



**2023 Rhythmic Gymnastics Senior Pan American Championship**  
**Guadalajara, Jalisco (MEX)**  
**June 9-11, 2023**

**DIRECTIVES**

**Event ID: 17390**

Dear PAGU affiliated Member Federation,

The Pan American Gymnastics Union (PAGU) through the Mexican Gymnastics Federation has the pleasure to invite your Federation to participate in the aforementioned official FIG and PAGU international event. This competition will also serve as qualifying event for the Rhythmic Gymnastics World Championship Valencia 2023 and the XIX Pan American Games Santiago 2023.

<b>DISCIPLINE</b>	<b>Rhythmic Gymnastics (RGI, RGG)</b>
<b>PAN AMERICAN GYMNASTICS UNION</b>	<b>Pan American Gymnastics Union</b> Tenayuca 55, Oficina 403 Colonia Letran Valle, C.P. 03650 Ciudad de México, MEX Tel.: +52 55 8984-7848 E-mail: <a href="mailto:info@upag-pagu.org">info@upag-pagu.org</a>
<b>HOST FEDERATION</b>	<b>Mexican Gymnastics Federation</b> Tenayuca 55, Oficina 403 Colonia Letran Valle, C.P. 03650 Ciudad de México, MEX Tel.: +52 55 8984-7848 E-mail: <a href="mailto:info@fmgimnasia.org.mx">info@fmgimnasia.org.mx</a> Website: <a href="http://www.fmgimnasia.org">www.fmgimnasia.org</a> Contact: Gustavo Salazar, President
<b>EVENT MANAGER</b>	Contact: Gustavo Salazar Phone: +52 55 4618 7257 E-mail: <a href="mailto:gdl.gr23@gmail.com">gdl.gr23@gmail.com</a>
<b>LOCATION</b>	<b>Guadalajara, Jalisco, MEX</b>
<b>DATE</b>	<b>June 9 to 11, 2023</b>
<b>VENUE</b>	<b>Competition and trainings venues</b> Polideportivo López Mateos Avenida Cristóbal Colón 2189, Colonia Colón Industrial C.P. 44940, Guadalajara, Jalisco Website: <a href="http://www.codejalisco.gob.mx">www.codejalisco.gob.mx</a>
<b>APPARATUS SUPPLIER</b>	Please refer to the attached apparatus list For training, warm-up and competition, identical apparatus will be used.
<b>RULES AND REGULATIONS</b>	The event will be organized under the following FIG rules, as valid in the year of the event, and PAGU Technical Regulations: <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></ul>

	<ul style="list-style-type: none"> <li>• Code of Points and relevant Newsletters / Helpdesk</li> <li>• General Judges' Rules</li> <li>• Specific Judges' Rules for Rhythmic Gymnastics</li> <li>• Anti-Doping Rules</li> <li>• Medical organization of FIG competitions and events</li> <li>• FIG 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>• 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 and PAGU Executive Committee</i></p>									
<b>FEDERATIONS INVITED</b>	The Pan American Gymnastics Union invites all Federations affiliated to the PAGU and the FIG and which are up to date in their obligations.									
<b>AGE LIMITS</b>	<p><b><u>Senior</u></b></p> <p><b>All gymnasts must have a valid FIG license until the end of the event.</b></p>									
<b>QUALIFICATION TO OTHER EVENTS</b>	<p>This Championship will serve as qualifier event for the following competitions:</p> <ul style="list-style-type: none"> <li>▪ Rhythmic Gymnastics World Championships Valencia 2023, Individual competition</li> <li>▪ XIX Pan American Games Santiago 2023</li> </ul>									
<b>JUDGES AND JURIES</b>	<p><b>All judges must have a current valid FIG brevet at the time of the event, for the respective discipline.</b></p> <p>Each Federation may register a maximum of 3 judges (up to 2 judges for the Individual competition and 1 judge for the Group competition).</p> <p>Federations can register a third judge (participation with a team), a second judge (participation with 1-2 gymnasts) or a second judge for the Group competition, different from the TC member and as additional accredited persons. This accreditation will have no cost. Provision of max. 1 judge per NF per panel.</p> <p>The fine for not registering the minimum number of judges in each of the competitions (RGI and/or RGG) where the Federation is registered is <b>USD\$1,000.00</b> per each missing judge (Individuals and Groups competition). Federations with a PAGU TC Member can register that Member in addition to their official judges.</p> <p>The fines for not registering the required number of judges must be paid to PAGU by <b><u>April 10, 2023</u></b> at the latest and it does not apply to those Federations that do not have FIG brevet judges in the respective discipline (RGI, RGG) and that this is the first cycle in which they participate in PAGU competitions.</p> <p>The National Federation must inform PAGU at the time of the definitive registration (<b><u>April 10, 2023</u></b>) to allow the appointment of invited neutral judges.</p>									
<b>REGISTRATION DEADLINES</b>	<table border="1"> <tr> <td>Provisional registration</td> <td>March 10, 2023</td> <td><a href="https://intranet.upag-pagu.org">https://intranet.upag-pagu.org</a></td> </tr> <tr> <td>Definitive registration</td> <td>April 10, 2023</td> <td><a href="https://intranet.upag-pagu.org">https://intranet.upag-pagu.org</a></td> </tr> <tr> <td>Nominative registration</td> <td>May 8, 2023</td> <td><a href="https://intranet.upag-pagu.org">https://intranet.upag-pagu.org</a></td> </tr> </table>	Provisional registration	March 10, 2023	<a href="https://intranet.upag-pagu.org">https://intranet.upag-pagu.org</a>	Definitive registration	April 10, 2023	<a href="https://intranet.upag-pagu.org">https://intranet.upag-pagu.org</a>	Nominative registration	May 8, 2023	<a href="https://intranet.upag-pagu.org">https://intranet.upag-pagu.org</a>
Provisional registration	March 10, 2023	<a href="https://intranet.upag-pagu.org">https://intranet.upag-pagu.org</a>								
Definitive registration	April 10, 2023	<a href="https://intranet.upag-pagu.org">https://intranet.upag-pagu.org</a>								
Nominative registration	May 8, 2023	<a href="https://intranet.upag-pagu.org">https://intranet.upag-pagu.org</a>								
<b>ENTRY FEES</b>	The entry fee for this event is <b>USD\$50.00</b> per gymnast and per competition (RGI, RGG). It must be paid to the Local Organizing Committee ("LOC") by <b><u>April 10, 2023</u></b> at the latest.									
<b>DELEGATION SIZE</b>	<table border="1"> <thead> <tr> <th>Function</th> <th>Individuals</th> <th>Groups</th> <th>Mixed</th> </tr> </thead> <tbody> <tr> <td>Gymnasts</td> <td>3</td> <td>6</td> <td>9</td> </tr> </tbody> </table>	Function	Individuals	Groups	Mixed	Gymnasts	3	6	9	
Function	Individuals	Groups	Mixed							
Gymnasts	3	6	9							

	<table border="1"> <tr> <td>Coaches</td> <td>1 (1 gym.) 2 (2-3 gym.)</td> <td>2</td> <td>4</td> </tr> <tr> <td>Judges category 1, 2 or 3 (in addition to PAGU TC Members)</td> <td>2 (1 compulsory with 1 gymnast and 2 compulsories with 2-3 gymnasts)</td> <td>1 (compulsory)</td> <td>3</td> </tr> <tr> <td>Medical personnel</td> <td>1</td> <td>1</td> <td>2</td> </tr> <tr> <td>Head of delegation</td> <td>1</td> <td>1</td> <td>1</td> </tr> </table>	Coaches	1 (1 gym.) 2 (2-3 gym.)	2	4	Judges category 1, 2 or 3 (in addition to PAGU TC Members)	2 (1 compulsory with 1 gymnast and 2 compulsories with 2-3 gymnasts)	1 (compulsory)	3	Medical personnel	1	1	2	Head of delegation	1	1	1		
Coaches	1 (1 gym.) 2 (2-3 gym.)	2	4																
Judges category 1, 2 or 3 (in addition to PAGU TC Members)	2 (1 compulsory with 1 gymnast and 2 compulsories with 2-3 gymnasts)	1 (compulsory)	3																
Medical personnel	1	1	2																
Head of delegation	1	1	1																
<b>ACCREDITATION</b>	<p>The cost of the accreditation for additional Delegation Members is <b>USD\$100.00</b> per person and must be paid to the LOC by <b>April 10, 2023</b> at the latest.</p> <p>Only the following persons can receive an additional accreditation: Coach (as per PAGU TR), Doctor, Physiotherapist, Team Manager. The accreditations of additional RG judges (number as per PAGU TR) have no cost.</p> <p>Along with the nominative registration all the Federations must upload in the PAGU intranet a copy of the passport and a photograph of each delegation member: <a href="https://intranet.upag-pagu.org">https://intranet.upag-pagu.org</a> In addition, they must send a copy of the passport and a photograph of each one of the members of their delegation, via email to: <a href="mailto:gdl.gr23@gmail.com">gdl.gr23@gmail.com</a></p> <p>Requirements for the photos:</p> <ul style="list-style-type: none"> <li>• File format: JPEG</li> <li>• Dimension: min 210 x 270 pixels; max 420 x 540 pixels</li> <li>• 3.5 cm width x 4.5 cm high</li> <li>• File size: no more than 1 MB</li> <li>• White background</li> </ul> <p>Each document must be identified with the Country Code, Last name, First Name, Competition (RGI, RGG) and function of each member. Example: PER_FERNANDEZ_Ana_RGI_gymnast</p> <p>This documentation must be uploaded/sent no later than <b>May 8, 2023</b>. In case of not sending the photograph as requested, the Local Organizing Committee can take the photograph during the registration and will have an additional cost of <b>USD\$10.00</b> for each one. In case of theft or loss of accreditation, it must be informed immediately to the Local Organization Committee for the cancellation of the accreditation. The replacement of stolen or lost accreditation will cost <b>USD\$50.00</b> to be covered by the accreditation holder. Accreditation will be distributed upon arrival at the registration desk. More information on the access zones for each accreditation will be given in the Work Plan. In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan.</p>																		
<b>EVENT FORMAT</b>	<p>The competition will follow the FIG rules for Senior category. 3 days of competition</p> <ul style="list-style-type: none"> <li>• Day 1: Qualification Individuals (2 apparatus) and Groups (1 routine)</li> <li>• Day 2: Qualification Individuals (2 apparatus) and Groups (1 routine) RGI and RGG All Around Awards and RGI Team Awards *</li> <li>• Day 3: Individual Apparatus Finals and Group Finals</li> </ul> <p>(* <i>Qualification to the Rhythmic Gymnastics World Championships Valencia 2023, Individual competition, will be based on the RGI Team Ranking (quota</i></p>																		

	<p><i>places with 2-3 Individuals) and final Individual AA results (quota places with 1 Individual).</i></p> <p><i>Qualification to XIX Pan American Games Santiago 2023 will be based on the RGI Team Ranking and final Individual and Groups AA results.</i></p> <p>Note: A team (RGI) is made up of two (2) or three (3) individual gymnasts, that may present a maximum of eight (8) exercises between them, a maximum of two (2) exercises in each apparatus. Each gymnast must present a minimum of one (1) exercise and a maximum of four (4) exercises, but can perform a maximum of one (1) exercise per apparatus.</p> <p>The final RGI teams result is obtained by adding the scores of the eight (8) exercises the team presents in the Qualifying competition.</p>
<b>PROVISIONAL SCHEDULE</b>	<p><b>4/June</b> Arrival of PAGU RG TC President and other PAGU representatives if not already on site</p> <p><b>5/June</b> Arrival of delegations Limited trainings upon request</p> <p><b>6/June</b> Delegates' Technical Meeting Judges' briefing RGI and RGG trainings as per schedule</p> <p><b>7/June</b> RGI and RGG trainings as per schedule</p> <p><b>8/June</b> Opening Ceremony RGI and RGG Podium Training</p> <p><b>9/June</b> RGI Senior Qualification competition (2 apparatus) and RGG Senior Qualification competition (1 routine)</p> <p><b>10/June</b> RGI Senior Qualification competition (2 apparatus) and RGG Senior Qualification competition (1 routine) RGI and RGG AA and RGI Team Awards Ceremonies</p> <p><b>11/June</b> RGI Senior Apparatus Finals (4 apparatus) and Awards Ceremonies RGG Senior Finals (2 routines) and Awards Ceremonies</p> <p><b>12/June</b> Departure of the Delegations and PAGU authorities</p>
<b>MEDICAL SERVICES</b>	The Local Organizing Committee will provide first aid services and ambulance at the competition and training sites during the official activities.
<b>COVID-19</b>	<p>During the registration, proof of full vaccination must be provided by each one of the members of the delegation. If this requirement cannot be fulfilled, a negative PCR test result must be provided, this test must be carried out between 72 and 48 hours prior to the registration.</p> <p>The LOC should follow local guidelines in management of COVID-19.</p> <p>The LOC must facilitate COVID-19 testing for delegations when it is required to have a negative test for return to their country.</p> <p><b>Additional information will be included in the Work Plan that will be sent to the Federations prior to the event.</b></p>

<b>VISA</b>	<p>Please verify immediately with your travel agent or the Mexican Embassy or Consulate in your country if a visa is required for your travel to Mexico. The LOC will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before <b>May 8, 2023</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 LOC, the PAGU 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 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.</p> <p>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, no later than <b>May 8, 2023</b>.</p> <p>The LOC will subsequently offer insurance at the Federations own charge as follows: <b>USD\$15.00</b> per person, per day for the official days of the event-</p>						
<b>INTERNATIONAL TRANSPORTATION</b>	<p>The invited participating Federations must pay for the international travel costs of their delegation members.</p> <p><b>International Airport of arrival</b> Miguel Hidalgo y Costilla Guadalajara International Airport (GDL) The travel itinerary form must be returned to the LOC by <b>May 8, 2023</b>.</p>						
<b>LOCAL TRANSPORTATION</b>	<p>Local transportation will be offered to and from the airport, provided that the delegations stay in one of the official hotels and book their accommodation through the Local Organizing Committee.</p> <p>The Local Organizing Committee will provide local transportation from the airport to the hotel and vice versa, only on the official day of arrival <b>Monday June 5</b> and on the official day of departure <b>Monday June 12</b> (except for PAGU representatives arriving or departing on different days).</p> <p>Delegations arriving or departing on non-official days may contact the Local Organizing Committee (<a href="mailto:gdl.gr23@gmail.com">gdl.gr23@gmail.com</a>) to arrange transportation to its accommodation (official hotels) or to the airport at a cost of <b>USD\$30.00</b> per person, per way (airport-hotel or hotel-airport). The request must be submitted and paid no later than <b>May 8, 2023</b>.</p> <p>The Local Organizing Committee will provide transportation from the official hotels to the competition and training facilities and vice versa, for all members of the delegation duly accredited and according to the official program of activities, provided that the delegation stays in one of the official hotels and book its accommodation through the Local Organizing Committee.</p>						
<b>ACCOMMODATION AND MEALS</b>	<p><b><u>OFFICIAL HOTELS</u></b></p> <p><b>Hotel 1: HILTON GUADALAJARA EXPO (5*)</b> Avenida de las Rosas 2933, Verde Valle 44530 Guadalajara, Jalisco</p> <table border="1" data-bbox="459 2011 1477 2072"> <thead> <tr> <th data-bbox="459 2011 660 2072">Occupancy</th> <th data-bbox="660 2011 930 2072">Price per person per night</th> <th data-bbox="930 2011 1477 2072">Includes (per person)</th> </tr> </thead> <tbody> <tr> <td> </td> <td> </td> <td> </td> </tr> </tbody> </table>	Occupancy	Price per person per night	Includes (per person)			
Occupancy	Price per person per night	Includes (per person)					

Single room	USD\$170	1 breakfast and dinner
Double room	USD\$110	1 breakfast and dinner
Single room	USD\$196	1 breakfast, lunch and dinner
Double room	USD\$135	1 breakfast, lunch and dinner

**Hotel 2: HOSTALIA HOTEL EXPO & BUSINESS CLASS (3\*)**

Calz. Lázaro Cárdenas 2780, Jardines del Bosque  
44520 Guadalajara, Jalisco

Occupancy	Price per person per night	Includes (per person)
Single room	USD\$112	1 breakfast and dinner
Double room	USD\$65	1 breakfast and dinner
Single room	USD\$126	1 breakfast, lunch and dinner
Double room	USD\$80	1 breakfast, lunch and dinner

The meals service starts with lunch on the arrival day and finishes with breakfast on the departure day.

While the accommodation and meals form must be returned to the Local Organizing Committee by **April 10, 2023** at the latest, the hotel rooms and meals will be distributed in the order in which the applications and payments are received. The participating Federations must cover the accommodation and/or meals expenses of all the members of their delegation. Accommodation and meals costs must be paid to the Local Organizing Committee by **April 10, 2023** at the latest.

Note: Rooms and meals and their prices cannot be guaranteed if requests and/or payments are received after the deadlines. The prices charged for the hotel rooms will not exceed the usual hotel rates.

**CANCELLATION POLICY**

Cancellation policy: The PAGU and the Local Organizing Committee strongly recommend that each Federation take cancellation insurance for their accommodation and meal reservations.

Date of cancellation	Reimbursement for cancellation
No later than April 23, 2023	100% reimbursement
From April 24 to May 7, 2023	50% reimbursement
From May 8, 2023	No reimbursement

**BANK ACCOUNT INFORMATION**

**The following payments must be made directly to the Local Organizing Committee's bank account:**

- Entry fees
- Accommodation and meals
- Additional accreditations
- Insurance
- Transportation airport-hotel or hotel-airport (if applicable)

**The payments must be made only after the Local Organizing Committee sends to the Federation the respective invoice with the total amount and bank account information.**

The participating federation is responsible for covering all bank fees in connection with the bank transfers.

Each participating federation is requested to send to the LOC the payment reference as follows: **Country – Discipline – Invoice#**

**MARKETING MEDIA**

FIG advertising and publicity norms must be respected.

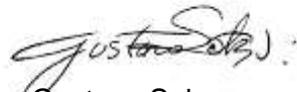
The media representatives, as well as the communications staff of the federations that are interested in covering the event, may apply for registration to PAGU ([info@upag-pagu.org](mailto:info@upag-pagu.org)) by **May 8, 2023** at the latest. In addition, the National Federations are requested to send a letter of confirmation to PAGU. Photos for accreditations must be submitted to the Local Organizing Committee by **May 8, 2023**.

<p><b>SOCIAL MEDIA</b></p>	<p>Information about the event will be posted on the following sites:  <b>FMG</b>  Facebook: <a href="https://es-la.facebook.com/fmgimnasia.org.mx/">https://es-la.facebook.com/fmgimnasia.org.mx/</a>  Twitter: <a href="https://twitter.com/fmgimnasia?lang=es">https://twitter.com/fmgimnasia?lang=es</a>  YouTube: <a href="#">@FMGimnasia</a>  Instagram: <a href="#">@fedmex_gimnasia</a></p> <p><b>PAGU</b>  Instagram: @upagpagu  Twitter: @UPAG_PAGU  Facebook: UPAG.PAGU.ORG</p>																																
<p><b>DEADLINES SUMMARY</b></p>	<p><b>To PAGU (<a href="mailto:info@upag-pagu.org">info@upag-pagu.org</a>)</b></p> <table border="1" data-bbox="459 555 1468 763"> <tr><td>Provisional Registration</td><td>March 10, 2023</td></tr> <tr><td>Definitive Registration</td><td>April 10, 2023</td></tr> <tr><td>Nominative Registration</td><td>May 8, 2023</td></tr> <tr><td>Payment of the fine for missing judge</td><td>April 10, 2023</td></tr> <tr><td>Music Form</td><td>May 8, 2023</td></tr> <tr><td>Upload in PAGU intranet passports and photos</td><td>May 8, 2023</td></tr> </table> <p><b>To the Local Organizing Committee (<a href="mailto:gdl.gr23@gmail.com">gdl.gr23@gmail.com</a>)</b></p> <table border="1" data-bbox="459 831 1468 1211"> <tr><td>Payment of the entry fee</td><td>April 10, 2023</td></tr> <tr><td>Payment for additional accreditation</td><td>April 10, 2023</td></tr> <tr><td>Accommodation and Meals Form</td><td>April 10, 2023</td></tr> <tr><td>Payment of Accommodation and Meals</td><td>April 10, 2023</td></tr> <tr><td>Travel Itinerary Form</td><td>May 8, 2023</td></tr> <tr><td>Request and payment for transportation from/to the airport in non-official dates</td><td>May 8, 2023</td></tr> <tr><td>Documents for accreditation (passports and photos)</td><td>May 8, 2023</td></tr> <tr><td>Visa letter request Form</td><td>May 8, 2023</td></tr> <tr><td>Request and payment of insurance</td><td>May 8, 2023</td></tr> <tr><td>Music Form and music in mp3 format</td><td>May 8, 2023</td></tr> </table>	Provisional Registration	March 10, 2023	Definitive Registration	April 10, 2023	Nominative Registration	May 8, 2023	Payment of the fine for missing judge	April 10, 2023	Music Form	May 8, 2023	Upload in PAGU intranet passports and photos	May 8, 2023	Payment of the entry fee	April 10, 2023	Payment for additional accreditation	April 10, 2023	Accommodation and Meals Form	April 10, 2023	Payment of Accommodation and Meals	April 10, 2023	Travel Itinerary Form	May 8, 2023	Request and payment for transportation from/to the airport in non-official dates	May 8, 2023	Documents for accreditation (passports and photos)	May 8, 2023	Visa letter request Form	May 8, 2023	Request and payment of insurance	May 8, 2023	Music Form and music in mp3 format	May 8, 2023
Provisional Registration	March 10, 2023																																
Definitive Registration	April 10, 2023																																
Nominative Registration	May 8, 2023																																
Payment of the fine for missing judge	April 10, 2023																																
Music Form	May 8, 2023																																
Upload in PAGU intranet passports and photos	May 8, 2023																																
Payment of the entry fee	April 10, 2023																																
Payment for additional accreditation	April 10, 2023																																
Accommodation and Meals Form	April 10, 2023																																
Payment of Accommodation and Meals	April 10, 2023																																
Travel Itinerary Form	May 8, 2023																																
Request and payment for transportation from/to the airport in non-official dates	May 8, 2023																																
Documents for accreditation (passports and photos)	May 8, 2023																																
Visa letter request Form	May 8, 2023																																
Request and payment of insurance	May 8, 2023																																
Music Form and music in mp3 format	May 8, 2023																																
<p><b>ADDITIONAL INFORMATION</b></p>	<p><b>National Anthem</b>  National Anthem of your country must be handed in onsite during the registration.</p> <p><b>National Flag</b>  National Flag of your country must be handed in onsite during the registration. The size of the flag shall be 1.2 mts x 2.1 mts.</p> <p><b>RG Music</b>  While the LOC guarantees respect for copyright and the dissemination of musical works, each National Federation must verify that the music of its RG athletes does not infringe any copyright and that can be disseminated in the media.  This confirmation must be sent to the LOC (<a href="mailto:gdl.gr23@gmail.com">gdl.gr23@gmail.com</a>) and to the PAGU (<a href="mailto:info@upag-pagu.org">info@upag-pagu.org</a>) along with the nominative registration, no later than <b>May 8, 2023</b>. Each Federation will be asked to report on the duration, composer, artist and title of the music to be used for each exercise.  Along with the music Form, the Federation must send via e-mail to the LOC the music (<a href="mailto:gdl.gr23@gmail.com">gdl.gr23@gmail.com</a>).  Requirements of the music files:  - Max size: 10 MB  - File format: mp3  - File name: LastName_FirstName_CountryCode_Compensation_Apparatus.mp3  Examples:  - Jones_Suzi_USA_RGG_3ribbons2balls.mp3</p>																																

Sincerely Yours,

  
Patricia Diéguez  
PAGU Secretary General



  
Gustavo Salazar  
President of the Mexican Gymnastics Federation

Mexico City, March 15, 2023