



**7<sup>th</sup> Mediterranean Aerobic & Rhythmic  
Championships**  
**Tunis, Tunisia (TUN)**  
**11 & 12 December 2024**



## DIRECTIVES

**Event ID:**

Dear COMEGYM affiliated Member Federation,

The Gymnastics Federation of Tunisia has the pleasure to invite your Federation to participate in the 7<sup>th</sup> COMEGYM Aerobic & Rhythmic Championships

<b>DISCIPLINE</b>	Aerobic Gymnastics Rhythmic Gymnastics
<b>HOST FEDERATION</b>	<b>Fédération Tunisienne de Gymnastique</b> Contact person: <b>Mr Abdelbasset BOUABIDI</b> Full address : Maison des federations sportives Phone number: +21671755545 Fax number: +21671755545 E-mail: <a href="mailto:ftgym@gnet.tn">ftgym@gnet.tn</a>
<b>LOCATION</b>	<b>Tunis , Tunisia</b>
<b>DATE</b>	From <b>11</b> to <b>12 December 2024</b>
<b>VENUE</b>	  Palais des Sports d'El Menzah Rue El Menzah 1004 Tunis Telephone: + 216 71 23 23 22
<b>APPARATUS SUPPLIER</b>	<b>Please refer to the attached apparatus list</b>
<b>RULES AND REGULATIONS</b>	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"><li>• Statutes</li><li>• Code of Ethics</li><li>• Code of Conduct</li><li>• Technical Regulations</li><li>• Code of Discipline</li><li>• Code of Points and relevant Newsletters</li><li>• General Judges' Rules</li><li>• Specific Judges' Rules</li><li>• Anti-Doping Rules</li></ul>

	<ul style="list-style-type: none"><li>• License rules (except for non-competitive events)</li><li>• FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events</li><li>• FIG Medical Guidelines for Competitions</li><li>• Media Rules</li><li>• Apparatus Norms</li><li>• Rules for Sanctioning (approval) of International Events</li><li>• Advertising and Publicity Rules</li><li>• Regulations for Award Ceremonies</li><li>• Accreditation Rules</li></ul> <p><i>and subsequent decisions of the FIG Executive Committee</i></p>																																																							
FEDERATIONS INVITED	affiliated COMEGYM federations in good standing with the FIG & with the COMEGYM																																																							
AGE LIMITS	<p><b>RGI/RGG: Pre Junior : 2011</b></p> <p><b>RGI/RGG: Junior</b> :as per FIG Technical regulations</p> <p><b>AER Age Group</b> : as per FIG Technical regulations</p> <p><b>AER Junior:</b> as per FIG Technical regulations</p> <p><b>All gymnasts must have a valid FIG licence until the end of the event.</b></p>																																																							
DELEGATION SIZE	<p><b>PARTICIPATION</b></p> <p>The maximum size of the invited delegation is as follows:</p> <table><tr><th rowspan="2">Delegation member</th><th colspan="2">RGI</th><th colspan="2">RGG</th><th colspan="2">AER</th></tr><tr><th>JUN</th><th>PRE-JUN</th><th>JUN</th><th>PRE-JUN</th><th>Jun</th><th>AG</th></tr><tr><td>Head of Delegation</td><td colspan="6">1</td></tr><tr><td>Team Manager</td><td colspan="4">1</td><td colspan="2">1</td></tr><tr><td>Coach</td><td>1</td><td>1</td><td>1</td><td>1</td><td>1</td><td>1</td></tr><tr><td>Gymnasts</td><td>1-4</td><td>1-4</td><td>5-6</td><td>5-6</td><td>1-6</td><td>1-6</td></tr><tr><td>Doctor / Paramedical</td><td colspan="6">02</td></tr><tr><td>Judges</td><td>1</td><td>1</td><td>1</td><td>1</td><td>1</td><td>1</td></tr></table>	Delegation member	RGI		RGG		AER		JUN	PRE-JUN	JUN	PRE-JUN	Jun	AG	Head of Delegation	1						Team Manager	1				1		Coach	1	1	1	1	1	1	Gymnasts	1-4	1-4	5-6	5-6	1-6	1-6	Doctor / Paramedical	02						Judges	1	1	1	1	1	1
Delegation member	RGI		RGG		AER																																																			
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JUDGES AND JURIES	<p>The number of judges’ panels may be decided by the organizing member federation depending on the number of participating competitors and judges. Each participating federation must provide minimum one judge.</p> <p><b>All judges must have a current valid FIG brevet at the time of the event, for the respective discipline.</b></p>																																																							
REGISTRATION DEADLINES	<table><tr><td>Definitive registration:</td><td><b>25 October 2024</b></td></tr><tr><td>Nominative registration</td><td><b>20 November 2024</b></td></tr></table>	Definitive registration:	<b>25 October 2024</b>	Nominative registration	<b>20 November 2024</b>																																																			
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ENTRY FEES	<p><u><b>COMPETITION ENTRY FEE:</b></u></p> <p>The invited participating federations must pay the entry fee at the time of the Definitive registration which is <b>October 25<sup>th</sup> 2024</b>, as follows:</p> <p>The entry fee for this event will be: 30 euro per gymnast</p> <p>The entry fee is non-refundable and payable to the COMEGYM.</p> <p><u><b>ANNUAL COMEGYM AFFILIATION FEE:</b></u></p> <p>Federations that have not yet paid their annual affiliation fee for 2024 to the COMEGYM must also make payment to the COMEGYM before they will be allowed to participate in the competition, as follows:</p>																																																							

	<b>Banking Details for COMEGYM Affiliation Fees and Entry Fees:</b>																																			
	<table><tr><td><b>C.D.G.</b></td><td><b>2243457</b></td><td><b>Nominativo</b></td><td><b>COMEGYM</b></td><td><b>Tipo</b></td></tr><tr><td><b>CDG</b></td><td><b>AE</b></td><td></td><td></td><td></td></tr><tr><td><b>Filiale</b> .....</td><td><b>00044</b></td><td><b>AGENZIA</b></td><td><b>DI</b></td><td></td></tr><tr><td><b>RIPOSTO</b></td><td></td><td></td><td></td><td></td></tr><tr><td><b>Categoria</b> .....</td><td><b>330</b></td><td><b>CONTI</b></td><td><b>CORRENTI</b></td><td></td></tr><tr><td><b>CLIENTI</b></td><td></td><td></td><td></td><td></td></tr><tr><td><b>Numero Rapporto</b> .....</td><td><b>1285906</b></td><td></td><td></td><td></td></tr></table> <p><b>Coordinate Bancarie Nazionali (BBAN) :</b> U 05036 84170 <b>CC0441285906</b> <b>Coordinate Bancarie Internazionali (IBAN) :</b> IT 48 U 05036 84170 <b>CC0441285906</b> <b>SWIFT CODE :</b> POPRIT31044</p>	<b>C.D.G.</b>	<b>2243457</b>	<b>Nominativo</b>	<b>COMEGYM</b>	<b>Tipo</b>	<b>CDG</b>	<b>AE</b>				<b>Filiale</b> .....	<b>00044</b>	<b>AGENZIA</b>	<b>DI</b>		<b>RIPOSTO</b>					<b>Categoria</b> .....	<b>330</b>	<b>CONTI</b>	<b>CORRENTI</b>		<b>CLIENTI</b>					<b>Numero Rapporto</b> .....	<b>1285906</b>			
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	Reference Code : Country Code_COMEGYM+EntryAER&RG2024 Example: TUN_COMEGYM+EntryAER&RG2024																																			
<b>ACCREDITATION</b>	<p>Participating delegation members as well as FIG, COMEGYM representatives, judges and officials must send electronic ID colour high resolution photographs and electronic colour copy of passports, to the LOC via email within the deadline set for the <b>nominative registration of November 25<sup>th</sup>, 2024.</b></p> <p>Gymnasts' names / ages / nationality will be verified with a passport check at accreditation. The UAG will check the validity of the gymnast's licences. In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan.</p>																																			
<b>EVENT FORMAT</b>	<p><b>RGI: Qualifications, Teams competitions, All Around, Apparatus Finals.</b> <b>Junior &amp; Prejunior:</b> 1-4 gymnasts per NF</p> <ul style="list-style-type: none"><li>- The gymnasts of NF present maximum 8 exercises with the apparatus according to the FIG programme for the respective year</li><li>- All gymnast may participate in 1-4 exercises</li></ul> <p>Apparatus finals:</p> <ul style="list-style-type: none"><li>- Competition of the best 8 individual gymnasts per apparatus of the qualifying competition Maximum 1 per NF</li><li>- Team ranking: the best 4 scores per apparatus from the qualifying competition</li></ul> <p><b>RGG: Qualifications, All Around, Apparatus Finals.</b> <b>Junior &amp; Prejunior:</b> 5-6gymnasts per NF</p> <ul style="list-style-type: none"><li>- 2 different exercises indicated in the FIG programme for the respective year.</li><li>- There are no Finals in case of less than 8 NF participating in qualifying</li></ul> <p><b>AER: Qualifications, Teams competitions, Finals.</b> <b>AER Junior &amp; AG1:</b></p> <ul style="list-style-type: none"><li>- Each federation can take part with 1 – 4 in IW-IM.</li><li>- MP-TR :2 per NF</li><li>- GR: 1 per NF</li><li>- Each gymnast can compete in the maximum of 4 categories (IM,IW,MP, TR, GR)</li><li>- The top 8 finalists from qualification in each category, will qualify for the final but a maximum of 1 gymnast per NF</li><li>- Team ranking: the best 4 scores per category from qualifying competition.</li></ul>																																			

<b>TECHNICAL DELEGATE</b>	The FIG Technical delegate will be designated by the FIG		
<b>PROVISIONAL SCHEDULE</b>	Monday	09 December 2024	Arrival of delegations, Accreditation, Scheduled Training
	Tuesday	10 December 2024	Judges Meeting Orientation Meeting Podium training
	Wednesday	11 December 2024	Qualification: Aerobic & RGI & RGG Opening Ceremony
	Thursday	12 December 2024	Final: Aerobic & RGI & RGG Official Farewell
	Friday	13 December 2024	Departure of delegations
<b>EVENT MANAGER</b>	<b>Nidhal KAABACHI</b> e-mail: <a href="mailto:nidhal.kaabachi@ftgym.tn">nidhal.kaabachi@ftgym.tn</a> Tel. +21699943677		
<b>MEDICAL SERVICES</b>	Emergency Medical Team with ambulance will be on site at the competition and training venue. During this championship the anti-doping controls may take place at any time. The doping control will be carried out in accordance with international standard.		
<b>COVID 19</b>	The LOC should follow local guidelines in management of COVID-19. The LOC must facilitate COVID-19 testing for delegations when it is required to have a negative test for return to their country.		
<b>VISA</b>	Please verify immediately with your travel agent or the <b>Tunisian</b> Embassy or Consulate in your country if a visa is required for your travel to <b>Tunisia</b> . The LOC will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before <b>October 25<sup>th</sup>, 2024</b> to the LOC. 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.		
<b>INSURANCE</b>	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. 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. 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 <a href="https://www.gymnastics.sport/site/pages/medical-insurance.php">https://www.gymnastics.sport/site/pages/medical-insurance.php</a> 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 The LOC will subsequently offer insurance at the Federations own charge as follows: <b>50 Euro</b> per person/day.		
<b>SAFEGUARDING</b>	From the official event day of arrival until the official day of departure, participants (gymnasts, coaches, judges and any other delegation members) have the possibility to contact by phone or e-mail the LOC Safeguarding Officer in case of harassment and abuse of any type or if they are worried and		

	<p>do not feel comfortable.</p> <p>The information regarding the LOC Safeguarding Officer will be communicated upon arrival of the delegations on site.</p> <p>In addition, posters of the “10 Golden Rules of Gymnastics”, the FIG campaign to raise awareness about youth protection in Gymnastics, will have to be displayed in several locations, including training and warm-up halls and public zones.</p>
<b>INTERNATIONAL TRANSPORTATION</b>	<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 <b>November 20<sup>th</sup>, 2024</b></p>
<b>LOCAL TRANSPORTATION</b>	<p>The LOC will arrange transfers from / to Tunis Carthage airport for the participating delegation and Transfers from/to the Hotel and the competition venue.</p>
<b>ACCOMMODATION &amp; MEALS</b>	<p><b>The invited participating federations must pay for the accommodation and meal expenses of their delegation members.</b></p> <p><b>The official Hotel:</b>  <b>El Mouradi Gammarth*****</b>  Les côtes de Carthage, La Marsa, Tunis, BP 597-2070, Gammarth, Tunisia  <b>Tel:</b> (+216) 71 27 43 00  <b>Website:</b> <a href="http://www.elmouradi.com">www.elmouradi.com</a></p> <p><b>The costs :</b></p> <ul style="list-style-type: none"> <li>○ <b>160</b> Euro per person per night single room full board</li> <li>○ <b>140</b> Euro per person per night double room full board</li> <li>○ <b>120</b> Euro per person per night triple room full board</li> <li>▪ <b>130</b> Euro per person per night single room Half Board</li> <li>▪ <b>110</b> Euro per person per night double room Half Board</li> <li>▪ <b>90</b> Euro per person per night triple room Half Board</li> <li>□ <b>115</b> Euro per person per night single room BB</li> <li>□ <b>95</b> Euro per person per night single room BB</li> <li>□ <b>80</b> Euro per person per night single room BB</li> </ul> <p>The Accommodation Form must be returned to the LOC by <b>October 25<sup>th</sup>, 2024</b> at the very latest.</p> <p>On <b>November 20<sup>th</sup>, 2024 (Nominative registration)</b> 100% of the Costs for accommodation and meals must be paid to the LOC.</p>
<b>FINAL BANQUET</b>	<p>The Final Banquet will be free of charge for all participating delegation members who are welcome to attend.</p>
<b>BANK ACCOUNT INFORMATION</b>	<p>Banking Details for accommodation and meals costs:</p> <p>Beneficiary: Fédération Tunisienne de Gymnastique</p> <p>Address: B.P228 Cité Mahrajene1082 Tunis/ Tunisia</p> <p>Bank Name: Société Tunisienne de la Banque Cité des Sciences</p> <p>Address: 34, Rue Hédi Karray1004 Tunis/Tunisia</p> <p>IBAN: TN59 10010124112105878896</p> <p>SWIFT-code: STBKNTT</p> <p>The participating federation is responsible for covering all Bank fees in connection with the bank Transfers.</p>

MARKETING MEDIA	FIG advertising and publicity norms must be respected Tarek SAYHI E-mail: <a href="mailto:sayhi.tarek@gmail.com">sayhi.tarek@gmail.com</a> Tel. : +21694479795													
SOCIAL MEDIA	<a href="https://www.facebook.com/GYMTUN?mibextid=ZbWKwL">https://www.facebook.com/GYMTUN?mibextid=ZbWKwL</a>													
DEADLINES SUMMARY	<table><tr><td>Definitive Registration</td><td>25 October 2024</td></tr><tr><td>Nominative Registration</td><td>20 November 2024</td></tr><tr><td>Visa Request Form</td><td>25 October 2024</td></tr><tr><td>Accommodation Form</td><td>25 October 2024</td></tr><tr><td>Payment of the Accommodation Costs 100%</td><td>20 November 2024</td></tr><tr><td>Travel Schedule Form</td><td>20 November 2024</td></tr></table>		Definitive Registration	25 October 2024	Nominative Registration	20 November 2024	Visa Request Form	25 October 2024	Accommodation Form	25 October 2024	Payment of the Accommodation Costs 100%	20 November 2024	Travel Schedule Form	20 November 2024
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Sincerely Yours,

Place and date:  
Tunis, Tunisia 30.09.2024



**Abdelbasset BOUABIDI**  
The President of the Tunisian  
Gymnastics Federation

Signature