



X INTERNATIONAL TOURNAMENT SUMMER STARS LISBON - PORTUGAL JULY 16 - 19, 2020

INVITATION

1. HOST FEDERATION

Federação de Ginástica de Portugal

Estrada da Luz, 1600-159 Lisboa, Portugal

Tel: +351 21 814 11 45, Fax: +351 21 814 29 50

E-mail: gympor@gympor.com

Website: <http://www.fgp-ginastica.pt>



2. LOCAL ORGANIZING COMMITTEE (LOC)

Ivanova Rhythmic Gymnastics Academy & Escola Secundária D.Dinis

Head Judge: Silviya Miteva

Volunteer's manager: Ivan Ivanov

Competition manager: Carla Andrade

Event manager: Caterina Ivanova ivanovargacademy@hotmail.com

AEDD agrupamento
de escolas
d.dinis, lisboa
171384



3. SPORTS VENUE

Escola Secundária D.Dinis

Rua Manuel Teixeira Gomes, 66

1950-186 LISBOA

Official training hall of FIG Lisbon World Cup



4. GENERAL PROGRAM

- **16 JULY** – Official trainings (optional)
- **17 JULY** – Competition
- **18 JULY** – Competition
- **19 JULY** – Competition

The competition program can be changed according to the number of participants.

OPTIONAL: 20.07 – 25.07 – International Summer Academy with:

- Silviya Miteva [BUL]
- Alina Maksimenko [UKR]
- Varvara Filiou [GRE]
- Silviya Divcheva [BUL]
- Daria Kovaleva [RUS]

For more information please contact : silviya.miteva.academy@gmail.com

5. ACCOMMODATION

- Reservation and costs of accommodation are responsibility of each delegation.

OPTION 1: Hostel Parque das Nações <http://pousadasjuventude.pt/en/youth-hostels/parquenacoes/>

	WITH BREAKFAST	WITH BREAKFAST & LUNCH	WITH BREAKFAST , LUNCH & DINNER
QUADRIPLER ROOM	25€	35€	45€
DOUBLE ROOM WITH PRIVATE WC	35€	45€	55€

- Deadline for hostel's registration **01.03.2020** summerstars2020@gmail.com
- Deadline for prepayment **10.03.2020**;
- In case of accommodation of 3 persons in a quadruple room, the delegation have to pay the total price of the room;
- Breakfast and dinner will be in the hostel's restaurant;
- Lunch will be in the gym's restaurant.

OPTION 2: Hotel Olissippo Oriente **** <https://www.olissippohotels.com/pt/Hoteis/Oriente/O-Hotel.aspx>

	WITH BREAKFAST	WITH BREAKFAST & LUNCH	WITH BREAKFAST , LUNCH & DINNER
DOUBLE/TRIPLE ROOM	55€	65€	75€
SINGLE ROOM	110€	120€	130€

- Deadline for hotel's registration **01.03.2020** summerstars2020@gmail.com
- Deadline for prepayment **10.03.2020**;
- Breakfast will be in the hotel's restaurant;
- Lunch and dinner will be in the gym's restaurant.

NOTE: Prices are per night, per person including all taxes!!

6. MEALS

- Reservation and costs of meals are responsibility of each delegation.
- In case you don't book your accommodation with us, you can buy meal tickets as follow:
 - 1 MEAL TICKET (LUNCH/ DINNER) 12€
 - 1 DAY TICKET (LUNCH + DINNER) 20€
- Please send your meals form till May 15th to summerstars2020@gmail.com

7. INTERNATIONAL TRANSPORTATION

- Organization and costs of international travels are responsibility of each delegation.
- Please send your travel plan till May 15th to summerstars2020@gmail.com

8. VISA

Please check if your delegation needs a visa to Portugal. The organizing committee can provide you a visa letter. It should be requested till May 15th to summerstars2020@gmail.com

9. LOCAL TRANSPORTATION

- Organization and costs of daily transportation are responsibility of each delegation.
- Competition hall's metro station: "**Chelas**" (red line) 400m away from the gym
- Hostel's metro station: "**Moscavide**" (red line) 900m away from the hostel
- Olissippo Hotel's metro station: "**Oriente**" (red line) 300m away from the hotel
- The distance between the gym and the hostel is 4 metro stations.
- The distance between the gym and the hotel is 3 metro stations.
- Also available in Lisbon: UBER, taxi, rent-a-car...

10. INSURANCES

Each delegation is responsible about their own insurances. The organizing committee can provide first aid services but it is not taking any responsibility about costs.

11. COSTS

- 35€ per individual gymnast (Elite level)
- 30€ per individual gymnast (A/B level)
- 30€ per each group gymnast
- 300€ penalty for delegations without a judge (min.1 max.2 per delegation)

Gymnasts taking part of individual and group competition pay only the individual fee.

12. INTERNATIONAL DELEGATIONS

	INDIVIDUALS			GROUPS
	ELITE	A	B	
BABY	Max. 6			Max.1
CHILDREN	Max.4	Max.4	Max.4	Max.1
HOPES	Max.4	Max.4	Max.4	Max.1
PRE-JUNIOR	Max.4	Max.4	Max.4	Max.1
JUNIOR	Max.4	Max.4	Max.4	Max.1
SENIOR	Max.4	Max.4	Max.4	Max.1
COACHES	Max. 1	Max. 1	Max.1	Max.2
JUDGES	Min. 1 Max. 2			
HEAD OF DELEGATION	Max. 1			

13. WORK PLAN – SUMMER STARS 2020

Work Plan – Summer Stars 2020 is the official document where you can find all information related to our event (starting lists, timetables etc...) If you still not have it till July 6th please contact the LOC.

14. MUSIC

Competition and gala music to be sent in mp3 format till June 10th to: summerstars2020@gmail.com

15. CLOSING GALA SHOW

We ask delegations to prepare a performance of max. 3min. Competition routines will not be accepted.

16. DEADLINES

May 15, 2020	Preliminary entry
	Visa requests
	Travel plan
	Meals form
June 10, 2019	Definitive entry
	Payment of entry fees
	Payment of meals
	Payment of penalty for delegations without a judge
	Sending of accreditation's photos
	Sending of competition's and gala's music

17. AWARDS

	INDIVIDUAL AWARDING		
	1º	2º	3º
AA (year of birth)	medal	medal	medal
EF (age group)	medal	medal	medal
AA (age group)	cup	cup	cup

	1º	2º	3º
Groups	Medals & cup	Medals & cup	Medals & cup
Biggest delegation	Trophy	Trophy	Trophy
Miss expression	Trophy	Trophy	Trophy
Miss elegance	Trophy	Trophy	Trophy
Champion of the future	Trophy	Trophy	Trophy
Baby miss	Trophy		
Miss Experience	Trophy		
Best gala performance	Trophy		

18. INDIVIDUAL REQUIRMENTS (1'15 - 1'30)

Exact number of BD, S, AD and R will be send as soon as they are approved by the Federation.

CATEGORY	YEAR OF BIRTH	ELITE	A	B
BABY*	2013& younger	1 routine: Without apparatus (W.A.)		
CHILDREN	2012	2 routines by choice: • W.A (obligatory) • rope/hoop/ball	1 routine: • W.A.	1 routine: • W.A
HOPES	2011 2010	2 routines by choice: • W.A (obligatory) • rope/hoop/ball/clubs	1 routine by choice: • W.A./rope/hoop/ball	1 routine: • W.A
PRE-JUNIOR	2009 2008	2 routines by choice: • rope/hoop/ball/clubs/ribbon	1 routines by choice: • rope/hoop/ball/clubs	1 routine: • W.A
JUNIOR FIG	2007 2006 2005	3 routines by choice: • rope/ball/clubs/ribbon	2 routines by choice: • rope/ball/clubs/ribbon	1 routines by choice: • hoop/ball
SENIOR FIG	2004 & older	3 routines: • hoop/ball/clubs/ribbon	2 routines by choice: • hoop/ball/clubs/ribbon	1 routines by choice: • hoop/ball

*According to the rules of Portuguese Gymnastics Federation, baby category all recieve participation medals.

19. GROUPS REQUIRMENTS

CATEGORY	YEAR OF BIRTH	APPARATUS
Children	2012 & younger	4 - 6 gymnasts – W.A. 1:15-2:30
Hopes	2011 2010	4 - 6 gymnasts – W.A./ apparatus by choice 1:15-2:30
Pre-juniores	2009 2008	4 – 6 / 3+2 gymnasts – apparatus by choice 2:15-2:30
Junior - FIG	2007 2006 2005	5 / 3+2 gymnasts– apparatus by choice 2:15-2:30
Senior – FIG	2004 & older	5 / 3+2 gymnasts – apparatus by choice 2:15-2:30

- All groups performe once.
- There is only all-around ranking independently of the apparatuses the group presents.
- Only “Children” will have different awards for groups presenting W.A and groups presenting routines with apparatus.
- Gymnasts of two different categories can be together in a group. In this case, the group will compete in the category of the older one.