

7th Aphrodite Cup



ΔΙΕΘΝΕΣ ΤΟΥΡΝΟΥΑ ΡΥΘΜΙΚΗΣ ΓΥΜΝΑΣΤΙΚΗΣ
INTERNATIONAL RHYTHMIC GYMNASTICS TOURNAMENT

PALAIIO FALIRO ATHENS GREECE

11-13
Μαρτίου
March

WORK PLAN



VERSION
07.03.2022 | Vs1.0



ΔΙΟΡΓΑΝΩΣΗ | ORGANIZED BY



Hellenic Club of Palio Faliro
'Spartan'

ΣΥΝΔΙΟΡΓΑΝΩΣΗ | CO-ORGANIZED BY



Hellenic Gymnastics Federation



Hellenic Olympic Committee
Hellenic Olympic Committee
Hellenic Olympic Committee



Municipality of Palio Faliro

ΧΟΡΗΓΟΙ | SPONSORS



ATHENS MEDICAL
GROUP
Palio Faliro Clinic

ΥΠΟΙΣΤΗΡΙΚΕΣ | SUPPORTERS



1. Host Federation

HELLENIC GYMNASTICS FEDERATION

37 Kifissias Ave., OAKA, EKAE Building (Former Athlete's Guesthouse) Opposite Fire Station, 15123
Marousi

Tel: 0030 210 9882458

Fax: 0030 210 9887329

Email: ego@otenet.gr Website: www.gymnastics.gr

2. Local Organizing Committee's contact address

GYMNASTIKOS OMILOS PALAIΟΥ FALIROU "ARMONIA"

Dimotiko Athlitiko Centre, Office 1, 17561, Marina Flisvou

Tel: 0030 210 9816708 0030 697 2004 509

Fax: 0030 210 9838475

Email: gym@gopf-armonia.gr Website: www.gopf-armonia.gr

3. Organizing Committee's structure

Function	Full name
President	Eleni MICHOPPOULOU, President GOPF "ARMONIA"
Vice President	Michalis KOUMENTAKOS, President of the Cultural & Sports Center of Palaio Faliro Municipality
Members	Eirino AINDILI, Hellenic Gymnastics Federation 1 st Vice President & President of RG Technical Committee
	George Kazantzopoulos, Vice President GOPF "ARMONIA"
	Anna Kontopoulou – Salanti, GOPF "ARMONIA" member
Event Director	Harris SPILIAKOS
Competition Manager	Tzeni PAPADOPOULOU
Venue Manager	Tota GKOLFINOPOULOU
Venue Technology Manager	Thodoris VOUTSINAS
Assistant Venue Manager	Panagiotis TZERAVINIS
Assistant Competition Manager	Eleni CHRONOPOULOU
Sport Results Manager	Andreas PAPAGEORGIOU
FoP Coordinator	Elina PAVLI
Warming Up Coordinator	Maria ANDROPOULOU
Competition Secretariat Manager	Sophia MODE
Finance Manager	Argyris RIGOPOULOS
Treasurer	Maria LOUKATOU
Volunteers Manager	Christina TSAGDI & Eleni FROURI
Press Officer	Stelios KARAOGLANIDIS
Broadcasting Manager	Zeta THEODORAKOPOULOU
Assistant Press Officer	Vassilis GEORGIOTIS
Accommodation Manager	Miranta PACHNOU
Airport Services Manager	Maria KALLINTERAKI
Accreditation Manager	Alexandra VOUGIOUKA
Safeguard Officer	Varvara MAGNISALI
Sustainability Officer	George KAZANTZOPOULOS
Medical Services Manager	Zaira SYMEONIDOU
Medical Services Coordinator	Triantafyllos MANOUSOS
Physiotherapist	Michalis KALLINDERIS
Cleaning & Waste	Contractor
Catering	Contractor

4. Competition & Training Venue

“FALIRO” Olympic Indoor Hall (Olympic Tae Kwon Do Stadium)

2 Moraitini st., Paleo Faliro, Athens

4.1 Gymnasts’ Seating

There is a dedicated seating area for accredited gymnasts, on the spectators' stands.

4.2 Access to the Competition Area

- The competition area is accessible to members of Juries, competing gymnasts and their accredited coach.
- Access to competition area is strictly forbidden to all other attendants.

The use of any kind of electronic devices (video, mobile phones, etc.) is strictly forbidden while in the competition area, warming up and training area.

5. Competition Schedule

FRIDAY 11 MARCH 2022

09.30 - 10.50:	Juniors’ Individual competition Group A: Hoop - Ball
10.50 - 11.05:	Break
11.05 - 12.30:	Juniors’ Individual competition Group B: Hoop - Ball
12.30 - 12.45:	Break
12.45 - 14.10:	Juniors’ Individual competition Group C: Hoop - Ball
14.10 - 14.40:	Break-Lunch
14.40 - 16.05:	Juniors’ Individual competition Group D: Hoop - Ball
16.05 - 16.20:	Break
16.20 - 17.45:	Juniors’ Individual competition Group E: Hoop - Ball
18.00 - 18.30:	Opening Ceremony
18.30 - 18.50:	Group Seniors’ competition: 5 Hoops
18.50 - 19.00:	Break
19.00 - 20.00:	Seniors’ Individual competition Group A: Hoop - Ball
20.00 - 20.15:	Break
20.15 - 21.20:	Seniors’ Individual competition Group B: Hoop - Ball

SATURDAY 12 MARCH 2022

09.30 - 10.50:	Juniors' Individual competition Group C : Clubs - ribbon
10.50 - 11.05:	Break
11.05 - 12.30:	Juniors' Individual competition Group D : Clubs - Ribbon
12.30 - 12.45:	Break
12.45 - 14.10:	Juniors' Individual competition Group E : Clubs - Ribbon
14.10 - 14.40:	Break-Lunch
14.40 - 16.05:	Juniors' Individual competition Group A : Clubs - Ribbon
16.05 - 16.20:	Break
16.20 - 17.45:	Juniors' Individual competition Group B : Clubs - Ribbon
18.00 - 18.30:	AWARD CEREMONIES Juniors All Around Individual (age 13) Juniors All Around Individual (age 14) Juniors All Around Individual (age 15)
18.30 - 18.50:	Group Seniors' competition: 3 Ribbons + 2 Balls
18.50 - 19.00:	Break
19.00 - 20.00:	Seniors' Individual competition Group B : Clubs – Ribbon
20.00 - 20.15:	Break
20.15 - 21.20:	Seniors' Individual competition Group A : Clubs – Ribbon
21.20 - 21.40:	AWARD CEREMONIES All Around Group Seniors All Around Seniors Individual

SUNDAY 13 MARCH 2022

14.30 - 15.21:	Juniors' Individual Competition Finals: Hoop Juniors' Individual Competition Finals: Ball
15.25 - 16.16:	Seniors' Individual Competition Finals: Hoop Seniors' Individual Competition Finals: Ball
16.25 - 16.55:	Group Seniors' Competition Finals: 5 Hoops
17.00 - 17.30:	AWARD CEREMONIES FINALS Juniors' Individual Finals: Hoop Juniors' Individual Finals: Ball Seniors' Individual Finals: Hoop Seniors' Individual Finals: Ball Seniors Group Finals: 5 Hoops
17.30 - 18.21:	Juniors' Individual Competition Finals: Clubs Juniors' Individual Competition Finals: Ribbon
18.25 - 19.16:	Seniors' Individual Competition Finals: Clubs Seniors' Individual Competition Finals: Ribbon
19.21 - 19.51:	Group Seniors' Competition Finals: 3 Ribbons + 2 Balls
19.55 - 20.25:	AWARD CEREMONIES FINALS Juniors' Individual Finals: Clubs Juniors' Individual Finals: Ribbon Seniors' Individual Finals: Clubs Seniors' Individual Finals: Ribbon Seniors Group Finals: 3 Ribbons + 2 Balls
20.25 - 21.00:	Closing Ceremony

Aphrodite Cup 2022 event will be photographed, audio recorded, and video recorded for related promotional purposes. Also the event will be web live streamed.

By attending or participating this event, you are giving your consent to be photographed, audio recorded, video recorded and its/their release publication, exhibition or reproduction to be used for promotional purposes, advertising, websites, social media or any other purpose by Aphrodite Cup and/or “Armonia” Rhythmic Gymnastics Club of Palaio Faliro. By entering the Aphrodite Cup event premises you are waiving any and all claims regarding the use of your image by Aphrodite Cup and/or “Armonia” Rhythmic Gymnastics Club of Palaio Faliro.

6. Accreditation

Accreditation Center is located within the competition venue. Maximum 2 responsible persons from each delegation shall be present at the accreditation center where they will be requested to:

- present to the LOC a valid passport of all Delegation members for proof of identity and control of Nationality
- present to the LOC the gymnasts' valid FIG License for further age control and anti-doping purposes
- check the correct names of their complete Delegation
- settlement of any pending financial obligation
- show proof of valid insurance policy in English
- verify the return flight schedules
- return completed the health-statement forms for all participants – appendix 1
- return completed the relevant form in case of PCR/Rapid tests needed for departure – appendix 2
- confirm the accuracy of the Music, uploaded on the LOC digital platform – appendix 3
- and optionally register for sightseeing – appendix 4

7. Orientation Meeting

The Orientation Meeting, limited for one person per delegation, the Head of Delegation or his/her representative. It will take place inside the Competition Venue (Faliro Olympic Indoor Hall – Olympic Tae Kwon Do Stadium) on Thursday, 10th of March 2022 at 17:30.

8. Ceremonies

8.1 Opening Ceremony

- The Opening Ceremony will take place on Friday, 11th of March 2022, at 18:00 in the Competition Venue.
- Gymnasts will not be participating in the flags' parade.

8.2 Award Ceremonies

- According to the LOC Protocol related to Covid-19 regulations, the medals will be presented to the gymnasts on the podium (the gymnasts will take the medals from a tray by themselves). All gymnasts shall be present in the training FOP floor 30' (minutes) before the scheduled Award Ceremony time.
- The gymnasts must wear their national track suit for the Award Ceremonies.

8.3 Closing Ceremony

- The Closing Ceremony will take place on Sunday, 13th of March 2022, at 20:25.
- Gymnasts will not be participating in the flags' parade.

9. Apparatus Control

- The hand apparatus with valid certificates are published on the FIG website and updated regularly.
- Make sure that your gymnasts use only FIG certified hand apparatus for this event and for any other FIG recognized competitions.
- Random checks will be carried out throughout the event. They will take place during each podium training session. Gymnasts will not be allowed to compete with apparatus which does not comply with the norms.

10. Medical Services

- A medical room will be operating in the competition venue starting from Wednesday 9th of March 2022, during all training and competition hours.
- An ambulance will be on call in close distance to the venue during training and competition hours.

Official Hospital:

Iatriko, Palaio Faliro

36 Areos str. 17562 Palaio falirou

tel.: (+30) 210 9892100

Website: www.iatrikofalirou.gr

Email: Ep.faliro@iatriko.gr

11. Covid-19 Guidelines

The Event will be held following all requirements and measures advised by the International Gymnastics Federation and the Hellenic Authorities. Furthermore, detailed Covid-19 Guidelines for the Event, approved by the Health Committee of the General Secretariat of Sports, have been issued and are available in official website of the event (click [here](#)).

All individuals entering the competition venue must wear masks throughout the entire event (except for gymnasts while they are performing at the training venue or at the FOP), while antiseptic liquid solutions will be available in all areas. Detailed procedures will be applied when entering the competition venue, as described in the event's Covid-19 Guidelines.

12. Judges' Panel

According to the valid FIG/TR, the composition of the judges' panel is as follows:

- D Panel
 - Subgroup 1: 2 judges DB1, DB2 (Body Difficulty)
 - Subgroup 2: 2 judges DA1, DA2 (Apparatus Difficulty)
- A panel
 - 4 judges A1, A2, A3, A4 (Artistic Faults)
- E panel
 - 4 judges E1, E2, E3, E4 (Technical Faults)

There will be 1 Judges' Panels.

13. Scoring & Distribution of Results

Results will be operated electronically. The announcement of the results for each gymnast will be appear on the score boards in the Field of Play.

The results reports will be available online, on the web (click [here](#)).

14. Inquiries

Inquiries for the Difficulty score are allowed Aa per Art. 8.5 of the TR, provided that they are made verbally immediately after the publication of the score or at the very latest before the score of the following gymnast or group is shown.

For the last gymnast or group of a rotation, this limit is one (1) minute after the score is shown on the scoreboard.

Only the accredited coaches in the competition area are entitled to submit an inquiry.

Since in Rhythmic Gymnastics the D-score is divided into two sub-groups - Difficulty Body (DB) and Difficulty Apparatus (DA), each sub-groups is considered as a distinct score and must be challenged separately (either DB and DA or only DB or DA). Thus, if DB and DA of the same routine are challenged, the coach has to submit two inquiries with the respective forms. DB will be considered as first inquiry, DA as second inquiry.

Inquiry Form – appendix 5

15. Transportation

Shuttle Bus Services **will be available for all delegates that have reserved accommodation through LOC:**

- From/to the Airport to/from the Hotels.
- Between Official Hotels-Competition Venue

Detailed information will be available on the official website of the event.

16. Official Hotels

Coral Hotel****

35 Poseidonos Avenue, Paleo Faliro
175 61 Athens
phone number: 0030 21 0981 6441
e-mail: info@coralhotel.gr
website: www.coralhotel.gr

Galaxy Hotel***

39 Posidonos avenue & Kalamakiou str.
17555 Alimos
phone number: +302109818603
email: info@galaxy-hotel.gr
website: www.galaxy-hotel.gr

17. Info Desk

The Info Desk is found in the Competition Venue at the Gymnasts entrance. Personnel and volunteers will be at your disposal to answer your questions.

For every potential issue/request/question the volunteers at the Info Desk will be happy to guide you through.

Operating Hours:

From Thursday, 10th to Sunday, 13th of March 2022, between 08:00am and end of competition.

18. Lost & Found

The Lost & Found Office is located in the Competition Venue by the Info Desk.

19. Acropolis and Cape Sounio sight visit * (optional)

There are two sightseeing options on **Sunday, 20th of March 2022. Two different busses will depart at 09:30am** from the Hotel, in order to take you either to the Acropolis Archaeological Site or the Cape Sounio (Poseidon Temple).

Both sightseeing tours will end at about 12:30.

In case you wish to participate in any of these two sightseeing tours, you need to fill in the appropriate form (appendix 8).

Sightseeing Fee (per person): Acropolis Area, €5,00*
Cape Sounio, €20,00*

*Please note that entrance tickets to archaeological sites are not included in the above-mentioned fees.

20. Banquet

A Banquet will be offered complimentary to all Delegation Members on Sunday, 13th of March 2022. Information about the place will be communicated upon arrival.

21. Useful General Information

Power supply:

Voltage: 230V

Frequency: 50Hz

Socket: Type C & F



Dialing Code for Greece: +30

Time during the event: EET (Eastern European Time) UTC/GMT +2 hours

Average weather in Athens during March:

Maximum Temperature: 16°C / 60°F

Minimum Temperature: 10°C / 50° F

Rainy Days: 12

Snowy Days: 0

Dry Days: 19

Rainfall: 34mm

Sun Hours: 8 hours

Sites for visiting within walking distance from the Hotels and Competition Venue

- Market of Palaio Faliro
- Parko Flisvou at the Coastal Zone (www.palaiofaliro.gr)
- Marina Flisvou (www.flisvosmarina.gr)
- WW1 War Ship AVEROF (www.averof.mil.gr)
- Stavros Niarchos Foundation Cultural Center (www.snf.org)

22. Social and Environmental Program

In the frame of its sustainability policy, RHYTHMIC GYMNASTICS WORLD CUP and APHRODITE CUP , invite all the participants, gymnasts, coaches, officials, to bring with them and donate, their used sports shoes and sports wear . The donated goods will be forwarded by TEAM FOR THE WORLD to groups and individuals in need in Greece.

We invite you to bring your donations , which you may leave during the tournament in the designated area at the warm up area.

Sports shoes and sports wear forgotten in a box or on a shelf at our homes will be reused by people, who need not only to work out, but also need them in their daily lives.

Please make sure that your donations are in good condition.

The LET THEM RUN AGAIN FOR A GOOD CAUSE initiative is under the auspices of the Hellenic Olympic Committee.

We would also like to inform you that during the event a recycling system for paper, plastic and other waste will be implemented throughout the facility. Please help us protect the environment.

In order to reduce single use plastic in our events, water fountains will be provided for the refill of your water bottles and paper cups if needed.

A commemorative tree planting ceremony will be also organized.

In case you would like to voluntarily offset your travel emissions and contribute to the global fight against climate change you, can do it through :

<https://solutions.climatepartner.com/climateshop/modules/48/0/>

APHRODITE CUP supports actively the Sustainable Development Goals of the United Nations and has adopted a #lessplastic policy.

The RYTHMIC GYMANSTICS WORLD CUP and APHRODITE CUP are member organizations of the GREEN SPORTS LEAGUE scheme.



23. Useful links

Web	http://www.aphroditecup.com
Facebook GOPF ARMONIA	https://www.facebook.com/gopfArmonia/
Facebook APHRODITE CUP	https://www.facebook.com/AphroditeCup/
International Airport “El. Venizelos”	http://www.aia.gr/traveler/
Urban rail transport	www.stasy.gr
Bus Transport	www.oasa.gr

24. Emergency numbers

Medical Emergency	112	The number 112 can be dialed to reach emergency services -medical, fire and police- from anywhere in Europe. This Pan-European emergency number 112 can be called from any telephone (landline, pay phone or mobile cellular phone). Calls are free. It can be used for any life-threatening situation
Ambulance Service	166	
Fire Service	199	
Police	100	
Tourist Police	171	

Pre-Event Health & Responsibilities Questionnaire – Appendix 1

To be completed by each accredited person

National Federation	
Name of the hotel during your stay for the event	
Telephone number	
email	
Countries visited during the past two weeks	

Within the past 14 days (please choose Yes or No)

Yes No

Had close contact with anyone diagnosed as having Coronavirus disease COVID-19?	☐	☐
Provided direct care for COVID-19 patients?	☐	☐
Visited or stayed in a closed environment with any patient having Coronavirus disease COVID-19?	☐	☐
Worked together in proximity, or sharing the same classroom environment with a COVID-19 patient?	☐	☐
Travelled together with a COVID-19 patient in any kind of conveyance?	☐	☐
Lived in the same household as a COVID-19 patient?	☐	☐
Been in quarantine?	☐	☐
Tested positive to the swap PCR test?	☐	☐
Experienced any covid-19 symptoms?	☐	☐

Name of accredited person

Signature of accredited person *(for gymnasts and volunteers under 18, this shall be signed by the legal guardian or parent)*

Signature of the HoD

Covid Test for return trip – Appendix 2

To be completed in typing and submitted upon accreditation

Name	Date of birth	Country	Passport Nr.	Date you want to take the test	Type of test needed for departure to your country - PCR or Rapid
<i>Sophia Mode</i>	<i>04/08/1972</i>	<i>Greece</i>	<i>AT3440408</i>	<i>19/03/2022</i>	<i>PCR Test</i>

PCR test at the cost of 50,00€

Rapid test at the cost of 20,00€

Payments onsite

MUSIC CONFIRMATION FORM – Appendix 3

National Federation	
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Individuals <i>please tick the box if the music is correct</i>				
Gymnast's Name				

Group <i>please tick the box if the music is correct</i>	
5 	3  & 2 pairs 

Full Name.....

Date.....

Signature.....

Registration for sightseeing – Appendix 4

To be completed and submitted upon accreditation



Acropolis Area

09:30 – 12:30

Cost: 5,00 € per person

(Museum & Archaeological Site admission fees are not included)

National Federation

Hotel

Number of persons



Cape Sounio (56 km from Faliro)

09:30 – 12:30

Cost: 20,00 € per person

(Archaeological site admission fee is not included)

National Federation

Hotel

Number of persons

INQUIRY FORM – Appendix 5

Date Category (Individual / Groups)

Competition (Qualification/All-around/Final)

Routine (apparatus)

The National Federation of

represented by (coach)

hereby submits this inquiry as he/she considers that the **difficulty score (please check with an X)**

DB

☐

DA

☐

for the routine presented by the below gymnast / group does not correspond to the real value of her/their presentation:

Gymnast's name / Group:

Expected DB score (COMPULSORY)

Expected DA score (COMPULSORY)

The aforementioned National Federation hereby pledges to pay to the FIG (as per Art.8.5 of the TR) the amount of: CHF 300 for the 1st inquiry / CHF 500 for the 2nd inquiry / CHF 1'000 for the 3rd inquiry. No cash during the competition.

Name

Signature

**Time received
verbal inquiry**

(HH:MM)

**Time received
written inquiry**

(HH:MM)

Status – For FIG Superior Jury use only

SJ decision accepted ☐ rejected ☐

Final DB Score

Final DA Score

Final D Score

Reason

SJ President signature