



International Continental Cup

powered by Sunlive Malta

Anadia – PORTUGAL

16th – 20th November, 2023

DIRECTIVES

Dear Sportfriends,

Sunlive Malta has the pleasure to invite your Federation and or/Club to participate in the aforementioned official International Event

DISCIPLINE	Men's Artistic Gymnastics (MAG) Women's Artistic Gymnastics (WAG)
LOCAL ORGANIZING COMMITTEE	Sunlive Malta 19, San Paolo/4, Triq l-Isfargel, Attard ATD 1522 MALTA Phone: (+356) 77163025/ 99164245 E-Mail: malta@sunlive.pt
LOCATION	Anadia - Portugal
DATE	16 th – 19 th November, 2023
VENUE	High Performance Centre of Anadia Rua Ivo Neves, n° 405 - Sangalhos https://www.rotadabairrada.pt/irt/show/car-velodromo-nacional_pt_187 This sport facility is a High-Performance Centre for Cycling, Fencing, Judo and Gymnastics. In addition to the indoor track for Cycling, with 250m, it has also a Gymnastics competition area with 1100m2.
APPARATUS SUPPLIER	Gymnova, Janssen & Fritsen, Speith
EVENT LEVEL	<u>WAG (see attached documents for details)</u> <u>Senior & Junior Competition</u> <ul style="list-style-type: none">CATEGORY A – FIG SENIOR RULESCATEGORY B – FIG JUNIOR RULESCATEGORY B (PRE-JUNIOR) FIG JUNIOR RULES (10 – 12 YRS) <u>Youth Competition</u> <ul style="list-style-type: none">CATEGORY C – MODIFIED FIG RULES (AS PER REQUIREMENTS) AGE GROUPS: 7-9, 10-12, 13-15, 16+ yearsCATEGORY D – MODIFIED FIG RULES (AS PER REQUIREMENTS) AGE GROUPS: 7-9, 10-12, 13-15, 16+ yearsCATEGORY E – GYMNASTS ARE ASSESSED AND NOT JUDGED WITH SCORES (AS PER COMPETITION REQUIREMENTS) <p>» Team: <u>Category A to D</u> (Different age groups can make a Team per category) MIN. 3 – MAX. 5 gymnasts per team BEST 3 SCORES ON EACH APPARATUS to be taken for final team score in <u>CATEGORY A, B, C & D</u></p> <p>» Awards: - Team - 1st, 2nd and 3rd per category - Category A to D - 'All Around' - 1st, 2nd and 3rd - Category A to D - Individual Apparatus - 1st, 2nd and 3rd (each apparatus)</p>

	<p>MAG (see attached documents for details)</p> <p>LEVEL 1 FIG SENIOR (≥18) COMPETITION – FIG RULES</p> <p>FIG JUNIOR (15 – 17 YEARS) COMPETITION – FIG RULES</p> <p>LEVEL 2 Youth Competition FIG Age Group Program - Men's Competition Structure and Program FIG MAG Age Group Program (gymnastics.sport) FOR YOUTH COMPETITION</p> <p>(P3 AND P4) – OPTIONAL ROUTINES DIVIDED INTO AGE GROUPS Age Groups: 8 – 9, 10 – 12, 13 – 15, ≥16 (categorized according to year of birth)</p> <p>» Team: Categories: Senior/Junior/P3/P4 (Different age groups can make a Team per category) MIN. 3 – MAX. 5 gymnasts per team BEST 3 SCORES ON EACH APPARATUS to be taken for final team score</p> <p>» Awards: - Team - 1st, 2nd and 3rd per category - Category Senior, Junior, P3 and P4 - 'All Around' - 1st, 2nd and 3rd - Category Senior, Junior, P3 and P4 - Individual Apparatus - 1st, 2nd and 3rd (each apparatus)</p> <div style="text-align: center;"> <p>The Sunlive Trophy (WAG & MAG)</p> <p>The Sunlive trophy will be awarded to the Nation / Club with the highest team score from the Senior OR Junior competition AND one of the Youth competition categories!</p> </div>
RULES AND REGULATIONS	<p>The event will be organized under the following FIG rules, as valid in the year of the event, except for any deviation mentioned in these directives:</p> <ul style="list-style-type: none"> • 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) • 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 <p><i>and subsequent decisions of the FIG Executive Committee</i></p>
FEDERATIONS/CLUBS INVITED	<p>Sunlive Malta invites all federations and clubs aiming to also give an extra opportunity for those developing gymnasts to compete in a friendly environment.</p>
JUDGES AND JURIES	<p>Sunlive Malta is asking all clubs and federations to bring at least 1 judge of <u>Club, Regional/National or International level (valid license)</u> for MAG AND WAG All judges must judge on all days of competition (no exceptions) €500 penalty for absence of judge</p> <p>ATTIRE: BLUE/BLACK SUIT + WHITE BLOUSE/SHIRT/TOP</p>

REGISTRATION DEADLINES	Definitive registration:		15 th September, 2023
	Nominative registration:		15 th October, 2023
ENTRY FEES	An Entry Fee of EUR 70 per gymnast will be applied for this event for all delegation members. The payment to the LOC <u>must be received</u> on the account no later than 15th September, 2023 (refer to “bank account information” below). The entry fee is non-refundable. Entries without payment of the entry fees in time will be considered as invalid and will be refused.		
PROVISIONAL SCHEDULE	DATE	DAY	EVENT
	14 th	Tuesday	Arrival of the delegations for skill lab clinic
	15 th & 16 th	Wednesday & Thursday	OPTIONAL SKILL LAB CLINIC with coaching experts for WAG & MAG being held at the same venue. (Contact us for more information)
	16 th Nov	Thursday	Arrival of the delegations for competition
	17 th Nov	Friday	Podium training (WAG & MAG) - Meeting of heads of delegations and judges
	18 th Nov	Saturday	DAY 1 - WAG Opening March-in
	19 th Nov	Sunday	DAY 2 - MAG Opening March-in
	20 th Nov	Monday	Departure of all delegations
EVENT MANAGER	Francesca Borg Phone: (+356) 99164245 E-mail: malta@sunlive.pt		
MEDICAL SERVICES	Physiotherapists will be provided during the competition.		
VISA	Please verify immediately with your travel agent or the Portuguese Embassy or Consulate in your country if a visa is required for your travel. The LOC will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before 15th September, 2023 to the LOC. 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	Sunlive Malta will not be held responsible for any liabilities in case of accidents, illness, repatriation, and the like. All participating Federations/Clubs 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. The LOC will verify the insurance upon arrival of the delegation members (e.g., cover note or photocopy of the valid policy). Delegation members with insufficient insurance cover must inform the LOC in advance.		
INTERNATIONAL TRANSPORTATION	The invited participating federations/clubs must pay for the travel costs of their delegation members. The Travel schedule form must be returned to the LOC by 15th October, 2023 .		
LOCAL TRANSPORTATION	LOC will provide an airport transfer service from Porto and Lisbon Airport at an extra cost. Airport Transfers for individuals will be arranged upon request at an extra cost. >>Group costs: Porto: EUR 40 per person per way Lisbon: EUR 55 per person per way The local transportation from/to the hotel and the competition, training, and warm-up are included within the accommodation costs. A transport schedule will be provided. Local transportation for extra activities can be arranged upon request with an extra cost. Pickup and drop-off at airport can only be guaranteed if the Travel Schedule Form is returned to the LOC by 15th October, 2023 .		

ACCOMMODATION

Accommodation must be booked through the LOC.

The accommodation costs, including all meals (full board – FB) per person/night, are as follows:

- Estalagem Sangalhos (3*)



<https://www.estalagem.sunlive.pt/>

- Residential Estancia Hotel (3*)



- Hotel Paraíso (3*)



[Paradise Hotel \(hotelparaiso.com\)](http://hotelparaiso.com)

PRICES:

110 EUR (single room, FB)

90 EUR (double room, FB)

80 EUR (triple room or more, FB)

DRINKS from the BAR are at an extra cost.

	<p>The invited participating federations must pay for the accommodation expenses of their delegation members.</p> <p>Please fill in the accommodation form and return to the LOC by the 15th September, 2023.</p> <p>Cancellation or any changes in the delegation must be NOTIFIED IMMEDIATELY. Afterwards all costs will have to be paid and accommodation cannot be guaranteed.</p>																				
CANCELATION POLICY	<p>Cancellations will only be accepted by e-mail.</p> <p>In case of cancellation, costs will be refunded as follows:</p> <p>By 15th September, 2023– 100% refund</p> <p>By 15th September — 15th October, 2023 - 50% refund</p> <p>From 15th October, 2023 – No Refund</p>																				
FINAL BANQUET	<p>Final Banquet will be at the cost of €30 which includes meal and drinks (water, soft drinks, juices, beer and local wine during the meal). EXTRA drinks from the bar are at an extra cost.</p> <p>The Tickets of final Banquet must be paid to the LOC by 15th October, 2023</p>																				
BANK ACCOUNT INFORMATION	<p>Each participating member federation/club is kindly requested to integrate the payment's purpose as follows: Continental Cup 2023</p> <p>The participating federation/club is responsible for covering all bank fees in connection with the bank transfers.</p> <p>NAME: SUNLIVE MALTA LTD IBAN: MT49APSB77013000000044900010014 ACCOUNT NUMBER: 44900010014 BIC/SWIFT: APSBMTMT BANK: APS BANK LTD</p>																				
MARKETING	Sunlive Malta advertising and publicity norms must be respected																				
SOCIAL MEDIA	<p>Live Scoring will be available.</p> <p>Facebook: Sunlive Malta</p>																				
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OPTIONAL SKILL LAB CLINIC

Coaching experts for WAG & MAG being held at the same venue from the 14th – 16th November, 2023.

ONLINE REGISTRATION - [Continental Cup 2023 \(sunlive.pt\)](https://sunlive.pt)

(Contact us for more information)