



17th PLOVDIV CUP AEROBICS OPEN
Plovdiv (BUL)
FIG ID 18585 – Senior and Junior
International Event – Youth and ND
16th – 18th of October 2026



WORKPLAN

21st of September 2026

DEAR FRIENDS,

We're very happy to Welcome the participating Federations at the **17th Plovdiv Cup Aerobics Open 2026** – an International Aerobic Gymnastics Competition that will be held in the period of 14th -19th of October 2026 in Plovdiv, Bulgaria and provide you with all information concerning the participation at the above-mentioned event.

1. PARTICIPATING NATIONS

BELGIUM / BELARUS / GREAT BRITAIN/ HUNGARY / LITHUANIA / PORTUGAL/ ROMANIA/
RUSSIA / SLOVAKIA / TÜRKIYE / UKRAINE and BULGARIA

2. ORGANIZING COMMITTEE

Aerobic Union Bulgaria
124, Dunav Blvd.; Plovdiv 4003, Bulgaria
Tel: +359 888 573002
E-mail: aerobicub@gmail.com
Contact person: Mrs.Iliyana Veleva – Technical coordinator

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
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 Peterburg” ****

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

Hotel “BLVD 7”***

7, Bulgaria Blvd.

4000 Plovdiv, Bulgaria

Tel.: (+359) 877 211 155; (+359) 32 964 441

web page: <https://boulevard7.com/en>

Hotel „BAYKO“****

1, Bulgaria Blvd.

4000 Plovdiv, Bulgaria

Tel.: (+359) 879 886 710

Web page: <https://bayko.bg/en/>

6. COMPETITION DATES

16th and 17th of October 2026 – Qualifications

18th of October 2026 – Finals

7. GENERAL PROGRAM

14 th of Oct. 2026 Wednesday	DESCRIPTION	LOCATION
All day	Arrival of delegations	
14:00 – 22:30	Accreditation	St.Peterburg Hotel – Lobby
15 th of Oct. 2026 Thursday	DESCRIPTION	LOCATION
08:15 – 19:35	Podium training according to the schedule (Appendix 1)	Warm up area, Training podium and Competition podium
09:00 – 10:00	Accreditation – late arrivals	Competition Venue – Office of LOC
10:30 – 11:20	Orientation meeting – Head of delegations – maximum 2 persons per Nation / 1 person per club	Competition venue – Pavilion 6 – 1 st floor Judge's room
11:30 – 13:00	Judges meeting and instructions / Scoring system instructions – All judges	Competition venue – Pavilion 6 – 1 st floor Judge's room
16 th of Oct. 2026 Friday	DESCRIPTION	LOCATION
08:45 – 09:30	Judges Meeting and Draw – All judges	Competition venue – Pavilion 6 – 1 st floor Judge's room
09:30 – 11:20	Qualifications IW ND (1-36)	Competition hall
11:20 – 11:35	BREAK	
11:35 – 13:05	Qualifications IW ND (37 - 66)	Competition hall
13:05 – 14:00	LUNCH BREAK	
14:00 – 14:15	OFFICIAL OPENING CEREMONY – All Nations – 1 gymnast per Nation	Competition hall
14:15 – 15:45	Qualifications IW ND (67 - 86) & GR YO (9)	Competition hall
15:45 – 16:00	BREAK	
16:00 – 17:30	Qualifications TR J (12) & IW YO (1-17)	Competition hall
17:30 – 17:45	BREAK	
17:45 – 19:35	Qualifications IW YO (18 - 52) & MP J (2)	Competition hall
17 th of Oct. 2026 Saturday	DESCRIPTION	LOCATION
09:00 – 09:30	Judges Meeting and Draw – All judges	Competition venue – Pavilion 6 – 1 st floor Judge's room
09:30 – 11:35	Qualifications – IM ND (9) & TR YO (17) & MP ND (10) & AD YO (5)	Competition hall
11:35 – 11:50	BREAK	
11:50 – 13:40	Qualifications - TR ND (29) & IM YO (6) & AD ND (2)	Competition hall

13:40 – 14:30	LUNCH BREAK	
14:30 – 16:40	Qualifications – IW J (42)	Competition hall
16:40 – 17:00	BREAK	
17:00 – 18:50	Qualifications - GR ND (17) & IM J (5) & MP YO (5) & IM S (5) & AD J (4)	Competition hall
18:50 – 19:05	BREAK	
19:10 – 20:35	Qualifications - IW S (19) & GR J (6) & MP S (3)	Competition hall
18 th of Oct.2026 Sunday	DESCRIPTION	LOCATION
09:00 – 09:30	Judges Meeting and Draw Finals	Competition venue – Pavilion 6 – 1 st floor Judge's room
09:30 – 11:20	Finals - AD YO (5) & IW ND (8) & TR YO (8) & IM ND (6) & IW YO (8) & AD ND (2)	Competition hall
11:20 – 11:35	BREAK	
11:35 – 13:10	Finals - IW J (8) & IM S (4) & MP J (2) & IW S (8) & TR J (8) & AD S (1)	Competition hall
13:20 – 14:00	Award Ceremony – IW ND / IM ND / AD ND / IW YO / TR YO AD YO / IW JR / MP JR / TR J / IM S / IW S / AD S	Competition Hall
14:00 – 14:45	LUNCH BREAK	
14:45 – 16:40	Finals - MP YO (4) & TR ND (8) & IM YO (4) & MP ND (6) GR YO (8) & GR ND (8)	Competition hall
16:40 – 16:55	BREAK	
16:55 – 18:00	Finals - AD J (4) & TR S (2) & GR J (6) & MP S (3) & IM J (4) & GR S (2)	Competition hall
18:00 – 18:10	Demonstrations	Competition hall
18:10 – 18:15	Award Ceremony – presenting the Trophy of Ms.Dimitrina Kandeve	Competition Hall
18:15 – 18:55	Award Ceremony –MP ND / TR ND/ GR ND/ IM YO / MP YO / GR YO / IM JR / GR JR / AD JR / IW S / MP S / TR S / GR S	Competition hall
18:55 – 19:00	Award Ceremony – Team Challenge	Competition hall
19:00 – 19:05	Award ceremony – presenting the Trophy of Prof.Maria Mineva	Competition hall
20:30 – 00:00	FAREWELL PARTY	St.Peterburg Hotel
19 th of Oct. 2026 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 possession of a valid FIG Brevet for the current cycle (2025-2028).

There will be one judging panel. 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 – Vice-president of the WG Aerobics 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 2008 or before) – IW/ IM/ MP/ TR/ GR / AD

Junior – 15-17 (born 2009-2011) – IW/ IM/ MP/ TR/ GR / AD

Youth – 12-14 (born 2012-2014)* – IW/ IM/ MP/ TR/ GR / AD

National Development – 9-11 (born 2015-2017)* – IW/ IM/ MP/ TR/ GR / AD

*With some exceptions for TR, GR and AD as per the Directives.

12. COMPETITION FORMAT

The competition consists of Qualifications and Finals.

Qualifications:

All registered gymnasts in the different Categories and Age Groups will take part in the Qualifications, except for Senior TR, GR and AD.

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.

13. 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**.

14. TRAINING AND COMPETITION AREAS

15.1. Warm up area:

The Warm up area is situated on the first floor. During the Podium trainings on 15th of October 2026, 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 10x10m.

There will be a CD player in this area. Gymnasts should bring their own memory stick for the training podium if they want to use the player. **It is strictly forbidden to use the sound system with the Bluetooth of the cell phones!!!**

For the trainings on 15th of October 2026 the time depends on the number of routines for each "Training group" - the time calculated for one routine is 1 min 30 sec.

According to the Starting tables – Appendix 3, during the competition days gymnasts have 3 minutes on the training podium, but they will be allowed to enter the area 10 minutes in advance to do additional specific warm up. When it is the exact scheduled time for the podium they can play with their music - optional.

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 15th of October 2026 the time depends on the number of routines for each "Training group" - the time calculated 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 **24th of September 2026!**

This order will have to be strictly followed when gymnasts are on the Official Competition Podium as the music will be ordered in advance and played the way it is written in the Order for podium training.

NB! When 2 or 3 Nations have training together, they can combine and fill one Order for podium training! This should be done either in advance or latest **immediately after the Orientation meeting and given back to the Local Organizing Committee office!!!**

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

15. OFFICIAL OPENING CEREMONY

The Official Opening Ceremony will take place on **16th of October 2026 - Friday from 14:00 to 14:15**. 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.

16. TEAM CHALLENGE

All 12 Nations will be taking part in the TEAM CHALLENGE. There will be 3 teams, each one consisting of 4 Nations. At the end of the Orientation meeting a Draw will be done in order to determine the composition of the teams.

Ranking will be done adding the best final score from Qualifications of 1 routine from each Nation no matter of the age group and category.

The team that has the highest score will be announced as a winner.

For the award ceremony one gymnast should present his/her Nation, as part of the respective Team, getting up onto the awarding podium. All 3 teams will be invited to the podium.

Diploma for TEAM CHALLENGE ranking will be presented to each Nation.

17. AWARD CEREMONIES

The Award ceremonies will take part as scheduled in the General Program – on 18th of October 2026 - 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 winner of each Category and Age Group will be awarded a trophy.
- For the Top 3 competitors in each Category and Age Group medals and diplomas will be presented.
- Diplomas will be presented to all the Finalists. **(by e-mail 2 weeks after the competition is finished)**
- A diploma for participation will be given to all official members of the delegations.
- A special trophy will be handed in honor of Ms.Dimitrina Kandevea.
- As a tradition a special Trophy will also 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).
- The top 3 teams in the Team Challenge will receive Diplomas for ranking and presents. Diplomas for ranking will be presented to all Nations who are taking part in the Team Challenge.

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 and repatriation for all the members of their delegation.

If the insurance policy is not sent by e-mail in advance, the LOC will verify the insurance during the accreditation (e.g. cover notes or photocopies of the valid policy).

There will be no possibility of making 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 people will be available during those times.

20. TRANSPORTATION

20.1. International transportation

The travel costs of the participating delegations' members are at each delegation's own expense.

For those delegations travelling by airplane: In case of heavily delayed or canceled flights, please immediately contact Ms.Darina Pashova who in charge with the transportation and transfers – by calling +359 888 041270.

For those delegations that are travelling by their own means of transportation: When you arrive in Plovdiv, please contact the LOC at +359 878 889 209 for instructions when to proceed with the accreditation.

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

Plovdiv is about 130km away from Sofia and it takes about 2 hours to get there.

During the accreditation the return flight schedules will be verified.

The delegations that have requested local transportation will receive additional 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!!!

20.3. Shuttle services

On 15th, 16th, 17th and 18th of October 2026 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 “Sankt Peterburg” and “Holiday Inn Plovdiv” Hotels and Competition Venue.

“BLVD 7” and “BAYKO” Hotels are very close to the Venue and it takes 5 minutes on foot to get there. No shuttle service will be organized from those Hotels to the Venue and back.

For information about the distance:

From “Sankt Peterburg” hotel 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.

21. ACCREDITATION

The accreditation desk will be situated in the lobby **of the St.Peterburg Hotel** and will be open on 14th of October 2026 – Wednesday in the period of 14:00 to 22:30. Those who are accommodated in Holiday Inn Hotel, BLVD7 Hotel and Bayko Hotel and arrive on 14th of October 2026 will be kindly ask to proceed for accreditation after checking in in the respective Hotels by coming to Sankt Peterburg Hotel. For accreditation only the Head of delegation or Team manager/ Coach is asked to proceed with presenting the documents and information listed below.

All Nations who arrive in Plovdiv on 14th of October 2026 **before 22:30** will be accredited on the same day.

For the late arrivals, the accreditation will be done on **15th of October 2026** – Thursday morning in the period of **09:00 – 10:00 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 has to:

- Show passports for the gymnasts in Youths and National Development in order to verify names and age. **(If copies are sent in advance by e-mail the passports will not be requested during the accreditation)**
- Show the Insurances for each member of the delegation. **(If a copy is sent in advance by e-mail, insurance will not be requested during accreditation)**
- Verify the return flight schedules – for those who have requested transfer from Plovdiv to Sofia/ Plovdiv airport.

- Inform the Local Organizing Committee of an e-mail address to which the results and starting tables will be sent during the event.
- Make the necessary payments to the Local Organizing Committee (if needed). Payments should **be made 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.

No entry in the respective zones of the Competition venue will be possible without the Accreditation card!

22. ADDITIONAL INFORMATION

22.1. Orientation Meeting

An Orientation meeting will be held on 15th of October 2026, Thursday at 10:30am in the Competition Venue – 1st floor - Judge's room. For the convenience of all Nations we kindly ask that **maximum 2 (two) persons per Nation/ 1 person per Club** take part in this meeting.

22.2. 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. Lunch/ dinner tickets will be given during the accreditation based on the requests made with the Meals form.

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 Friday, Saturday and Sunday there is an option instead of going back to the hotel for lunch to have lunch boxes which will be delivered to the Competition venue. A request for the number of lunch boxes should be made by the respective Nation in advance – **not later than 13:00 on the previous day**. The request should be made by filling the form "Request for lunch box" placed in the office of the LOC. When taking the lunch boxes on the following day the HOD/ Team manager or Coach should give the respective number of lunch tickets 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 12:00 at the latest on the day of departure** and should be strictly respected.

Any additional services used in the hotel are at the delegation's own charge and should be paid before checking out.

22.3. Farewell Party

On 18th of October 2026 – Sunday, starting at 20:30 until 00:00, there will be a Farewell Party. It will take place in the Restaurant of Sankt Peterburg Hotel.

The Hotel is very close to “Holiday Inn”, “BLVD7” and “BAYKO” Hotels – 10 min walking, so there will be no shuttle.

Access will be given with Party tickets purchased with the Meals form and paid in advance. The tickets will be given to the Head of delegation during accreditation.

22.4. Weather

Average temperature in Plovdiv during the beginning of October is usually around 20 degrees C. We suggest that you check the weather forecast via internet before departure to Bulgaria.

22.5. Currency

The official currency in Bulgaria is “euro”. If needed, please check in advance the respective currency exchange.

22.6. Safeguarding and special measures

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 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.Radina Lulcheva – cell phone number: +359 888 725 555

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

22.7. 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 sent by e-mail and handed in via the mailboxes placed in the office of the LOC in the Competition Venue. Each Nation will have its own mailbox.

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 17th of October 2026, Saturday evening by e-mail and later, one set will be placed in the mailboxes 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 all as well as to each participating Federation by e-mail, after the competition is over.

During the Orientation Meeting on **15th of October 2025 at 10:30am** 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!!!

Attachments:

1. Appendix 1 – Podium training schedule
2. Appendix 2 - Order for podium training
3. Appendix 3 - Starting tables – Qualifications – **will be sent additionally**
4. Appendix 4 – Draw – Finals
5. Appendix 5 – Change of start list