



**10<sup>TH</sup> CANTANHEDE INTERNATIONAL OPEN COMPETITION  
AEROBIC GYMNASTICS – AGE GROUPS & SENIORS  
PORTUGAL  
23<sup>RD</sup> TO 27<sup>TH</sup> MARCH, 2022**



**DIRECTIVES**

**Event ID: 16853**

**UPDATE  
January, 4th**

Dear affiliated Member Federation,

The Gymnastics Federation of Portugal and the Academia CantanhedeGym, have the pleasure to invite your Federation to participate in the 10<sup>th</sup> Aerobic Gymnastics International Open Competition, to be held in Cantanhede, Portugal.

<b>DISCIPLINE</b>	<b>Aerobic Gymnastics</b>
<b>HOST FEDERATION</b>	<b>Gymnastics Federation of Portugal</b> Contact Person: Teresa LOUREIRO Address: Estrada da Luz, n.º 30-A, 1600-159 Lisboa / Portugal Tel: (+351) 21 814 11 45 / Fax: (+351) 21 814 29 50 E-mail: <a href="mailto:federacao@ginastica.org">federacao@ginastica.org</a> / Website: <a href="http://www.ginastica.org">http://www.ginastica.org</a>
<b>LOCAL ORGANIZING COMMITTEE</b>	<b>Academia CantanhedeGym</b> Contact Person: João DIAS Address: Rua da Concórdia, Lote 12, 3060 – 149 Cantanhede / Portugal Mobile: +351 925123182 E-mail: <a href="mailto:academia.cantanhedegym@gmail.com">academia.cantanhedegym@gmail.com</a> Website: <a href="http://www.cantanhedegym.com">www.cantanhedegym.com</a>
<b>LOCATION</b>	City of <b>Cantanhede</b> – Coimbra – Portugal
<b>DATE</b>	From <b>23<sup>rd</sup> to 27<sup>th</sup> March, 2022</b>
<b>VENUE</b>	<b>Pavilhão Marialvas</b> Rua Luís de Camões, Nº 19, 3060 – 183 Cantanhede Portugal Tel: +351 231 422 101
<b>APPARATUS SUPPLIED</b>	Please refer to the attached apparatus list
<b>RULES AND REGULATIONS</b>	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: <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</li><li>• General Judges' Rules</li><li>• Specific Judges' Rules</li><li>• Anti-Doping Rules</li><li>• Medical Organisation of 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>• FIG Rules for Sanctioning (approval) of International Events</li></ul>

	<ul style="list-style-type: none"> <li>Advertising and Publicity Rules</li> <li>Regulations for Award Ceremonies</li> <li>Accreditation Rules</li> </ul> <p>and subsequent decisions of the FIG Executive Committee</p>									
<b>AGE LIMITS</b>	AG1: 12-14 Years / AG2-Juniors 15-17 years / Seniors 18 + years									
<b>JUDGES &amp; JURIES</b>	<p>The number of Juries (judges' panels) may be decided by the Organizing Member Federation depending on the number of participating competitors and judges.</p> <p><b>All judges must have a current valid FIG brevet.</b></p> <p>The Juries are set up by a draw and directed by the Technical Delegate from the judges present at the event. Priority will be given to the judges of the highest category. If, on the day of the competition, there are no sufficient numbers of judges in the requested categories, the Technical Delegate may take whatever action needed to secure the running of the event. Each participating federation must provide minimum one judge Cat. 1, 2, 3 or 4 with current valid brevet. Failure to do so, will result in a fine of CHF 2'000.- to be paid to the LOC until the Definitive Registration date (20-01-2021).</p>									
<b>REGISTRATION DEADLINES</b>	<p>Provisional, Definitive and Nominative Registrations must be completed by sending the composition of the delegation to the LOC. Late entries will be considered as invalid and will be refused.</p> <table border="1" data-bbox="443 824 1458 1037"> <tr> <td>Provisional registration</td> <td>24, November, 2021</td> <td>(4 months prior to the event)</td> </tr> <tr> <td>Definitive registration</td> <td>19, January, 2022</td> <td>(2 months prior to the event)</td> </tr> <tr> <td>Nominative registration</td> <td>23, February, 2022</td> <td>(4 weeks prior to the event)</td> </tr> </table> <p>Registrations and payments made after the gymnasts' drawing of lots will not be accepted and the Delegation members concerned will not be authorized to participate.</p>	Provisional registration	24, November, 2021	(4 months prior to the event)	Definitive registration	19, January, 2022	(2 months prior to the event)	Nominative registration	23, February, 2022	(4 weeks prior to the event)
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Nominative registration	23, February, 2022	(4 weeks prior to the event)								
<b>ENTRY FEES</b>	<p>The costs for the entry fees are:  <b>IW/IM: 30,00€ - MP: 45,00€ - TRIO:55,00€ - GROUP: 65,00€ - Aerodance Group: 70,00€</b></p> <p>The invited participating federations must pay for all entry fees. At the time of the Definitive entry (2 months prior to the event) 100% of the entry fee must be paid to the LOC. All the entry fees are not refundable.</p>									
<b>EVENT FORMAT</b>	<p>The Aerobic Gymnastics International Open Competition will have Qualifications and Finals in all categories. Aerobic Gymnastics Categories: IW, IM, MP, TR, GR &amp; GRAD. Qualifications: Participation is not limited by nation / category / age group.</p> <p>The participation in the finals is limited to 2 units per country in each category.</p>									
<b>ACCREDITATION</b>	<p>In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan.</p> <p>The accreditation will take place at the Sports Hall "Os Marialvas" upon arrival to Cantanhede. The accreditations will only be handed out to the Head of Delegation.</p> <p>All delegations must deliver 2 memory sticks with the musics of all routines, national anthem and flag, <b>SPORTIVE INSURANCE declaration</b>, passports of all members and FIG Licenses.</p>									
<b>PROVISIONAL SCHEDULE</b>	<ul style="list-style-type: none"> <li>- Day 1, 21<sup>st</sup> March: Arrival of Delegations/Training Sessions (Depending of the number of participants)</li> <li>- Day 2, 22<sup>nd</sup> March: Training Sessions (Depending of the number of participants)</li> <li>- Day 3, 23<sup>rd</sup> March: (Depending of the number of participants) <ul style="list-style-type: none"> <li>- Qualifications</li> <li>- Orientation meeting, judges meeting (IOC &amp; Youth Competition)</li> </ul> </li> <li>- Day 4, 24<sup>th</sup> March: Qualifications</li> <li>- Day 5, 25<sup>th</sup> March: Qualifications</li> </ul>									

	<ul style="list-style-type: none"> <li>- Day 6, 26<sup>th</sup> March: Finals</li> <li>- Day 7, 27<sup>th</sup> March: Finals</li> <li>- Day 8, 28<sup>th</sup> March: Departure of Delegations (All day)</li> </ul>
<b>PARTICIPATION</b>	<p>The International Open Competition consists of qualifications and finals. There will be qualifications only for the categories and age groups with more than 9 participants. In case of a tie in any place, the tie-breaking rules are as set by FIG.</p> <p>Participation in the finals: The top eight units per category and age group will qualify for the Finals. In case of a tie at any place, the tie-breaking rules are the FIG World Championships Rules.</p> <p>The LOC may cancel the competition in the respective category if at the time of the definitive entry, there are less than 3 countries registered in a category. In case of such a cancellation, the LOC must reimburse, in full, the entry fee and payments made for accommodation.</p> <p>Should flights have to be cancelled due to the above, the risk is at the charge of the participating member Federations.</p>
<b>SIZE OF THE DELEGATION AND FIG LICENSE</b>	<p>The number of participants by nation, category and age group is not limited. All AG1 (12-14 Years), <b>Juniors / AG2</b> (15-17 years) and <b>Seniors gymnasts in good standing with the correct age and holding a valid FIG license until the end of the event, may participate.</b></p> <p>The LOC will be responsible for checking the validity of all gymnasts Licenses. No gymnasts will be accepted without a valid FIG License at the deadline of the Nominative Registration.</p>
<b>CATEGORIES</b>	IW / IM / Mix Pair / Trio / Group (all age limits) / Aerodance (AG1, AG2 & SNR)
<b>DRAWING OF LOTS</b>	<p>The drawing of lots will take place at the Gymnastics Federation of Portugal Federation two weeks after the closing date of the nominative registration. After publication of the draw to all participating federations there will be an opportunity to modify the position of the gymnasts' starting order within 3 days by using the official document.</p>
<b>MEDICAL SERVICES</b>	<p>The Local Organizing Committee will provide first aid medical services. A physiotherapist will be present during the competitions as well members of the Portuguese Red Cross specialized in first aids. Medical support is also available at 5 min. distance.</p>
<b>COVID 19</b>	<p>Besides the FIG 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 metres 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> <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 keeping a physical distance of at least 1.5 metres whenever possible.</p>
<b>VISA</b>	<p>Please verify immediately with your travel agent or the <b>Portugal</b> Embassy or Consulate in your country if a visa is required for your travel to <b>Portugal</b>. The Organizing Committee will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before <b>19, January, 2022</b> to the LOC. The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, the arrival and departure dates of the Delegation Member as well as the city the visa application support letter must be sent to.</p>
<b>INSURANCE</b>	<p>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</p>

	<p>insurance coverage against illness, accidents and for repatriation for all the members of their Delegation.</p> <p>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 insurance cover must inform the LOC in advance. The LOC will subsequently offer insurance at the Federations own charge as follows: 40€ (forty euros) per person/day.</p>
<b>INTERNATIONAL TRANSPORTATION</b>	<p>The invited participating federations must pay for the travel costs of their delegation members.</p> <p>The Travel Schedule Form must be returned to the LOC by <b>19, January, 2022.</b></p>
<b>LOCAL TRANSPORTATION</b>	<p><b>Due to the pandemic and for health safety issues, it is mandatory for all delegations to book their local transportation through the LOC.</b></p> <p>The Organizers will arrange at a determined fee, the transport service from the LISBON International airport and OPORTO International airport to the accommodation place in Cantanhede and to the competition hall</p> <p><b>The costs are per person.</b></p> <p>Transportation from Oporto Airport to the competition venue or hotel and back – 55€ (fifty five Euros).</p> <p>Transportation from Lisbon Airport to the competition venue or hotel and back – 80€ (eighty Euros).</p> <p>The LOC only ensure the Local Transportation between the hotels and the hall of the competition to the participants who booked the accommodation by the LOC.</p> <p>The invited participating federations must pay for the transportation expenses of their delegation members until <b>19, January, 2022.</b></p>
<b>ACCOMMODATION</b>	<p><b>Due to the pandemic and for health safety issues, it is mandatory for all delegations to book their accommodation through the LOC.</b></p> <p>The Organizers will arrange at a determined fee, accommodation and meals from the 21<sup>st</sup> to 28<sup>th</sup> March, see Entry Forms (see attached) as follows:</p> <p><b>B&amp;B Hotels Cantanhede / Coimbra:</b></p> <ul style="list-style-type: none"> <li>- Av. Comandante Xavier Gomes Gama, 1 * 3060-209 Cantanhede</li> <li>- (+315) 231410220</li> <li>- e-mail: <a href="mailto:hotel.cantanhedecoimbra@hotelbb.com">hotel.cantanhedecoimbra@hotelbb.com</a></li> <li>- web site: <a href="http://www.hotel-bb.es">www.hotel-bb.es</a></li> </ul> <p>The costs per person/night in this first Hotel are as follows:</p> <ul style="list-style-type: none"> <li>• 80,00€ (single room, including breakfast)</li> <li>• 65,00€ (double room, including breakfast)</li> </ul> <p><b>Hotel Quinta da Lagoa:</b></p> <ul style="list-style-type: none"> <li>- Quinta da Lagoa * 3070-150 Mira</li> <li>- e-mail: <a href="mailto:hotelquintadalagoa@sapo.pt">hotelquintadalagoa@sapo.pt</a></li> <li>- web site: <a href="http://www.hotelquintadalagoa.pt">www.hotelquintadalagoa.pt</a></li> </ul> <p>The costs per person/night in this second Hotel are as follows:</p> <ul style="list-style-type: none"> <li>• 80,00€ (single room, including breakfast)</li> <li>• 65,00€ (double room, including breakfast)</li> <li>• 50,00€ (triple room, including breakfast)</li> </ul> <p><b>Herdade Lago Real:</b></p> <ul style="list-style-type: none"> <li>- Rua das Palmeiras * 3070-153 Mira</li> <li>- e-mail: <a href="mailto:geral@lagoareal.pt">geral@lagoareal.pt</a></li> <li>- web site: <a href="http://www.lagoareal.pt">www.lagoareal.pt</a></li> </ul> <p>The costs per person/night in this second Hotel are as follows:</p>

	<ul style="list-style-type: none"> <li>• 80,00€ (single room, including breakfast)</li> <li>• 65,00€ (double room, including breakfast)</li> <li>• 50,00€ (triple room, including breakfast)</li> </ul> <p>The prices charged for the hotel rooms will not exceed the usual hotel rates. While the Accommodation Form must be returned to the LOC by <b>19, January, 2022</b> at the very latest, the Hotel rooms will be allocated on a “first come, first serve” basis.</p> <p>The invited participating federations must pay for the accommodation expenses of their delegation members.</p> <p>The costs for the accommodations must be paid to the LOC by <b>19, January, 2022</b>.</p>
<b>MEALS</b>	<p>The invited participating federations must pay for the meals expenses of their delegation members.</p> <p><b>Lunch</b> – at B&amp;B Hotels Cantanhede / ETPC – 20,00€  <b>Dinner</b> – at the Hotel of Accommodation – 20,00€</p> <p>While the Meals Form must be returned to the LOC by <b>19, January, 2022</b> at the very latest.</p> <p>The costs for the meals must be paid to the LOC by <b>19, January, 2022</b>.</p>
<b>FINAL BANQUET</b>	<p>There will be tickets for the Final Banquet available at the entry cost of 22,00€/person. The tickets for the Final Banquet must be paid to the LOC until <b>19, January, 2022 (to be confirmed closer to the event)</b>. Tickets for the Final Banquet are not refundable.</p> <p><b>Final banquet will be confirmed closer to the event depending on the COVID-19 pandemic situation.</b></p>
<b>FINANCIAL OBLIGATIONS</b>	<p>Federations which have not fulfilled their financial obligations towards the FIG (e.g. annual membership fees, unpaid invoices, etc.) will not be allowed to participate in these Competitions.</p> <p>Federations which have not fulfilled their financial obligations towards the Local Organizing Committee by the given deadline in the Invitation/Directives may still have the possibility to participate, but the LOC will not guarantee the hotel booking, meals and local transportation.</p>
<b>BANK ACCOUNT INFORMATION</b>	<p>All payments must be made in euros, through bank transfer to the following account:</p> <p><u>Account Name</u>: ACADEMIA CANTANHEDEGYM  <u>Bank</u>: Crédito Agrícola  <u>Agency</u>: Cantanhede  <u>IBAN</u>: PT50004530204023223856527  <u>Swift code</u>: CCCMPTPL  <u>Reference</u>: CANTANHEDE AER International Open Competition 2022_(Country)</p> <p>The participating federation is responsible for covering all bank fees in connection with the bank transfers.</p>
<b>CANCELLATION POLICY</b>	<p>Full reimbursement until <b>19<sup>th</sup> January 2022</b>. No reimbursement shall be made after this date.</p>
<b>TIE BREAKING RULES</b>	<p>In case of a tie at any place, the tie-breaking rules as set up for the World Championships shall be applied.</p>
<b>EVENT MANAGER</b>	<p>LOC: João Dias  Rua da Concórdia, Lote 12, 3060-149 Cantanhede - Portugal  Tel: + 351 925123182 / E-mail: <a href="mailto:academia.cantanhedegym@gmail.com">academia.cantanhedegym@gmail.com</a></p>
<b>MEDIA</b>	<p>Only journalists and photographers holding an official and valid press card recognized by international press agencies such as the AIPS and official Sports Journalists Associations / National Federations will be accredited.</p>

	All media representatives (journalists, photographers, TV) must request an accreditation from the O.C. Media Office as soon as possible to have access to the media centre on the competition venue.
<b>MARKETING</b>	FIG advertising and publicity norms must be respected.
<b>VIDEO CONTROL SYSTEM</b>	The exact name of the system used will be communicated later.
<b>DEADLINES SUMMARY</b>	Provisional Registration - 24 <sup>th</sup> November 2021 Definitive Registration - 19 <sup>th</sup> January 2022 Nominative Registration - 23 <sup>rd</sup> February 2022 Accommodation Form - 19 <sup>th</sup> January 2022 Travel Schedule Form - 19 <sup>th</sup> January 2022 Visa Request Form - 19 <sup>th</sup> January 2022 Meals and Banquet Form - 19 <sup>th</sup> January 2022 Payment of the Entry Fee (100%/if any) - 19 <sup>th</sup> January 2022 Payment of the Accommodation Costs (100%) - 19 <sup>th</sup> January 2022 Payment of the Meals (100%) - 19 <sup>th</sup> January 2022 Payment of the fine for missing judge (if any) - 19 <sup>th</sup> January 2022
<b>ADDITIONAL INFORMATION</b>	Federations which have not fulfilled their financial obligations towards the FIG and LOC (e.g. annual membership fees, insurance, missing payments in previous editions, etc.) will not be allowed to participate in the International Tournament. All participating Federations must commit themselves to respect the Statutes and all FIG rules and regulations.

Sincerely Yours,

Place and date:  
Lisbon, 16<sup>th</sup> September 2021



Signature of the Secretary General  
of the FIG affiliated NF