



**Pharaoh's cup
Cairo, Egypt
05-08 December 2022
Aerobic gymnastics**



DIRECTIVES

Event ID: 17258

Dear FIG affiliated Member Federation,

The Gymnastics Federation of **Egypt** has the pleasure to invite your Federation and clubs to participate in the aforementioned official FIG International Event Pharaoh's cup.

DISCIPLINE	Aerobic Gymnastics
HOST FEDERATION	Egyptian Gymnastics Federation El Estad El Bahary St. Olympic Feds Buildings, Nasr City, Cairo, Egypt Tel: 002-02240250002 002-0224025027 e-mail: egypt@egyptgymnastics.com Website: www.egyptgymnastics.com
LOCAL ORGANIZING COMMITTEE	Contact Person : Abdallah MAHMOUD Address: Cairo international stadium Alestad Nasr city , Cairo-Egypt Tel: +201277710716 e-mail: pharaohscup@gmail.com egypt@egyptgymnastics.com
LOCATION	Cairo, Egypt
DATE	05-08 December 2022
VENUE	Cairo International stadium , AlEstad , Nasr city , Cairo Government +20111155413 / +20222607863 www.cairostadium.com
APPARATUS SUPPLIER	Please refer to the attached apparatus list.
RULES AND REGULATIONS	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: <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• Licence 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 <i>and subsequent decisions of the FIG Executive Committee</i>
FEDERATIONS INVITED	The Organizing Member Federation will invite all Member Federations according to the following: All affiliated federation with good standing and clubs

AGE LIMITS	AER: AG 1:12-14, Junior: 15-17, Senior: 18+ All gymnasts must have a valid FIG licence until the end of the event. For AG 9-11, please contact the LOC																	
JUDGES AND JURIES	All judges must have a current valid FIG brevet at the time of the event, for the respective discipline.																	
ENTRY FEES	<p>The Entry fees for the different categories in each Age Group are as follows:</p> <p>Category Entry Fee Individual Women 30 Euro Individual Men 30 Euro Mixed Pairs 40 Euro Trios 50 Euro Groups 60 Euro 100% of the Entry fee must be paid to the LOC not later than 1st November 2022 (the deadline for the Nominative entry).</p> <p>For delegation did not booked their accommodation through the LOC and national club</p> <p>Category Entry Fee Individual Women 120 Euro Individual Men 120 Euro Mixed Pairs 240 Euro Trios 350 Euro Groups 560 Euro</p>																	
ACCREDITATION	<p>Regarding the accreditation procedures for all participating delegation members, electronic ID photographs must be uploaded to a platform will be sent by LOC 1 month before the event to participating countries.</p> <p>Note: the LOC will be checking the validity of the gymnast's licences.</p> <p>In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan</p>																	
EVENT FORMAT	<p>The Competition will have Qualifications and Finals in all categories. Aerobic Gymnastics Categories: IW, IM, MP, TR, GR `.</p> <p>Qualifications: Participation is limited by nation / category / age group.</p> <p>Finals: The participation is limited to 2 units per country in each category.</p> <p>In case that there are less than 9 participants per Category in the Qualifications, there will be no finals the results will be from the qualifications</p>																	
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EVENT MANAGER	Yasser Zayed +201000511717 yasotheone@gmail.com																	
MEDICAL SERVICES	A medical service will be available throughout the period of the competition During this event.																	

COVID 19	<p>Besides the medical guidelines for the particular event, FIG also requires all the participants to follow the standard precautions.</p> <p>The FIG requires all participants, judges and officials to take standard precautionary measures, such as frequent hand-washing, wearing masks or face coverings at all times and keeping a physical distance of at least 1.5 metres whenever possible.</p> <p>The only situation in which the safety distance does not have to be respected is when a coach provides assistance (catch, lead, spotting) during an athlete's performance. This phase must be kept as short as possible and the assisting person is obliged to wear a mask throughout.</p> <p>Gymnasts do not need to wear a mask or face covering while they are performing at the training venue or on the FOP and keeping a physical distance of at least 1.5 metres whenever possible.</p> <p>A medical Guide specific for the event will be distributed just before the event regarding to standard changes by health authorities in Egypt at the time of the event.</p>
VISA	<p>Please verify immediately with your travel agent or the Egyptian Embassy or Consulate in your country if a visa is required for your travel to Egypt. The LOC will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before 1st October 2022 to the LOC.</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 LOC and the FIG will not be held responsible for any liabilities in case of accidents, illness (including COVID-19), repatriation and the like.</p> <p>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.</p> <p>Basic insurance (sickness, accident and repatriation) in your country of residence is compulsory in order to be able to benefit from coverage by FIG IMSSA subsidiary insurance. Please also refer to https://www.gymnastics.sport/site/pages/medical-insurance.php for additional information regarding the FIG IMSSA insurance for Athletes and Judges. The LOC will verify the insurance coverage upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy). The insurance must be valid at least starting from the arrival day of the delegation and must last for the delegations' entire stay</p> <p>The LOC will subsequently offer insurance at the Federations own charge as follows: 100 EUR per person/day.</p>
INTERNATIONAL TRANSPORTATION	<p>The invited participating federations must pay for the travel costs of their delegation members</p> <p>The Travel Schedule Form must be returned to the LOC by 1 November 2022.</p>
LOCAL TRANSPORTATION	<p>The Organising committee will provide transportation from Cairo international Airport to Hotel for the delegation booked their accommodation through the LOC.</p>
ACCOMMODATION	<p>**** Hotel</p> <p><u>Accommodation fees:</u></p> <p>Single room: 150 Euros. <u>per person per night full board</u></p> <p>Double room: 100 Euros <u>per person per night full board</u></p> <p><u>The accommodation will be arranged free of charge by the LOC for 3 persons per delegation and must include 1 judge.</u></p>
CANCELTION POLICY	<p>After 20 November 2022 100% of total amount due</p>
BANK ACCOUNT INFORMATION	<p>Bank account Holder's : EGYPTIAN GYMNASTICS FEDERATION EL-ESTAD EL- BAHARY ST., OLYMPIC FED BUILDING , NASR CITY NATIONAL BANK OF EGYPT • Bank Name: NATIONAL BANK OF EGYPT</p>

	<ul style="list-style-type: none"> • Bank Address: MAIN BRANCH 24 SHERIF ST. DOWNTOWN CAIRO • BIC/Swift Code : NBEGEGCX001 • Account Number : 0013060698236700012 • IBAN :- 0013060698236700012 <p>The participating federation is responsible for covering all bank fees in Connection with the bank transfers.</p>														
MARKETING	FIG advertising and publicity norms must be respected														
SOCIAL MEDIA	Egyptian gymnastics federation official page														
DEADLINES SUMMARY	<table border="1"> <tr> <td>Definitive Registration</td><td>1ST October 2022</td></tr> <tr> <td>Nominative Registration</td><td>1st November 2022</td></tr> <tr> <td>Accommodation Form</td><td>1st November 2022</td></tr> <tr> <td>Travel Schedule Form</td><td>1st November 2022</td></tr> <tr> <td>Visa Request Form</td><td>1ST October 2022</td></tr> <tr> <td>Payment of the Entry Fee</td><td>1st November 2022</td></tr> <tr> <td>Payment of the Accommodation Costs</td><td>1st November 2022</td></tr> </table>	Definitive Registration	1ST October 2022	Nominative Registration	1 st November 2022	Accommodation Form	1 st November 2022	Travel Schedule Form	1 st November 2022	Visa Request Form	1ST October 2022	Payment of the Entry Fee	1 st November 2022	Payment of the Accommodation Costs	1 st November 2022
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Sincerely Yours,

Ehab ESAWY
EGF PRESIDENT

Signature of the President or
Secretary General of the FIG affiliated NF

Place and date:

Cairo 23 / 09/ 2022



Signature