



**GCP Lisbon International Rhythmic Gymnastics  
Tournament  
Lisbon – Portugal - 2019  
March 7<sup>th</sup> to 11<sup>th</sup>**

*Seniors: Individuals and Groups | Juniors: Individuals and Groups*

**DIRECTIVES**

**Event ID: 15989**

Dear FIG affiliated Member Federation,

The **GYMNASTICS FEDERATION OF PORTUGAL** and **GINÁSIO CLUBE PORTUGUÊS**, has the pleasure to invite Representatives of National Federations, District or Regional Associations as well as all clubs affiliated in their respective Federations, to participate in the «GCP Lisbon International Rhythmic Gymnastics Tournament ».

<b>DISCIPLINE</b>	<b>Rhythmic Gymnastics</b>
<b>HOST FEDERATION</b>	<b>Gymnastics Federation of Portugal – FGP, POR</b> Estrada da Luz, n.º 30-A 1600-159 Lisboa, Portugal Tel: +351 21 814 11 45 Fax: +351 21 814 29 50 E-mail: <a href="mailto:gypmor@gypmor.com">gypmor@gypmor.com</a> website: <a href="http://www.fgp-ginastica.pt">http:// www.fgp-ginastica.pt</a>
<b>LOCAL ORGANIZING COMMITTEE</b>	<b>GCP - Ginásio Clube Português</b> <b>General Manager: Mr. José Carlos Reis</b> Tel: +351 213841583 E-mail: <a href="mailto:lisbonrg@gcp.pt">lisbonrg@gcp.pt</a> website: <a href="http://www.lisbonrg.pt">www.lisbonrg.pt</a> Address: Praça do Ginásio Clube Português, nº1 1250 – 111 Lisboa, Portugal
<b>LOCATION</b>	Lisbon, Portugal
<b>DATE</b>	From 7th to 10th of March, 2019
<b>VENUE</b>	<b>MUNICIPALITY SPORTS COMPLEX CASAL VISTOSO</b> Address: Rua João da Silva 1900-271 Lisboa, Portugal Webpage: <a href="#">click here</a>
<b>APPARATUS SUPPLIER</b>	GYMNOVA – Refª 6667 - London





<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>- Technical Regulations</li> <li>- Code of Points and relevant Newsletters</li> <li>- General Judges' Rules</li> <li>- Specific Judges' Rules</li> <li>- Doping Control Rules</li> <li>- Licenses Rules (except for non competitive events)</li> <li>- Accreditation Rules</li> <li>- Medal Ceremonies Rules</li> <li>- Media Rules</li> <li>- Apparatus Norms</li> <li>- FIG Rules for Sanctioning (approval) of International Events</li> <li>- Advertising and Publicity Rules</li> </ul> <p>and subsequent decisions of the FIG Executive Committee</p>
<b>INVITED CLUBS, ASSOCIATIONS AND FEDERATIONS</b>	<p>The participation is open to all Representatives of National Federations, District or Regional Associations as well as affiliated clubs in the respective Federations.</p> <p>All national teams, associations and clubs in good standing are entitled to participate, with unlimited gymnasts and groups.</p> <p>The National gymnasts that participate should compete on the 1<sup>st</sup> Division or Elite level during the current season (2019).</p>
<b>RIGHT OF PARTICIPATION</b>	<p><b>Individual Competitions (Junior &amp; Senior)</b></p> <p><u>Participation in the Qualifications:</u></p> <ul style="list-style-type: none"> <li>• All Individual gymnasts have to participate in the Qualifications.</li> </ul> <p><u>Participation in Finals:</u></p> <ul style="list-style-type: none"> <li>• The top eight (8) Juniors and Seniors gymnast per apparatus – maximum of 2 per Country - from the Qualification will participate in the Finals.</li> </ul> <p>The participation in the Finals is limited to 2 gymnasts for juniors and 2 gymnasts for seniors, per Federation, per apparatus.</p> <p>In addition, the Organising Member Federation may participate in the four finals with one gymnast, at its free choice. This Wild Card gymnast will have to start first.</p> <p><b>Group Competitions (Junior &amp; Senior)</b></p> <p><u>Participation in the Qualifications:</u></p> <ul style="list-style-type: none"> <li>• All Groups have to participate in the Qualifications.</li> </ul> <p><u>Participation in Finals:</u></p> <ul style="list-style-type: none"> <li>• The top eight (8) Juniors and Seniors Groups – maximum of 1 per Country - from the Qualification will participate in the Finals.</li> </ul>





<b>SIZE OF DELEGATIONS AND LICENSES</b>	<p><b>Only gymnasts in good standing with the correct age and holding a <u>valid FIG License</u>, valid until the end of the event may participate.</b>          The Local Organizing Committee will be responsible for checking the validity of the gymnasts Licenses. No gymnast will be accepted without a valid FIG License at the time of the event.          The maximum size of the invited delegation is as follows:</p> <table border="1" data-bbox="462 409 1426 869"> <thead> <tr> <th>Delegation</th> <th>Allowed registration</th> <th>Maximum</th> </tr> </thead> <tbody> <tr> <td>Head of Delegation (HD)</td> <td>1</td> <td>1</td> </tr> <tr> <td>Team Manager (TM)</td> <td>1</td> <td>1</td> </tr> <tr> <td>Coaches</td> <td>2 individual (if more than 2 gymnasts) 1 groups</td> <td>3</td> </tr> <tr> <td>Gymnasts</td> <td>Unlimited</td> <td>Unlimited</td> </tr> <tr> <td>Physiotherapist</td> <td>1</td> <td>-</td> </tr> <tr> <td>Judges</td> <td>1 for individual Junior 1 for individual Senior 1 for Groups</td> <td>3</td> </tr> </tbody> </table>	Delegation	Allowed registration	Maximum	Head of Delegation (HD)	1	1	Team Manager (TM)	1	1	Coaches	2 individual (if more than 2 gymnasts) 1 groups	3	Gymnasts	Unlimited	Unlimited	Physiotherapist	1	-	Judges	1 for individual Junior 1 for individual Senior 1 for Groups	3
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<b>AGE LIMITS</b>	<p>Juniors – Born in: 2004, 2005, 2006          Seniors – Born in: 2003 or before</p>																					
<b>JUDGES AND JURIES</b>	<p><b>Only FIG brevetted judges, with the category I, II, III or IV (2017-2020) with the respective brevet (RG I and/or RGG) can judge.</b>          The participating Member Federations must send minimum one qualified Judge, as mentioned above. Failure to do so will result in a fine of <b>250 EUR</b> - to be paid to the Organizing Member Federation.          All judges must have a current valid FIG brevet at the time of the event, <b>in the respective discipline (RGI and / or RGG).</b></p>																					
<b>REGISTRATION DEADLINES</b>	<p>On line registration – click here: <a href="http://lisbonrg.pt/">http://lisbonrg.pt/</a></p> <table border="1" data-bbox="536 1279 1249 1357"> <tbody> <tr> <td>Definitive registration:</td> <td>7<sup>th</sup> January, 2019</td> </tr> <tr> <td>Nominative registration</td> <td>7<sup>th</sup> February, 2019</td> </tr> </tbody> </table>	Definitive registration:	7 <sup>th</sup> January, 2019	Nominative registration	7 <sup>th</sup> February, 2019																	
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<b>ENTRY FEES</b>	<p>The non-reimbursable cost for the Entry Fee is:          - <b>35,00€</b> per gymnast individual and coaches          - <b>100,00€</b> for groups</p>																					





<b>ACCREDITATION</b>	<p>Accreditations will be given at the LOC office (Competition Venue) by schedule (made after receiving the flight plans), after the arrival of the Delegations.</p> <p>The FIG Gymnast License must be presented and checked upon accreditation.</p> <p><b><u>Gymnasts who do not have a valid FIG License, until the end of the event are not allowed to compete.</u></b></p> <p>A photo of each member of the delegation (in electronic format – JPEG) must be sent until the nominative registration (8th February 2019). E-mail: <a href="mailto:lisbonrg@gcp.pt">lisbonrg@gcp.pt</a></p> <p>Photo Identification: Example - NAME_FAMILY NAME.JPG</p> <p>Please note: Photos taken upon arrival will be charged to the National Federations at a cost of Euro 20/each.</p> <p>The Head of Delegation must bring to the Accreditation:</p> <ul style="list-style-type: none"><li>• FIG gymnasts License</li><li>• Proof of all payments</li><li>• Certification of valid insurance</li><li>• Gymnasts and Groups music's (1 CD or USB drive)</li><li>• Form/inscription to participate in the International Gala (if you want to)</li><li>• Music Form</li></ul>
<b>EVENT FORMAT</b>	<ul style="list-style-type: none"><li>• <b>Juniors: Individual Competitions</b><ul style="list-style-type: none"><li>- Qualifications/All-Around Competition</li><li>- Individual Finals (8 best gymnasts after Individual Qualification, two per Country).</li><li>- FIG competition rules 2017-2020.</li></ul></li><li>• <b>Juniors: Groups Competitions:</b><ul style="list-style-type: none"><li>- Group Qualification: Group competition with two presentations with:<ul style="list-style-type: none"><li>• 5 hoops</li><li>• 5 ribbons</li></ul></li><li>The results of these two presentations will be added.</li><li>- Group Finals (8 best groups are qualified, one per Country)</li><li>- FIG competition rules 2017-2020.</li></ul></li><li>• <b>Seniors: Individual Competitions</b><ul style="list-style-type: none"><li>- Qualifications/All-Around Competition</li><li>- Individual Finals (8 best gymnasts after Individual Qualification, two per Country).</li><li>- FIG competition rules 2017-2020.</li></ul></li><li>• <b>Seniors: Group Competitions</b><ul style="list-style-type: none"><li>- Group Qualification: Group competition with two presentations:<ul style="list-style-type: none"><li>• 5 balls</li><li>• 3 hoops and 2 pairs of clubs</li></ul></li><li>The results of these two presentations will be added.</li><li>- Group Finals (8 best groups are qualified, one per Country)</li><li>- FIG competition rules 2017-2020.</li></ul></li></ul>





<b>PROVISIONAL SCHEDULE (AFTER THE DEFINITIVE ENTRIES, THIS SCHEDULE MAY BE REVISED)</b>	<p><b>March 6th</b></p> <ul style="list-style-type: none"><li>• Early Arrival of the Delegations</li></ul> <p><b>March 7th</b></p> <ul style="list-style-type: none"><li>• Arrival of the Delegations</li><li>• Official Trainings</li><li>• Competition possibility according to the number of registrations</li><li>• Orientation Meeting for Heads of Delegation</li></ul> <p><b>March 8th</b></p> <ul style="list-style-type: none"><li>• Opening Ceremony</li><li>• Individual competition: Juniors: 2 apparatus (Rope &amp; Ball) Seniors: 2 apparatus (Clubs &amp; Ribbon)</li><li>• Groups competition: Juniors: 1 apparatus (5 Hoops) Seniors: 1 apparatus (5 Balls)</li></ul> <p><b>March 9th</b></p> <ul style="list-style-type: none"><li>• Individual competition: Juniors: 2 apparatus (Clubs &amp; Ribbon) Seniors: 2 apparatus (Hoop &amp; Ball) Awards Ceremonies</li><li>• Groups competition: Juniors: 1 apparatus (5 Ribbons) Seniors: 1 apparatus (3 Hoops &amp; 2 pairs of Clubs)</li><li>• Awards Ceremonies</li></ul> <p><b>March 10th</b></p> <ul style="list-style-type: none"><li>• Finals and Awards Ceremonies</li><li>• Junior Individuals (8 best gym. per apparatus, 2 per country)</li><li>• Senior Individuals (8 best gym. per apparatus, 2 per country)</li><li>• Junior Groups: 2 apparatus (8 best groups – 5 Hoops and 5 Ribbons)</li><li>• Seniors Groups: 2 apparatus (8 best groups - 5 Balls and 3 Hoops &amp; 2 pairs of Clubs)</li><li>• International Gala and Closing Ceremony</li></ul> <p><b>March 11th</b></p> <ul style="list-style-type: none"><li>• Delegations departure</li></ul> <p>The Competition Program can be changed according to the number of participants by Age Group and interest of the Organization.</p>
<b>EVENT MANAGER</b>	<p><b>Ginásio Clube Português</b> Tel: +351 213841583 E-mail: <a href="mailto:lisbonrg@gcp.pt">lisbonrg@gcp.pt</a> website: <a href="http://www.lisbonrg.pt">www.lisbonrg.pt</a> Address: Praça do Ginásio Clube Português, nº1 1250 – 111 Lisboa, Portugal</p>
<b>MEDICAL SERVICES</b>	<p>Physiotherapists will be available in the hall during all the competition schedule.</p>





<b>VISA</b>	<p>Please verify immediately with your travel agent or the Portuguese Embassy or Consulate in your country if a visa is required for your travel to Portugal. The LOC will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before 7<sup>th</sup> of January of 2019 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, 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>The LOC will verify the insurance upon arrival of the delegation members (e.g. cover note or copy of the valid policy). English version is compulsory. Delegation members with insufficient insurance cover must inform the LOC in advance. The LOC will subsequently offer insurance at the Federations own charge as follows: <b>40EUR</b> per person/day.</p>
<b>INTERNATIONAL TRANSPORTATION</b>	<p>The invited participating federations and clubs must pay for the international travel expenses of their delegation members.</p> <p>The Travel Schedule Form must be returned to the LOC until <b>February 7th 2019</b>.</p>
<b>LOCAL TRANSPORTATION</b>	<p>The LOC will provide free local transportation for all participants (from/to Lisbon airport as well as from/to the hotel and the Competition, Training).</p> <p>Transfers and internal transportations will only be available to those who book accommodation directly with the organization.</p>
<b>ACCOMMODATION AND MEALS</b>	<p>The invited participating federations must pay for Accommodation and Meals (FB – full board) expenses of their delegation members. Book accommodation through the LOC is required.</p> <p><b>Four Stars Hotel (per night/person)</b> Eur 95 (single room) Eur 80 (double room) Eur 75 (triple room)</p> <p><b>Three Stars Hotel (per night/person)</b> Eur 90 (single room) Eur 75 (double room) Eur 65 (triple room)</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 7th of January at the very latest, the Hotel rooms will be allocated on a “first come, first serve” basis.</p> <p>The costs for the accommodations must be paid to the LOC as follows:</p> <ul style="list-style-type: none"><li>- 50% of the costs until the 7th of January 2019</li><li>- The final payment of the costs until the 7th of February 2019.</li></ul>





<b>CANCELLATION POLICY</b>	<b>Cancellation/Reimbursement Policy:</b> 50% of the costs with Accommodation in FB, shall be reimbursed if the cancellation occurs up to 1 month prior to the event. Afterwards, no reimbursements will be made.							
<b>FINAL BANQUET</b>	Tickets to the Final Banquet will be available for the cost of 30,00 € and must be paid at LOC office until <b>8<sup>th</sup> of March 2019</b> . The LOC will not reimburse any cancelled entry ticket of the Final Banquet.							
<b>BANK ACCOUNT INFORMATION</b>	<b>Bank: BPI</b> <b>IBAN: PT50 0010 0000 2660 2950 0025 3</b> <b>BIC/Swift: BBPIPTPL</b>  Each participating Club, Association or member Federation is kindly requested to integrate the payment's purpose as follows: (Club, Country) - Lisbon FIG RG IT 2019, (Sample: SWE - Lisbon FIG RG IT 2019), and send a bank proof to <a href="mailto:lisbonrg@gcp.pt">lisbonrg@gcp.pt</a>  The participant federation is responsible for covering all bank fees in connection with the bank transfers.							
<b>DEADLINES SUMMARY</b>	<b>Registration</b> (Definitive and Nominative): <i>on-line form</i> : <a href="http://www.lisbonrg.pt/?page=registration&amp;sp=general_info">http://www.lisbonrg.pt/?page=registration&amp;sp=general_info</a>  <b><u>7th January 2019</u></b> - Definitive Registration - Accommodation (FB - full board) Form - Visa Request Form (if you need) - Payment of the Entry Fee (100%) - Payment of the Accommodation in FB (50%) - Payment of the fine for missing judge (if any)  <b><u>7th February 2019</u></b> - Nominative Registration - A photo of each delegation member (electronic format – JPEG) - Travel Schedule Form - Final Banquet Form							
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	- Payment of the Accommodation in FB (50%)							





**ADDITIONAL  
INFORMATION**

- At the same time, there will be a tournament for Pre-Juniors and others Age Groups, born from 2012 to 2006.
- The exercise music's to be used for the competition should be sent to [lisbonrg@gcp.pt](mailto:lisbonrg@gcp.pt) until **07 of February of 2019**, with the information of Country-Gymnast-Apparatus, example:

*PT - First and Last name - Rope*

Place and date:  
Lisbon, 25<sup>th</sup> September 2018



*Paulo Araújo*  
Signature of the President or  
Secretary General of the FIG affiliated NF

