



**19<sup>th</sup> African Championships**  
**Cairo, Egypt**  
**2-3 May 2025**  
**Rhythmic Gymnastics**  
**(Individual Senior)**





**DIRECTIVES**

**Event ID: 18106**

Dear UAG affiliated Member Federation,

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

<b>DISCIPLINE</b>	<b>Rhythmic 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>	2-3 May 2025
<b>VENUE</b>	<b>Cairo International stadium,</b> AlEstad , Nasr city , Cairo Government +201111155413 / +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> </ul>

	<ul style="list-style-type: none"><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> <i>and subsequent decisions of the FIG Executive Committee</i>																						
FEDERATIONS INVITED	The Organizing Member Federation will invite all Member Federations according to the following: <b>All affiliated to the UAG &amp; FIG</b>																						
PARTICIPATIONS & AGE LIMITS	<b>Senior: As per FIG Technical Regulations</b> <b>All gymnasts must have a valid FIG licence until the end of the event.</b> <table><tr><th>Function</th><th>Number</th></tr><tr><td>Head of Delegation</td><td>1</td></tr><tr><td>Judge</td><td>2</td></tr><tr><td>Medical/Physiotherapist</td><td>1</td></tr><tr><td>Coach</td><td>2</td></tr><tr><td>Gymnast Senior</td><td>2-3</td></tr></table>	Function	Number	Head of Delegation	1	Judge	2	Medical/Physiotherapist	1	Coach	2	Gymnast Senior	2-3										
Function	Number																						
Head of Delegation	1																						
Judge	2																						
Medical/Physiotherapist	1																						
Coach	2																						
Gymnast Senior	2-3																						
JUDGES AND JURIES	<b>Each federation may bring up to 2 judges.</b> <b>All judges must have a current valid FIG brevet at the time of the event for the respective discipline RG.</b> <b>All judges must be minimum Cat III, those Continental championships are considered as group 2 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.																						
ENTRY FEES	The Entry fees for event are as follows: <ul style="list-style-type: none"><li>• 50 USD is Participation fees per each gymnast.</li></ul> The entry fee is non-refundable and payable to the UAG. <b><u>ANNUAL UAG AFFILIATION FEE:</u></b> Federations that have not yet paid their annual affiliation fee for 2025 to the UAG must also make payment to the UAG before they will be allowed to participate in the competition, as follows: <table><tr><td>Existing Members</td><td></td><td>USD 200</td></tr><tr><td>New Members</td><td>Year 1</td><td>0</td></tr><tr><td></td><td>Year 2</td><td>USD 100</td></tr><tr><td></td><td>Year 3</td><td>USD 200</td></tr></table> <b><u>Banking Details for UAG Affiliation Fees and Entry Fees:</u></b> <table><tr><td>Payable to: Beneficiary</td><td>African Gymnastics Union الإتحاد الأفريقي للجيمباز</td></tr><tr><td>account</td><td>0013161399469301015</td></tr><tr><td>Bank</td><td>National bank of Egypt ( Main branch ) 24 SHEREF ST. CAIRO</td></tr><tr><td>IBAN</td><td>EG680003000131613994693010150</td></tr><tr><td>SWIFT/BIC</td><td>NBEGEGCX001</td></tr></table> Reference Code: Country Code UAG+Entry+RG	Existing Members		USD 200	New Members	Year 1	0		Year 2	USD 100		Year 3	USD 200	Payable to: Beneficiary	African Gymnastics Union الإتحاد الأفريقي للجيمباز	account	0013161399469301015	Bank	National bank of Egypt ( Main branch ) 24 SHEREF ST. CAIRO	IBAN	EG680003000131613994693010150	SWIFT/BIC	NBEGEGCX001
Existing Members		USD 200																					
New Members	Year 1	0																					
	Year 2	USD 100																					
	Year 3	USD 200																					
Payable to: Beneficiary	African Gymnastics Union الإتحاد الأفريقي للجيمباز																						
account	0013161399469301015																						
Bank	National bank of Egypt ( Main branch ) 24 SHEREF ST. CAIRO																						
IBAN	EG680003000131613994693010150																						
SWIFT/BIC	NBEGEGCX001																						

	Example: EGY_UAG+Entry+RG												
<b>ACCREDITATION</b>	<p>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: <a href="mailto:egypt@egyptgymnastics.com">egypt@egyptgymnastics.com</a> a photo of each delegation member together with the Nominative registration deadline. The specification of the photo should be as follows: Files format: JPG, JPEG File name: NF_Surname_Firstname</p> <p>Note: the LOC will be checking the validity of the gymnast's licences.</p> <p>During the accreditation the Head of Delegation must present the following:</p> <ul style="list-style-type: none"> <li>• All passports /Medical insurance of the registered gymnasts.</li> <li>• Competitor's Music 2 CD Copy or USB.</li> <li>• National Anthem.</li> <li>• Proof for full payment of the costs due to the LOC.</li> <li>• Transport – Departure.</li> <li>• License of the gymnast.</li> <li>• Accreditation must be worn by all coaches and officials at all the times as it identifies where access is permitted at the venue.</li> </ul> <p>In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan.</p>												
<b>EVENT FORMAT</b>	<p>The African Championships will consist of All-Around Qualification, All-Around Final and Team Ranking.</p> <p>A ranking of in total 8 routines from 2 – 3 individual gymnasts per federation from the Qualification to decide the continental quota places for 2 – 3 individual gymnasts to the 2025 WCH. All other federations not qualified among the quota places for 2-3 gymnasts will have the right to participate in the 2025 WCH with 1 Individual gymnast.</p>												
<b>PROVISIONAL SCHEDULE</b>	<p><b>The schedule may change depending on definitive registrations.</b></p> <table> <tr> <th>Date</th><th>Activity</th></tr> <tr> <td><b>Wednesday, April 30</b></td><td>Arrival of delegation Scheduled Training (Training can be offered upon request on arrival date)</td></tr> <tr> <td><b>Thursday, May 01</b></td><td>Orientation meeting Judges Instruction Podium training</td></tr> <tr> <td><b>Friday, May 02</b></td><td>Qualifications (All-Around competition qualifying for the WCH)</td></tr> <tr> <td><b>Saturday, May 03</b></td><td>Apparatus Finals</td></tr> <tr> <td><b>Sunday, May 04</b></td><td>Departure of the delegations</td></tr> </table>	Date	Activity	<b>Wednesday, April 30</b>	Arrival of delegation Scheduled Training (Training can be offered upon request on arrival date)	<b>Thursday, May 01</b>	Orientation meeting Judges Instruction Podium training	<b>Friday, May 02</b>	Qualifications (All-Around competition qualifying for the WCH)	<b>Saturday, May 03</b>	Apparatus Finals	<b>Sunday, May 04</b>	Departure of the delegations
Date	Activity												
<b>Wednesday, April 30</b>	Arrival of delegation Scheduled Training (Training can be offered upon request on arrival date)												
<b>Thursday, May 01</b>	Orientation meeting Judges Instruction Podium training												
<b>Friday, May 02</b>	Qualifications (All-Around competition qualifying for the WCH)												
<b>Saturday, May 03</b>	Apparatus Finals												
<b>Sunday, May 04</b>	Departure of the delegations												
<b>EVENT MANAGER</b>	Yasser Zayed +201063376883 <a href="mailto:yasotheone@gmail.com">yasotheone@gmail.com</a>												
<b>MEDICAL SERVICES</b>	A medical service will be available throughout the period of the competition during this event.												
<b>ANTI-DOPING</b>	<p><b>Doping controls</b></p> <p>Doping controls will be organized 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>	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>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>04 April 2025</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 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>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>04 April 2025</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></p> <p>Single room: 150 Euros. <u>per person per night full board</u></p> <p>Double room: 120 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>04 April 2025</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>	Any cancellations after <b>04 April 2025</b> will incur a penalty of 100% of total amount due.	
<b>BANK ACCOUNT INFORMATION</b>	<b>Bank account Holder's :</b> EGYPTIAN GYMNASTICS FEDERATION EL-ESTAD EL- BAHARY ST., OLYMPIC FED BUILDING , NASR CITY NATIONAL BANK OF EGYPT <ul style="list-style-type: none"> <li>• <b>Bank Name:</b> NATIONAL BANK OF EGYPT</li> <li>• <b>Bank Address:</b> MAIN BRANCH 24 SHERIF ST. DOWNTOWN CAIRO</li> <li>• <b>BIC/Swift Code :</b> NBEGEGCX001</li> <li>• <b>Account Number :</b> 0013060698236700012</li> <li>• <b>IBAN :-</b> 0013060698236700012</li> </ul> The participating federation is responsible for covering all bank fees in Connection with the bank transfers.	
<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>07 March 2025</b>
	Nominative Registration	<b>04 April 2025</b>
	Accommodation Form	<b>04 April 2025</b>
	Travel Schedule Form	<b>04 April 2025</b>
	Visa Request Form	<b>04 April 2025</b>
	Payment of the Entry Fee	<b>04 April 2025</b>
	Payment of the Accommodation Costs 100%	<b>04 April 2025</b>

Sincerely Yours,

Cairo, 20 January 2025



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

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