



## Czech Aerobic Open 2023 21<sup>st</sup> – 23<sup>rd</sup> April 2023

Dear aerobic friends,

The Czech Gymnastics Federation has the honor to welcome **19 countries** to participate in the International Event – **16. Czech Aerobic Open**.

**CZECH AEROBIC OPEN**  
**MISTROVSTVÍ ČR**  
**2023**

**21. 4. - 23. 4. 2023**  
**SPORTOVNÍ CENTRUM ŘEPY**  
**Na Chobotě 420/16, 16300 Praha 6**

   NATIONAL SPORT AGENCY

    LIVE STREAM

[www.gymfed.cz](http://www.gymfed.cz) [www.gymtv.cz](http://www.gymtv.cz)

## 1. PARTICIPATING COUNTRIES

AUSTRIA, AZERBAIJAN, BULGARIA, CZECH REPUBLIC, ESTONIA, GERMANY,  
GREAT BRITAIN, GREECE, HUNGARY, INDONESIA, ISRAEL, KAZAKHSTAN,  
LITHUANIA, PORTUGAL, SLOVAKIA, SPAIN, SWITZERLAND, TURKEY, UKRAINE

## 2. COMPETITION VENUE

### **Sports Center Řepy**

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

## 3. COMPETITION DAYS: 21. – 23. April 2023

## 4. ORGANIZING COMMITTEE CONTACT

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

tel: 242 429 260

e-mail: [cgf@gymfed.cz](mailto:cgf@gymfed.cz)

### Contact person:

Mrs. Tereza Kočová

00420775664295

e-mail: [kocova@gymfed.cz](mailto:kocova@gymfed.cz)

## 5. ACCREDITATION

The accreditation will take place at the SPORT HALL SC ŘEPY, PRAGUE upon arrival to the venue, **Friday, 21<sup>st</sup> April, 2023 from 7:30 to 9:30**. 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

### Thursday, 20<sup>th</sup> April 2023

All Day	Arrival of the delegations	Hotels
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### Friday, 21<sup>st</sup> April 2023

7:30 - 9:30	Accreditation	SC Řepy
09:00 - 15:00	Training by schedule	SC Řepy
8:30 - 9:00	Orientation meeting – <b>max. 2 people per nation</b>	SC Řepy
9:00 - 9:30	Judges meeting	SC Řepy
10:00 – 21:00	<b>NG</b> - IW, IM, MP, TR, GR Competition <b>ND</b> - IW, IM, MP, TR, GR, DA Competition <b>AG</b> –TR Qualification	SC Řepy
21:15	Awards ceremony for Czech Aerobic open Awards ceremony for Czech national Championship	SC Řepy

### Saturday, 22<sup>nd</sup> April 2023

8:30 - 9:00	Judges meeting	SC Řepy
7:30 – 9:00	Optional training for Sunday JR, SEN categories	
9:10	Official Opening & Presentation of the nations (8 counts) – <b>max. 5 gymnasts per nation</b>	SC Řepy
09:30 – 21:30	<b>Qualifications</b> <b>AG</b> - IW, GR <b>JUN</b> - IW, TR, IM <b>SEN</b> – IW, IM	SC Řepy
21:40	Award ceremony for the Czech national Championship	SC Řepy

### Sunday, 23<sup>rd</sup> April 2023

9:00 – 9:30	Judges meeting	SC Řepy
10:00 - 16:40	<b>Finals</b> <b>AG</b> - IW, IM, MP, TR, GR, DA, ST <b>JUN</b> - IW, IM, MP, TR, GR, DA, ST <b>SEN</b> - IW, IM, MP, TR, GR, DA	SC Řepy
17:00	Awards ceremony for Czech Aerobic open Awards ceremony for Czech national Championship	SC Řepy

### Monday, 24<sup>th</sup> April 2023

All Day	Departure of the delegations	Hotels
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## 8. QUALIFICATIONS

There is no qualification if less than 11 competitors (units) in categories (IW, IM, MP, TR, GR, DA).

## 9. FINALS

- **Age Group, Junior and Senior:**

Each final (IW, IM, MP, TR, GR): maximum of eleven (11) competitors: **8 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

Warm up area is situated in a **tent outside of the competition hall**. It will be used for a first 20 minutes of a warm-up before the gymnasts enter the training area in the sports hall for the rest 40 minutes before their podium time during Saturday and Sunday competition. The warm-up area will be used for a Friday training session according to a schedule. **During Friday competition only the training area in the sports hall will be available.** 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 by the background. Please, note that there will be no music in training area as it could disturb the competition. The Podium trainings will be organized according to the schedule **(App 1)**. There will be 1 training sessions for all Junior and Senior categories in the warm up area on Friday and one additional training on Saturday morning before competition for a Sunday competitors Jun and Sen cat. on a request.



**Training session - Friday 21<sup>st</sup> of April** for the athletes who are competing in the Junior and Senior category: **time per routine 1min 30 s.**

Delegations are requested to fill in the respective forms for the Order of the training (**App 2**) and send them to [kocova@gymfed.cz](mailto:kocova@gymfed.cz) by **April 17<sup>th</sup> the latest.**

### 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](mailto: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 **Saturday, 22<sup>nd</sup> of April from 09:10 before the beginning of the Qualifications.** Further information will be given during the Orientation Meeting.

### 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. Further information will be given during the Orientation Meeting.

## 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 Angelo \*\*\*\***

Radlická 3216, 150 00 Praha 5-Smíchov

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

### **Hotel Pyramida \*\*\*\***

Bělohorská 24, 169 01 Praha 6

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

### **Hotel Starý Pivovar \*\*\***

Plzeňská 229, 150 00 Praha 5, Česko

Web: <https://www.hotelstarypivovar.cz/>

## 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 21<sup>st</sup> April:

### LUNCH:

21. 4. 2023: 12:00 – 14:30

22. 4. 2023: 13:00 – 15:30

23. 4. 2023: 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 20<sup>th</sup> April:

DINNER: 19:30 – 22:00

## 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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