

10th Aphrodite Cup

ΔΙΕΘΝΗΣ ΤΟΥΡΝΟΥΑ ΡΥΘΜΙΚΗΣ ΓΥΜΝΑΣΤΙΚΗΣ
INTERNATIONAL RHYTHMIC GYMNASTICS TOURNAMENT

21-23 Μαρτίου
March

INTERNATIONAL RHYTHMIC GYMNASTICS TOURNAMENT

10 χρόνια
years

ΔΙΟΡΓΑΝΩΣΗ
ORGANIZED BY

ΣΥΝΔΙΟΡΓΑΝΩΣΗ
CO-ORGANIZED BY

WORK PLAN

ΑΝΔ AUS BEL BUL CAN CYP CZE EGY EST FRA GEO GER ITA
KAZ KOR KUV LUX MDA MEX NED POL POR SUI SVK UKR USA GRE

Παρασκευή & Σάββατο 08:30 - 22:30 / Κυριακή 13:00 - 20:00
ΟΛΥΜΠΙΑΚΟ ΚΛΕΙΣΤΟ ΓΥΜΝΑΣΤΗΡΙΟ ΦΑΛΗΡΟΥ • OLYMPIC INDOOR HALL, FALIRO, ATHENS-GREECE
ΕΙΣΟΔΟΣ ΕΛΕΥΘΕΡΗ

ΥΠΟ ΤΗΝ ΑΙΓΙΔΑ
UNDER THE AUSPICES

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Υπουργείο Πολιτισμού, Οργανισμών και Αθλητισμού

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& ΑΝΑΠΡΟΣΤΑΣΗΣ ΔΙΚΑΙΩΜΑΤΩΝ

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4C

ΣΥΝΕΛΕΥΣΗ

FRIDAYS

SUP EVENTS

ΕΛΛΑΔΑ

ΠΑΛΑΤΙΚΑ ΜΙΑΣ ΚΡΗΣΗΣ

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

2. Local Organizing Committee's contact address

GYMNASTIKOS OMILOS PALAIOU 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



FALIRO RHYTHMIC GYMNASTICS INTERNATIONAL TOURNAMENT

3. Organizing Committee's structure

Function	Full name
President	Eleni MICHOPPOULOU, President GOPF "ARMONIA"
Vice President	Michalis KOUMENTAKOS, President of the Cultural & Sports Center of Palaio Faliro Municipality
Members	Eirini AINDILI, FIG EC Member, Hellenic Gymnastics Federation Member
	Eva CHRISTODOULOU, Hellenic Gymnastics Federation 3 rd Vice President
	Elena KAITEZIDOU, Hellenic Gymnastics Federation 1 st Vice President
	George KAZANTZOPOULOS, Vice President GOPF "ARMONIA"
	Anna KONTOPOULOU – SALANTI, GOPF "ARMONIA" BD member
	Athanasoula LAPROPOULOU SYROPOULOU, GOPF "ARMONIA"
Event Director	Eleni MICHOPPOULOU
Deputy Event Director	Harris SPILIAKOS
Competition Manager	Nikoletta SIMITZI
Venue Manager	Panagiotis TZERAVINIS
Venue Technology Manager	Thodoris VOUTSINAS
Consultant Venue Manager	Tota GKOLFINOPOULOU
Sport Results Manager	Andreas PAPAGEORGIU
FoP Coordinator	Elina PAVLI
Warming Up Coordinator	Foteini IOANNIDI
Competition Secretariat & Communication Manager	Sophia MODE
Finance Manager	Argyris RIGOPOULOS
Treasurer	Vaso LOUKATOU
Volunteers Manager	Christina TSOMPOLI
Press Officer	Stelios KARAOGLANIDIS
Accommodation Manager	Ioanna PANAGIOTOU
Transportation Manager	Katerina KIAPEKOU
Sport Presentation	Foteimi KOUMANTOU - Evelina FANI
Social Media Manager	Klelia PANTAZI
Safeguard Officer	Eleana ZAVERDINO
Sustainability Officer	George KAZANTZOPOULOS
Medical Services Manager	Nina KONTOPOULOU
Cleaning & Waste	Contractor
Catering	Contractor

ORGANIZED BY



Gymnastics Club
of Palaio Faliro
"ARMONIA"



Municipality
of Palaio Faliro



ΕΛΛΗΝΙΚΗ
ΓΥΜΝΑΣΤΙΚΗ
ΟΜΟΣΠΟΝΔΙΑ
Hellenic Gymnastics
Federation

UNDER THE AUSPICES



HELLENIC PUBLIC PROPERTIES Co
STATE PARTNER



HELLENIC REPUBLIC
Ministry of Education,
Religious Affairs and Sports



ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ
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& ΟΙΚΟΓΕΝΕΙΑΣ
ΓΕΝΙΚΗ ΓΡΑΜΜΑΤΕΙΑ ΔΙΔΥΧΤΑΣ
& ΑΝΘΡΩΠΙΝΩΝ ΔΙΚΑΙΩΜΑΤΩΝ



ΠΕΡΙΦΕΡΕΙΑ
ΑΤΤΙΚΗΣ

SPONSORS



Coral Hotel



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4. Competition & Training Venue

“FALIRO” Olympic Indoor Hall (Olympic Tae Kwon Do Stadium)

2 Moraitini st., Paleo Faliro, Athens

4.1 Gymnasts’ Seating

There is a dedicated seating area for accredited gymnasts, on the spectators' stands.

4.2 Access to the Competition Area

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

4.3 Thursday 20/03/25 TRAINING SCHEDULE

START ORDER	NAME	NF	WARM UP 30		TRAINING HALL 45'			PODIUM WITH MUSIC	
			FLOOR 6	FLOOR 5	FLOOR 4	FLOOR 3	FLOOR 2	FLOOR 1	
1	AUSTRALIA JNR RGI	AUS	7:15				7:45	8:30	
2	AUSTRALIA SNR RGI	AUS	7:15				7:45	8:30	
3	Galrina Yegoroba, Kerrie Mancini	AUS	7:40		8:10			8:55	
4	AUSTRALIA JNR RGG	AUS	7:40		8:10			8:55	
5	AUSTRALIA SNR RGG	AUS	7:40		8:10			8:55	
6	USA Gymnastics	USA	7:55		8:25			9:10	
7	USA Burlo	USA	8:30			9:00		9:45	
8	USA -Rhythmic Academy of LA	USA	8:30			9:00		9:45	
9	USA Isadora by Matchpoint	USA	8:30	9:00				9:45	
10	USA - Pacific Stars	USA	8:30	9:00				9:45	
11	Germany	GER	8:50				9:20	10:05	
12	Andorra National Federation	AND	9:10			9:40		10:25	
13	Poland	POL	9:35				10:05	10:50	
14	Polish Gymnastic Association	POL	9:35				10:05	10:50	
15	KSGA Legion Warszawa	POL	9:35				10:05	10:50	
16	SK Motorlet Praha, spolek	CZE	10:05		10:35			11:20	
17	TJ Sokol Bedřichov	CZE	10:05		10:35			11:20	
18	Federation Francaise De Gymnastique	FRA	10:25			10:55		11:40	
19	France	FRA	10:25			10:55		11:40	
20	NED	NED	10:55		11:25			12:10	
21	RGC/GTV De Badhoeve/RDGA	NED	10:55		11:25			12:10	
22	Mexico	MEX	11:35	12:05				12:50	
23	Kazakhstan Gymnastics Federation JNR RGG	KAZ 1	12:00				12:30	13:15	
24	Kazakhstan Gymnastics Federation SNR RGG	KAZ 1	12:00			12:30		13:15	
25	Kazakhstan, Almaty	KAZ	12:00		12:30			13:15	
26	Kazakhstan Gymnastics Federation RGI	KAZ	12:20	12:50				13:35	
27	Kazakhstan, VKO	KAZ	12:50			13:20		14:05	
28	Kazakhstan Gymnastics Federation SNR RGG	KAZ 2	12:50				13:20	14:05	
29	SDUSHOR №7 Almaty	KAZ	13:05		13:35			14:20	
30	Kazakhstan	KAZ	13:05		13:35			14:20-14:50	

BREAK 30'

APHRODITE CUP 2025 | INTERNATIONAL RG TOURNAMENT

START ORDER	NAME	NF	WARM UP 30	TRAINING HALL 45'				PODIUM WITH MUSIC
			FLOOR 6	FLOOR 5	FLOOR 4	FLOOR 3	FLOOR 2	FLOOR 1
31	A.S.KALAMATAS - H NIKI	GRE	14:05				14:35	15:20
32	GEL	GRE	14:05				14:35	15:20
33	Ecole de GRS Luxembourg	LUX	14:05				14:35	15:20
34	Estonian Gymnastics Federation SNR RGI	EST	14:20			14:50		15:35
35	Estonian Gymnastics Federation JNR RGG	EST	14:20			14:50		15:35
36	Estonian Gymnastics Federation JNR RGI	EST	14:40	15:10				15:55
37	GC Rytmika	EST	14:40	15:10				15:55
38	GC Noorus	EST	14:40	15:10				15:55
39	Hellenic Gymnastics Federation JNR RGG	GRE	15:10				15:40	16:25
40	United National Gymnastic Federation of Georgia RGGJ	GEO	15:10				15:40	16:25
41	Hellenic Gymnastics Federation SNR RGI	GRE	15:10				15:40	16:25
42	Sport-Estet Lutsk	UKR	15:10				15:40	16:25
43	United National Gymnastic Federation of Georgia RGI	GEO	15:30			16:00		16:45
45	National Team Cyprus(A.TRIKOMITIS)	CYP	16:00			16:30		17:15
45	A.O. DIAGORAS	GRE	16:25	16:55				17:40
46	Planet Rhythmics	CAN	16:25	16:55				17:40
47	STV	SUI	16:25	16:55				17:40
48	STV B	SUI	17:00				17:30	18:15
49	As En choro	GRE	17:00				17:30	18:15
50	Happy Gym	BEL	17:00			17:30		18:15
51	Brussels GR	BEL	17:30		18:00			18:45
52	FRBG	BEL	17:30		18:00			18:45
53	National Team Luxembourg	LUX	17:30	18:00				18:45
54	Aspelt Gym Academy	LUX	17:30	18:00				18:45
55	Speranta	MDA	18:10				18:40	19:25
56	Kuwait Gymnastic Federation	KUW	18:10				18:40	19:25
57	ŠK ŠOG Nitra	SVK	18:10			18:40		19:25
58	Golden Girls Gymnastics	SVK	18:10			18:40		19:25
59	KMG Danubia Bratislava	SVK	18:35		19:05			19:50
60	TJ Slávia STU Bratislava	SVK	18:35		19:05			19:50
61	TJ SOKOL Bratislava I.Vinohrady	SVK	18:35		19:05			19:50
62	Slovak Gymnastics Federation	SVK	18:35		19:05			19:50
63	Juventa Bratislava	SVK	18:35		19:05			19:50
64	A.G.E ANAGENNISI THESSALONIKI	GRE	19:05	19:35				20:20
65	J&J_Rhythmic Gymnastics Center	KOR	19:05			19:35		20:20
66	Sporting Clube de Portugal	POR	19:05			19:35		20:20
67	Gezira Sporting Club	EGY	19:25				19:55	20:40
68	Bulgarian Rhythmic Gymnastics Federation	BUL	19:50		20:20			21:05
69	Italian Gymnastics Federation	ITA	20:25	20:55				21:40
70	GE PATRAS	GRE	20:50			21:20		22:05-22:30
71	AC ASTERAS ELEFThERIOU-KORDELIOU	GRE	20:50			21:20		22:05-22:30
72	A.O.ARION PANORAMATOS	GRE	20:50			21:20		22:05-22:30

5. Competition Schedule

FRIDAY 21 MARCH 2025

08.30 – 09.40	Juniors' Individual competition Group A: Hoop - Ball
09.40 – 09.45	Break
09.45 – 10.55	Juniors' Individual competition Group B: Hoop - Ball
10.55 – 11.00	Break
11.00 – 12.10	Juniors' Individual competition Group C: Hoop - Ball
12.10 – 12.15	Break
12.15 – 13.30	Juniors' Individual competition Group D: Hoop – Ball
13.30 – 13.35	Break
13.35 – 14.45	Juniors' Individual competition Group E: Hoop - Ball
14.45 – 15.15	Break – Lunch
15.15 – 15.45	Group Juniors' competition Group A: 5 Pairs clubs
15.45 – 15.50	Break
15.50 – 16.20	Group Juniors' competition Group B: 5 Pairs clubs
16.20 – 16.25	Break
16.25 – 16.40	Group Seniors' competition: 5 Ribbons
16.40 – 16.50	Break
16.50 – 18.10	Seniors' Individual competition Group A: Hoop – Ball
18.15 – 18.45	Opening Ceremony
18.45 – 20.00	Seniors' Individual competition Group B: Hoop – Ball
20.00 – 20.05	Break
20.05 – 21.20	Seniors' Individual competition Group C: Hoop – Ball
21.20 – 21.25	Break
21.25 – 22.35	Seniors' Individual competition Group D: Hoop – Ball

SATURDAY 22 MARCH 2025

08.30 – 09.40	Juniors' Individual competition Group C: Clubs - Ribbon
09.40 – 09.45	Break
09.45 – 11.00	Juniors' Individual competition Group D: Clubs - Ribbon
11.00 – 11.05	Break
11.05 – 12.20	Juniors' Individual competition Group E: Clubs - Ribbon
12.20 – 12.25	Break
12.25 – 13.35	Juniors' Individual competition Group B: Clubs - Ribbon
13.35 – 13.40	Break
13.40 – 14.50	Juniors' Individual competition Group A: Clubs - Ribbon
14.50 – 15.20	Break – Lunch
15.20 – 15.50	Group Juniors' competition Group B: 5 Hoops
15.50 – 15.55	Break
15.55 – 16.25	Group Juniors' competition Group A: 5 Hoops
16.25 – 16.30	Break
16.30 – 16.45	Group Seniors' competition: 3 Balls + 2 Hoops
16.45 – 16.55	Break
16.55 – 18.10	Seniors' Individual competition Group C: Clubs - Ribbon
18.10 – 18.20	Break
18.20 – 19.30	Seniors' Individual competition Group D: Clubs - Ribbon
19.30 – 19.40	Break
19.40 – 20.50	Seniors' Individual competition Group B: Clubs - Ribbon
20.50 – 21.00	Break
21.00 – 22.15	Seniors' Individual competition Group A: Clubs - Ribbon

SUNDAY 23 MARCH 2025

13.00 – 14.36	Juniors' Individual Competition Finals: Hoop Seniors' Individual Competition Finals: Hoop Juniors' Individual Competition Finals: Ball Seniors' Individual Competition Finals: Ball
14.36 – 14.45	Break
14.45 – 15.15	Group Juniors' Competition Finals: 5 Pairs clubs
15.15 – 15.20	Break
15.20 – 15.40	Group Seniors' Competition Finals: 5 Hoops
15.40 – 15.50	Break
15.50 – 17.26	Juniors' Individual Competition Finals: Clubs Seniors' Individual Competition Finals: Clubs Juniors' Individual Competition Finals: Ribbon Seniors' Individual Competition Finals: Ribbon
17.26 – 17.35	Break
17.35 – 18.05	Group Juniors Competition Finals: 5 Hoops
18.05 – 18.10	Break
18.10 – 18.30	Group Seniors' Competition Finals: 3 Ribbons + 2 Balls

18.30 – 19.40 **AWARD CEREMONIES****Juniors' All Around Individual (age 14)****Juniors' All Around Individual (age 15)**

Juniors' Individual Finals: Hoop

Juniors' Individual Finals: Ball

Juniors' Individual Finals: Clubs

Juniors' Individual Finals: Ribbon

Group Juniors' All Around

Juniors' Group Finals: 5 Pairs Clubs

Juniors' Group Finals: 5 Hoops

Seniors' All Around Individual

Seniors' Individual Finals: Hoop

Seniors' Individual Finals: Ball

Seniors' Individual Finals: Clubs

Seniors' Individual Finals: Ribbon

Group Seniors' All Around

Seniors' Group Finals: 5 Ribbons

Seniors' Group Finals: 3 Balls + 2 Hoops

19.40 – 20.00**GALA****20.00 – 20.20****Closing Ceremony**

Aphrodite Cup 2025 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.

6. Accreditation

Accreditation Center is located within the competition venue. Maximum 2 responsible persons from each delegation shall be present at the accreditation center where they will be requested to:

- present to the LOC a valid passport of all Delegation members for proof of identity and control of Nationality
- check the correct names of their complete Delegation
- settlement of any pending financial obligation
- show proof of valid insurance policy in English
- verify the return flight schedules
- return completed the consent form – appendix 1
- return completed – if applicable – the entry form for the GALA performance – appendix 2
- and optionally register for sightseeing – appendix 3

7. Orientation Meeting

The Orientation Meeting, limited for one person per delegation, the Head of Delegation or his/her representative. It will take place inside the Competition Venue (Faliro Olympic Indoor Hall – Olympic Tae Kwon Do Stadium) on Thursday, 20th of March 2025 at 17:30.

8. Ceremonies**8.1 Opening Ceremony**

- The Opening Ceremony will take place on Friday, 21st of March 2025, at 18:15 in the Competition Venue.
- Gymnasts will not be participating in the flags' parade.

8.2 Award Ceremonies

- All Award Ceremonies will take place on Sunday, 23rd of March 2025.
- The gymnasts must wear their national track suit for the Award Ceremonies.
- All gymnasts shall be present in the training FOP floor 30' (minutes) before the scheduled Award Ceremony time.

8.3 Closing Ceremony

- The Closing Ceremony will take place on Sunday, 23rd of March 2025, at 20:00.
- Gymnasts will not be participating in the flags' parade.

9. Apparatus Control

- The hand apparatus with valid certificates are published on the FIG website and updated regularly.
- Make sure that your gymnasts use only FIG certified hand apparatus for this event and for any other FIG recognized competitions.
- Random checks will be carried out throughout the event. They will take place during each podium training session. Gymnasts will not be allowed to compete with apparatus which does not comply with the norms.

10. Medical Services

- A medical room will be operating in the competition venue starting from Thursday 20th of March 2025, during all training and competition hours.
- An ambulance will be on call in close distance to the venue during training and competition hours.

Official Hospital:

Iatriko, Palaio Faliro

36 Areos str. 17562 Palaio falirou

tel.: (+30) 210 9892100

Website: www.iatrikofalirou.gr

Email: Ep.faliro@iatriko.gr

11. Judges' Panel

According to the valid FIG/TR, the composition of the judges' panel is as follows:

- D Panel
 - Subgroup 1: 2 judges DB1, DB2 (Body Difficulty)
 - Subgroup 2: 2 judges DA1, DA2 (Apparatus Difficulty)
- A panel
 - 4 judges A1, A2, A3, A4 (Artistic Faults)
- E panel
 - 4 judges E1, E2, E3, E4 (Technical Faults)

There will be 2 Judges' Panel.

12. Scoring & Distribution of Results

Results will be operated electronically. The announcement of the results for each gymnast will appear on the score boards in the Field of Play.

13. Inquiries

Inquiries for the Difficulty score are allowed as per Art. 8.5 of the TR, provided that they are made verbally immediately after the publication of the score or at the very latest before the score of the following gymnast or group is shown.

For the last gymnast or group of a rotation, this limit is one (1) minute after the score is shown on the scoreboard. Only the accredited coaches in the competition area are entitled to submit an inquiry.

Since in Rhythmic Gymnastics the D-score is divided into two sub-groups - Difficulty Body (DB) and Difficulty Apparatus (DA), each sub-groups 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.

The inquiry must be confirmed as soon as possible in writing or electronically, but within four (4) minutes at the latest after the verbal inquiry and requires an agreement of payment of 100€-- for the first complaint; 150€-- for the second complaint made by the same NF/Club and 300€- - for the third and subsequent complaint lodged by the NF/club throughout the event (and not starting from "1" again at each competition phase). Should the inquiry not be confirmed in writing within four (4) minutes, the procedure becomes obsolete.

Inquiry Forms – appendix 4 & 5

14. Airport Meeting upon arrival



Please note that upon your arrival and as you exit from Gate A or B you will find the Meeting Point for bus transportation as you move on your right towards the end of the hall. You will see our representatives who will guide you to your buses. There are seats & WCs available.

15. Transportation

Shuttle Bus Services will be available for all delegates that have reserved accommodation through LOC:

- From/to the Airport to/from the Hotels.
- Between Official Hotels-Competition Venue

IMPORTANT NOTE for delegations staying at Falireon Hotel & Blue Sea Hotel

Pick up for shuttle buses

- **Falireon** from Poseidonos Avenue
- **Blue Sea** outside Galaxy hotel at Poseidonos Avenue

Detailed information will be available on the official website of the event <https://aphroditcup.com/> or by scanning the QR-CODE in your accreditation.

16. Official Hotels

Coral Hotel****

35 Poseidonos Avenue, Paleo Faliro
 175 61 Athens
 phone number: 0030 21 0981 6441
 e-mail: info@coralhotel.gr
 website: www.coralhotel.gr

Blue Sea Hotel****

49, Themistokleous str. 17455 Alimos
 Tel: (+30) 210 98 26 066
 e-mail: info@blueseas.com.gr
 website: www.blueseas.com.gr

Galaxy Hotel***

39 Posidonos avenue & Kalamakiou str.
 17555 Alimos
 phone number: +302109818603
 email: info@galaxy-hotel.gr
 website: www.galaxy-hotel.gr

Falireon Hotel ***

3 Nireos Str, Paleo Faliro
 175 61 Athens
 phone number: +30 210982 2288
info@falireon-hotel.gr

Poseidon Athens Hotel****

72 Posidonos avenue
 17562 Palaio Faliro
 phone number: +302109872000
 email: info@poseidonhotel.com.gr
 website: www.poseidonhotel.com.gr

IMPORTANT NOTES

Hotel	Breakfast hours	Dinner hours	Dinner boxes
Coral	07:00 – 11:00	19:30 – 22:00	Available after 22:00 provided you notify the hotel by 12:00 on the same day
Poseidon	07:00 – 10:30	19:00 – 21:00	Available after 22:00 provided you notify the hotel by 12:00 on the same day
Blue Sea	07:30 – 10:30	19:00 – 21:00	Dinner boxes not available
Galaxy & Falireon	07:30 – 10:30	19:00 – 22:00	Available after 22:00 provided you notify the hotel by 12:00 on the same day

17. Meals (lunch) inside the competition venue

A canteen will be operating inside the venue on the upper floor. You can pre order meals (lunch) at the cost of 14,00euro per person per meal.

If you wish to place your order please use the following link:

<https://forms.gle/7UmQjahSTPJGkuMA>

With the copy of your order and proof of payment you will be able to get your meals from the canteen.

18. Info Desk

The Info Desk is found in 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 Info Desk will be happy to guide you through.

Operating Hours:

From Thursday, 20^h to Sunday, 23rd of March 2025, every day from 08:00am until end of competition day.

19. Lost & Found

The Lost & Found Office is located in the Competition Venue by the Info Desk.

20. Acropolis and Cape Sounio sight visit * (optional)

There are two sightseeing options on **Sunday, 23rd of March 2025**. **Two different busses will depart at 09:30am** from the Hotel, to take you either to the Acropolis Archaeological Site or the Cape Sounio (Poseidon Temple).

Both sightseeing tours will end at about 12:30.

In case you wish to participate in any of these two sightseeing tours, you need to fill in the appropriate form (appendix 3) and return it to the secretariat office until 22:30 on Saturday, 22nd of March 2025.

Sightseeing Fee (per person): Acropolis Area, €12,00* - Cape Sounio, €40,00*

*Please note that entrance tickets to archaeological sites are not included in the above-mentioned fees.

21. Banquet

The Banquet for all Delegation Members will be on Sunday, 23rd of March 2025 at 21.00 at Floisvos Park. Buses to the Banquet will depart from the Competition Hall directly after the end of the Closing Ceremony.

22. Useful General Information

Power supply:

Voltage: 230V

Frequency: 50Hz

Socket: Type C & F



Dialing Code for Greece: +30

Time during the event: EET (Eastern European Time) UTC/GMT +2 hours

Average weather in Athens during March:

Maximum Temperature: 16°C / 60°F

Minimum Temperature: 10°C / 50°F

Rainy Days: 12

Snowy Days: 0

Dry Days: 19

Rainfall: 34mm

Sun Hours: 8 hours

Sites for visiting within walking distance from the Hotels and Competition Venue

- Market of Palaio Faliro
- Parko Flisvou at the Coastal 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)

23. Social and Environmental Program

In the frame of its sustainability policy, APHRDITE CUP, invite all the participants, gymnasts, coaches, officials, to bring with them and donate, their used sports shoes and sportswear. 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 sportswear 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.

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

In order to reduce single use plastic in our events, water fountains will be provided for the refill of your water bottles and paper cups when needed.

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 and has adopted a #lessplastic policy in the frame of the SINGLE USE PLASTIC FREE SPORT AND CULTURAL EVENTS developed by the ngo INSTITUTE TEAM FOR THE WORLD, official supporter of the event.

The APHRDITE CUP is member organization of the GREEN SPORTS LEAGUE scheme.

24. Useful links

Website	http://www.aphroditecup.com
Facebook GOPF ARMONIA	https://www.facebook.com/gopfArmonia/
Facebook APHRDITE CUP	https://www.facebook.com/AphroditeCup/
Instagram APHRDITE CUP	https://www.instagram.com/aphrodite_cup/#
International Airport “El. Venizelos”	http://www.aia.gr/traveler/
Urban rail transport	www.stasy.gr
Bus Transport	www.oasa.gr

25. Join our WhatsApp group

For direct communication with our LOC Staff please join our WhatsApp group by scanning through your WhatsApp camera the QR code below:



26. 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
Ambulance Service	166	
Fire Service	199	
Police	100	
Tourist Police	171	





DECLARATION OF CONSENT TO COLLECTION, USE & PROSESSING OF PERSONAL DATA INCLUDING VIDEO IMAGES & PHOTOS– Appendix 1

I, the undersigned /name/ from /name of the country/ as competitor /participant/ in the International Rhythmic Gymnastics Tournament Aphrodite Cup, Athens 2025.

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, 2025;
 - The processing of my personal data is not based on the automated taking of solutions, including profiling.
- 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



GALA FORM – Appendix 2

**FALIRO RG INTERNATIONAL TOURNAMENT
“10^H APHRODITE CUP”
21st – 23rd of March 2025 Palaio Faliro-Athens, Greece**

ENTRY FORM FOR GALA PERFORMANCE

Federation/Club of: _____

Name of gymnast(s) _____

Performance: **music** _____
 composer _____
 time _____

Date: ____ / ____ / ____

Signature: _____



Registration for sightseeing – Appendix 3

To be completed and submitted upon accreditation



Acropolis Area

09:30 – 12:30

Cost: 12,00 € per person

(Museum & Archaeological Site admission fees are not included)

National Federation/Club

Hotel

Number of persons



Cape Sounio (56 km from Faliro)

09:30 – 12:30

Cost: 40,00 € per person

(Archaeological site admission fee is not included)

National Federation/Club

Hotel

Number of persons



INQUIRY FORM FOR INDIVIDUAL – Appendix 4

National Federation (3 letters)		Date						
Gymnast's full name or BIB number								
Competition	Qualification	<input type="checkbox"/>						
	Apparatus Final	<input type="checkbox"/>						
Apparatus	Hoop	<input type="checkbox"/>	Ball	<input type="checkbox"/>	Clubs	<input type="checkbox"/>	Ribbon	<input type="checkbox"/>

Please circle the Difficulty sub-group(s) for which you submit this inquiry.

Inquiry for: **DB score** / **DA score**

Expected DB Score: Expected DA score:

Submitted by:
Coach's full name: _____ Coach' signature: _____

If the score is unchanged or lower, the NF/Club **agrees** to pay the relevant amount as per FIG Technical Regulations (art. 8.5). Invoice will be sent by FIG at the end of the event. **No cash on the FoP.**

For Inquiry Officer use only

Time **Verbal** Inquiry received: _____ Time **Written** Inquiry received: _____

For LOC use only

Superior Jury Decision	Original DB Score:	Final DB Score:	HIGHER	<input type="checkbox"/>
			UNCHANGED	<input type="checkbox"/>
			LOWER	<input type="checkbox"/>
	Original DA Score:	Final DA Score:	HIGHER	<input type="checkbox"/>
			UNCHANGED	<input type="checkbox"/>
		LOWER	<input type="checkbox"/>	
	Original Final D Score:	Final D Score:		
	Reason:			
	TD Signature:			



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