

5th Aphrodite Cup

PALAIO FALIRO ATHENS GREECE



ΔΙΕΘΝΕΣ ΤΟΥΡΝΟΥΑ ΡΥΘΜΙΚΗΣ ΓΥΜΝΑΣΤΙΚΗΣ
INTERNATIONAL RHYTHMIC GYMNASTICS TOURNAMENT

15-17
Μαρτίου / March
2019

WORK PLAN

NEW VERSION
10.03.2019 | Vs2.1



UNDER THE AUSPICES



ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ
ΥΠΟΥΡΓΕΙΟ ΤΟΥΡΙΣΜΟΥ
ΤΕΧΝΙΚΗ ΓΡΑΜΜΑΤΕΙΑ ΑΘΛΗΤΙΣΜΟΥ



HELLENIC REPUBLIC
MINISTRY OF TOURISM



MINISTRY OF INTERIOR
GENERAL SECRETARIAT
for GENDER EQUALITY



ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ
ΠΕΡΙΦΕΡΕΙΑ ΑΤΤΙΚΗΣ
HELLENIC REPUBLIC
REGION OF ATTICA

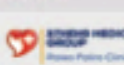
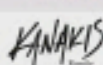


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ΠΕΡΙΦΕΡΕΙΑ ΑΤΤΙΚΗΣ
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1: Organizing Committee and General Program

1.1 Host Federation

HELLENIC GYMNASTICS FEDERATION

37 Kifissias Ave., OAKA, EKAE Building (Former Athlete's Guesthouse) Opposite Fire Station,
15123 Marousi

Tel: 0030 210 9882458

Fax: 0030 210 9887329

Email: ego@otenet.gr Website: www.gymnastics.gr

Local Organizing Committee's contact address

GYMNASTIKOS OMILOS PALAIYOU FALIROU "ARMONIA"

Dimotiko Athlitiko Centre, Office 1, 17561, Marina Flisvou

Tel: 0030 210 9816708 0030 697 2004 509

Fax: 0030 210 9838475

Email: gym@gopf-armonia.gr Website: www.gopf-armonia.gr

1.2 Organizing Committee's structure

Function	Full name
President	Eleni MICHOPPOULOU, President GOPF "ARMONIA"
Vice President	Yannis FOSTIROPOULOS, Deputy Mayor of Palaio Faliro
Members	Athanasoula Lampropoulou Syropoulou, Hellenic Gymnastics Federation Board Member
	George Kazantzopoulos, Vice President GOPF "ARMONIA"
	Anna Kontopoulou – Salanti, GOPF "ARMONIA" member
Event Director	Charalampos (Harris) SPILIAKOS
Competition Manager	Tzeni PAPADOPOULOU
Competitions' Secretary	Sofia MODE & Theodora CHRONOPOULOU
Sport Results (contractor)	HELLENIC GYMNASTICS FEDERATION
Finance Manager	Argiris RIGOPOULOS
Venue Manager	Panagiotis CHIOTIS
Medical Officer	Nina KONTOPOULOU
Marketing Coordinator	Konstantinos ASIMAKOPOULOS
Press Officer	Stelios KARAOGLANIDIS
Accommodation Manager	Maria KALINTERAKI
Airport Services Manager	Maria KALINTERAKI
Volunteers Manager	Panagiotis TZERAVINIS
Transportation Manager	Takis GIANNOPOULOS
Cleaning & Waste (contractor)	GLOBE WILLIAMS
Catering (contractor)	GEORGIADOU AE

1.3 General Schedule

Tuesday 12 March 2019

Arrival of Delegations

Wednesday 13 March 2019

Arrival of Delegations

14.00 - 20.30 Training

13.00 - 14.00 Press Conference

Thursday 14 March 2019

08.00 - 22.30 Official Training

17.30 - 18.30 Orientation Meeting

18.30 - 20.00 Judges Drawing

21.00 Official Dinner for Judges

Friday 15 March 2019

10.00 - 12.15 Individual Competition **NON FIG JUNIORS: Rope -Ball**

12.15 - 13.15 Individual Competition **NON FIG SENIORS: Hoop-Ball**

13.15 - 14.30 **Break**

14.30 - 17.30 Individual Competition **FIG JUNIORS: Rope -Ball**

17.30 - 18.10 Group Competition **FIG JUNIORS: 5 Hoops**

18.30 - 19.00 OPENING CEREMONY

19.00 - 19.15 Group Competition **FIG SENIORS: 5 Balls**

19.15 - 21.40 Individual Competition **FIG SENIORS: Hoop-Ball**

Saturday 16 March 2019

10.00 - 12.00 Individual Competition **NON FIG JUNIORS: Clubs-Ribbon**

12.00 - 13.00 Individual Competition **NON FIG SENIORS: Clubs-Ribbon**

13.00 - 14.00 Awards Ceremony for **NON FIG Competition**

- JUNIORS in each apparatus

- SENIORS in each apparatus

14.30 - 17.00 Individual Competition **FIG JUNIORS: Clubs-Ribbon**

17.00 - 17.50 Group Competition **FIG JUNIORS: 5 Ribbons**

17.50 - 18.30 Awards Ceremony according to the following:

- Juniors All Around Individual (age 13)

- Juniors All Around Individual (age 14)

- Juniors All Around Individual (age 15)

- Group Juniors All Around

18.30 - 18.40 Group Competition **FIG SENIORS: 3 hoops- 4 Clubs**

18.45 - 21.10 Individual Competition **FIG SENIORS: Clubs-Ribbons**

Sunday 17 March 2019

09.30 - 13.00 Visit to Acropolis (museum & archaeological site)

Visit to Temple of Poseidon in Cape Sounion

15.00 - 16.05 Juniors Individual Finals: Rope

Seniors Individual Finals: Hoop

16.05 - 16.15

16.15 - 17.20

17.20 - 17.40

17.40 - 18.50

18.50 - 19.20

19.20 - 20.00

20.00 - 20.15

21.00

Juniors Individual Finals: Ball
Seniors Individual Finals: Ball

Break

Juniors Individual Finals: Clubs
Seniors Individual Finals: Clubs
Juniors Individual Finals: Ribbon
Seniors Individual Finals: Ribbon

Break

Group Seniors Finals, 5 Balls
Group Juniors Finals, 5 Hoops
Group Seniors Finals, 3 Hoops- 4 Clubs
Group Juniors Finals, 5 Ribbons

Gala

Awards Ceremony according to the following:

- Juniors Apparatus Finals
- Seniors All Around Individual
- Seniors Apparatus Finals
- Group Juniors Apparatus Final
- Group Seniors All Around
- Groups Seniors Apparatus Finals

Closing Ceremony

Farewell Dinner

Monday 18 March 2019

Departure of Delegations

Aphrodite Cup 2019 event will be photographed, audio recorded, and video recorded for related promotional purposes. Also the event will be web live streamed.

By attending or participating this event, you are giving your consent to be photographed, audio recorded, video recorded and its/their release publication, exhibition or reproduction to be used for promotional purposes, advertising, websites, social media or any other purpose by Aphrodite Cup and/or "Armonia" Rhythmic Gymnastics Club of Palaio Faliro. By entering the Aphrodite Cup event premises you are waiving any and all claims regarding the use of your image by Aphrodite Cup and/or "Armonia" Rhythmic Gymnastics Club of Palaio Faliro.

1.4 Participants by Country in FIG & Non FIG event

	NOC	JUNIOR IND	SENIOR IND	JUNIOR GROUPS	SENIOR GROUPS
	AUS		1		
	CAN	8	10	6	
	CYP	1			
	CZE	2	2	6	
	EGY			5	
	GBR	3	2		
	GER	2	1	5	
	GRE	39	8	6	6
	IRL	2	1		
	JPN				6
	KAZ	8	7	6	
	NED	2	2		
	POL		1	6	
	ROU	1	1	6	
	RUS	2	2	12	
	SLO	2	3		
	RSA		1		
	ESP			6	
	SWE	1	3		
	SUI			6	
	TPE		3		5
	TUR	5			



ORGANIZED BY



Gymnastics Club
of Palaio Faliro
"ARMONIA"



Municipality
of Palaio Faliro



ΕΛΛΗΝΙΚΗ
ΓΥΜΝΑΣΤΙΚΗ
ΟΜΟΣΠΟΝΔΙΑ
HELLENIC GYMNASTICS
FEDERATION

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STATE PARTNER



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ATHENS MEDICAL
GROUP
Paleo Faliro Clinic



SUPPORTER



Environmental Alliance 2004+

2: The competition

2.1 Competition Schedule

FRIDAY 15 MARCH 2019

NON FIG COMPETITION

10.00 - 10.55:	NON FIG Juniors' Individual competition Group 1 (1-22): rope-ball
10.55 - 11.05:	Break
11.05 - 12.05:	NON FIG Juniors' Individual competition Group 2 (23-44): rope- ball
12.05 - 12.15:	Break
12.15 - 13.15:	NON FIG Seniors' Individual competition Group 1 (1-15): hoop-ball
13.15 - 14.30:	Break

FIG COMPETITION

14.30 - 15.40:	Juniors' Individual competition Group 1 (1-17): rope- ball
15.40 - 15.50:	Break
15.50 - 17.05:	Juniors' Individual competition Group 2 (18-33): rope- ball
17.05 - 17.30:	Break
17.30 - 18.10:	Group Juniors' competition : 5 hoops
18.30 - 19.00:	Opening Ceremony
19.00 - 19.10:	Group Seniors' competition: 5 balls
19.10 - 19.15:	Break
19.15 - 20.25:	Seniors' Individual competition Group 1 (01-17): hoop-ball
20.25 - 20.35:	Break
20.35 - 21.40:	Seniors' Individual competition Group 2 (18-35): hoop-ball

SATURDAY 16 MARCH 2019

NON FIG COMPETITION

10.00 - 10.50:	NON FIG Juniors' Individual competition Group 2 (23-44): clubs-ribbon
10.50 - 11.00:	Break
11.00 - 11.50:	NON FIG Juniors' individual competition Group 1 (1-22): clubs-ribbon
11.50 - 12.00:	Break
12.00 - 12.40:	NON FIG Seniors' Individual competition Group 1 (1-15): clubs-ribbon
12.40 - 13.00:	Break
13.00 - 14.00:	AWARD CEREMONIES

FIG COMPETITION

14.30 - 15.35:	Juniors' Individual competition Group 2 (18-35): clubs-ribbon
15.35 - 15.40:	Break
15.40 - 16.50:	Juniors' Individual competition Group 1 (1-17): clubs-ribbon
16.50 - 17.00:	Break
17.00 - 17.35:	Group Juniors' competition : 5 ribbons
17.35 - 17.50:	Break

Award Ceremonies

17.50 - 18.30:	Juniors All Around Individual (age 13) Juniors All Around Individual (age 14) Juniors All Around Individual (age 15) Group Juniors All Around
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FIG COMPETITION

18.30 - 18.40:	Group Seniors' competition: 3 hoops-4 clubs
18.40 - 18.45:	Break
18.45 - 19.50:	Seniors' Individual competition Group 2 (18-35) clubs-ribbon
19.50 - 20.00:	Break
20.00 - 21.10:	Seniors' Individual competition Group 1 (1-17) clubs-ribbon

SUNDAY 17 MARCH 2019

FIG COMPETITION

15.00 - 16.05:	Juniors' individual competition finals: rope Seniors' individual competition finals: hoop Juniors' individual competition finals: ball Seniors' individual competition finals: ball
16.05 - 16.15	Break
16.15 - 17.20	Juniors' individual competition finals: clubs Seniors' individual competition finals: clubs Juniors' individual competition finals: ribbon Seniors' individual competition finals: ribbon
17.20 - 17.40	Break
17.40 - 18.50:	Group Seniors' competition finals: 5 balls Group Juniors' competition finals : 5 hoops Group Seniors' competition finals: 3 hoops-4 clubs Group Juniors' competition finals : 5 ribbons
18.50 - 19.20:	Gala

Award Ceremonies

19.20 - 20.00	<ol style="list-style-type: none">1. Apparatus Finals Juniors by category : rope-ball-clubs-ribbon2. All Around Individual Seniors3. Apparatus Finals Seniors': hoop-ball-clubs-ribbon4. Group Finals Juniors: 5 hoops5. Group Finals Juniors: 5 ribbons6. All Around Group Seniors7. Group Finals Seniors': 5 balls
20.00 - 20.15	Closing Ceremony

2.2 Training Schedule (FIG & NON_FIG)

Wednesday 13.03.2019

		30'	15'	30'	30'	30'	
FED	CLUB	WARM UP	Floor 4	Floor 3	Floor 2	Floor 1	FOP
CAN	MISSISSAUGA NEWNORTH	11:34-12:04	12:09-12:24	12:25-12:55	12:56-13:26	13:27-13:57	14:00-14:36
	ADAGIO	12:11-12:41	12:46-13:01	13:02-13:32	13:33-14:03	14:04-14:34	14:37-15:07
	KANATA RSG	12:11-12:41	12:46-13:01	13:02-13:32	13:33-14:03	14:04-14:34	14:37-15:07
RUS		12:42-13:12	13:17-13:32	13:33-14:03	14:04-14:34	14:35-15:05	15:08-15:25
JPN		12:42-13:12	13:17-13:32	13:33-14:03	14:04-14:34	14:35-15:05	15:08-15:25
GRE	DAO KAMATERO	13:00-13:30	13:35-13:50	13:51-14:21	14:22-14:52	14:53-15:23	15:26-15:50
GRE	O.G.IRA	13:00-13:30	13:35-13:50	13:51-14:21	14:22-14:52	14:53-15:23	15:26-15:50
GRE	FILATHLITIKOS KALITHEAS	13:00-13:30	13:35-13:50	13:51-14:21	14:22-14:52	14:53-15:23	15:26-15:50
GRE	A.S IETION DRAPETSONAS	13:25-13:55	14:00-14:15	14:16-14:46	14:47-15:17	15:18-15:48	15:51-16:11
GRE	A.S EVRITHMIA DRAPETSONAS	13:25-13:55	14:00-14:15	14:16-14:46	14:47-15:17	15:18-15:48	15:51-16:11
GRE	OLIMPIAKOS RITHMOS	13:46-14:16	14:21-14:36	14:37-15:07	15:08-15:38	15:39-16:09	16:12-16:29
AUS	Aspire Gymnastics Academy	13:46-14:16	14:21-14:36	14:37-15:07	15:08-15:38	15:39-16:09	16:12-16:29
GRE	JUNIORS INDIVIDUAL	14:04-14:34	14:39-14:54	14:55-15:25	15:26-15:56	15:57-16:27	16:30-17:10
		30'	15'	30'	30'	30'	
FED	CLUB	WARM UP	Floor 4	Floor 3	Floor 2	Floor 1	FOP
GRE	ENSEMBLE	14:45-15:15	15:20-15:35	15:36-16:06	16:07-16:37	16:38-17:08	17:11-17:41
GRE	SENIORS	15:16-15:46	15:51-16:06	16:07-16:37	16:38-17:08	17:09-17:39	17:42-18:12
GRE	GOPF.ARMONIA	15:47-16:17	16:22-16:37	16:38-17:08	17:09-17:39	17:40-18:10	18:13-18:23
POL		15:58-16:28	16:33-16:48	16:49-17:19	17:20-17:50	17:51-18:21	18:24-18:59
GER	Bremen 1860	15:58-16:28	16:33-16:48	16:49-17:19	17:20-17:50	17:51-18:21	18:24-18:59
GER		15:58-16:28	16:33-16:48	16:49-17:19	17:20-17:50	17:51-18:21	18:24-18:59
EGY	Wadi Degla Sporting Club	15:58-16:28	16:33-16:48	16:49-17:19	17:20-17:50	17:51-18:21	18:24-18:59
IRL		16:34-17:04	17:09-17:24	17:25-17:55	17:56-18:26	18:27-18:57	19:00-19:20
CZE	SK Tart MS Brno	16:55-17:25	17:30-17:45	17:46-18:16	18:17-18:47	18:48-19:18	19:21-19:47
CZE		16:55-17:25	17:30-17:45	17:46-18:16	18:17-18:47	18:48-19:18	19:21-19:47

Thursday 14.03.2019

		30'	15'	30'	30'	30'	
FED	CLUB	WARM UP	Floor 4	Floor 3	Floor 2	Floor 1	FOP
CAN	MISSISSAUGA NEWNORTH	07:34-08:04	08:09-08:24	08:25-08:55	08:56-09:26	09:27-09:57	10:00-10:33
CAN	ADAGIO	08:09-08:039	08:44-08:58	08:59-09:29	09:30-10:00	10:01-10:31	10:34-11:01
CAN	KANATA RSG	08:09-08:039	08:44-08:58	08:59-09:29	09:30-10:00	10:01-10:31	10:34-11:01
SUI		08:36-09:06	09:11-09:26	09:27-09:57	09:58-10:28	10:29-10:59	11:02-11:12
JPN		08:36-09:06	09:11-09:26	09:27-09:57	09:58-10:28	10:29-10:59	11:02-11:12
GER		08:47-09:17	09:22-09:37	09:38-10:08	10:09-10:39	10:40-11:10	11:13-11:36
GER	Bremen 1860	08:47-09:17	09:22-09:37	09:38-10:08	10:09-10:39	10:40-11:10	11:13-11:36
POL		09:11-09:41	09:46-10:01	10:02-10:32	10:33-11:03	11:04-11:34	11:37-11:48
RUS		09:11-09:41	09:46-10:01	10:02-10:32	10:33-11:03	11:04-11:34	11:37-11:48
EGY	Wadi Degla Sporting Club	09:23-09:53	09:58-10:13	10:14-10:44	10:45-11:15	11:16-11:46	11:49-12:12
IRL		09:23-09:53	09:58-10:13	10:14-10:44	10:45-11:15	11:16-11:46	11:49-12:12
CZE	SK Tart MS Brno	09:47-10:17	10:22-10:37	10:38-11:08	11:09-11:39	11:40-12:10	12:13-12:42
CZE		09:47-10:17	10:22-10:37	10:38-11:08	11:09-11:39	11:40-12:10	12:13-12:42
		30'	15'	30'	30'	30'	
FED	CLUB	WARM UP	Floor 4	Floor 3	Floor 2	Floor 1	FOP
TUR		10:37-11:07	11:12-11:17	11:18-11:48	11:49-12:09	12:10-12:40	12:43-13:13
GRE	ENSEMBLE JUNIOR – SENIOR	10:48-11:18	11:23-11:38	11:39-12:09	12:10-12:40	12:41-13:11	13:14-13:45
KAZ		11:20-11:50	11:55-12:10	12:11-12:41	12:42-13:12	13:13-13:43	13:46-14:28
KAZ	NOK	12:03-12:33	12:38-12:53	12:54-13:24	13:25-13:55	13:56-14:26	13:29-13:53
KAZ	OLYMPIC TRAINING CENTER	12:28-12:58	13:03-13:18	13:19-13:49	13:50-14:20	14:21-14:51	14:54-15:23
GRE	D.A.S. DRAPETSONAS	12:58-13:28	13:33-13:48	13:49-14:19	14:20-14:50	14:51-15:21	15:24-15:48
GRE	GAS LIVADIAS	12:58-13:28	13:33-13:48	13:49-14:19	14:20-14:50	14:51-15:21	15:24-15:48
GRE	FOK	12:58-13:28	13:33-13:48	13:49-14:19	14:20-14:50	14:51-15:21	15:24-15:48
TPE		13:27-13:57	13:57-14:12	14:14-14:44	14:45-15:15	15:16-15:46	15:49-16:12
ESP		13:47-14:17	14:22-14:37	14:38-15:08	15:09-15:39	15:40-16:10	16:13-16:24
CYP		13:47-14:17	14:22-14:37	14:38-15:08	15:09-15:39	15:40-16:10	16:13-16:24

AUS		13:59-14:29	14:34-14:49	14:50-15:20	15:21-15:51	15:52-16:22	16:25-16:49
GRE	A.O DIAGORAS	13:59-14:29	14:34-14:49	14:50-15:20	15:21-15:51	15:52-16:22	16:25-16:49
		30'	15'	30'	30'	30'	
FED	CLUB	WARM UP	Floor 4	Floor 3	Floor 2	Floor 1	Page 2/4
GRE	EIRINI CHALKIDAS	13:59-14:29	14:34-14:49	14:50-15:20	15:21-15:51	15:52-16:22	16:25-16:49
GRE	JUNIORS INDIVIDUAL	14:24-14:54	14:59-15:14	15:15-15:45	15:46-16:16	16:17-16:47	16:50-17:26
GRE	SENIORS INDIVIDUAL	15:03-15:33	15:38-15:53	15:54-16:24	16:25-16:55	16:54-17:24	17:27-17:47
GRE	AC ASTERAS ELEFThERIOU KORDELIOU	15:22-15:52	15:57-16:12	16:13-16:43	16:44-17:14	17:15-17:45	17:48-18:03
GRE	AΣ APMONIA ΔΗΜΟΥ ΔΕΛΤΑ	15:22-15:52	15:57-16:12	16:13-16:43	16:44-17:14	17:15-17:45	17:48-18:03
GRE	AP.S FILIPPOS VERIAS	15:48-16:18	16:23-16:28	16:29-16:59	17:00-17:30	17:31-18:01	18:04-18:19
GRE	EXADAS KALAMARIAS	15:48-16:18	16:23-16:28	16:29-16:59	17:00-17:30	17:31-18:01	18:04-18:19
GRE	GO OLYMPIADA STAVROUPOLIS	15:54-16:24	16:29-16:44	16:45-17:15	17:16-17:46	17:47-18:17	18:20-18:41
GRE	Gymnastics Union of Larissa	15:54-16:24	16:29-16:44	16:45-17:15	17:16-17:46	17:47-18:17	18:20-18:41
GBR	Elite Gymnastics Academy CIC	16:16-16:46	16:51-17:06	17:07-17:37	17:38-18:08	18:09-18:39	18:42-19:00
RSA	OCEAN RHYTHMIC GYMNASTICS CLUB	16:35-17:05	17:10-17:25	17:26-17:56	17:57-18:27	18:28-18:58	19:01-19:19
		30'	15'	30'	30'	30'	
FED	CLUB	WARM UP	Floor 4	Floor 3	Floor 2	Floor 1	F Page 3/4
SWE	Nevis	16:35-17:05	17:10-17:25	17:26-17:56	17:57-18:27	18:28-18:58	19:01-19:19
SWE	Strassa	16:35-17:05	17:10-17:25	17:26-17:56	17:57-18:27	18:28-18:58	19:01-19:19
RUS	PENZA	16:54-17:24	17:29-17:44	17:45-18:15	18:16-18:46	18:47-19:17	19:20-19:32
RUS	Belgorod	16:54-17:24	17:29-17:44	17:45-18:15	18:16-18:46	18:47-19:17	19:20-19:32
BREAK							
NED	KNGU	17:36-18:06	18:11-18:26	18:27-18:57	18:58-19:28	19:29-19:59	20:02-20:28
SWE	Ornskoldsvik	17:36-18:06	18:11-18:26	18:27-18:57	18:58-19:28	19:29-19:59	20:02-20:28
ROU		18:04-18:34	18:39-18:54	18:55-19:25	19:26-19:56	19:57-20:27	20:29-21:05
GRE	ΑΓΣ ΕΠΙΤΑΝΗΣΩΝ	18:04-18:34	18:39-18:54	18:55-19:25	19:26-19:56	19:57-20:27	20:29-21:05
SLO		18:40-19:10	19:15-19:30	19:31-20:01	20:02-20:32	20:33-21:03	21:06-21:36
SLO	ŠD MOSTE	18:40-19:10	19:15-19:30	19:31-20:01	20:02-20:32	20:33-21:03	21:06-21:36

2.3 Orientation Meeting

- The Orientation Meeting for the Heads of delegations will take place at Competition Hall on Thursday, March 16, 2019 at 17.30, at the Press Conference Room of the Faliro Olympic Indoor Hall (Olympic Tae Kwon Do Stadium)
- At this meeting, the OC will give practical information on the organization and running of the competition, as well as the starting order for the Finals
- Last possibility for the Heads of delegations to hand over the definitive confirmation of the starting order.

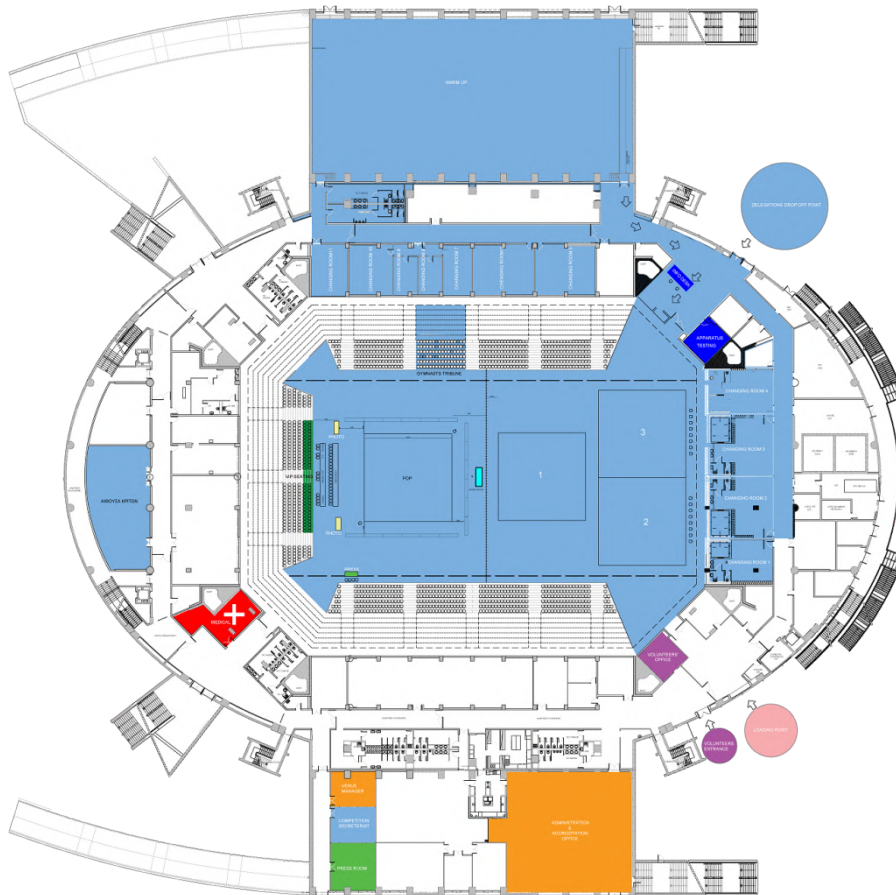
The Heads of delegations have to present filled in forms (see appendixes 1 & 2) for the Gala and for the Acropolis-Sounio site visit.

2.4 Competition venue

Venue details:

“FALIRO” Olympic Indoor Hall (Olympic Tae Kwon Do Stadium),
2 Moraitini st., Paleo Faliro, Athens

2.4.1 Venue ground floor view



2.4.2 Gymnasts Seating

All gymnasts have a dedicated seating area with the appropriate signage at the venue at the spectators' stands.

2.5.1 Format of the FIG Competition

The FIG International Tournament includes competition for:

1. Juniors Individuals 4 apparatus (Hoop-Ball-Clubs Ribbon)

Events: All Around and Finals

Medals: All around by age (2005-2004-2003)

Finals by category (13-15)

The highest 8 ranked Junior gymnasts on each apparatus will qualify for the final. In case of a tie at any places in Competition I, the tie breaking rules set out in the TR/FIG (edition 2017) will apply.

Maximum 1 gymnast per country may qualify to each apparatus final.

According FIG Rules.

2. Juniors Groups:

Events: All around and Finals (5 Hoops / 5 ribbons)

a) Competition I

Group competition with two presentations of a free exercise with 10 Clubs. The results of these two presentations will be added. After this competition, the

best eight groups are qualified for Competition III.

b) Competition III.

Medals: Final (competition III)

Medals: All around and Finals (5 Hoops / 5 ribbons)

According FIG Rules.

3. Seniors Individuals: 4 apparatus (Hoop-Ball-Clubs-Ribbon)

Events: All Around (competition II) and Finals(competition III)

Medals: All Around and Finals by category

The highest 8 ranked Senior gymnasts on each apparatus will qualify for the final. In case of a tie at any places in Competition II, the tie breaking rules set out in the TR/FIG (edition 2015) will apply.

Maximum 2 gymnasts per country may qualify to each apparatus final.

According FIG Rules.

4. Seniors Groups:

Events: All around and Finals (5 Balls / 3 Hoops & 4 Clubs)

Medals: All around and Finals 5 Balls / 3 Hoops & 4 Clubs)

According FIG Rules.

2.5.2 Format of the NON FIG Competition

The Aphrodite Cup, International Clubs Tournament, consists of competition only by apparatus (NO ALL AROUND COMPETITION):

1. Juniors Individuals: max 6 routines per club

Hoop-Ball- Clubs- Ribbon

Medals: in each apparatus by age

-Competition for Seniors Individuals: max 6 routines per club

Hoop-Ball-Clubs-Ribbon

Medals: in each apparatus by age

2.6 Access to the competition area

- The competition area is accessible to members of the various juries, competing gymnasts and their accredited coach.
- The competition area is strictly forbidden to all other persons.
- The use of any kind of electronic devices (video, mobile phones, etc.) is strictly forbidden in the competition area, warming up and training area.

2.7 Ceremonies & Gala

Award Ceremonies:

- Awards ceremonies (fig competition) for juniors individuals all around and juniors groups all around will be on Saturday, March 16. Awards ceremonies(fig competition) for juniors individuals finals and juniors groups finals and Seniors all around and finals will be on Sunday, March 17.
- On the podium only the medals will be present. All the gymnasts must be present at training 1 floor at 18.30
- The gymnasts will receive 1 medal and 1 diploma

Opening Ceremony:

- The opening ceremony will take place on Friday, March 15, at 18.30 in the competition hall.
- Gymnasts will not participate in the parade of the flags.

Closing Ceremony:

- The closing ceremony will take place on Sunday, March 17, at 20.30
- All gymnasts have to participate, following the flag of their country
- Gymnasts have to wear their competition attire.

Gala:

- For the gymnasts wishing to perform at the Gala the specific form provided (see the appendices), must be filled in and returned to the OC during the Orientation Meeting 14 March, 17.30 at the latest.

2.8 Control of Apparatus

- FIG International Competitions must strictly follow all current FIG rules.
- Gymnasts must perform only with new certificated apparatus, not allowed to use old certificated apparatus.
- Random selection will be done on the gymnasts and groups.
- During the podium training in the competition hall on Thursday 14 March 2019, the selected gymnasts and groups must check their apparatus in order to have their apparatus verified and have the official control label attached to it.

2.9 Music

- 2 sets of Audio CD's have to be given to the OC upon arrival during the Accreditation process.
- The information mentioned in the Code of Points and the Technical Regulations must be clearly marked on the CD's.

2.10 Medical Services

- A medical center will be operating at the venue starting from Wednesday March 13 during training and competition hours.
- An ambulance will be standing by at the venue during training and competition hours.

3. The Jury

3.1 Judges Panels: According to the valid FIG/TR the composition of the judges' panel consists

of:

- D Panel
Jury D1-D2 / D3-D4 (Body Difficulty / Apparatus Difficulty)
- E panel
Jury E1-E2, E3, E4, E5, E6 (Artistic Faults / Execution Faults)

There will be 2 Judges' Panels.

3.2 Superior Jury: Maria Pachta

3.3 Drawing of lots of the Judges

The drawings of lots of the judges will take place prior to the competitions at the Press Conference room (ground level) of the Faliro Olympic Indoor Hall (Olympic Tae Kwon Do Stadium), on Thursday March 14, 18.30.

3.4. Scoring & Distribution the results:

- The results will be operated electronically. The announcement of the results for each gymnast will be through the public score boards in the Field of Play.
- 30' after the end of the competition of each group, the results will be posted in hard copies at the Sport Info Desk at the Venue.
- Every night after the end of the competition the results will be available online and on the Aphrodite's Cup facebook page <https://www.facebook.com/AphroditeCup/> so that all delegations can access them once are back at the hotel.
- Every morning the results from the previous day will be available in hard copies for all clubs/delegations at the Sport Info Desk at the Competition Venue; Head of Delegations and one Coach from each delegation may receive one hard copy of each report.

3.5. Inquiries

- The inquiry must be confirmed as soon as possible in writing, but within 4 minutes at the latest after the verbal inquiry and requires an agreement of payment of €100,00 - for the first inquiry , €100,00 - for the second inquiry and €150,00 €200,00 - for the third and all subsequent inquiries made by the same Federation.

Should the inquiry not be confirmed in writing within 4 minutes, the procedure becomes obsolete.

- The number of inquiries mentioned in the paragraph above refers to the first, second, third and all subsequent inquiries made during the whole competition, from qualifications to finals (not starting from 1 at each phase of the competition).
- Furthermore, we remind you that the expected score must be mentioned on the inquiry form. Inquiries without mention of the requested score will not be accepted.
- Clarification: Since D-score is divided into two parts – Body Difficulty (DB) and Apparatus Difficulty (DA), each part is considered as a distinct score and must be challenged separately (either DB and DA or only DB or DA). Thus, if DB and DA of the same routine are challenged, the coach has to submit two inquiries with the respective forms. DB will be considered as first inquiry, DA as second inquiry.

4. The Organization

4.1 Transportation

Shuttle Bus Services **will be available:**

- From and to the airport. **Please, during the Accreditation process upon arrival at the Competition Venue, inform us for any change in your departure flight details.**
- Between hotels and the venue (shuttle bus). The daily transportation schedule will be available for you upon arrival. Please refer to relevant Sport Information Desk (at the venue or hotels) for any information concerning the transportation schedule.

4.2 Hotels

Coral Hotel Athens

35 Poseidonos Avenue Paleo
Faliro
Athens, 175 61
Site: coralhotel.gr
Tel: 0030 21 0981 6441

Blue Sea Hotel

49 Themistokleus
Avenue Alimos Athens
,174 55
Site: bluesea.com.gr
Tel: 0030 210 983 9255

Galaxy Hotel Athens

39 Posidonos & kalamakiou
Avenue
Alimos, 17455
Site: galaxy-hotel.gr
Tel: 0030 210 9818 603

Nestorio Hotel

8 Pentelis str. Paleo
Faliro, Athens. 175 64
Site:
www.nestoriohotel.gr
Tel: 00302109420820

Important information about hotels:

- **Hotel Check in time:** 12:00 pm , **Hotel Check out time:** 12:00 pm
All hotel are half board in buffet style (beverages and alcohol are not included):
Breakfast: 06:30 – 10:00 Check with hotels
Lunch: Not included
Dinner: 19:30 – 22:30 Check with hotels

EXCEPTION: On Sunday, March 17 dinner will not be served at the hotels but only at the Farewell Dinner (see paragraph 4.9)

- Please mention at the hotel's reception any allergies or food intolerance.
- Extra charges or services at the hotel will be paid directly by delegations at the checkout procedure.

4.3 Accreditation

Only accredited delegation members can access the competition level floor. Two different access zones apply in the competition. The red zone and the blue zone. The red accreditation holders have access in the training hall but not in the warm up floor 1, 2, 3 and the field of play. The blue accreditation holders have access in the training hall, the warm up floor 1, 2, 3 and the field of play.

Accreditation zones will be activated on Friday, 15th of March at 07.00.

4.4 Sport Information Desk

Sport Information Desk will operate at the competition venue at the Gymnasts entrance. Personnel and volunteers will be at your disposal to answer your questions. For every potential issue/request/question the volunteers at the Sport Info Desk will be happy to guide you to the right person to resolve your issue.

Operating Hours:

Venue: Thursday 14 until Sunday 17 March from 08:00 am until the end of competition.

4.5 Accreditation process at the Competition Venue

- Accreditation process starts on Wednesday March 13 at 9:00 at the Competition Venue. Delegations arriving on Tuesday 12 will be informed about the timings that they will be picked up from their hotel and transferred to the Competition Venue for their accreditation procedures.
- Only the Head of Delegation or Team Manager or Head coach shall be present for the accreditation of their teams.
- Please make sure that you have enough cash with you for the balance payment of your delegation to the organizing committee.
- Please make sure that you keep with you:
 - ✓ all passports/FIG Licenses of the registered gymnasts,
 - ✓ two sets of CD's (one for the podium training and one for the competition).
- Gymnasts will receive complimentary: a string bag, a T-shirt and a diploma for their participation.
- Members of delegations will receive complimentary: bag, t-shirt, and info pack.

4.6 Lost & Found

A lost & found office will be located at the competition venue at the Staff office (ground floor, opposite the accreditation center). For any missing item please refer to the Sport Information Desk at the competition venue.

4.7 Ordering gymnasts photos

A sales desk for gymnasts competition photos will be operating on Friday 15, Saturday 16 and Sunday 17 of March from 11.00-19.00 and will be located at the spectators seats level of the Competition Venue.

4.8 Acropolis and Cape Sounio site visit * (Optional)

On Sunday 17 March at 9:30 2 buses will depart from your hotel to the Ancient Athens area or Cape Sounio where you will have the opportunity to visit (all within walking distance) one of the following sites:

Bus for Athens

- Acropolis Museum
- Acropolis Archaeological Site
- Plaka & Monastiraki flea market

Bus for cape Sounio

- Poseidon Temple

You need to be back at the same area you were dropped off by the bus **at 13:00. In case you are interested** you shall fill in the given form in **APPENDIX-2** (which as an alternate can be found also at the Accreditation center at the Competition Venue) and submit it completed at the **Orientation meeting on Thursday, 14 of March at 17:30 the latest.**

Cost: Ancient Athens district, €5,00
Cape Sounio, €20,00

**Please note that tickets to Archaeological sites are not included in the offer.*

4.9 Farewell Dinner

A Farewell Dinner is offered to all participating gymnasts and delegations members complimentary. The Farewell Dinner will take place at 'Οι γευσεις του Διογηνι' (Οι γεύσεις του Διογένη) restaurant at 21.00hrs (Pentelis 25, Paleo Faliro 175 64)

Buses to 'Οι γευσεις του Διογηνι' will depart directly after the closing ceremony from the competition venue. Additionally, shuttle buses will connect the hotels with 'Οι γευσεις του Διογηνι' after 20.30hrs.

4.10 Leisure Time

Sites, which you could visit (walking distance from the Hotels and Competition Hall)

- Market of Palaio Faliro
- Parko Flisvou at the Costal Zone: www.palaiofaliro.gr
- Marina Flisvou: www.flisvosmarina.gr
- WW1 War Ship AVEROF: www.averof.mil.gr
- Stavros Niarchos Foundation Cultural Center: www.snf.org

4.11 Useful General Information

- **Electric Current:** The standard electric current in Greece is 220V (50Hz) alternating current.
- **Dialing Code:** The international dialing code of Greece is +30.
- **Time Zone:** Athens time is seven hours ahead of Eastern Standard Time, two hours ahead of Greenwich Mean Time (GMT+2:00), and one hour ahead of Central European Time.

4.12 Social and Environmental Program

This year APHRODITE CUP set higher standards regarding its commitment not only to sports excellence but also regarding its care about the society and the environment.

Based on the global need to use less single use plastic, we started our effort to become plastic free in what concerns our catering in the stadium as well as to our water provision. All straws and cups for cold drinks they are made from an inexhaustible resource: natural lactic acid. And since this is obtained from starch derived from sugar cane, the disposable tableware is 100 percent natural, 100 percent biodegradable and eco-friendly. In this "first plastic free attempt" in the RG world, we have with us the Athanasios Laskaridis Charitable Foundation which undertakes initiatives to reduce single use plastic and protect our marine environment.

We would also like to inform you that during the event a recycling system for paper, plastic packaging and other waste will be implemented throughout the facility. Please help us protect the environment.

Aphrodite Cup, in cooperation with the environmental organization Institute Team for the World - Environmental Alliance 2004+" ngo/npo sets up the voluntary sports shoes and sports wear reuse and recycling program.

In the frame of its sustainability policy, APHRODITE CUP , invites all the participants, gymnasts, coaches,officials, to bring with them and donate, their used sports shoes and sports wear . The donated goods will be forwarded by TEAM FOR THE WORLD to groups and individuals in need in Greece.

We invite you to bring your donations , which you may leave during the tournament in the designated area at the warm up area.

Sports shoes and sports wear forgotten in a box or on a shelf at our homes will be reused by people, who need not only to work out, but also need them in their daily lives.

Please make sure that your donations are in good condition.

The LET THEM RUN AGAIN FOR A GOOD CAUSE initiative is under the auspices of the Hellenic Olympic Committee.



A commemorative tree planting ceremony will be also organized.

In case you would like to voluntarily offset your travel emissions and contribute to the global fight against climate change you, can do it through :

<https://solutions.climatepartner.com/climateshop/modules/48/0/>

APHRODITE CUP supports actively the Sustainable Development Goals of the United Nations .
APHRODITE CUP is a member organization of the GREEN SPORTS LEAGUE scheme.

4.13 Useful links

Web	http://www.aphroditecup.com
Facebook GOPF ARMONIA	https://www.facebook.com/gopfArmonia/
Facebook APHRODITE CUP	https://www.facebook.com/AphroditeCup/
International Airport “El. Venizelos”	http://www.aia.gr/traveler/
Urban rail transport	www.stasy.gr
Bus Transport	www.oasa.gr

4.14 Emergency numbers

Medical Emergency	112	The number 112 can be dialed to reach emergency services -medical, fire and police- from anywhere in Europe. This Pan-European emergency number 112 can be called from any telephone (landline, pay phone or mobile cellular phone). Calls are free. It can be used for any life-threatening situation
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Ambulance Service	166
Fire Service	199
Police	100
Tourist Police	171

5. Privacy Notice

Our Principles

P. Falirou Gymnastics Club "ARMONIA" recognizes the importance of the protection of its stakeholders (natural persons) with regards to the processing of their personal data as a fundamental right.

In this context, P. Falirou Gymnastics Club "ARMONIA", as Data Controller, complies with the requirements of the General Data Protection Regulation (EU 2016/679 – GDPR) and the national legislation, respects the rights and freedoms of the data subjects and secures that their personal data is:

- collected for specified, explicit and legitimate purposes, as these stated in the records of processing activities (data flow map) that P. Falirou Gymnastics Club "ARMONIA" maintains
- processed lawfully, fairly and in a transparent manner, on the basis of consent, legitimate interest, legal obligation or contract performance
- stored safely to safeguard their confidentiality, integrity and availability.

All members of P. Falirou Gymnastics Club "ARMONIA" personnel, associates, volunteers, as well as third parties that process personal data on behalf of the Federation are contractually committed to comply with the aforementioned framework.

It is important to note that the maintenance of archives of sport-event results and participants' performances for historical, statistical and informational purposes, lays within the ground of legitimate interests of P. Falirou Gymnastics Club "ARMONIA".

Data Subjects

The categories of data subjects whose personal data are being processed by P. Falirou Gymnastics Club "ARMONIA", include:

- (i) athletes (registered in sport clubs that are members of the Federation),
- (ii) trainers,
- (iii) medical and physio staff,
- (iv) personnel (permanent and on contract basis),
- (v) personnel's family members,
- (vi) job candidates,
- (vii) volunteers,
- (viii) judges,
- (ix) suppliers / associates (sole proprietors and freelancers),
- (x) business executives (working for suppliers, sponsors, and partners),
- (xi) members of the Administrative Board of the Federation,
- (xii) officials of sport-clubs, authorities and other institutional entities,

- (xiii) media representatives
- (xiv) sports fans and other individuals.

Personal Data Categories

Depending on the data subject's capacity, the categories of personal data being processed by P. Falirou Gymnastics Club "ARMONIA" might include:

- a) Unique identifiers (e.g. ID/Passport number, Social Security number, TIN),
- b) Basic data (e.g. name/surname, sex, age),
- c) Sport-club name,
- d) Sport-performance data,
- e) Communication data (e.g. Email, phone number),
- f) Financial data (e.g. IBAN, registration fee); please note that in case of registration fee payment via credit card, P. Falirou Gymnastics Club "ARMONIA" does not process any information related to your card
- g) Image data (e.g. photo, video),
- h) Data of special categories (e.g. health data).

Data Transfers outside EU

Our aim is to restrict personal data transfers only to countries that have been deemed by the European Commission as destinations that provide an adequate level of protection for personal data; you may see the relevant decisions of the European Commission here:

https://ec.europa.eu/info/law/law-topic/data-protection/data-transfers-outside-eu/adequacy-protection-personal-data-non-eu-countries_en

However, due to the global nature of sports, and in the context of participation of P. Falirou Gymnastics Club "ARMONIA" athletes, trainers, and members of the Administrative Board in official delegations, it may be required to transfer personal data to other countries, under the provisions of the Article 49(1) of the GDPR.

Your Rights

According to the GDPR, you have the following rights toward the processing of your personal data:

- access to your data,
- correction of your data, in cases where the data we hold about you are incorrect or insufficient,
- request to delete your data ('right to be forgotten'), if there is no legal obligation or claim, and do not relate with any official result of a sport event,
- withdraw your consent, in cases where consent is the legitimate basis for the processing of your data; please note that for races open to independent runners, this request has to be made within the specific timelines as set in the application form which has to be read carefully,
- object to processing for a specific reason,
- request the restriction of the processing,
- request to transfer your data to another Controller.

To exercise any of your rights, you can address the respective request to the Data Protection Officer of P. Falirou Gymnastics Club "ARMONIA" (pls. see below 'Contact Person'). Our response to your request will take place within (1) one month of its receipt, unless an extension of up to two (2) months is required after having taken into account the complexity and the number of requests, and informed you in due time, accordingly.

If you do not have a response to your request, you have the right to lodge a complaint to the Hellenic Data Protection Authority (www.dpa.gr).

Cookie Policy

This site uses "cookies" to facilitate and improve your online experience. A cookie is a text file that is placed on your computer or other device by a Web page server. Cookies cannot be used to run programs or deliver viruses to your device. Cookies are uniquely assigned to you, and can only be read by a web server in the domain that issued the cookie to you.

In the present site, functional cookies are placed and read by P. Falirou Gymnastics Club "ARMONIA" itself; third party cookies include research & analytic cookies (Google), and social media cookies (Facebook).

Most Web browsers automatically accept cookies, but you can usually modify your browser setting to decline cookies if you prefer. If you choose to decline cookies, you may not be able to fully experience the interactive features of the web sites you visit. For more information about cookies, you may visit: http://ec.europa.eu/ipg/basics/legal/cookies/index_en.htm#section_2

Changes to this Notice

P. Falirou Gymnastics Club "ARMONIA" will occasionally update this Privacy Notice to reflect any changes in its operational environment, legislation, and/or communication with data subjects. You are encouraged to periodically review this Notice to be informed about Personal Data Management policies applied in P. Falirou Gymnastics Club "ARMONIA".

Contact Person

P. Falirou Gymnastics Club "ARMONIA" welcomes any questions and comments regarding Data Privacy and Protection. For this purpose, you may contact our certified Data Protection Officer at: dpo@gopf-armonia.gr

A Declaration form must be fully completed, signed and submitted to the organizing committee of Aphrodite Cup 2019 for all participants (gymnasts and all delegation members). If you have not sent it by email prior to the competition please find the form at Appendix 3, fill it, sign it and submit it to the Accreditation Center at the Competition Venue by Wednesday, 13th of March 2019 20.00hrs the latest.



**FALIRO RHYTHMIC GYMNASTICS INTERNATIONAL
TOURNAMENT
15-17.03.2019 Athens/Greece**

ENTRY FORM FOR GALA PERFORMANCE

Federation of: _____

Name of gymnast/s

Performance:

Music _____

Composer _____

Time _____

Date: ___ / ___ / ___

Signature: _____



SIGHTSEEING OPTIONS SUNDAY 17/3/2019



ACROPOLIS AREA

09:30 – 13:00

Cost: 5 €/person

(Museum & archaeological site admission fees are not included)

- Acropolis Museum
- Acropolis Archaeological Site
- Plaka & Monastiraki flea market

HOTEL: _____

DELEGATION: _____

PERSONS: _____



CAPE SOUNIO (56 km from Faliro)

09:30 – 13:00

Cost: 20 €/person

(Archaeological site admission fee is not included)

- Temple of Poseidon

HOTEL: _____

DELEGATION: _____

PERSONS: _____

Please complete this form upon your arrival and return to the HEAD OF DELEGATION MEETING on Thursday 14th of March.

APPENDIX-3

DECLARATION OF CONSENT TO COLLECTION, USE AND PROCESSING OF PERSONAL DATA TO A PHYSICAL PERSON

I, the undersigned /name/ from /name of the country/ as competitor /participant/ in the International Rhythmic Gymnastics Tournament Aphrodite Cup, Athens 2019.

I agree that the "Hellenic Gymnastics Federation" and the Gymnastics Club of Palaio Faliro ARMONIA in its capacity of personal data administrator to collect, store, process and archive my personal data including video images, photos and to make copies of my personal document of identification ID card/passport.

Processing of Personal Data of registered runners in the current event follows the terms of the General Data Protection Regulation EU 2016/679 (GDPR). Within this framework, GOPF ARMONIA seeks the consent of the registered runners for the following cases of personal data processing.

I'm acquainted with:

- The purpose and the ways and means of processing my personal data
 - The voluntary and obligatory nature of data provision and the consequences of refusing to provide it;
 - The right to access and correct collected data;
 - The name and address of the institution as well as the name and position of the data processor appointed by an Order of the event organizers;
 - The circumstance that video images and photographs do not contain biometric data;
 - The terms for storing and destroying my personal data are until December 31st, 2019;
 - The processing of my personal data is not based on the automated taking of solutions, including profiling.
-
- I consent to the use of the stated email for receiving newsletters by the Event regarding the event itself, other information relevant to the event, as well as the possibility to participate in it in the future
 - I consent to the use of my participation data in this Event for the purposes of creating and publishing the Start Lists, Results and other competition reports before, during and after the Event.
 - I consent to the use of the stated email by the Event's Official Photo Agency for purposes of being informed about my personal photos of the race day and how to get my Participation Certificate after the event
 - I consent to the use of the stated email by the Event's Sponsors and Partners for purposes of being informed about initiatives they launch in the framework of the current event
 - I consent to the use of the stated email for purposes of being informed about the possibility to participate in researches conducted by the Event's Organizing Committee related to the improvement and development of the event itself

By attending or participating this event, I am giving my consent to be photographed, audio recorded, video recorded and its/their release publication, exhibition or reproduction to be used for promotional purposes, advertising, websites, social media or any other purpose by Aphrodite Cup and/or "Armonia" Rhythmic Gymnastics Club of Palaio Faliro. By entering the Aphrodite Cup event premises I am waiving any and all claims regarding the use of your image by Aphrodite Cup and/or "Armonia" Rhythmic Gymnastics Club of Palaio Faliro.

I hereby declare my consent to the storage and processing of my personal data at compliance with the provisions which comply with the requirements of the General Data Protection Regulation (EU 2016/679 – GDPR) and the national legislation.

Date: _____ Declared:

City: _____ Signature

In case of a minor, the participation will be allowed only after personal information and contact details of the parent having the legal custody of minor will be given. Submitting the application the parent gives the permission and relevant consent for the child 's participation in the event and accepts the content of the declaration above.