



CÂMARA
MUNICIPAL DE
GUIMARÃES



TEMPO LIVRE
GUIMARÃES



GINÁSTICA ARTÍSTICA

TAÇA DO MUNDO



MULTIUSOS GUIMARÃES // SETEMBRO 19-22 // 2019

WORKPLAN

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1.Organisation

1.1 *Foreword*

Organising a World Cup stage in Portugal in Artistic Gymnastics is part of a plan to promote our sport in our country and abroad. This helps to call the media attention and to show the Portuguese population the beauty of this sport.

Both an honour and a pleasure it is, surely, a big responsibility that we undertake with energy and enthusiasm.

The day is approaching and we look forward to receive in our country all of you for what, we hope, will be an experience to remember.

Everything is being carefully prepared for our gymnastics friends from around the world to feel both comfortable and motivated.

So, pack your gear, have a safe journey and come to us in the end of the month for a fantastic World Challenge Cup in Men and Women Artistic Gymnastics.

See you in Guimarães!!

1.2 Organising Committee

| | |
|---|--|
| <i>President</i> | <i>João Paulo Rocha</i> |
| <i>Executive Board</i> | <i>Álvaro Sousa Paula Araújo</i> |
| <i>Financial Board</i> | <i>Ricardo Antunes Sandra Vieira</i> |
| <i>Technical Board & competition management</i> | <i>André Nogueira</i> |

| | |
|---|--------------------------|
| <i>Accommodation & Transportation</i> | <i>Rui Martins</i> |
| <i>Protocol & social programme</i> | <i>Bernardo Tomás</i> |
| <i>Marketing & Media</i> | <i>Joana Patrocínio</i> |
| <i>Responsible for judges MAG</i> | <i>Edmundo Silva</i> |
| <i>Responsible for judges WAG</i> | <i>Liliana Rodrigues</i> |
| <i>Volunteers</i> | <i>Catarina Ferreira</i> |
| <i>Accreditation</i> | <i>Paula Araújo</i> |
| <i>Equipment</i> | <i>Tiago Horta</i> |

Gymnastics Federation of Portugal (GFP)

Contact Person: Paula Araújo – Secretary General

Estrada da Luz, n.º30 – A

1600-159 Lisboa - Portugal

Tel : +351.218141145 / Fax: +351.218142950

e-mail: gympor@gympor.com

website: www.fgp-ginastica.pt

1.3 Fédération Internationale de Gymnastique (FIG)

Fédération Internationale de Gymnastique

Contact person : Terhi Toivanen

Avenue de la gare 12

1003 Lausanne / Switzerland

Tel: +41 (0)21 321 55 10

Fax: +41 (0)21 321 55 19

e-mail : ttoivanen@fig-gymnastics.org

website: www.fig-gymnastics.com

2.Competition

2.1 Program

| | | |
|---|---|--|
| September 16th All day | Monday Arrival of delegations | |
| September 17th All day | Tuesday Arrival of delegations | |
| 16H00-19H00 | Training as per request in the warm up hall | Warm up hall |
| September 18th All day 9H30 – 12H00 | Wednesday Arrival of FIG technical delegates Official trainings | Competition Hall/ Warm up hall |
| 16h00 – 18h30 | Official trainings | Competition Hall/ Warm up hall |
| 19H30 - 20H15 20H15 – 21H00 | Reception Orientation meeting | City Hall City Hall |
| September 19th 9H30 – 12H00 14H50 – 15H50 | Thursday Training as per request in the warm up hall Judges meeting WAG/MAG SIPIGym (scoring system) instruction for WAG SIPIGym (scoring system) instruction for MAG Warm-up Competition I – Qualifications MAG – FX, PH, R / WAG – VT, UB | Warm up hall WAG/MAG judges room WAG/MAG judges room WAG/MAG judges room Warm up hall Competition hall |
| September 20th 9H30 – 12H00 14H50 – 15H50 | Friday Training as per request in the warm up hall Judges meeting WAG/MAG | Warm up hall WAG/MAG judges room |
| 15H00 – 16H00 16H00 – 19H00 | Warm-up Competition I – Qualifications MAG – VT, PB, HB / WAG – BB, FX | Warm up hall Competition Hall |
| September 21st 09H00 – 11H00 13H30 – 14H30 13H30 – 14H30 14H30 – 14H58 15H00 – 15H45 15H45 – 15H55 15H55 – 16H30 16H30 – 17H15 17H15 – 17H30 | Saturday Free training Training (finalists only) Judges meeting WAG / Judges meeting MAG Opening ceremony Finals: MAG Floor & WAG Vault Award Ceremonies Finals: MAG Pommel Horse Finals: MAG Rings & WAG U. Bars Award Ceremonies | Warm up hall Competition Hall WAG/MAG judges room Competition Hall Competition Hall Competition Hall Competition Hall Competition Hall Competition Hall |
| September 22nd 09H00 – 11H00 13H30 – 14H30 14H00 – 15H00 15H00 – 15H35 15H35 – 16H20 16H20 – 16H35 16H35 – 17H20 17H20 – 17H30 20H30 | Sunday Free training Training (finalists only) Judges meeting WAG / Judges meeting MAG Finals: MAG Vault Finals: MAG P. Bars & WAG B. Beam Award Ceremonies Finals: MAG High Bar & WAG Floor Award Ceremonies Closing banquet | Warm up hall Competition Hall WAG/MAG judges room Competition Hall Competition Hall Competition Hall Competition Hall Competition Hall To be announced |
| September 23rd All day | Monday Departure of delegations Departure of FIG Technical delegates | |

2.2 Competition and warm-up Hall

The venue is Multiusos de Guimarães, in Guimarães with a usable sports area of more than 3.000 m², and capacity for more than 2.500 spectators.

Competition and Warm up halls are conveniently located side by side allowing gymnasts a good standard in preparing themselves for the competition.

Also, this disposition permits a faster and smoother way of developing the competition procedures.

2.3 New elements

New elements must be submitted no later than:

September 18th (Wednesday) at 15H00 – For Qualifications

September 20th (Friday) at 15H00 – For first day of Finals

September 21st (Saturday) at 15H00 – For second day of Finals

2.4 Requests for apparatuses raise

Requests for apparatus raise (competition and warm up halls) must be submitted in advance at the moment of accreditation. Changing apparatus height without permission is a violation previewed in the Codes of Points and will be sanctioned accordingly.










In case of any contradiction FIG Apparatus Norms will prevail.

2.5 Training program

Official trainings schedule – 18-09-2019 (Wednesday)











Warm up hall

Competition hall

| | MAG | | | | | | | WAG | | | |
|---------------|---|---|---|-----------|---|---|---------------|---|---|---|---|
| |  |  |  | |  |  | |  |  |  |  |
| 09H30 – 10H00 | General Warm Up | | | | | | 09H45 – 10H15 | General Warm Up | | | |
| 10H00 – 10H20 | POR / POL | JPN / NOR | MEX / AUT | COL / ITA | FIN | PUR / CRO | 10H15 – 10H40 | POR | MEX / PUR | CAN / RSA | CRO / FIN |
| 10H20 - 10H40 | PUR / CRO | POR / POL | JPN / NOR | MEX / AUT | COL / ITA | FIN | 10H40- 11H05 | CRO / FIN | POR | MEX / PUR | CAN / RSA |
| 10H40 - 11H00 | FIN | PUR / CRO | POR / POL | JPN / NOR | MEX / AUT | COL / ITA | 11H05 – 11H30 | CAN / RSA | CRO / FIN | POR | MEX / PUR |
| 11H00 - 11H20 | COL / ITA | FIN | PUR / CRO | POR / POL | JPN / NOR | MEX / AUT | 11H30 – 11H55 | MEX / PUR | CAN / RSA | CRO / FIN | POR |
| 11H20 - 11H40 | MEX / AUT | COL / ITA | FIN | PUR / CRO | POR / POL | JPN / NOR | | | | | |
| 11H40 - 12H00 | JPN / NOR | MEX / AUT | COL / ITA | FIN | PUR / CRO | POR / POL | | | | | |

Competition hall

Warm up hall

| | MAG | | | | | | | WAG | | | |
|----------------------|---|---|---|---|---|---|----------------------|---|---|---|---|
| |  |  |  |  |  |  | |  |  |  |  |
| 16H00 – 16H30 | <i>General Warm Up</i> | | | | | | 16H15 - 16H45 | <i>General Warm Up</i> | | | |
| 16H30 – 16H50 | POR / POL | JPN / NOR | MEX / AUT | COL / ITA | FIN | PUR / CRO | 16H45 - 17H10 | POR | MEX / PUR | CAN / RSA | CRO / FIN |
| 16H50 - 17H10 | PUR / CRO | POR / POL | JPN / NOR | MEX / AUT | COL / ITA | FIN | 17H10 - 17H35 | CRO / FIN | POR | MEX / PUR | CAN / RSA |
| 17H10 - 17H30 | FIN | PUR / CRO | POR / POL | JPN / NOR | MEX / AUT | COL / ITA | 17H35 - 18H00 | CAN / RSA | CRO / FIN | POR | MEX / PUR |
| 17H30 - 17H50 | COL / ITA | FIN | PUR / CRO | POR / POL | JPN / NOR | MEX / AUT | 18H00 - 18H25 | MEX / PUR | CAN / RSA | CRO / FIN | POR |
| 17H50 - 18H10 | MEX / AUT | COL / ITA | FIN | PUR / CRO | POR / POL | JPN / NOR | | | | | |
| 18H10 - 18H30 | JPN / NOR | MEX / AUT | COL / ITA | FIN | PUR / CRO | POR / POL | | | | | |

2.6 Competition and warm up format

Accordingly to the FIG rules for Challenge Cup and all the other FIG rules and regulation in force, namely the Codes of Points, The Technical Rules and the FIG Statutes, the competition will unfold in two stages, that is, on September 19th and 20th gymnasts will compete to qualify for Finals to be held on September 21st and 22nd. The eight best MAG gymnasts and eight WAG gymnasts in each apparatus qualify for Finals.

Qualifications will be made in two moments on which day.

Thursday 19th

1st moment in the afternoon:

MAG – floor and pommel horse

WAG – Vault

2nd moment in the afternoon:

MAG – Rings

WAG – Uneven Bars

Friday 20th

1st moment in the afternoon:

MAG – Vault and P. Bars

WAG – Beam

2nd moment in the afternoon:

MAG – High-bar

WAG – Floor

There's no "touch warm-up" during competition.











Should there be the case that the organizing country fails to qualify a gymnast for any of the MAG apparatus Finals or for the WAG apparatus Finals, it is entitled to one wildcard to a MAG apparatus, and one wildcard to a WAG apparatus to the choice of the country.

In this case, nine gymnasts will compete in the respective Final, being the gymnasts to whom the wildcard was conceded the first to perform.

On the Finals days, gymnasts have the right to warm up 1 hour in the competition hall before the competition, leaving the arena 30 minutes before the start of the competition. Teams are advised to pay attention to the stage managers directions so that the competitions can unfold in a swift and fluid manner.

2.7 Starting orders for finals

Following the respective draw the starting orders for finals will be the following:

| Starting orders CIII | | | | | | | | | | | |
|----------------------|-----------------|---|---|---|---|---|---|--|---|---|---|
| MAG | | | | | | | WAG | | | | |
| Rankings CI | |  |  |  |  |  |  |  |  |  |  |
| | 1 st | 5 | 4 | 5 | 1 | 6 | 3 | 2 | 7 | 4 | 8 |
| | 2 nd | 8 | 3 | 2 | 5 | 7 | 1 | 5 | 3 | 7 | 6 |
| | 3 rd | 2 | 6 | 7 | 6 | 3 | 4 | 6 | 5 | 2 | 1 |
| | 4 th | 3 | 8 | 4 | 4 | 8 | 8 | 1 | 8 | 3 | 4 |
| | 5 th | 4 | 1 | 3 | 8 | 1 | 7 | 8 | 4 | 1 | 7 |
| | 6 th | 6 | 5 | 1 | 2 | 2 | 6 | 7 | 6 | 8 | 3 |
| | 7 th | 7 | 7 | 8 | 3 | 4 | 5 | 4 | 1 | 5 | 5 |
| | 8 th | 1 | 2 | 6 | 7 | 5 | 2 | 3 | 2 | 6 | 2 |

2.8 Floor Exercise music

The floor music's to be used for the competition should be sent to gamgaf@gympor.com by wetransfer until 15th of September of 2019, with the information of COUNTRY_GYMNAST_bib, example: POR_MARTINS_214




2.9 Warm up and competition equipment

There will be identical sets of apparatus in the warm up and competition halls. The official supplier of the competition is FIG approved manufacturer Gymnova.

2.10 MAG gymnasts nominative entries

| # | NF | ID | Last name | First name |  |  |  |  |  |  |
|-----|-----|-------|----------------|---------------|---|--|---|---|---|---|
| 101 | AUT | 10745 | MAIROSER | Johannes | X | X | X | X | X | X |
| 102 | AUT | 10736 | KOPEINIK | Daniel | X | X | X | X | X | X |
| 103 | COL | 33043 | MARTINEZ | Manuel | X | X | X | X | X | X |
| 104 | COL | 21967 | BOHORQUEZ | Kristopher | X | X | X | X | X | X |
| 105 | CRO | 30537 | BENOVIC | Aurel | X | | | | | |
| 106 | CRO | 5371 | BARON | Matija | | X | | | | |
| 107 | CRO | 16512 | PRPIC | Renato | | X | | | | |
| 108 | FIN | 41454 | MIKKOLA | Eeli | X | | | | X | X |
| 109 | FIN | 29663 | PALMROTH | Patrick | X | | X | X | X | |
| 110 | FIN | 9809 | PAEIVAENEN | Jimi | | X | | | | |
| 111 | FIN | 12645 | TITOV | Pavel | | X | | | | |
| 112 | FIN | 36189 | KANERVA | Tarmo | | | X | | | X |
| 113 | ITA | 35272 | ABBADINI | Yumin | X | X | X | X | X | X |
| 114 | ITA | 37914 | ZURLINI | Umberto | X | X | | X | | |
| 115 | ITA | 37946 | VALLE | Fabrizio | | | X | | X | X |
| 116 | JPN | 48785 | NAGANO | Takuya | X | | X | | X | |
| 117 | JPN | 42001 | SUGINO | Takaaki | X | X | | | | X |
| 118 | JPN | 48703 | KOHAMA | Hirohito | | | | | X | X |
| 119 | MEX | 6055 | CORRAL | Daniel | X | X | | | X | |
| 120 | MEX | 21604 | CERDA | Kevin | X | | X | | | X |
| 121 | MEX | 32919 | NUNEZ | Isaac | | X | | | X | X |
| 122 | MEX | 22892 | DE LUNA | Fabian | | | X | X | | |
| 123 | NOR | 32579 | GADDERUD | Theodor | X | X | X | X | X | X |
| 124 | NOR | 22943 | JOHNSEN | Fredrik | X | X | X | X | X | X |
| 125 | POL | 21886 | GAWRONSKI | Sebastian | X | X | X | X | X | X |
| 126 | POL | 19347 | RABSTAJN | Patryk | X | X | | | X | X |
| 127 | POR | 21092 | ALMEIDA | Bernardo | HC | HC | X | HC | HC | X |
| 128 | POR | 40971 | CAMPOS | Guilherme | X | | | X | | |
| 129 | POR | 12013 | AGUIAR BARBOSA | Petrix Stevan | X | X | X | X | X | X |
| 130 | POR | 5430 | ROMERO | Diogo | | X | | | | |
| 131 | PUR | 30748 | LOPEZ | Jose | X | | X | X | | X |
| 132 | PUR | 28582 | PEREZ GINES | Andres | X | X | | | X | X |
| 133 | PUR | 33102 | COTTO | Isaac Jose | | X | X | | X | |

2.11 WAG gymnasts nominative entries

| # | NF | ID | Last name | First name |  |  |  |  |
|-----|-----|-------|-------------|------------|---|---|---|---|
| 201 | CAN | 38286 | PATERSON | Imogen | X | X | X | X |
| 202 | CAN | 31547 | MAROIS | Sophie | X | X | X | X |
| 203 | CRO | 3681 | TKALCEC | Tijana | X | | | |
| 204 | CRO | 21444 | FURAC | Petra | X | X | X | X |
| 205 | CRO | 21313 | DEREK | Ana | | | X | X |
| 206 | FIN | 38251 | NIEMINEN | Nitta | X | X | X | X |
| 207 | FIN | 6044 | URVIKKO | Annika | X | X | X | X |
| 208 | MEX | 6023 | GARCIA | Elsa | | X | X | |
| 209 | MEX | 11417 | MORENO | Alexa | X | | | X |
| 210 | MEX | 11618 | LAGO | Ana | | | X | X |
| 211 | MEX | 45786 | ESPARZA | Frida | | X | | |
| 212 | POR | 29956 | MARIANITO | Mariana | X | | | X |
| 213 | POR | 35869 | FERREIRA | Rafaela | X | X | | |
| 214 | POR | 12254 | MARTINS | Filipa | | X | X | |
| 215 | POR | 38342 | DIAS | Beatriz | | | X | X |
| HC | POR | 40990 | CARDOSO | Beatriz | X | | X | |
| HC | POR | 23447 | PITREZ | Mariana | | X | | |
| 216 | PUR | 21034 | DIAZ | Karelys | X | X | X | |
| 217 | PUR | 14245 | MEJIAS | Paula | X | X | | X |
| 218 | PUR | 40960 | LEON | Bianca | | | X | X |
| 219 | RSA | 48895 | VAN HEERDEN | Carmen | X | | X | |
| 220 | RSA | 20893 | RANKOE | Mammule | | X | | X |
| 221 | RSA | 37369 | BESSIT | Tamsyn | | | X | X |

2.12 Starting order WAG/MAG qualifications

According to FIG rules, the starting order for the qualifications will take place after the orientation meeting.

Confirmation of apparatus should be delivered to LOC, maximum at the time of beginning of the orientation meeting.

2.13 MAG judges nominative entries

| NF | ID | Last name | First name | Function 1 |
|-----|-------|------------------|----------------|---------------------------|
| AUT | 1732 | HAYN | Thomas | MAG Senior Judge (Cat. 2) |
| BRA | 1767 | BRASIL | Sandro | MAG Senior Judge (Cat. 3) |
| COL | 3906 | RAMIREZ CARMONA | Juan Pablo | MAG Senior Judge (Cat. 2) |
| CRO | 3148 | SOLAR | Nenad | MAG Senior Judge (Cat. 4) |
| ESP | 4694 | PIZARRO | Juan Urbano | MAG Senior Judge (Cat. 2) |
| FIN | 12353 | AALTO | Sami | MAG Senior Judge (Cat. 3) |
| ITA | 1830 | MANDICH | Flavio Dante | MAG Senior Judge (Cat. 2) |
| JPN | 66503 | SASAKI | Akifumi | MAG Senior Judge (Cat. 4) |
| JPN | 4769 | HANAKITA | Kei | MAG Senior Judge (Cat. 2) |
| MEX | 1817 | VALENZUELA GOMEZ | Cesar Fernando | MAG Senior Judge (Cat. 2) |
| NOR | 52116 | JENSEN | Borre | MAG Senior Judge (Cat. 3) |
| POL | 1757 | PELC | Zbigniew | MAG Senior Judge (Cat. 3) |
| POR | 2960 | COSTA | Manuel | MAG Senior Judge (Cat. 3) |
| POR | 2973 | MOTA | Paulo | MAG Senior Judge (Cat. 2) |
| PUR | 3495 | SUCART | Jose Manuel | MAG Senior Judge (Cat. 2) |

2.14 WAG judges nominative entries

| NF | ID | Last name | First name | Function 1 |
|-----|-------|-------------------|------------------|---------------------------|
| CAN | 2223 | SMITH | Wendy | WAG Senior Judge (Cat. 2) |
| CRO | 13206 | BADIC | Aida | WAG Senior Judge (Cat. 4) |
| FIN | 2073 | SALONEN | Jonna | WAG Senior Judge (Cat. 2) |
| MEX | 2493 | BARRON INFANTE | Socorro Alicia | WAG Senior Judge (Cat. 3) |
| MEX | 11802 | CANSINO GONI | Ligia Del Carmen | WAG Senior Judge (Cat. 3) |
| POR | 2575 | DOS SANTOS MENDES | Lina Maria | WAG Senior Judge (Cat. 3) |
| POR | 4611 | NEVES | Joana | WAG Senior Judge (Cat. 2) |
| PUR | 29884 | VAZQUEZ AVILES | Nicolle D | WAG Senior Judge (Cat. 3) |
| RSA | 2938 | LINDEQUE | Lynette Beatrice | WAG Senior Judge (Cat. 3) |

2.15 FIG technical delegates

FIG technical delegates appointed to this competition are the following:

WAG – Mrs. Donatella Sacchi – FIG/WTC President – arrival on 18th of September

MAG – Mr. Julio Marcos – FIG/MTC member – arrival on 18th of September

2.16 Scoring

Scoring will be assured by SIPIGym© scoring system.

An instruction for how to use the system for all judges, supervisors and technical delegates will be carried after the judges meeting on the 19th of June, prior to start of competition.

2.17 Inquiries

Inquiries for the difficulty scores will be allowed.

The detailed procedure is laid down in the respective Appendix of the MAG and WAG Code of Points. In case of any contradiction FIG Technical Regulations will prevail.

2.18 Doping controls

Under the supervision of the FIG, doping control will be organized by the Organizing Committee during this World Cup stage in accordance with the valid FIG-WADA Doping Control Regulations. The doping controls may take place at any time during the training, podium training, competition times or after competition.

2.19 Medical and paramedical assistance

Medical and paramedical assistance will be available for all gymnasts during trainings and competitions on site.

2.20 Prize money

The following amounts will be paid as prize money (the equivalent sum in Euros) to the finalists, accordingly to the World Challenge Cup rules:

| Ranking | Prize Money (CHF) |
|----------------|--------------------------|
| 1 | 800 |
| 2 | 600 |
| 3 | 400 |
| 4 | 300 |
| 5 | 250 |
| 6 | 200 |
| 7 | 150 |
| 8 | 100 |

Should there be a tie in any place, the combined prize money for the place in question and subsequent one is split between the tied gymnasts.

The Gymnastics Federation of Portugal will transfer the Prize money to the National Federations bank account.

3. Administration

3.1 Accommodation

Hotel Guimarães (4*)

Rua Eduardo Manuel de Almeida 202, 4810-440 Guimarães

<http://www.hotel-guimaraes.com/>

Stay Hotel Guimarães (4*)

Av. Dom João IV 631, S. Sebastião, 4810-532 Guimarães

<http://www.stayhotels.pt/guimaraes-centro/m/en/>

Open Village Hotel Guimarães (4*)

Travessa da Ribeira, 629 (Mesão Frio), 4810-235

Guimarães

<http://www.ovs.pt/>

Flag Hotel Guimarães Fafe (3*)

Av. do Brasil, 4820-121 – Fafe

<http://fafeflaghotel.com/>

3.2 Meals

Lunch and dinner will be served at the Multiusos with the following schedule

| Day | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|--------|-------|-------|-------|-------|-------|-------|-------|
| Lunch | 12h30 | 12h30 | 12h30 | 12h00 | 12h00 | 11h30 | 11h30 |
| | - | - | - | - | - | - | - |
| | 14h30 | 14h30 | 14h30 | 15h00 | 15h00 | 14h30 | 14h30 |
| Dinner | 19h00 | 19h00 | 18h30 | 18h30 | 18h30 | 18h30 | |
| | - | - | - | - | - | - | X |
| | 21h30 | 21h30 | 21h00 | 21h00 | 21h00 | 21h00 | |

3.3 International transportation

The travel to Oporto Airport (OPO) will be at each delegation's own expenses.

3.4 Local transportation

Accredited delegations that will stay at one of the official hotels, who will book their accommodation through the Organizing Committee and who will fill in their travel schedule form in due time, will be provided with free local transport exclusively from the Oporto International Airport to the official

hotels and back. Also there will be a bus shuttle service devised to transport entitled participants from the hotels to the competition venue and back, and for any other eventually previewed social events.

The following entities will not be provided with any type of local transport. They will not be entitled to use the free OC transportation system and will be responsible to be in time at the designated places of meeting, trainings, competitions or social events:

- Non accredited persons;
- Accredited persons who will not stay at one of the OC official hotels;
- Accredited persons who have not booked their accommodation through the OC;
- Accredited persons who choose not to arrive at Oporto International airport must confer with the OC the possibility of getting a bus transfer.

All persons travelling in OC transports will be controlled regarding their right to use this service.

3.5 Visa

Please verify if a visa is required for your travel to Portugal. The Organizing Committee will be happy to assist each Delegation member with an official invitation letter if not done so yet.

3.6 FIG licenses

Please make sure that all gymnasts have a valid FIG license. This prerequisite will be checked during accreditation and participation will be denied to those not matching this demand.

If the gymnast is not able to show her License at accreditation, the Organizing Committee may check on the official FIG Website if the gymnast has a valid License.

If this can be verified in due time by the Local Organizing Committee, the gymnast may participate in the competition by paying a fee of CHF 20.- to the Organizing Committee.

3.7 Insurance

The Organizing Committee and the FIG will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like. The FIG Technical Regulations foresee that all participating Federations are responsible for making their own arrangements to have the necessary valid

insurance coverage against illness, accidents and for repatriation for all the members of their Delegation.

The OC will verify the insurance upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy).

According to FIG communication dated September 14th, 2012 concerning the conclusion by FIG of an IMSSA insurance covering all athletes holding a valid FIG License as well as all judges with a valid International Judges Brevet.

Delegation members with insufficient insurance cover must inform the OC in writing in advance. The OC will subsequently offer insurance at the Federations own charge as follows: 35€ per person / day.

4. Practical informations

OFFICIAL LANGUAGE

Official language in Portugal is Portuguese. A majority of the population speaks also English and/or French and/or Spanish.

CURRENCY

The official currency in Portugal is the EURO. No other currency is accepted outside the airport for commercial transactions.

POWER SUPPLY

Voltage is 220V. Some countries use plugs different from those used in Portugal which are alike the most part of European countries. You can find adaptors easily in any convenience store.

WATER

Tap water is drinkable and of very good quality.

OFFICIAL TIME

Time zone in Portugal in September is GMT + 1:00

CLIMATE

The climate in Portugal is mild moist. The average temperature in September is about 27°C – 75°F

In September the sunrise is about 07H00 and sunset about 20H00.

CREDIT AND DEBIT CARDS

Credit and debit cards are of general use, and all major credit cards are accepted. There are numerous ATM throughout in all cities where you can cash directly in Euros. Should you carry a foreign currency and need to change it, it is better for you to do it in a bank, because in other cases (hotels, for example) additional taxes may apply. Banks are usually opened Monday to Friday 08H30 – 15H00.

SHOPS

Shops are usually opened Monday to Friday from 09H00 to 13H00 and 15H00 to 19H00 – Saturdays 09H00 to 13H00. Shopping malls are usually opened Monday to Sunday from 10H00 to 23H00.

FOOD

Portuguese food is worldwide known as rich and tasty. You can have a good quality meal in an average restaurant for a good price. In most restaurants you can have a typical Portuguese meal or you can choose an international dish.

USEFUL PHONE NUMBERS

| | |
|-----------------|-------------|
| Emergency | 112 |
| Police | 253 540 660 |
| Fire department | 253 515 444 |
| Oporto Airport | 229 432 400 |

OC contact number (16th to the 22th of June) - +351926242558