



FALIRO RG INTERNATIONAL TOURNAMENT

"11TH APHRODITE CUP"

20th – 22nd March, 2026
Palaio Faliro - Athens, Greece



DIRECTIVES

Event ID: 18376

Dear FIG affiliated Member Federations,

Following the decision of the Hellenic Gymnastics Federation, the RG Club GOPF "ARMONIA", has the pleasure to invite Clubs and National Teams from your Federation to participate in the aforementioned RG International Tournament.

Discipline	Rhythmic Gymnastics
Host Federation	HELLENIC GYMNASTICS FEDERATION 37 Kifissias Ave., OAKA, EKAE Building (Former Athlete's Guesthouse) Opposite FireStation, 15123, Marousi. tel:00302109882458 email: ego@otenet.gr website: www.ego-gymnastics.gr
Local Organizing Committee	GYMNASTIKOS OMILOS PALAIOU FALIROU "ARMONIA" Dimotiko Athlitiko Centre, Office1, 17561, Marina Flisvou tel: 00302109816708 fax: 0030 2109838475 email: gym@gopf-armonia.gr website: www.gopf-armonia.gr Mrs. Eleni Michopoulou, email: aphroditecup@gopf-armonia.gr website: www.aphroditecup.com mobile: 00306972004509
Location	Faliro, Athens, Greece
Dates	20th – 22nd March 2026
Venue	 Faliro Olympic Indoor Hall "TAEKWONDO" Height:17m -Seats:5.500

Apparatus Supplier	Please refer to the attached apparatus list
Rules & Regulations	<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"> • Statutes • Code of Ethics • Code of Conduct • Technical Regulations • Code of Discipline • Code of Points and relevant Newsletters • General Judges' Rules • Specific Judges' Rules • Anti-Doping Rules • Licence rules (except for non-competitive events) • FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events • FIG Medical Guidelines for FIG Competitions and Events • Media Rules • Apparatus Norms • Rules for Sanctioning (approval) of International Events • Advertising and Publicity Rules • Regulations for Award Ceremonies • Accreditation Rules <p><i>and subsequent decisions of the FIG Executive Committee</i></p>
Federations Invited	National Teams and clubs from all FIG member Federations, in good standing , are entitled to participate in all categories or in any category by their choice.
Age Limits	<p>Juniors Seniors</p> <p>All Gymnasts must have a valid FIG license until the end of the event.</p>
Judges	<p>All participating judges must have a current valid FIG brevet at the time of the event, for the respective discipline (RGI and/or RGG).</p> <p>The participating Member Federations must provide minimum one qualified judge as mentioned above. Failure to do so will result a fine of 150,00€ - to be paid to the LOC upon arrival.</p>
Entry Fee	<p>The non-reimbursable entry Fees:</p> <ul style="list-style-type: none"> • 70,00€ per Individual Gymnast • 120,00€ per Group • 80,00€ per each team member who does not choose to book accommodation through the LOC.
Event Format	<p>The International Tournament includes competition for:</p> <p>1. Juniors Individuals 4 apparatus (Hoop-Ball-Clubs-Ribbon) Events: All Around & Finals Medals: All Around by age Finals: By Junior category</p> <p>2. Seniors Individuals 4 apparatus (Hoop-Ball-Clubs-Ribbon) Events: All Around & Finals Medals: All Around & Finals</p> <p>3. Juniors Groups: 2 apparatus (5 Balls / 5 Ribbons) Events: All Around & Finals Medals: All Around & Finals</p> <p>4. Seniors Groups: 2 apparatus (5 Balls / 3 Hoops & 2 Pairs of Clubs) Events: All Around & Finals Medals: All Around & Finals</p>

Provisional Schedule	March 17 th : Arrival of delegations March 18 th : Arrival of delegations March 19 th : Official Training – Orientation Meeting March 20 th : Competition/Qualification March 21 st : Competition/Qualification March 22 nd : Competition/Finals& Optional Sightseeing March 23 rd : Departure of delegations																																																
Sightseeing Options	<ul style="list-style-type: none"> a. to Monument Acropolis, Acropolis Museum (Ancient Athens) at the cost of 12,00€ per person for transportation b. to temple of Poseidon at Cape Sounion at the cost of 40,00€ per person for transportation (56km distance from Faliro) 																																																
Participation Rules	<p>1. Juniors Individual Competition:</p> <ul style="list-style-type: none"> a. All Around Competition according FIG rules b. Apparatus Finals according FIG & EG rules <p>2. Juniors Groups: according FIG rules</p> <p>Events: All Around & Finals Medals: All Around & Finals</p> <p>3. Seniors Individual competition:</p> <ul style="list-style-type: none"> a. All Around according FIG rules b. Apparatus Finals according FIG rules <p>4. Seniors Group Competition: according FIG rules</p> <ul style="list-style-type: none"> a. All Around according FIG rules b. Finals Group Routines according FIG rules 																																																
Size of Delegation	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th><th>Individual Juniors</th><th>Individual Seniors</th><th>Group Juniors</th><th>Group Seniors</th><th>max TOTAL</th></tr> </thead> <tbody> <tr> <td>Head of Delegation</td><td>1</td><td>1</td><td>1</td><td>1</td><td>1</td></tr> <tr> <td>Team Manager</td><td>1</td><td>1</td><td>1</td><td>1</td><td>2</td></tr> <tr> <td>Coach</td><td>2</td><td>2</td><td>2</td><td>2</td><td>8</td></tr> <tr> <td>Gymnasts</td><td>3</td><td>3</td><td>6</td><td>6</td><td>18</td></tr> <tr> <td>Judges</td><td>1</td><td>1</td><td>1</td><td>1</td><td>2</td></tr> <tr> <td>Doctor</td><td>1</td><td>1</td><td>1</td><td>1</td><td>1</td></tr> <tr> <td>Paramedical Staff</td><td>1</td><td>1</td><td>1</td><td>1</td><td>1</td></tr> </tbody> </table> <p style="text-align: right;">33</p>		Individual Juniors	Individual Seniors	Group Juniors	Group Seniors	max TOTAL	Head of Delegation	1	1	1	1	1	Team Manager	1	1	1	1	2	Coach	2	2	2	2	8	Gymnasts	3	3	6	6	18	Judges	1	1	1	1	2	Doctor	1	1	1	1	1	Paramedical Staff	1	1	1	1	1
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Medical Services	The LOC will provide a first aid medical service.																																																
COVID 19	The LOC should follow local guidelines in management of COVID-19. The LOC must facilitate COVID-19 testing for delegations when it is required to have a negative test for return to their country.																																																
Drawing of lots	One week before the event starts, in the National Federation's offices.																																																
Visa	<p>Please verify immediately with your travel agent or the Greece Embassy or Consulate in your country if a visa is required for your travel to Greece. The LOC will be happy to assist each Delegation member with an official invitation letter, provided that Visa request is made before January 20th, 2026 to the LOC.</p> <p>The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, arrival and departure dates of the Delegation Members as well as the city the visa application support letter must be sent to.</p>																																																

Insurance	<p>The Host Federation, the LOC and the FIG will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like. 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. 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.</p> <p>The LOC will verify the insurance upon arrival of the delegation members (e.g. cover note or photo copy of the valid policy). Delegation members with insufficient insurance cover must inform the LOC in advance.</p> <p>The LOC will subsequently offer insurance at the Federations own charge as follows: 30,00€ per person/per day.</p> <p>NOTE: In the case of any medical services in the hospital, the cost must be covered by the delegations.</p>												
SAFEGUARDING	<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>												
International Transportation	<p>The invited participating federations must pay for the international travel costs of their delegation members.</p> <p>The Travel Schedule must be returned to the LOC by February 20th, 2026.</p>												
Local Transportation	<p>Local transportation will be provided by the LOC for those who will choose accommodation through the LOC.</p>												
Accommodation Costs	<p>The following prices are per person, per day and include:</p> <ol style="list-style-type: none"> 1. Accommodation in hotels close to the Competition Hall, breakfast and dinner, Climate Crisis Resilience Fee (former city tax) 2. Transportation from Athens airport "Eleftherios Venizelos" to the hotel and back on official days of arrival & departure 3. Shuttle buses connecting hotels and the Competition Hall <p>Four Stars Hotel HB:</p> <table> <tr> <td>Single Room:</td> <td>175,00€</td> </tr> <tr> <td>Double Room:</td> <td>145,00€</td> </tr> <tr> <td>Triple Room:</td> <td>125,00€</td> </tr> </table> <p>Three Stars Hotel HB:</p> <table> <tr> <td>Single Room:</td> <td>150,00€</td> </tr> <tr> <td>Double Room:</td> <td>130,00€</td> </tr> <tr> <td>Triple Room:</td> <td>110,00€</td> </tr> </table>	Single Room:	175,00€	Double Room:	145,00€	Triple Room:	125,00€	Single Room:	150,00€	Double Room:	130,00€	Triple Room:	110,00€
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Accommodation Policy	<p>The Accommodation Form must be returned to the LOC by January 20th, 2026 at the very latest, the hotel rooms will be allocated on a "first-come, first-served" basis.</p> <p>The invited participating federations must pay for the accommodation expenses of their delegation members. The costs for the accommodation must be paid to the LOC as follows:</p> <ul style="list-style-type: none"> - 50% until January 20th, 2026 and - the rest 50% until February 20th, 2026 												

	<p>Please notify the LOC for your choice on the hotel category when your provisional registration is made.</p> <p>Cancellation/Reimbursement Policy:</p> <p>50% of accommodation costs are refundable in case of cancellations at least 1 month prior to arrival. For cancellations made after February 20th, 2026 there will be no reimbursement.</p> <p>NOTE: No Hotel Reservations will be secured, without payment in due time</p>
Music Files & Forms	<p>Each Delegation must send Music Files by email to the following email address: music.aphroditecup@gmail.com not later than February 20th, 2026.</p> <p>Music files have to be sent in .mp3 format. Name of each file must contain:</p> <ul style="list-style-type: none"> • The name of the nation (official abbreviation of the country) • The first and last name of the individual competitor • The category (individual/group); • The apparatus • The Junior or Senior <p>(Example: ROU_RADU_Alina_Junior_Group_5hoops.mp3)</p> <p>Delegation members are requested to keep in their possession a specimen of their CD and USB key for their training sessions and in case of a technical problem.</p> <p>At the accreditation, the Heads of delegation have to hand in the Music Release form which you will be sent together with the workplan.</p>
Accreditation	<p>The accreditation of all members will take place upon arrival. Team leaders are required to bring the following documents:</p> <ul style="list-style-type: none"> - passports of all members of the delegation - fulfilment of all financial obligations - the medical insurance of all members of the delegation <p>In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan</p>
Financial Obligations & Bank Account	<p>Payment of Entry Fees (100%): January 20th, 2026 (non-refundable)</p> <p>Payment of Accommodation Costs (first 50%): January 20th, 2026</p> <p>Payment of Accommodation Costs (second 50%): February 20th, 2026</p> <p>Each participating member Federation is kindly requested to integrate the payment's purpose as follows:</p> <p>GYMNASTIKOS OMILOS P. FALIROU "ARMONIA"</p> <p>Bank: Alpha Bank</p> <p>Address: 4 Ag. Alexandrou str., 1756, Palaio Faliro</p> <p>IBAN: GR52 0140 1180 1180 0200 2015010</p> <p>BIC: CRBAGRAA</p> <p>The participating federation is responsible for covering all banking commissions related to bank transfers.</p>
Registrations	<p>Registrations will be made online via the following link: https://rgform.eu/event.php?id_prop=9269.</p> <p>The forms will be available from September 1st, 2025.</p>

Registration & Payment Deadlines	Provisional Registration:	December 20th, 2025
	Definitive Registration:	January 20th, 2026
	Accommodation Request:	January 20th, 2026
	Visa Request:	January 20th, 2026
	Payment of Entry Fee:	January 20th, 2026
	Payment of Accommodation Costs (first 50%):	January 20th, 2026
	Nominative Registration:	February 20th, 2026
	Travel Schedule:	February 20th, 2026
	Send Music File by email:	February 20th, 2026
	Payment of Accommodation Costs (second 50%):	February 20th, 2026
	Payment for missing judge:	Upon arrival
	Payment of optional Sightseeing cost:	Upon arrival

All registration forms (provisional, definitive, nominative, accommodation, visa request and travel schedule) for the FIG Competition must be sent through the National Federations.

Sincerely Yours,

Athens, 21/10/2025



Vasileios TSOLAKIDIS/President of Hellenic Gymnastics Federation