RHYTHMIC GYMNASTICS
PORTIMÃO 2019 . SEPTEMBER

FIG WORLD CHALLENGE CUP
6 - 7 - 8 SEP.

PORTIMÃO ARENA

WORKPLAN
1. GENERAL PRINCIPLES

The competition is organized under the following FIG rules, as valid in 2019, except for any deviation mentioned in the Rhythmic Gymnastics World Challenge Cup rules:

- Statutes
- Code of Ethics
- Technical Regulations
- World Challenge Cup Rules for Rhythmic Gymnastics
- GR_2019_WChallengeCup_Portimão_Directives 10/10 Lausanne, update 19 June 2019
- Licenses Rules
- Code of Points and relevant Help Desk
- General Judges’ Rules
- Specific Judges’ Rules for Rhythmic Gymnastics
- Medical Organization of FIG Competitions and Events
- Anti-Doping Control Rules
- Media Rules
- Apparatus Norms
- Advertising and Publicity Rules
- Accreditation Rules
- Regulations for Awards Ceremonies

And subsequent decisions of the FIG Executive Committee.

All participating Federations are committed to respect the Statutes and all FIG Regulations, especially with regards to the license, the age and nationality of the gymnasts, as well as the respective regulations concerning “Insurance” (FIG Technical Regulations).
National Federations which have not fulfilled their financial obligations towards the FIG and/or the Local Organizing Committee (LOC) will not be allowed to participate in those Portimão RG Competitions 2019.

2. ORGANIZING COMMITTEE

- **INTERNATIONAL GYMNASTICS FEDERATION (FIG)**
  Contact | Mrs. MARTINET, Sylvie (FIG Coordinator)
  Tel. | +41 (0) 21 321 55 15
  E.mail | smartinet@fig-gymnastics.org
  Website | www.gymnastics.sport

- **FIG – TECHNICAL DELEGATE**
  Mrs. DE COSSIO, Isabelle (FRA)

- **PORTUGUESE GYMNASTICS FEDERATION (FGP)**
  Contact Person | ARAÚJO, Paula (General Secretary)
  Tel. | +351 218 141 145
  E.mail | rgportugal@gympor.com
  Website | www.fgp-ginastica.pt

- **LOCAL ORGANIZING COMMITTEE (LOC) OFFICIALS**

  President | Mr. ROCHA, João Paulo
  Executive Director | Mr. SOUSA, Álvaro
  Local Technical Director | Mrs. SANCHES, Andreia
  General Secretariat Director | Mrs. LOUREIRO, Teresa
  Head of Personnel for Equipment | Mr. HORTA, Tiago
  Head of Scoring Office | Ms. CHAMBEL, Isabel
  Liaison for Juries Matters | Mrs. CARDOSO, Ana Isabel
  Official Doctor | Medical Services | Doping |
  Press & MKT Coordinator | Mrs. CARDOSO, Miguel
  Accommodation and Meals Coordinator | Mrs. PATROCÍNIO, Joana
  Transportation services Coordinator | Mrs. CRUZ, Josefina
  Ceremonies and “Gala” Coordinator | Mr. TOMÁS, Bernardo
  Protocol and Social Program Manager | Mrs. LUCAS, Ana
  Volunteers Manager | Portimão City Hall
  Co-Organization | Algarve Gymnastics Association
  Support |
3. TRAINING AND COMPETITIONS

- VENUE AND TRAINING HALL
  «PORTIMÃO ARENA
  Parque de Feiras e Exposições»
  Address:
  Caldeira do Moinho
  8500-726 Portimão

- APPARATUS SUPPLIED
  GYMNOVA – Refª 6668 (without foam layer)

- TRAINING FACILITIES
  According with the FIG Technical Regulations:
  - Minimum 3 hours per day for federations participating in World Championships competition (Individual exercises / group exercises).
  - If two daily training sessions are scheduled, the minimum time between the two sessions for a team, individual gymnasts or a group, must be 4 hours.

- OFFICIAL TRAINING SCHEDULES
  Those official trainings will start on the 5th of September for all competitors. Delegations must respect the designated training times and the allocated training floors. Access to the competition hall and to the training locations will be given only to the members of
the delegation wearing their accreditation card and only during their respective training times. The training schedules will be given to the Head of Delegation, his or her representative, during the accreditation procedures.

- **GENERAL PROGRAM**

<table>
<thead>
<tr>
<th>04.09 Wednesday (4ª)</th>
<th>All day long</th>
<th>Arrivals and Accreditation</th>
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<tbody>
<tr>
<td></td>
<td>All day long</td>
<td>Trainings in Competition Hall (according schedule)</td>
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<tr>
<td></td>
<td>14:00 – 18:00</td>
<td>WCCup - Judges Instruction (at Competition Hall)</td>
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<td></td>
<td>18:30 – 19:45</td>
<td>Welcome drink and Orientation Meeting</td>
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<tr>
<td>05.09 Thursday (5ª)</td>
<td>10:00 – 14:00</td>
<td>Groups: Training in Competition Hall (according schedule)</td>
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<tr>
<td></td>
<td>14:00 - 15:00</td>
<td>Judges meeting</td>
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<td></td>
<td>15:15 - 16:15</td>
<td>RGI Qualification (Gr. A) Hoop; Ball</td>
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<td></td>
<td>16:30 - 17:30</td>
<td>RGI Qualification (Gr. B) Hoop; Ball</td>
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<tr>
<td></td>
<td>17:45 - 18:45</td>
<td>RGI Qualification (Gr. C) Hoop; Ball</td>
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<tr>
<td></td>
<td>21:00 - 21:25</td>
<td>Opening Ceremony</td>
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<td></td>
<td>21:30 - 22:45</td>
<td>Groups - 5 Balls</td>
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<tr>
<td>06.09 Friday (6ª)</td>
<td>10:00 – 14:00</td>
<td>Groups: Training in Competition Hall (according schedule)</td>
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<td></td>
<td>14:00 - 15:00</td>
<td>Judges meeting</td>
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<tr>
<td></td>
<td>15:15 - 16:15</td>
<td>RGI Qualification (Gr. A) Clubs; Ribbon</td>
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<tr>
<td></td>
<td>16:30 - 17:30</td>
<td>RGI Qualification (Gr. B) Clubs; Ribbon</td>
</tr>
<tr>
<td></td>
<td>17:45 - 18:45</td>
<td>RGI Qualification (Gr. C) Clubs; Ribbon</td>
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<td></td>
<td>18:45</td>
<td>RGI All Around Awards Ceremony</td>
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<td></td>
<td>21:00 - 22:15</td>
<td>RGG – 3 Hoops + 2 pairs of Clubs</td>
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<tr>
<td></td>
<td>22:15</td>
<td>RGG All Around Awards Ceremony</td>
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<tr>
<td>07.09 Saturday (Sábado)</td>
<td>13:45 - 14:45</td>
<td>Judges meeting</td>
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<td>15:00 - 15:40</td>
<td>RGG Final – 5 Balls</td>
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<td></td>
<td>15:45 - 16:45</td>
<td>RGI Finals – Hoop; Ball</td>
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<td></td>
<td>16:50 - 17:30</td>
<td>RGG Final – 3 Hoops + 2 pairs of Clubs</td>
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<td></td>
<td>17:35 - 18:35</td>
<td>RGI Finals – Clubs; Ribbon</td>
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<td></td>
<td>18:45</td>
<td>All Finals Awards Ceremonies</td>
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<td>19:15 - 19:45</td>
<td>Gala and Closing Ceremony</td>
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<td>21:00 - 00:00</td>
<td>Banquet and Farewell Party</td>
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<td>08.09 Sunday (Domingo)</td>
<td>All day long</td>
<td>Departure of the Delegations</td>
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<td>09.09 Monday (2ª)</td>
<td>All day long</td>
<td>Departure of the Delegations</td>
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4. CEREMONIES

• OPENING CEREMONY

The opening ceremony will take place on the 6th of September at 21h00 in the competition hall. Each Delegation must present to the parade 1 gymnast wearing leotard. She must be present at the warm up area no later than 20h45.

• AWARDS CEREMONIES

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

| 7th SEP | Individuals: All-around Groups: All-around | Individual Gymnasts - ranked 1st to 3rd Group Gymnasts - ranked 1st to 3rd |
| 8th SEP | Individuals and Groups (by the competition order) | Individual and Group Gymnasts - ranked 1st to 3rd in each routine |

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

• GALA & CLOSING CEREMONY

The Gala will take place in the Competition Hall after the last medal award ceremony on the 8th of September, from 19h15 to 19h45.

Any Individual gymnast or Group that is interested, is invited and allowed to participate at the “Gala”. This is a free participation.

The ones that are interested in the “Gala” performance must fill in the respective form that will be given at the accreditation procedures. This form with the registration for
“Gala” performance, has to be returned at the LOC Office no later than the 7th of September till 12h00.

5. MEETINGS

- **ORIENTATION MEETING (OM)**

  The Orientation Meeting for the Heads of Delegation or his/her representative will take place on the 5th of September by 18h30, after the welcome greetings by the Mayor of Portimão. During the OM the LOC gives the last updates for competitions and any other important information. According to FIG rules this is compulsory for one person for each Country.

  LOC will prepare transportation from the Venue and return, if needed.

- **JUDGES INSTRUCTION**

  The Judge’s instruction, conducted by the present FIG RG-TC Delegate, Mrs. Isabelle de Cossio, will take place on the 5th of September, from 14h00 to 18h00, at the Venue (Judges Room/Auditorium). All Judges must be present, it is compulsory.

- **JUDGES MEETINGS**

  - 6th of September 14h00/15h00 at the Venue
  - 7th of September 14h00/15h00 at the Venue
  - 8th of September 13h45/14h45 at the Venue

6. ACCREDITATION

The accreditation procedures will take place, at the Venue, immediately upon arrival of the delegations, or by schedule, according the time of arrival at Portimão. Teams will have information during the transfer to Portimão and at each Hotel lobby.
Remember that only the persons who are at the nominative FIG registration can be accredited.

The Head of Delegation or his/her representative must verify and confirm:

- The nominative list of the Team
- The National flag
- The National anthem
- All payments due

The Head of Delegation or his/her representative must show the following issues:

- Passports or Identity Cards of all the Team
- Certification of valid insurance, medical and accident insurance policies written in English language for all the Team
- Music of all exercises, one CD per each routine properly identified for the trainings

Other remarks:

- Any missing photo will be taken upon arrival and the NF will be charged for an extra cost of 20EUR/each – the accreditation will only be available later on – being provided a temporary access pass.
- Any missing payment must be done at the accreditation procedures.

If any of those steps is not duly fulfilled, the participation in the FIG RG WCCup of Portimão 2019 events will not be possible!

Accreditation card must always be visible at the venue. In case of losing the accreditation card a new one will be issued for a cost of 100,00 EUR.

7. TRANSPORTATION SERVICES

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

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

- For the social program running out of Venue (Portimão Arena) there will be dedicated buses.

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

8. MEALS SERVICE

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

Timetable:

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<tbody>
<tr>
<td>Breakfast</td>
<td>at the Hotel</td>
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<tr>
<td>Lunch</td>
<td>from 12h00 to 15h00</td>
</tr>
<tr>
<td>Dinner</td>
<td>from 18h00 to 21h00 (*)</td>
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</tbody>
</table>

(*) On the 4th of September: till 20h30.

- DINNER AND FAREWELL PARTY
The Final Banquet will be offered to all participants who have booked their accommodation through the LOC, on the 8th of September, from 21h00 till midnight.

9. APPARATUS CONTROL

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

10. OTHER INFORMATIONS

- Competition results/scores will be informed at the Hotel lobbies, by the end of each day. A full results book will be sent to all participant National Federations, and to the FIG for download at FIG website;
- After each competition the results will be posted on different places of the Venue. We will not provide copy of the results after competition;
- Information boxes: each delegation has an information box at the entrance of the LOC Office at the Venue;
- Bottles of water and some fruit will be at gymnasts’ disposal.

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