



# **GCP LISBON** **INTERNATIONAL** **TOURNAMENT** Rhythmic Gymnastics **2018**

**PRE-JUNIORS AND AGE GROUPS**  
INDIVIDUALS


**8-11.MARCH**  
**LISBON - PORTUGAL**  
CASAL VISTOSO MUNICIPALITY SPORTS COMPLEX

## DIRECTIVES

 [www.lisbonrg.pt](http://www.lisbonrg.pt)

 [lisbonrg@gcp.pt](mailto:lisbonrg@gcp.pt)

 [gcplisbonrg](https://www.facebook.com/gcplisbonrg)

 [gcplisbonrg](https://www.instagram.com/gcplisbonrg)

ORGANISATION



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SUPPORT



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## GCP Lisbon International Rhythmic Gymnastics Tournament Lisbon - Portugal - 2018 March 8<sup>th</sup> to 11<sup>th</sup>

### **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**, 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 ».

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

<b>HOST FEDERATION</b>	<b>Gymnastics Federation of Portugal – FGP, POR</b> 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: <a href="mailto:gympor@gympor.com">gympor@gympor.com</a> webpage: <a href="http://www.fgp-ginastica.pt">http:// www.fgp-ginastica.pt</a>
<b>CONTACT PERSON</b>	Event General Manager: Mr. José Carlos Reis Tel: +351 213841583 E-mail: <a href="mailto:lisbonrg@gcp.pt">lisbonrg@gcp.pt</a> website: <a href="http://www.lisbonrg.pt">www.lisbonrg.pt</a> Address: Praça do Ginásio Clube Português, nº 1 1250-111 Lisboa - Portugal
<b>VENUE</b>	Competition Venue: MUNICIPALITY SPORTS COMPLEX CASAL VISTOSO Address: Rua João da Silva 1900-271 Lisboa, Portugal Webpage: <a href="#">click here</a>
<b>DATE</b>	From March 8 <sup>th</sup> to March 11 <sup>th</sup> , 2018
<b>APPARATUS SUPPLIER</b>	GYMNOVA – Refª 6667 – London
<b>PRELIMINARY PROGRAMME</b>  (AFTER THE DEFINITIVE ENTRIES, THIS SCHEDULE MAY BE REVISED)	<b>March 7<sup>th</sup></b> <ul style="list-style-type: none"><li>• Early Arrival of the Delegations</li></ul> <b>March 8<sup>th</sup></b> <ul style="list-style-type: none"><li>• Arrival of the Delegations</li><li>• Trainings</li><li>• <b>Competition possibility according to the number of registrations</b></li><li>• Orientation Meeting for Heads of Delegation</li></ul> <b>March 9<sup>th</sup></b> <ul style="list-style-type: none"><li>• Opening Ceremony</li><li>• Individual competition<ul style="list-style-type: none"><li>❖ Age Group 1 (one): 1 exercise (without apparatus)</li><li>❖ Age Group 3 (three): 1 exercise (without apparatus)</li></ul></li></ul>





	<ul style="list-style-type: none"> <li>❖ Pre-Juniors: 1 apparatus (Clubs)</li> <li>❖ Juniors: 2 apparatus (Hoop &amp; Ball)</li> <li>❖ Seniors: 2 apparatus (Hoop &amp; Ball)</li> </ul> <p><b>March 10<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>• Individual competition <ul style="list-style-type: none"> <li>❖ Age Group 2 (two): 1 exercise (without apparatus)</li> <li>❖ Age Group 3 (three): 1 apparatus (Hoop)</li> <li>❖ Pre-Juniors: 2 exercises (Without apparatus &amp; Hoop)</li> <li>❖ Juniors: 2 apparatus (Clubs &amp; Ribbon)</li> <li>❖ Seniors: 2 apparatus (Clubs &amp; Ribbon)</li> <li>❖ Awards Ceremonies</li> </ul> </li> </ul> <p><b>March 11<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>• Group Competition <ul style="list-style-type: none"> <li>❖ Age Group 2 (two): 1 exercise (without apparatus)</li> </ul> </li> <li>• Finals and Awards Ceremonies <ul style="list-style-type: none"> <li>❖ Junior Individuals (8 best gym. per apparatus, 2 per country)</li> <li>❖ Senior Individuals (8 best gym. per apparatus, 2 per country)</li> </ul> </li> <li>• International Gala and Closing Ceremony</li> </ul> <p><b>March 12<sup>th</sup></b></p> <ul style="list-style-type: none"> <li>• Delegations departure</li> </ul>
<p><b>COMPETITION FORMAT</b></p>	<p>This International Tournament consist in :</p> <ul style="list-style-type: none"> <li>• <b>Age Group 1: Individual (born 2010)</b> <ul style="list-style-type: none"> <li>- 1 exercise: without apparatus</li> <li>- Medals of participation for all gymnasts</li> </ul> </li> <li>• <b>Age Group 2: Individual (born 2009)</b> <ul style="list-style-type: none"> <li>- CI/Individual Qualification;</li> <li>- 1 exercise: without apparatus</li> </ul> </li> <li>• <b>Age Group 2: Groups Competition (born 2009, 2010 and 2011)</b> <ul style="list-style-type: none"> <li>- CI/Group Qualification;</li> <li>- 1 exercise: without apparatus</li> </ul> </li> <li>• <b>Age Group 3: Individual (born 2007, 2008)</b> <ul style="list-style-type: none"> <li>- CI/Individual Qualification;</li> <li>- 2 exercises: without apparatus and hoop</li> </ul> </li> <li>• <b>Pre-Juniors: Individual (born 2005, 2006)</b> <ul style="list-style-type: none"> <li>- CI/Individual Qualification;</li> <li>- 3 exercises: without apparatus ; hoop and clubs</li> </ul> </li> </ul>
<p><b>RIGHT OF PARTICIPATION</b></p>	<p><b>Individual Competitions</b></p> <p><u>Participation in the Qualifications:</u></p> <ul style="list-style-type: none"> <li>• All Individual gymnasts have to participate in the Qualifications.</li> </ul> <p><u>Participation in Finals:</u></p>





	<p>The top eight (8, <u>Pre-Juniors</u> - 2 per Country) gymnasts, per apparatus from the <b>CI</b> will participate in the Finals (Hopes and Pre-Junior)</p> <ul style="list-style-type: none"> <li>• The participation in the Finals is limited to 2 gymnasts for Pre-Juniors, per Federation, per apparatus.</li> <li>• In addition, the Organising Member Club may participate in the four finals with one gymnast, at its free choice. This <i>Wild Card</i> gymnast will have to start first.</li> </ul>																								
<b>INVITED CLUBS, ASSOCIATIONS AND FEDERATIONS</b>	<p>The participation is open to all Representatives of National Federations, District or Regional Associations as well as affiliated clubs in the respective Federations.</p> <p>All national teams, associations and clubs in good standing are entitled to participate, with unlimited gymnasts and groups.</p>																								
<b>SIZE OF DELEGATIONS AND LICENSES</b>	<table border="1"> <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>Unlimited</td> <td>Unlimited</td> </tr> <tr> <td>Gymnasts</td> <td>Unlimited</td> <td>Unlimited</td> </tr> <tr> <td>Doctor</td> <td>1</td> <td>1</td> </tr> <tr> <td>Physiotherapist</td> <td>1 for Pre-Juniors</td> <td>1</td> </tr> <tr> <td>Judges</td> <td>1 for ind. Pre-Juniors</td> <td>1</td> </tr> </tbody> </table>	Delegation	Allowed registration	Maximum	Head of Delegation (HD)	1	1	Team Manager (TM)	1	1	Coaches	Unlimited	Unlimited	Gymnasts	Unlimited	Unlimited	Doctor	1	1	Physiotherapist	1 for Pre-Juniors	1	Judges	1 for ind. Pre-Juniors	1
Delegation	Allowed registration	Maximum																							
Head of Delegation (HD)	1	1																							
Team Manager (TM)	1	1																							
Coaches	Unlimited	Unlimited																							
Gymnasts	Unlimited	Unlimited																							
Doctor	1	1																							
Physiotherapist	1 for Pre-Juniors	1																							
Judges	1 for ind. Pre-Juniors	1																							
<b>AGE LIMITS</b>	<p>Age Group 1 - Born in: 2010</p> <p>Age Group 2 (individual) - Born in: 2009</p> <p>Age Group 2 (groups) - Born in: 2009, 2010, 2011</p> <p>Age Group 3 - Born in: 2007,2008</p> <p>Pre-Juniors – Born in: 2005, 2006</p>																								
<b>JUDGES</b>	<p>Only FIG brevetted judges, with the category I, II, III or IV (2017-2020) can judge.</p> <p>The participating Member Federations must send minimum one qualified Judge, as mentioned above. Failure to do so will result in a <u>fine of 250 EUR</u> - to be paid to the Organizing Member Federation.</p>																								





<b>ACCOMMODATION AND MEALS</b>	<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> <p><b>Four Stars Hotel (per night/person)</b></p> <p>Eur 95 (single room) Eur 80 (double room) Eur 70 (triple room)</p> <p><b>Three Stars Hotel (per night/ person)</b></p> <p>Eur 90 (single room) Eur 75 (double room) Eur 65 (triple room)</p> <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 8<sup>th</sup> of January 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"><li>- 50% of the costs until the 8<sup>th</sup> of January 2018</li><li>- The final payment of the costs until the 8<sup>th</sup> of February 2018.</li></ul> <p><b>Cancellation/Reimbursement Policy:</b> - <u>50%</u> of the costs with Accommodation in FB, shall be reimbursed if the cancellation <u>occurs up to 1 month prior to the event</u>. Afterwards, no reimbursements will be made.</p>
<b>REGISTRATION AND DEADLINES</b>	<p><b>Registration (on line):</b> <a href="http://www.lisbonrg.pt">www.lisbonrg.pt</a></p> <p><b>8<sup>th</sup> January 2018</b></p> <ul style="list-style-type: none"><li>- Definitive Registration on-line form: (click here)</li><li>- Accommodation (FB - full board) Form</li><li>- Visa Request Form (if you need) on-line form: (click here)</li><li>- Payment of the Entry Fee (100%)</li><li>- Payment of the Accommodation in FB (50%)</li><li>- Payment of the fine for missing judge (if any)</li></ul> <p><b>8<sup>th</sup> February 2018</b></p> <ul style="list-style-type: none"><li>- Nominative Registration</li><li>- A photo of each delegation member (electronic format – JPEG)</li><li>- Travel Schedule Form</li><li>- Final Banquet Form</li><li>- Payment of the Accommodation in FB (50%)</li></ul>
<b>ENTRY FEES</b>	<p>The non-reimbursable cost for the Entry Fee is:</p> <ul style="list-style-type: none"><li>- <b>20,00 €</b> per gymnast individual;</li><li>- <b>60,00 €</b> per group</li></ul>
<b>DRAWING OF LOTS</b>	<p>The gymnasts and groups drawing of lots will take place at the <b>Gymnastics Federation of Portugal</b> within two weeks after the closing date of the nominative registration.</p>
<b>FINAL BANQUET</b>	<p>Tickets for the Final Banquet will be available for the cost of <b>30,00 €</b> and must be paid at LOC office until <b>March 9<sup>th</sup> 2018</b>.</p> <p>The LOC will not reimburse any cancelled entry ticket of the Final Banquet.</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 <u>until February 8<sup>th</sup> 2018</u>.</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>
VISA	<p>Please verify with your local travel agent or the <b>Portuguese Embassy or Consulate</b> 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 8<sup>th</sup> 2018 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: <b>35EUR</b> per person/day.</p>
ACCREDITATION	<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><b>A photo of each member of the delegation</b> (in electronic format – JPEG) <u>must be sent until the nominative registration (8<sup>th</sup> February 2018)</u>. E-mail: <a href="mailto:lisbonrg@gcp.pt">lisbonrg@gcp.pt</a></p> <p>Photo Identification: Example - NAME_FAMILY NAME.JPG</p> <p>Please note: Photos taken upon arrival will be charged to the National Federations at a cost of <b>Euro 20</b>/each.</p> <p>The Head of Delegation must bring to the Accreditation:</p> <ul style="list-style-type: none"> <li>• FIG gymnasts License</li> <li>• Proof of all payments</li> <li>• Certification of valid insurance</li> <li>• Gymnasts and Groups music's (2 CD's) – one for competition, one for trainings</li> <li>• Form/inscription to participate in the International Gala (if you want to)</li> <li>• Music Form</li> </ul>
FINANCIAL OBLIGATIONS	<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>
BANK ACCOUNT INFORMATION	<p>Bank: <b>BPI</b></p>





	<p>IBAN: <b>PT50 0010 0000 2660 2950 0025 3</b></p> <p>BIC/Swift: <b>BBPIPTPL</b></p> <p>Each participating Club, Association or member Federation is kindly requested to integrate the payment's purpose as follows: <b>(Club, Country) - Lisbon FIG RG IT 2018</b>, (Sample: <b>SWE - Lisbon FIG RG IT 2018</b>), and send a bank proof to <a href="mailto:lisbongr@gcp.pt">lisbongr@gcp.pt</a></p> <p>The participating federation is responsible for covering all bank fees in connection with the bank transfers.</p>	
<p><b>DEADLINE SUMMARY</b></p>	<p>Definitive Registration</p> <p>Form for Accommodation in FB</p> <p>Visa Request Form</p> <p>Payment of the Entry Fee</p> <p>Payment of the Accommodation in FB Costs (first 50%)</p> <p>Payment of the fine for missing judge</p>	<p>8 January 2018</p>
	<p>Nominative Registration</p> <p>Travel Schedule Form</p> <p>Final Banquet Form</p> <p>A photo of each delegation member (electronic format – JPEG)</p> <p>Payment of the Accommodation in FB Costs (remaining 50%)</p>	<p>8 February 2018</p>
<p><b>FIG RULES</b></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"> <li>- Statutes</li> <li>- Technical Regulations</li> <li>- Code of Points and relevant Newsletters</li> <li>- General Judges' Rules</li> <li>- Specific Judges' Rules</li> <li>- Doping Control Rules</li> <li>- Licenses Rules (except for non competitive events)</li> <li>- Accreditation Rules</li> <li>- Medal Ceremonies Rules</li> <li>- Media Rules</li> <li>- Apparatus Norms</li> <li>- FIG Rules for Sanctioning (approval) of International Events</li> <li>- Advertising and Publicity Rules and subsequent decisions of the FIG Executive Committee</li> </ul>	





## Individual Competition

Age group	Exercises	(D) max.	Difficulties		↑ R
<b>Age Group 1</b> (2010)	<b>1:</b> <i>without apparatus</i>	3.00	max. 7 dif. (max. 0.30) min. 2 dance steps		-
<b>Age Group 2</b> (2009)	<b>1:</b> <i>without apparatus</i>	3.00	max. 7 dif. (max. 0.30) min. 2 dance steps		-
<b>Age Group 3</b> (2007-2008)	<b>2:</b> <i>without apparatus + hoop</i>	W/A: 4.00 app: 6.00	max. 7 (max. 0.50) min. 2 dance steps min. 1 AD		min. 1 ↑ R
<b>Pre-juniors</b> (2005-2006)	<b>2005</b> <b>3:</b> <i>without apparatus + hoop + clubs</i>	W/A: 5.00 app: 7.00	max. 7 (without limit) max. 7 (without limit)		min. 1 ↑ R
<b>FIG COMPETITION Juniors</b> (2003-2005)	<b>4:</b> Hoop, Ball, Clubs and Ribbon	<i>According to FIG program for Juniors</i>			
<b>FIG COMPETITION Seniors</b> (2002 & older)	<b>4:</b> Hoop, Ball, Clubs and Ribbon	<i>According to FIG program for Seniors</i>			

## Groups Competition

Age group	Exercises	(D) max.	Difficulties		↑ R
<b>Age Group 2</b> (2009, 2010 & 2011)	<b>1:</b> <i>without apparatus</i>	5.00	max. 7 dif. (max. 0.30) min. 2 dance steps min. 7 formations min. 8 collaborations (C 0.10 and 0.20 if is a CR/CRR)		-

Place and date:  
Lisbon, November 14<sup>th</sup>, 2017







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