



TARTU GYMNASTICS WEEK  
International RGI & RGG tournament  
"Miss Valentine"  
Tartu, Estonia, February 23-26, 2023

**DIRECTIVES**

Dear FIG affiliated Member Federations and Clubs

Gymnastics Club Janika and Estonian Gymnastics Federation has the pleasure to invite your Federation or Club to participate in the aforementioned official RG International Tournament.

<b>DISCIPLINE</b>	Rhythmic Gymnastics (RGI, RGG)
<b>HOST FEDERATION</b>	Estonian Gymnastics Federation Contact person: Ms. Natalja Inno Tondi 84, Tallinn, Estonia Phone: +372 6031555 e-mail: <a href="mailto:eevl@eevl.ee">eevl@eevl.ee</a> Website: <a href="http://www.missvalentine.eu">www.missvalentine.eu</a> <a href="http://www.eevl.ee">www.eevl.ee</a>
<b>LOCAL ORGANIZING COMMITTEE</b>	Gymnastics Club Janika Contact Person: Mrs. Janika Molder Ihaste tee 7, Tartu, Estonia Phone: +1 647 300 1071 and +37 250 29682 WhatsApp: +1 647 300 1071 e-mail: <a href="mailto:janika@vkjanika.ee">janika@vkjanika.ee</a> <a href="mailto:janika@rogers.com">janika@rogers.com</a> Website: <a href="http://www.missvalentine.eu">www.missvalentine.eu</a>
<b>LOCATION</b>	Tartu, Estonia
<b>DATE</b>	<b>February 23-26, 2023</b>
<b>VENUE</b>	<u>Competition and training hall</u>  University of Tartu Sports hall Ujula 4A, Tartu, Estonia Phone/fax: +372 7376280  7 warm up carpets and 1 competition carpet
<b>APPARATUS SUPPLIER</b>	SPIETH RG Floor "Beijing" Ref. 1790280 (former Ref. 652 + 653 + 658 + 659 + 1790580 + 1790290 + 1790291 + 1790292) (Please refer to the attached apparatus list)

<b>RULES AND REGULATIONS</b>	<p>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:</p> <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> <li>• Licence 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 FIG Competitions and Events</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>						
<b>FEDERATIONS AND CLUBS INVITED</b>	<p>National Teams and clubs from all FIG member Federations, <b>in good standing</b>, are entitled to participate in all categories or in any category by their choice.</p>						
<b>AGE LIMITS</b>	<p>Senior individual gymnasts: 2007 and older  Junior individual gymnasts: 2008, 2009, 2010  Pre-Junior individual gymnasts: 2011, 2012  Children individual gymnasts: 2013, 2014  Mini individual gymnasts: 2015, 2016  Senior Group: 2007 and older  Junior Group: 2008,2009,2010</p>						
<b>JUDGES</b>	<p>Valid FIG Brevet judges (2022-2024) or National Level judges can judge Miss Valentine 2023 tournament.</p>						
<b>REGISTRATION DEADLINES</b>	<p><b>Registration will be ONLINE</b> (Open for National Gymnastics Federations and Clubs) at <a href="http://rgform.eu/event.php?id_prop=4123">http://rgform.eu/event.php?id_prop=4123</a></p> <table border="1" data-bbox="491 1603 1490 1753"> <tr> <td data-bbox="491 1603 823 1675"><b>Definitive registration</b></td> <td data-bbox="823 1603 1102 1675"><b>December 22, 2022</b></td> <td data-bbox="1102 1603 1490 1675">Must be sent ONLINE</td> </tr> <tr> <td data-bbox="491 1675 823 1753"><b>Nominative registration</b></td> <td data-bbox="823 1675 1102 1753"><b>January 22, 2023</b></td> <td data-bbox="1102 1675 1490 1753">Must be sent ONLINE</td> </tr> </table>	<b>Definitive registration</b>	<b>December 22, 2022</b>	Must be sent ONLINE	<b>Nominative registration</b>	<b>January 22, 2023</b>	Must be sent ONLINE
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<b>ENTRY FEES</b>	<p>The non-reimbursable Entry fees:  *65.00€ per individual gymnast  *150.00€ per group  *40.00€ per each team member who does not choose to book accommodation Through the LOC.</p>						

**ACCREDITATION**

Delegations accreditation will take place upon arrival at the venue of the event.

For accreditation team leaders are required to bring the following documents:

- passports of all members of the delegation
- proof of medical insurance of all members of the delegation
- proof for full payment towards the LOC
- Please keep USP flash drive with music for the routines for back up
- All delegations are requested to upload the music and portrait photos of their gymnasts/delegation members to KSIS

-Accreditation card is personal for all delegation members.

**EVENT FORMAT AND AWARDS****Competition for Senior individual gymnasts****2006 and older** (Hoop, Ball, Clubs, Ribbon)

AA (2 routines by choice) and qualification for finals

Finals - 8 best gymnasts from AA apparatus competition are going to the apparatus finals (hoop, ball, clubs, ribbon)

Final 1 gymnast per country + 1 best gymnast from organizing club if not qualified.

Awards: AA Awards (2 routines)

Final Apparatus Awards (Hoop, Ball, Clubs, Ribbon)

**Competition for Senior individual gymnasts****2007**(Hoop, Ball, Clubs, Ribbon)

AA (2 routines by choice) and qualification for finals

Finals - 8 best gymnasts from AA apparatus competition are going to the apparatus finals (hoop, ball, clubs, ribbon)

Final 1 gymnast per country + 1 best gymnast from organizing club if not qualified.

Awards: AA Awards (2 routines)

Final Apparatus Awards (Hoop, Ball, Clubs, Ribbon)

**Competition for Junior individual gymnasts****(MAX 2 ROUTINES per gymnast)****2008** (Hoop, Ball, Clubs, Ribbon - 2 routines by choice)

AA (2 routines by choice) and qualification for finals

Finals - 8 best gymnasts from AA apparatus competition are going to the apparatus finals (hoop, ball, clubs, ribbon)

Final 1 gymnast per country + 1 best gymnast from organizing club if not qualified.

Awards: AA Awards (2 routines)

Final Apparatus Awards (Hoop, Ball, Clubs, Ribbon)

**Competition for Junior individual gymnasts****(MAX 2 ROUTINES per gymnast)****2009** (Hoop, Ball, Clubs, Ribbon - 2 routines by choice)

AA (2 routines by choice) and qualification for finals

Finals - 8 best gymnasts from AA apparatus competition are going to the apparatus finals (hoop, ball, clubs, ribbon)

Final 1 gymnast per country + 1 best gymnast from organizing club if not qualified.

Awards: AA Awards (2 routines)

Final Apparatus Awards (Hoop, Ball, Clubs, Ribbon)

**Competition for Junior individual gymnasts****(MAX 2 ROUTINES per gymnast)****2010** (Hoop, Ball, Clubs, Ribbon - 2 routines by choice)

AA (2 routines by choice) and qualification for finals

Finals - 8 best gymnasts from AA apparatus competition are going to the apparatus finals (hoop, ball, clubs, ribbon)

Final 1 gymnast per country + 1 best gymnast from organizing club if not qualified.

Awards: AA Awards (2 routines)

Final Apparatus Awards (Hoop, Ball, Clubs, Ribbon)

**Competition for Pre Junior individual gymnasts**

**(MAX 2 ROUTINES per gymnast) 2011**

(Choice from hoop, ball, ribbon)

AA (by year of birth, max 2 routines)

Finals 2011-Hoop, ball, ribbon - 8 best gymnasts from AA apparatus competition are going to the Hoop, ball, ribbon final

Final: 1 gymnast per country + 1 best gymnast from organizing club if not qualified.

Awards: AA Awards (2 routines)

Final awards (hoop, ball, ribbon)

**Competition for Pre Junior individual gymnasts**

**(MAX 2 ROUTINES per gymnast) 2012**

(Choice from hoop, ball, ribbon)

AA (by year of birth, max 2 routines)

Finals 2012-Hoop, ball, ribbon - 8 best gymnasts from AA apparatus competition are going to the Hoop, ball and ribbon final 1 gymnast per country + 1 best gymnast from organizing club if not qualified.

Awards: AA Awards (2 routines)

Final awards (hoop, ball, ribbon)

**Competition for Children indiv. gymnasts**

**(max 2 routines per gymnast) 2013**

(Choice from free, rope, hoop)

AA (by year of birth, max 2 routines)

Finals 2013 - free, rope, hoop - 8 best gymnasts from AA apparatus competition are going to the free, rope, hoop final

Final: 1 gymnast per country + 1 best gymnast from organizing club if not qualified.

Awards: AA (2 routines)

Final awards (free, rope, hoop)

**Competition for Children indiv. gymnasts**

**(max 2 routines per gymnast) 2014**

(Choice from free, rope, hoop)

AA (by year of birth, max 2 routines)

Finals 2014 - free, rope, hoop - 8 best gymnasts from AA apparatus competition are going to the free, rope, hoop final

Final: 1 gymnast per country + 1 best gymnast from organizing club if not qualified.

Awards: AA (2 routines)

Final awards (free, rope, hoop)

**Competition for Mini indiv. gymnasts**

**(max 2 routines per gymnast) 2015**

(Free, hoop)

AA (by year of birth, max 2 routines)

Finals 2015 – Free and hoop - 8 best gymnasts from AA apparatus competition are going to the free and hoop routine

Final 1 gymnast per country + 1 best gymnast from organizing club if not qualified.

Awards: AA by year of birth (2 routines)

Final awards (free, hoop)

**Competition for Mini indiv. gymnasts**

**(1 routine per gymnast) 2016**

(Free)

Finals 2016 - Free - 8 best gymnasts from AA are going to the free routine FINAL  
Final 1 gymnast per country + 1 best gymnast from organizing club if not qualified.

Preliminary awards and Final awards (free routine)

Every 2016 gymnast will get participation gift.

	<p><b><u>Open Competition for RG Groups – Senior, Junior</u></b>  <b><u>Senior</u></b> Open Groups (2007 and older)  Senior Groups AA (two routines – 5 hoops + 3 ribbons and 2 balls)  Finals (1 group per country)  Awards: AA awards and final awards</p> <p><b><u>Junior</u></b> Open Groups (2008,2009,2010)  Junior Groups – AA (two routines – 5 ropes and 5 balls)  Finals (1 group per country)  Awards: AA awards and final awards</p>
<p><b>PROVISIONAL SCHEDULE</b></p>	<p>February 22, Wednesday Arrival of delegations, podium training (9am-9pm)  February 23, Thursday Competition (all groups, individuals)  February 24, Friday Competition (all groups, individuals)  February 25, Saturday. Competition and Finals (group finals, individuals)  February 26, Sunday Competition and Finals</p>
<p><b>EVENT MANAGER</b></p>	<p>Mrs. Janika Moelder  Phone: +1 647 300 1071 or +372 50 29682  Whats App: +1 647 300 1071  e-mail: <a href="mailto:janika@vkjanika.ee">janika@vkjanika.ee</a></p>
<p><b>MEDICAL SERVICES</b></p>	<p>The Local Organizing Committee will provide a first medical aid service, a doctor and emergency medical transportation in the competition area.</p>
<p><b>VISA</b></p>	<p>Please verify immediately with your travel agent or the Estonian Embassy or Consulate in your country if a visa is required for your travel to Estonia.  The Organizing Committee will be happy to assist each Delegation member with an official invitation letter, provided that the request is made <b><u>before January 22,2023</u></b> to the LOC <a href="http://rgform.eu/event.php?id_prop=4123">http://rgform.eu/event.php?id_prop=4123</a>  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.</p>

<b>INSURANCE</b>	<p>The Host Federation, the Organizing Committee and the FIG will not be held responsible for any liabilities in case of accidents, illness, repatriation and the like.</p> <p>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.</p> <p>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.</p> <p>The LOC will verify the insurance upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy).</p> <p>NOTE: In the case of any medical services in the hospital, the cost must be covered by the delegation.</p>
<b>INTERNATIONAL TRANSPORTATION</b>	<p>The invited participating federations must pay the International travel costs of their delegation members.</p> <p>The Travel Schedule Form must be sent to the OC – ONLINE:  <a href="http://rgform.eu/event.php?id_prop=4123">http://rgform.eu/event.php?id_prop=4123</a>  by January 22, 2023</p> <p>If delegations will send travel plan later than January 22, 2023, then the local transportation from the airport will not be available</p> <p><b>Local Transportation will be provided only for the Delegation members who booked their hotel accommodation through the Organizing Committee.</b></p>
<b>LOCAL TRANSPORTATION</b>	<p><b><u>Free local transportation:</u></b></p> <ul style="list-style-type: none"> <li>from Tallinn International Airport, Tallinn Railway Station or Tallinn Harbour to the hotel and back</li> <li>from the hotels to the Competition Venue and vice-versa (shuttle busses)</li> </ul> <p><b>Local Transportation will be provided only for the Delegation members who booked their hotel accommodation through the Organizing Committee.</b></p>

## ACCOMMODATION AND MEALS

**All delegations must stay in the official hotel of this event, to make it possible for the LOC to provide the necessary health protection measures due to Covid-19. The hotel rooms will be allocated on a “first-come, first-served” basis.**

The invited participating federations and clubs must pay for the accommodation expenses of their delegation members.

The prices charged for the hotel rooms will not exceed the usual hotel rates. While the Accommodation Form must be returned to the LOC ONLINE – [http://rgform.eu/event.php?id\\_prop=4123](http://rgform.eu/event.php?id_prop=4123) by January 22, 2023, at the very latest, the Hotel rooms will be allocated on a “first come, first serve” basis.

**The costs for the accommodations must be paid to the LOC by January 22, 2023.**

### **1-day package in the hotel - 110 € per person in double or triple room (single room 130 €)**

The price includes:

- accommodation in the hotel for 1 night, incl. Breakfast and dinner
- transportation from the Tallinn or Tartu Airport / Train station / Harbour to the hotel and back
- shuttle busses between hotel and competition hall
- competition accreditation

### **2-day package in the hotel - 220 € per person in double or triple room (single room 235 €)**

The price includes:

- accommodation in the hotel for 2 nights, incl. Breakfast and dinner
- transportation from the Tallinn or Tartu Airport / Train station / Harbour to the hotel and back
- shuttle busses between hotel and competition hall
- competition accreditation

### **3-day package in the hotel - 285 € per person in double or triple room (single room 330 €)**

The price includes:

- accommodation in the hotel for 3 nights, incl. Breakfast and dinner
- transportation from the Tallinn or Tartu Airport / Train station / Harbour to the hotel and back
- shuttle busses between hotel and competition hall
- competition accreditation

### **4-day package in the hotel - 370 € per person in double or triple room (single room 435 €)**

The price includes:

- accommodation in the hotel for 4 nights, incl. Breakfast and dinner
- transportation from the Tallinn or Tartu Airport / Train station / Harbour to the hotel and back
- shuttle busses between hotel and competition hall
- competition accreditation

**5-day package in the hotel - 455 € per person in double or triple room  
(single room 540 €)**

The price includes:

accommodation in the hotel for 5 nights, incl. Breakfast and dinner  
transportation from the Tallinn or Tartu Airport / Train station / Harbour to  
the hotel and back  
shuttle busses between hotel and competition hall  
competition accreditation

**6-day package in the hotel - 540 € per person in double or triple room  
(single room 648 €)**

The price includes:

accommodation in the hotel for 6 nights, incl. Breakfast and dinner  
transportation from the Tallinn or Tartu Airport / Train station / Harbour to  
the hotel and back  
shuttle busses between hotel and competition hall  
competition accreditation

**2-day package in the hostel-140 € per person (no single or double rooms)**

The price includes:

accommodation in the hostel for 2 nights, incl. breakfast and dinner  
transportation from the Tallinn or Tartu Airport / Train station / Harbour to  
the hostel and back  
competition accreditation

**3-day package in the hostel-200 € per person (no single or double rooms)**

The price includes:

accommodation in the hostel for 3 nights, incl. breakfast and dinner  
transportation from the Tallinn or Tartu Airport / Train station / Harbour to  
the hostel and back  
competition accreditation

**4-day package in the hostel - 260 € per person (no single or double rooms)**

The price includes:

accommodation in the hostel for 4 nights, incl. breakfast and dinner  
transportation from the Tallinn or Tartu Airport / Train station / Harbour to  
the hostel and back  
competition accreditation

**5-day package in the hostel - 320 € per person (no single or double rooms)**

The price includes:

accommodation in the hostel for 5 nights, incl. breakfast and dinner  
transportation from the Tallinn or Tartu Airport / Train station / Harbour to  
the hostel and back  
competition accreditation



<p><b>HOTEL, PAYMENTS, COVID-19</b></p> <p><b>CANCELLATION of accommodation</b></p>	<p><b>All delegations must stay in the official hotels of this event, to make it possible for the LOC to provide the necessary health protection measures due to Covid-19.</b></p> <p><b>Payment of Entry Fees (100%): January 22, 2023 (non-refundable)</b></p> <p><b><u>The costs for the accommodations must be paid to the LOC as follows:</u></b>  - 50/% of the accommodation's costs must be paid to the LOC by January 22, 2023, at the time of Nominative Registration  - Remaining 50/% of the accommodation's costs must be paid to the LOC by February 10, 2023</p> <p><b><u>In case of cancellation of accommodation, costs will be refunded as follows:</u></b>  Before January 22, 2023: 50% of the total amount due  From January 23, 2023: no refund.</p> <p><b><u>Please be sure, that each delegation will have insurance in case of cancellation.</u></b></p>
<p><b>BANK ACCOUNT INFORMATION</b></p>	<p>Each participating Federation is kindly requested to integrate the payment's purpose as follows:</p> <p>Beneficiary: Võimlemisklubi Janika  Address: Ihaste tee 7, 51013 Tartu, Estonia  Bank: SEB  Address: Tornimäe 2, 15010 Tallinn, Estonia  SWIFT: EEUHEE2X  IBAN: EE791010102001526002</p> <p>Please state the name of the Country/Federation the payment purpose on the transfer (i.e "HUN, Miss Valentine 2023").</p> <p><b>The <u>participating federation</u> is responsible for <u>covering all bank fees</u> in connection with the bank transfers.</b></p>
<p><b>MARKETING</b></p>	<p>FIG advertising and publicity norms must be respected</p>
<p><b>MEDIA</b></p>	<p>Local Press</p>
<p><b>SOCIAL MEDIA</b></p>	<p>Homepage: <a href="http://www.missvalentine.eu">www.missvalentine.eu</a>  Instagram: <a href="https://www.instagram.com/missvalentinegymnastics/">https://www.instagram.com/missvalentinegymnastics/</a>  Facebook: <a href="https://www.facebook.com/missvalentineofficial">https://www.facebook.com/missvalentineofficial</a></p>

<b>DEADLINES SUMMARY</b>	Definitive Registration Delegations can register only federation or club by name, number of gymnasts, coaches, judges and other delegation members-no names needed ONLINE <a href="http://rgform.eu/event.php?id_prop=4123">http://rgform.eu/event.php?id_prop=4123</a>	<b>December 22, 2022</b>
	Nominative Registration Register all delegation members by name and add photos for all delegation members and apparatus for gymnasts ONLINE <a href="http://rgform.eu/event.php?id_prop=4123">http://rgform.eu/event.php?id_prop=4123</a>	<b>January 22, 2023</b>
	Accommodation and travel plan ONLINE <a href="http://rgform.eu/event.php?id_prop=4123">http://rgform.eu/event.php?id_prop=4123</a>	<b>January 22, 2023</b>
	Visa Request Form ONLINE <a href="http://rgform.eu/event.php?id_prop=4123">http://rgform.eu/event.php?id_prop=4123</a>	<b>January 22, 2023</b>
	<b>Music mp3 only</b> ONLINE <a href="http://rgform.eu/event.php?id_prop=4123">http://rgform.eu/event.php?id_prop=4123</a>	<b>January 22, 2023</b>
	Payment of the costs: Start Fees and Accommodation of delegation members and additional persons (by bank transfer)	<b>January 22, 2023</b>
	Payment of the costs of delegation members and additional persons (only in cash)	During accreditation in In competition hall

Sincerely Yours,

