



**2025 Rhythmic Gymnastics Senior Pan American Championship  
Asuncion (PAR)  
May 30-June 1, 2025**

**DIRECTIVES**

**Event ID: 18071**

Dear PAGU affiliated Member Federation,

The Pan American Gymnastics Union (PAGU) through the Paraguayan 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 Rio 2025 and the Central American and Caribbean Games 2026.

<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>Paraguayan Gymnastics Federation</b> Avda. Eusebio Ayala y R.I.6 Boqueron Secretaria Nacional de Deportes – Pabellón de Gimnasia Asuncion, Paraguay Tel.: +595 992 263617 E-mail: <a href="mailto:federacionparaguayadegimnasia@gmail.com">federacionparaguayadegimnasia@gmail.com</a> Contact: Paula Espínola, Presidenta
<b>EVENT MANAGER</b>	Contact: Leticia Amarilla Phone: +595 994 288331 E-mail: <a href="mailto:panamritmica2025@gmail.com">panamritmica2025@gmail.com</a>
<b>LOCATION</b>	<b>Asuncion, PAR</b>
<b>DATE</b>	<b>May 30 to June 1, 2025</b>
<b>VENUE</b>	<b>Competition and trainings venues</b> Pabellón de Gimnasia Avda. Eusebio Ayala y R.I.6 Boquerón Asuncion, Paraguay
<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 FIG license valid until the end of the event.</b></p>									
<b>QUALIFICATION TO OTHER EVENTS</b>	<p>This Championship will serve as a qualifying event for:</p> <ul style="list-style-type: none"> <li>▪ Rhythmic Gymnastics World Championships Rio 2025</li> <li>▪ Central American and Caribbean Sport Games 2026</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>March 31, 2025</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>March 31, 2025</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 3, 2025</td> <td><a href="http://upag.vercel.app">upag.vercel.app</a></td> </tr> <tr> <td>Definitive registration</td> <td>March 31, 2025</td> <td><a href="http://upag.vercel.app">upag.vercel.app</a></td> </tr> <tr> <td>Nominative registration</td> <td>April 30, 2025</td> <td><a href="http://upag.vercel.app">upag.vercel.app</a></td> </tr> </table>	Provisional registration	March 3, 2025	<a href="http://upag.vercel.app">upag.vercel.app</a>	Definitive registration	March 31, 2025	<a href="http://upag.vercel.app">upag.vercel.app</a>	Nominative registration	April 30, 2025	<a href="http://upag.vercel.app">upag.vercel.app</a>
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<b>ENTRY FEES</b>	The entry fee for this event is <b>USD\$100.00</b> per gymnast and per competition (RGI, RGG). It must be paid to the Local Organizing Committee ("LOC") by <b><u>March 31, 2025</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></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	Function	Individuals	Groups	Mixed					
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Gymnasts	2/3	6	8/9
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

The cost of the accreditation for additional Delegation Members is **USD\$100.00** per person and must be paid to the LOC by **March 31, 2025** at the latest.

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.

**ACCREDITATION**

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:

[upag.vercel.app](http://upag.vercel.app)

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:

[panamritmica2025@gmail.com](mailto:panamritmica2025@gmail.com)

Requirements for the photos:

- File format: JPEG
- Dimension: min 210 x 270 pixels; max 420 x 540 pixels
- 3.5 cm width x 4.5 cm high
- File size: no more than 1 MB
- White background

Each document must be identified with the Country Code, Last name, First Name, Competition (RGI, RGG) and function of each member.

Example: PAR\_FERNANDEZ\_Ana\_RGI\_gymnast

This documentation must be uploaded/sent no later than **April 30, 2025**.

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 **USD\$10.00** 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 **USD\$100.00** 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.

**EVENT FORMAT**

The competition will follow the FIG rules for Senior category.

3 days of competition

- Day 1: Qualification Individuals (2 apparatus) and Groups (1 routine)
- Day 2: Qualification Individuals (2 apparatus) and Groups (1 routine)  
RGI and RGG All Around Awards and RGI Team Awards
- Day 3: Individual Apparatus Finals and Group Finals  
Apparatus Finals Awards Ceremony (Individual and Groups)

	<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. The final RGI teams result is obtained by adding the scores of the eight (8) exercises the team presents in the Qualifying competition.</p> <p>(* ) Qualification to the Rhythmic Gymnastics World Championships Rio 2025, Individual competition, will be based on the RGI Team Ranking and final Individual AA results.</p> <p>(* ) <i>Qualification for the 2026 Central American and Caribbean Games will be based on the final Team results (RGI) and the final results of the RGI and RGG All Around.</i></p>
<p><b>PROVISIONAL SCHEDULE</b></p>	<p><b>27/May</b> Arrival of PAGU RG TC President and other PAGU representatives if not already on site Arrival of delegations (there is no training)</p> <p><b>28/May</b> RGI/RGG trainings as per schedule</p> <p><b>29/May</b> Delegates' Technical Meeting Judges' briefing RGI/RGG Podium Training</p> <p><b>30/May</b> Opening Ceremony RGI Senior Qualification competition (2 apparatus) and RGG Senior Qualification competition (1 routine)</p> <p><b>31/May</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>1/June</b> RGI Senior Apparatus Finals (4 apparatus) and Awards Ceremonies RGG Senior Finals (2 routines) and Awards Ceremonies</p> <p><b>2/June</b> Departure of the Delegations and PAGU authorities</p>
<p><b>MEDICAL SERVICES</b></p>	<p>The Local Organizing Committee will provide first aid services and ambulance at the competition and training sites during the official activities.</p>
<p><b>ANTI-DOPING</b></p>	<p><b><u>Doping controls</u></b> 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>
<p><b>VISA</b></p>	<p>Please verify immediately with your travel agent or the Paraguayan Embassy or Consulate in your country if a visa is required for your travel to Paraguay. The LOC will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before <b>April 30, 2025</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</p>

	<p>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><u>April 30, 2025</u></b>.</p> <p>The LOC will subsequently offer insurance at the Federations own charge as follows: <b>USD\$80.00</b> per person, per day for the official days of the event.</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 international travel costs of their delegation members.</p> <p><b>International Airport of arrival</b> Silvio Pettirossi International Airport (ASU)</p> <p>The travel itinerary form must be sent to the LOC by <b><u>April 30, 2025</u></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>Tuesday May 27</b> and on the official day of departure <b>Monday June 2</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:panamritmica2025@gmail.com">panamritmica2025@gmail.com</a>) to arrange transportation to its accommodation (official hotels) or to the airport at a cost of <b>USD\$40.00</b> per person, per way (airport-hotel or hotel-airport). The request must be submitted and paid no later than <b><u>April 30, 2025</u></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>



**ACCOMMODATION AND MEALS****OFFICIAL HOTELS****OPTION 1 HOTEL PRESIDENTE**

Azara 128 e/ Independencia Nacional  
Asunción, Paraguay

Occupancy	Price per person per night	Includes (per person)
Single room	USD\$120.00	Breakfast, lunch and dinner
Double room	USD\$110.00	Breakfast, lunch and dinner
Triple room	USD\$100.00	Breakfast, lunch and dinner

**OPTION 2 HOTEL INTERNACIONAL**

Ayola 520 e/ Oliva  
Asunción, Paraguay

Occupancy	Price per person per night	Includes (per person)
Single room	USD\$120.00	Breakfast, lunch and dinner
Double room	USD\$110.00	Breakfast, lunch and dinner
Triple room	USD\$100.00	Breakfast, lunch and dinner

**\*Federations, please respect the date for sending the form, as there will be a World Championship in the same period and the hotels will be fully booked.**

\* Federations that are interested in staying in a higher category hotel, please contact the Local Organizing Committee.

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 **Organizing Committee** ([panamritmica2025@gmail.com](mailto:panamritmica2025@gmail.com)) by **March 31, 2025** 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 **Organizing Committee** ([panamritmica2025@gmail.com](mailto:panamritmica2025@gmail.com)) by **March 31 2025** at the latest.

Note1: 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.

Note 2: Minimum reservation required 6 nights of the event.

**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 March 13 2025	100% reimbursement
From March 14 to 23, 2025	50% reimbursement
From March 24, 2025	No reimbursement

**BANK ACCOUNT INFORMATION**

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



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

**Data for the transfer:**

	<ul style="list-style-type: none"> <li>• Intermediate Bank 56A</li> <li>• SWIFT: PNBPUS3NNYC</li> <li>• ABA: 026005092</li> <li>• WELLS FARGO BANK N.A.</li> <li>• New York, Estados Unidos</li> <li>• Beneficiary Bank 57A</li> <li>• SWIFT: UBBRPYPX</li> <li>• Final Beneficiary: Federación Paraguaya de Gimnasia</li> <li>• BANCO ITAU PARAGUAY S.A.</li> <li>• Asunción, Paraguay</li> <li>• Account number: 300004648</li> <li>• RUC: 80051609-5</li> </ul> <p><b>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.</b></p> <p>The participating federation is responsible for covering all bank fees in connection with the bank transfers.</p> <p>Each participating federation is requested to send to the LOC the payment reference as follows: <b>Country – Discipline – Invoice#</b></p>																												
<b>MARKETING</b>	FIG advertising and publicity norms must be respected.																												
<b>MEDIA</b>	<p>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 (<a href="mailto:info@upag-pagu.org">info@upag-pagu.org</a>) by <b>April 30, 2025</b> 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 before <b>April 30, 2025</b>.</p>																												
<b>SOCIAL MEDIA</b>	<p>Information about the event will be posted on the following sites:</p> <p><b>FPG</b>  Facebook: Federación Paraguaya de Gimnasia  Instagram: @federacionparaguayadegimnasia</p> <p><b>PAGU</b>  Instagram: @upagpagu  Twitter: @UPAG_PAGU  Facebook: UPAG.PAGU.ORG</p>																												
<b>DEADLINES SUMMARY</b>	<p><b>To PAGU</b> (<a href="mailto:info@upag-pagu.org">info@upag-pagu.org</a> o <a href="https://upag.vercel.app">upag.vercel.app</a>)</p> <table border="1" data-bbox="459 1503 1471 1715"> <tr><td>Provisional Registration</td><td>March 3, 2025</td></tr> <tr><td>Definitive Registration</td><td>March 31 2025</td></tr> <tr><td>Nominative Registration</td><td>April 30, 2025</td></tr> <tr><td>Payment of the fine for missing judge</td><td>March 31 2025</td></tr> <tr><td>Music Form</td><td>April 30, 2025</td></tr> <tr><td>Upload in PAGU intranet passports and photos</td><td>April 30, 2025</td></tr> </table> <p><b>To the Local Organizing Committee</b> (<a href="mailto:panamritmica2025@gmail.com">panamritmica2025@gmail.com</a>)</p> <table border="1" data-bbox="459 1783 1471 2096"> <tr><td>Payment of the entry fee</td><td>March 31 2025</td></tr> <tr><td>Payment for additional accreditation</td><td>March 31 2025</td></tr> <tr><td>Accommodation and Meals Form</td><td>March 31 2025</td></tr> <tr><td>Payment of Accommodation and Meals</td><td>March 31 2025</td></tr> <tr><td>Travel Itinerary Form</td><td>April 30, 2025</td></tr> <tr><td>Request and payment for transportation from/to the airport in non-official dates</td><td>April 30, 2025</td></tr> <tr><td>Documents for accreditation (passports and photos)</td><td>April 30, 2025</td></tr> <tr><td>Visa letter request Form</td><td>April 30, 2025</td></tr> </table>	Provisional Registration	March 3, 2025	Definitive Registration	March 31 2025	Nominative Registration	April 30, 2025	Payment of the fine for missing judge	March 31 2025	Music Form	April 30, 2025	Upload in PAGU intranet passports and photos	April 30, 2025	Payment of the entry fee	March 31 2025	Payment for additional accreditation	March 31 2025	Accommodation and Meals Form	March 31 2025	Payment of Accommodation and Meals	March 31 2025	Travel Itinerary Form	April 30, 2025	Request and payment for transportation from/to the airport in non-official dates	April 30, 2025	Documents for accreditation (passports and photos)	April 30, 2025	Visa letter request Form	April 30, 2025
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	Request and payment of insurance	April 30, 2025
	Music Form and music in mp3 format	April 30, 2025
<b>ADDITIONAL INFORMATION</b>	<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:panamritmica2025@gmail.com">panamritmica2025@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>April 30, 2025</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:panamritmica2025@gmail.com">panamritmica2025@gmail.com</a>).</p> <p>Requirements of the music files:</p> <ul style="list-style-type: none"> <li>- Max size: 10 MB</li> <li>- File format: mp3</li> <li>- File name: LastName_FirstName_CountryCode_Compensation_Apparatus.mp3</li> </ul> <p>Examples:</p> <ul style="list-style-type: none"> <li>- Jones_Suzi_USA_RGG_3ribbons2balls.mp3</li> </ul>	

Sincerely Yours,

Kenia Herrera García  
Interim President of PAGU




Paula Espínola  
President of the Paraguayan Gymnastics Federation

Mexico City, April 23, 2025