</b>	Mr. Charalampos (Harris) Spiliakos email: <a href="mailto:gym@gopf-armonia.gr">gym@gopf-armonia.gr</a> website: <a href="http://www.aphroditecup.com">www.aphroditecup.com</a>
<b>Competition Manager</b>	Mrs. Tzeni Papadopoulou email: <a href="mailto:aphroditecup@gopf-armonia.gr">aphroditecup@gopf-armonia.gr</a> website: <a href="http://www.aphroditecup.com">www.aphroditecup.com</a>
<b>Location</b>	<b>Faliro, Athens, Greece</b>
<b>Dates</b>	<b>24<sup>th</sup>–26<sup>th</sup>, September 2021</b>
<b>Venue</b>	<b>Faliro Olympic Indoor Hall “TAEK WON DO”</b> Height: 17m - Seats: 5.500

<b>Competition Apparatus</b>	<b>Please refer to the attached apparatus list</b>
<b>Gymnasts' Hand Apparatus</b>	<p>The changes of the Apparatus Norms for the Hand Apparatus valid for Apparatus Manufacturers and Gymnasts enter in to force from 01 January 2019.</p> <p>The list of the RG Hand Apparatus with valid certificates is published on the FIG website (<a href="#">here</a>) and updated regularly. Make sure that your gymnasts use only FIG certified Hand Apparatus for this event and for any other FIG recognized competitions, as they will not be allowed to compete with an Apparatus which does not comply with the norms.</p> <p><b>Random checks on the FIG and Manufacturers' Logos will be carried out at any time during the Event.</b></p>
<b>Rules &amp; Regulations</b>	<p>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:</p> <ul style="list-style-type: none"> <li>• Statutes;</li> <li>• Code of Ethics;</li> <li>• Code of Conduct</li> <li>• Technical Regulations;</li> <li>• Code of Discipline;</li> <li>• Code of Points and relevant Newsletters / Helpdesk</li> <li>• General Judges' Rules</li> <li>• Specific Judges' Rules</li> <li>• Anti-Doping Rules</li> <li>• Medical Organization of the FIG competitions and events</li> <li>• Framework for safeguarding athletes and other participants from harassment and abuse in sport during events</li> <li>• License Rules</li> <li>• Media Rules</li> <li>• Apparatus Norms</li> <li>• Rules for Sanctioning (approval) of International Events</li> <li>• Advertising and Publicity Rules</li> <li>• Regulations for Award Ceremonies</li> <li>• Accreditation Rules</li> <li>• UEG Technical Regulations for Juniors</li> </ul> <p><i>and subsequent decisions of the FIG Executive Committee</i></p>
<b>Provisional Schedule</b>	<p><b>21<sup>st</sup> September:</b> Arrivals of delegations  <b>22<sup>nd</sup> September:</b> Arrivals of delegations, training  <b>23<sup>rd</sup> September:</b> Official Training – Orientation Meeting  <b>24<sup>th</sup> September:</b> Competition  <b>25<sup>th</sup> September:</b> Competition  <b>26<sup>th</sup> September:</b> Competition and optional Sightseeing  <b>27<sup>th</sup> September:</b> Departure of delegation</p>
<b>Competition Format</b>	<p>The International Tournament includes competition for:</p> <p><b>1. Juniors Individuals</b> 4 apparatus (Hoop-Ball-Clubs-Ribbon)  Events: All Around and Finals  Medals: All Around by age  Finals by Junior category (13-15)</p> <p><b>2. Juniors Groups:</b>  Events: All around and Finals (5 balls - 5 Ribbons)  Medals: All around and Finals (5 balls - 5 Ribbons)</p> <p><b>3. Seniors Individuals:</b> 4 apparatus (Hoop-Ball-Clubs-Ribbon)  Events: All Around and Finals  Medals: All Around and Finals by category</p> <p><b>4. Seniors Groups:</b>  Events: All around and Finals (5 Balls &amp; 3 Hoops - 2 pairs Clubs)  Medals: All around and Finals (5 Balls &amp; 3 Hoops - 2 pairs Clubs)</p>

Sightseeing Options	<p>a. to Monument Acropolis, Acropolis Museum (Ancient Athens) at the cost of 5,00€ per person for transportation</p> <p>b. to temple of Poseidon at Cape Sounion at the cost of 20,00€ per person for transportation (56km distance from Faliro)</p>																																																											
Participation Rules	<p><b>1. Juniors Individual Competition:</b></p> <p>a. All around Competition according to FIG rules</p> <p>b. Apparatus Finals according to FIG &amp; UEG rules</p> <p><b>2. Juniors Group Competition:</b> according to FIG &amp; UEG rules</p> <p><b>3. Seniors Individual competition (All Around and apparatus Finals):</b> According to FIG rules</p> <p><b>4. Seniors Group Competition:</b> according to FIG rules</p>																																																											
Invited Federations	Clubs and National Teams from all FIG member Federations, <b>in good standing</b> , are entitled to participate in all categories or in any category by their choice.																																																											
Size of Delegation and FIG License	<table><tr><td></td><td>Individual Juniors</td><td>Individual Seniors</td><td>Group Juniors</td><td>Group Seniors</td><td>max TOTAL</td></tr><tr><td>Head of Delegation</td><td>1</td><td>1</td><td>1</td><td>1</td><td>1</td></tr><tr><td>Team Manager</td><td>1</td><td>1</td><td>1</td><td>1</td><td>2</td></tr><tr><td>Coach</td><td>2</td><td>2</td><td>2</td><td>2</td><td>8</td></tr><tr><td>Gymnasts</td><td>4</td><td>4</td><td>6</td><td>6</td><td>20</td></tr><tr><td>Judges</td><td>1</td><td>1</td><td>1</td><td>1</td><td>2</td></tr><tr><td>Doctor</td><td>1</td><td>1</td><td>1</td><td>1</td><td>1</td></tr><tr><td>Paramedical Staff</td><td>1</td><td>1</td><td>1</td><td>1</td><td>1</td></tr><tr><td colspan="5"></td><td>35</td></tr></table>							Individual Juniors	Individual Seniors	Group Juniors	Group Seniors	max TOTAL	Head of Delegation	1	1	1	1	1	Team Manager	1	1	1	1	2	Coach	2	2	2	2	8	Gymnasts	4	4	6	6	20	Judges	1	1	1	1	2	Doctor	1	1	1	1	1	Paramedical Staff	1	1	1	1	1						35
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Age Limits	<p><b>Juniors:</b> born in 2006, 2007, 2008</p> <p><b>Seniors:</b> Born in 2005 and older</p> <p><b>All Gymnasts must have a current valid FIG license until the end of the competition.</b></p>																																																											
Judges	<p><b>All participating judges must have a current FIG brevet (cat. I, II, III, IV) at the time of the competition, in the respective discipline RGI and/or RGG.</b></p> <p>The participating Member Federations must provide minimum one qualified judge as mentioned above. Failure to do so will result a fine of 150,00€ - to be paid to the LOC upon arrival.</p>																																																											
Entry Fee	<p>The non-reimbursable entry Fee is:</p> <ul style="list-style-type: none"><li>• 60,00€ per Individual Gymnast</li><li>• 100,00€ per Group</li><li>• 40,00€ per each team member who does not choose to book accommodation through the LOC.</li></ul>																																																											
MEDICAL SERVICES	The LOC will provide a first medical aid service.																																																											
COVID-19	<p>All participants will take a COVID-19 test upon arrival to the official hotels and must stay in their rooms until the results of the tests are ready.</p> <p>During the trainings and competition periods all participants are allowed to circulate only in the assigned sport venues, as well as in the official hotels.</p> <p>Besides the medical guidelines for the particular event, FIG also requires all the participants to follow the standard precautions.</p> <p>The FIG requires all participants, judges and officials to take standard precautionary measures, such as frequent hand-washing, wearing masks or face coverings at all times and keeping a physical distance of at least 1.5 meters whenever possible.</p> <p>The only situation in which the safety distance does not have to be respected is when a coach provides assistance (catch, lead, spotting) during an athlete's performance. This phase must be kept as short as possible, and the assisting person is obliged to wear a mask throughout.</p>																																																											

	Gymnasts do not need to wear a mask or face covering while they are performing at the training venue or on the FOP and must keep a physical distance of at least 1.5 meters whenever possible.								
<b>Drawing of lots</b>	One week before the competition starts, in the National Federation's offices.								
<b>Accommodation Costs</b>	<p>The following prices are <b>per person, per day</b> and include:</p> <ol style="list-style-type: none"> <li>1. Accommodation in hotels close to the Competition Hall, breakfast and dinner</li> <li>2. Transportation from Athens airport "Eleftherios Venizelos" to the hotel</li> <li>3. Shuttle buses connecting hotels and the Competition Hall</li> <li>4. Farewell party</li> </ol> <p><b>Four Stars Hotel HB:</b></p> <table> <tr> <td>Double Room:</td><td>100,00€</td></tr> <tr> <td>Single Room:</td><td>120,00€</td></tr> </table> <p><b>Three Stars Hotel HB:</b></p> <table> <tr> <td>Double Room:</td><td>80,00€</td></tr> <tr> <td>Single Room:</td><td>100,00€</td></tr> </table> <p><b>Important notice:</b></p> <ul style="list-style-type: none"> <li>• Delegates who choose not to book accommodation through the LOC can participate in the farewell party at the cost of 25,00€ per person.</li> </ul>	Double Room:	100,00€	Single Room:	120,00€	Double Room:	80,00€	Single Room:	100,00€
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Single Room:	120,00€								
Double Room:	80,00€								
Single Room:	100,00€								
<b>Accommodation Policy</b>	<p>The <a href="#">Accommodation Form (click to complete)</a> must be returned to the LOC <b>by July 24<sup>th</sup>, 2021</b> at the very latest, the hotel rooms will be allocated on a "first-come, first-served" basis.</p> <p>The invited participating federations must pay for the accommodation expenses of their delegation members. <b>The costs for the accommodation must be paid to the LOC as follows: 50% until July 24<sup>th</sup>, 2021 and the rest 50% until August 24<sup>th</sup>, 2021.</b></p> <p>Please notify the LOC for your choice on the hotel class when your provisional registration is made.</p> <p><b>Cancellation/Reimbursement Policy:</b></p> <p>50% of accommodation costs are refundable in case of cancellations at least 1 month prior to arrival. For cancellations made after August 24<sup>th</sup>, 2021 there will be no reimbursement.</p> <p><b>NOTE: No Hotel Reservations will be secured, for delegations that will not pay in time.</b></p>								
<b>International Transportation</b>	<p>The invited participating federations must pay for the International travel costs of their delegation members.</p> <p>The <a href="#">Travel Schedule Form (click to complete)</a> must be returned to the LOC <b>by August 24<sup>th</sup>, 2021.</b></p>								
<b>Local Transportation</b>	Local transportation will be provided by the LOC for those who will choose accommodation through the LOC.								
<b>Visa</b>	<p>Please verify immediately with your travel agent or the Greece Embassy or Consulate in your country if a visa is required for your travel to Greece. The LOC will be happy to assist each Delegation member with an official invitation letter, provided that <a href="#">Visa request (click to complete)</a> is made <b>before July 24<sup>th</sup>, 2021</b> to the LOC.</p> <p>The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, arrival and departure dates of the Delegation Members as well as the city the visa application support letter must be sent to.</p>								

## 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 photo copy of the valid policy).

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: 30,00€ per person/day.

**NOTE: In the case of any medical services in the hospital, the cost must be covered by the delegations.**

## Music and Music Forms

Each Delegation must send its Music by email to the following email address: [music.aphroditecup@gmail.com](mailto:music.aphroditecup@gmail.com) **not later than August, 24<sup>th</sup>2021.**

Music files have to be sent in .mp3 format. Name of each file must contain:

- The name of the nation (official abbreviation of the country)
- The first and last name of the individual competitor
- The category (individual/group);
- The apparatus
- The Junior or Senior

(Example: ROU\_RADU\_Alina\_Junior\_Group\_5hoops.mp3)

Delegation members are requested to keep in their possession a specimen of their CD and USB key for their training sessions and in case of a technical problem.

At the accreditation, the Heads of delegation have to hand in the Music Release form which you will receive together with the workplan.

## Accreditation

Delegation accreditation will take place upon arrival. For accreditation team leaders are required to bring the following documents:

- passports of all members of the delegation
- FIG licenses for junior and senior gymnasts
- fulfilment of all financial obligations
- the medical insurance of all members of the delegation

## Financial Obligations and Bank Account

Payment of 100% Entry Fee: July 24<sup>th</sup>, 2021 (non-refundable)

Payment of Accommodation Costs (first 50%): July 24<sup>th</sup>, 2021

Payment of Accommodation Costs (second 50%): August 24<sup>th</sup>, 2021

Each participating member Federation is kindly requested to integrate the payment's purpose as follows:

Beneficiary: GYMNASTIKOS OMILOS P.FALIROU "ARMONIA"

Bank: Alpha Bank

Address: 4 Ag. Alexandrou str.17561, Palaio Faliro

IBAN: GR52 0140 1180 1180 0200 2015010

BIC: CRBAGRAA

**The participating federation is responsible for cover in gall bank fees in Connection with the bank transfers.**

Registration & Payment Deadlines	<a href="#">Provisional Registration (click to complete)</a> :	June 24 <sup>th</sup> , 2021
	<a href="#">Definitive Registration (click to complete)</a> :	July 24 <sup>th</sup> , 2021
	<a href="#">Accommodation Form (click to complete)</a> :	July 24 <sup>th</sup> , 2021

	<a href="#">Visa Request Form (click to complete):</a>	July 24 <sup>th</sup> ,2021
	Payment of Entry Fee:	July 24 <sup>th</sup> ,2021
	Payment of Accommodation Costs (first50%):	July 24 <sup>th</sup> ,2021
	<a href="#">Nominative Registration (click to complete):</a>	August 24 <sup>th</sup> ,2021
	<a href="#">Travel Schedule Form (click to complete):</a>	August 24 <sup>th</sup> ,2021
	Send Music File by email:	August 24 <sup>th</sup> ,2021
	Payment of Accommodation Costs(second50%):	August 24 <sup>th</sup> ,2021
	Payment for missing judge:	Upon arrival
	Payment of optional Sightseeing cost:	Upon arrival
<b>ADDITIONAL INFORMATION</b>	<p>At the same time, there will be also a tournament for: Pre-juniors (girls born 2009-2010)</p> <p>All registration forms (provisional, definitive, nominative, accommodation, visa request and travel schedule) for the FIG Competition must be sent through the National Federations.</p>	

Sincerely Yours,

Athens, 10/06/2021



**Athanasios  
STATHOPOULOS**  
/ President  
of Hellenic  
Gymnastics Federation