



Czech Aerobic Open 2024 18th – 21st April 2024

Dear aerobic friends,

The Czech Gymnastics Federation has the honor to welcome **17 countries** to participate in the International Event – **17. Czech Aerobic Open**.

CZECH AEROBIC OPEN
MISTROVSTVÍ ČR
2024

18. - 21. 4. 2024
SPORTOVNÍ CENTRUM ŘEPY
Na Chobotě 420/16, 16300 Praha 6

  NATIONAL SPORT AGENCY



 **joma**
www.joma.cz

  
czechgymnasticsfederation

www.gymfed.cz

 **LIVE STREAM**
www.gymtv.cz

1. PARTICIPATING COUNTRIES

ALGERIS, AZERBAIJAN, BULGARIA, CHILE, CZECH REPUBLIC, GERMANY,
GREAT BRITAIN, GREECE, HUNGARY, INDONESIA, ISRAEL, LITHUANIA,
ROMANIA, SLOVAKIA, SWITZERLAND, TUNISIA, UKRAINE

2. COMPETITION VENUE

Sports Center Řepy

Na Chobotě 420/16, 163 00 Praha 17, Czech Republic

3. COMPETITION DAYS: 18. – 21. April 2024

4. ORGANIZING COMMITTEE CONTACT

Czech Gymnastics Federation, Zátopkova 100/2, 160 17 Praha 6

tel: 242 429 260

e-mail: cgf@gymfed.cz

Contact person:

Mrs. Tereza Kočová

00420775664295

e-mail: kocova@gymfed.cz

5. ACCREDITATION

The accreditation will take place at the SPORT HALL SC ŘEPY, PRAGUE upon arrival to the venue, **Thursday, 18th April, 2024 from 10:00 to 13:00**. Please, respect the time. The accreditations will be handed out only to the Head of Delegation.

6. CATEGORIES

New Generation	6 – 8 years
National Development	9 - 11 years
Age Group 1	12 - 14 years
Junior	15 - 17 years
Seniors	18 years and older

7. SCHEDULE

Wednesday, 17th April 2024

All Day	Arrival of the delegations	Hotels
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Thursday, 18th April 2024

10:00 – 13:00	Accreditation	SC Řepy
08:00 – 14:30	Training by schedule	SC Řepy
13:30 – 14:00	Orientation meeting – max. 2 people per nation	SC Řepy
14:00 – 14:45	Judges meeting and draw	SC Řepy
15:00 – 19:55	NG – IW Qualification ND - IW, TR Qualification	SC Řepy
20:10	Awards ceremony for Czech national Championship ND IW, TR, NG IW	SC Řepy

Friday, 19th April 2024

9:00 – 9:45	Judges meeting and draw	SC Řepy
10:00 – 11:20	Finals NG – IW, IM, TR, MP, GR	SC Řepy
11:30	Awards ceremony for Czech national Championship NG, TR	SC Řepy
11:45	Official Opening & Presentation of the nations (8 counts) – max. 5 gymnasts per nation	SC Řepy
12:00 – 19:15	Qualifications AG - IW JUN - IW SEN – IW	SC Řepy
19:30	Awards ceremony for Czech Aerobic Open NG cat. Award ceremony for the Czech national Championship AG, JUN, SEN, IW	SC Řepy

Saturday, 20th April 2024

9:00 – 9:45	Judges meeting and draw	SC Řepy
10:00 – 11:45	Finals ND – IW, IM, MP, TR, GR, DA	SC Řepy
12:00	Award ceremony for the Czech national Championship ND IM, MP, GR, DA	SC Řepy

13:00 – 18:20	Qualifications AG - TR, GR, DA JUN - TR, GR, DA SEN - TR	SC Řepy
18: 30	Awards ceremony for Czech Aerobic open ND cat. Awards ceremony for Czech national Championship AG TR, GR, DA, JUN TR, GR, DA, SEN TR	SC Řepy

Sunday, 21st April 2024

10:00 – 10:45	Judges meeting and draw	SC Řepy
11:00 – 16:30	Finals AG, JUN, SEN (all cat.)	SC Řepy
17:00	Awards ceremony for Czech Aerobic Open	SC Řepy
20:00 – 23:30	Banquet	Hotel Pyramida

Monday 22nd April 2024

All Day	Departure of the delegations	Hotels
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8. QUALIFICATIONS

Age Group, Junior and Senior:

There is no qualification if less than 9 competitors (units) in category (IW, IM, MP, TR, GR, DA).

9. FINALS

Each final (IW, IM, MP, TR, GR): maximum of nine (9) competitors: **6 best foreign competitors (max. 2 per nation) + 3 Czech competitors (maximum).**

10. RULES AND REGULATIONS

- The competition is organized under the following FIG rules, as valid in the year of the competition, except for any deviation mentioned in the Directives:
- 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
- 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 and subsequent decisions of the FIG Executive Committee

11. TRAINING AND COMPETITION AREAS

- Training areas as well as the competition podium are situated in a big multifunctional stage on the ground floor and are divided into several parts, marked 7x7m and 10x10m. The competition stage is equipped with the official aerobic floor and is divided from the training areas with a background. Please, note that there will be no music in training area as it could disturb the competition. The Podium training will be organized according to the schedule **(App 1). Training session 1 - Thursday 18th of April** for all the athletes, **time per routine 1min 30 s.**

Nations are requested to fill in the respective forms for the Order of the training (**App 2**) and send it to kocova@gymfed.cz by **April 15th the latest.**

There will be one additional training on Saturday morning before competition for a Sunday competitors Jun and Sen cat. on a request (**App 3**). **(the categories having only finals on Sunday).**

During Thursdays and Fridays competition there will be a small gym under the Hotel Řepy section available for anyone not competing that day. Accessible by the tunnel from -1 floor where dressing rooms are in the Sports Hall. During Saturday and Sunday is this gym reserved for competitors as a warm up area.

Please respect the time table and use the training and warm up area only as stated above in order to keep as much space as possible for those ready to compete.

13. MUSIC

In order to simplify the management of the music and to limit the technical problems the federations are asked to submit the music in MP3 format ONLINE

<http://admin.gymaerobic.com>

Each music file will have to contain the following information:

- The name of the nation (official abbreviation of the country);
- The first and last name of the competitor/s;
- The category (IM, IW, MP, TR, GR, AS, AD);
- The Junior or Senior

Example: CZE_DRAPAKOVA_Sabina_Senior_IW1_mp3

If you have not done so yet, upload the music immediately (section – Starting list)!!!

If you have problems contact directly Mr. Ales Vykoukal ales.vykoukal@gmail.com

Delegation members are requested to keep in their possession a USB key of their music for their podium training sessions and in case of a technical problems.

14. OPENING CEREMONY

The official opening ceremony will take place on **Friday, 19th of April at 11:45 before the beginning of the Qualifications.**

15. AWARD CEREMONIES

The ceremonies will take place in the competition venue according to the competition schedule. For all award ceremonies gymnasts must wear their national tracksuits.

16. INSURANCE AND MEDICAL SERVICES

The Host Federation, the Organizing Committee and the FIG will not be responsible for any liabilities in case of accidents, illness, repatriation and the like.

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 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. During the Trainings and Competitions the LOC will provide medical services. Appointed person will be available during those times.

17. ACCOMMODATION

Hotel Golf ****

Plzeňská 103, 150 00, Prague 5

Web: <https://www.hotel-golf.cz/>

SKY hotel Prague ***

Ztracená 737/1a, 161 00 Praha 6

Web: <https://www.skyhotelprague.cz/cs/>

Hotel Pyramida ****

Bělohorská 24, 169 01 Praha 6

Web: <https://www.orea.cz/hotel-pyramida>

18. MEALS

Lunches will be served at the SC Řepy venue – in the Hotel part with the restaurant right next to the competition hall. For those of you, who ordered meals through LOC, the meals will be served in these time slots starting with a lunch on 18th of April:

LUNCH:

18. 4. 2024: 12:00 – 13:30

19. 4. 2024: 11:30 – 13:00

20. 4. 2024: 12:00 – 13:30

21. 4. 2024: 12:00 – 14:30

Dinners will be served at each hotel according to delegation's orders. The meals will be served in these time slots starting with a dinner on 17th April:

DINNER: 19:30 – 21:00

Farewell Dinner / Party - The transportation of the participants will be from / to the Hotels of accommodation.

19. LOCAL TRANSPORTATION

The LOC will provide transportation from the official hotels to the competition hall and back. Delegations will receive the time schedule of the buses. Further information will be given during the Orientation Meeting.

20. DISTRIBUTION OF INFORMATION, RESULTS, SCHEDULES

Each Nation is responsible to have the Work Plan in advance. Only changes to it and additional/ new schedules will be handed with one set of updated Starting tables for Qualifications (updates after the accreditation) will be given to each Nation at the end of the Orientation meeting. In addition, it will be sent to all by e-mail to the e-mail address given during the accreditation. The same will be done with the Starting tables for the Finals, Friday evening by e-mail and later. The complete set of Results will be sent to each participating Federation by e-mail, after the competition is over.

If any other question concerning competition do not hesitate to contact us.

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