

GCP LISBON INTERNATIONAL TOURNAMENT Rhythmic Gymnastics 2020



Photo: Manuel Fernandes

SENIORS AND JUNIORS
INDIVIDUALS AND GROUPS

12-15.MARCH

LISBON
PORTUGAL

DIRECTIVES

CASAL VISTOSO MUNICIPALITY SPORTS COMPLEX

www.lisbonrg.pt

lisbonrg@gcp.pt

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ORGANISATION



INSTITUTIONAL SUPPORT



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GCP Lisbon International Rhythmic Gymnastics aTournament Lisbon – Portugal - 2020

March 10th to 15th

***Seniors: Individuals and Groups / Juniors:
Individuals and Groups***

DIRECTIVES

Event ID: 16383

Dear FIG affiliated Member Federation,

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

DISCIPLINE	Rhythmic Gymnastics
HOST FEDERATION	Gymnastics Federation of Portugal – FGP, POR Estrada da Luz, n.º 30-A 1600-159 Lisboa, Portugal Tel: +351 21 814 11 45 Fax: +351 21 814 29 50 E-mail: gympor@gympor.com website: http:// www.fgp-qinastica.pt
LOCAL ORGANIZING COMMITTEE	GCP - Ginásio Clube Português General Manager: Mr. José Carlos Reis Tel: +351 213841583 E-mail: lisbonrg@gcp.pt website: www.lisbonrg.pt Address: Praça do Ginásio Clube Português, nº1 1250 – 111 Lisboa, Portugal
LOCATION	Lisbon, Portugal
DATE	From 10th to 15th of March, 2020
VENUE	MUNICIPALITY SPORTS COMPLEX CASAL VISTOSO Address: Rua João da Silva 1900-271 Lisboa, Portugal Webpage: click here



<p>APPARATUS SUPPLIER</p>	<p>Floor: GYMNOVA – Ref^a 6667 – London Replacement Apparatus Rope – Venturelli, RO18-PL2, Size: L, 3 m 1 cm, Quality: nylon Hoop Senior – Venturelli, HO18-85, weight 300 g Hoop Junior – Venturelli, HO18-85, weight 300 g Ball – Venturelli, BAL1818W, CM18, COD.016 Clubs – Venturelli, C450 18T, Club 45 CM rubber head and plastic body, Ribbon Senior – Venturelli Stick without ribbon, STICK ST5918 - Stick without ribbon, with rubber grip, 59cm long, Fiberglass, several colours Ribbon without stick, RIB618 - Ribbon without stick, 5,4 cm wide, 6 m and above, weight 35 g and above, Rayon Ribbon Junior – Venturelli Stick without ribbon, STICK ST5616 - Stick without ribbon, with rubber grip, 56cm long, Fiberglass, several colours Ribbon without stick, RIB518 - Ribbon without stick for Juniors, 5,4 cm wide, 5 m and above, weight 30 g and above, Rayon.</p>
<p>RULES AND REGULATIONS</p>	<p>The event will be organized under the following FIG rules, as valid in the year of the event, except for any deviation mentioned in these directives:</p> <ul style="list-style-type: none"> - Statutes - Technical Regulations - Code of Points and relevant Newsletters - General Judges' Rules - Specific Judges' Rules - Doping Control Rules - Licenses Rules (except for non competitive events) - Accreditation Rules - Medal Ceremonies Rules - Media Rules - Apparatus Norms - FIG Rules for Sanctioning (approval) of International Events - Advertising and Publicity Rules <p>and subsequent decisions of the FIG Executive Committee</p>
<p>GYMNASTS Hand APPARATUS</p>	<p>The changes of the Apparatus Norms for the Hand Apparatus, valid for Apparatus Manufacturers and Gymnasts entered into force from 01 January 2019.</p> <p>The list of the RG Hand Apparatus with valid certificates is published on the FIG website and updated regularly. Make sure that your gymnasts use only FIG certified Hand Apparatus for this event and for any other FIG recognized competitions, as they will not be allowed to compete with an Apparatus which does not comply with the norms.</p> <p>Random checks on the FIG and Manufacturers' Logos will be carried out at any time during the Event.</p>
<p>INVITED CLUBS, ASSOCIATIONS AND FEDERATIONS</p>	<p>All International Federations, Associations and Clubs in good standing are entitled to participate with unlimited gymnasts and groups.</p> <p>National clubs can participate with a maximum of 3 individual Junior gymnasts, 3 individual Senior gymnasts and unlimited groups. National gymnasts must be assigned to the 1st Division level during the current season (2019/2020).</p>

<p>SIZE OF DELEGATIONS AND LICENSES</p>	<p>Only gymnasts in good standing with the correct age and holding a <u>valid FIG License</u>, valid until the end of the event may participate. The Local Organizing Committee will be responsible for checking the validity of the gymnasts Licenses. No gymnast will be accepted without a valid FIG License at the time of the event. The maximum size of the invited delegation is as follows:</p> <table border="1" data-bbox="389 479 1442 969"> <thead> <tr> <th>Delegation</th> <th>Allowed registration</th> <th>Maximum</th> </tr> </thead> <tbody> <tr> <td>Head of Delegation (HD)</td> <td>1</td> <td>1</td> </tr> <tr> <td>Team Manager (TM)</td> <td>1</td> <td>1</td> </tr> <tr> <td>Coaches (**)</td> <td>1 individual 1 groups</td> <td>3 (**)</td> </tr> <tr> <td>Gymnasts (*)</td> <td>Unlimited (*)</td> <td>Unlimited (*)</td> </tr> <tr> <td>Physiotherapist</td> <td>1</td> <td>-</td> </tr> <tr> <td>Judges</td> <td>1 for individual Junior + 1 for individual Senior + 1 for Groups</td> <td>3</td> </tr> </tbody> </table> <p>(*) Portuguese Clubs - Registration Limit: - 6 in total ; 3 junior and 3 senior - The Organizing Club (GCP) reserves the right to be able to register more gymnasts.</p> <p>Limited number of inscriptions – basis “first come, first serve”.</p>	Delegation	Allowed registration	Maximum	Head of Delegation (HD)	1	1	Team Manager (TM)	1	1	Coaches (**)	1 individual 1 groups	3 (**)	Gymnasts (*)	Unlimited (*)	Unlimited (*)	Physiotherapist	1	-	Judges	1 for individual Junior + 1 for individual Senior + 1 for Groups	3
Delegation	Allowed registration	Maximum																				
Head of Delegation (HD)	1	1																				
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Physiotherapist	1	-																				
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<p>AGE LIMITS</p>	<p>Juniors – Born in 2005, 2006, 2007 Seniors – Born in 2004 or before</p>																					
<p>JUDGES AND JURIES</p>	<p>Only FIG brevetted judges, with the category I, II, III or IV (2017-2020) with the respective brevet (RG I and/or RGG) can judge. The participating Federation/Club/Association, must send minimum one qualified Judge, as mentioned above. Failure to do so will result in a fine of 250 EUR - to be paid to the Organizing Club All judges must have a current valid FIG brevet at the time of the event, in the respective discipline (RGI and / or RGG). Judges must be available for the all days of the tournament.</p>																					
<p>REGISTRATION DEADLINES</p>	<p>On line registration – click here: http://lisbonrg.pt/</p> <table border="1" data-bbox="488 1592 1198 1666"> <tbody> <tr> <td>Definitive registration</td> <td>10th January, 2020</td> </tr> <tr> <td>Nominative registration</td> <td>10th February, 2020</td> </tr> </tbody> </table>	Definitive registration	10 th January, 2020	Nominative registration	10 th February, 2020																	
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<p>ENTRY FEES</p>	<p>The non reimbursable cost for the Entry Fee is: - 40,00€ per gymnast individual and 2^a, 3^a, ... coaches (**) - 120,00€ for groups and 2^a, 3^a, ... coaches (**)</p>																					



<p>ACCREDITATION</p>	<p>Accreditations will be given at the LOC office (Competition Venue).</p> <p>A photo of each member of the delegation (in electronic format – JPEG) must be sent until the nominative registration (10th February 2020). E-mail: lisbonrg@gcp.pt Photo Identification: NAME_FAMILY NAME_CLUB/FEDERATION.JPEG</p> <p>The Head of Delegation must bring to the Accreditation:</p> <ul style="list-style-type: none"> • FIG gymnasts License • Proof of all payments • Certification of valid insurance • Gymnasts and Groups music's (USB drive) • Form/inscription to participate in the International Gala (if you want to) • Music Form
<p>EVENT FORMAT</p>	<ul style="list-style-type: none"> • Juniors: Individual Competitions <ul style="list-style-type: none"> - Qualifications/All-Around Competition - Individual Finals per apparatus (8 best gymnasts after Individual Qualification, two per Country). In addition the Organising Club may participate in the four finals with one gymnast, at its free choice. - FIG competition rules 2017-2020. • Juniors: Groups Competitions: <ul style="list-style-type: none"> - Group Qualification: Group competition with two presentations with: <ul style="list-style-type: none"> • 5 hoops • 5 ribbons The results of these two presentations will be added. <ul style="list-style-type: none"> - Group Finals per apparatus (8 best groups are qualified, one per Country) - FIG competition rules 2017-2020. • Seniors: Individual Competitions <ul style="list-style-type: none"> - Qualifications/All-Around Competition - Individual Finals per apparatus (8 best gymnasts after Individual Qualification, two per Country). In addition the Organising Club may participate in the four finals with one gymnast, at its free choice. - FIG competition rules 2017-2020. • Seniors: Group Competitions <ul style="list-style-type: none"> - Group Qualification: Group competition with two presentations: <ul style="list-style-type: none"> • 5 balls • 3 hoops and 2 pairs of clubs The results of these two presentations will be added. <ul style="list-style-type: none"> - Group Finals per apparatus (8 best groups are qualified, one per Country) - FIG competition rules 2017-2020.



**PROVISIONAL
SCHEDULE
(AFTER THE
DEFINITIVE
ENTRIES, THIS
SCHEDULE MAY BE
REVISED)**

March 9th

- Early Arrival of the Delegations
- Trainings (2H + 2H)

March 10th

- Early Arrival of the Delegations
- Trainings (2H + 2H)

March 11th

- Arrival of the Delegations
- Official Trainings
- Orientation Meeting for Heads of Delegation

March 12th

- Official Trainings
- Judges meeting
- Opening Ceremony
- **Competition possibility according to the number of registrations**

March 13th

- Individual competition:
Juniors: 2 apparatus (Rope & Ball)
Seniors: 2 apparatus (Clubs & Ribbon)
- Groups competition:
Juniors: 1 apparatus (5 Hoops)
Seniors: 1 apparatus (5 Balls)

March 14th

- Individual competition:
Juniors: 2 apparatus (Clubs & Ribbon)
Seniors: 2 apparatus (Hoop & Ball)
Awards Ceremonies
- Groups competition:
Juniors: 1 apparatus (5 Ribbons)
Seniors: 1 apparatus (3 Hoops & 2 pairs of Clubs)
- Awards Ceremonies

March 15th

Finals

- Junior Individuals (8 best gym. per apparatus, 2 per country)
- Senior Individuals (8 best gym. per apparatus, 2 per country)
- Junior Groups: 2 apparatus (8 best groups – 5 Hoops and 5 Ribbons)
- Seniors Groups: 2 apparatus (8 best groups - 5 Balls and 3 Hoops & 2 pairs of Clubs)
- Awards Ceremonies
- International Gala and Closing Ceremony

March 16th

- Delegations departure

The Competition Program can be changed according to the number of participants.



EVENT MANAGER	<p>Ginásio Clube Português Tel: +351 213841583 E-mail: lisbonrg@gcp.pt website: www.lisbonrg.pt Address: Praça do Ginásio Clube Português, nº1 1250 – 111 Lisboa, Portugal</p>								
MEDICAL SERVICES	Physiotherapists will be available in the hall during all the competition schedule.								
VISA	<p>Please verify immediately with your travel agent or the Portuguese Embassy or Consulate in your country if a visa is required for your travel to Portugal. The LOC will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before 10th of January of 2020 to the LOC.</p> <p>The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, the arrival and departure dates of the Delegation Member as well as the city the visa application support letter must be sent to.</p>								
INSURANCE	<p>The Host Federation, the LOC and the FIG will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like.</p> <p>The FIG Technical Regulations foresee that all participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation for all the members of their Delegation.</p> <p>The LOC will verify the insurance upon arrival of the delegation members (e.g. cover note or copy of the valid policy). English version is compulsory.</p> <p>Delegation members with insufficient insurance cover must inform the LOC in advance. The LOC will subsequently offer insurance at the Federations own charge as follows: 40EUR per person/day.</p>								
INTERNATIONAL TRANSPORTATION	<p>The invited participating federations and clubs must pay for the international travel expenses of their delegation members.</p> <p>The Travel Schedule Form must be returned to the LOC until 10th February 2020.</p>								
LOCAL TRANSPORTATION	<p>The LOC will provide free local transportation for all participants (from/to Lisbon airport as well as from/to the hotel and the Competition, Training).</p> <p>Transfers and internal transportations will only be available to those who book accommodation directly with the organization.</p>								
ACCOMMODATION AND MEALS	<p>The invited participating federations must pay for Accommodation and Meals (FB – full board) expenses of their delegation members.</p> <p><u>Book accommodation through the LOC is required.</u></p> <table border="1" data-bbox="438 1635 1380 1792"> <thead> <tr> <th>Four Stars Hotel (per night/person)</th> <th>Three Stars Hotel (per night/person)</th> </tr> </thead> <tbody> <tr> <td>Eur 110 (single room)</td> <td>Eur 95 (single room)</td> </tr> <tr> <td>Eur 90 (double room)</td> <td>Eur 80 (double room)</td> </tr> <tr> <td>Eur 80 (triple room)</td> <td>Eur 75 (triple room)</td> </tr> </tbody> </table> <p>The prices charged for the hotel rooms will not exceed the usual hotel rates. While the Accommodation Form must be returned to the LOC by 10th of January 2020 at the very latest, the Hotel rooms will be allocated on a “first come, first serve” basis.</p>	Four Stars Hotel (per night/person)	Three Stars Hotel (per night/person)	Eur 110 (single room)	Eur 95 (single room)	Eur 90 (double room)	Eur 80 (double room)	Eur 80 (triple room)	Eur 75 (triple room)
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	<p>The costs for the accommodations must be paid to the LOC as follows:</p> <ul style="list-style-type: none"> - 50% of the costs until the 10th of January 2020 - The final payment of the costs until the 10th of February 2020.
CANCELLATION POLICY	<p>Cancellation/Reimbursement Policy: 50% of the costs with Accommodation in FB, shall be reimbursed if the cancellation occurs up to 1 month prior 10th of February, to the event. Afterwards, no reimbursements will be made.</p>
FINAL BANQUET	<p>Tickets to the Final Banquet will be available for the cost of 30,00 € and must be paid at LOC office until 12th of March 2020. The LOC will not reimburse any cancelled entry ticket of the Final Banquet.</p>
BANK ACCOUNT INFORMATION	<p>Bank: BPI IBAN: PT50 0010 0000 2660 2950 0025 3 BIC/Swift: BBPIPTPL</p> <p>Each participating Club, Association or member Federation is kindly requested to integrate the payment's purpose as follows: (Club, Country) - Lisbon FIG RG IT 2020, (Sample: SWE - Lisbon FIG RG IT 2020), and send a bank proof to lisbonrg@gcp.pt</p> <p>The participant federation is responsible for covering all bank fees in connection with the bank transfers.</p>
DEADLINES SUMMARY	<p>Registration (Definitive and Nominative) - on line: www.lisbonrg.pt</p> <p><u>10th January 2020</u></p> <ul style="list-style-type: none"> - Definitive Registration - Accommodation (FB - full board) - Visa Request Form (if you need) - Payment of the Entry Fee (100%) - Payment of the Accommodation in FB (50%) - Payment of the fine for missing judge (if any) <p><u>10th February 2020</u></p> <ul style="list-style-type: none"> - Nominative Registration - A photo of each delegation member (electronic format – JPEG) - Travel Schedule Form - Final Banquet Form - Payment of the Accommodation in FB Costs (remaining 50%) - Music's sent by e-mail lisbonrg@gcp.pt <i>PT - First and Last name - Rope</i>
ADDITIONAL INFORMATION	<p>At the same time, there will be a tournament for Pre-Juniors and others Age Groups, born from 2008 to 2013.</p>

Place and Date:

Lisbon, November 20, 2019



FGP

Signature of the President or
Secretary General of the FIG affiliated NF



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