



PNV CUP  
International AGG Tournament  
IFAGG A-category  
Helsinki Finland



Dear IFAGG affiliated members,  
Gymnastics Club Pakilan Voimistelijat and Finnish Gymnastics Federation have the pleasure to invite your delegations to participate in AGG competition in Helsinki at spring.

Local organizing  
committee

Pakilan Voimistelijat  
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Social media:  
<https://www.facebook.com/pakilanvoimistelijat/>

Date

3 – 5 May 2019

Venue

Töölön Kisahalli, Paavo Nurmenkuja 1 c  
00250 Helsinki

Rules and Regulations

IFAGG Rule and Regulations

Age limits

Women Competition  
Junior Competition  
Girls 12-14  
Girls 10-12  
Girls 8-10  
Mixed groups  
Short programmes in all age categories

Judges	Judges proposal (on IFAGG form) must be sent to IFAGG ( <a href="mailto:judges@ifagg.com">judges@ifagg.com</a> and <a href="mailto:pnv@pnv.fi">pnv@pnv.fi</a> and via <a href="http://www.rgform.eu/event.php?id_prop=1131">http://www.rgform.eu/event.php?id_prop=1131</a> IFAGG nominates judges list						
Registration Deadline	Registration ONLINE: <a href="http://www.rgform.eu/event.php?id_prop=1131">http://www.rgform.eu/event.php?id_prop=1131</a> Preliminary registration 1.3.2019 Nominative registration 1.4.2019						
Entry Fees	According to IFAGG rules <ul style="list-style-type: none"> <li>▫ Team consist of 1-6 gymnasts + max. 2 coaches: 150€/team</li> <li>▫ Team consist of 7 or more gymnasts + max 3 coaches: 180€/team</li> <li>▫ According to IFAGG rules, the registration after the deadline (1.3.2019) extra charge of 100 euros will be added</li> </ul>						
Accreditation	Delegations accreditation will take place upon arrival. Needed documents: Passports Proof of medical insurance  Copies of music on CD						
Event Format	Preliminaries and Finals 4 teams per country/ 10 teams in finals, 2 per country						
Schedule	<table border="0" style="width: 100%;"> <tr> <td style="width: 30%;">May 2 Thursday</td> <td>Arrival of Delegations</td> </tr> <tr> <td>May 3 Friday</td> <td>Trainings for girls 8-10, 10-12, 12-14 Trainings for seniors, juniors mixed groups</td> </tr> <tr> <td>May 4 Saturday</td> <td>Judges meeting Preliminaries for girls 8-10, 10-12 and 12-14</td> </tr> </table>	May 2 Thursday	Arrival of Delegations	May 3 Friday	Trainings for girls 8-10, 10-12, 12-14 Trainings for seniors, juniors mixed groups	May 4 Saturday	Judges meeting Preliminaries for girls 8-10, 10-12 and 12-14
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	<p>Short programme competitions Preliminaries for seniors, juniors and mixed teams</p> <p>May 5, Sunday Finals for seniors, juniors and mixed teams</p> <p>May 5/May 6 Awarding ceremony 14:00 Departure of delegations</p>
Medical services	First medical aid service and doctor will be provided in the competition area
Doping	<p>IFAGG Code of Discipline</p> <p>All Gymnasts and their assistants and representatives are obligated to know the doping rules. More information: <a href="https://www.wada-ama.org/en">https://www.wada-ama.org/en</a></p>
Visa	<p>Information and visa request on <a href="http://www.rgform.eu/event.php?id_prop=1131">http://www.rgform.eu/event.php?id_prop=1131</a></p> <p>The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, the arrival and departure dates of the delegation member, as well as the city the visa application support letter must be sent to.</p>
Insurance	<p>The Host Federation, the Organizing Committee and the IFAGG will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like.</p> <p>The IFAGG Technical Regulations foresee that all participating Delegations 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.</p>
Local transportation	<p>In request the delegations will have a bus transportation from the airport or harbor. The cost of it is 45 euros/two ways.</p> <p>From the airport the delegations can also take a train (5 euros/one way)</p>

## Accommodation and meals

Limited number of rooms are reserved in Scandic Hotel Park. This hotel is located only 200 meters from the venue.

Single room 95 euros/day

Double room 105 euros/day

Triple room 125 euros/day.

The prizes include the breakfast.

The delegations can make hotel reservations via link:

<http://www.scandichotels.fi/?bookingcode=BPAK020519>

The payment of hotel rooms directly to hotel

Meals:

Dinners at hotel, prize 14,50 euros. Reserved with room reservations

Lunches, at the competition venue, prize 11 euros. Meal form for lunch must be filled online

## Bank account information

Each participating delegation is kindly requested to integrate the payment purpose as follows

Beneficiary: Pakilan Voimistelijat

Address: Ohrauhdantie 2 A 00680 Helsinki

Bank: Nordea- FI

Address: Mannerheimintie 7 00020 Nordea

SWIFT: NDEAFIHH

IBAN: FI61 1244 3000 1147 83

The participating delegation is responsible for covering all bank fees in the bank transfers.

Delegations can pay all fees also in cash during the accreditation.

### Deadlines summary

Preliminary registration (number of gymnasts, coaches, judges and other delegation members). ONLINE <a href="http://www.rgform.eu/event.php?id_prop=1131">http://www.rgform.eu/event.php?id_prop=1131</a>	Last Date 1 March 2019
Nominative registration (register delegation members by name) and meals and travel plan ONLINE <a href="http://www.rgform.eu/event.php?id_prop=1131">http://www.rgform.eu/event.php?id_prop=1131</a>	Last date 1 April 2019
VISA request forms ONLINE <a href="http://www.rgform.eu/event.php?id_prop=1131">http://www.rgform.eu/event.php?id_prop=1131</a>	Last date 1 April 2019
Music, MP3, only ONLINE <a href="http://www.rgform.eu/event.php?id_prop=1131">http://www.rgform.eu/event.php?id_prop=1131</a>	Last date 1 April 2019
Payment of all the costs: start fee, meals, transportation (by bank transfer)	Last date 1 April 2019
Payment of all costs (in cash)	During accreditation
NB! The LOC reserves the rights to make any further changes whenever necessary in accordance to IFAGG rules	

Sincerely,

Päivi Lehtovirta

Chairman

Pakilan Voimistelijat