

DIRECTIVES

DISCIPLINE	Aerobic Gymnastics
HOST FEDERATION	Lithuanian Gymnastics Federation Contact person: Algimantas Prunskas Zemaites Str. 6, LT-03117 Vilnius, Lithuania Phone/fax: +370 521638608 Mobile: +370 99037663 E-mail: info@gymnastika.lt Web: www.gymnastika.lt
ORGANIZING COMMITTEE	Lithuanian Aerobics Federation Contact person: Laura Kmanaitiene Sporto str. 6, LT-44221 Kaunas, Lithuania E-mail: sportinesaerobika@gmail.com Web: www.lituanosaeerobikaofederacija.org
LOCAL ORGANIZING COMMITTEE	Contact persons: Inga Klizberio Mobile: +370 682 39370 E-mail: irinabulterio@gmail.com Giedra Kivokienė E-mail: giedra.marc@gmail.com Mobile: +370 839 78920 Kaunas, Lithuania
LOCATION	Kaunas, Lithuania
DATES	10-12 th May 2024
VENUE	Kaunas Sports Hall Perkuno al. 5, Zaiakainis, Kaunas, Lithuania https://city.eu/en/kaunas-sports-hall/
EQUIPMENT	GYMNOVA Aero Floor "Carcum" Ref. 6632
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 • 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



PARTICIPATION AND AGE LIMITS	<ul style="list-style-type: none"> • 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 <p>AER: Juniors /15-17 years, Senior/ 18 + years Juniors & Seniors – all gymnasts in good standing with the correct age and holding a valid FIG license until the end of the event, may participate. The LOC will be responsible for checking the validity of all gymnasts licenses. An international event will also be held for AG: 12-14, ND: 9-11 NG: 6-8. For more information please contact the LOC. All judges must have a current valid category for the respective discipline (aerobic gymnastics). Every participating federation/club must register at least one judge with a valid FIG Brevet for the current cycle. Failure to do so may result in a fine of 300 Euro to be paid to the Local Organizing Committee in order that the LOC invites neutral judges. The fine for missing a judge should be paid to the LOC no later than 10th of March 2024. The number of Judge's panels will be decided depending on the number of participating competitors and judges. The Juries will be set by a draw from the judges present at the event. The priority will be given to the judges of the highest category. Definitive and Nominative Registrations must be submitted via online registration platform https://registration.lituanosaeerobikaofederacija.org/ within the deadlines mentioned below. Definitive registration: 1-10th March 2024 1-2 months prior to the event Nominative registration: 1-10th April 2024 1 month prior to the event</p>																								
JUDGES AND JURIES	All participants' music must be submitted via online registration form https://registration.lituanosaeerobikaofederacija.org/ no later than 10 th April 2024 Entry fees are the same for Seniors and Juniors; AG and ND but are different for those accommodated via the LOC and those accommodated by themselves.																								
REGISTRATION DEADLINES	<table border="1"> <thead> <tr> <th>Category</th> <th>Entry Fee – accommodated via LOC</th> <th>Entry fee – not accommodated via LOC</th> </tr> </thead> <tbody> <tr> <td>Individual</td> <td>125</td> <td>150</td> </tr> <tr> <td>Women</td> <td>75</td> <td>50</td> </tr> <tr> <td>Individual Man</td> <td>40</td> <td>60</td> </tr> <tr> <td>Mixed Pairs</td> <td>50</td> <td>90</td> </tr> <tr> <td>Trios</td> <td>65</td> <td>130</td> </tr> <tr> <td>Groups</td> <td>100</td> <td>150</td> </tr> <tr> <td>Aero Dance</td> <td>100</td> <td>150</td> </tr> </tbody> </table> <p>All the entry fees are not refundable</p>	Category	Entry Fee – accommodated via LOC	Entry fee – not accommodated via LOC	Individual	125	150	Women	75	50	Individual Man	40	60	Mixed Pairs	50	90	Trios	65	130	Groups	100	150	Aero Dance	100	150
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MUSIC	The accreditation of delegations will take place at Kaunas sports hall upon arrival (Perkuno al. 5, Zaiakainis, Kaunas, Lithuania). The accreditation will only be handed out to the Head of Delegation. All delegations must deliver: - passports or ID cards of all members of the delegation - insurance declaration of all members of the delegation																								
ENTRY FEES	Qualifications and finals will be carried out in each of the 6 categories: IM, IW, MP, TR, GR, AD (ND, AG, Juniors and Seniors), no AD category for NG.																								
ACCREDITATION																									
COMPETITION FORMAT																									

PROVISIONAL SCHEDULE	The participation in the finals is limited to 2 units per country in each category. 7 best foreign units (max. 2 per nation) + 3 Lithuanian units (maximum). Aero Dance (National Development), Age Group, Juniors and Seniors) only the finals. Friday, 10th May 2024 - Podium training, Accreditation, Orientation meeting Saturday, 11th May 2024 - Podium training- Judges meeting - Official Opening & Presentation of the nations (8 counts) - Qualifications Sunday, 12th May 2024 - Podium training - Judges meeting - Presentation of the nations - Finals Monday, 13th May 2024 - Departure all delegation
MEDICAL SERVICES	The Local Organizing Committee will be provided first aid medical service during training and the competition. Medical support is also available at the city Hospital.
COVID 19	The FIG Medical Guidelines for FIG Competitions and Events are still effective and they should be used according to the situation with COVID-19 pandemic in your country. Considering the current situation as it is written in the guideline, it is the health situation in your country that prevails. These guidelines can be adapted according to the health situation related to the COVID-19 pandemic in the host country and the city. The Heads of the Delegations and the coaches are responsible for their delegation's members. All Covid-19 related information such as travel restrictions, use of face masks, documentation upon arrival to Lithuania can be found here: https://koronavirus.lrv.lt/en/ . Please note that the regulations may vary according to the actual COVID-19 situation and may change! Additional information concerning the safety and the requirements for entering the host country will be given in the Workplan, during accreditation as well as the Orientation meeting.
VISA	The Organizing Committee will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before 10th February 2024 to the LOC. The request must include the function, full name, gender, date of birth, citizenship and passport number, home address, 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 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. 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.fimgymnastics.sport/s/FILES/IMSSA-INSURANCE.PDF for additional information regarding the FIG IMSSA insurance for Athletes and Judges. 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. The international travel to Kaunas will be at each delegation's own expense. The FIG and the LOC strongly recommend that each Federation take cancellation insurance for their international transportation.



**International
Aerobic Gymnastics
Competition**

Lithuanian Open CHAMPIONSHIP 2024



10-12th May 2024

Dear affiliated Member Federation,

Lithuanian Gymnastics Federation has the pleasure to invite your Federation/Club to participate in the 6th International Aerobic Gymnastics Competition "Lithuanian Open Championships 2024", to be held in Kaunas, Lithuania.

BANK ACCOUNT INFORMATION	<p>Payments of the entry fee, accommodation, meals, and local transportation (if requested) must be paid not later than 10th April 2024 to:</p> <p>Beneficiary: Lithuanian Gymnastics Federation Address: Zemaitės str. 6, 03117 Vilnius, Lithuania Bank: Swedbank AB Bank address: Konstitucijos pr. 20A 03502 Vilnius, Lithuania SWIFT: HABALT22 IBAN: LT617300010002449954</p>																				
REGISTRATION DEADLINES	<p>The participating federation is responsible for covering all bank fees in connection with bank transfers. The entry fee is calculated based on the number of units in Definitive registration. In case of cancellation after the Definitive entry deadline there is no reimbursement.</p> <table border="1"> <tr> <td>Visa Request Form</td> <td>10th February 2024</td> </tr> <tr> <td>Accommodation Form</td> <td>10th March 2024</td> </tr> <tr> <td>Payment of the Accommodation Costs (50%)</td> <td>10th March 2024</td> </tr> <tr> <td>Definitive registration</td> <td>10th March 2024 Must be filed Online https://registration.lietuvsarchoibcosfederacija.org/</td> </tr> <tr> <td>Nominative Registration</td> <td>10th April 2024 Must be filed Online https://registration.lietuvsarchoibcosfederacija.org/</td> </tr> <tr> <td>Music</td> <td>10th April 2024 Must be filed Online https://registration.lietuvsarchoibcosfederacija.org/</td> </tr> <tr> <td>Travel Schedule Form</td> <td>10th April 2024</td> </tr> <tr> <td>Payment of the Entry Fee (100%)</td> <td>10th April 2024</td> </tr> <tr> <td>Payment of the remaining (50%) Accommodation Costs</td> <td>10th April 2024</td> </tr> <tr> <td>Payment for shuttle from Airports/Railway/Bus Stations (100%)</td> <td>10th April 2024</td> </tr> </table>	Visa Request Form	10 th February 2024	Accommodation Form	10 th March 2024	Payment of the Accommodation Costs (50%)	10 th March 2024	Definitive registration	10 th March 2024 Must be filed Online https://registration.lietuvsarchoibcosfederacija.org/	Nominative Registration	10 th April 2024 Must be filed Online https://registration.lietuvsarchoibcosfederacija.org/	Music	10 th April 2024 Must be filed Online https://registration.lietuvsarchoibcosfederacija.org/	Travel Schedule Form	10 th April 2024	Payment of the Entry Fee (100%)	10 th April 2024	Payment of the remaining (50%) Accommodation Costs	10 th April 2024	Payment for shuttle from Airports/Railway/Bus Stations (100%)	10 th April 2024
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ADDITIONAL INFORMATION	<p>The Draw for the starting order for Qualifications and Finals will be done in advance by the Technical Committee of Lithuanian Gymnastics Federation based on the Definitive entries and will be distributed to all Nations.</p> <p>Detailed information for the program, schedules and organization of the event will be given to all participating federations with the Work Plan, Work Plan which will be distributed to all registered federations not later than 1st May 2024. Delegations have to prove the age of the gymnasts (FIG license, national license, passport, personal ID, insurance, etc.), if requested by LOC.</p> <p>An international event for AG (12-14), ND (9-11) and NG (6-8) for the categories IW/IM/MP/TR/GR/AD as well (no AD for NG), will also be held (not FIG sanctioned).</p> <p>Conditions, deadlines and prices are the same as for the Seniors and Juniors.</p> <p>For ND, AG Competition only - In categories with less than 12 units only the final will be organized. No finals for NG.</p> <p>Judges: For NG, ND, Competition national judges with highest national category may be also accepted. The LOC may require the proof of the national judging brevet or ask respective NF for confirmation of the national category.</p>																				

LOCAL TRANSPORTATION	<p>Delegations should submit a Travel Schedule Form to the LOC by 10th April 2024.</p> <p>On request organizers will provide shuttles from Kaunas/Vilnius Airport and the Vilnius railway/bus stations to the hotels- The cost per person is: From Kaunas Airport/Railway/Bus station to hotels/competition venue and back – 50€ (fifty Euros). From Vilnius Airport/Railway/Bus station to hotels/competition venue and back – 70€ (seventy Euros).</p> <p>For delegations that did not book shuttles from Kaunas or Vilnius Airports/Railway/Bus stations the transportation from hotels to the venue and back will be arranged on Kaunas' public transportation. LOC will provide all delegations who booked their accommodation with the LOC free local transportation passes together with the routes and other information about the public transportation system upon arrival.–The invited participating Federations/Clubs must pay for the transportation expenses of their delegation members until 10th April 2024. The participating Federations/Clubs must cover the accommodation fees for all participants.</p>
ACCOMMODATION	<p>Hotel City Kaunas *** (Kaunas city hotel 3 km from the competition venue) single room – 60 Eur per person/night (with breakfast), double room – 40 Eur per person/night (with breakfast), triple room – 35 Eur per person/night (with breakfast), quadruple room - 30 Eur per person/night (with breakfast).</p> <p>Hotel Bablonas *** (Babilonas hotel 4 km from the competition venue) single room – 55 Eur per person/night (with breakfast), double room – 45 Eur per person/night (with breakfast), quadruple room – 35 Eur per person/night (with breakfast).</p> <p>Algiro Hotel *** (Algiro hotel 2 km from the competition venue) double room – 60 Eur per person/night (with breakfast), triple room – 40 Eur per person/night (with breakfast).</p> <p>Radisson Hotel Kaunas **** (Radisson city hotel 4 km from the competition venue) single room – 90 Eur per person/night (with breakfast), double room – 55 Eur per person/night (with breakfast).</p> <p>All bookings must be made through the Local Organizing Committee! While the Accommodation Form must be returned to the LOC by definitive registration 10th March 2024, the Hotel rooms will be allocated on a "first come, first serve" basis.</p> <p>The invited participating federations must pay the accommodation expenses of their delegation members. The costs for the accommodations must be paid to the LOC as follows: 50% of the payment – 10th March 2024 50% of the payment – 10th April 2024 (the remaining accommodation costs)</p> <p>The delegations will have a possibility to purchase lunch and dinner at the competition venue. Alternatively delegations can have their meals in cafes and restaurants located about 20 min. walking distance from the competition venue.</p>
MEALS	