



**16<sup>th</sup> African Championships**  
**Cairo, EGY**  
**23-24 September, 2022**  
**Aerobic Gymnastics**  
**(Junior – Senior- AG)**



**DIRECTIVES**

**Senior Event ID: 17098**  
**Junior / AG Event ID: 17262**  
**Update 15 August 2022**  
**Participation information**  
**Update 19 April 2022**  
**New event dates**

Dear FIG affiliated Member Federation,  
The Gymnastics Federation of **Egypt** has the pleasure to invite Federations affiliated to the UAG and the FIG to participate in the aforementioned official FIG International Event.

<b>DISCIPLINE</b>	<b>Aerobic Gymnastics</b>
<b>HOST FEDERATION</b>	<b>Egyptian Gymnastics Federation</b> Elestad Elbahary St. Olympic Feds Buildings, Nasr city , Cairo , Egypt 002 02 240 250 24 002 02 240250 27 <a href="mailto:egypt@egyptgymnastics.com">egypt@egyptgymnastics.com</a> <a href="http://www.egyptgymnastics.com">www.egyptgymnastics.com</a>
<b>LOCATION</b>	<b>Cairo, Egypt</b>
<b>DATE</b>	<b>23-24 September 2022</b>
<b>VENUE</b>	<b>Cairo International stadium</b> Mamdouh Salem Street ,Al Estad, Nasr City, Cairo Governorate 
<b>APPARATUS SUPPLIER</b>	<b>Please refer to the attached apparatus list.</b>
<b>RULES AND REGULATIONS</b>	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: <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>• Codes of Points and relevant Newsletters</li><li>• General Judges' Rules</li><li>• Specific Judges' Rules</li></ul>

	<ul style="list-style-type: none"> <li>• Anti-Doping Rules</li> <li>• Licence rules</li> <li>• FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events</li> <li>• Medical Guidelines of FIG Competitions and Events</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> </ul> <p><i>and subsequent decisions of the FIG Executive Committee</i></p>																																			
<b>FEDERATIONS INVITED</b>	The Organizing Member Federation will invite all Member Federations according to the following principles: affiliated to the UAG and the FIG																																			
<b>PARTICIPATIONS AND AGE LIMITS</b>	<p><b>PARTICIPATION</b> The maximum size of the invited delegation is as follows:</p> <table border="1"> <thead> <tr> <th>Delegation members</th> <th>AER AG1</th> <th>AER Jn</th> <th>AER Sn</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>Gymnasts</td> <td>20</td> <td>20</td> <td>20</td> <td>60</td> </tr> <tr> <td>Coaches</td> <td colspan="2">2</td> <td>2</td> <td>4</td> </tr> <tr> <td>Judges</td> <td colspan="3">2</td> <td>2</td> </tr> <tr> <td>Head of Delegation</td> <td colspan="3">1</td> <td>1</td> </tr> <tr> <td>Team Manager</td> <td colspan="3">1</td> <td>1</td> </tr> <tr> <td>Doctor/ paramedics</td> <td colspan="3">1</td> <td>1</td> </tr> </tbody> </table> <p><b>AER Ages:</b> AG 1 (12-14) Junior: 15-17, Senior 18 and above  <b>All gymnasts must have a valid FIG licence until the end of the Event</b></p>	Delegation members	AER AG1	AER Jn	AER Sn	Total	Gymnasts	20	20	20	60	Coaches	2		2	4	Judges	2			2	Head of Delegation	1			1	Team Manager	1			1	Doctor/ paramedics	1			1
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<b>JUDGES AND JURIES</b>	<p><b>Each federation may bring up to 2 judges per discipline.</b>  <b>All judges must have a current valid FIG brevet at the time of the event for the respective discipline AER.</b>  <b>All judges must be minimum Cat III, those Continental championships are considered as group 3 competitions.</b>  Any Cat IV judges registered can only be used as Judges' Assistants (Time or Line Judges).  According to FIG Technical Regulations no judging panel may include more than one member from a single federation.</p>																																			
<b>REGISTRATION DEADLINES</b>	<table border="1"> <tr> <td><b>Provisional registration</b></td> <td><b>21 June 2022</b></td> </tr> <tr> <td><b>Definitive registration</b></td> <td><b>21 July 2022</b></td> </tr> <tr> <td><b>Nominative registration</b></td> <td><b>21 August 2022</b></td> </tr> </table>	<b>Provisional registration</b>	<b>21 June 2022</b>	<b>Definitive registration</b>	<b>21 July 2022</b>	<b>Nominative registration</b>	<b>21 August 2022</b>																													
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<b>ENTRY FEES</b>	<p><u>COMPETITION ENTRY FEE:</u></p> <p>The invited participating federations must pay entry fee at the time of the Definitive registration which is 17 March 2022, as follows:</p> <ul style="list-style-type: none"> <li>• Participation with only one (1) gymnast in a discipline: <b>USD 50 (per discipline)</b></li> <li>• Participation with more than one gymnast in a discipline: <b>USD 150 (per discipline, flat fee for the team)</b></li> </ul> <p>The entry fee is non-refundable and payable to the UAG.</p> <p><u>ANNUAL UAG AFFILIATION FEE:</u></p>																																			

Federations that have not yet paid their annual affiliation fee for 2022 to the UAG must also make payment to the UAG before they will be allowed to participate in the competition, as follows:

Existing Members		USD 200
New Members	Year 1	0
	Year 2	USD 100
	Year 3	USD 200

**Banking Details for UAG Affiliation Fees and Entry Fees:**

<b>Payable to: Beneficiary</b>	African Gymnastics Union الاتحاد الأفريقي للجمباز
<b>account</b>	0013161399469301015
<b>Bank</b>	National bank of Egypt ( Main branch ) 24 SHEREF ST. CAIRO
<b>IBAN</b>	EG680003000131613994693010150
<b>SWIFT/BIC</b>	NBEGEGCX001

Reference Code : Country Code\_UAG+Entry+RG/AER  
Example: EGY\_UAG+Entry+RG/AER

**ACCREDITATION**

Accreditation of all delegations will take place at their arrival in the sports hall. Please send a digital photo for each member of your delegation before **21 August 2022 to LOC.**

**Heads of delegations have to bring to the accreditation office:**

- 1 CD of the national anthem
  - 2 audio format CDs per gymnast
- Certification of insurance for delegation members covering covid-19, illness, Accidents, repatriation.  
In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan.

**EVENT FORMAT**

The African Championships will consist in Qualifications will determine Individual winners in each category, including Team ranking.  
In Apparatus finals a maximum of 2 gymnasts / units will be qualified per federation.

- **AER:** Each gymnast competes in max 3 Categories (IM, IW, MP, TR) the top 8 gymnast from qualification in each category will take part in the
  - finals Max 2 gymnasts, units will qualify per federation

**PROVISIONAL SCHEDULE**

**The schedule may change depending on definitive registrations.**

- 21 September 2022**      **Arrival of delegations**
- 22 September 2022**      **Orientation meeting - Podium training**
- 23 September 2022**      **Aerobic qualifications**
- 24 September 2022**      **Aerobic finals**
- 25 September 2022**      **Departure of delegation**

**MEDICAL SERVICES**

A medical service will be available throughout the period of the championships.  
During these championships an anti-doping control will be carried out in accordance with international standard.

**COVID 19**

Besides the medical guidelines for the particular event, FIG also requires all the participants to follow the standard precautions.  
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.  
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.  
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

	<p>of at least 1.5 metres whenever possible.</p> <p><b>A medical Guide specific for the event will be distributed one month before the event regarding to standard changes by health authorities in Egypt at the time of the event.</b></p>
<b>VISA</b>	<p>Please verify immediately with your travel agent or the <b>Egyptian</b> Embassy or Consulate in your country if a visa is required for your travel to <b>Egypt</b>. The LOC will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before <b>21 July 2022</b>.</p> <p>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 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. The LOC will verify the insurance coverage upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy). 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>The LOC will subsequently offer insurance at the Federations own charge as follows: <b>50 euro per person/day</b>.</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>21 August 2022</b></p>
<b>LOCAL TRANSPORTATION</b>	<p>The Organising committee will provide transportation from Cairo international Airport for the delegation booked their accommodation through the LOC.</p> <p>Also transportation between hotel, training , warm up and competition venue will be provided by LOC</p>
<b>ACCOMMODATION</b>	<p><b>4 stars Hotel ****</b></p> <p><b>100 EURO The costs per person /night in Single room Full board</b>  <b>80 EURO The costs per person / night in a Double room full board</b></p> <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>21 July 2022</b> at the very latest, the Hotel rooms will be allocated on a "first come, first served" basis. The invited participating federations must pay for the accommodation expenses of their delegation members. Cancellation will only be accepted by e-mail 50% of the total amount of the booking must be paid at the date of the booking on <b>21/07/2022</b>. The remaining balance is due by <b>21/08/2022</b>. From <b>21/08/2022</b>, no reimbursement will be made.</p>
<b>CANCELLATION POLICY</b>	<p><b>Any cancellations after 21/08/2022 will incur a penalty of 100% of total amount due.</b></p>

<b>BANK ACCOUNT INFORMATION</b>	EGYPTIAN GYMNASTICS FEDERATION EL-ESTAD EL- BAHARY ST., OLYMPIC FED BUILDING , NASR CITY NATIONAL BANK OF EGYPT MAIN BRANCH 24 SHERIF ST. DOWNTOWN CAIRO Sweft code : NBEGEGCX001 Account Number: 0013060698236700012 Each participating member Federation is kindly requested to integrate the payment's purpose as follows: <b>"AER African Championships"</b> . The participating federation is responsible for covering all bank fees in connection with the bank transfers		
<b>MARKETING</b>	<b>FIG advertising and publicity norms must be respected</b>		
<b>SOCIAL MEDIA</b>	<b>Egyptian gymnastics federation official page</b>		
<b>DEADLINES SUMMARY</b>	<b>Provisional Registration</b>		<b>21 June 2022</b>
	<b>Definitive Registration</b>		<b>21 July 2022</b>
	<b>Nominative Registration</b>		<b>21 August 2022</b>
	Accommodation Form		<b>21 July 2022</b>
	Visa Request Form		<b>21 July 2022</b>
	Payment of the Entry Fee		<b>21 July 2022</b>
	Payment of the Accommodation Costs 50%		<b>21 July 2022</b>
	Payment of the Accommodation Costs 100%		<b>21 August 2022</b>
	Travel Schedule Form		<b>21 August 2022</b>

Sincerely Yours  
 Cairo, Egypt **19 April**, 2022



Signature of the President or  
 Secretary General of the FIG affiliated NF

President of EGF  
 Dr Ehab Amin ESAWY