



FALIRO RG INTERNATIONAL TOURNAMENT "10TH APHRODITE CUP"



21st - 23rd March, 2025
Palaio Faliro - Athens, Greece

DIRECTIVES




Event ID: 17960

Update 02.12.2024

[Online registration link + music link](#)

Dear FIG affiliated Member Federations,

Following the decision of the Hellenic Gymnastics Federation, the RG Club GOPF "ARMONIA", has the pleasure to invite Clubs and National Teams from your Federation to participate in the aforementioned RG International Tournament.

DISCIPLINE	Rhythmic Gymnastics
HOST FEDERATION  ΕΛΛΗΝΙΚΗ ΓΥΜΝΑΣΤΙΚΗ ΟΜΟΣΠΟΝΔΙΑ HELLENIC GYMNASTICS FEDERATION	HELLENIC GYMNASTICS FEDERATION 37 Kifissias Ave., OAKA, EKAE Building (Former Athlete's Guesthouse) Opposite FireStation, 15123, Marousi. tel:00302109882458 email: ego@otenet.gr website: www.ego-gymnastics.gr
LOCAL ORGANIZING COMMITTEE 	GYMNASTIKOS OMILOS PALAIYOU FALIROU "ARMONIA" Dimotiko Athlitiko Centre, Office1, 17561, Marina Flisvou tel: 00302109816708 fax: 0030 2109838475 email: gym@gopf-armonia.gr website: www.gopf-armonia.gr Mrs. Eleni Michopoulou, email: aphroditecup@gopf-armonia.gr website: www.aphroditecup.com mobile: 00306972004509
LOCATION	Faliro, Athens, Greece
DATES	21st - 23rd March 2025
VENUE	 Faliro Olympic Indoor Hall "TAEKWONDO" Height:17m -Seats:5.500

APPARATUS SUPPLIER	Please refer to the attached apparatus list
RULES & REGULATIONS	<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 • Code of Ethics • Code of Conduct • Technical Regulations • Code of Discipline • Code of Points and relevant Newsletters • General Judges' Rules • Specific Judges' Rules • Anti-Doping Rules • Licence rules (except for non-competitive events) • FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events • FIG Medical Guidelines for FIG Competitions and Events • Media Rules • Apparatus Norms • Rules for Sanctioning (approval) of International Events • Advertising and Publicity Rules • Regulations for Award Ceremonies • Accreditation Rules <p><i>and subsequent decisions of the FIG Executive Committee</i></p>
FEDERATIONS INVITED	National Teams and clubs from all FIG member Federations, in good standing , are entitled to participate in all categories or in any category by their choice.
AGE LIMITS	<p>Juniors, pas per FIG Technical Regulations</p> <p>Seniors, pas per FIG Technical Regulations</p> <p>All Gymnasts must have a valid FIG license until the end of the event.</p>
JUDGES	<p>All participating judges must have a current valid FIG brevet at the time of the event, for the respective discipline (RGI and/or RGG).</p> <p>The participating Member Federations must provide minimum one qualified judge as mentioned above. Failure to do so will result a fine of 150,00€ - to be paid to the LOC upon arrival.</p>
ENTRY FEE	<p>The non-reimbursable entry Fees:</p> <p>60,00€ per Individual Gymnast</p> <p>100,00€ per Group</p> <p>70,00€ per each team member who does not choose to book accommodation through the LOC.</p>
EVENT FORMAT	<p>The International Tournament includes competition for:</p> <p>1. Juniors Individuals 4 apparatus (Hoop-Ball-Clubs-Ribbon) Events: All Around & Finals Medals: All Around by age Finals: By Junior category</p> <p>2. Seniors Individuals 4 apparatus (Hoop-Ball-Clubs-Ribbon) Events: All Around & Finals Medals: All Around & Finals</p> <p>3. Juniors Groups:2 apparatus (5 pairs of Clubs / 5 Hoops) Events: All Around & Finals Medals: All Around & Finals</p> <p>4. Seniors Groups:2 apparatus (5 Ribbons / 3 Balls & 2 Hoops) Events: All Around & Finals Medals: All Around & Finals</p>
PROVISIONAL SCHEDULE	<p>March 18th: Arrival of delegations</p> <p>March 19th: Arrival of delegations</p> <p>March 20th: Official Training – Orientation Meeting</p> <p>March 21st: Competition/Qualification</p>

	<p>March 22nd: Competition/Qualification March 23rd: Competition/Finals& Optional Sightseeing March 24th: Departure of delegations</p>																																																						
SIGHTSEEING OPTIONS	<p>to Monument Acropolis, Acropolis Museum (Ancient Athens) at the cost of 12,00€ per person for transportation to temple of Poseidon at Cape Sounion at the cost of 40,00€ per person for transportation (56km distance from Faliro)</p>																																																						
PARTICIPATION RULES	<p>1. Juniors Individual Competition: a. All Around Competition according FIG rules b. Apparatus Finals according FIG & EG rules 2. Juniors Groups: according FIG rules Events: All Around & Finals Medals: All Around & Finals 3. Seniors Individual competition: a. All Around according FIG rules b. Apparatus Finals according FIG rules 4. Seniors Group Competition: according FIG rules a. All Around according FIG rules b. Finals Group Routines according FIG rules</p>																																																						
SIZE OF DELEGATION	<table border="1"> <thead> <tr> <th></th> <th>Individual Juniors</th> <th>Individual Seniors</th> <th>Group Juniors</th> <th>Group Seniors</th> <th>max TOTAL</th> </tr> </thead> <tbody> <tr> <td>Head of Delegation</td> <td>1</td> <td>1</td> <td>1</td> <td>1</td> <td>1</td> </tr> <tr> <td>Team Manager</td> <td>1</td> <td>1</td> <td>1</td> <td>1</td> <td>2</td> </tr> <tr> <td>Coach</td> <td>2</td> <td>2</td> <td>2</td> <td>2</td> <td>8</td> </tr> <tr> <td>Gymnasts</td> <td>3</td> <td>3</td> <td>6</td> <td>6</td> <td>18</td> </tr> <tr> <td>Judges</td> <td>1</td> <td>1</td> <td>1</td> <td>1</td> <td>2</td> </tr> <tr> <td>Doctor</td> <td>1</td> <td>1</td> <td>1</td> <td>1</td> <td>1</td> </tr> <tr> <td>Paramedical Staff</td> <td>1</td> <td>1</td> <td>1</td> <td>1</td> <td>1</td> </tr> <tr> <td colspan="5"></td> <td>33</td> </tr> </tbody> </table>		Individual Juniors	Individual Seniors	Group Juniors	Group Seniors	max TOTAL	Head of Delegation	1	1	1	1	1	Team Manager	1	1	1	1	2	Coach	2	2	2	2	8	Gymnasts	3	3	6	6	18	Judges	1	1	1	1	2	Doctor	1	1	1	1	1	Paramedical Staff	1	1	1	1	1						33
	Individual Juniors	Individual Seniors	Group Juniors	Group Seniors	max TOTAL																																																		
Head of Delegation	1	1	1	1	1																																																		
Team Manager	1	1	1	1	2																																																		
Coach	2	2	2	2	8																																																		
Gymnasts	3	3	6	6	18																																																		
Judges	1	1	1	1	2																																																		
Doctor	1	1	1	1	1																																																		
Paramedical Staff	1	1	1	1	1																																																		
					33																																																		
MEDICAL SERVICES	The LOC will provide a first aid medical service.																																																						
COVID 19	The LOC should follow local guidelines in management of COVID-19. The LOC must facilitate COVID-19 testing for delegations when it is required to have a negative test for return to their country.																																																						
DRAWING OF LOTS	One week before the event starts, in the National Federation's offices.																																																						
VISA	<p>Please verify immediately with your travel agent or the Greece Embassy or Consulate in your country if a visa is required for your travel to Greece. The LOC will be happy to assist each Delegation member with an official invitation letter, provided that Visa request is made before January 21st, 2025 to the LOC.</p> <p>The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, arrival and departure dates of the Delegation Members 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. 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>Basic insurance (sickness, accident and repatriation) in your country of residence is compulsory in order to be able to benefit from coverage by FIG IMSSA subsidiary insurance. Please also refer to https://www.gymnastics.sport/site/pages/medical-insurance.php for additional information regarding the FIG IMSSA insurance for Athletes and Judges.</p>																																																						

	<p>The LOC will verify the insurance upon arrival of the delegation members (e.g. cover note or photo copy of the valid policy). Delegation members with insufficient insurance cover must inform the LOC in advance.</p> <p>The LOC will subsequently offer insurance at the Federations own charge as follows: 30,00€ per person/per day.</p> <p>NOTE: In the case of any medical services in the hospital, the cost must be covered by the delegations.</p>												
SAFEGUARDING	<p>From the official event day of arrival until the official day of departure, participants (gymnasts, coaches, judges and any other delegation members) have the possibility to contact by phone or e-mail the LOC Safeguarding Officer in case of harassment and abuse of any type or if they are worried and do not feel comfortable.</p> <p>The information regarding the LOC Safeguarding Officer will be communicated upon arrival of the delegations on site.</p> <p>In addition, posters of the "10 Golden Rules of Gymnastics", the FIG campaign to raise awareness about youth protection in Gymnastics, will have to be displayed in several locations, including training and warm-up halls and public zones.</p>												
INTERNATIONAL TRANSPORTATION	<p>The invited participating federations must pay for the international travel costs of their delegation members.</p> <p>The Travel Schedule must be returned to the LOC by February 21st, 2025.</p>												
LOCAL TRANSPORTATION	<p>Local transportation will be provided by the LOC for those who will choose accommodation through the LOC.</p>												
ACCOMMODATION COSTS	<p>The following prices are per person, per day and include:</p> <ol style="list-style-type: none"> 1. Accommodation in hotels close to the Competition Hall, breakfast and dinner, Climate Crisis Resilience Fee (former city tax) 2. Transportation from Athens airport "Eleftherios Venizelos" to the hotel and back on official days of arrival & departure <p>Shuttle buses connecting hotels and the Competition Hall</p> <p>Four Stars Hotel HB:</p> <table> <tr> <td>Single Room:</td> <td>170,00€</td> </tr> <tr> <td>Double Room:</td> <td>140,00€</td> </tr> <tr> <td>Triple Room:</td> <td>120,00€</td> </tr> </table> <p>Three Stars Hotel HB:</p> <table> <tr> <td>Single Room:</td> <td>150,00€</td> </tr> <tr> <td>Double Room:</td> <td>130,00€</td> </tr> <tr> <td>Triple Room:</td> <td>110,00€</td> </tr> </table>	Single Room:	170,00€	Double Room:	140,00€	Triple Room:	120,00€	Single Room:	150,00€	Double Room:	130,00€	Triple Room:	110,00€
Single Room:	170,00€												
Double Room:	140,00€												
Triple Room:	120,00€												
Single Room:	150,00€												
Double Room:	130,00€												
Triple Room:	110,00€												
ACCOMMODATION POLICY	<p>The Accommodation Form must be returned to the LOC by January 21st, 2025 at the very latest, the hotel rooms will be allocated on a "first-come, first-served" basis.</p> <p>The invited participating federations must pay for the accommodation expenses of their delegation members. The costs for the accommodation must be paid to the LOC as follows:</p> <p>50% until January 21st, 2025 and the rest 50% until February 21st, 2025</p> <p>Please notify the LOC for your choice on the hotel category when your provisional registration is made.</p> <p>Cancellation/Reimbursement Policy:</p> <p>50% of accommodation costs are refundable in case of cancellations at least 1 month prior to arrival. For cancellations made after February 21st, 2025 there will be no reimbursement.</p> <p>NOTE: No Hotel Reservations will be secured, without payment in due time</p>												
MUSIC FILES & FORMS	<p>Each Delegation must upload Music Files through the following link: https://rqform.eu/event.php?id_prop=7625 not later than February 21st, 2025.</p>												

	<p>Music files have to be sent in .mp3 format. Name of each file must contain:</p> <ul style="list-style-type: none"> • The name of the nation (official abbreviation of the country) • The first and last name of the individual competitor • The category (individual/group); • The apparatus • The Junior or Senior <p>(Example: ROU_RADU_Alina_Junior_Group_5hoops.mp3)</p> <p>Delegation members are requested to keep in their possession a specimen of their CD and USB key for their training sessions and in case of a technical problem.</p> <p>At the accreditation, the Heads of delegation have to hand in the Music Release form which you will be sent together with the workplan.</p>																								
ACCREDITATION	<p>The accreditation of all members will take place upon arrival. Team leaders are required to bring the following documents:</p> <p>passports of all members of the delegation fulfilment of all financial obligations the medical insurance of all members of the delegation.</p> <p>In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan</p>																								
FINANCIAL OBLIGATIONS & BANK ACCOUNT	<p>Payment of Entry Fees (100%): January 21st, 2025 (non-refundable) Payment of Accommodation Costs (first 50%): January 21st, 2025 Payment of Accommodation Costs (second 50%): February 21st, 2025</p> <p>Each participating member Federation is kindly requested to integrate the payment's purpose as follows:</p> <p>GYMNASTIKOS OMILOS P. FALIROU "ARMONIA" Bank: Alpha Bank Address: 4 Ag. Alexandrou str., 1756, Palaio Faliro IBAN: GR52 0140 1180 1180 0200 2015010 BIC: CRBAGRAA</p> <p>The participating federation is responsible for covering all banking commissions related to bank transfers.</p>																								
REGISTRATIONS	<p>Registrations will be made online via the following link: https://rqform.eu/event.php?id_prop=7625.</p> <p>The forms will be available from December 1st, 2024.</p>																								
REGISTRATION & PAYMENT DEADLINES	<table border="1"> <tr> <td>Provisional Registration:</td> <td>December 21st, 2024</td> </tr> <tr> <td>Definitive Registration:</td> <td>January 21st, 2025</td> </tr> <tr> <td>Accommodation Request:</td> <td>January 21st, 2025</td> </tr> <tr> <td>Visa Request:</td> <td>January 21st, 2025</td> </tr> <tr> <td>Payment of Entry Fee:</td> <td>January 21st, 2025</td> </tr> <tr> <td>Payment of Accommodation Costs (first50%):</td> <td>January 21st, 2025</td> </tr> <tr> <td>Nominative Registration:</td> <td>February 21st, 2025</td> </tr> <tr> <td>Travel Schedule:</td> <td>February 21st, 2025</td> </tr> <tr> <td>Send Music File by email:</td> <td>February 21st, 2025</td> </tr> <tr> <td>Payment of Accommodation Costs (second50%):</td> <td>February 21st, 2025</td> </tr> <tr> <td>Payment for missing judge:</td> <td>Upon arrival</td> </tr> <tr> <td>Payment of optional Sightseeing cost:</td> <td>Upon arrival</td> </tr> </table>	Provisional Registration:	December 21st, 2024	Definitive Registration:	January 21st, 2025	Accommodation Request:	January 21st, 2025	Visa Request:	January 21st, 2025	Payment of Entry Fee:	January 21st, 2025	Payment of Accommodation Costs (first50%):	January 21st, 2025	Nominative Registration:	February 21st, 2025	Travel Schedule:	February 21st, 2025	Send Music File by email:	February 21st, 2025	Payment of Accommodation Costs (second50%):	February 21st, 2025	Payment for missing judge:	Upon arrival	Payment of optional Sightseeing cost:	Upon arrival
Provisional Registration:	December 21st, 2024																								
Definitive Registration:	January 21st, 2025																								
Accommodation Request:	January 21st, 2025																								
Visa Request:	January 21st, 2025																								
Payment of Entry Fee:	January 21st, 2025																								
Payment of Accommodation Costs (first50%):	January 21st, 2025																								
Nominative Registration:	February 21st, 2025																								
Travel Schedule:	February 21st, 2025																								
Send Music File by email:	February 21st, 2025																								
Payment of Accommodation Costs (second50%):	February 21st, 2025																								
Payment for missing judge:	Upon arrival																								
Payment of optional Sightseeing cost:	Upon arrival																								

All registration forms (provisional, definitive, nominative, accommodation, visa request and travel schedule) for the FIG Competition must be sent through the National Federations.

Sincerely Yours,



Athens, 01.11.2024

Athanasios STATHOPOULOS
President of Hellenic Gymnastics Federation