



**35<sup>th</sup> MTM NARODNI DOM LJUBLJANA  
LJUBLJANA, SLOVENIA  
April 8 – 9, 2023**



**DIRECTIVES**

**Event ID: 17366**

Dear FIG affiliated Member Federation,

The Slovenian Gymnastics Federation and its member KRG Narodni dom Ljubljana has the pleasure to invite your Federation to participate in the aforementioned official FIG International Event.

<b>DISCIPLINE</b>	<b>Rhythmic Gymnastics</b>
<b>HOST FEDERATION</b>	<b>Slovenian Gymnastics Federation</b> Koprska 29, 1000 Ljubljana TEL: +386 1 256 66 26, GSM: +386 40 256 661 email: <a href="mailto:info@gimnasticna-zveza.si">info@gimnasticna-zveza.si</a> web site: <a href="http://www.gimnasticna-zveza.si">http://www.gimnasticna-zveza.si</a>
<b>LOCAL ORGANIZING COMMITTEE</b>	<b>KRG NARODNI DOM LJUBLJANA</b> Contact person: Mrs. Ana Rebov Koprska 29, 1000 Ljubljana phone number: 00 386 31 343 522 (mobile, also Viber and WhatsApp) e-mail: <a href="mailto:info@klubrg-narodnidom.si">info@klubrg-narodnidom.si</a> web site: <a href="https://rgform.eu/menu.php?akcia=NP&amp;id_prop=4231">https://rgform.eu/menu.php?akcia=NP&amp;id_prop=4231</a>
<b>LOCATION</b>	<b>LJUBLJANA, SLOVENIA</b>
<b>DATE</b>	<b>April 8 - 9, 2023</b>
<b>VENUE</b>	<b>SPORT HALL "Gimnastični center",</b> Koprska 29, 1000 Ljubljana, Slovenia Šport Ljubljana: <a href="https://www.sport-ljubljana.si/Gimnasticni_center/">https://www.sport-ljubljana.si/Gimnasticni_center/</a>
<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>• Code of Points and relevant Newsletters</li><li>• General Judges' Rules</li><li>• Specific Judges' Rules</li><li>• Anti-Doping Rules</li><li>• Licence rules (except for non competitive events)</li><li>• FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events</li><li>• FIG Medical Guidelines for FIG Competitions and 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></ul> <i>and subsequent decisions of the FIG Executive Committee</i>
<b>FEDERATIONS INVITED</b>	All FIG member federation in good standing and contestants from clubs with valid FIG license are invited.

<b>DELEGATION</b>	4 gymnasts – 2 juniors, 2 seniors 1 coach 1 brevet judge compulsory				
<b>AGE LIMITS</b>	SENIOR individual: 2007 and older (16 + years) JUNIOR individual: 2008-20010 (13-15 years) <b>All gymnasts must have a valid FIG license until the end of the event.</b>				
<b>JUDGES AND JURIES</b>	<b>All judges must have a current valid FIG brevet at the time of the event in the respective discipline (RGI).</b> Fee for delegation without a judge 100€.				
<b>REGISTRATION DEADLINES</b>	Online registration on <a href="https://rqform.eu/menu.php?akcia=NP&amp;id_prop=4231">https://rqform.eu/menu.php?akcia=NP&amp;id_prop=4231</a> <table border="1"> <tr> <td>Definitive registration:</td><td>February 8, 2023</td></tr> <tr> <td>Nominative registration</td><td>March 8, 2023</td></tr> </table>	Definitive registration:	February 8, 2023	Nominative registration	March 8, 2023
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<b>ENTRY FEES</b>	<b>The Entry fee for this event will be:</b> 60 EURO per each individual gymnast				
<b>ACCREDITATION</b>	Accreditations will be issued upon arrival in the gym. Delegations must present (if not sent by email previously): <ul style="list-style-type: none"> <li>Insurance for all members of delegations</li> <li>FIG licenses for gymnasts and judges</li> <li>Music for all exercises of gymnasts</li> <li>Receipt of payment of start fee, accomodation and meals</li> </ul> In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan.				
<b>EVENT FORMAT</b>	Competition FIG program 2023. Seniors individual: hoop, ball, clubs, ribbon Juniors individual: hoop, ball, clubs, ribbon All-around: <ul style="list-style-type: none"> <li>max 2 competitors from one club in concourse (if more than two, two with the best results are in concourse, others out), the organizer have the right to have 4 gymnasts in concourse</li> </ul> We will award with medals best 3 gymnast per apparatus too.				
<b>PROVISIONAL SCHEDULE</b>	<b>Friday, April 7, 2023:</b> <ul style="list-style-type: none"> <li>arrival of delegations</li> <li>official training</li> <li>technical meeting and judge's instruction</li> </ul> <b>Saturday April 8, 2023:</b> <ul style="list-style-type: none"> <li>Juniors and seniors 2 apparatus</li> </ul> <b>Sunday April 9, 2023:</b> <ul style="list-style-type: none"> <li>Juniors and seniors 2 apparatus</li> </ul> <b>Monday April 10, 2023:</b> departure of delegations				
<b>MEDICAL SERVICES</b>	Medical services will be provided on official training and both days of competition. The competition hall also has AED defibrillator. The nearest hospital is very close by: UKC Ljubljana, Zaloška 2, 1000 Ljubljana.				
<b>COVID 19</b>	The <a href="#">FIG Medical Guidelines for FIG Competitions and Events</a> are still effective and they should be used according to the situation with COVID-19 pandemic in your country. Considering the current situation as it is written in the guideline, it is the health situation in Slovenia that prevails. These guidelines can be adapted according to the health situation related to the COVID-19 pandemic in the host country Slovenia and the city of Ljubljana.				
<b>VISA</b>	Please verify immediately with your travel agent or the Slovenian Embassy or Consulate in your country if a visa is required for your travel to Slovenia. The LOC will be happy to assist each delegation member with an official invitation letter, provided if request is made before February 16, 2023. 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>	The Host Federation, the LOC and the FIG will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like.				

	<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 for 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>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.</p> <p>The LOC will subsequently offer insurance at the Federations own charge as follows: 20€ per person per day.</p>
<b>INTERNATIONAL TRANSPORTATION</b>	<p>The invited participating federations must pay for the travel costs of their delegation members. The Travel Schedule Form must be returned to the LOC by March 4, 2023.</p>
<b>LOCAL TRANSPORTATION</b>	<p>The LOC will cover the transportation to/from the hotel from the airport Jože Pučnik in Ljubljana, Ljubljana train station or Ljubljana bus station upon arrival and by departure.</p> <p>The LOC will cover the transportation to/from M hotel to/from the Competition Hall Gimnastični center Ljubljana, Koprška 29.</p> <p>All other transport is the cost of delegation. The LOC will be happy to find the best option.</p>
<b>ACCOMMODATION</b>	<p><b>M HOTEL</b>  Derčeva 4, 1000 Ljubljana, SLOVENIA  +386 1 513 70 00, <a href="mailto:info@m-hotel.si">info@m-hotel.si</a>, <a href="http://www.m-hotel.si">www.m-hotel.si</a></p> <p>The costs in this first hotel per person per day with breakfast are as follows:  98 € / person / day (in single room including breakfast and tourist tax)  65 € / person /day (in double/twin room, including breakfast and tourist tax)  55 € / person /day (in triple room, including breakfast and tourist tax)  45 € / person /day (in quadruple room, including breakfast and tourist tax)  Each extra lunch or dinner in the hotel costs 16€.</p> <p><b>Šport hotel Ljubljana</b>  Koprška 29,  1000 Ljubljana, Slovenia  +386 5 917 92 70, <a href="mailto:hotel@sport-ljubljana.si">hotel@sport-ljubljana.si</a>,  <a href="https://www.sport-ljubljana.si/Sport_hotel_Ljubljana/">https://www.sport-ljubljana.si/Sport_hotel_Ljubljana/</a></p> <p>The costs in this second hotel per person per night including tourist tax) <b>without breakfast</b> are as follows:  65 € / person / day with breakfast (in single room); 57 € without breakfast  50 € / person /day with breakfast (in double room); 42 € without breakfast  40 € / person /day with breakfast (in triple room); 32 € without breakfast  30 € / person /day with breakfast (in quadruple room); 22 € without breakfast</p> <p>There is no served meals available in Sport hotel, but there is a kitchen you can use to prepare food and a bar that offers snacks (croissant, pizza, sandwich). The grocery store is close by.</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 March 4, 2023 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. The costs for the accommodations must be paid to the LOC by March 14, 2023 on bank account.</p> <p>In case of cancellation we keep 10 € per person.</p>
<b>MEALS</b>	<p>For the judges and the coaches there will be warm buffet on both days of competition.</p>

	<p>There will be possibility to order warm lunch in the gym for 10€ on Friday, Saturday and Sunday.</p> <p>The invited participating federations must pay for the meals expenses of their delegation members.</p> <p>While the Meals Form must be returned to the LOC by March 4, 2023 at the very latest, the costs for the meals must be paid to the LOC by April 4, 2023.</p>	
<b>CANCELTATION POLICY</b>	In case of cancellation of gymnast after March 10, we keep 10 € per gymnast from start fee and 10 € per person for accommodation.	
<b>FINAL BANQUET</b>	No final banquet.	
<b>BANK ACCOUNT INFORMATION</b>	<p>Name of organization: KRG Narodni dom Ljubljana,</p> <p>Address: Ob dolenjski železnici 50, 1000 Ljubljana, Slovenia</p> <p>Account number : 02053-0010794153, SWIFT (BIC): LJBASI2X</p> <p>The participating federation is responsible for covering all bank fees in connection with the bank transfers.</p>	
<b>MARKETING</b>	FIG advertising and publicity norms must be respected	
<b>SOCIAL MEDIA</b>	<p>Web: <a href="http://www.klubrg-narodnidom.si">www.klubrg-narodnidom.si</a></p> <p>Youtube: <a href="https://www.youtube.com/channel/UCOFVsxBIHyb2c5VVd5C-sNA">https://www.youtube.com/channel/UCOFVsxBIHyb2c5VVd5C-sNA</a></p> <p>FB: <a href="https://www.facebook.com/Klub-za-ritmi%C4%8Dno-gimnastiko-NARODNI-DOM-LJUBLJANA-286485421363013/">https://www.facebook.com/Klub-za-ritmi%C4%8Dno-gimnastiko-NARODNI-DOM-LJUBLJANA-286485421363013/</a></p> <p>Instagram: Klub za ritmično gimnastiko NARODNI DOM LJUBLJANA</p>	
<b>DEADLINES SUMMARY</b>	Definitive Registration	February 16, 2023
	Nominative Registration	March 4, 2023
	Accommodation Form	March 4, 2023
	Travel Schedule Form	March 4, 2023
	Visa Request Form	February 16, 2023
	Meals Form	March 4, 2023
	Payment of the Entry Fee	April 4, 2023
	Payment of the Accommodation Costs	March 14, 2023
	Payment of the local transportation	free
	Payment of the extra Meals	April 4, 2023
	Payment of the fine for missing judge	April 4, 2023
<b>ADDITIONAL INFORMATION</b>	<p><i>At the same time we organize a competition for younger categories and B level. Find more information on:</i></p> <p><a href="https://rgform.eu/menu.php?akcia=NP&amp;id_prop=4231">https://rgform.eu/menu.php?akcia=NP&amp;id_prop=4231</a></p>	

Sincerely Yours,

Place and date:  
Ljubljana, 23.01.2023



Ms HUS Spela  
Secretary General of the FIG affiliated NF