



PNV CUP
International Aesthetic Group
Gymnastics (AGG) Tournament
IFAGG A-category competition
Helsinki Finland



Dear IFAGG affiliated members

Gymnastics Club Pakilan Voimistelijat and Finnish Gymnastics Federation have a pleasure to invite your delegations to participate in AGG competition in Helsinki at spring.

Local organizing
committee

Pakilan Voimistelijat
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| Date | 3.-5.5.2019 |
| 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 |

Judges

Proposal for judges should be made to IFAGG (only per IFAGG member) and only ONLINE

<https://ifagg.sporttisaitti.com/competition/forms-and-applications/ifagg-judge-registration-form/2019-pnv-cup-fin/>

Organizing Committee via ONLINE

http://www.rgform.eu/event.php?id_prop=1131

Deadline for judges' registration: 1.4.2019

WARNING: Judges request will not be accepted after the deadline.

IFAGG nominates and confirms judges list after due dates of judges' registration. IFAGG reserves the right to invite judges.

All judges must have a valid IFAGG judge license for 2019.

Judges dress code must be followed

Registration

Registration ONLINE:

http://www.rgform.eu/event.php?id_prop=1131

Deadline

Preliminary registration 1.3.2019

Nominative registration 1.4.2019

- Entry Fees
- According to IFAGG rules
- Team consist of 1-6 gymnasts + max. 2 coaches: 150€/team
 - Team consist of 7 or more gymnasts + max 3 coaches: 180€/team
 - According to IFAGG rules, the registration after the deadline (1.4.2019) extracharge of 100 euros will be added.

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 groups per country/ 10 teams in finals, 2 per country

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| Schedule | May 2 Thursday | Arrival of Delegations |
| | May 3 Friday | Training possibility for girls 8-10, 10-12, 12-14 and mixed groups Official trainings for juniors and seniors |
| | May 4 Saturday | Judges meeting Preliminaries for girls 8-10, 10-12, 12-14 and mixed groups Preliminaries for juniors and seniors |
| | May 5, Sunday | Finals for girls 8-10, 10-12 and 12-14, mixed groups Finals for juniors and seniors Awarding ceremony 14:00 |
| | May 5/May 6 | Departure of delegations |

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| Medical services | First medical aid service and doctor will be provided in the competition area |
| Doping | IFAGG Code of Discipline All Gymnasts and their assistants and representatives are obligated to know the doping rules. More information: http://www.wada-ama.org/en |
| Visa | Information and visa request on http://www.rgform.eu/event.php?id_prop=1131 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. |
| Insurance | 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. 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. |
| Local transportation | In request the delegations will have a bus transportation from the airport or harbor. The cost of it is 45 euros/two ways. From the airport the delegations can also take a train (5 euros/one way) |

Accommodation and meals

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

Single room 95 euros/day

Double room 105 euros/day

Three person rooms 125 euros/day.

The prizes include the breakfast.

The delegations can make hotel reservations via Scandic:

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

The payment of hotelrooms is 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

Delegations may also book their own accommodation

Payments

All payments will be done by invoice from LOC.

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

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| Preliminary registration(number of gymnasts, coaches, judges and other delegation members). ONLINE http://www.rgform.eu/event.php?id_prop=1131 | Last Date 1.3.2019 |
| Nominative registration (register delegation members by name) and meals and travel plan ONLINE http://www.rgform.eu/event.php?id_prop=1131 | Last date 1.4.2019 |
| VISA request forms ONLINE http://www.rgform.eu/event.php?id_prop=1131 | Last date 1.4.2019 |
| Music, MP3, only ONLINE http://www.rgform.eu/event.php?id_prop=1131 | Last date 1.4.2019 |
| Payment of all the costs: start fee, meals, transportation (by bank transfer) | Last date 1.4.2019 |
| 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