

GYMNASTICS – AEROBIC

TEAM LEADERS' TECHNICAL MANUAL



**BRIGHT
YEAR,
BRIGHT
YOU!**

Час ярких
побед!

Время
ярких побед!

DISCLAIMER

All information in this Manual was correct at the time of going to press. Changes to schedules, procedures, facilities and services, along with any other essential updates, will be communicated to teams by competition management if required. Changes to the competition schedule will also appear on the Games-time Website, while any changes to the training schedule will be communicated by the Sport Entries & Sport Information Centre (hereinafter – SIC) in the Athletes' Village (hereinafter – AVL) and Sport Information Desk (hereinafter – SID) in MINSK Arena, which is the Venue for Aerobic Gymnastics.



WELCOME

The 2nd European Games MINSK 2019 (MINSK 2019) will welcome 4,000 athletes, 2,000 supporting team officials and about 1,000 technical officials from across Europe to participate in an elite-level sport competition.

We aim to provide all participants with optimal conditions so that they are able to perform at their best. This Manual will help with preparations and Games-time operations as it provides key information including the relevant competition rules and format, medal events, competition schedule and key dates. Each client group – athletes, team officials – also has their own dedicated section within the Manual that includes the information that is relevant to it.

The Manual also includes details of the relevant venue, medical, anti-doping, training and competition related services, as well as the key policies and procedures that will be in place during the Games for each client group.

We hope that this Manual helps with your planning in the time remaining before MINSK 2019. Hard copies of this Manual will be provided to each client group upon arrival in Minsk.

We look forward to welcoming you in Minsk for 10 days of competition that puts sport first and supports tradition for the next editions of the European Games.

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1. GENERAL INFORMATION



1. GENERAL INFORMATION

The Aerobic Gymnastics competition at MINSK 2019 will be held from 24 to 25 June 2019 at MINSK Arena.

A maximum of 56 athletes, eight (8) Groups and eight (8) Mixed Pairs, may take part in the Aerobic Gymnastics competition.

According to the Technical Regulations of the Fédération Internationale de Gymnastique (FIG) and Union Européenne de Gymnastique (UEG), all athletes participating in the Aerobic Gymnastics competition at MINSK 2019 must be 18 years old in the year of the competition. All of them must have a valid FIG licence.

Aerobic Gymnastics is Non-Olympic discipline.

1.1. Key Dates

Date	Event
20 May 2019 (by 23:59 CET)	Sport Entries Submission Deadline
18 June 2019	AVL Official Opening
21 June 2019	Arrival Day
21 June 2019	MINSK 2019 Opening Ceremony
22 – 23 June 2019	Free Training
22 June 2019	Team Leaders' Meeting
24 June 2019	Podium Training Start of Aerobic Gymnastics Competition
25 June 2019	End of the Aerobic Gymnastics Competition



27 June 2019	Departure Day
30 June 2019	MINSK 2019 Closing Ceremony
3 July 2019	AVL Official Closing

1.2. MINSK 2019 European Games Organising Committee (MEGOC) Competition Management

Competition Management	
Position	Name
Aerobic Gymnastics Competition Manager	Andrey FEDARAU
Venue Manager	Viachaslau NAZARAU

1.3. Union Européenne De Gymnastique (UEG)

Position	Name	NOC Code
UEG President	Farid GAYIBOV	AZE
UEG General Director	Lisa WORTHMANN	GER
UEG Aerobic Technical Delegate	Maria Cristina CASENTINI	ITA
UEG Technical Delegate for all Gymnastics Disciplines	Linda DAVILA	SUI
UEG Technical Delegate for all Gymnastics Disciplines	Claire TURNER	SUI



1.4. Jury of Appeal (for all Gymnastics Disciplines)

Jury of Appeal	
President	Michel BOUTARD
Member	Mircea Dimitru APOLZAN
Member	1 person nominated by MEGOC

1.5. International Technical Officials (ITOs)

UEG has appointed and approved all ITOs. The name list will be provided at a later stage.

The total number of ITOs is 22, including seven (7) members of Superior Jury.

Superior Jury		
Position	Name	NOC Code
UEG Technical Delegate	Maria Cristina CASENTINI	ITA
Technical Committee Member	Alina DRAGAN	ROU
Technical Committee Member	Lefki FERENTINO	GRE
Superior Jury invited	Mireille GANZIN	FRA
Technical Committee Member	Vladislav OSKNER	RUS
Technical Committee Member	Andrea SINKO	HUN
Technical Committee Member	Monika WIETHOFF	GER



ITOs	
Chair of Judges Panel	1
Difficulty Judges	2
Execution Judges	4
Artistic Judges	4
Time Judge	1
Line Judges	2
Reserve Judge	1

1.6. National Technical Officials (NTOs)

The Belarus Gymnastics Association in cooperation with MEGOC has appointed all NTOs. The name list will be provided at a later stage.

The total number of NTOs is 12.

1.7. Medal Events

The Aerobic Gymnastics competition will consist of two (2) Medal events summarised below:

Mixed Events	
Mixed Pairs (1)	Groups (1)

1.8. Competition Format

There will be no preliminary qualification in Aerobic Gymnastics events.



1.8.1. Finals

All eight (8) qualified Mixed Pairs and eight (8) qualified Groups will compete at once in Finals without preliminary qualification. The starting order will be determined by a draw.

The athletes with the highest scores will win the Gold Medals in the events.

1.9. Competition Rules

The Aerobic Gymnastics competition will be held in accordance with the following documents editions that are in force at the time of the Games:

- Fédération Internationale de Gymnastique (FIG) and UEG Statutes;
- FIG and UEG Technical Regulations;
- FIG Code of Points, relevant Newsletters;
- FIG General Judges' Rules;
- FIG Specific Judges' Rules;
- FIG Anti-Doping Rules;
- UEG Medical Guidelines;
- FIG License Rules;
- UEG Media Rules;
- FIG Apparatus Norms;
- FIG Code of Ethics;
- FIG Rules for Sanctioning (approval) of International Events;
- Subsequent decisions of the UEG Executive Committee;
- MINSK 2019 Advertising, Demonstrations and Propaganda Guidelines.



The rules are available on the FIG website and UEG Intranet:

www.fig-gymnastics.com/site/rules/rules.php;

www.ueg.org/en/intranet/index.html;

and on the MINSK 2019 NOC EXTRANET (www.extranet.minsk2019.by).

1.9.1. Judges and Scoring

Timing and scoring results supplier "Microplus" will be appointed to deliver the timing and scoring for Aerobic Gymnastics competitions (as for other gymnastics disciplines) during MINSK 2019.

All ITOs will be nominated by the UEG Technical Committee. ITOs must be holders of FIG judging Brevet. Execution and Artistic judges will be selected by a draw.

1.9.2. Inquires of Score

Inquiries for the difficulty scores are allowed, provided that they are made verbally immediately after the publication of the score or at the very latest before the end of the exercise of the following Gymnast or group; for the last Gymnast or group of a rotation, this limit is one (1) minute after the score is shown on the score board. The person designated (Inquiry Officer) will be seated near to the Technical Table and when receiving the verbal inquiry has to note the time of receiving it and starts the procedure.

Only the accredited coaches in the competition area are entitled to submit an inquiry. Late verbal inquiries will be rejected. A federation is not allowed to complain against the scores of a Gymnast from another federation. Inquiries for all other scores (Execution, Artistic) are not allowed.

The inquiry must be confirmed as soon as possible in writing, within 4 (four) minutes at the latest after the verbal inquiry and requires an agreement of payment of: 300 Euros – for the first complaint, 500 Euros – for the second complaint and 1000 Euros – for the third and any further complaints during the discipline's event. Should the inquiry not be confirmed in writing within the



fixed deadline minutes, the procedure becomes obsolete.

If the inquiry is refused, the amount will be invoiced later on and must be paid within three (3) months. If the inquiry is accepted, no amount will be requested.

Every inquiry must be examined by the Superior Jury and a final decision must be taken at the very latest:

- At the end of the rotation/group for the qualifying competitions, the all-around competitions;
- Before the score of the following Gymnast or Pair is shown for the finals.

1.9.3. Clothing and Equipment

Clothing and equipment used by athletes and other participants in the Aerobic Gymnastics competition must comply with the following documents:

- FIG and UEG Statutes;
- FIG and UEG Technical Regulations;
- FIG Code of Points, relevant Newsletter;
- MINSK 2019 Advertising, Demonstrations and Propaganda Guidelines, available on the MINSK 2019 NOC EXTRANET (www.extranet.minsk2019.by).

In the case if the FIG and UEG Statutes, and/or the FIG and UEG Technical Regulations, and/or the FIG Code of Points, relevant Newsletter contradict with the MINSK 2019 Advertising, Demonstrations and Propaganda Guidelines, the MINSK 2019 Advertising, Demonstrations and Propaganda Guidelines will be prevailing.

1.9.4 Tie Breaking Rules

The FIG and UEG Tie breaking Rules of Finals in force will be applied for each final. They are presented in the UEG Technical Regulations (article 3.5.5) and the FIG Technical Regulations (article 3.3) and define how to determine which gymnast should prevail in case of equality of points.



The Tie breaking rules are as follow:

- In case of a tie in points at any place in Individual Finals, the ranking will be determined by the following criteria:
 - 1) the highest sum of the E-score of the exercise prevails.
 - 2) the highest sum of the E-score and the A score of the exercise prevails.
- If there is still a tie, the tie will not be broken.

1.10. MINSK 2019 Advertising, Demonstrations and Propaganda Guidelines

The following Rules for the European Games are based on Rule 50 of the Olympic Charter. IOC Rule 50 will apply in conjunction with the IOC Guidelines issued and in force at the 2016 Olympic Games:

- The European Olympic Committees (EOC) determine the principles and conditions under which any form of advertising or other publicity may be authorised;
- No use of any Identification of the Manufacturer may be made in a conspicuous way and no form of advertising or other publicity shall be allowed in and above the stadia, venues and other competition areas which are considered as part of the European Games sites other than that relating to the contractual rights of the marketing partners of MINSK 2019;
- No kind of demonstration of political, religious or racial propaganda is permitted at any of the European Games sites, venues or other areas;
- No identification other than an Authorised Identification may appear on any item;
- Only one Identification of the Manufacturer per item shall be permitted;
- These rules and any other manuals, guides, guidelines or any other instructions issued by the EOC apply to all persons holding accreditation for the Games and are a pre-condition to the ongoing validity of that accreditation.



1.10.1. Manufacturer's Identification on Equipment and Clothing

Definition: 'Manufacturer's Identification' means the normal display of the name, designation, trademark or logo. The Manufacturer's Identification can only appear once on each piece. The standard graphic elements recognised by the WFSGI, e.g. 'adidas' three stripes may also be used within reason and subject to prior written agreement. Other identifications such as 'Goretex' and 'Dryfit' may also be used within reason subject to prior written agreement. The size of these may not be larger than the Manufacturer's Identification.

All approvals must be requested via brand@minsk2019.by till 20 May 2019.

- Other than the Manufacturer's Identification, produced according to the size guidelines shown below, and the standard graphic elements no form of publicity or propaganda, commercial or otherwise, may appear on persons or on any article of clothing or equipment worn or used by the athletes or other participants at MINSK 2019. It also includes, but is not limited to, for example, any form of body art, jewellery or contact lenses;
- Equipment: any Manufacturer's Identification used cannot take up more than 10% of the surface area of the equipment visible during competition up to a maximum size of 60cm². Exceptions may apply, subject to prior written agreement (brand@minsk2019.by);
- Headgear and socks: the maximum size of the Manufacturer's Identification allowed on any form of headgear and socks is 10cm². Headgear includes, but is not limited to hats, helmets, sunglasses and goggles.
- Armbands: one Identification of the Manufacturer per item, with a maximum size of 6cm².
- Gloves: one Identification of the Manufacturer per item, with a maximum size of 8cm².
- Clothing (e.g. NOC uniforms, competition clothing, tracksuits, T-shirts, shorts, sweat tops and sweat pants): the maximum size allowed for any Manufacturer's Identification on clothing is 30cm²;



- There is one exception: where a one-piece body suit is worn in competition, two Manufacturer's Identifications may be included – one above the waist and one below. These Identifications must not be placed next to each other;
- Shoes: the normal distinctive design pattern of the manufacturer may appear on shoes. The manufacturer's name and/or logo may also appear, up to a maximum size of 6cm², either as a part of the normal distinctive design pattern or separate to it;
- Technical gear: the maximum size of the Manufacturer's Identification on all technical gear, installations and other apparatus, which are neither worn nor used by athletes or other participants (for example, timing equipment and scoreboards), may be no larger than 1/10th of the height of the piece with a maximum of up to 10cm high, and no more than 10% of the surface space if otherwise is not approved by MEGOC and the EOC;
- In case of special rules adopted by FIG, exceptions to the rules mentioned above may be approved by the EOC;
- Any violation of these rules may result in disqualification or withdrawal of the accreditation of the person concerned. The decisions of the EOC regarding this matter shall be final.

1.10.2. NOC Uniforms

The official uniforms of the NOCs may include:

- Symbols of the country (name of the country, national flag, emblem, etc.);
- Emblem of the NOC incorporating the Olympic rings where approved by the IOC;
- MINSK 2019 Logo;
- Emblem of the respective National Sport Federation (on competition kit, only where permitted by the NOC).



The NOCs are requested to bring a sample of the competition uniform to the Technical Meeting of each sport for final check in order to avoid any problems on the Field of Play (FoP).

NOCs should seek prior written approval from MEGOC for their uniforms before production begins. Pictures featuring the branding should be sent to brand@minsk2019.by for review and official approval.

1.10.3. Athlete Conduct

During MINSK 2019 Athletes' ongoing accreditation is conditional upon them not:

- Taking any sport equipment and/or national flag onto the podium and/or wearing sunglasses and headdresses during a Medal Ceremony;
- Making any kind of demonstration or promote political, religious or racial propaganda in any European Games Venue or associated areas during the period of the Games.

1.10.4. The Apparatus Supplier

The Apparatus Supplier of this edition of MINSK 2019 is "Spieth".

- A total of three (3) floor areas will be available.

1.11. Late Athlete Replacement Policy (LAR)

The deadline for Sport Entries of participating athletes for MINSK 2019 is 20 May 2019.

However, where urgent medical problems arise, or in other exceptional circumstances that are assessed on a case-by-case basis, the EOC may permit permanent replacement of one athlete with another only in the same sport, discipline and event.

The NOC of the replacement athlete had successfully applied for accreditation of the athlete prior to 28 February 2019 (accreditation application deadline). As



such, the replacement athlete was registered for MINSK 2019 in the NOC's Accreditation Long List.

During MINSK 2019, it is the policy of the EOC that P-accreditations are not available.

Replacement of an athlete can only occur after consultation with the relevant International Federation (IF) and/or European Federation (EF) and, when deemed necessary, by the EOC, an EOC medical expert.

All documentation and queries regarding this matter should be sent by email or submitted in person to the MEGOC Sport Entries department:

- In AVL – SIC;
- By email: entries@minsk2019.by.

The MEGOC Sport Entries Office will forward all received queries to the MEGOC Accreditation team and to the EOC accordingly.

It is effective:

- For Non-Medical replacements – from 20 May 2019 until up to 24 hours prior to the Technical Meeting or weight draw as appropriate for that event;
- For Medical replacements – from 20 May 2019 until up to 2 hours prior to the Technical Meeting, or weight draw as appropriate for that event.

NB: The deadlines for Medical and Non-Medical replacements are different.

For Non-Medical replacements, in order to keep changes to a manageable level and to support a sustainable level of resourcing within the MEGOC Sport Entries team, a limit on changes to an NOC delegation has been put in place.

Each NOC shall be allocated a quota for Non-Medical replacements based upon NOC overall number of athletes:

Number of Athletes	Quota for Non-Medical LAR
From 1 to 10	1



From 11 to 20	2
From 21 to 50	5
From 51 to 100	10
From 101 to 150	15
From 151+	20

The LAR policy is only applicable for those sports/disciplines in which the quota place is allocated to NOC.

The LAR policy is not applicable to athlete nominative disciplines including Artistic Gymnastics (Individual).

In case of an injury, if the quota place is allocated to the Athlete(s) by name and may not be changed by NOC, the quota place will be reallocated. UEG with MEGOC will reallocate quota places of injured athletes according to the reserve list established by UEG.

The deadline for this reallocation is 20 June 2019.

1.12. Doping Control

MEGOC is committed to delivering a world-class Doping Control Programme during MINSK 2019. Under the authority and direction of the EOC, the MEGOC Doping Control Programme will ensure the integrity of sport is upheld and protect the rights and health of the athletes. The FIG Anti-Doping Rules will be respected.

The EOC Medical & Anti-Doping Commission in collaboration with UEG is responsible for determining in advance the distribution and number of Doping Controls to be carried out throughout the Games period.

The EOC has the authority to test athletes for substances and doping methods (both urine and blood) prohibited by the World Anti-Doping Agency (WADA) anytime and anywhere from the date of arrival in AVL and up to the end of



competition.

All analyses of samples will be performed at the WADA-accredited laboratory in Seibersdorf, Austria.

The selection of athletes may be targeted, random, based on the Athletes' final position in competition as well as intelligence or the FIG Anti-Doping Rules.

MEGOC has appointed the National Anti-Doping Agency of Belarus (NADA) as the operational delivery partner for the Doping Control Programme. As the operational delivery partner, it will be responsible for sample collection, secure chain of custody and analysis at the WADA-accredited laboratory.

Further details on the Doping Control Programme and procedures at the European Games will be available in the MINSK 2019 Doping Control Guide. Printed copies of the Guide will be distributed at the EOC Medical Commission Meeting.

If medical staff arrive after the due date, copies of the Guide can be collected at the AVL Polyclinic.

Athletes selected for Doping Control will be notified in person and escorted to the Doping Control Station (DCS) by a Doping Control chaperone as soon as possible after the former have finished competing. It is the responsibility of the athlete to remain under continuous observation of the Doping Control chaperone after notification. The notified athlete may invite a team representative or team doctor to DCS along with them.

1.13. Sport Information

1.13.1. Sport Entries & Sport Information Centre (SIC) and Sport Information Desk (SID)

SID is located at the Venue in MINSK Arena. SIC is located in AVL and open to Chefs de Mission, Deputy Chefs de Mission (Ac), Team Leaders and Team Officials (Ao). SIC is not open to athletes (Aa).

The desks will provide a variety of services to NOCs as follows:



- Provision of specific sport information;
- Distribution of start lists, draw lists and results;
- Provision of training schedule information;
- Provision of sport specific requirements.

SIC will be located on the 1st floor of Residential Building 2 in AVL.

The operating hours are as follows:

SIC Operating Hours	
Period	Operating Hours
Pre-Opening: from 15 to 17 June 2019	08:00 – 20:00
Official Opening Period: from 18 June to 2 July 2019	07:00 – 22:00
Official Closing: 3 July 2019	08:00 – 12:00

SID operating hours at the MINSK Arena are as follows:

Period	Hours of Operation
22 June 2019	07:00 – 20:00
23 June 2019	07:00 – 20:00
24 June 2019	07:00 – 21:30
25 June 2019	07:00 – 21:30

1.14. Competition Schedule

During the Games there may be delays, postponements or cancellations of competition. Should this occur, NOCs will be informed of the revised Competition Schedule through SIC in AVL and SID at the Competition Venue.



For details on both, please refer to article 1.13.1. Changes will also appear on the Games-time website at www.minsk2019.by.

For detailed information, please refer to Appendix 1.



2. VENUE INFORMATION

2.1. Key Information

During MINSK 2019 MINSK Arena will host all five (5) Gymnastics Disciplines.

MINSK Arena sports and entertainment complex is one of the largest in Europe. It consists of three (3) facilities: a multifunctional sports and entertainment arena, a skating stadium and a velodrome.

MINSK Arena will host 8,000 spectators for Gymnastics events at MINSK 2019. Also, it has commentator boxes on the upper level and the heaviest in Europe eight-screen plasma video cube.

Distance from AVL is 13km. Travel time is 20 minutes.

Venue address:

MINSK Arena
Pobeditelei Avenue, 111
220020 Minsk, Belarus

2.2. Venue Access

Direct access from AVL to MINSK Arena will be available on training and competition days. This will be performed via the T-A System. Athlete load zones are located in AVL and the drop-off point for athletes is on the Venue territory.

Athletes are to arrive at the Venue according to the Competition and Training Schedule.

Athletes who are not competing or training may watch the event from the Athletes' area in the spectators' stands. Volunteers will help to guide athletes to the stands from the Venue drop-off point.



2.3. Field of Play (FoP)

Competitions of all five (5) Gymnastics Disciplines will be held on the same Field of Play (FoP). Therefore, if necessary, the transition of apparatus will be done on FoP at the time between changes of the Gymnastics Disciplines and will be supervised by an official Gymnastics apparatus supplier of FIG and UEG.

The Gymnasts will demonstrate their performances on their allocated Aerobic Gymnastics floor installed on a gymnastics podium. FoP will be equipped with a music system for playing gymnasts' routine music.

All equipment will be approved by UEG and will comply with the FIG Apparatus Norms.

2.4. Venue Facilities and Services

2.4.1. Athletes' Changing Rooms

The changing rooms will be provided for gymnasts at the Competition Venue. Toilet facilities can be accessed from the same location as the changing rooms.

2.4.2. Athletes' Lounge

A lounge for athletes and their support staff will be located at the Venue. Every Competition Venue will offer a refreshments station.

2.4.3. Mixed Zone and Interview Zone

The Mixed Zone will be located near FoP.

The Interview Zone will be located inside or near the Venue Media Centre.

2.4.4. Catering Services

Athlete Refreshments Station

Every Competition Venue and Training Site will offer a refreshments station



within its Athletes' Lounge, from the first to the final day of competition/training (except for 3x3 Basketball Training Site, where only still water will be available; food will be provided in the Main Dining Hall).

This service will operate:

- 90 minutes before the start of the first competition session until one (1) hour after the end of the last competition session;
- 30 minutes before the start of the first training session until 30 minutes after the end of the last training session.

All beverages and snacks will be self-served with the station monitored and regularly replenished by catering staff.

The refreshments station will include:

- Tea and coffee;
- Whole fruit (bananas, apples and oranges);
- Quality biscuits (packaged);
- Granola bars (nutri-grain bars or similar);
- Snacks and sandwiches;
- Still water (chilled and ambient) – 500ml;
- Soft drinks – 500ml;
- Sports drinks (varieties) – 500ml.

2.4.5. Doping Control Station (DCS)

DCS is located on functional Doping Control Station, level 1, staff Entrance #2, rooms 0092, 0094, 0095. Access will be controlled by the Doping Control team.

Sealed drinks will be available for athletes at DCS.

In order to protect the athlete's privacy, access to DCS is restricted to the following: athlete, the athlete's representative, an interpreter (if required), and Doping Control personnel, unless otherwise approved by the Doping Control



Officer (DCO). Additional personnel requesting access may include an IF or EF representative, a member of the EOC Medical & Anti-Doping Commission, MEGOC Medical & Anti-Doping team or a WADA observer. These personnel are required to present the DCO with adequate identification and arrival at DCS. Members of the media are not allowed entry to DCS at any time.

2.4.6. Language Services (LANS)

Language Services (LANS) volunteers with strong language skills will be selected and trained to take the role of LANS assistants and provide language support at all Competition venues as well as some Non-Competition venues.

Different European languages will be available, but each pool of LANS assistants will always include volunteers able to work with the combination of English and Russian.

2.4.7. Lost and Found

All reports of lost items at MINSK Arena should be directed to SID. This is also the location where all found items should be delivered. Items will be kept at the Venue until the end of the Aerobic Gymnastics competition, at which point they will be transferred to SIC in AVL.

2.4.8. Medical Services and Facilities

Medical services will be provided at Competition venues, Training sites and Non-Competition venues, as well as at the AVL Polyclinic and designated MINSK 2019 hospitals.

Emergency medical services for athletes and team officials will be available at each Competition and Non-Competition Venue free of charge.

Medical services at Competition venues will generally be available two (2) hours before the start of competition/training and until one (1) hour after the competition/training ends.

Athletes injured on FoP during competition or training will be evaluated on site.



If necessary, they will be evacuated from FoP to the Athlete Medical Room, AVL Polyclinic or any of MINSK 2019 hospitals, as appropriate.

FoP response will abide by the FIG Rules. The access of the FoP Recovery team to FoP will be agreed upon with the Chief Judge/Referee.

The following medical services will be provided at Competition venues:

- FoP Recovery teams, each staffed with at least one (1) Physician and one (1) Nurse or Paramedic;
- Athlete Medical Room staffed with one (1) Physician and one (1) Nurse;
- Ground ambulances equipped with Advance Life Support equipment and staffed with trained medical personnel.

All medical encounters will be properly recorded in the electronic Medical Encounters System, utilised by MEGOC.

All details on the Games-time medical services will be available in MINSK 2019 Medical, Anti-Doping & Pharmacy Guides. Printed copies of the Guides will be distributed at the EOC Medical Commission Meeting (Games-time). If medical staff arrives after this meeting, copies of the Guide can be picked up at the AVL Polyclinic reception.

In addition, the MEGOC Medical team will arrange a meeting for NOC team physicians and medical personnel at each Competition Venue before the start of competition.

2.4.9 Music System

FoP and Training Site will be equipped with a music system offering playlist or CD options for playing Gymnasts' music.

This equipment will be operated by members of FoP team and Training Site team who will ensure that the volume is kept at a reasonable level.

For the detailed information on music submission, please refer to article 4.1.4.



2.4.10. Sport Information Desk (SID)

The location of SID at MINSK Arena will be decided at a later stage.

For more details, please refer to article 1.13.1.

2.4.11. Warm-Up Area

All training and competition will take place according to a detailed Training Schedule. Gymnast's pre-competition warm-up will be done on the Training Site, and the final warm-up will take place on the Warm-up Area that is at MINSK Arena next to FoP.

2.4.12. Training and Warm-Up Floors

The final warm-up floor will be located on the Warm-up Area in the same building where FoP is. In addition, there will be an Aerobic Gymnastics floor on the Training Site.

2.4.13. Venue Evacuation and Emergency Procedures

In case of emergency a public announcement message providing instructions will be broadcast within the Venue. On hearing the evacuation message, officials and guests are asked to follow the direction of MEGOC workforce and leave the Venue via indicated routes.

2.5. Weather Information

For sports that are directly impacted by weather conditions information will be available at SIC in AVL and SID at the Venue. This will include forecast for the current day as well as summary forecast for up to three (3) days in advance. The weather forecast will be regional and will be updated throughout the day as required.



Meteorological Elements in June	Minsk
Mean Temperature (°C)	17.3
Maximum Mean Temperature (°C)	22.5
Minimum Mean Temperature (°C)	12.6
Mean Wind Speed (m/s)	1.3
Maximum Wind Speed (m/s)	4.9
Prevailing Wind	North-West
Monthly Precipitation (mm)	82.9





3. ATHLETES' INFORMATION. FREQUENTLY ASKED QUESTIONS



3. ATHLETES' INFORMATION. FREQUENTLY ASKED QUESTIONS

3.1. Essential Information and Emergencies

What is the phone number to dial in an emergency?

In case of emergency within MINSK 2019 Competition and Non-Competition venues, including AVL, athletes and officials are asked to contact the nearest MINSK 2019 representative directly for the most efficient assistance.

In case of emergency outside of MINSK 2019 Competition and Non-Competition venues, including AVL, officials and guests are asked to use the following phone numbers:

- "112" general Crisis Centre (Fire emergency, Police and Ambulance);
- "101" Fire Emergency;
- "102" Police;
- "103" Ambulance.

If the caller does not speak Belarusian or Russian, the Emergency dispatcher will connect the caller to English-speaking Emergency Services personnel.

What languages are most commonly spoken?

State languages are Belarusian and Russian. The official language of MINSK 2019 will be English.

How can I get medical treatment?

There will be a Polyclinic in AVL and medical services will be provided at all Competition and Non-Competition venues (see article 2.4.8). These services will be backed up by services at the designated MINSK 2019 hospitals and will include treatment of acute illnesses and injuries or acute exacerbations of pre-existing illnesses and injuries.



The operating hours of the AVL Polyclinic are as follows:

Period	Operational hours
15 – 17 June 2019	08:00 – 20:00
18 June – 2 July 2019	07:00 – 23:00
3 July 2019	08:00 – 12:00

Emergency medical services will be provided by the ambulance crew 24/7 within the perimeter of AVL.

NB: To arrange an appointment for specialised diagnostic and/or treatment services at any of the MINSK 2019 hospitals, please first refer to the AVL Polyclinic.

Where can I report an item lost or found?

In AVL all found items and reports of lost items should be delivered to the nearest Resident Centre. Items will be stored at the Resident Centre until the end of the day and afterwards be transferred to one of the Resident Centres operating on a 24-hour basis.

For information on lost and found services at Competition venues and Training sites, please refer to article 2.4.7.

How can I use services of an interpreter?

MEGOC LANS team members will provide interpretation services at the Competition venues and in AVL.

How do I make an international telephone call via landline?

In order to make a call abroad from Belarus, dial "8 – (signal) – 10", then the relevant country code and telephone number.



What currency is used in Belarus?

The currency in Belarus is the Belarusian Ruble (BYN). One hundred kopeks equals one ruble and ruble notes come in 5, 10, 20, 50, 100, 200 and 500 denominations.

ATMs will be available in AVL.

3.2. Accreditation

What should I do if my Pre-Valid Card (PVC) or European Games Identity and Accreditation Card (EGIAC) is lost, stolen or damaged?

MINSK 2019 Accreditation team should be immediately informed via email (accreditation@minsk2019.by) if any PVC is lost, stolen or damaged before entering the Republic of Belarus. In this case, the applicant may enter the Republic of Belarus only by air through the National Airport Minsk (MSQ). The PVC will be reissued. The applicant has to present the valid document used for registration in MINSK 2019 Online Accreditation System before passing the border control.

MINSK 2019 Accreditation team should be immediately informed by EGIAC holder if the EGIAC is lost, stolen or damaged. The card will be reissued on presentation of a request for accreditation card replacement from the bearer and of the valid document that was used for registration in MINSK 2019 Online Accreditation System.

3.3. Transport

What services are provided by the T-A System?

A range of services will be provided for connections between Competition venues and AVL.

For further information, please refer to article 6.2.2.



Is Minsk Public Transport System free?

Free access to the MINSK 2019 Public Transport System (metro, city rail, bus, trolleybus and tram lines) will be granted to all accredited MINSK 2019 participants (see article 6.2.4).

Which side of the road should I drive on?

In Minsk you must drive on the right-hand side of the road. Cycling training on any roads within Minsk and Belarus will not be permitted, except the designated cycle path along Pobeditelei Avenue.

3.4. Athletes' Village (AVL)

AVL will be used in order to accommodate the athletes and team officials participating in MINSK 2019.

The residential area in AVL includes rooms that will provide comfortable environments for athletes and officials during their time in Belarus. All menus are developed in cooperation with caterers and sport nutritionists and will offer a diverse range of nutritious European food options. A number of recreation facilities (incl. Track and Field stadium) as well as efficient transport services to both Competition venues and Training sites will be available to AVL residents.

Alcohol and Smoking

AVL is a non-smoking Venue. Smoking is strictly forbidden within any buildings. A limited number of outside smoking areas will be available throughout AVL and will be clearly marked. Please note that consumption of alcohol and alcoholic beverages is strictly prohibited within AVL.

Internet Access

There will be free Wi-Fi available for all residents allowing them to access internet spots in all spaces.



Where can I find the nearest place of worship?

There will be a Multi-Faith Centre in AVL. The Centre will be open from 07:00 to 23:00 during the official opening period.

Laundry

Each residential building will have free-of-charge serviced laundry facilities available to all AVL residents. Operating hours are from 07:00 to 23:00 daily. Residents are requested to use the laundry in the same residential building. This will allow an even distribution of demand across AVL and result in a more efficient service for all residents. All residents will be supplied with two (2) laundry bags – one (1) for white and one (1) for coloured items of clothing. Residents will be responsible for ensuring that appropriate colours are placed in the appropriate bag. Service time is as follows:

- Laundry delivered from 07:00 to 12:00 will be available for pick-up after 18:00 the same day;
- Laundry delivered after 12:00 will be available for collection after 12:00 the following day.

Laundry will be washed and dried but will not be folded or ironed. Irons and ironing boards will be available to residents at each of the nine (9) Resident Centres.

AVL Zones

AVL consists of two (2) zones: the Residential Zone and the Operation Zone. Athletes and team officials will have access only to the Residential Zone. The Operation Zone is the area providing support services for the effective operation of AVL.

The Flag Square is a hub of activity within AVL. It will host the Athlete Welcome Ceremony at 18:00 on 20 June 2019 followed by an AVL entertainment programme.



What catering facilities are available in AVL?

A wide range of food options are available in AVL. They include the Main Dining Hall, Best of Belarus casual dining area, a number of cafés.

3.5. Sport

Are there restrictions on what I may wear during training and competition at the Games?

Restrictions on clothing and equipment are outlined in the MINSK 2019 Advertising, Demonstrations and Propaganda Guidelines (see paragraph 1.10.).

Will I be asked to undergo a doping control test?

Athletes may be selected to undergo one (1) or more Doping Control tests during the Games.

For guidance on the Doping Control test procedures, please refer to paragraph 1.12.

How can I get training and competition schedules and day's results?

Team officials will have access to SIC in AVL where Training Schedules and other key competition information will be available. Both athletes and officials can also access these services by visiting SID at the Venue.

For more information on these services, please refer to article 1.13.1.

Detailed Competition Schedules and official results will be available on the Games-time website at www.minsk2019.by.

What facilities can I use at Competition venues and Training sites?

A list of facilities at MINSK Arena is provided in the Competition Venue Information and Training Information Sections within this Manual (see Sections 2 and 5).



3.6. Tickets

How can I get sport tickets for guests?

Worldwide ticket sales for the general public started on 1 December 2018 at the official Ticket Operator Ticketpro LLC website:

www.en.minsk2019.ticketpro.by.

There are several options to purchase tickets for MINSK 2019:

- Online through the official website www.en.minsk2019.ticketpro.by (purchases can be done via credit and debit cards);
- Offline at the Ticket Box Offices in Minsk and Belarus regions. The list of Ticketpro LLC partner's ticket offices is available at www.en.ticketpro.by/box-office/;
- Via bank transfer and invoice by contacting the Official Ticket Operator through e-mail minsk2019@ticketpro.by;
- at the Venue Ticket Box Offices during the Games-time and at the AVL Ticket Box Office.

Am I eligible for complimentary sport tickets?

Only accredited participants may be included into complimentary tickets programme and allocated with seats at the Athlete Stand.

Access to Athlete Stand for the same sport athletes (SSA)

Athletes and team officials of participating NOCs will be able to attend Athlete Stand for their own sport sessions without a ticket by presenting the valid EGIAC at the entrance to the dedicated sector at the Venue. Seats distribution at Athlete Stand will be based on a first-come first-served basis.



Access to Athlete Stand for different sport athletes (DSA)

Different sport athletes and team officials ("Aa", "Ac", "Ao" and "ATo" categories) are encouraged to attend events, in which they do not participate, to support their teams. To watch these events, they require a ticket.

The seats for DSA are also located at the Athlete Stand.

Please note: the quantity of DSA tickets is limited.

Complimentary tickets order and collection procedure for DSA

- NOCs will fill the request form (will be provided in May 2019) and send it to the Ticketing department by 17:00 two (2) days before the respective Competition Day (Session, Event).
- Ticketing department will process the requests within 24 hours and allocate the tickets.

NOCs will collect allocated DSA tickets at the AVL Ticket Office between 19:00-22:30 the day before the respective Competition Day (Session, Event). Only Chefs de Mission, Deputy Chefs de Mission or Ticketing Proxy card holder will be authorised to collect tickets.

3.7. Social Media

May I tweet or blog about the Games?

MEGOC wishes to sensibly and proactively embrace social media as a valuable tool to share the excitement of the Games with spectators, supporters and the global public in accordance with the EOC Social and Digital Media Guidelines, available at www.eurolympic.org, for persons accredited to the MINSK 2019. There are many different ways to use social media, but MEGOC requires that all accredited persons do so thoughtfully, courteously and according to the values of the Games and the EOC.



Accredited persons must not capture pictures, video/audio for commercial purposes.

Accredited persons must not include any commercial references in connection with any European Games content posted on their social media accounts.

3.8. Ceremonies

How can I learn more about the MINSK 2019 Opening and Closing ceremonies?

MINSK 2019 will begin with the Opening Ceremony on Friday, 21 June 2019 and conclude with the Closing Ceremony on Sunday, 30 June 2019.

The day before the ceremonies (20 and 29 June 2019 respectively), Chefs de Mission meetings dedicated to the ceremonies will be held. These meetings will be joint MEGOC/EOC briefings where representatives of all delegations will get related information and instructions on the ceremonies.

If I take part in a Medal Ceremony, what should I wear?

Athletes taking part in a Medal Ceremony must wear the National Tracksuit.

3.8.1. Opening Ceremony

MINSK 2019 Opening Ceremony will be held at the DINAMO Stadium on Friday, 21 June 2019. The Ceremony will start at 22:00, following the entertainment programme for spectators that begins at 20:00. Live broadcasting of the Ceremony will run from 22:00.

Athletes will be delivered to the Opening Ceremony Venue by buses. Distance from AVL to the stadium is about 9km; travel time is about 15 minutes.

According to EOC decision, all accredited athletes and six (6) team officials residing in AVL on the day of the Opening Ceremony will be allowed to march in the Athletes' Parade at the Opening Ceremony.



The Parade will begin with Greece entering the DINAMO Stadium first and Host country Belarus being last. Following the Parade, athletes will be guided to their allocated seating on FoP of the stadium.

All participants of the Athletes' Parade wishing to leave the Ceremony before its completion will be provided with an early departure opportunity right after the Athletes' Parade.

3.8.2. Closing Ceremony

The Closing Ceremony will be held at the DINAMO Stadium on Sunday, 30 June 2019. The Ceremony will start at 22:00, following the entertainment programme for spectators that begins at 20:00. Live broadcasting of the Ceremony will run from 22:00.

According to EOC decision all accredited athletes and six (6) team officials residing in AVL on the day of the Closing Ceremony will be allowed to march in the Athletes' Parade at the Closing Ceremony.

Early departure opportunity will be provided to the delegations right after the end of Athletes' Parade only.

Marching athletes will be delivered to the stadium for the Closing Ceremony by buses.

3.8.3. Marching Athletes and Officials

Under no circumstances may participants of the Opening and Closing ceremonies display any form of advertisement or propaganda – commercial, political or otherwise – on any item worn or in any other manner that is visible on camera. Participants may not use selfie sticks during the Parade.





4. TEAM LEADERS' INFORMATION



4. TEAM LEADERS' INFORMATION

4.1. Pre-Competition Procedures

4.1.1 Draw of Starting Order

The draw of starting order will take place at the Aerobic Gymnastics Test events which will be held in Minsk from 28 April to 2 May 2019.

4.1.2. Team Leaders' Meeting

Date: 22 June 2019

Time: 16:00

Location: MINSK Arena (Pobeditelei Avenue, 111, 220020 Minsk, Belarus)

UEG General Director, Technical Delegates, MEGOC Aerobic Gymnastics Competition Manager and Venue Manager will preside over the meeting.

Each participating NOC is required to attend, with a maximum of two (2) delegates per NOC accompanied by a LANS team member or an NOC Assistant, if necessary. They should bring with them the meeting agenda and their copy of the Team Leaders' Technical Manual.

The judges are not invited to the technical meeting.

4.1.3 Arriving at the Venue

All gymnasts should arrive at MINSK Arena for their scheduled training time.

Team officials should go to SID to collect all the necessary information for the day. Gymnasts and team officials will need to have their accreditation in order to be allowed access to the Venue. Without accreditation, access will not be possible.

For detailed information on Venue access, please refer to paragraph 2.2.



4.1.4. Music Submission

Each NOC must complete the Gymnastics Music Submission Form to confirm that the music is used within the framework of the competitions at the Games in a lawful way. This form should be returned via e-mail with all routines music in MP3 format by 21 May 2019 at the very latest to the e-mail: music@minsk2019.by The name of the MP3 file must contain:

- The name of the nation (three capital letter used by IOC to designate the country)
- The first and last name of the individual competitor
- The category (individual/group)
- The apparatus
- Example: BLR_IVANOVA_Irina_Clubs or BLR_Group_5 Balls

During competitions and training sessions , the music will be played by computer only. It is responsibility of each Delegation to ensure that coaches and gymnasts listen to their music during the Podium training and the responsible person to sign the Form to confirm that she is happy with the recording.

While music for each routine has to be sent by e-mail in advance, gymnasts are also requested to always have 2 sets of CD with them as backup for safety reasons or in case of technical problems. CDs must be submitted to SID on the Venue. All CDs must be labelled as according to point 1.5.8. of the COP.

A different CD should be used for each exercise:

- The music must be recorded at the beginning of the CD;
- The following should be marked on the CD:
 - The name of the Gymnast the three capital letters used by IOC to designate the Gymnast's country
 - The name of the category
 - The length of the music



Each gymnast's/group's CDs will be available for collection from SID at MINSK Arena once their participation in the event has come to an end.

Any CDs that have not been collected by 23 June 20:00 will be recycled. All detailed information will be published at the later stage.

4.1.5. Podium Training

Podium training will be held on FoP on 24 June 2019 before the start of competition and will be open to media. Podium training are intended for gymnasts to get familiarised with FoP and experience a competition atmosphere prior to the event. Details will be included in the published schedule.

MEGOC may wish to test certain elements of its operations, such as access control, march-in, presentation and march-out during podium training.

Gymnasts will be required to pass through the Mixed Zone at the end of their session to aid familiarisation with the Athlete pathway.

4.1.6. Apparatus Control

All gymnastics apparatus will be presented in accordance with current FIG Apparatus Norms. The UEG Technical Delegate and Superior Jury will be invited to witness these controls and make appropriate checks.

4.2. Competition Procedures

4.2.1. Access to Warm-Up Area

Access to the Warm-up Area will be limited to those NOCs who are scheduled to train at that time. The number of persons who have access to the Warm-up Area is strictly limited, in accordance with the FIG Technical Regulations and Accreditation Rules.



4.2.2. Warm-Up

Gymnasts may start the warm-up in the Training Site, and transfer time is built in. Then they will be given dedicated time on the Warm-up Area prior to competition, which is next to FoP. Transfer time from the Skating Stadium (Training Site) to FoP through the underground passage takes about 5 min.

4.2.3. Call to the FoP

Gymnasts must finish their allocated training in the Warm-up Area few minutes before the start of their competition. Then they are requested to move into place in order for their march-in to FoP.

Clothing and equipment compliance checks and final accreditation checks will take place at this time. Then gymnasts will be asked to give all required accreditations, bags and equipment to their coaches to carry on to FoP. When assembled, gymnasts will be moved to the corridor leading to the entrance of FoP.

4.2.4. FoP Access

Aside from members of the UEG Representatives, Technical Officials, MEGOC staff and members of the Media with separate accreditations, access to FoP will be limited to the gymnasts and team officials who are taking part in the competition at the time.

The number of persons who will have access to FoP will be strictly limited in accordance with the FIG and UEG Technical Regulations and Accreditation Rules. All persons seeking access to FoP must have an EGIAC.

4.2.5. Sequence of Competitions

There will be no preliminary qualification in Aerobic Gymnastics Events.

Aerobic Gymnastics competition will alternate with Trampoline Gymnastics. Trampoline Men's Synchronised Final will run before Aerobic Mixed Pairs Finals and Trampoline Women's Individual Final will run after Mixed Pairs Finals.



Trampoline Women's Synchronised Final will run before Aerobic Groups Finals and Men's Individual Final will run after Aerobic Groups Finals.

After competition Gymnasts are asked to take their allocated seat on FoP until final is finished.

4.2.6. Conduct on FoP

In line with the FIG Technical Regulations, in the event of unsportsmanlike conduct by any competitor or official, the President of Superior Jury will issue a warning. They will inform the Team Leader at the end of the round about any warning.

In the event of repeated misconduct, the President of Superior Jury may order the expulsion of the offender from the Competition Hall for the remainder of the competition. An incident resulting in expulsion must be reported to the Secretary General and to the offender's NOC and national federation. Further action may be taken as deemed necessary by the Executive Committee or Disciplinary Commission. Dressing and undressing during competition and warm-up periods in the designated Competition Hall is judged as an unsportsmanlike gesture and may result in disqualification of the gymnast from the competition.

4.2.7. Communication Devices

The use of mobile phones and other electronic devices on FoP for communication and taking photos and videos are strictly prohibited during competition.

4.2.8. Accredited Team Seating

Non-competing, same-sport athletes and team officials will have access to the accredited seating area in the seating bowl. Please note that space may be limited during certain times of the competition, and seating is available on a "first-come, first-served" basis. Athletes and team officials are strictly prohibited from sitting in any other ticketed seat unless authorised to do so by a member



of the MEGOC. Accreditation must be worn at all times in this area. Gymnasts and support staff who wish to watch the Aerobic Gymnastics events may do so as a same-sport athlete and do not require a spectator ticket.

4.3. Post-Competition Procedures

4.3.1. Leaving the FoP

Gymnasts will go to kiss and cry area after their routine, then move to FoP Gymnasts' seating and subsequently leave FoP together at the end of all the routines. As there will be no preliminary qualification, on finals days, non-medalists will march off first, followed by the medalists, who will go to the Medal ceremonies preparation area. Non-Medalists should exit FoP via the Mixed Zone.

Medalists will go through the Mixed Zone after their Medal Ceremony. Coaches should make their way to the anti-doping notification point at the exit of FoP once the gymnasts have been escorted from the Athlete seating on FoP.

4.3.2. Doping Control

Athletes selected for Doping Control will be notified in person and escorted to DCS by a Doping Control chaperone as soon as possible after the former have finished competing. It is the responsibility of the athlete to remain under continuous observation of the Doping Control chaperone after notification.

For details of the Doping Control Programme, please refer to paragraph 1.12.

4.3.3. Mixed Zone and Interview Zone

All Competition venues will include the Mixed Zone splitted between the Rights Holding Companies and major news agencies and Games News Service, as well as the Interview Zone for all the E-accredited media. After the competition or Medal Ceremony, all athletes will be guided through the Mixed Zone as they leave FoP, but they are not obliged to speak. Team coaches who are normally positioned on FoP may also be asked to pass through the Mixed Zone for



interview possibilities.

After passing through the Mixed Zone, athletes will be free to return to the Changing Room or go to Medical/Doping procedures unless they are requested for the Interview Zone interviews.

Press wanting to interview someone in the Interview Zone would make a request to Press Operations who will escort the athlete from the Mixed Zone to the Interview Zone.

By default, all Gold medallists and all Belarusian athletes will be accompanied to the Interview Zone for interviews. Press attaches, DCOs and LANS team members will be able to escort athletes into the Interview Zone, if needed.

The Games News Service team will also proactively request athletes to come to the Interview Zone in order to introduce interesting story angles to the Media. Once in the Interview Zone, the athlete would be interviewed by the member of the press who requested the interview.

There will be no time limit on the length of the interview (within reason) and there will be no guarantee that it would be exclusive, meaning one (1) or two (2) journalists might want to interview the same athlete.

The Interview Zone will be managed by Press Operations to help facilitate introductions or questions, and ensure the Interview Zone remains an informal area and that no media "scrum" is created.

4.3.4. Results Distribution

Competition-related information for all sports, including results reports, will be available on the Games-time website www.minsk2019.by.

Delivery of printed results information is available only at Competition venues and SIC. Selected reports will be available for collection from SID at the Venue and SIC in AVL.

After the completion of all competitions, all results will be compiled in PDF files and will be available for downloading from the Games-time website www.minsk2019.by.



4.3.5. Medal Ceremonies

Medal ceremonies will take place at the Competition Venue as soon as possible after the end of competition with the exception of Athletics.

In Athletics, Medal ceremonies in eight (8) Individual events and the Relay will take place on 24 June 2019 at the Main MINSK 2019 Fan Zone (Pobediteley Avenue, 4). The Team Medal Ceremony in Athletics will take place at the Competition Venue on 28 June 2019 after the Final.

All Medal ceremonies at MINSK 2019 will occur on or next to FoP. Before each Medal Ceremony all the medallists are gathered in the waiting area accompanied by volunteers. Medal Ceremony staff will be on hand to advise and guide all athletes before, during and after their Medal Ceremony.

All announcements for the Medal Ceremony will be made in two (2) languages – English and Belarusian.

It is the responsibility of each athlete/coach to ensure that the athlete has his/her full outfit with him/her and that it is ready to be worn at the Venue in time for the start of the Medal Ceremony. Failure to adhere to this rule may result in the delay or postponement of the Medal Ceremony.

Medal Ceremony staff will lead athletes to the podium for the Medal Ceremony and advise them with regard to the procedures that the athletes will need to follow.

Flags, signs, mobile phones, cameras, electronic devices, bottles, items of sport equipment, items with political statements, sunglasses, headdresses and EGIAC will not be allowed on the podium. If any athlete is in possession of any of these items, the latter be handed in to the Medal Ceremonies Manager for the duration of the Ceremony.

Similarly, if any items are thrown to athletes while they are on FoP and/or the podium, the athletes must pass them to their Medal Ceremony staff for the Medal Ceremony. Failure to comply with these rules may result in disqualification.

During the Medal Ceremony, in addition to the medals, MEGOC plans to present



the winning athletes with a bouquet of flowers.

After the Medal Ceremony, athletes will receive individual medal boxes at the exit from FoP before/after Mixed Zone. In team events (12+) medal boxes will be given to the team leaders.

After the national anthem has been played, Gold medallists may ask other winners to join them to share their joy of victory and take a photo together.

After the Medal Ceremony has finished, the athletes step forward to leave the podium and Medal Ceremony staff will lead the athletes to the Mixed Zone.

If any athlete is chosen for Doping Control, he/she will be escorted through the Mixed Zone by a DCO or Doping Control chaperone and will then be chaperoned to DCS.

Medals will be awarded in each event of the competition as follows:

- 3rd place: bronze gilt medal,
- 2nd place: silver gilt medal,
- 1st place: gold gilt medal.

Diplomas for the athletes ranked from 1st to 6th will be given to the Chefs de Mission in NOC Services Centre in AVL.



5. TRAINING INFORMATION

5.1. Key Information

Trainings for the Aerobic Gymnastics events (as for all Gymnastics Disciplines) will take place on the Training Site at the Skating Stadium adjacent to MINSK Arena. The Training Site will be open for Aerobic Gymnastics trainings from 22 to 25 June 2019.

All equipment on the Training Site will be identical to the equipment of the Competition Venue. It will be approved by UEG and will comply with the FIG Apparatus Norms and the MINSK 2019 Advertising, Demonstrations and Propaganda Guidelines.

5.2. Training Venue Access

For detailed information on Venue access, please refer to Appendix 2 and paragraph 2.2.

5.3. Travelling between the Venues

The Training Site and the Competition Venue are located next to each other. All travel between the venues will be done by foot through the underground passage way.

5.4. Training Regulations

Gymnasts should respect their training sessions and those of other gymnasts and groups. Sessions may not be changed and no additional sessions will be available.



5.5. Media Access

Aerobic Gymnastics trainings will be always open to media. NOCs or UEG cannot request closure of training. Mixed Zone or press tribunes can be used for viewing.

Photographers are allowed to be present near the media line inside the training area.

5.6. Training Facilities

- Athlete's Changing Rooms

Athlete's Changing rooms will be provided on the Training Site at the Skating Stadium adjacent to MINSK Arena.

- Lost and Found

All reports of lost items should be directed to an on-site MEGOC representative who will be able to provide assistance.

- Medical Facilities

Limited services will be available at Training sites, with enhanced services for the sports requiring specialised care.

- Music System

The Training Site will be equipped with a music system.



6. THE GAMES AND MINSK

6.1. Accreditation

MEGOC issues an EGIAC to every official participant of MINSK 2019 who was registered in MINSK 2019 Online Accreditation System. The EGIAC establishes the identity of its user, allows access to MINSK 2019 venues and provides privileges according to the participant's role.

Before validation an EGIAC is referred to as a PVC. All NOCs will get PVCs for their delegation from MEGOC in April – May 2019.

Participants should submit at Belarus Border Crossing Points their PVCs and the same documents that were used for registration in MINSK 2019 Online Accreditation System. A PVC will become an EGIAC only after its validation at MINSK 2019 Accreditation Centres.

All participants of MINSK 2019 should provide a valid Identification Document permitting travelling abroad (passport or another substituting document) as follows:

- All accredited members have to travel with passports or other travelling documents valid until at least 11 July 2019;
- The document should be the same that was used to register in MINSK 2019 Online Accreditation System.

The accredited participants will be eligible to multiple visa free entries to the Republic of Belarus from 20 May to 10 July 2019.

6.1.1. Accreditation Facilities

PVCs validation will be available at MINSK 2019 Accreditation Centres.

MSQ will be the main port of entry to Belarus. Athletes, coaches, trainers and other team officials (all individuals with accreditation categories "Aa", "Ac", "Ao" and "ATo") coming by any transport will be able to validate their accreditation at AVL Accreditation Centre.



Members of the EOC Family and dignitaries coming through the MSQ VIP Lounge will be able to validate their PVCs at the MSQ Accreditation Centre.

NOC category participants who will be living at the EOC Family Hotel (EFH), which is the MARRIOTT Hotel, are able to validate their PVCs at the EFH Accreditation Centre.

Other accreditation categories will be able to validate their PVCs at the Uniform Distribution and Accreditation Centre (UDAC).

In order to validate PVCs, participants should present documents permitting travelling abroad that were used during accreditation process at MINSK 2019 Online Accreditation System.

Moreover, Competition venues will offer Venue Accreditation Help Offices (VAHOS). The VAHO is a designated and equipped office or space near a Competition Venue where authorised staff can have their EGIACs reissued if the latter are lost, stolen or damaged.

The table below summarises available accreditation facilities and client groups they serve:

Accreditation Facilities			
Facility	Dates and Time of Operation	Client Group	Service
MSQ	20 May – 2 July 2019 (24 hours a day)	EOC Family, dignitaries	Card validation, card replacement, issue resolution
AVL	13 June – 2 July 2019 (24 hours a day)	"Ac", "Aa", "Ao" and "ATo"	
Minsk Marriott Hotel (EFH)	18 June – 2 July 2019 (08:00 – 22:00)	EOC Family	
UDAC (VAHO functions responsible for: FLC, MSA, MSV, TOC)	1 April – 18 June 2019 (09:00 – 18:00) 19 June – 30 June 2019 (08:00 – 22:00)	All	



VAHO			
DST (responsible for: OCA, OCB, STP, PLA, MSR, DST)	Operates 2 hours prior to competition/training until end of competition/training (may vary by location and day). Please check exact opening hours on site at each VAHO	All	EGIAC replacement, issue resolution
STU (responsible for: STU, STC, SHC)			
CZA			
RGZ			

Please see the list of acronyms in Appendix 5.

6.1.2. Accreditation Codes

Venue codes and pictograms printed on the EGIAC front side indicate access to Competition and/or Non-Competition venues. A full description of the codes is available on the reverse side of the card.

Venue zone access rights are indicated on the EGIAC with colour and alphanumeric codes.

The following zones will be used at MINSK 2019:

AVL Codes	
Zone Code	Description
AVL	Athletes' Village
R	Residential Zone
OZ	Operation Zone



Venue Zone Codes	
Zone Code	Description
Blue	FoP, Operational Areas, General Circulation Areas
Red	Operational Areas, General Circulation Areas
White	General Circulation Areas
2	Athlete Preparation Area
5	Press and Broadcast Area
6	EOC Family Area
O	Protocol Stand
A	Athletes' Stand

6.1.3. Lost, Stolen or Damaged Accreditation

MINSK 2019 Accreditation team should be immediately informed by EGIAC holder if the EGIAC is lost, stolen or damaged. The card will be reissued on presentation of a request for accreditation card replacement from the bearer and of the valid document that was used for registration in MINSK 2019 Online Accreditation System.

6.2. Transport

MINSK 2019 Clients Transport Systems' mission is to deliver effective, reliable and efficient transportation services to athletes, team officials and the EOC Family members.

Transport services will be delivered by three (3) systems that will have access to the Games Route Network (GRN) in order to minimise travel times:



- T-AB, T-A Transport System;
- T-B/T-P Transport System;
- T-X Transport System.

6.2.1. Games Route Network (GRN)

Venues, AVL and MINSK 2019 official accommodation sites are situated along the routes of four (4) Games transport corridors, i.e. city transport thoroughfares forming GRN together with the Minsk Ring Road (MKAD) and out-of-town highways.

The key principles of the GRN operation are:

- Special traffic management schemes and traffic lights coordination;
- Accident/incident detection and management;
- Special signage;
- Traffic cameras and continuous police monitoring.

6.2.2. Athletes' Transport System (T-AB, T-A)

During MINSK 2019, the T-AB (Airport Bus) transport services will be provided for arrival/departure of athletes and team officials from MSQ to AVL and back. The T-AB services will be carried out on a pre-planned schedule of arrivals and departures.

The T-A System will offer an exclusive, secure and dedicated transport services for athletes and team officials from AVL to Competition venues/Training sites and back. The T-A transport will run according to the schedule based on the competition and/or training sessions and provide the appropriate level of services required for these client groups.

AVL Transport Mall is located next to AVL (bus stop "Transport Mall") to provide athletes and team officials with direct access to its services.

The T-A System privileges are available to "Aa/Ac/Ao" accredited persons.



Accreditation must be displayed at all times to use the services.

For effective use of the T-A Transport System, it is highly recommended that only the client groups directly participating in sports events use it. Spectating athletes and NOC delegations, not involved in sports events, are recommended to use the Hub Bus Transport System (T-B). In AVL, the T-B bus stop is located on Dzierzynski Avenue, near the intersection with Chyurlionis Street.

For detailed information on T-B, please refer to article 6.2.3.

6.2.3. Hub Bus Transport System (T-B)

T-B features the routes that connect all the Games venues, including the MINSK 2019 hotels along the routes, with a transfer at the Central Hub (Gorodskoy Val Street).

Also, the T-B Transport System will provide transport services for accredited persons from MSQ to the Central Hub with onward connection possibilities to the Games venues.

Services will run on a regular frequency basis or in accordance with schedules, available at the bus stops along the T-B routes.

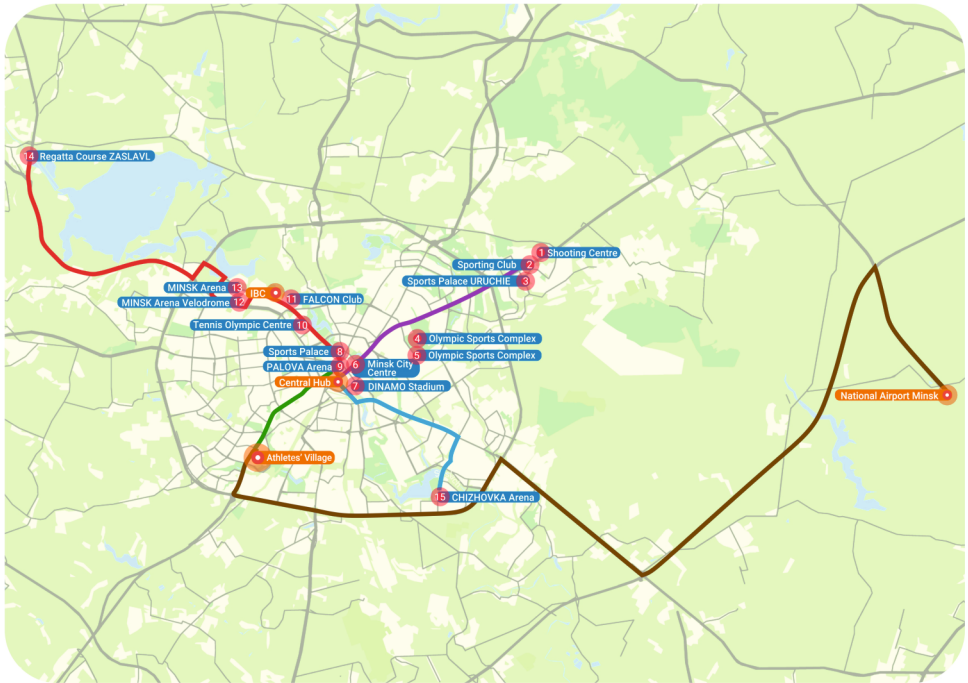
The bus stops in AVL and at the Central Hub will be equipped with electronic boards, displaying the bus schedule.

The T-B Transport System consists of 5 routes (see the map below):

- Route T-B 1 (Central Hub – AVL) connects all the venues located along the line of Dzerzhinsky Avenue, including hotels where the participants of the Games live;
- Route T-B 2 (Central Hub – Minsk Arena – Zaslavl) connects all the venues located along the line of Pobediteley Avenue, including hotels where the participants of the Games live;
- Route T-B 3 (Central Hub – Uruchie) connects all the venues located along the line of Nezavisimosti Avenue, including hotels where the participants of the Games live;



- Route T-B 4 (Central Hub – Chizhovka Arena) connects the venues located along the line of Partizanskiy Avenue, including hotels, where the participants of the Games live;
- Route T-B 5 (Central Hub – Airport) connects MSQ and Central Hub. The buses on this route function every 30 minutes.



- Route T-B 1 Central Hub – Athletes’ village
- Route T-B 2 Central Hub – MINSK Arena – ZaslavI
- Route T-B 3 Central Hub – Uruchie
- Route T-B 4 Central Hub – Chizhovka Arena
- Route T-B 5 Central Hub – Airport



6.2.4. MINSK 2019 Public Transport System (T-P)

Free access to MINSK 2019 Public Transport System (T-P) (metro, city rail, bus, trolleybus and tram lines from/to Competition venues) will be granted to all accredited Games participants from 20 May until 10 July 2019. The operating hours of MINSK 2019 Public Transport System will be extended during the Games (05:30 – 00:30) to ensure effective transportation of visitors of the Games and to accommodate workforce transport needs, as appropriate.

6.2.5. MINSK 2019 Taxi Services (T-X)

T-X Transport System will cater to the EOC Family members, Ministers of Sport, dignitaries, WADA representatives, and sponsors by offering on-demand service or Request-for-Transport (RFT) service on a 24-hour basis at all Competition venues, EFH and MINSK 2019 dignitaries' hotels, AVL, some Non-Competition venues.

6.2.6. Spectating Athletes

Spectating athletes of the same and different sport shall use the T-B services from/to AVL and each respective Venue.

6.2.7. Transport Services for Opening and Closing Ceremonies

Athletes and team officials will be transported to/from the DINAMO Stadium exclusively and only with Ceremony Buses from/to AVL for the Opening and Closing ceremonies.

No direct transport service will be offered from the DINAMO Stadium to MSQ on the night of the Closing Ceremony.



6.3. Security

The Government of the Republic of Belarus is responsible for all aspects of safety and security for MINSK 2019. The Government Security Authorities (GSA) will ensure that all appropriate and necessary security measures throughout planning and operational delivery are implemented to ensure safe and peaceful celebration of MINSK 2019.

The Security, Border Control & Customs Subcommittee of the Republican Organising Committee (SBCCS) is assigned as a dedicated Venue Security Coordinator for protective security arrangements in AVL and designated Competition and Non-Competition venues.

6.3.1. Security in AVL

AVL and its residents will be granted the highest level of protection. Access to AVL will be granted to accredited client groups with designated AVL accreditation rights and authorised guests. Accreditation will be authenticated by authorised GSA personnel.

All AVL residents, accredited client groups, guests and their personal belongings will be subject to security screening prior to entering AVL. All deliveries of goods and materials as well as vehicles will be subject to security screening after the Venue lockdown and start of security operations.

AVL will be protected by a perimeter security fence and provided with additional protective security measures, security lighting and electronic security systems including Closed Circuit Television (CCTV) surveillance. Security screening items/measures will include but are not limited to:

- Walk-through metal detectors (“mags”);
- Portable metal detectors;
- X-ray screening and other technical security measures.



6.3.2. Security at Competition Venues and Training Sites

A risk-based approach will be applied by the GSA agencies to determine protective security arrangements for Competition venues and Training sites.

Access to Competition venues will be restricted to appropriately accredited and ticketed individuals who will be subject to accreditation/ticket authentication and security screening at Pedestrian Screening Areas (PSA) prior to entry.

Any vehicle and its occupants (including delivery vehicles) seeking to drop-off or enter the secure perimeter of a Venue will be subject to security screening of the appropriate level at the Vehicle Screening Area (VSA).

6.3.3. Security in Transit

MEGOC in cooperation with the GSA agencies will implement a security plan to ensure the appropriate level of security to athletes, teams and their equipment whilst in transit from AVL to venues via GRN.

The principle of bubble-to-bubble ("B2B") T-A System bus operation/circulation will be implemented to facilitate secure transportation from AVL to Competition venues and Training sites and back.

Athletes and officials travelling via the T-A System will be subject to reduced security screening requirements on arrival at Competition venues and Training sites (with consideration to the assigned lower-risk profile of NOCs).

Upon return to AVL all athletes and officials are subject to an accreditation check and security screening prior to entering AVL.

This policy also applies to NOC vehicles and their occupants seeking to drop off or park within the secure perimeter of AVL.

6.3.4. Prohibited and Restricted Items

List of MINSK 2019 prohibited items:

- Explosive devices and materials;
- Firearms, ammunition and any kind of toy guns;



- Knives;
- Incendiary devices;
- Hazardous substances (e.g., chemicals, irritants and gases);
- Fireworks and pyrotechnics;
- Laser pointers;
- Personal protection sprays (e.g., "pepper spray");
- Offensive implements, i.e. anything that is made or adapted to cause injury to a person;
- Illegal drugs including performance enhancing drugs.

For detailed List of Restricted and Prohibited Items at the sites of MINSK 2019, please see Appendix 4.

Please note that any NOC delegation members and other AVL residents are not permitted to bring any alcohol liquids and foods into the residential areas.

6.3.5. Exceptions

Emergency services and certain accredited personnel, including workforce, will be permitted to use items as required by their accreditation in order to enable them to carry out their functions.

6.3.6. Tools of the Trade

Tools of the Trade include requirements for people bringing items under the prohibited items policy into the venues, but are required by staff of certain categories to undertake their job. Athletes, team officials and technical officials are permitted to carry a reasonable amount of liquids, aerosols and gels.

6.3.7. Requests for Emergency Assistance

Details of emergency phone numbers to use within AVL will be issued in the welcome pack and displayed in all common areas.



6.4. MINSK 2019 Overview

The European Games are a multi-sport event for athletes from the National Olympic Committees of Europe and that are held every four (4) years. The Games are owned, co-organised, and regulated by the EOC.

The European Games were inaugurated at the EOC General Assembly on 8 December 2012 in Rome, Italy.

The right to host the 2nd European Games was awarded to the city of Minsk (Belarus) at the meeting of the EOC General Assembly on 21 October 2016.

The Republican Organising Committee (ROC) was established by a Decree of the President of the Republic of Belarus on 9 January 2017. ROC is chaired by the Prime Minister of the Republic of Belarus Sergei RUMAS.

Following the Decree of the President of the Republic of Belarus MEGOC was established. The leadership of MEGOC is provided by the CEO George KATULIN who is also NOC Belarus Secretary General.

4,000 Athletes

2,000 Team Officials

15 Sports / 23 Disciplines (19 Olympic Disciplines / 4 Non-Olympic Disciplines – Acrobatic Gymnastics, Aerobic Gymnastics, Beach Soccer, Sambo)

199 Medal Events

10 Days of Competition

15 Competition Venues

8 Sports are Part of the "Road to Tokyo 2020" Qualification

Opening Ceremony: 21 June 2019

Closing Ceremony: 30 June 2019



6.4.1. Competition Venues

199 Medal events that make up the Sport Programme at MINSK 2019 will be held at 15 Competition venues.

15 Competition venues and sports featured at each Venue are listed in Appendix 3 and the table below.

Sport / Discipline	Competition Venue
Archery	Olympic Sports Complex
Athletics	DINAMO Stadium
Badminton	FALCON Club
3x3 Basketball	PALOVA Arena
Beach Soccer	Olympic Sports Complex
Boxing Sports	Palace URUCHIE
Canoe Sprint	Regatta Course ZASLAVL
Cycling – Road	Minsk City Centre
Cycling – Track	MINSK Arena Velodrome
Gymnastics – Acrobatic	MINSK Arena
Gymnastics – Aerobic	MINSK Arena
Gymnastics – Artistic	MINSK Arena
Gymnastics – Rhythmic	MINSK Arena
Gymnastics – Trampoline	MINSK Arena
Judo	CHIZHOVKA Arena
Karate	CHIZHOVKA Arena
Sambo	Sports Palace
Shooting – Rifle & Pistol	Shooting Centre
Shooting – Shotgun	Sporting Club



Table Tennis Tennis	Tennis Olympic Centre
Wrestling – Greco-Roman, Freestyle, Women’s	Sports Palace

6.5. The City of Minsk

Minsk is the capital of the Republic of Belarus. It is the largest city in the country populated by two (2) million people or every one in five inhabitants of Belarus. It is the administrative, economic, cultural, scientific and sports centre of the country.

6.5.1. Sights and Sites

Downtown

The historic centre of Minsk still has some majestic temples and monuments. If you want to feel the spirit of the old days, take a walk through the Freedom Square with architectural monuments of the 17-19th centuries stood the test of time, the Trinity and Rakovskoye suburbs, and narrow cobbled streets running in different directions from the historic centre. Every building here is a kind of a chapter of Minsk history.

The Minsk party scene is conveniently centred in the heart of the Old Town. To get a glimpse of the nightlife with its bars, live-music venues and nightclubs visitors should go straight to Zybityskaya Street that transforms into a giant street party on summer weekend nights.

Minsk visitors can enjoy lively bars and clubs to have some fun at night. Food and drinks are reasonably priced. Bars, clubs and discos are open till late in the morning, especially during weekends. Zybityskaya Street is the most famous street of night bars, clubs and discos.

Soviet Sights

Minsk is famous for its Soviet architecture. Many buildings along the Independence Avenue (Praspiekt Niezaliežnasci) are a vivid example of the Soviet times architecture forming an integral ensemble with peculiar style and



composition features. The 1950s architectural ensemble is the real gem of the Avenue and a candidate for the UNESCO World Heritage List. Most of Minsk attractions are located if not on the Avenue, then close to it.

Modern Minsk

Over the recent decades, the architectural style of Minsk has considerably changed with the construction of new administrative buildings, business centres, shopping malls, sports and entertainment centres, hotels, restaurants, and cafés.

National library of Belarus and Palace of Independence are among the most impressive buildings that has been constructed in recent decades in Minsk.

Another face of modern Minsk is Oktyabrskaya Street – one of the most popular and fancy places. Former industrial street has become one of the main leisure and party areas of the city. The red brick buildings of the late 19th – early 20th century, decorated with modern paintings, sit side by side with the numerous bars, cafés, exhibition halls, creative studios and workshops and offices.

Museums and Exhibitions

There are more than 20 museums in Minsk. The National Art Museum of Belarus is the cultural treasury of Belarus. The Museum's collection is one of the largest collections in Eastern Europe. There are more than 30,000 exhibits, including masterpieces of Belarusian and foreign art.

The National Historical Museum is among the most visited museums of Belarus. The museum houses the largest collection in Belarus with more than 400,000 items. Be sure to drop by to learn about the history of Belarus through the ages! Study its unique exhibits – valuable documents, early printed books, Slutsk belts, coins and medals, weapons, musical instruments and dinnerware – to trace the historical path of Belarus.

The Belarusian State Museum of the Great Patriotic War History is one of the largest world museums dedicated to World War II. The first items for its collection were picked up as early as 1942. The new building of the museum was opened in 2014 on the 70th anniversary of the liberation of Belarus and now houses more than 8,000 exhibits on 3,000m². The museum is situated on



Pobediteley Avenue near the Minsk-Hero City Stella and the Victory Park.

Theatres

Minsk is home to number of theatres, playhouses and concert halls that present some of the best local and, often, international productions. From world class ballets and musicals to experimental and original works, you will undoubtedly find a theatrical experience that suite your taste at one or more of these Minsk theatres listed below.

The National Academic Bolshoi Opera & Ballet Theatre of the Republic of Belarus is one of Europe's biggest theatres and the architectural landmark of Minsk. The theatre has a truly unique repertoire, made up of about 60 titles of operas and ballets of different epochs and styles. The theatre building makes a strong impression thanks to the perfect symmetry of the park around it, the statues on the pediment and the abundance of marble and crystal inside. It is better to purchase the tickets in advance as for all classical productions they are sold out quite quickly.

Janka Kupała National Academic Theatre has been preserving the best traditions of the Belarusian theatrical art for almost a hundred years, combining them with the search for new solutions and forms. The main place in the repertoire of the theatre is occupied by performances based on the works of Belarusian writers and playwrights. A visit to the Kupała Theatre can be recommended to those who appreciate the tradition, those who are looking for meaning in the theatre and not just entertainment, and to those who want to better understand the national culture.

Parks and Outdoor Activities

One crucial aspect of Minsk spatial organisation is the "Green Diametre" – several often-sprawling parks along the banks of the Svisloch River that cuts through Minsk from north-west to south-east.

The most picturesque parks of Minsk are Janka Kupała Park, with its landscaped paths and sculptures, the Central Children's Park named after Maxim Gorky, Chelyuskintsev Park, Park Complex "Loshitsa", Park Complex "Victory".

The Botanical Garden is worth to visit. It is one of the largest in Europe by total



area (about 100ha in the city) and by the richness of the collection, which has more than 10,000 plants from around the world. The greenhouse demonstrates exotic plants typical for different climatic zones of the planet. In the garden you can relax and switch off from the bustle of the city. The main entrance to the garden is from the Independence Avenue.

6.5.2. Getting Around and Public Transport

Metro

Minsk Metro has two (2) lines. The changing station is Kastryčnickaja/Kupalaŭskaja. Minsk metro services usually run from 5:30 to 0:40. One metro ride costs 0.65BYN (about 0.35€). You can use contactless card or mobile device to pay for the ride.

The nearest Metro Station to AVL is Piatroŭščyna (7 min walk from AVL).

Public Ground Transport

The city's public ground transport includes trams, buses, trolleybuses and shuttles. The fare for all means of public transport is the same (0.65BYN (about 0.35€) for the ride), except for a trip on city shuttles (the fare depends on the route and distance). Important bus routes: 100 – Independence Avenue, 1 – Pobediteley Avenue. Hours of service: 06:00 – 01:00.

For more information about public transport routes and schedule, please visit www.minsktrans.by.

Taxi

Taxi in Minsk is not expensive: a trip of 8-10km costs 3-4€. You can call a taxi dialling one of the following numbers: 7788, 7500, 7510, 107, 135, 152, 156, 157, 158, 184, etc.

6.5.3. Cafés, Restaurants and Belarusian Cuisine

Minsk is full of places where you can try authentic Belarusian dishes, European and Asian cuisine – ranging from top-notch restaurants to charming casual cafés.



Cosy cafés and restaurants in the Belarusian national style offer a wide range of dishes prepared according to old recipes. Indispensable attributes of all dishes are truly Belarusian products – lard, mushrooms, cranberries and sauerkraut. It is believed that for the Belarusians potato dishes are the most important ones. The most popular is "draniki" – potato pancakes with sour cream.

Menus are available in Russian, Belarusian and English. You can pay by cash or credit card.

Some cafés feature live music in the evenings. Most cafés and restaurants are in the centre of Minsk.

6.5.4 Shopping

What to buy as a souvenir to remember Belarus and the 2nd European Games MINSK 2019?

Official Merchandise

The official merchandise stores will operate at all sports venues, in AVL and the official Fan Zones during the Games time providing with the large variety of licensed goods such as official mascots, backpacks, clothing, stationery, keychains, magnets and many other items. The official merchandise megastore will be in the major Fan Zone near the Sports Palace.

Local Souvenirs

For those who wish to keep nice memories of their stay in Belarus, there are several options to explore.

Consider original Belarusian hand-made souvenirs and classic handicraft items such as wooden jewellery boxes, ceramics, woven straw items, embroidery and knitted products.

What about some sweets and chocolate? Kommunarka and Spartak are two brands that produce a range of chocolates and sweets of exceptional quality popular among both Belarusians and foreign visitors.



Spicy herbs, fresh, smoked and dried fish, products of local dairy factories and cheese factories, fresh meat products, vegetables, fruits from rural producers, confectionery products of Belarus — one can buy all of these at the Komarovsky market (Metro Station "Plošča Jakuba Kolasa").

Traditional Belarusian linen is sold in a specialised Shop "Lyanok" (near the Metro Station "Plošča Jakuba Kolasa"), where you can buy linen fabrics, tablecloths and towels, including Belarusian embroidered towels.

Popular Shopping Malls

The biggest range of shops are located along the central parts of the main street Independence Avenue (Praspiekt Niezaliežnasci) from the central station and 4km northeast. On this part of the main street one may find big stores like GUM and TSUM.

In all districts and residential areas of the city you can find supermarkets or hypermarkets of retail chains "HIPPO", "ALMI", "ProStore", "EUROOPT", "Korona".

Large shopping and entertainment centres:

- Galleria Minsk (Pobediteley Avenue, 9);
- Zamok (Pobediteley Avenue, 65);
- Arena-City (Pobediteley Avenue, 84);
- Dana Mall (Mstislavtsa Street, 11; Metro Station "Uskhod");
- Galileo (Bobruiskaya Street, 6).

The nearest to AVL shopping centre is "ALMI". Just across Dzierzynski Avenue is Magnit, and next to it – Titan.



6.6. Useful Information

6.6.1. Banks and Bank Cards

There are multiple ATMs around the city, most of which accept international debit and credit cards. Depending on your account-holding bank, there may be limits on the amount of cash you are able to withdraw in one day.

Large bank branches are open Monday through Saturday but closed on Sundays. Smaller branches are closed on Saturdays and Sundays.

International credit and debit cards are accepted in most restaurants and large shops.

6.6.2. Currency

The currency of Belarus is the Belarusian Ruble (BYN).

One hundred kopeks equals one ruble and ruble notes come in 5, 10, 20, 50, 100, 200 and 500 denominations.

It is impossible to buy Belarusian rubles in the majority of European countries, so visitors will need to use the foreign exchange desk at the arrivals hall in MSQ or withdraw money from ATMs around the city.

For general information about the official exchange rates and internal monetary policy, please visit the official website of the National Bank of the Republic of Belarus at www.nbrb.by/engl/.

6.6.3. Electricity

The standard voltage in Belarus is 220V.

Electrical equipment and appliances are equipped with standard European 220-240V two-pin plugs.



6.6.4. Gratuities and Tipping

Tipping is not required in Minsk, although it is common. Occasionally, the service charge is included in the bill. Like anywhere in the world, tipping for above-average service will be appreciated.

6.6.5. Language

Belarusian and Russian are the official languages of Belarus. English is the official language of MINSK 2019.

6.6.6. Opening Hours

Office hours are 09:00 to 18:00, Monday through Friday.

Banking hours are 09:00 to 18:00, Monday through Friday.

Shops generally open around 09:30 or 10:00 and close around 20:00 – 22:00.

Shops are open seven (7) days a week.

6.6.7. Smoking

Smoking is permitted in designated smoking areas.

During MINSK 2019 smokers will be advised to use designated smoking areas away from the public/workforce domains at all venues. There will be stub bins for cigarettes that will be cleaned regularly.

Smoking at Venue premises will be discouraged.

In line with public health advice and for avoidance of doubt, e-cigarettes and other smoking devices may not be used anywhere besides the dedicated smoking areas. Tobacco will not be sold at any Venue.

6.6.8. Taxes (VAT)

VAT in Belarus is similar to that in most European VAT systems, with tax levied on most goods and services. In 2013, Tax Free System that helps foreign nationals get back the VAT on the purchases made in Belarus was introduced.



VAT refund is made only when goods are exported outside the Eurasian Economic Union customs territory. At present, the customs union of the Eurasian Economic Union includes Belarus, Russia, Kazakhstan, Armenia and Kyrgyzstan.

Over 460 shops support to the Tax Free System in Belarus. Buyers get 12.5% of their money back.

For more information please visit www.tax-free.by/en/.

6.6.9. Telephones

The country code for Belarus is +375, and the city code for Minsk is 17.

Belarusian mobile phone numbers have 12 digits, and most mobile numbers start with +375 29, +375 33, +375 44 or +375 25. All 12 digits must be dialled for calls within Belarus. For example: +375 29 XXX XX XX.

6.6.10. Time Zone

Location: Minsk (Belarus)

Time Zone: MSK

UTC Offset: UTC+3 hours.

6.6.11. Tourist information

For more information on Belarus, its sights and culture, please visit the following websites:

www.minsk2019.by;

www.minsktourism.by/en/;

www.vetliva.com;

www.bestbelarus.by.



APPENDIX 1

Training Session & Event Competition Schedule

by Sport – High Level

Version: 3.0

Day 2

Training Day – Saturday, 22 June 2019

AER	Gymnastics – Aerobic	MINSK Arena Skating Stadium	MINSK Arena FoP
Time	Training		
09:00-19:00	Free Training	Training Floor	

Day 3

Training Day – Sunday, 23 June 2019

AER	Gymnastics – Aerobic	MINSK Arena Skating Stadium	MINSK Arena FoP
Time	Training		
09:00-19:00	Free Training	Training Floor	



Day 4

Competition Day – Monday, 24 June 2019

AER	Gymnastics – Aerobic	MINSK Arena Skating Stadium	MINSK Arena FoP
Time	Training		
09:00-18:00	Free Training	Training Floor	
09:00-12:00	Training Session Allocation		Podium Floor
13:00-14:00	Training Session Allocation		Podium Floor
Time	Competition		Competition Phase
Session AER01	Start: 19:30 End: 20:55		
18:30-19:30	Warm-Up Mixed Pairs		Warm-Up Floor
19:30-20:05	Mixed Pairs		Final
20:30	Mixed Pairs		Medal Ceremony

Day 5

Competition Day – Tuesday, 25 June 2019

AER	Gymnastics – Aerobic	MINSK Arena Skating Stadium	MINSK Arena FoP
Time	Training		
09:00-18:00	Free Training	Training Floor	
09:00-12:00	Training Session Allocation		Podium Floor
13:00-14:00	Training Session Allocation		Podium Floor
Time	Competition		Competition Phase
Session AER01	Start: 19:30 End: 20:55		
18:30-19:30	Warm-Up Groups		Warm-Up Floor
19:30-20:05	Groups		Final
20:30	Groups		Medal Ceremony



APPENDIX 2

Competition Venue Map

MINSK ARENA

Capacity 8000

Distance from AVL 13 km / Travel Time 20 min



Gymnastics - Acrobatic



Gymnastics - Rhythmic



Gymnastics - Trampoline



Gymnastics - Aerobic



Gymnastics - Artistic

0 25 50 100 150 m





Appendix 3. Competition Venues Master Plan





Appendix 4. List of Restricted and Prohibited Items



APPENDIX 4

List of Restricted and Prohibited Items at the sites of MINSK 2019

✓ - Permitted

R - Restricted

X - Prohibited

№	Item Description	Athletes' Village			Other Venues	
		Residents	Guests	Workforce including NOC Assistants	Athletes and Team Officials	Spectators
1	Cold steel, firearms, gas weapons or other types of weapons and their components	X	X	X	R Except for athletes and team officials at Shooting Centre and Sporting Club	X
2	Explosives, firing agents and ammunition, cartridges for gas weapons, capsules (pistons) for hunting weapons; items, the damaging effect of which is based on the use of combustible substances	X	X	R Except those involved in official fireworks	X	X
3	Simulators and imitation of cold steel, firearms, gas weapons or other types of weapons, explosives and ammunition	X	X	X	X	X
4	Toys, which resemble firearms or cold steel	X	X	X	X	X
5	Electroshock devices	X	X	X	X	X
6	Laser pointers and marker pens	X	X	X	X	X
7	Flails, brass knuckles, shuriken, boomerangs and other shock-crushing or throwing objects designed to be used as weapons	X	X	X	X	X
8	Pyrotechnics: signal and lighting flares, signal cartridges, landing grenades, smoke cartridges (grenades), demolitionist's matches, sparkles, railway detonators	X	X	X	X	X
9	Flammable liquids and gases	X	X	X	X	X
10	Gas sprays containing convulsant, tear or other similar agents	X	X	X	X	X
11	Non-pyrotechnic devices and mechanisms including homemade, used for dispersal or spraying of different materials and substances (party poppers)	X	X	X	X	X



12	Narcotic drugs and psychotropic substances, their analogs (also in the form of medicinal agents), toxic or other intoxicating substances, non-smoking tobacco goods such as dissolvable or (and) chewing tobacco	X	X	X	X	X
13	Toxic, poisonous or acrid substances	X	X	X	X	X
14	Oxidizing agents and organic peroxides	X	X	X	X	X
15	Toxicants, radioactive materials and corrosive substances	X	X	X	X	X
16	Advertising materials of any kind	X	X	X	X	X
17	Bulky objects and bags bigger than 40x40x45 centimeters in length, width, height	R Except personal luggage of AVL residents	R Except items that can be searched manually	R Except items that can be searched manually	R Except items that can be searched manually	X
18	Fragile items over 5 kg	X	X	X	X	X
19	Sports goods and equipment, including bicycles, segways, skateboards, kick scooters, etc.	R Except equipment for athletes' training and competitions	X	R Except with prior approval	R Except for items needed for training and competitions	X
20	Baby carriages;	✓	✓	X	✓	✓
21	Animals (except guide dogs, if relevant documents are available)	X	X	X	X	R Except guide dogs, if relevant documents are available
22	Foods and drinks	X	X	X	X	X
23	Alcohol, low-alcohol and energy drinks, beer	X	X	X	X	X
24	Aerosol sprays (except prescribed medicine)	R Except for items needed for repair and maintenance	X	R Except for items needed for repair and maintenance	R Except for items needed for repair and maintenance	X
25	More than 1 pack of drugs or more than 7 different titles (in any form, including aerosols, drops, syringes etc., in the factory original packing) of medication means, except drugs in volumes prescribed by a doctor's prescription (document in Russian or in English), upon presentation of such a recipe or its copies	X	X	X	X	X



26	Work tools	R Except for tools for equipment repair and maintenance	X	R Except for tools for equipment repair and maintenance	R Except for tools for equipment repair and maintenance	X
27	Thermoses and flasks	✓	X	X	✓	X
28	Other items, which resemble prohibited articles or their copies and analogs	X	X	X	X	X
29	Flags and banners larger than 2x1.5 m (except banners and flags, which are part of objects branding and signage)	✓	X	X	X	X
30	Flags, pennons, which are not registered in accordance with the established procedure; emblems, symbols, posters, banners and other items, the content of which is aimed at breakdown of social order, violation of the rights and legitimate interests of citizens as well as war propaganda, or is associated with extremist activities	X	X	X	X	X
31	All types of remotely controlled aerial devices (UAV)	X	X	X	X	X
32	Any kind of radio electronic and high frequency devices, except mobile phones	X	X	R Except for electronic tools for equipment repair and maintenance	R Except for electronic equipment for professional activity	X





Appendix 5. Glossary



APPENDIX 5

Glossary

Aa	Athletes
Ac	Chefs de Mission, Deputy Chefs de Mission
ADS	Arrivals and Departures System
Ao	Team Officials
ATo	Additional Team Officials
AVL	Athletes' Village
CCTV	Closed Circuit Television
DCO	Doping Control Officer
DCS	Doping Control Station
DSA	Different Sport Athletes
EF	European Federation
EFH	EOC Family Hotel
EGIAC	European Games Identity and Accreditation Card
EOC	European Olympic Committees
FIG	Fédération Internationale de Gymnastique
FoP	Field of Play
GRN	Games Route Network
GSA	Government Security Authority
IF	International Federation
IOC	International Olympic Committee
ITO	International Technical Official
LANS	Language Services
LAR	Late Athlete Replacement
MAG	Men's Technical Committee
MEGOC	MINSK 2019 European Games Organising Committee
MKAD	Minsk Ring Road



MSQ	National Airport Minsk
NADA	National Anti-Doping Agency
NOC	National Olympic Committee
NTO	National Technical Official
PSA	Pedestrian Screening Area
PVC	Pre-Valid Card
RFT	Request-for-Transport
ROC	Republican Organising Committee
SBCCS	Security, Border Control and Customs Subcommittee of the Republican Organising Committee
SIC	Sport Information Centre
SID	Sport Information Desk
SSA	Same Sport Athletes
T-A	Athletes' Transport System
T-AB	Athletes' Transport System (Airport Bus)
T-B	Hub Bus Transport System
T-P	Public Transport System
T-X	Taxi Services
UDAC	Uniform Distribution and Accreditation Centre
UEG	Union Européenne De Gymnastique
VAHO	Venue Accreditation Help Office
VSA	Vehicle Screening Area
WADA	World Anti-Doping Agency
WAG	Women's Technical Committee



Competition Venues

CZA	CHIZHOVKA Arena
DST	DINAMO Stadium
FLC	FALCON Club
MSA	MINSK Arena
MSR	Minsk City Centre
MSV	MINSK Arena Velodrome
OCA	Olympic Sports Complex (Archery)
OCB	Olympic Sports Complex (Beach Soccer)
PLA	PALOVA Arena
RGZ	Regatta Course ZASLAVL
SHC	Shooting Centre
STC	Sporting Club
STP	Sports Palace
STU	Sports Palace URUCHIE
TOC	Tennis Olympic Centre





MINSK 2019

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