

# FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



**FIG RHYTHMIC GYMNASTICS WORLD CUP**  
**INDIVIDUAL AND GROUP**  
**PALAIO FALIRO, ATHENS**  
**17 - 19 MARCH 2023**





## DIRECTIVES

**EVENT ID: 16833**

Dear FIG Affiliated Member Federation,

Following the decision of the FIG Executive Committee, the Gymnastics Federation of **Hellas** has the pleasure to invite your Federation to participate in the aforementioned official FIG World Cup.

<b>FIG</b>	<b>Fédération Internationale de Gymnastique (FIG)</b> Contact Person: Sylvie Martinet Avenue de la Gare 12 1003 Lausanne - Switzerland Tel: +41 (0) 21 321 55 10 / Direct +41 (0) 21 321 55 15 e-mail: <a href="mailto:smartinet@fig-gymnastics.org">smartinet@fig-gymnastics.org</a> website: <a href="http://www.gymnastics.sport">www.gymnastics.sport</a>
<b>HOST FEDERATION</b>	<b>Hellenic Gymnastics Federation</b> Contact Person: Sophia Mode 37 Kifissias Ave., OAKA, EKAE Building (Former Athlete's Guesthouse) Opposite Fire Station, 15123 Marousi, ATHENS Tel: +30 210 9882458 / +30 210 9844019 e-mail: <a href="mailto:ego@otenet.gr">ego@otenet.gr</a> website: <a href="http://www.ego-gymnastics.gr">www.ego-gymnastics.gr</a> event website: <a href="http://www.aphroditecup.com">www.aphroditecup.com</a>
<b>LOCATION</b>	<b>Palaio Faliro, Athens, Greece</b>
<b>DATE</b>	<b>17 - 19 March 2023</b>
<b>VENUE</b>	  <p><b>Faliro Olympic Indoor Hall "TAEKWONDO,"</b> 860 Posidonos Avenue, 17561, Palaio Faliro Tel: +302109250016 e-mail: <a href="mailto:iseklerentos@etasa.gr">iseklerentos@etasa.gr</a> web Site: <a href="http://www.hppc.gr">www.hppc.gr</a> Venue capacity: 4'000 seats Height: 17m</p>

	<p><b>Training Hall:</b> Palaio Faliro Indoor Hall “SOFIA BEFON” 1 km from Competition Hall Height: 12m</p> <p><b>Warm Up Hall:</b> just next to the Competition Hall</p>
<b>FLOOR APPARATUS SUPPLIER</b>	<p>Spieth <a href="#">Beijing FIG ID 547</a></p> <p>Competition hall: 1 (14m x 14m) Warm-up area: 4 (14m x 14m) Training hall(s): 2 (14m x 14m)</p>
<b>REPLACEMENT HAND APPARATUS SUPPLIER</b>	<p><a href="#">Replacement Apparatus</a></p> <p>Hoop: Pastorelli, FIG ID 423,model Rodeo Ball: Sasaki , FIG ID 473 Clubs: Pastorelli, FIG ID 421, Model Masha Ribbon: Sasaki, FIG ID 474 Ribbon Cane: Sasaki, FIG ID 475</p> <p><b>Gymnasts’ Personal apparatus:</b> The of RG Hand Apparatus with valid certificates are 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>APPARATUS CONTROL</b>	<p>The presence of at least one Technician from the Official Apparatus Manufacturer will be guaranteed by the Organizing Member Federation for the installation of the RG competition floors in the competition hall, the warm-up hall, and the training hall, as well as throughout the duration of training, podium training, warm-up and competition.</p> <p>The Technical Delegate, accompanied by the Technician of the Apparatus Manufacturer will proceed to the apparatus control in the competition hall, warm-up hall and training hall(s) prior to training and competition.</p> <p>The Apparatus control includes the check of the dimensions of the RG competition floors which must respect the valid FIG Apparatus Norms. All floors must be set up correctly and the RG competition floors in the different halls must be identical.</p>
<b>PROVISIONAL SCHEDULE</b>	<p>Tuesday 14 March: Arrival Technical Delegate Wednesday 15 March: Arrival of the delegations and accreditation Thursday 16 March: Podium Training Orientation Meeting Judges’ Instruction</p> <p><b>Friday 17 March: Qualification Individual and Group</b> <b>Saturday 18 March: Qualification Individual and Group</b> <b>Sunday 19 March: Apparatus Finals Individual and Group</b> Optional Sightseeing Award Ceremonies Gala Show and Closing Ceremony</p> <p>Monday 20 March: Departure of the delegations</p> <p>World Cup Competitions must be separate and distinct competition, and may not be combined with any other Competitions.</p>

<b>COMPETITION FORMAT PARTICIPATION</b>	<p><b>Individuals</b>  <u>All-Around which serve as qualification for the Apparatus Final:</u></p> <ul style="list-style-type: none"> <li>All Individual gymnasts have to participate in the All-Around qualification</li> </ul> <p><u>Apparatus Finals:</u></p> <ul style="list-style-type: none"> <li>The top eight (8) gymnasts per apparatus from the All-Around qualifying Competition participate in the Finals</li> </ul> <p><b>Group:</b>  <u>All-Around which serve as qualification for the Routine Final:</u></p> <ul style="list-style-type: none"> <li>All Groups have to participate in the Qualifications</li> </ul> <p><u>Final Group Routines:</u></p> <ul style="list-style-type: none"> <li>The top eight (8) groups of each Group Routines will qualify for the Finals.</li> </ul>																																								
<b>FEDERATIONS INVITED</b>	<p>The participation is limited to:</p> <p><b>Individuals</b></p> <ul style="list-style-type: none"> <li>Maximum 2 Individual Gymnasts from the National Federations ranked in the top 18 at the last World Championships (Qualification / All-Around)</li> <li>The current All-Around World Champion in addition to the 2 places mentioned above. Nominative place.</li> <li>Maximum 1 Individual Gymnast for all other National Federations</li> <li>1 wild card for the host country should it not be represented in the top 18, at the free choice of the host country</li> </ul> <p><b>Groups</b></p> <ul style="list-style-type: none"> <li>1 Group from the National Federations ranked in the top 16 at the last World Championships (Qualification / All-Around)</li> <li>1 wild card for the host country should it not be represented in the top 16</li> </ul>																																								
<b>SIZE OF DELEGATION AND FIG LICENSE</b>	<p>Only senior gymnasts in good standing with the correct age and holding a valid FIG License at the time of registration until the end of the competitions may participate.</p> <p>No gymnasts will be accepted without a valid FIG License at the deadline of the Nominative Registration.</p> <p>The maximum size of the invited delegation is as follows:</p> <table border="1" data-bbox="392 1424 1522 1809"> <thead> <tr> <th></th> <th>Individual</th> <th>Group</th> <th>Joint</th> </tr> </thead> <tbody> <tr> <td>Head of Delegation</td> <td>1</td> <td>1</td> <td>1</td> </tr> <tr> <td>Team Manager</td> <td>-</td> <td>1</td> <td>1</td> </tr> <tr> <td>Coach</td> <td>2 (max. 1 per gym.)</td> <td>2</td> <td>max. 4</td> </tr> <tr> <td>Gymnasts <sup>1)</sup></td> <td>max. 2</td> <td>6</td> <td>max. 8</td> </tr> <tr> <td>Medical Doctor</td> <td>1</td> <td>1</td> <td>1</td> </tr> <tr> <td>Paramedical Staff</td> <td>1</td> <td>1</td> <td>2</td> </tr> <tr> <td>Judges</td> <td>1</td> <td>1</td> <td>2</td> </tr> <tr> <td>TAC zone 1 for coach</td> <td>1</td> <td>1-2 <sup>2)</sup></td> <td>2</td> </tr> <tr> <td>TAC zone 3 for Head of Delegation or Team Manager</td> <td>1</td> <td>1</td> <td>1</td> </tr> </tbody> </table> <p><sup>1)</sup> refer to the section "Federation invited"  <sup>2)</sup> If 2 coaches are accredited for Groups</p>		Individual	Group	Joint	Head of Delegation	1	1	1	Team Manager	-	1	1	Coach	2 (max. 1 per gym.)	2	max. 4	Gymnasts <sup>1)</sup>	max. 2	6	max. 8	Medical Doctor	1	1	1	Paramedical Staff	1	1	2	Judges	1	1	2	TAC zone 1 for coach	1	1-2 <sup>2)</sup>	2	TAC zone 3 for Head of Delegation or Team Manager	1	1	1
	Individual	Group	Joint																																						
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<b>AGE LIMITS</b>	16 years in the year of the competition																																								
<b>JUDGES AND JUDGES' PANELS</b>	For the composition of the Judges' Panels, please refer to the Code of Points in force at the time of the event.																																								

	<p>For the Judges' categories, please refer to the General Judges' rules in force at the time of the event. Not more than one judge per Federation per panel will be permitted. Priority will be given to the highest categories.</p> <p>The Judges' Panels are set up by a draw from the judges present at the event. The draw will be directed by the FIG Technical Delegate on site.</p> <p>The participating member federations must send minimum one qualified judge if they participate with individual gymnast(s) and one qualified judge if they participate with a group.</p> <p>The Organizing Member Federation is responsible that there are enough FIG brevetted judges present with the appropriate valid category of brevet for their function. Should there not be sufficient judges as per the on-line nominative registration, or not sufficient cat. 1 and 2 judges, the Organizing Member Federation must propose to the FIG for prior approval of the Technical Delegate the name of neutral additional judges to complete the panels (plus 2 reserves). These judges, once approved, have to be invited at the cost of the Organizing Member Federation.</p> <p>Such invitation must be made through the respective Member Federation. Should the Organizing Member Federation fail to propose names for additional judges, the FIG Office in consultation with the Technical Delegate concerned will invite these judges at the cost of the Organizing Member Federation.</p> <p>The Organizing Member Federation will apply a fine of CHF 2'000 per missing judge (to be paid to the LOC by 17 February 2023) should a federation fail to bring the required number of judges or judges without the requested qualification (brevet).</p>															
<b>COACHES</b>	<p>No coaches will be accepted in this World Cup without a valid coach-sport profile at the deadline of the Nominative Registration. In order to be considered, the coach-sport profile (including all relevant documents) must be submitted in FIG Database on 03 February 2023 at the very latest (two weeks prior to the deadline for Nominative Registration).</p>															
<b>FIG TECHNICAL DELEGATE</b>	<p>The FIG Technical Delegate will be proposed by the FIG RG TC. He/she will serve as President of the Superior Jury.</p>															
<b>REGISTRATION DEADLINES</b>	<p>Provisional, Definitive and Nominative Registrations must be made exclusively on-line via the FIG platform.</p> <table border="1"> <tr> <td>Provisional registration</td> <td>17 November 2022</td> <td>(4 months prior to the event)</td> </tr> <tr> <td>Definitive registration:</td> <td>17 January 2023</td> <td>(2 months prior to the event)</td> </tr> <tr> <td>Nominative registration</td> <td>17 February 2023</td> <td>(4 weeks prior to the event)</td> </tr> </table> <p>Late registrations are subject to fines as follows:</p> <table border="1"> <tr> <td>Fine for missing or late Provisional Registration</td> <td>CHF 500.-</td> </tr> <tr> <td>Fine for missing or late Definitive Registration</td> <td>CHF 750.-</td> </tr> <tr> <td>Fine for missing or late Nominative Registration</td> <td>CHF 500.-</td> </tr> </table>	Provisional registration	17 November 2022	(4 months prior to the event)	Definitive registration:	17 January 2023	(2 months prior to the event)	Nominative registration	17 February 2023	(4 weeks prior to the event)	Fine for missing or late Provisional Registration	CHF 500.-	Fine for missing or late Definitive Registration	CHF 750.-	Fine for missing or late Nominative Registration	CHF 500.-
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<b>DRAWING OF LOTS</b>	<p>The gymnasts' drawing of lots will take place at the FIG Headquarters in Lausanne (SUI) on 27 February 2023.</p> <p>Registrations and payments made after the gymnasts' drawing of lots will not be accepted and the Delegations will not be authorized to participate.</p>															

<b>ENTRY FEES</b>	<p>The non-reimbursable cost for the entry fees is of:</p> <ul style="list-style-type: none"> <li>• 50€ per gymnast</li> </ul>
<b>ACCOMMODATION</b>	<p>The following hotels' prices are per person per night and include breakfast and taxes (VAT, municipality taxes and tourist tax).</p> <p><b>5**** Hotel:</b>  Single Room: 220,00€  Double Room: 150,00€</p> <p><b>4**** Hotel:</b>  Single Room: 130,00€  Double Room: 100,00€  Triple Room: 80,00€</p> <p><b>3*** Hotel:</b>  Single Room: 110,00€  Double Room: 80,00€  Triple Room: 70,00€</p> <p>The prices charged for the hotel rooms cannot exceed the usual hotel rates.</p> <p>The invited participating federations must pay for the accommodation expenses of their delegation members, except for the below mentioned gymnasts for whom accommodation will be paid by the LOC (from the official arrival day to the official departure day):</p> <ul style="list-style-type: none"> <li>• The top three (3) gymnasts in the All-Around ranking from the previous World Championships present at the event</li> <li>• The top three (3) Groups in the All-Around ranking from the previous World Championships present at the event</li> </ul> <p>The Organizing member Federation shall determine the hotel at its discretion, but may not chose the "low cost" category hotel for the above-mentioned gymnasts.</p> <p>The costs for the accommodations must be paid to the LOC as follows:</p> <ul style="list-style-type: none"> <li>- <b>50%</b> of the accommodation's costs must be paid to the LOC by <b>17 January 2023</b> at the time of Definitive Registration</li> <li>- <b>Settlement of the remaining 50%</b> of the accommodation's costs must be paid to the LOC by <b>17 February 2023</b> at the time of Nominative Registration</li> </ul> <p>While the Accommodation Form must be returned to the LOC by <b>17 January 2023</b> at the very latest, the Hotel rooms will be allocated on a "first come, first serve" basis.</p> <p><b>Fine for late accommodation form delivery (after 17 January 2023): 200,00€ to be paid to the LOC.</b></p>
<b>MEALS</b>	<p>The following costs are per person and per meal:</p> <p>in 5****Hotel: lunch 35,00€ / dinner 35,00€  in 4****Hotel: lunch 25,00€ / dinner 25,00€  in 3***Hotel: lunch 20,00€ / dinner 20,00€</p> <p>The invited participating federations must pay for the meals expenses of their delegation members, except for the below mentioned gymnasts for whom meals will be paid by the LOC (from the official arrival day to the official departure day):</p>

	<ul style="list-style-type: none"> <li>• The top three (3) gymnasts in the All-Around ranking from the previous World Championships present at the event</li> <li>• The top three (3) Groups in the All-Around ranking from the previous World Championships present at the event</li> </ul> <p>The <b>Meals Form</b> must be returned to the LOC by <b>17 February 2023</b> at the very latest along with the <b>100% payment of the costs</b> for the meals.</p> <p><b>Fine for late meals form delivery (after 17 February 2023): 100,00€ to be paid to the LOC.</b></p>
<b>FINAL BANQUET</b>	The local Organizing Committee is pleased to organize in the evening of 19 March 2023 a free of charge final banquet for all accredited members in the delegations
<b>CANCELLATION POLICY</b>	<p><b>ACCOMMODATION</b> In case of cancellation, costs will be refunded as follows:</p> <ul style="list-style-type: none"> <li>• Before 17 February 2023: 50% of the total amount due</li> <li>• From 18 February 2023: no refund to the total amount due</li> </ul> <p><b>MEALS</b> In case of cancellation, costs will be refunded as follows:</p> <ul style="list-style-type: none"> <li>• Before 17 February 2023: 50% of the total amount due</li> <li>• From 18 February 2023: no refund to the total amount due</li> </ul>
<b>INTERNATIONAL TRANSPORTATION</b>	<p>The invited participating federations must pay for the International travel costs of their delegation members.</p> <p>The <b>Travel Schedule Form</b> must be returned to the LOC by <b>17 February 2023</b></p> <p><b>Fine for late travel schedule form delivery (after 17 February 2023): 100,00€ to be paid to the LOC.</b></p>
<b>LOCAL TRANSPORTATION</b>	The LOC will provide local transportation (i.e, from/to Athens International Airport “Eleftherios Venizelos”, as well as from/to the hotel and the competition, training, and warm up halls and from/to any other official activity from arrival day to departure day.
<b>VISA</b>	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 the request is made by 17 February 2023 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.
<b>INSURANCE</b>	<p>The Host Federation, the LOC and the FIG will not be held responsible for any liabilities in case of accidents, illness (including COVID-19), repatriation and the like.</p> <p>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 repatriation for all the members of their Delegation.</p> <p>Basic insurance (sickness, accident and repatriation) in your country of residence is compulsory in order to be able to benefit from coverage by FIG IMSSA subsidiary insurance. Please also refer to <a href="https://www.gymnastics.sport/site/pages/medical-insurance.php">https://www.gymnastics.sport/site/pages/medical-insurance.php</a> for additional information regarding the FIG IMSSA insurance for Athletes and Judges.</p>

	<p>If the note has not been sent in advance to the LOC (which is strongly recommended), the LOC will verify the insurance coverage upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy).</p> <p>The insurance must be valid at least starting from the arrival day of the delegation and must last for the delegations' entire stay.</p> <p>Delegation members with insufficient insurance coverage must inform the LOC in advance. The LOC will subsequently offer insurance coverage at the Federations own charge as follows: <b>30€</b> per person.</p>
<b>ACCREDITATION</b>	<p>Accreditation of all delegation will take place at the venue of the event upon arrival. Heads of delegations have to check the names of their own delegation members and the hotel reservation, they also have to show proof of all necessary payments made.</p> <p>They have to bring the accreditation office:</p> <ul style="list-style-type: none"> <li>- passports of all members of the delegation</li> <li>- FIG licenses for gymnasts</li> <li>- The CD with national anthem</li> <li>- The National Flag</li> <li>- Certification of insurance for all delegation members covering illness, accidents and repatriation</li> <li>- Proof of full payment to LOC</li> </ul> <p>In addition, the LOC will distribute information regarding the safeguarding Officer operations plan upon accreditation.</p>
<b>MUSIC</b>	<p>Each Delegation must send its Music by email to the following email address: <a href="mailto:music.aphroditecup@gmail.com">music.aphroditecup@gmail.com</a> <b>not later than 17 February 2023.</b></p> <p>Music files have to be sent in .mp3 format. Name of each file must contain:</p> <ul style="list-style-type: none"> <li>• The name of the nation (official abbreviation of the country)</li> <li>• The first and last name of the individual competitor</li> <li>• The category (individual/group);</li> <li>• The apparatus (example: ROU_RADU_Alina_Senior_Group_5Balls.mp3)</li> </ul> <p>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.</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.) or the LOC may not be allowed to participate in this World Cup.</p> <p>Federations which have not fulfilled their financial obligations towards the LOC 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> <p>Federations which have not fulfilled their financial obligations towards the Organizing Member federations upon arrival will not be accredited.</p>
<b>BANK ACCOUNT INFORMATION</b>	<p>Name of the Bank: National Bank of Greece (NBG)  Name of the account holder: Hellenic Gymnastics Federation  Address of account holder: 37 Kifissias Ave. – OAKA  151 23 Maroussi, Greece  Bank address: 38 Stadiou str., 105 59 Athens/GRE  Account number: 080 48077666</p>

IBAN: GR71 0110 0800 0000 0804 8077 666  
Swift Code (BIC): ETHNGRAA

Each participating member Federation is kindly requested to integrate the payment's purpose as follows: **RG WORLD CUP – PALAIO FALIRO**.  
The participating federation is responsible for covering all bank fees in connection with the bank transfers.

## TIE BREAKING RULES

In case of a tie at any place, the tie breaking rules for the RG World Championships as outlined in the current FIG Technical Regulation Section 3 shall be applied.  
After application, if there is still a tie:

For participation to the Apparatus Final (Individual) and Final Routine (Group):

- The tied gymnasts / groups will proceed to the final

For Prize money:

- The prize money of the tied ranks will be added and divided by the number of ties.

For World Cup Points:

- The World Cup points of the tied ranks will be added and divided by the number of ties.

For Yearly winner:

- The number of ranks of the three counting competitions achieved by the respective gymnast/group will be added and the gymnast/group with the lowest total will prevail.
- If there is still a tie, the total score of the counting routines will be added and the gymnast/group with the highest total will prevail.
- If there is still a tie, the total execution score of the counting routines will be added and the gymnast/group with the highest total execution score will prevail

## PRIZE MONEY

The Prize Money paid by the Organizing Member Federation (free of any deductible taxes) will be distributed in CHF (or its equivalent EURO according to the requirement mentioned in the 2022-2024 RG World Cup Rules as follows:

Individuals All-Around	6,000
Individuals by apparatus	3,250
Groups All-Around	3,500
Groups Finals 5 and 3+2 each	3,500

Individuals All Around:

Ranking	Total of CHF 6'000
1	2,000
2	1,500
3	1,000
4	500
5	400
6	300
7	200
8	100



Individuals – per apparatus:

Ranking	Total of CHF 3'250
1	1,000
2	750
3	500
4	300
5	250
6	200
7	150
8	100

Groups All Around:

Ranking	Total of - CHF 3'500
1	2,000
2	1,000
3	500

Groups – per routine (5 and 3+2) each:

Ranking	Total of CHF 3'500
1	2,000
2	1,000
3	500

Should less than 4 federations participate in the World Cup competition (Individual Gymnasts and/or Groups), no prize money will be paid.

**ASSIGNMENT OF  
WORLD CUP  
POINTS FOR THE  
RANKING LIST**

The results and the updated FIG World Cup Ranking List will be published on the FIG website within 24 hours after the end of the respective competitions provided that all procedures before and after the competitions are duly respected by the Organizing Member Federation.

Separate World Cup Ranking Lists for:

- Individual All-Around
- Individual per apparatus
- Group All-Around
- Group Routine

are established for the five World Cup Series, beginning with the first World Cup competition of the series and ending with the last World Cup event of the series (5 competitions).

For the Individual All-Around and Apparatus Ranking Lists, World Cup Points are assigned to the competitors **by name**.

For the Groups All-Around and Routine Ranking Lists, World Cup Points are assigned to the **Federation**. The Groups are listed **by Federation** only.

Rank	Points	
	Individuals	Groups
1	50	50
2	45	45
3	40	40
4	35	35
5	30	30
6	25	25
7	20	20
8	18	15
9	16	10
10	14	5
11	12	4
12	10	3
13	9	-
14	8	-
15	6	-
16	4	-
17	2	-
18	1	-

Should less than 4 federations participate per apparatus or per category in the World Cup competition (Individual Gymnasts and/or Groups), no World Cup Points will be given.

#### YEARLY WINNER

The yearly winner of the World Cup Series is the Individual Gymnasts/Groups with the highest number of points of each of the World Cup Series Ranking List of the respective year after the last event of the series, counting the best results (maximum 3, regardless of the number of competitions the gymnast participated in).

A special award ceremony will be held at the last World Cup Competition of the year in which the winning gymnasts/groups shall receive a Cup.

The Individual Gymnasts/Groups will receive an additional prize money paid by FIG.

#### EVENT MANAGER

**Harris SPILIAKOS**  
 Mobile phone: +49 (0) 15252 045702  
 e-mail: [hspiliakos@gmail.com](mailto:hspiliakos@gmail.com)

#### MEDIA

Local Media Officer:  
**Mr. Stelios Karaoglanidis**  
 Mobile phone: (+30) 6945719766  
 e-mail: [karaoglanidis@hotmail.com](mailto:karaoglanidis@hotmail.com), [press@ego-gymnastics.gr](mailto:press@ego-gymnastics.gr)

#### SOCIAL MEDIA

Host Federation Facebook page:  
<https://www.facebook.com/HellenicGymnasticsFederation/>  
 Host Federation Instagram page: <https://www.instagram.com/hellenicgymnastics/>  
 Host Federation YouTube channel:

	<p><a href="https://www.youtube.com/channel/UCjwle6z5Lh8ulByz_s4Xx6g">https://www.youtube.com/channel/UCjwle6z5Lh8ulByz_s4Xx6g</a></p> <p>Event Facebook page: <a href="https://www.facebook.com/AphroditeCup">https://www.facebook.com/AphroditeCup</a></p>
<b>MEDICAL SERVICES</b>	The LOC will provide a first medical aid service.
<b>COVID-19</b>	<p>As the COVID-19 situation is still under observation and unstable around the world, 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 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> <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 meters whenever possible.</p> <p><b>Hellenic Republic COVID-19 Travel Regulations and Information:</b>  <a href="https://travel.gov.gr">https://travel.gov.gr</a></p> <p><b>IATA COVID-19 Travel Regulations World Map:</b>  <a href="https://www.iatatravelcentre.com/world.php">https://www.iatatravelcentre.com/world.php</a></p> <p>For any policy update regarding the COVID-19 Travel Regulations in Greece, the LOC will keep all delegations and interested parties informed.</p> <p>In addition, the LOC will distribute information regarding gymnasts' safeguarding plan.</p>
<b>OFFICIAL HOSPITAL</b>	<p><b>Iatriko, Palaio Faliro</b>  36 Areos str. 17562 Palaio falirou  tel.: (+30) 210 9892100  Website: <a href="http://www.iatrikofalirou.gr">www.iatrikofalirou.gr</a>  Email: <a href="mailto:Ep.faliro@iatriko.gr">Ep.faliro@iatriko.gr</a></p>
<b>DOPING CONTROLS</b>	Anti-doping controls will be organised by the International Testing Agency (ITA) on behalf of the FIG and according to the WADA Code, Standards and FIG Anti-Doping Rules.
<b>MARKETING</b>	FIG advertising and publicity norms must be respected.
<b>TELEVISION</b>	<p><b>“ERT - Public Radio &amp; Television Broadcasting Corporation of Greece”.</b>  address: Mesogeion 136 &amp; Katechaki, 11527 Athens, Greece  tel: (+30) 210 606 6000  e-mail: <a href="mailto:info@ert.gr">info@ert.gr</a></p>
<b>SCORING, RESULT SERVICE AND VIDEO CONTROL</b>	<p>As IRCOS will not be available, the Organizing Member Federation will provide a scoring and result service, including a high-quality video system with sound which will allow the recording, storage and provision of compilation of the recorded images for the Difficulty Judges, the Superior Jury and the President of the Superior Jury. The videos will be sent to the FIG within one week after the competition.</p> <p>The Control Video which allows to treat inquiries and records all exercises of the competition in high quality will be performed by “ERT - Public Radio &amp; Television Broadcasting Corporation of Greece”.</p>

<b>RULES AND REGULATIONS</b>	<p>The competition will be organized under the following FIG rules, as valid in the year of the competition, except for any deviation mentioned in these directives:</p> <ul style="list-style-type: none"> <li>• Accreditation Rules</li> <li>• Advertising and Publicity Rules</li> <li>• Anti-Doping Rules</li> <li>• Apparatus Norms</li> <li>• Code of Ethics</li> <li>• Code of Points and relevant Help Desk</li> <li>• Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events</li> <li>• General Judges' Rules</li> <li>• Licenses Rules</li> <li>• Media Rules</li> <li>• Medical Organization of the Official FIG Competitions and Events</li> <li>• Regulations for Awards Ceremonies</li> <li>• Specific Judges' Rules for Rhythmic Gymnastics</li> <li>• Statutes</li> <li>• Technical Regulations</li> <li>• World Cup Rules for Rhythmic Gymnastics</li> </ul> <p>and subsequent decisions of the FIG Executive Committee</p>																								
<b>SAFEGUARDING</b>	<p>From the official date of arrival until the official day of departure of the event, participants (gymnasts, coaches, judges and any other delegation members) have the opportunity to contact by phone or e-mail the LOC Safeguarding Officer in case of harassment or abuse of any type or if they are worried or do not feel comfortable.</p> <p>The information regarding the LOC Safeguarding Officer will be communicated upon arrival of the delegations</p>																								
<b>DEADLINES SUMMARY</b>	<table border="1"> <tr> <td><b>Provisional Registration (on line)</b></td> <td><b>17 November 2022</b></td> </tr> <tr> <td><b>Definitive Registration (online)</b></td> <td><b>17 January 2023</b></td> </tr> <tr> <td><b>Nominative Registration (online)</b></td> <td><b>17 February 2023</b></td> </tr> <tr> <td>Accommodation Form</td> <td>17 January 2023</td> </tr> <tr> <td>Payment of Entry Fee</td> <td>17 January 2023</td> </tr> <tr> <td>Payment of Accommodation Costs (first 50%)</td> <td>17 January 2023</td> </tr> <tr> <td>Payment of Accommodation Costs (second 50%)</td> <td>17 February 2023</td> </tr> <tr> <td>Visa Request Form</td> <td>17 February 2023</td> </tr> <tr> <td>Travel Schedule Form</td> <td>17 February 2023</td> </tr> <tr> <td>Meals Form</td> <td>17 February 2023</td> </tr> <tr> <td>Payment of Meals (100%)</td> <td>17 February 2023</td> </tr> <tr> <td>Payment of the fine for missing judge</td> <td>17 February 2023</td> </tr> </table>	<b>Provisional Registration (on line)</b>	<b>17 November 2022</b>	<b>Definitive Registration (online)</b>	<b>17 January 2023</b>	<b>Nominative Registration (online)</b>	<b>17 February 2023</b>	Accommodation Form	17 January 2023	Payment of Entry Fee	17 January 2023	Payment of Accommodation Costs (first 50%)	17 January 2023	Payment of Accommodation Costs (second 50%)	17 February 2023	Visa Request Form	17 February 2023	Travel Schedule Form	17 February 2023	Meals Form	17 February 2023	Payment of Meals (100%)	17 February 2023	Payment of the fine for missing judge	17 February 2023
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Sincerely Yours,

Athens, 28/06/2022

Place and date:



  
 Athanasios STATHOPOULOS  
 President