



Czech Aerobic Open 2022
8th – 10th April 2022

Dear aerobic friends,

The Czech Gymnastics Federation has the honor to welcome **11 countries** to participate in the International Event – 15. **Czech Aerobic Open.**



1. PARTICIPATING COUNTRIES

AUSTRALIA, AUSTRIA, AZERBAIJAN, BULGARIA, CZECH REPUBLIC, GERMANY,
MOLDOVA, SLOVAKIA, SPAIN, TURKEY, UKRAINE

2. COMPETITION VENUE

Sports Center Řepy

Na Chobotě 420/16, 163 00 Praha 17, Czech Republic

3. COMPETITION DAYS: 8. – 10. April 2022

4. ORGANIZING COMMITTEE CONTACT

Czech Gymnastics Federation, Zátopkova 100/2, 160 17 Praha 6

tel: 242 429 260

e-mail: cgf@gymfed.cz

Contact person :

Mrs. Tereza Kočová

00420775664295

e-mail: kocova@gymfed.cz

5. ACCREDITATION

The accreditation will take place at the SPORT HALL SC ŘEPY, PRAGUE upon arrival to the venue, **Friday, 8th April, 2022 from 8:00 to 10:00**. Please, respect the time. The accreditations will be handed out only to the Head of Delegation.

6. COVID-19 GUIDELINES

There are no Covid rules for organizing and participating in the sports events in Czech Republic right now.

For the entry please check this link for each country:

<https://www.mvcr.cz/mvcren/article/coronavirus-information-of-moi.aspx>

7. CATEGORIES

New Generation	6 – 8 years
National Development	9 - 11 years
Age Group 1	12 - 14 years
Age Group 2	15 - 17 years
Seniors	18 years and older

8. SCHEDULE

Thursday, 7th April 2022

All Day	Arrival of the delegations	Hotels
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Friday, 8th April 2022

8:00 - 10:00	Accreditation	SC Řepy
8:00 - 13:30	Podium training by schedule	SC Řepy
11:30 - 12:00	Orientation meeting	SC Řepy
12:00 - 13:00	Judges meeting	SC Řepy
14:00 - 19:40	NG - IW, TR, GR competition ND - IW, IM, MP, TR, GR, DA competition	SC Řepy
20:00	Awards ceremony for Czech Aerobic open Awards ceremony for Czech national Championship	SC Řepy

Saturday, 9th April 2022

7:30 – 9:00	Optional training	SC Řepy
8:15 - 9:00	Judges meeting	SC Řepy
9:10	Official Opening & Presentation of the nations (8 counts) – max. 5 gymnasts per nation	SC Řepy
9:30 - 19:50	Qualifications AG - IW, TR, GR JUN - IW, TR SEN - IW	SC Řepy
20:10	Award ceremony for the Czech national Championship	SC Řepy

Sunday, 10th April 2022

7:30 – 8:30	Optional training	SC Řepy
8:15 - 8:50	Judges meeting	SC Řepy
9:00 - 9:30	National competition Team aerobic	SC Řepy
10:00 - 16:20	Finals AG - IW, IM, MP, TR, GR, DA JUN - IW, IM, MP, TR, GR, DA SEN - IW, IM, MP, TR, GR	SC Řepy
16:40	Awards ceremony for Czech Aerobic open Awards ceremony for Czech national Championship	

Monday, 11th April 2022

All Day	Departure of the delegations	Hotels
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9. QUALIFICATIONS

There is no qualification if less than 9 competitors (units) in categories (IW, IM, MP, TR, GR).

10. FINALS

- **New Generation, National Development, Age Group 1, Age Group 2 and Seniors:**
Each final (IW, IM, MP, TR, GR): maximum of ten (10) competitors: **8 best foreign competitors (max. 2 per nation) + 2 Czech competitors (maximum).**

11. RULES AND REGULATIONS

- The competition is organized under the following FIG rules, as valid in the year of the competition, except for any deviation mentioned in the Directives:
- 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
- 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 and subsequent decisions of the FIG Executive Committee
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12. TRAINING AND COMPETITION AREAS

Warm-up and training areas as well as the competition podium are situated in a big multifunctional **stage on the ground floor and are divided into several parts, marked 7x7m and 10x10m. The competition stage is equipped with the official aerobic floor and is divided from the training areas by the background. Please, note that there will be no music in training areas as it could disturb the podium training and the competition. The Podium trainings will be organized according to the schedule (App 2). There will be 1 training sessions:**

- **Training session 1 - Friday 8th of August** for the athletes who are competing in the Qualifications rounds (Friday and Saturday); **time per routine 1min 30 s.**

Nations are requested to fill in the respective forms for the Order of the training (**App 3**) and send it to kocova@gymfed.cz **by April 5th the latest.**

13. MUSIC

In order to simplify the management of the music and to limit the technical problems the federations are asked to submit the music in MP3 format ONLINE

<http://admin.gymaerobic.com>

Each music file will have to contain the following information:

- The name of the nation (official abbreviation of the country);
- The first and last name of the competitor/s;
- The category (IM, IW, MP, TR, GR, AS, AD);
- The Junior or Senior

Example: CZE_ DRAPAKOVA_Sabina_Senior_IW1_mp3

If you have not done so yet, upload the music immediately (section – Starting list)!!!

If you have problems contact directly Mr. Ales Vykoukal ales.vykoukal@gmail.com

Delegation members are requested to keep in their possession a USB key of their music for their podium training sessions and in case of a technical problems.

14. OPENING CEREMONY

The official opening ceremony will take place on **Saturday, 9th of April from 09:10 before the beginning of the Qualifications**. Further information will be given during the Orientation Meeting.

15. AWARD CEREMONIES

The ceremonies will take place in the competition venue according to the competition schedule. For all award ceremonies gymnasts must wear their national tracksuits.

16. INSURANCE AND MEDICAL SERVICES

The Host Federation, the Organizing Committee and the FIG will not be 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.

The LOC will verify the insurance upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy). Delegation members with insufficient insurance cover must inform the LOC in advance. During the Trainings and Competitions the LOC will provide medical services. Appointed person will be available during those times.

17. ACCOMMODATION

Hotel Golf ****

Plzeňská 103, 150 00, Prague 5

Web: <https://www.hotel-golf.cz/>

The costs per room/night are as follows:

90 € (Double room, including breakfast)

120 € (Triple room, including breakfast)

SKY hotel Prague ***

Ztracená 737/1a, 161 00 Praha 6

Web: <https://www.skyhotelprague.cz/cs/>

Price per person per night is **50 €** /person including breakfast.

Available: **double, tripple and quadruple rooms.**

18. MEALS

Meals will be served at the SC Řepy venue – in the Hotel part with the restaurant right next to the competition hall. For those of you, who ordered meals through LOC, the meals will be served in these time slots starting with dinner on 7th April:

LUNCH: 11:30 – 14:00

DINNER: 19:00 - 21:00 (with the exception on 10. 4. : 18:00 – 20:00)

19. LOCAL TRANSPORTATION

The LOC will provide transportation from the official hotels to the competition hall and back. Delegations will receive the time schedule of the buses. Further information will be given during the Orientation Meeting.

20. ENTERING CZECH REPUBLIC AND RETURNING BACK HOME

Each Nation has already received information on the requirements for entering our country. This information should be strictly followed so there are no problems when coming in Czech Republic.

We would like to remind you that you are obliged:

- to fill in **the e-border form before** arriving in Czech Republic <https://plf.uzis.cz/>

We suggest that each Nation checks the requirements to enter their country when going back from Czech Republic. Depending on the requirements of your country you can do PCR test organised by LOC. This information has been already distributed to the delegations. **Please, let us know if you request the testing if you haven't done it yet as soon as possible.**

The price for PCR test is 45 € per person.

The price for ATG test is 15 € per person.

21. DISTRIBUTION OF INFORMATION, RESULTS, SCHEDULES

Each Nation is responsible to have the Work Plan in advance. Only changes to it and additional/ new schedules will be handed with one set of updated Starting tables for Qualifications (updates after the accreditation) will be given to each Nation at the end of the Orientation meeting. In addition, it will be sent to all by e-mail to the e-mail address given during the accreditation. The same will be done with the Starting tables for the Finals, Friday evening by e-mail and later. The complete set of Results will be sent to each participating Federation by e-mail, after the competition is over.

If any other question concerning competition do not hesitate to contact us.

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