



**12th PLOVDIV CUP AEROBICS OPEN
Plovdiv (BUL)
FIG event ID 16707 – Seniors and AG2
International Event – AG1 and ND
28th – 29th of August 2021**



WORKPLAN

12th of August 2021

DEAR FRIENDS,

We're very happy to Welcome the participating Federations at the 12th Plovdiv Cup Aerobics Open 2021 – an International Aerobic Gymnastics Competition that will be held in the period of 26th – 30th of August 2021 in Plovdiv, Bulgaria and provide you with all information concerning the participation at the above mentioned event.

1. PARTICIPATING NATIONS

AZERBAIJAN / CZECH REPUBLIC / SPAIN / FRANCE / GREAT BRITAIN/ GREECE/
HUNGARY / INDONESIA/ ITALY / LITHUANIA / MEXICO/ MOLDOVA / PERU / PORTUGAL /
ROMANIA / RUSSIA / SWITZERLAND / SLOVAKIA / TURKEY / UKRAINE and BULGARIA

2. ORGANIZING COMMITTEE

Aerobic Union Bulgaria
Plovdiv 4003, Post box 44, Bulgaria
Tel: +359 887 607 909

E-mail: aerobicub@gmail.com

Contact person: Mrs.Dimitrina Kandeveva - President Aerobic Union Bulgaria and
President of the LOC

3. LOCAL ORGANIZING COMMITTEE

Sports Club “Aerobics-AMD”

117, 6th Septemvri Blvd.; Plovdiv 4002, Bulgaria

Tel: +359 887 410 590

E-mail: aerobic-amd@abv.bg

Web site: <https://plovdivcup.com/>

Contact person: Mrs. Valentina Angelova – President of SC “Aerobics-AMD” and Vice-president of the LOC

4. COMPETITION VENUE

INTERNATIONAL FAIR PLOVDIV – **PAVILION N6**

37, Tzar Boris III Obedinitel Blvd.

Plovdiv 4003, Bulgaria

Web page: <https://www.fair.bg/en>

5. ACCOMMODATION

Hotel “Sankt Petersburg” ****

97, Bulgaria Blvd.

Plovdiv 4003, Bulgaria

Tel.: +359 32 91 03

Web page: www.sphotel.net

6. COMPETITION DATES

27th, 28th and 29th of August 2021

7. GENERAL PROGRAM

26th of Aug. 2021 Thursday	DESCRIPTION	LOCATION
All day	Arrival of delegations	
13:30 – 22:30	Accreditation	St.Petersburg Hotel – Lobby
12:00 – 18:30	Podium training according to the schedule (Appendix 1)	Warm up area, Training podium and Competition podium
27th of Aug.2021 Friday	DESCRIPTION	LOCATION
07:45 – 16:00	Podium training according to the schedule (Appendix 1)	Warm up area, Training podium and Competition podium
08:00 – 09:30	Accreditation – late arrivals	Competition Venue – Office of LOC
10:00 – 10:45	Orientation meeting – Head of delegations – 1 person per Nation	Competition venue – Pavilion 6 – 1 st floor Judge’s room
11:00 – 13:00	Judges meeting and instructions – All judges	Competition venue – Pavilion 6 – 1 st floor Judge’s room

27 th of Aug.2021 Friday	DESCRIPTION	LOCATION
tbc	Training by request for gymnasts that had their podium training on Thursday	Dunav Hall
15:00 – 16:30	Judges Meeting and Draw – All judges	Competition venue – Pavilion 6 – 1 st floor Judge’s room
16:30 – 16:45	OFFICIAL OPENING CEREMONY – All Nations – 1 gymnast per Nation	Competition hall
16:45 – 18:45	Qualifications IW ND (N1 - N30) / IW AG 2 (N1 - N30)	Competition hall
18:45 – 19:00	BREAK	
19:00 – 20:50	Qualifications IW ND (N31-N50) + IM ND (6) / IW AG2 (N31-N46) + GR AG1 (13)	Competition hall
28 th of Aug.2021 Saturday	DESCRIPTION	LOCATION
08:15 – 09:30	Judges Meeting and Draw – All judges	Competition venue – Pavilion 6 – 1 st floor Judge’s room
09:30 – 11:25	Qualifications – IW AG1 (N1-N28) / TR ND (16) + TR AG2 (12)	Competition hall
11:25 – 11:45	BREAK	
11:45 – 13:10	Qualifications – IW AG1 (N29 – N48) / IM S (19) + AD AG2 (2)	Competition hall
13:10 – 14:00	LUNCH BREAK	
14:00 – 16:10	Qualifications – IW AG1 (N49-N66) + IM AG1 (14) / IW S (32)	Warm up area, Training area and Competition hall
16:10 – 16:30	BREAK	
16:30 – 18:20	Qualifications - GR ND (10) + MP S (12) + MP AG2 (5) / TR AG1 (26)	Warm up area, Training area and Competition hall
18:20 – 18:40	BREAK	
18:40 – 20:15	Qualifications MP ND (5) + MP AG1 (7) + TR S (11) / GR S (4) + IM AG2 (8) + GR AG 2 (6) + AD AG1 (6)	Competition hall
29 th of Aug. 2021 Sunday	DESCRIPTION	LOCATION
08:45 – 10:00	Judges Meeting and Draw Finals	Competition venue – Pavilion 6 – 1 st floor Judge’s room
10:00 – 11:40	Finals IW ND (8) / TR AG1 (8) Finals IW AG2 (8) / IM S (8) Finals IW AG1 (8) / TR ND (8)	Competition hall
11:40 – 12:00	BREAK	
12:00 – 13:16	Finals IW S (8) / TR AG2 (8) Finals IM AG1 (8) / GR ND (8) Finals AD AG2 (2)	Competition hall
13:25 – 14:10	Award Ceremony – IW ND / TR ND / GR ND / IW AG1 / IM AG1 / TR AG1 / IW AG2 / TR AG2 / AD AG2 / IW S / IM S	Competition Hall

29 th of Aug. 2021 Sunday	DESCRIPTION	LOCATION
14:10 – 15:00	LUNCH BREAK	
15:00 – 16:40	Finals MP S (8) / IM AG 2 (7) Finals AD AG1 (6) / IM ND (6) Finals MP GR S (4) / AG2 (5) Finals MP AG1 (7)	Competition hall
16:40 – 17:00	BREAK	
17:00 – 17:55	Finals GR AG2 (6) / MP ND (5) Finals GR AG1 (8) / TR S (8)	Competition hall
18:05 – 19:00	Award Ceremony IM ND/ MP ND/ MP AG1 / GR AG1 / AD AG1/ IM AG2/ MP AG2/ GR AG2/ MP S/ TR S/ GR S	Competition hall
30 th of Aug. 2021 Monday	Departure of Delegations	

8. 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
 - License rules (except for non competitive events) – only for AG2 and Seniors
 - 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*

9. JUDGES AND JURIES

Judges should be in a possession of a valid FIG Brevet for the current cycle (2017-2020 extended 2021).

There will be two judging panels. Judging panels will consist of: 1 Chair of Judge's Panel; 2 Difficulty Judges; 3 Artistic Judges; 3 Execution Judges; 1 Time Judge; 2 Line Judges. The position of the judges will be decided by a draw.

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.

Mrs.Cristina Casentini – President of the UEG Aerobic Gymnastics Technical Committee is invited to act as a Superior Jury.

10. APPARATUS SUPPLIED

Gymnova Aerobic Floor, FIG ID: 158

11. AGE LIMIT & CATEGORIES

Seniors – 18+ (born 2003 or before) – IW/ IM/ MP/ TR/ GR

AG2 – 15-17 (born 2004-2006) – IW/ IM/ MP/ TR/ GR / AD

AG1 – 12-14 (born 2007-2009) – IW/ IM/ MP/ TR/ GR / AD

National Development – 9-11 (born 2010-2012) – IW/ IM/ MP/ TR/ GR

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.

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**).

In addition, if the Organizing Federation has not qualified competitors in any category in one Age Group, it may nominate one participation in max.1 Category of its choice in the respective Age Group.

14. NAME CHANGES

Name changes are allowed as per FIG TR, Section 6, Reg.4. The request for a name change must be made in writing by using the attached **Appendix 5** and accompanied by a comprehensive medical report in English language.

15. TRAINING AND COMPETITION AREAS

15.1. Warm up area:

The Warm up area is situated on the first floor. There will be two identical places and Nations/gymnasts will be divided in order to have less people in one place. During the Podium trainings on 26th and 27th of August 2021, as well as during all competitive days each participating Nation/Unit has an optional Warm up of 45 minutes as indicated in the Schedules – Appendix 1 & 3.

15.2. Training Podium:

The training podium is also situated on the first floor. It will be equipped with an aerobic floor, identical to the competition floor, marked 7x7m and 10x10m.

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

For the trainings on 26th and 27th of August 2021 the time depends on the number of routines for each Nation - the time for one routine is 1 min 30 sec.

During the competition's days, a unit has 2 / 3 minutes at the training podium as scheduled in the Starting tables – Appendix 3.

15.3. Competition Podium:

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

For the trainings on 26th and 27th of August 2021 the time depends on the number of routines for each Nation - the time for one routine is 1 min 30 sec.

In order to be well prepared and not loose time we would like to ask that each Federation fills and send **in advance** the attached “Order for podium training” – Appendix 2 not later than **19th of August 2021!!!**

During all trainings delegations must respect the training times and areas!!!

N.B!!!

The LOC will arrange a training on 27th of August 2021 - Friday ONLY for the gymnasts/ Nations that have their Podium training on 26th of August 2021 – Thursday.

The Hall, which is equipped with original aerobic floor and audio system, is situated very close to the Competition Venue. A designated person will assist gymnasts / Nations to this Hall, as well as there will be a person from LOC to help if needed. Gymnasts will need to bring their own Memory stick or CD if they want to play music.

The time for training will be in the period of 10:00 – 15:00 based on a schedule prepared by the LOC.

In order to organize this training we need **a written request by e-mail** from those Nations if they will use this option for a training on Friday and with how many routines. **Please, send this information in advance – not later than 19th of August 2021.** The schedule will be handed to those Nations during the accreditation.

16. OFFICIAL OPENING CEREMONY

The Official Opening Ceremony will take place on **27th of August 2021 - Friday from 16:30 to 16:45, before the beginning of the Qualifications.** All Nations have to take part at the Official Opening Ceremony.

The Nations will be presented by **one gymnast** who will carry the flag of his Nation (flags will be prepared by the Local Organizing Committee). The presentation of Nations will be done in alphabetical order. The host country will be last. Further information will be given during the Orientation Meeting.

17. AWARD CEREMONIES

The Award ceremonies will take part as scheduled in the General Program – on 29th of August 2021 - Sunday. The top 3 gymnasts/ units will be invited on the awarding podium. Gymnasts should wear their National tracksuits. More information will be given during the Orientation meeting.

18. AWARDS

- The winners in each Category and Age Group will be awarded with trophies.
- For the Top 3 competitors in each Category and Age Group medals and diplomas will be presented.
- Diplomas will be presented for all the Finalists.
- A diploma for participation will be given to all official members of the delegations.
- As a tradition a special Trophy will be handed in honor of Prof. Maria Mineva. The Trophy will be given to the gymnast/ gymnasts with the highest Final score in the competition (either Qualifications or Finals) excluding the points for lift in MP, TR and GR categories in Seniors.

19. MEDICAL

19.1. Insurance

The Host Federation, the 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, repatriation **AND COVID** 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 Competition the LOC will provide medical services. Appointed persons will be available during those times.

20. INFORMATION ABOUT SPECIAL MEASURES

The following information is prepared based on the requirements set by the Bulgarian Government valid as per 12th of August 2021. If there are any changes, Nations will be informed additionally by e-mail.

20.1. Entering Bulgaria

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 Bulgaria.

20.2. Entering the Nations' country

We suggest that each Nation checks the requirements to enter their country when going back from Bulgaria.

As informed in advance by e-mail, the LOC will organize testing in the Competition Venue taken by representatives of a certified laboratory. There is an option for a PCR or a Rapid Antigen test depending on the requirements of the Nation's Government. The request should be made with the official form – Appendix 6, filled and returned back by e-mail not later than **19th of August 2021**.

A PCR test costs 55 euro per person.

A Rapid Antigen test costs 25 euro per person.

The respective amount could be transferred in advance not later than **19th of August 2021** or could be paid in cash during the accreditation.

The LOC will prepare a schedule according to the type of tests requested, date of departure and competition schedule.

The certificates will be issued in English by the laboratory and will be given to Nations who have requested and paid for the tests before their departure.

20.3. Competition Venue

- All participants (gymnasts, coaches, HOD, judges, paramedical staff, etc.) should wear masks covering the nose and mouth. **Exception is allowed only for gymnasts who are in the Warm up area, Training Podium, Waiting area, Competition podium and Kiss&Cry area.**
- All persons entering the territory of Competition Venue must disinfect their hands with disinfectants placed at the entrance.
- The consumption of food on the territory of the Competition Venue is absolutely forbidden, except for the designated places - restaurant (cafe) or catering area for judges and members of the Organizing Committee.
- On the territory of the Competition Venue it is allowed only personal bottles with drinks – no plastic, paper or other cups.
- Currently, in Bulgaria, it is allowed an admission of audience that occupies 50% of the seats in the hall. The audience must sit at least 1 seat away.
- Gymnasts and other team members who would like to watch the competition must occupy only the designated places and must be wearing masks or other personal protective equipment.

20.4. Additional requirements and measures

Based on the requirements set by the Bulgarian Government people should wear masks in public transport, stores and all closed areas, except restaurants, cafeteria, etc.

21. TRANSPORTATION

21.1. International transportation

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

For those delegations travelling by air plane: In case of heavily delayed or canceled flights, please immediately contact Mrs.Dimitrina Kandvea – President of the LOC in charge with the transportation and transfers – by calling +359 887 607 909.

For those delegations that are travelling by their own mean of transportation are accommodated on their own: When you arrive in Plovdiv, please contact the LOC at +359 887 607 909 for instructions on where and when to proceed with the accreditation (either in St.Petersburg Hotel or Competition Venue).

21.2. Local transportation

Detailed information on the conditions is set in the Directives for the event. The LOC will provide local transportation to all members of the delegations as requested in advance by the Federations.

At Sofia Airport there will be a member of the LOC who will meet all delegations that have requested local transportation and will assist them to the bus. Depending on the arrival time and number of people some Nations might be asked to wait a little bit for some other participants. We thank you in advance for your understanding and cooperation!

Everyone while in the bus should wear masks.

Plovdiv is at about 130km away from Sofia and it takes about 1 ½ hour to get there.

During the accreditation the return flight schedules will be verified.

The delegations that have requested local transportation will receive additionally information from the Local Organizing Committee for the departure time from the hotel. The time indicated in the departure schedule is the time when the bus leaves the hotels. Check-outs should be done in advance!!!

21.3. Shuttle services

On 26th, 27th, 28th and 29th of August 2021 there will be a shuttle service for all members of delegations who are accommodated through the LOC. The schedule of the shuttle service from “Sankt Petersburg” hotel to the Competition venue and back will be distributed during the accreditation and will also be placed in the Hotel and Competition Venue.

Everyone while in the bus should wear masks.

“Sankt Petersburg” hotel is close to the Competition Venue and it takes at about 15 min. to get from/to there.

22. ACCREDITATION

The accreditation desk will be situated in the lobby of the St.Petersburg Hotel and will be open on 26th of August 2021 – Thursday in the period of 13:30 to 22:30.

All Nations who arrive in Plovdiv **before 22:30** on 26th will be accredited on the same day – **26th of August 2021** in St.Petersburg Hotel.

For the late arrivals, the accreditation will be done on **27th of August 2021** – Friday morning in the period of **08:00 – 09:30 in the Competition Venue – the office of the LOC**. The accreditation should be done before the Orientation meeting!!!

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.
- Verify the return flight schedules – for those who have requested transfer from Plovdiv to Sofia.
- Inform the Local Organizing Committee for an e-mail address to which the results and starting tables will be sent during the events.
- Make the necessary payments to the Local Organizing Committee (if needed). Payments should be done in Euro.

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!!!

23. ADDITIONAL INFORMATION

23.1. Orientation Meeting

An Orientation meeting will be held on 27th of August 2021, Friday at 10:00 in the Competition Venue – 1st floor - Judge's room. Due to the special measures, **only one person per Nation** is invited to take part in this meeting.

23.2. Accommodation and meals

The accommodation in the official hotel includes breakfast, served in the hotel from 07:00 to 10:00.

Lunch and dinner will also be served in the hotel for those delegations that have requested it in advance. Information about the times will be given during the accreditation.

For the Nations that have lunches on Saturday and Sunday there is an option instead of going back to the hotel for lunch to have lunch boxes which will be delivered in the competition venue. A request for the number of lunch boxes should be made by the respective Nation in advance – not later than 10am on the previous day. When the HOD or Coach makes the request, the respective lunch tickets should be given to the person at the office of the LOC. More information will be given during the Orientation meeting.

The check-in time in the hotel is after 14:00.

The check-out time from the hotel is latest 12:00 on the day of departure and should be strictly respected.

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

The parking of “St.Petersburg” hotel has a charge of 10lv. for a car and 20lv. for a bus for a 24 hour period. If it is used it should be paid by the respective Nation latest at the check-out.

The guests of the hotel use free of charge the Aqua Park there.

23.3. Weather

Average temperature in Plovdiv during August is usually around 35 degrees C. We suggest that you check the weather forecast via internet before departure to Bulgaria.

23.4. Currency

The official currency in Bulgaria is “lev”. 1 lev is divided into 100 “stotinki”. As per 12th of August 2021 the exchange rate is:

1 Euro - approximately 1.95 lev

1 USD - approximately 1.65 lev

23.5. 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 via the mail boxes placed in the office of the LOC in the Competition Venue. Each Nation will have its own mail box.

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 – they will be sent on 28th of August 2021, Saturday evening by e-mail and later, one set will be placed in the mail boxes to be taken on Sunday morning before the Finals.

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

During the Orientation Meeting on **27th of August 2021 at 10:00** in the Competition Venue – Judge’s room, detailed information regarding the competition will be given.

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

LOOKING FORWARD TO WELCOME YOU IN PLOVDIV!!!



Mrs. Dimitrina Kandeва
President AUB and LOC



Mrs. Valentina Angelova
Vice president of the LOC

Attachments:

1. Appendix 1 – Podium training schedule
2. Appendix 2 - Order for podium training
3. Appendix 3 - Starting tables – Qualifications
4. Appendix 4 – Draw – Finals
5. Appendix 5 – Change of start list
6. Appendix 6 – Request for PCR or Rapid Antigen Test