



Turismo de Portimão
Promotion Bureau

Portimão Arena

Rhythmic Gymnastics

World
Challenge
Cup

9,10,11 may'25

XXXII International
Tournament
2,3,4 may'25

WORKPLAN

World Challenge Cup

Photography by Pedro Barata



Dear friends,

The Gymnastics Federation of Portugal has the pleasure to invite you to know more about our country, Portugal.

We are very excited to welcome all of you at the Portimão Arena for the FIG Rhythmic Gymnastics World Challenge Cup 2025.

Providing you with the information indicated in the Work Plan, we do hope that it will help us to have smooth running of competitions with your kind cooperation.

In this Work Plan, you will find necessary information to go through all "pre", "in" & "post" competition procedures smoothly.

Looking forward to welcome you at Portimão!

Be happy!



1. GENERAL PRINCIPLES

The competition will be organized under the following FIG rules, as valid in the year of the competition, except for any deviation mentioned in these directives:

- Accreditation Rules
- Advertising and Publicity Rules
- Anti-Doping Rules
- Apparatus Norms
- Code of Ethics
- Code of Points and relevant Help Desk
- Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events
- General Judges' Rules
- Licenses Rules
- Media Rules
- Medical Organization of the Official FIG Competitions and Events
- Regulations for Awards Ceremonies
- Specific Judges' Rules for Rhythmic Gymnastics
- Statutes
- Technical Regulations
- World Challenge Cup Rules for Rhythmic Gymnastics and subsequent decisions of the FIG Executive Committee.

2. ORGANIZING COMMITTEE

- INTERNATIONAL GYMNASTICS FEDERATION (FIG)

Contact Person Mrs. MARTINET, Sylvie
 Tel. +41 (0) 21 321 55 15
 E-mail smartinet@fig-gymnastics.org
 Website www.gymnastics.sport

Delegate Natalya Bulanova (RG TC Member)

- GYMNASTICS FEDERATION OF PORTUGAL (FGP)

Contact Person SANCHES, Andreia
 Tel. +351 926 242 684
 E-mail rgportugal@ginastica.org | federacao@ginastica.org
 Website www.ginastica.org

- MUNICIPALITY OF PORTIMÃO (CMP)

| | |
|----------------|--|
| Contact Person | LUCAS, Ana PIRES, Susana |
| Tel. | +351 965 525 029 +351 926 485 490 |
| E-mail | ana.lucas@cm-portimao.pt Susana.pires@cm-portimao.pt |
| Website | www.cm-portimao.pt |

- LOCAL ORGANIZING COMMITTEE (LOC)

| | |
|--|----------------------------|
| President | ARRAIS, Luís |
| Vice President and NF Delegate | LOUREIRO, Teresa |
| Executive Director | SANCHES, Andreia |
| Technical Director | SALES, Laura |
| Liaison for Judges | SALVADOR, Gabriela |
| General Secretariat | ANDRADE, Carla |
| Logistics | PEREIRA, Ruben |
| Scoring System and Results | MIGUEZ, Bernardo |
| Official Doctor Safeguarding Officer | FERNANDES, Filipa |
| Physiotherapist | FERREIRINHA, Sofia |
| Head of Media | SOBRAL, Márcia |
| Photographer | BARATA, Pedro |
| Sports Presentation | RODRIGUES, Nélson |
| Accommodation and Meals | CRUZ, Josefina |
| Transportation | SANTOS, João |
| Catering | RAMOS, Fabiana |
| Ceremonies and "Gala" | LUCAS, Ana & PIRES, Susana |
| Volunteers Manager | JORGE, Patrícia |

| | |
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| Hospital | Centro Hospitalar do Algarve HOSPITAL DE PORTIMÃO |
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3. TRAINING AND COMPETITIONS

- VENUE AND TRAINING HALL

Portimão Arena

Address: Caldeira do Moinho
 8500-726 Portimão



- APPARATUS SUPPLIED

Floor Gymnova, FIG ID 574

- OFFICIAL TRAINING SCHEDULES

The official and podium trainings are on the 8th of May for all competitors.

Delegations must respect the designated training times and the allocated training floors. Access to the competition hall and to the training locations will be given only to the members of the delegation wearing their accreditation card and only during their respective training times.

The training schedules will be given to the Head of Delegation, his or her representative, during the accreditation procedures.

- PODIUM TRAINING

During podium training, coaches must have the music for all the exercises on a pendrive per gymnast/group, properly identified, in case of need.

- GENERAL PROGRAM

| DATE-TIME | DESCRIPTION | LOCATION |
|---------------------------------------|--|--|
| WED. 07 May | Official arrival day of RGI and RGG delegations and accreditation | Arena - LOC Office |
| THU. 08 May As per schedule | Training and podium training for RGI and RGG 14:30 – 17:00 17:00 – 17:30 18:00 – 19:00 Orientation meeting and Mayor welcome | Arena Arena - Auditorium Arena Portimão's City Hall |
| FRI. 09 May As per schedule | Training for RGG in the competition hall 09:45 – 10:45 11:00 – 12:15 RGI qualifications hoop and ball – group A – alternatively Lunch 13:45 – 15:05 RGI qualifications hoop and ball – group B – alternatively Break 15:25 – 17:00 RGI qualifications hoop and ball – group C – alternatively Break 17:20 – 18:50 RGI qualifications hoop and ball – group D – alternatively Dinner Opening ceremony 20:40 – 21:10 RGG qualifications 5 ribbons – group A 21:15 – 21:40 RGG qualifications 5 ribbons – group B | Arena Arena - Auditorium FoP |
| SAT. 10 May As per schedule | Training for RGG 09:45 – 10:45 11:00 – 12:20 RGI qualifications clubs and ribbon – group B – alternatively Lunch 13:50 – 15:05 RGI qualifications clubs and ribbon – group A – alternatively Break 15:25 – 16:55 RGI qualifications clubs and ribbon – group D – alternatively Break 17:15 – 18:50 RGI qualifications clubs and ribbon – group C – alternatively Award Ceremony for All-Around RGI Dinner 20:50 – 21:15 RGG qualifications 3 balls + 2 hoops – group B 21:20 – 21:50 RGG qualifications 3 balls + 2 hoops – group A Award ceremony for all-around RGI and RGG | Arena Arena - Auditorium FoP |
| SUN. 11 May As per schedule | Training for RGI and RGG Finalists as per schedules 13:15 – 14:15 14:23 – 14:29 14:30 – 15:02 RGI hoop Final 15:07 – 15:39 RGI ball Final 15:45 – 16:25 RGG 5 ribbons Final 16:30 – 16:50 16:51 – 16:57 16:58 – 17:30 RGI clubs Final 17:35 – 18:07 RGI ribbon Final 18:13 – 18:53 RGG 3 balls + 2 hoops 18:58 – 19:18 21:00 – 00:00 | Arena Arena – Auditorium FoP «NoSoloÁgua» Portimão |
| MON. 12 May | Departure Delegations | |

4. CEREMONIES

- OPENING CEREMONY

The opening ceremony will take place on the 9th of May at 20:00 in the competition hall. Each Delegation must present one (1) gymnast wearing leotard. Those gymnasts must be present at the warm-up zone no later than 19:45.

- AWARDS CEREMONIES

All awards ceremonies will take place immediately after the end of each competition, according to the program. On the podium, awards will be presented to the medal winners (1st, 2nd and 3rd places):

| | | |
|-------------------------|--|---|
| 10 th MAY | Individuals: All-around Groups: All-around | Individual Gymnasts - ranked 1 st to 3 rd Group Gymnasts - ranked 1 st to 3 rd |
| 11 th MAY | Individuals and Groups (By the competition order) | Individual and Group Gymnasts - ranked 1 st to 3 rd in each apparatus |

All gymnasts must wear their national tracksuits for the Awards Ceremonies. In case of infractions, the respective National Federation will only receive 50% of the respective prize money (Technical Regulations, section 1, Art. 9.3.3).

5. FINALS

- FINALISTS PRESENTATION

The presentation of the finalists is compulsory for all finalist gymnasts. The presentations will take place in two moments, in the following order:

| | |
|--------------------------|------------------------------|
| 1st Moment (14:23-14:29) | Hoop Finalists Parade |
| | Ball Finalists Parade |
| | 5 Ribbon Finalists Parade |
| 2nd Moment (16:51-16:57) | Clubs Finalists Parade |
| | Ribbon Finalists Parade |
| | 3 Balls and 2 Hoop Finalists |

Gymnasts must wear a leotard.

6. MEETINGS

- ORIENTATION MEETING (OM)

The Orientation Meeting for the Heads of Delegation or his/her representative will take place on the 8th of May at 18h00, after the welcome greetings by the Mayor of Portimão. During the OM the LOC gives the last updates for competitions and any other information. According to FIG rules this is compulsory for one person for each Country (Judges are allowed to attend but may not represent their Federation).

LOC will prepare transportation from the Venue and return.

- JUDGES INSTRUCTION

The Judges instruction, conducted by the FIG RG-TC Delegate, Ms. Natalya Bulanova, will take place on the 8th of May, from 14h30 to 17h00, at the Arena (Auditorium). All Judges must be present. This session is compulsory.

- SCORING SYSTEM INSTRUCTION

Immediately after the Judges' instruction, a brief explanation about the scores' registration procedures will be conducted by the LOC responsible, at the FOP/Technical Table.

- JUDGES MEETINGS

| | | |
|-------------------------|-------------|---------------------------|
| 9 th of May | 09h45/10h45 | at the Arena (Auditorium) |
| 10 th of May | 9h45/10h45 | at the Arena (Auditorium) |
| 11 th of May | 13h15/14h15 | at the Arena (Auditorium) |

7. ACCREDITATION

The accreditation procedures will take place, at Arena (LOC Office), immediately upon the Delegations' arrival, or by schedule, according to the time of arrival at Portimão. Teams will have information during the transfer from the Faro's airport to Portimão, and at each Hotel lobby. Two responsible persons from the Delegation possessing all the necessary information are enough to get the accreditation cards for all its members.

Remember that only the persons who are at the nominative FIG registration can have the accreditation card.

The Head of Delegation or his/her representative:

1. Must verify and confirm:

- The nominative list of the Team
- The National flag
- The National anthem
- All payments due
- Transport – Departure details
- Musics on ClicknClear
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2. Must show the following issues:

- Passports or Identity Cards of all the Team
- Certification of valid insurance¹, medical and accident insurance policies written in English for all the Team

Other remarks:

- Any missing photo, take upon arrival, will be charged to the NF for an extra cost of 20EUR/each – the accreditation will only be available later – being provided a temporary access pass.
- Any missing payment must be done at the accreditation procedures, or the accreditation cards will not be delivered to the Team.
- Submission of a phone number, from one responsible person of the Delegation, with "WhatsApp", for use during the event, with the important information.

¹ 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. 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 <https://www.gymnastics.sport/site/pages/medical-insurance.php> for additional information regarding the FIG IMSSA insurance for Athletes and Judges.

If the note has not been sent in advance to the LOC (which is strongly recommended), 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.

If any of those steps is not dully fulfilled, the participation in the FIG RG World Challenge Cup of Portimão 2025 will not be possible!

Accreditation card must always be visible at the venue. In case of losing the accreditation card a new one will be issued for a cost of 100 EUR.

8. LOC SAFEGUARDING OFFICER

Mrs. Filipa FERNANDES

+ 351 926 242 558 (during the event)
filipa.fernandes@ginastica.org

8. SCORING

Scoring will be carried out by "Sporttech" brand. The results will be available online in real time (live results): <https://sporttech.io/explore>

Video Control system will be provided.

The entire competition will be broadcast on the Portuguese Gymnastics Federation's official streaming service "Ginástica TV" via the following link:
<https://www.ginastica.tv/rhythmic-world-challenge-cup-portimao-2025>

This streaming is geo-blocked, serving only Portugal.

9. APPARATUS AND LEOTARD CONTROL

Only a certain percent of the apparatus used by the participating gymnasts will be checked. The FIG Technical Delegate will conduct a drawing of lots to select the apparatus to be checked. The controls can occur at any time.

10. TRANSPORTATION SERVICES

Free local transportation for all participants who booked their accommodation through the LOC, will be at disposal:

- Transfer from/to Faro (FAO) airport. Faro is 1h30m away, driving distance from Portimão.
- Shuttle service from/to the Hotels and the Arena, for trainings and competitions. A schedule will be organized to the shuttle's service, with one stop at each Hotel and at the Arena.

LOC will give that information during the accreditation procedures, but the Teams could also find them at each Hotel lobby.

Buses leave at the scheduled time, therefore, please be at the bus stop at least 5 minutes before.

11. HOTELS

ÁGUA HOTELS RIVERSIDE – LOC Hotel

<https://www.aguahotels.pt/en/riverside/>

HOTEL LUAR

<https://www.hluar.com/>

OCEANO ATLÂNTICO APARTAMENTOS

<https://en.oceanoatlantico.com.pt/photos/>

JUPITER ALGARVE HOTEL

<https://www.jupiteralgarvehotel.com/en/page/photos-algarve-hoteljup.6030.html>

NH MARINA PORTIMÃO HOTEL

<https://www.nh-hotels.com/pt/hotel/nh-marina-portimao-resort>

12. MEALS SERVICE

A catering service for lunch and dinner will be organised for participants at the Arena area. A "meals card" must be showed to the access control. Those "meals cards" will be delivered at the LOC Office during the accreditation procedures.

- **TIMETABLE**

Breakfast: at the Hotel

Lunch: from 12h00 to 15h00

Dinner: from 18h00 to 21h00

On arrival days, we only provide dinner for people who arrive at the airport by 7:00pm at the latest.

- **DINNER AND FAREWELL PARTY**

The Final Banquet will be offered to all participants who have booked their accommodation trough the LOC, on the 11th of May, from 21h00 till midnight at the Restaurant «NoSoloÁgua Portimão» <https://nosoloagua.com/nsaptm/en/homeen/>

There will be a DJ playing some dancing music.

13. SOCIAL MEDIA

Instagram <https://www.instagram.com/ginasticaportugal/>

Facebook <https://www.facebook.com/ginasticaportugal>

14. OTHER INFORMATION

- All the necessary information will be communicated via WhatsApp group (mobile phone numbers of HoD/responsible person will be collected for this purpose).
- Information for the competition, including transportation, will also be set up at each official hotels' lobby.
- All STARTING ORDERS, intermediate RESULTS and FINAL RESULTS' BOOK will be sent ONLY via email to the FIG for download at FIG website; to the National Federations' official email and Head of Delegations' (or his/her representative) WhatsApp number. Delegations will be requested to inform the LOC about the correct number with WhatsApp, upon arrival.
- After each competition the results will be posted in a frame in front of the LOC Office and at the training/warm-up zone. LOC will not provide copies of the results after competition.
- LOC will not provide water bottles. Each person is responsible for bringing their own water bottle. The water in the Arena is drinkable.

We wish you a very good stay and
successful competitions
in Portimão!



FIG EVENT ID: 178796