

# BUCHAREST CUP

## AEROBIC GYMNASTICS INTERNATIONAL COMPETITION



## WORKPLAN

### DEAR FRIENDS,

We're very happy to Welcome the participating Federations at "*BUCHAREST CUP*" – Aerobic Gymnastics International Competition that will be held in the period of 3<sup>rd</sup> – 5<sup>th</sup> of MAY 2022 in Bucharest, ROMANIA and provide you with all information concerning the participation at the above mentioned event.

### 1. PARTICIPATING NATIONS

BULGARIA

SLOVAKIA

TURKEY

UKRAINE

ROMANIA

### 2. ORGANIZING COMMITTEE

#### ROMANIAN GYMNASTICS FEDERATION

Contact person:

Alina DRĂGAN – Deputy General Secretary

Str. Vasile Conta nr. 16 Bucharest, sector 2

Tel. +40.21.317.1111

Fax.: +40.21.317.1112

E-mail: [frgimnastica@frgimnastica.com](mailto:frgimnastica@frgimnastica.com)

Website: [www.frgimnastica.com](http://www.frgimnastica.com)

### 4. COMPETITION VENUE

**National Sports Complex „SALA POLIVALENTA”**

Address: Calea Piscului nr.10, sector 4, Bucuresti

e-mail: [secretariat@salapolivalenta.ro](mailto:secretariat@salapolivalenta.ro)

Tel: +4 (021) 316.72.76

Fax: +4 (021) 316.25.57

## 5. ACCOMMODATION

### RIN CENTRAL HOTEL 4\*

**Address:** Strada Traian 55A, Sector 3, Bucuresti, RO030573, Romania

**Phone:** 0720.777.590

- **e-mail:** [frgimnastica@frgimnastica.com](mailto:frgimnastica@frgimnastica.com)

- **web site:** [www.rinhotels.ro](http://www.rinhotels.ro)

## 6. COMPETITION DATES

**3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> of MAY 2022**

## 7. GENERAL PROGRAM

<b>1<sup>st</sup> MAY SUNDAY</b>	<b>DESCRIPTION</b>	<b>LOCATION</b>
ALL DAY	ARRIVAL OF DELEGATION	RIN CENTRAL HOTEL
<b>2<sup>nd</sup> MAY MONDAY</b>	<b>DESCRIPTION</b>	<b>LOCATION</b>
ALL DAY	ARRIVAL OF DELEGATIONS	RIN CENTRAL HOTEL
8:30 – 17:00	ACREDITATION	COMPETITION HALL
8:30 – 18:00	PODIUM TRAINING ACCORDING TO THE SCHEDULE ( <b>Appendix 1</b> )	WARM UP AREA, TRAINING AREA AND COMPETITION HALL
18:00 – 18:30	OPENING CEREMONY REHEARSAL	COMPETITION HALL
19:00 – 20:00	<b>ORIENTATION MEETING</b> – Head of delegations, Coaches, Judges	JUDGES ROOM
<b>3<sup>rd</sup> MAY TUESDAY</b>	<b>DESCRIPTION</b>	<b>LOCATION</b>
9:00 – 9:50	<b>Judges Meeting and Draw – All judges</b>	JUDGES ROOM
10:30 – 11:25	QUALIFICATION – IW ND	COMPETITION HALL
11:25 – 12:08	QUALIFICATION – TRIO AG	COMPETITION HALL
12:15 – 12:48	QUALIFICATION – IW JUN	COMPETITION HALL
12:48 – 13:15	QUALIFICATION – GROUP AG	COMPETITION HALL
13:15 – 13:24	FINALS – IM ND	COMPETITION HALL
13:25	<b>AWARD CEREMONY</b>	COMPETITION HALL
	<b>BREAK</b>	
15:00 – 15:30	<b>OFFICIAL OPENING CEREMONY</b>	COMPETITION HALL
15:30 – 15:45	QUALIFICATION – IM SEN	COMPETITION HALL
15:45 – 15:57	QUALIFICATION – MP JUN	COMPETITION HALL

15:57 – 16:15	QUALIFICATION – MP SEN	COMPETITION HALL
16:15 – 16:24	FINALS – IM AG	COMPETITION HALL
16:24 – 16:36	QUALIFICATION – TRIO JUN	COMPETITION HALL
16:45 – 17:03	FINALS – GROUP ND	COMPETITION HALL
17:03 – 17:09	GROUP SEN	COMPETITION HALL
17:15	<b>AWARD CEREMONY</b>	COMPETITION HALL
<b>4<sup>th</sup> MAY WEDNESDAY</b>	<b>DESCRIPTION</b>	<b>LOCATION</b>
10:00 – 10:50	<b>Judges Meeting – All judges</b>	JUDGES ROOM
11:00 – 12:27	QUALIFICATION – IW AG	COMPETITION HALL
12:27 – 12:45	QUALIFICATION – IM JUN	COMPETITION HALL
12:45 – 13:21	QUALIFICATION – TRIO ND	COMPETITION HALL
13:21 – 13:42	QUALIFICATION – IW SEN	COMPETITION HALL
13:42 – 13:50	FINALS – MP AG	COMPETITION HALL
13:50	<b>AWARD CEREMONY</b>	COMPETITION HALL
	<b>BREAK</b>	
15:00 – 15:18	FINALS – MP ND	COMPETITION HALL
15:18 – 15:42	FINALS – AEROBIC DANCE AG	COMPETITION HALL
15:42 – 15:48	FINALS – AEROBIC DANCE JUN	COMPETITION HALL
15:48 – 15:51	QUALIFICATION – GROUP JUN	COMPETITION HALL
15:51 – 16:10	QUALIFICATION – TRIO SEN	COMPETITION HALL
16:10	<b>AWARD CEREMONY</b>	COMPETITION HALL
<b>5<sup>th</sup> MAY THURSDAY</b>	<b>DESCRIPTION</b>	<b>LOCATION</b>
9:00 – 9:50	<b>Judges Meeting – All judges</b>	JUDGES ROOM
10:00 – 10:25	FINALS – IW AG	COMPETITION HALL
10:25 – 10:40	FINALS – IM JUN	COMPETITION HALL
10:40 – 11:05	FINALS – IW JUN	COMPETITION HALL
11:05 – 11:20	FINALS – IM SEN	COMPETITION HALL
11:20 – 11:40	FINALS – IW SEN	COMPETITION HALL
11:40	<b>AWARD CEREMONY</b>	COMPETITION HALL
	<b>BREAK</b>	
14:00 – 14:20	FINALS – TRIO SEN	COMPETITION HALL
14:20 – 14:32	FINALS – MP JUN	COMPETITION HALL
14:32 – 14:56	FINALS – TRIO AG	COMPETITION HALL
14:56 – 15:20	FINALS – IW ND	COMPETITION HALL
15:20 – 15:35	FINALS – TRIO JUN	COMPETITION HALL

15:35 – 15:53	FINALS – MP SEN	COMPETITION HALL
16:30 – 16:54	FINALS – TRIO ND	COMPETITION HALL
16:54 – 17:18	FINALS – GROUP AG	COMPETITION HALL
17:18 – 17:21	GROUP JUN	COMPETITION HALL
17:21 – 17:25	AEROBIC DANCE SEN	COMPETITION HALL
17:30 – 18:00	<b>AWARD CEREMONY</b>	COMPETITION HALL
18:00	<b>CLOSING CEREMONY</b>	COMPETITION HALL
<b>6<sup>th</sup> MAY FRIDAY</b>	<b>DESCRIPTION</b>	<b>LOCATION</b>
ALL DAY	DEPARTURE OF DELEGATIONS	

## 8. RULES AND REGULATIONS

The event will be organized under the FIG rules.

## 9. JUDGES AND JURIES

All registered judges should be in a possession of a valid FIG Brevet for the current cycle (2022-2024).

There will be one judging panel. Judging panel will consist of: 1 Chair of Judge's Panel; 2 Difficulty Judges; 4 Artistic Judges; 4 Execution Judges; 1 Time Judge; 2 Line Judges.

The position of the judges will be decided by a draw on the day before the respective competition.

All registered judges should attend all meetings/ instructions and draws as scheduled in the General Program. Judges who do not participate in the meetings/ instructions and draws will not be authorized to judge and will respectively receive warnings or other sanctions.

## 10. APPARATUS SUPPLIED

Competition Hall: GYMNOVA 6630 AERO Floor One

Training Hall: GYMNOVA

## 11. AGE LIMIT & CATEGORIES

**ND – 9-11 (born in the year 2011-2013)**

**AG – 12-14 (born in the year 2008-2010)**

**Juniors – 15-17 (born in the year 2005-2007)**

**Seniors – 18 years and over (born 2004 or before)**

## 12. PARTICIPATION AND SIZE OF DELEGATION

The maximum size of delegation is set in the Directives for the event.

## 13. COMPETITION FORMAT

The competition consists of Qualifications and Finals.

Qualifications:

The registered gymnasts in the different Categories and Age Groups will take part in the Qualifications. If less than 8 units in a Category, no Qualifications will be held (for AG and ND).

Finals:

The top 8 (eight) competitors from the Qualifications in each Age Group and Category will take part in the Finals (**maximum two per Category and Nation**).

**We give the opportunity for Juniors and Seniors even if they are not 8 in the qualification to compete 2 times – qualification and finals – to have a good preparation for World Championships.**

## **14. TRAINING AND COMPETITION AREAS**

### **14.1. Warm up area:**

The Warm up area is situated on ground floor.

### **14.2. Training Area:**

The training area is situated next to the competition podium. It will be equipped with an aerobic floor, identical to the competition floor, marked 7x7m and 10x10m for a specific warm up.

There will be a USB player at this area. Gymnasts should bring their own memory stick for the training podium if they want to use the player.

### **14.3. Competition Podium:**

The competition podium is situated on first floor. The music used there during the official podium trainings and competitions will be the one sent in advance by the participating Nations.

## **15. MUSIC PROCEDURE**

In order to simplify the management of the music and to limit the technical problems of wiring for sound during the competitions, the Organizing Committee wishes to reduce the variety of the various musical supports and use only the numerical support. Each music will be classified and indexed in a file on the computers of wiring for sound by respecting the flow schedule in order to be able to use them quickly and effectively.

All the music used must be sent to LOC by the following email: [cristianostafe@gmail.com](mailto:cristianostafe@gmail.com) until **29<sup>th</sup> of April 2022**, in WAV or MP3 format. It is also necessary to send the attached Music Release form. Each music will have to contain following information:

- The age group ( example S, J, AG, ND)
- The name of the nation (official abbreviation of the country)
- The last and first name of all competitor/s
- The category (IM, IW, MP, TR, GR, AD) & Country/Team

Example: AG\_ ROU\_ MINCU\_Carla\_IW1.wav or mp3

***\*Although, all teams should bring their own flash drive for each routine with the identification of the Nation, Gymnasts Names, Category, Age group, music time.***

## **16. OFFICIAL OPENING CEREMONY**

**The Official Opening Ceremony will take place on 3<sup>th</sup> of MAY 2022 from 15:00 – 15:30.**

**Rehearsal for the Opening Ceremony will take place on 2<sup>nd</sup> of MAY at 18:00 for all participants.**

## **17. AWARD CEREMONIES**

**The Award ceremonies will take part as scheduled in the General Program.**

**The top 3 gymnasts/units will be invited on the awarding podium. More information will be given during the Orientation meeting on 2<sup>nd</sup> of May 2022.**

## **18. AWARDS**

- ☐ For the Top 3 competitors in each Category and Age Group medals and diplomas will be presented.
- ☐ A diploma for participation will be given to all official members of the delegations.

## **19. MEDICAL**

### **19.1. Insurance**

The Host Federation, the Organizing Committee 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. The LOC will verify the insurance upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy).** There will be no possibility to make insurance during the accreditation so we strongly recommend arranging this in your country and be prepared when you arrive!!!

### **19.2. Medical Services**

During the Trainings and Competitions the LOC will provide medical services. An appointed persons will be available during those times.

## **20. TRANSPORTATION**

### **20.1. International transportation**

The travel costs of the participating delegations members are at each delegations own expenses.

**For those delegations that are travelling by their own bus or are accommodated on their own:**

When you arrive in Bucharest, please contact the LOC and if the Accreditation desk is open, come first to the Competition venue in order to make the accreditation for your Nation.

### **20.2. Local transportation**

The LOC will provide local transportation to all members of the delegations from RIN CENTRAL HOTEL to Competition Hall.

## **21. ACCREDITATION**

On 2<sup>nd</sup> of MAY 2022 – the Accreditation desk will work in the period of 8:30 to 17:00.

The accreditation desk is situated in the Competition Venue – **POLYVALENT HALL**

During the Accreditation the Head of delegation will be asked to check in the names of the members of the delegation and confirm that they are correct.

**During the Accreditation the Head of Delegation has to:**

- Show passports of each member of the delegation.
- Hand in copy of passports of the gymnasts and judges. The copies should be placed in the respective passport.
- Show the Insurances for each member of the delegation.
- Inform the Local Organizing Committee for an e-mail address to which the results and starting tables will be sent during the events.

**Each official member of the delegation will receive an Accreditation card. It is important and compulsory to wear the accreditation card when going to the Competition Venue.**

**No entry in the Competition Venue will be possible without the accreditation card!!!**

## **22. ADDITIONAL INFORMATION**

### **22.1 Accommodation and meals**

**The accommodation in the official hotel includes breakfast and dinner which will be served in the respective hotel. Lunch will be served close to the competition venue.**

**Any additional services used are at the delegations own charge and should be paid before checking-out.**

### **22.2. Currency**

The official currency in ROMANIA is RON.

1 EUR - approximately **4.95 RON**

1 USD - approximately **4.60 RON**

### **22.3. Distribution of information, results, schedules**

All information and schedules will be available in the mail boxes placed in the office of the LOC at the competition venue. The documents will be presented to the Head of the delegation. Please, check the mail boxes regularly.

Each Nation is responsible to have the Work Plan in advance. Only changes to it and the schedules will be handed.

During the Qualification days results will be sent by email. The results from the last sets, the results from the Finals, as well as the Starting tables for the Finals will be sent by e-mail to the e-mail address presented during the accreditation.

The complete set of Results will be sent to each participating Federation by e-mail, after the competitions are over.

If you need some more information in advance, please do not hesitate to contact us.

## **LOOKING FORWARD TO WELCOME YOU IN ROMANIA**

With the best regards,

Carmencita CONSTANTIN

President, Romanian Gymnastics Federation



Place and date:

Bucharest, 20<sup>th</sup> April 2022

