



**18<sup>th</sup> African Championships  
Cairo, Egypt  
13-15 September 2024  
Aerobic gymnastics  
(Junior – Age Group)**



**DIRECTIVES**

**Event ID: 17809**

Update 8 July 2024

**Participation & Age Limits, Event Format**

Dear UAG affiliated Member Federation,

The African Gymnastics Union with Collaboration of Egyptian Gymnastics Federation has the pleasure to invite your Federation participate in the Aerobic African Championships.

<b>DISCIPLINE</b>	<b>Aerobic Gymnastics</b>
<b>HOST FEDERATION</b>	<b>Egyptian Gymnastics Federation (EGF)</b> El Estad El Bahary St. Olympic Feds Buildings, Nasr City, Cairo, Egypt Tel: 002-02240250002 002-0224025027 e-mail: <a href="mailto:egypt@egyptgymnastics.com">egypt@egyptgymnastics.com</a> Website: <a href="http://www.egyptgymnastics.com">www.egyptgymnastics.com</a>
<b>LOCAL ORGANIZING COMMITTEE</b>	Contact Person : <b>Abdallah MAHMOUD</b> Address: Cairo international stadium Alestad Nasr city, Cairo-Egypt Tel: +201277710716 e-mail: <a href="mailto:egypt@egyptgymnastics.com">egypt@egyptgymnastics.com</a>
<b>LOCATION</b>	<b>Cairo, Egypt</b>
<b>DATE</b>	13-15 September 2024
<b>VENUE</b>	<b>Cairo International stadium,</b> AlEstad , Nasr city , Cairo Government +20111155413 / +20222607863 <a href="http://www.cairostadium.com">www.cairostadium.com</a>



<b>APPARATUS SUPPLIER</b>	<b>Please refer to the attached apparatus list.</b>																
<b>RULES AND REGULATIONS</b>	<p>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:</p> <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>• 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: <b>All affiliated to the UAG &amp; FIG</b>																
<b>PARTICIPATIONS &amp; AGE LIMITS</b>	<table border="1" data-bbox="480 1003 1465 1413"> <thead> <tr> <th data-bbox="488 1010 1358 1037">Function</th> <th data-bbox="1366 1010 1457 1037">Number</th> </tr> </thead> <tbody> <tr> <td data-bbox="488 1043 1358 1070">Head of Delegation Sn+Jn+Ag</td> <td data-bbox="1366 1043 1457 1070">1</td> </tr> <tr> <td data-bbox="488 1077 1358 1104">Team Manager Sn+Jn+Ag</td> <td data-bbox="1366 1077 1457 1104">1</td> </tr> <tr> <td data-bbox="488 1111 1358 1137">Judge Sn+Jn+Ag</td> <td data-bbox="1366 1111 1457 1137">3</td> </tr> <tr> <td data-bbox="488 1144 1358 1171">Medical/Physiotherapist Sn+Jn+Ag</td> <td data-bbox="1366 1144 1457 1171">1</td> </tr> <tr> <td data-bbox="488 1178 1358 1205">Coach Jn + Ag</td> <td data-bbox="1366 1178 1457 1205">2</td> </tr> <tr> <td data-bbox="488 1211 1358 1312">Gymnast Jn</td> <td data-bbox="1366 1211 1457 1312">26 Max 3 units per category in IM, IW Max 2 units per category in Mixed Pair , Trio &amp; Group</td> </tr> <tr> <td data-bbox="488 1319 1358 1413">Gymnast Ag</td> <td data-bbox="1366 1319 1457 1413">26 Max 3 units per category in IM, IW Max 2 units per category in Mixed Pair , Trio &amp; Group</td> </tr> </tbody> </table> <p><b>Junior: As per FIG Technical Regulations</b>  <b>AG: As per FIG Technical Regulation</b>  <b>All gymnasts must have a valid FIG licence until the end of the event.</b></p>	Function	Number	Head of Delegation Sn+Jn+Ag	1	Team Manager Sn+Jn+Ag	1	Judge Sn+Jn+Ag	3	Medical/Physiotherapist Sn+Jn+Ag	1	Coach Jn + Ag	2	Gymnast Jn	26 Max 3 units per category in IM, IW Max 2 units per category in Mixed Pair , Trio & Group	Gymnast Ag	26 Max 3 units per category in IM, IW Max 2 units per category in Mixed Pair , Trio & Group
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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 IV, those Continental championships are considered as group 4 competitions.</b>  According to FIG Technical Regulations no judging panel may include more than one member from a single federation.</p>																
<b>ENTRY FEES</b>	<p>The Entry fees for the different categories in each Age Group are 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>																

**ANNUAL UAG AFFILIATION FEE:**

Federations that have not yet paid their annual affiliation fee for 2024 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 الإتحاد الأفريقي للجيمناز
<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

Example: EGY\_UAG+Entry+RG

**ACCREDITATION**

Each federation will be taken to the accreditation desk upon arrival. In order to accelerate the accreditation procedure, please send to the Local organizing committee by email: [egypt@egyptgymnastics.com](mailto:egypt@egyptgymnastics.com) a photo of each delegation member together with the Nominative registration dead Line. The specification of the photo should be as follows:

Files format: JPG, JPEG

File name: NOC\_Surname\_Firstname

Note: the LOC will be checking the validity of the gymnast's licences.

During the accreditation the Head of Delegation must present the following:

- All passports /FIG license/Medical insurance of the registered gymnasts.
- Competitor's Music 2 CD Copy or USB.
- National Anthem.
- Proof for full payment of the costs due to the LOC.
- Transport – Departure.
- License of the gymnast.
- Accreditation must be worn by all coaches and officials at all the times as it identifies where access is permitted at the venue.

In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan.

**EVENT FORMAT**

The African Championships will consist of

**Qualifications:** Max. Number of Units per NF and per age category

3 IW

3 IM

2 Mixed Pairs

2 Trios

2 Group

Each gymnast competes in max. 3 Categories (IM, IW, MP, TR, Group)

**Finals**

A maximum of 8 IM,8 IW,8 MP,8 Trio & 8 Group (max. 1 per NF), may participate in the finals

	<p><b><u>Team Ranking (valid for both Age Group and Junior category):</u></b>  To participate in the Team Ranking, federations must be represented with at least one participant in the qualification round: Individual Men and/or Individual Women, Mixed Pair, Trio</p> <p>-</p> <p>The delegations must announce the composition of their team (1 individual man and / or 1 individual woman, 1 mixed pair and 1 trio) at the time of accreditation.</p> <p>-</p> <p>The team ranking list will be established by adding the 4 best places (ranking):</p> <p>-</p> <p>The 4 best places (ranking) from: Individual Men and Individual Women, Mixed Pair and Trio.</p> <p>-</p> <p>The 4 places of each Team are converted into points according to the ranking from the Qualifications. e.g.: 1st place = 1 point, 2nd place = 2 points</p> <p>-</p> <p>The NF with the lowest number of points is declared Team African Champion.</p> <p>-</p> <p>Medals will also be given to the best Individual Men and Individual Women of the medal winning teams.</p> <p><b><u>Note:</u></b>  In case that there are less than 9 participants for any Category → Finals event for this category will be performed without qualifications.  Results will be directly from finals event.</p>
<b>PROVISIONAL SCHEDULE</b>	<p><b>The schedule may change depending on definitive registrations.</b></p> <p><b>Wednesday, September 11:</b> Arrival of delegation</p> <p><b>Thursday, September 12:</b> Orientation meeting, Judges' instruction, Podium Training</p> <p><b>Friday, September 13:</b> Competition day 1</p> <p><b>Saturday, September 14:</b> Competition day 2</p> <p><b>Sunday, September 15:</b> Competition day 3</p> <p><b>Monday, September 16:</b> Departure of delegations</p>
<b>EVENT MANAGER</b>	<p>Yasser Zayed  +201063376883  <a href="mailto:yasotheone@gmail.com">yasotheone@gmail.com</a></p>
<b>MEDICAL SERVICES</b>	<p>A medical service will be available throughout the period of the competition during this event.</p>
<b>ANTI-DOPING</b>	<p><b><u>Doping controls</u></b>  Doping controls will be organised by the International Testing Agency (ITA) on behalf of the FIG and according to the World Anti-Doping Code (WADC), the international standards enacted by the World Anti-doping Agency (WADA) and FIG Anti-Doping Rules.</p>
<b>COVID 19</b>	<p>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.</p> <p>Considering the current situation as it is written in the guideline, it is the health situation in your country that prevails.</p> <p><b>"These guidelines can be adapted according to the health situation related to the COVID-19 pandemic in the host country and the city."</b></p> <p><b>A medical Guide specific for the event will be distributed just 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>15 July 2024</b> to the LOC.</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</p>

	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. 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>100 EUR</b> per person/day.</p>
<b>SAFEGUARDING</b>	<p>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.</p> <p>The information regarding the LOC Safeguarding Officer will be communicated upon arrival of the delegations on site.</p> <p>In addition, posters of the "10 Golden Rules of Gymnastics", the FIG campaign to raise awareness about youth protection in Gymnastics, will have to be displayed in several locations, including training and warm-up halls and public zones.</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>15 August 2024</b>.</p>
<b>LOCAL TRANSPORTATION</b>	<p>The Organising committee will provide transportation from Cairo international Airport to Hotel for the delegation booked their accommodation through the LOC. Also transportation between hotel, training , warm up and competition venue will be provided by LOC</p>
<b>ACCOMMODATION</b>	<p><b>**** Hotel</b></p> <p><b><u>Accommodation fees:</u></b>  Single room: 150 Euros. <u>per person per night full board</u>  Double room: 110 Euros <u>per person per night full board</u></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>15 August 2024</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 member.</p>
<b>CANCELATION POLICY</b>	<p>Any cancellations after <b>15 August 2024</b> will incur a penalty of 100% of total amount due.</p>
<b>BANK ACCOUNT INFORMATION</b>	<p><b>Bank account Holder's :</b> <i>EGYPTIAN GYMNASTICS FEDERATION EL-ESTAD EL- BAHARY ST., OLYMPIC FED BUILDING , NASR CITY NATIONAL BANK OF EGYPT</i></p> <ul style="list-style-type: none"> <li>• <b>Bank Name:</b> <i>NATIONAL BANK OF EGYPT</i></li> <li>• <b>Bank Address:</b> <i>MAIN BRANCH 24 SHERIF ST. DOWNTOWN CAIRO</i></li> <li>• <b>BIC/Swift Code :</b> <i>NBEGEGCX001</i></li> <li>• <b>Account Number :</b> <i>0013060698236700012</i></li> <li>• <b>IBAN :-</b> <i>0013060698236700012</i></li> </ul> <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>	<b>Egyptian gymnastics federation official page</b>

<b>DEADLINES SUMMARY</b>	Definitive Registration	<b>15 July 2024</b>
	Nominative Registration	<b>15 August 2024</b>
	Accommodation Form	<b>15 August 2024</b>
	Travel Schedule Form	<b>15 August 2024</b>
	Visa Request Form	<b>15 July 2024</b>
	Payment of the Entry Fee	<b>15 July 2024</b>
	Payment of the Accommodation Costs 50%	<b>15 July 2024</b>
	Payment of the Accommodation Costs 100%	<b>15 August 2024</b>

Sincerely Yours,

Cairo, 29 April 2024



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

**Ehab ESAWY**  
**EGF PRESIDENT**