

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



**MAIA
FIG ACRO WORLD CUP**

MAIA, PORTUGAL – 8th March to 12th March 2023

www.maiaacrocup.com

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1. GENERAL INFORMATION

This competition will be organized under the following FIG rules, as valid in the year of the competition, except for any deviation mentioned in these World Cup Rules for Acrobatics Gymnastics:

- Statutes
- Code of Ethics
- Technical Regulations
- License Rules
- Code of Points and relevant Newsletters
- General Judges' Rules
- Specific Judges' Rules for Acrobatic Gymnastics
- Medical Organization of the Official FIG Competitions
- Doping Control Rules
- Media Rules
- Apparatus Norms
- Advertising and Publicity Rules
- Accreditation Rules
- Regulations for Awards Ceremonies
- and subsequent decisions of the FIG Executive Committee

2. COMPETITION VENUE

COMPLEXO MUNICIPAL DE GINÁSTICA DA MAIA

Rua Altino Coelho

4470 – 233 Vermoim - MAIA

PORUGAL

Info: www.maiaacrocup.com

Email: maiaacrocup@gmail.com



3. ORGANIZATION

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE

Avenue de la Gare, 12A 1001 Lausanne
SWITZERLAND

Phone : +41 (0) 21 321 55 10

Fax : +41 (0) 21 321 55 19

E-Mail: rvinagre@fig-gymnastics.com

URL: www.gymnastics.sport

- FIG Technical Delegate on site: **Yuri Goliak**

FEDERAÇÃO DE GINÁSTICA DE PORTUGAL

Estrada da Luz, 30 A
1600 – 159 Lisboa
PORTUGAL
Phone : +351 218 141 145
E-Mail: federacao@ginastica.org
URL: www.ginastica.org

ACRO CLUBE DA MAIA

Rua de Almorode, 185 C
4470-231 Vermoim - Maia
PORTUGAL
Phone: +351 229 410 731
E-Mail : acm.presidencia@gmail.com
URL: www.acroclubedamaia.com

4. LOC - LOCAL ORGANIZING COMMITTEE

President	Luis Arrais
Vice-President & Executive Director	Manuel Barros
Competition Manager	Tiago Maia
Head of Media	Elena Rosca
Office / Accreditations	Carla Silva
Accommodation and Transports	Vitor Ferreira
Meals & Access Control Manager	Adelino Maia
Official Doctor	Ana Úrsula Martins
Safeguarding Officer	João Maia
Results Software	David Gillemot
Video Manager	Sérgio Mateus
Floor Manager	João Maia
Award Ceremonies	Joana Magalhães
Photography	Carlos Alberto Matos
Logistics	Tiago Horta
NF Delegate	Bernardo Tomás

5. GENERAL PROGRAMME

Wednesday, 8 th March	All day	Delegations arrival and Accreditation
	17:30 – 20:30	Free Training (Warm Up floor – <u>no music</u>)
Thursday, 9 th March	10:00	Judges meeting
	11:30 – 12:30	Orientation Meeting - City Hall
	11:00 – 17:30	Training Per Schedule (FOP – 12:45)
Friday, 10 th March	13:30	Start Warm-up
	14:30 – 17:15	Qualification 1 st exercise W2 / W3 – BALANCE Mx2 / M2 / MG – DINAMIC
Saturday, 11 th March	13:30	Start Warm-up
	14:30 – 17:15	Qualification 2 nd exercise W2 / W3 – DINAMIC Mx2 / M2 / MG – BALANCE
Sunday, 12 th March	15:00	Start Warm-up
	16:00 – 18:00	FINALS
	18:00	Award Ceremony
	20:00	Dinner & Farewell Party
Monday, 13 th March	All day	Departure of all Delegations

6. TRANSPORTATION

Transfers by bus to and from the **Porto Airport (OPO)** or **Campanhã (Porto) Train Station** to the official hotels, as well as from the official hotel to the training and competition hall will be provided to the delegations that booked their accommodation through the LOC. The transport schedule will be given upon arrival.

Nevertheless, shuttle buses will leave the Competition Venue and the Hotels according to the schedule they will follow strictly. **Please be on time!!!**

7. ACCREDITATION

COMPLEXO MUNICIPAL DE GINÁSTICA DA MAIA - OC OFFICE

Wednesday, 8th May from 09:00 – 20:00

(Delegation arriving later than 20:00 must contact the LOC)

The accreditation system identifies individuals participating in the competition and ensures controlled access to each area. All participants and officials are required to wear accreditation cards at all times.

At accreditation, the Head of Delegation must check the correct names of their complete delegation, verify accommodation requirements, make the necessary payments (including insurance, if necessary). They also have to present the passports / ID of all competitors and judges for the control of nationality and age. If there was any change of what is on FIG website, the definitive competition schedule will be given to the Head of Delegation.

The accreditation is personal, non-transferable and compulsory to control access to training and competition hall, functions, official transport, lunches and dinners.

Without your accreditation card, you cannot pass the security control and you cannot participate in lunches, dinners, etc. So if you have lose your accreditation card, you must purchase a new one for the price of 150 Euro.

When all the commitments are fulfilled, all delegation members will receive their accreditations. All participants and officials are required to wear the accreditations at all times.

Federations will receive accreditation based on nominative entry upon arrival at the Competition Venue.

In order to accelerate the accreditation procedure, please send by email – maiaacrocup@gmail.com - a photo of each delegation member.

– NO LATER THAN February 28!

The specification of the photo should be as follows:

File format: JPG, JPEG, PNG, TIFF

Dimensions: 190 pixels wide x 250 pixels high

File name: NF_Surname_Firstname (example: POR_Silva_Antonio.jpg)

If you made the Nominative Entry via AcroCompanion software there is no need for the photo because it stays already uploaded in the system.

If no photo is sent before the accreditation, the price for taking the photo is 5 EUR / photo at accreditation.

8. TARIFF SHEETS

Tariff sheets must be made on Acro Companion software and uploaded by 05/03/2023.
Changes on tariff sheets will be allowed according to the CoP (until 08/03/2023, accreditation day).

Please be sure that all tariff sheets are correct, so you may avoid any penalties.

In principle, no changes can be made to the Tariff Sheets after arrival.

Changes will be accepted only in case of injuries/minor accidents or for other important

reasons subject to approval by the FIG Superior Jury President.

Each delegation must provide the LOC (via maiaacrocup@gmail.com) the email addresses of the coach(es) responsible for making and uploading the Tariff Sheets.

9. MUSIC

Music must be uploaded on the tariff sheet in Acro Companion until 05/03/2023.

The Organizing Committee guarantees personal protection and the strict use of your musical creations during this event.

Keep in your possession a *specimen* of your music on a USB Key in case of a technical problem in the Competition area or for your training sessions.

Identify the MUSIC TRACKS as follows:

TOP NAME_SPECIALITY_EXERCISE_COUNTRY

Example: CAMOES_M4_BAL_POR.mp3

10. INSURANCE

The host Federation, the Organizing Committee and the FIG will not be held responsible for any liabilities in case of accidents, illness or repatriation.

The FIG Technical Regulations (Section 1, Article 12.10) foresees that all participating Federations are obliged to cover the expenses for all members of their Delegation for the necessary insurance coverage against accidents and illness.

The Organizing Committee will verify the insurance of all federations at accreditation. Federations who cannot provide proof will have to purchase the insurance offered by the OC at their own cost. The Organizing Committee will subsequently offer insurance at the Federations own charge as follows: 50 Euro per person/day (except judges and gymnasts).

11. OFFICIAL LANGUAGE

The official language is English. Interpretations from and into other language must be organized by the delegations. Announcements will be made in English. The Work Plan and all other documents are available in English only.

12. VISAS

Please check immediately with your travel agent or the Portugal Embassy or Consulate in your country, if a visa is required for your travel to Portugal.

13. HOTELS

Tryp Porto Expo	Holiday Inn Express Porto Exponor	Star Inn Hotel	Urban Hotel Amadeos
Rotunda da Exponor - Leça da Palmeira, 4450-801 PORTO www.tryppo rteexpo.com/pt-pt.com	Avenida Dr. António Macedo, 163 - 4450- 617 LEÇA DA PALMEIRA - Porto https://www.hieportoex ponor.pt/hieporto-hotel/	Rua Senhora do Porto, 930 4250-453 PORTO http://www.hotelstarinn.co m/	Rua Conde Alto Mearim 1229, 4450-036 – Matosinhos https://urbanhotel.pt/urban hotelamadeos.html

14. MEALS

Full board is included in the accommodation packages booked through the OC. Breakfast will be served at the hotel. Lunch and dinner will be served close to the Competition Venue, inside the Sports Complex.

The Head of Delegation will receive meal tickets upon arrival at accreditation.

NO TICKET—NO MEALS!!! - NO ACCREDITATION—NO MEALS!!!

DAY	LUNCH	DINNER
Wednesday, 8 March	11:00 – 15:00	18:00 – 21:00
Thursday, 9 March	11:00 – 15:00	18:00 – 21:00
Friday, 10 March	11:00 – 15:00	18:00 – 21:30
Saturday, 11 March	11:00 – 15:00	18:00 – 21:30
Sunday, 12 March	11:00 – 15:00	Banquet 21:00

15. ORIENTATION MEETING

The orientation meeting will take place on Thursday, **March 9th** beginning at **11:30 in the City Hall**. The meeting can be attended by Head of Delegations, Team Managers, and Coaches.

16. TRAINING BY SCHEDULE AND MEASUREMENTS – March 9th

Group and National Federation			General Warm Up (mats)		Floor A (warm-up floor)		Floor B (FOP)	
			(30 min.)		(45 min.)		(7,5 min. / PG)	
Group	NF	PG	in	out	in	out	in	out
Group 1	UKR / NED / AZE	8	11:00	11:30	11:30	12:15	12:15	13:15
Group 2	AUT / ESP / ISR	8	12:00	12:30	12:30	13:15	13:15	14:15
Group 3	POR	9	13:00	13:30	13:30	14:15	14:15	15:30
Group 4	GBR / KAZ	8	14:15	14:45	14:45	15:30	15:30	16:30
Group 5	GER / USA	7	15:15	15:45	15:45	16:30	16:30	17:25

Gymnast measurement will be made immediately after the podium training on March 9th.

17. EQUIPEMENT

Competition Floor: Spieth (blue spring floor) – FIG ID 253

Training Floor: Spieth (blue spring floor) – FIG ID 253

18. JUDGES MEETING

The Judges Meeting will take place on Thursday, **March 9th at 10:00** in the Sports Hall (Judges room – Competition Venue).

All participating federations must provide at least one judge with a valid FIG Brevet. Failure to do so will result in a fine of Swiss Francs 2 000,00.

19. THE DRAW FOR JUDGES

The drawing of lots of the Judges' Panels for the Qualification and Finals will be conducted by the FIG Technical Delegate during the judge's meetings on March 9th.

20. NO SMOKING POLICY

Please note that it is strictly forbidden to smoke in the venue complex.

21. MEDICAL SERVICES & ROOM

The Organizing Committee will provide medical and physiotherapist services. A special room is marked with "Medical Room". Red Cross and Physiotherapist will be present on the Competition Area.

22. JUDGES PRESENTATION

Before the beginning of each Competition, JUDGES are asked to be ready on their seats on their panel places so they can be called by the official speaker.

Judges are requested to remain in their places during the awards ceremony following Finals.

23. VIDEO RECORDING

All routines and passes will be recorded.

24. AWARD CEREMONIES

The award ceremonies will take place on Sunday, 12th March. Competitors must appear in their **national tracksuit**.

25. FINAL BANQUET

The banquet will take place on Sunday, 12th March at 20:00 at the Meals hall.

26. NATIONAL FLAG AND ANTHEM

Please bring a National Flag and the National Anthem to deliver upon arrival on Accreditation.

27. MAIA INTERNATIONAL ACRO CUP 2023 CONNECTION

The Maia FIG Acro World Cup 2023 is held in close connection with the Maia International Acro Cup 2023. All the facilities, transportations and services provided to the MIAC'23 Delegations can be fully used by the World Cup Delegations that booked their accommodation through the LOC.

28. COVID countermeasures

*The [FIG Medical Guidelines for FIG Competitions and Events](#) 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 your country that prevails: **"These guidelines can be adapted according to the health situation related to the COVID-19 pandemic in the host country and the city.***

The LOC will keep delegations informed of the development of these policies and procedures as necessary as the Competition approach and the prevailing circumstances become clearer."

The Delegations who need a PCR or TRAg (antigen/quick test) to return to their countries, need to contact the LOC, until February 24th, giving the following information: number of persons and which test is needed.

29. Safeguarding Officer

From the official event day of arrival until the official day of departure, participants (gymnasts, coaches, judges and any other delegation members) have the possibility to contact by phone or e-mail the LOC Safeguarding Officer in case of harassment and abuse of any type or if they are worried and do not feel comfortable.

LOC Safeguarding Officer:

- Mr. João MAIA | +351 914 081 412| iserrinca@gmail.com

In addition, posters of the “10 Golden Rules of Gymnastics”, the FIG campaign to raise awareness about youth protection in Gymnastics, are displayed in several locations, including training and warm-up halls and public zones.

30. Doping Control

Anti-doping control 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.

As per the applicable FIG Therapeutic Use Exemption (TUE) procedure in effect concerning the participation at FIG Events, any gymnast in need of a TUE is responsible, together with his/her Federation, to submit his/her request to the FIG no later than 30 days before the start of this competition.

No TUE request will be accepted nor approved on spot, except for duly justified emergency cases.

Should you need further assistance about TUE requests, please contact the FIG at antidoping@fig-gymnastics.org.

IMPORTANT DATES

- *Individual photo* – maiaacrocup@gmail.com – **February 28** (deadline)
- *Music - AcroCompanion* – **March 5** (deadline)
- *Tariff Sheets - AcroCompanion* – **March 5** (deadline for upload. See information in page 5)