

**ROMGYM TROPHY**  
**AEROBIC GYMNASTICS WORLD CUP**  
**BUCHAREST, ROMANIA, 13-15 OCTOBER 2023**



*Aerobic Gymnastics FIG World Cup*  
**ROMGYM**  
trophy

# **WORKPLAN**

September 12<sup>th</sup>, 2023

Dear Friends,

The Gymnastics Federation of Romania as the honor to welcome all participating Federations to the Aerobic Gymnastics FIG World Cup ROMGYM TROPHY, Category B Event, that will be held in Bucharest, Romania, from 13<sup>th</sup> to 15<sup>th</sup> of October 2023.

This work plan has been developed in accordance with the FIG Rules as valid in 2023 governing the World Cup Series, to provide all necessary information concerning the participation of the national federations, at the above-mentioned event.

**1 PARTICIPATING FEDERATIONS: AUSTRALIA, AZERBAIJAN, BULGARIA, CHINA, CZECH REPUBLIC, FINLAND, FRANCE, GREECE, HUNGARY, INDIA, ITALY, MEXICO, NEW ZEALAND, PERU, PORTUGAL, ROMANIA, SLOVAKIA, SPAIN, SWEDEN, TURKEY, UKRAINE**

**2 HOST FEDERATION/ LOCAL ORGANIZING COMMITTEE:**

Romanian Gymnastics Federation

Contact Person: Alina Dragan, Technical Director OF Aerobic Gymnastics

Address: 16 Vasile Conta Street, 020954 Bucharest - Romania

Tel: +4(021)3171112 / E-mail: [frgimnastica@frgimnastica.com](mailto:frgimnastica@frgimnastica.com) / Website: [www.frgimnastica.com](http://www.frgimnastica.com)

Tel: +40752231643 / E-mail: [alina.dragan@frgimnastica.com](mailto:alina.dragan@frgimnastica.com) /

**3 COMPETITION VENUE**

National Sports Complex Hall „POLIVALENTA”

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

Tel: +4 (021) 316.72.76/ e-mail: [secretariat@salapolivalenta.ro](mailto:secretariat@salapolivalenta.ro)

**4 COMPETITION DATES**

Qualifications: Friday 13<sup>th</sup> and Saturday 14<sup>th</sup> October

Finals: Sunday 15<sup>th</sup> of October

**5 ORGANISING COMMITTEE**

President	Carmencita Constantin
Vice-president/ Jury of Appel	Maria Fumea
General Secretary	Ingrid Istrate
Event's Manager	Alina Dragan
Competitions' Secretary	Irina Paun
Head of Finance	Florentina Ghita
Head of Accreditation	Andreea Petcu
Head of Press	Emanuel Fantaneanu
Press Officer	Norbert Zercula
Medical Officer	Mihai Rascu
Ceremonies' Director	Mariana Mezei
Safeguarding Officer	Georgeta Lavinia Flavia Cosma
Marketing Manager	Gabriela Paun
Speaker	Pedro Canilhas
Scoring System	Adrian Popa
Volunteers	Alexandra Mihai
Responsible for Transport	Viorel Lataretu
Accommodations	Bogdan Ionita

Judges  
Photography

Ramona Haidu  
Claudia Oprea

## **6 TECHNICAL REGULATIONS**

The competition must be organized under the following FIG rules, as valid in the year of the competition, except for any deviation mentioned in these directives:

- Statutes
- Technical Regulations
- Code of Points and relevant Newsletters
- Licenses Rules
- World Cup Rules for Aerobic Gymnastics
- General Judges Rules
- Specific Judges' Rules for Aerobic Gymnastics
- FIG Anti-doping Rules as it is WADA requirements
- Accreditation Rules
- Medical Organization of the Official FIG Competitions and Events
- Media Rules
- Apparatus Norms
- Advertising and Publicity Rules
- Regulations for Awards Ceremonies

and subsequent decisions of the FIG Executive Committee

All participating Federations commit to respect the Statutes and all FIG Regulations, especially with regards to the license, the age and the nationality of the gymnasts, as well as the respective Regulations concerning "Insurance".

## **7 FIG OFFICIAL REPRESENTATIVE**

The official representative appointed by the FIG for the competition, to act as Technical Delegate and President of the Superior Jury is Mr. Vladislav OSKNER, Member of the FIG Aerobic Gymnastics Technical Committee.

## **8 COMPETITION JURY**

A Jury will consist of: 1 Chair of Judge's Panel; 2 Difficulty Judges; 6 Artistic Judges; 6 Execution Judges; 1 Time Judge; 2 Line Judges.

Each participating federation must provide minimum one judge Cat. 1, 2 or 3\*. Failure to do so, or if a participating Federation sends a judge with a Cat. 4 (instead of Cat. 1, 2 or 3) will result in a fine of CHF 2'000.- to be paid to the Organizing Member Federation.

\*Member Federations who have only Cat. 4 judges are allowed to send a Cat. 4 judge who may be used as Time and Line judge only.

The position of the judges will be decided by a draw before the competitions.

A federation may not have a judge on both the execution and artistic panels. The Chair of Judges' Panel and the difficulty judges should also be from different federations.

The Organizing Member Federation is responsible that there are enough FIG brevetted judges present with the appropriate category of brevet for their function. Should there not be sufficient judges, the Organizing Member Federation may propose to the FIG for approval the name of neutral additional judges to complete the panels (plus 1 reserve). These judges, once approved, have to be invited at the cost of the Organizing

Member Federation. Such invitation must be made through the respective Member Federation.  
Should the Organizing Member Federation fail to propose names for additional judges, the FIG will invite such judges at the cost of the Organizing Member Federation.

## 9 FLOOR SUPPLIER

Spieth, FIG ID 254

## 10 AGE GROUP AND CATEGORIES

Age limit: Senior

Categories: IM, IW, MP, TR, GR and AD

## 11 PARTICIPATION

The World Cup Competitions consist of Qualifications and Finals in all 6 categories.

### Participation in the Qualifications:

- All competitors must take part in the qualifications.
- In case of a tie at any place, the tie-breaking rules as set up for the World Championships shall be applied. Nevertheless, the gymnasts not qualified for the finals and with the same final score will receive the same World Cup points.

### Participation in the Finals:

- The top eight scores per category from the qualifications qualify for the Finals.
- In addition, if the Organizing Member Federation has not any qualification in any category, it may nominate one participation in max.1 category of its choice.
- Maximum participation in the finals is therefore 8+1 participants in one category and 8 in the other four categories.
- Such “Wild Card Participant” must have participated in the respective category in the qualification.
- In case of a tie at any place, the tie-breaking rules as set up for the World Championships shall be applied.

The participation is limited to 2 units per country in each category. Only senior gymnasts in good standing with the correct age and holding a valid FIG License may participate. The Organizing Committee will be responsible for checking the validity of the gymnast's Licenses. No gymnasts will be accepted without a valid FIG License at the deadline of the Nominative Registration. The Organising Member Federation (OMF) may limit the participation with criteria to be defined by the OMF. Those criteria must be approved by the FIG.

## 12 DETAILED SCHEDULE:

### **Wednesday, 11/10/2023**

All day:	Arrival of Delegations and accreditation at the competition venue	Competition Venue
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### **Thursday, 12/10/2023**

09:00 - 17:00	Training sessions by schedule	Competition Venue
10.00 - 11:00	Orientation Meeting for all Head of Delegations and Coaches	Competition Venue
17:05 - 17:30	Rehearsal of the Official Opening/Closing Ceremony (COMPULSORY FOR ALL NATIONS)	FOP
16:00 - 18:00	Judges Instruction Meeting	Judges' Room
18:15 - 18:30	Judges scoring system instruction	FOP

### **Friday, 13/10/2023**

*Training sessions by schedule (during the morning)*

15:00-16:00	Judges Meeting & Draw	Judges' Room
16:30-17:00	Official Opening Ceremony	FOP
17:00-17:50	Qualifications Individual Men	FOP
18:00-19:00	Qualifications Trio	FOP
19:10-19:25	Qualifications Aerobic Dance	FOP

**Saturday, 14/10/2023**

14.30-15.30	Judges Meeting & Draw	Judges' Room
16:00-17:45	Qualifications Individual Women	FOP
18:10-19:00	Qualifications Mixed Pairs	FOP
19:15-19:50	Qualifications Group	FOP

**Sunday, 15/10/2023**

13:00-14:00	Judges Meeting & Draw	Judges' Room
14:30-15:00	Presentation of the finalists Individual Men	FOP
	Final Individual Men	
15:00-15:30	Presentation of the finalists Individual Women	FOP
	Final Individual Women	
15:35-16:05	Presentation of the finalists Mixed Pairs	FOP
	Final Individual Mixed Pairs	
16.10-16.15	Award Ceremony IM, IW, MP	FOP
16:45-17:15	Presentation of the finalists Trio	FOP
	Final Trio	
17:15 -17:45	Presentation of the finalists Group	FOP
	Final Group	
17:50-18:10	Presentation of the finalist Aerobic Dance	FOP
	Final Aerobic Dance	
18:20 -18:45	Award Ceremony TR, GR, AD	FOP
18:45- 19:00	Award Ceremony Winner of the annual World Cup IM, IW, MP, TR,GR	FOP
20:30-23:00	Final Banquet	TBC

**Monday, 16/10/2023**

All day: Departure of the delegations

**13 TRAINING AND COMPETITION AREAS**

At the accreditation desk, all delegations will receive the final detailed training schedule.

- The coaches and gymnasts should bring their own training extra flash drive.
- Podium/ Competition area: This area will be at the main competition hall with official floor at the podium /stage, using the routine music previously sent by e-mail to the LOC.
- The Opening Ceremony Rehearsal is compulsory for all nations with the presence of the Head of Delegation, Coaches. The nations will present a 2 x8 counts with music.

**▪ Athletes' Portraits**

A photo of each unit in the national track suite shall be taken after podium training on Thursday, October 12th. For this purpose, the athletes are requested to follow the dedicated volunteers to have their pictures taken. These photos will be used by the Scoring company for display on the screen during the events.

**14 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 to be able to use them quickly and effectively.

- All the music used must be send to LOC by the following email: [frgimnastica@frgimnastica.com](mailto:frgimnastica@frgimnastica.com) ; until **13th September 2023**, 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 name of the competition (WC)
- 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

# IDExample: WC\_ROU\_MIHAIU\_Daria\_IW2.wav or mp3

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

## 15 AWARDS

The organising member federation must pay a minimum prize money per medallist as follows: B - Tournaments: Total minimum 8'950.- (Swiss Francs - CHF):

The Prize Money, free of any deductible taxes, will be distributed in EURO by the LOC, equivalent to the following

### For Tournaments Category B (in CHF):

Individual Men	Gold	500.-
Individual Women	Silver	250.-
Mixed Pairs	Bronze	100.-
Trios		
Groups	Gold	300.-
	Silver	200.-
	Bronze	100.-

In case of a tie, the prize money will be added and divided by the number of gymnasts: 1, 1, 3 (prize money for rank 1 and 2 is added and divided by 2)

1, 2, 2 (prize money for rank 2 and 3 is added and divided by 2)

No prize money, and no medals will be given, if there are less than 4 participating Member Federations per category.

No prize money for Aerobic Dance

"Wild Card Participants" will receive medals and prize money.

"Hors concours competitors" will not receive prize money, World Cup points neither medals.

## WINNER OF THE ANNUAL WORLD CUP

Due to the fact that the ROMGYM TROPHY FIG World Cup is the last World Cup event for the 2023 year the Winners of the annual World Cup will be announced and awarded with a Trophy.

The winner is the Individual gymnast/ Pair/ Trio/ Group with the highest number of points of the World Cup Ranking List after the last event.

A special award ceremony will be held on October 15<sup>th</sup>, 2023, at 18h45

## 16 ACCOMMODATION

### Category 2

RIN CENTRAL HOTEL 4\*

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

Phone: +40 720 777 590

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

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

#### **AMBASADOR HOTEL 4\***

Address: Bulevard General Magheru, nr.10 A, Sector 1, Bucharest, Romania

Phone: +4021 315 90 80

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

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

All participating federations must pay for their accommodation and meals costs to the LOC. Entries without payment will be considered invalid and will be refused.

#### **Category 3**

##### **MY CONTINENTAL HOTEL 3\***

Address: Calea Griviței 143B, București, 010708, România

Phone: + 4021 300 91 10

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

- web site: [www.mycontinental-bucuresti.continentalhotels.ro](http://www.mycontinental-bucuresti.continentalhotels.ro)

#### **Meals**

Please refer to the Directives for details on the prices, reservations, arrangements, payments procedures. Breakfast (included in the price of each official hotel), lunch and dinner will be served according to the training and competition schedule, provided that delegations have submitted their meal requests in time.

**Farewell Party** The transportation of the participants will be from / to the Hotels of accommodation. The schedule will be informed in the Orientation Meeting.

#### **17 TRANSPORTATION**

Delegations must cover by themselves the costs for their international transportation.

The LOC may provide transportation to all delegation members, who have booked their accommodation through the LOC, from Otopeni Henri Coanda Airport (OTP), Bucharest railway station to their hotel and back, on the official arrival (11 October 2023) and official departure days (16 October 2023). This transportation is free of charge.

The LOC will ensure local transportation between the Hotel and the competition hall for the participants who booked the accommodation through the LOC.

#### **18 MEDICAL SERVICES**

The Host Federation, the Local Organizing Committee 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. 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.

The LOC will verify the insurance declaration in English writing upon arrival of the delegation members (All delegation) (e.g. cover note or photocopy of the valid policy). These delegation members with insufficient insurance cover must inform the LOC in advance. The LOC will subsequently offer insurance at the Federations own charge as follows: 45 EURO per person/day.

#### **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.



## 19 ACCREDITATION

Each delegation will be taken to the accreditation desk in the competition venue upon arrival. The accreditation procedures will run at National Sports Complex Hall „POLIVALENTA”

For the accreditation procedures, all delegation members must send to LOC by the following email: [andreea.petcu@frgimnastica.com](mailto:andreea.petcu@frgimnastica.com) the pictures identified, in jpeg format, until 1st October 2023. Each photo taken in the accreditation will have an extra fee of 10 euros.

Example: WC\_ROU\_ MIHAIU\_ Daria\_Gymnast

The Head of Delegation has to be ready to present the following documents:

- Passports of each member of the delegation.
- Insurance declaration in English, for Head of Delegation, Team Manager and Coaches.
- National Flag and Anthem.
- A flash/pen drive with all routines of the Delegation, identified with the Category and Names of the competitor/s.
- To be ready to fill in a list for the order of your competitors during the time for the training.

The accreditation cards will be given to the participants if all the necessary requirements are fulfilled. In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan.

During the Orientation Meeting detailed and updated information will be given to all nations. If you need some more information in advance, please do not hesitate to contact us.

## 20 – SAFEGUARDING OFFICER

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.

LOC Safeguarding Officer:

- Ms. Georgeta Lavinia Flavia COSMA | +40 727 188 885 | [safeguarding.acg@gmail.com](mailto:safeguarding.acg@gmail.com)

In addition, posters of the “10 Golden Rules of Gymnastics”, the FIG campaign to raise awareness about youth protection in Gymnastics, are displayed in several locations, including training and warm-up halls and public zones.

## 21 DOPING CONTROL

Anti-doping control will be organized by the International Testing Agency (ITA) on behalf of the FIG and according to the WADA Code, Standards and FIG Anti-Doping Rules.

As per the applicable FIG Therapeutic Use Exemption (TUE) procedure in effect concerning the participation at FIG Events, any gymnast in need of a TUE is responsible, together with his/her Federation, to submit his/her request to the FIG no later than 30 days before the start of this competition.

No TUE request will be accepted nor approved on spot, except for duly justified emergency cases.

Should you need further assistance about TUE requests, please contact the FIG at [antidoping@fig-gymnastics.org](mailto:antidoping@fig-gymnastics.org).

We are looking forward to welcoming you all to Bucharest!