



**13th PLOVDIV CUP AEROBICS OPEN
Plovdiv (BUL)
FIG event ID 17138 – Seniors and Junior
International Event – AG and ND
7th – 9th of October 2022**



WORKPLAN

24th of September 2022

DEAR FRIENDS,

We're very happy to Welcome the participating Federations at the 13th Plovdiv Cup Aerobics Open 2022 – an International Aerobic Gymnastics Competition that will be held in the period of 6th to 10th of October 2022 in Plovdiv, Bulgaria and provide you with all information concerning the participation at the above mentioned event.

1. PARTICIPATING NATIONS

AUSTRALIA / AUSTRIA / AZERBAIJAN / CZECH REPUBLIC / FINLAND / GREAT BRITAIN / GREECE / HUNGARY / ITALY / LITHUANIA / REPUBLIC OF MOLDOVA / PERU / SWITZERLAND / SLOVAKIA / SWEDEN / THAILAND / TURKEY / UKRAINE / VIETNAM 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 Kandeva - 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

Hotel “Holiday Inn Plovdiv”*****

109, Vasil Levski str.

Plovdiv 4003, Bulgaria

Tel.: +359 878 433 278; +359 32 20 33 33

Web page: www.hiplovdivhotel.com

City Hotel***

1, Vladaya str.

Plovdiv 4000, Bulgaria

Tel.: +359 886 761 677

Web page: www.cityhotelplovdiv.com

6. COMPETITION DATES

7th, 8th and 9th of October 2022

7. GENERAL PROGRAM

| 6 th of Oct.2022 Thursday | DESCRIPTION | LOCATION |
|---|---|---|
| All day | Arrival of delegations | |
| 14:00 – 23:30 | Accreditation | St.Petersburg Hotel – Lobby |
| 11:50 – 20:05 | Podium training according to the schedule (Appendix 1) | Warm up area, Training podium and Competition podium |
| 7 th of Oct.2022 Friday | DESCRIPTION | LOCATION |
| 07:30 – 15:55 | Podium training according to the schedule (Appendix 1) | Warm up area, Training podium and Competition podium |
| 08:00 – 09:00 | Accreditation – late arrivals | Competition Venue – Office of LOC |
| 09:30 – 10:15 | Orientation meeting – Head of delegations – max 2 persons per Nation | Competition venue – Pavilion 6 – 1 st floor Judge’s room |
| 10:30 – 12:30 | Judges meeting and instructions – All judges | Competition venue – Pavilion 6 – 1 st floor Judge’s room |
| tbc | Training by request for gymnasts that had their podium training on Thursday | Dunav Hall |
| 15:00 – 16:00 | Judges Meeting and Draw – All judges | Competition venue – Pavilion 6 – 1 st floor Judge’s room |
| 16:00 – 17:40 | Qualifications IW AG (N1 – N25) / IW ND (N1 – N25) | Competition hall |
| 17:40 – 17:55 | BREAK | |
| 17:55 – 19:35 | Qualifications IW AG (N26-N50) / IW ND (N26 – N50) | Competition hall |
| 19:35 – 19:50 | BREAK | |
| 19:50 – 21:25 | Qualifications IW AG (N51-N74) / IW ND (N51 – N73) | Competition hall |
| 8 th of Oct.2022 Saturday | DESCRIPTION | LOCATION |
| 08:30 – 09:30 | Judges Meeting and Draw – All judges | Competition venue – Pavilion 6 – 1 st floor Judge’s room |
| 09:30 – 11:00 | Qualifications – IM ND (12) + MP ND (6) / IM AG (10) + MP AG (8) + AD AG (5) | Competition hall |
| 11:00 – 11:15 | BREAK | |
| 11:15 – 13:05 | Qualifications – TR ND (28) / TR AG (24) | Competition hall |
| 13:05 – 14:00 | LUNCH BREAK | |
| 14:00 – 14:55 | Qualifications – GR ND (13) / GR AG (14) | Competition hall |
| 15:15 – 15:30 | OFFICIAL OPENING CEREMONY – All Nations – 1 gymnast per Nation | Competition hall |
| 15:30 – 17:10 | Qualifications - IW J (1-25) / IW S (1-25) | Competition hall |
| 17:10 – 17:25 | BREAK | |

| 8 th of Oct.2022 Saturday | DESCRIPTION | LOCATION |
|---|--|---|
| 17:25 – 19:10 | Qualifications - IW J (26-50) + AD J (2) / IW S (26 - 41) + IM S (5) + IM J (4) | Competition hall |
| 19:10 – 19:30 | BREAK | |
| 19:30 – 20:15 | Qualifications - TR J (12) / TR S (5) + MP S (3) | Competition hall |
| 20:15 – 20:30 | BREAK | |
| 20:30 – 20:40 | Qualifications – GR J (3) / GR S (2) | Competition hall |
| 9 th of Oct.2022 Sunday | DESCRIPTION | LOCATION |
| 09:30 – 10:30 | Judges Meeting and Draw Finals | Competition venue – Pavilion 6 – 1 st floor Judge’s room |
| 10:30 – 11:55 | Finals IW ND (8) / MP AG (8) Finals IW J (8) / IM S (5) + GR S (2) Finals MP ND (5) / AD AG (5) | Competition hall |
| 11:55 – 12:15 | BREAK | |
| 12:15 – 13:20 | Finals IM ND (8) / TR AG (8) Finals IW S (8)/ TR J (8) | Competition hall |
| 13:30 – 14:10 | Award Ceremony – IW ND / IM ND/ MP ND / MP AG/ TR AG / AD AG / IW J / TR J / IW S / IM S / GR S | Competition Hall |
| 14:10 – 15:00 | LUNCH BREAK | |
| 15:00 – 16:20 | Finals TR ND (8) / IM AG (8) Finals MP J (1) + AD J (2) / MP S (3) Finals IW AG (8) / GR ND (8) | Competition hall |
| 16:20 – 16:30 | BREAK | |
| 16:30 – 17:15 | Finals GR AG (8) / IM J (4) + GR J (3) + TR S (5) | Competition hall |
| 17:25 – 18:00 | Award Ceremony TR ND/ GR ND/ IW AG / IM AG/ GR AG / IM J / MP J/ GR J/ AD J/ MP S/ TR S | Competition hall |
| 10 th of Oct.2022 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 Junior 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 (2022-2024).

There will be two judging panels. 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 – Member of the FIG 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

Senior – 18+ (born 2004 or before) – IW/ IM/ MP/ TR/ GR

Junior – 15-17 (born 2005-2007) – IW/ IM/ MP/ TR/ GR / AD

Age Group – 12-14 (born 2008-2010) – IW/ IM/ MP/ TR/ GR / AD

National Development – 9-11 (born 2011-2013) – 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, Art.4. The request for a name change or withdrawal must be made in writing by using the attached **Appendix 5**. Less than 24 hours prior to the beginning of the respective competition only an accredited gymnast can replace an injured or ill gymnast. The change must be made in writing by using the attached **Appendix 5 and accompanied by a medical certificate in English**.

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 accordingly. During the Podium trainings on 6th and 7th of October 2022, 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 Area and Podium:

The training area and 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 6th and 7th of October 2022 the time depends on the number of routines for each Nation - the time for one routine is 1 min 30 sec.

During the competition, a unit is allowed to enter the training area and have additional 10 minutes for specific warm up after which the 2 minutes with music at the training podium as scheduled in the Starting tables – Appendix 3.

During the specific warm up in the training area gymnasts can use the podium respecting the schedule, time with music to the other competitors and behaving in a sport manner!

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 6th and 7th of October 2022 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 lose 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 **1st of October 2022!!!**

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

The LOC will arrange a training on 7th of October 2022 - Friday **ONLY** for the gymnasts/ Nations that have their Podium training on 6th of October 2022 – 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 09:30 – 14:30 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 1st of October 2022.** The schedule will be handed to those Nations during the accreditation.

16. OFFICIAL OPENING CEREMONY

The Official Opening Ceremony will take place on **8th of October 2022 - Saturday from 15:15 to 15:30.** 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 9th of October 2022 - 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 sent by e-mail within a week to the respective Nation for all the Finalists.
- A diploma for participation will be given to all official members of the delegations during the accreditation.
- 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).

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 member 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

As per 23rd of September 2022 there are no special requirements in regard to COVID measures. Masks are not requested anywhere. If there are any changes, Nations will be informed additionally by e-mail.

We suggest that each Nation checks the requirements to enter their country when going back from Bulgaria. If someone needs a PCR or a Rapid Antigen test the LOC should be informed in advance.

The request should be made with the official form – Appendix 6, filled and returned back by e-mail not later than **1st of October 2022**.

A PCR test costs 40 euro per person.

A Rapid Antigen test costs 20 euro per person.

The respective amount could be transferred in advance not later than **1st of October 2022** 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 before departure to the Nations who have requested and paid for the tests.

In regard to the Competition Venue we recommend that participants try to keep distance and use disinfectants placed at the entrance.

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 and 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!

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 6th, 7th, 8th and 9th of October 2022 there will be a shuttle service for all members of delegations who are accommodated through the LOC. The schedule of the shuttle

service will be distributed during the accreditation and will also be placed in the Hotels and Competition Venue.

If anyone would like to walk to the Venue:

- From “Sankt Petersburg” to the Competition Venue is at about 20 min. on foot.
- From “Holiday Inn Plovdiv” hotel to the Competition Venue is at about 15 min. on foot.
- From “City Hotel” to the Competition Venue is at about 30 min. on foot.

22. ACCREDITATION

The accreditation desk will be situated in the lobby **of the St.Petersburg Hotel** and will be open on 6th of October 2022 – Thursday in the period of 14:00 to 23:30.

There will also be an accreditation in the “Holiday Inn Plovdiv” depending on the arrival time.

All Nations who arrive in Plovdiv on 5th of October 2022 will be accredited on **6th of October 2022 at 14:00 in St.Petersburg Hotel.**

All Nations who arrive in Plovdiv on 6th of October 2022 **before 23:30** will be accredited on the same day.

For the late arrivals, the accreditation will be done on **7th of October 2022** – 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.
- 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 and with the exact amount due.

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. Accreditation cards will be checked by the volunteers in order to enter the respective areas according to the designated time.

23. ADDITIONAL INFORMATION

23.1. Orientation Meeting

An Orientation meeting will be held on 7th of October 2022, Friday at 09:30 in the Competition Venue – 1st floor - Judge's room. Due to the measures for safety and keeping a distance **maximum 2 (two) persons per Nation (Head of delegation or Coach)** are invited to take part in this meeting.

23.2. Accommodation and meals

The accommodation in the official hotels includes breakfast, served in the hotels. Lunch and dinner will also be served in the hotels for those delegations that have requested it in advance.

Information about the times will be given during the accreditation and will also be placed on the information boards.

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.

23.3. Weather

Average temperature in Plovdiv during August is usually around 20 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 23rd of September 2022 the exchange rate is:

1 Euro - approximately 1.95 lev

1 USD - approximately 1.95 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 8th of October 2022, 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.

Results will be sent by e-mail to the e-mail address given during the accreditation in the evening of the respective day of the competition. A complete set of detailed Results will be sent to each participating Federation by e-mail, after the competition is over.

During the Orientation Meeting on **7th of October 2022 at 09:30** 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