

GCP LISBON INTERNATIONAL TOURNAMENT Rhythmic Gymnastics 2020



**PRE-JUNIORS
AND AGE GROUPS**
INDIVIDUALS AND GROUPS

12-15.MARCH


**LISBON
PORTUGAL**

Photo: Manuel Fernandes

DIRECTIVES

CASAL VISTOSO MUNICIPALITY SPORTS COMPLEX

 www.lisbonrg.pt

 lisbonrg@gcp.pt

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ORGANISATION



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GCP Lisbon International Rhythmic Gymnastics Tournament
Lisbon - Portugal - 2020
March 10th to 15th

Age Groups 1, 2 and 3 & Pre-juniors: Individuals and Groups

Dear FIG affiliated Member Federation and Clubs,

The **GYMNASTICS FEDERATION OF PORTUGAL** and the **GINÁSIO CLUBE PORTUGUÊS**, have 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 ».

For the **Age Groups** and **Pre-Juniors**, please shall consider the same **DIRECTIVES** as for juniors and seniors, with the following adaptations.

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 Webpage: http:// www.fgp-ginastica.pt
CONTACT PERSON	Event General Manager: Mr. José Carlos Reis Tel: +351 213841583 Email: lisbonrg@gcp.pt Website: www.lisbonrg.pt Address: Praça do Ginásio Clube Português, nº 1 1250-111 Lisboa - Portugal
VENUE	Competition Venue: MUNICIPALITY SPORTS COMPLEX CASAL VISTOSO Address: Rua João da Silva 1900-271 Lisboa, Portugal Webpage: click here
DATE	From March 10 th to March 15 th , 2020
APPARATUS SUPPLIER	GYMNOVA – Refª 6667 – London

<p>PRELIMINARY PROGRAMME (AFTER THE <u>DEFINITIVE</u> <u>ENTRIES</u>, THIS SCHEDULE MAY BE REVISED)</p>	<p>March 9th</p> <ul style="list-style-type: none">• Early Arrival of the Delegations• Trainings (2H + 2H) <p>March 10th</p> <ul style="list-style-type: none">• Early Arrival of the Delegations• Trainings (2H + 2H) <p>March 11th</p> <ul style="list-style-type: none">• Arrival of the Delegations• Official Trainings• Orientation Meeting for Heads of Delegation <p>March 12th</p> <ul style="list-style-type: none">• Official Trainings• Opening Ceremony• Competition possibility according to the number of registration <p>March 13th <u>Individual competition (*)</u></p> <ul style="list-style-type: none">• Age Group 1 (one): 1 exercise (without apparatus)• Age Group 3 (three): 1 exercise (without apparatus)• Pre-Juniors: 1 exercise (without apparatus)• FIG Tournament <p>March 14th <u>Individual competition (*)</u>:</p> <ul style="list-style-type: none">• Age Group 2 (two): 1 exercise (without apparatus)• Age Group 3 (three): 1 exercise (other apparatus)• Pre-Juniors: 1 exercise (other apparatus)• FIG Tournament• Awards Ceremonies <p>March 15th <u>Individual competition (*)</u></p> <ul style="list-style-type: none">• Pre-Juniors: 1 exercise (other apparatus) <p><u>Groups Competition (*)</u>:</p> <ul style="list-style-type: none">• Age Group 2 (two): 1 exercise (without apparatus)• International Gala and Closing Ceremony <p>March 16th</p> <ul style="list-style-type: none">• Delegations departure <p>The Competition Program can be changed according to the number of participants by Age Group and interest of the Organization.</p>
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<p>COMPETITION FORMAT</p>	<p>This International Tournament consist in:</p> <ul style="list-style-type: none"> • Age Group 1: Individual (born 2013) <ul style="list-style-type: none"> - 1 exercise: without apparatus - Classification: Individual per apparatus • Age Group 2: Individual (born 2012) <ul style="list-style-type: none"> - 1 exercise: without apparatus - Classification: Individual per apparatus • Age Group 2: Groups Competition (born 2012, 2013, 2014) <ul style="list-style-type: none"> - 1 exercise: without apparatus - Classification: per apparatus • Age Group 3: Individual (born 2010, 2011) <ul style="list-style-type: none"> - 2 exercises: without apparatus; 1 more apparatus (choice) - Classification: Individual per apparatus • Pre-Juniors: Individual (born 2008, 2009) <ul style="list-style-type: none"> - 3 exercises: without apparatus; 2 more apparatus (choice) - Classification: Individual per apparatus 																					
<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. National clubs can participate with a maximum of 3 individual gymnasts for each Age Group and Pre-juniors (limit of twelve gymnasts per club) and unlimited groups. National gymnasts must be assigned to the 1st Division level during the current season (2020).</p>																					
<p>SIZE OF DELEGATIONS AND LICENSES</p>	<table border="1" data-bbox="475 1227 1461 1456"> <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></td> </tr> <tr> <td>Gymnasts *</td> <td>Unlimited *</td> <td>Unlimited *</td> </tr> <tr> <td>Physiotherapist</td> <td>1</td> <td>1</td> </tr> <tr> <td>Judges</td> <td>1</td> <td>2</td> </tr> </tbody> </table> <p>* Portuguese Clubs - Registration Limit: - 3 for each Age Group - The Organizing Club (GCP) reserves the right to be able to register more gymnasts</p> <p>Limited number of inscriptions – basis “<u>first come, first serve</u>”</p>	Delegation	Allowed registration	Maximum	Head of Delegation (HD)	1	1	Team Manager (TM)	1	1	Coaches	1 individual 1 groups		Gymnasts *	Unlimited *	Unlimited *	Physiotherapist	1	1	Judges	1	2
Delegation	Allowed registration	Maximum																				
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Judges	1	2																				
<p>AGE LIMITS</p>	<ul style="list-style-type: none"> • Age Group 1 - Born in: 2013 • Age Group 2 (individual) - Born in: 2012 • Age Group 2 (<u>groups</u>) - Born in: 2012, 2013, 2014 • Age Group 3 - Born in: 2010, 2011 • Pre Juniors - Born in: 2008, 2009 																					
<p>JUDGES</p>	<p>The participating Federation/Club/Association, must send minimum one qualified Judge. Failure to do so will result in <u>a fine of 250 EUR</u> - to be paid to the Organizing Club.</p> <p>Judges must be available for the all days of the tournament.</p>																					

<p>ACCOMMODATION AND MEALS</p>	<p>The participating federations must pay for <u>Accommodation and Meals</u> (FB – full board) expenses of their delegation members. Book accommodation through the LOC is required.</p> <table border="1" data-bbox="515 383 1461 539"> <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 <u>“first come, first serve”</u> basis.</p> <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. <p>Cancellation/Reimbursement Policy:</p> <ul style="list-style-type: none"> - 50% of the costs with Accommodation in FB, shall be reimbursed if the cancellation occurs up to 1 month prior to the event. Afterwards, no reimbursements will be made. 	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>FINAL BANQUET</p>	<p>Tickets for the Final Banquet will be available for the cost of 30,00€ and must be paid at LOC office until 12th March 2020. The LOC will not reimburse any cancelled entry ticket of the Final Banquet.</p>								
<p>ENTRY FEES</p>	<p>The non-reimbursable cost for the Entry Fee is:</p> <ul style="list-style-type: none"> - 20,00 € per gymnast individual - 20,00€ for each additional coach (if more than two *) - 60,00 € per group <p>(* if more than one for Individual and one for Groups competition)</p>								
<p>REGISTRATION AND DEADLINES</p>	<p>Registration (Definitive and Nominative) - on line: www.lisbonrg.pt</p> <p>10^h January 2020</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>10th February 2020</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 (50%) - Music’s sent by e-mail: lisbonrg@gcp.pt - <i>PT - First and Last name - Rope</i> 								

DRAWING OF LOTS	The gymnasts and groups drawing of lots will take place at the Ginásio Clube Português within two weeks after the closing date of the nominative registration.
INTERNATIONAL TRANSPORTATION	The invited participating federations and clubs must pay for the international travel expenses of their delegation members. The Travel Schedule Form must be returned to the LOC <u>until 10th February 2020</u> .
LOCAL TRANSPORTATION	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). Transfers and internal transportations will only be available to those who book accommodation directly with the organization.
VISA	<p>Please verify with your local travel agent or the Portuguese Embassy or Consulate in your Country if a visa is required for your travel to Portugal.</p> <p>The LOC will be happy to assist each Delegation with an official invitation letter, provided that the request is made before January 10th 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. 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>

<p>ACCREDITATION</p>	<p>Accreditations will be given at the LOC office (Competition Venue) by schedule (made after receiving the flight plans), after the arrival of the Delegations.</p> <p>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: Example - NAME_FAMILY NAME.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) • Form/inscription to participate in the International Gala (if you want to) • Music Form 							
<p>FINANCIAL OBLIGATIONS</p>	<p>Federations which have not fulfilled their financial obligations towards the LOC <u>by the given deadline</u> in the Invitation/Directives may still have the possibility to participate, but the LOC will not guarantee the hotel booking, meals and local transportation.</p>							
<p>BANK ACCOUNT INFORMATIONS</p>	<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 participating federation is responsible for covering all bank fees in connection with the bank transfers.</p>							
<p>DEADLINESUMMARY</p>	<table border="1"> <tr><td>Definitive Registration</td></tr> <tr><td>Form for Accommodation in FB</td></tr> <tr><td>Visa Request Form</td></tr> <tr><td>Payment of the Entry Fee</td></tr> <tr><td>Payment of the Accommodation in FB Costs (first 50%)</td></tr> <tr><td>Payment of the fine for missing judge</td></tr> </table>	Definitive Registration	Form for Accommodation in FB	Visa Request Form	Payment of the Entry Fee	Payment of the Accommodation in FB Costs (first 50%)	Payment of the fine for missing judge	<p>10 January 2020</p>
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<p>FIG RULES</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 							

	<ul style="list-style-type: none">- Licenses Rules (except for no competitive events)- Accreditation Rules- Medal Ceremonies Rules- Media Rules- Apparatus Norms- FIG Rules for Sanctioning (approval) of International Events- Advertising and Publicity Rules and subsequent decisions of the FIG Executive Committee
ADDITIONAL INFORMATION	<ul style="list-style-type: none">- At the same time, there will be a n FIG International Tournament for Juniors and Seniors

Individual Competition

Age group	Exercises	(D) max.	Difficulties	R
Age Group 1 (2013)	1: <i>without apparatus</i>	3.0 0	7 dif. (max. 0.30) min. 2 dance steps	-
Age Group 2 (2012)	1: <i>without apparatus</i>	3.0 0	7 dif. (max. 0.30) min. 2 dance steps	-
Age Group 3 (2010 and 2011)	2: <i>without apparatus + 1 more apparatus (choice)</i> Note: only classification for apparatus	W/A: 4.00 app: 6.00	min. 3 (max. 0.50) 7 BD highest count min. 2 dance steps min. 1 AD	min. 1 max. 4
Pre-juniors (2008 and 2009)	3: <i>without apparatus + 2 more apparatus (choice)</i> Note: only classification for apparatus	W/A: 5.00 app: 7.00	min. 3 (without limit) 7 BD highest count min. 2 dance steps	min. 1 max. 4 R
FIG COMPETITION Juniors (2005–2007)	4: Rope, Ball, Clubs and Ribbon	<i>According to FIG program for Juniors</i>		
FIG COMPETITION Seniors (2004 & older)	4: Hoop, Ball, Clubs and Ribbon	<i>According to FIG program for Seniors</i>		

Groups Competition

Age group	Exercises	(D) max.	Difficulties	R
Age Group 2 (2012, 2013 & 2014)	1: <i>without apparatus</i>	4.00	7 dif. (max. 0.30) min. 2 dance steps min. 7 formations min. 8 collaborations (C0.10 and 0.20 if is a CR/CRR)	-

Place and date:
 Lisbon, September 01th, 2019



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