



## HELLAS GYM FOR LIFE CHALLENGE 2024

### Athens/Greece

### 20<sup>th</sup> – 23<sup>th</sup>, June 2024



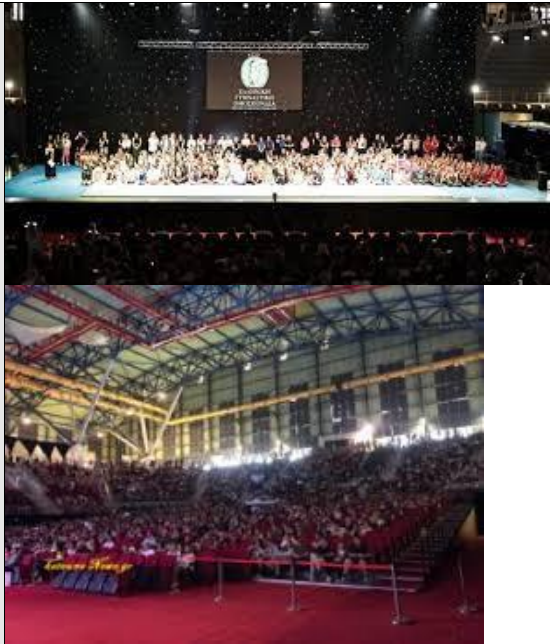
#### DIRECTIVES

Dear National Federations,

Hellenic Gymnastics Federation has the pleasure to invite you to participate in the international Gymnastics for All event “**HELLAS GYM FOR LIFE CHALLENGE 2024**” which will take place the period **20<sup>th</sup> to 23<sup>rd</sup> of June 2024**, in the city of Athens (Greece). This event’s aim is to have fun by practicing and enjoying gymnastics in the city of Athens.

<b>DISCIPLINE</b>	<b>Gymnastics for All</b>
<b>HOST FEDERATION</b>	<b>HELLENIC GYMNASTICS FEDERATION</b> 37 Kifissias Ave., OAKA, EKAE Building (Former Athlete’s Guesthouse) Opposite Fire Station,15123, Marousi. tel: 00302109882458 email: <a href="mailto:ego@otenet.gr">ego@otenet.gr</a> website: <a href="http://www.ego-gymnastics.gr">www.ego-gymnastics.gr</a>
<b>LOCAL ORGANIZING COMMITTEE</b>	<ul style="list-style-type: none"><li>- Hellenic Gymnastics Federation</li><li>- Ellinoaggliki Agogi-Protoporia</li><li>- Municipality of Galatsi</li></ul>
<b>LOCATION</b>	<b>Athens, Greece</b>
<b>DATES</b>	From <b>20<sup>th</sup> to 23<sup>th</sup> of June 2024</b>
<b>VENUE</b>	<b>Christmas Theater , Galatsi Olympic Center. 137 Veikou Av.</b> (It was the venue where table tennis and rhythmic gymnastics were held during the 2004 Summer Olympics).  The venue has a seating capacity of 6.000.  The technical conditions ensure the implementation of film screenings, television recordings, and live broadcasts without restrictions.  mat FIG approved 14m X 14mX 0,35cm





<b>FEDERATIONS INVITED</b>	All FIG member Federations, in good standing and their member clubs.
<b>AGE LIMITS AND NUMBER OF PARTICIPANTS</b>	<ul style="list-style-type: none"> <li>- No age limits</li> <li>- Number of participants: min 10 - max. 70</li> </ul>
<b>EVENT CATEGORIES</b>	<p>I. Categories of groups based on the number of participants regardless of their age</p> <ol style="list-style-type: none"> <li>1. SMALL GROUPS from 10 to 24 athletes</li> <li>2. LARGE GROUPS of 25 athletes or more</li> </ol> <p>II. Age categories</p> <ol style="list-style-type: none"> <li>1. KIDS up to 12 years old</li> <li>2. YOUTH 13-18 years old</li> <li>3. ADULT 19 – 49 years old</li> <li>4. GOLDEN AGE 50+ years</li> </ol> <p>Duration of the performance - up to 5 minutes maximum</p> <p><u>Each group can only participate in ONE of the above categories.</u></p> <p>The gold groups will be welcome to present their performance during the Gala on Sunday June 23<sup>rd</sup>, 2024.</p>
<b>MUSIC</b>	Each group must send music file for their program, to the following email address: <a href="mailto:hellenic.gymnastics.forms@gmail.com">hellenic.gymnastics.forms@gmail.com</a> not later than May 10 <sup>th</sup> , 2024.

	<p>Music files have to be sent in .mp3-320 or .wav format.</p> <p>The email with the music files should include the following information:</p> <ul style="list-style-type: none"> <li>• The title of the program</li> <li>• The name of the club/team</li> <li>• The name of the coach in charge</li> </ul> <p>Coaches are also requested to keep in their possession two spare CDs containing only the music of the specific program for the rehearsal and the presentation. The name of the club, the title of the program and the participating club/team must be written on the CD.</p>												
<b>AWARDS</b>	<p>All participants will receive diplomas, medals and souvenirs of the event.</p> <p>All participating groups according to the official ranking list will be awarded at a rate of 40% gold – 30% silver – 30% bronze medals</p>												
<b>EVALUATION</b>	<p>The evaluation of the performances in "HELLAS GYM FOR LIFE CHALLENGE" will be based on FIG guidelines, according to the following 4 criteria:</p> <ul style="list-style-type: none"> <li>- Entertainment value</li> <li>- Innovation, originality and variety</li> <li>- Technique, quality and safety</li> <li>- Overall impression</li> </ul> <p>Each criterion has an equal value of 5 points.</p>												
<b>PRIZES</b>	<p>At the end of each category the medals are announced and the following prizes will be awarded:</p> <ol style="list-style-type: none"> <li>1. Entertainment Value Award</li> <li>2. Technical Performance Award</li> <li>3. Artistic Performance Award</li> <li>4. Innovation - Originality Award</li> <li>5. Age Diversity Award (only for categories based on number of participants - SMALL/LARGE GROUPS)</li> </ol>												
<b>SCHEDULE</b>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 40%;">Wednesday June 19<sup>th</sup>, 2024</td> <td>Arrival &amp; accreditation</td> </tr> <tr> <td>Thursday June 20<sup>th</sup>, 2024</td> <td>17:00-21:00 Challenge Event – 1<sup>st</sup> day</td> </tr> <tr> <td>Friday June 21<sup>st</sup>, 2024</td> <td>17:00-21:00 Challenge Event – 2<sup>nd</sup> day</td> </tr> <tr> <td>Saturday June 22<sup>nd</sup>, 2024</td> <td>17:00-21:00 Challenge Event – 3<sup>rd</sup> day</td> </tr> <tr> <td>Sunday June 23<sup>th</sup>, 2024</td> <td>18:00 Gala Performance</td> </tr> <tr> <td>Monday June 24<sup>th</sup>, 2024</td> <td>Departure</td> </tr> </table>	Wednesday June 19 <sup>th</sup> , 2024	Arrival & accreditation	Thursday June 20 <sup>th</sup> , 2024	17:00-21:00 Challenge Event – 1 <sup>st</sup> day	Friday June 21 <sup>st</sup> , 2024	17:00-21:00 Challenge Event – 2 <sup>nd</sup> day	Saturday June 22 <sup>nd</sup> , 2024	17:00-21:00 Challenge Event – 3 <sup>rd</sup> day	Sunday June 23 <sup>th</sup> , 2024	18:00 Gala Performance	Monday June 24 <sup>th</sup> , 2024	Departure
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<b>REHEARSALS</b>	<p>10:00 – 13:00 every day from Wednesday June 19<sup>th</sup>, 2024 until Saturday June 22<sup>nd</sup>, 2024</p>												
<b>EVENT MANAGER</b>	Ms. Semina TALANTI												
<b>INSURANCE</b>	<p><b>All participants are responsible for making their own arrangements to have the necessary valid insurance.</b></p> <p>The Host Federation will verify the insurances upon arrival of the delegations and will not offer insurances on site.</p>												
<b>PARTICIPATION COST</b>	<p><b>20,00€ / per participant</b></p> <p>In case of teams/clubs with 100 or more athletes, a 10% discount, will be provided on the total amount.</p> <p><b>IMPORTANT NOTE</b> If the <b>same group participates in both events</b>, HELLAS GYM FESTIVAL and HELLAS GYM FOR LIFE CHALLENGE the <b>cost per participant will be 25,00€.</b></p>												

**ACCOMMODATION  
AND MEALS COSTS**

The costs **per person / per night (including breakfast & dinner)** are as follows:

**HOTEL NAFSIKA COCO-MAT 28 ROOMS**

- Double room: 100,00€
- Triple room: 82,00€

- \*50% advance payment of the total accommodation costs with confirmation.
- Free cancellation until 10/04/24, excluding the non-refundable amount of 20%.
- City tax: paid directly by guests at the hotel



**CIVITEL ATTIK HOTEL 22 ROOMS**

- Double room: 137,00€
- Triple room: 112,00€

- \*50% advance payment of the total room/night cost with confirmation.
- Free cancellation until 10/04/24, excluding the non-refundable amount of 20%.
- City tax: paid directly by guests at the hotel



#### **BROWN KUBIC HOTEL 30 ROOMS**

- Double room: 132,00€

- \*50% advance payment of the total room/night cost with confirmation.
- Free cancellation until 10/04/24, excluding the non-refundable amount of 20%.
- City tax: paid directly by guests at the hotel

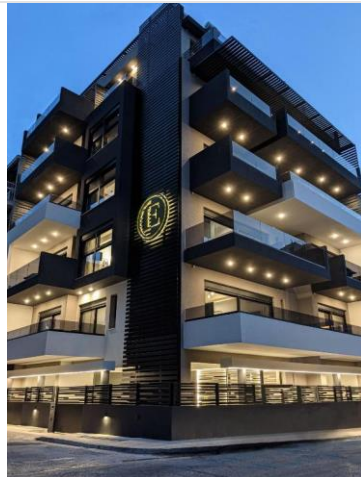






### LUX & EASY 30 ROOMS

- Double room: 127,50€

- \*50% advance payment of the total room/night cost with confirmation.
- Free cancellation until 10/04/24, excluding the non-refundable amount of 20%.
- City tax: paid directly by guests at the hotel




	<p><b>PACKAGE ALL IN</b></p> <p><b>SCHOOL ACCOMMODATION ELLINOAGGLIKI AGOGI</b></p> <ul style="list-style-type: none"> <li>• Price per person/per night: 80,00€ including breakfast, lunch, dinner</li> <li>• Transfer to/from Olympic Center Galatsiou: <ul style="list-style-type: none"> <li>• School buses 24 seats: 10,00€ per person/per day</li> </ul> </li> <li>• *50% advance payment of the total night cost with confirmation.</li> </ul>   <p><b>*LOC cannot guarantee hotel reservation if payment is made after the given deadline</b></p> <p><b>**Please note that depending on the date of booking confirmation, the availability of each hotel may change.</b></p> <p><b>Contact person: Maria Chougia</b>  <a href="mailto:ellinoaggliskasprotoporia@gmail.com">ellinoaggliskasprotoporia@gmail.com</a></p>
<b>LOCAL TRANSPORTATION</b>	<p>Anyone who wishes to have transfers to/from the airport and to/from the Christmas Theater Galatsi , can ask for it at the time of the Definitive Registration.</p> <p>The relevant cost will be determined according to the number of participants and the duration of stay.</p>
<b>CANCELLATION PLOICY OF PARTICIPATION COSTS</b>	<ul style="list-style-type: none"> <li>- <u>50% reimbursement</u> for cancellations made <b>by April 30<sup>th</sup>, 2024</b></li> <li>- <u>No reimbursement</u> for cancellations made <b>after May 1<sup>st</sup>, 2024</b></li> </ul>

<b>BANK ACCOUNT INFORMATION</b>	<p><b>Payment for Participation costs:</b>  Beneficiary name (Account's Holder name):  <u>Hellenic Gymnastics Federation</u>  Beneficiary address: 37 Kifissias Ave151 23 Maroussi, Greece  Bank name: NBG BANK  Bank address: 38 Stadiou str., 105 59 Athens/GRE  IBAN: GR710110080000008048077666  SWIFT CODE: ETHNGRAA</p> <p><b>Payment for Accommodation and transportation:</b>  Beneficiary name (Account's Holder name):  <u>Protoporia</u>  Beneficiary address: 40 Avgis, N. IRAKLEIO ATHENS  Bank name: NBG BANK  Bank address:46 Eirinis Ave 15121 Pefki Athens  IBAN: GR7301106720000067200190113  SWIFT CODE: ETHNGRAA</p>																			
<b>DEADLINES SUMMARY</b>	<table border="1"> <tr><td>Definitive Registration</td><td><b>30.03.2024</b></td></tr> <tr><td>Accommodation Form</td><td><b>30.03.2024</b></td></tr> <tr><td>Nominative Registration</td><td><b>20.04.2024</b></td></tr> <tr><td>Accommodation by names</td><td><b>15.05.2024</b></td></tr> <tr><td>Travel Schedule Form</td><td><b>15.05.2024</b></td></tr> <tr><td>Payment 100% of Participation Costs</td><td><b>30.03.2024</b></td></tr> <tr><td>Payment of first 50% Accommodation Costs</td><td><b>30.03.2024</b></td></tr> <tr><td>Payment of second 50 % of Accommodation Costs</td><td><b>20.04.2024</b></td></tr> <tr><td>Payment of 100% Transportation fees</td><td><b>15.05.2024</b></td></tr> </table>	Definitive Registration	<b>30.03.2024</b>	Accommodation Form	<b>30.03.2024</b>	Nominative Registration	<b>20.04.2024</b>	Accommodation by names	<b>15.05.2024</b>	Travel Schedule Form	<b>15.05.2024</b>	Payment 100% of Participation Costs	<b>30.03.2024</b>	Payment of first 50% Accommodation Costs	<b>30.03.2024</b>	Payment of second 50 % of Accommodation Costs	<b>20.04.2024</b>	Payment of 100% Transportation fees	<b>15.05.2024</b>	
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<b>GENERAL</b>	<ul style="list-style-type: none"> <li>❖ Groups should be present at the venue 30 minutes before the start of the beginning of their presentation</li> <li>❖ It is coaches' responsibility to have their Groups at the designated entry point in time, to present their program</li> <li>❖ The appearance of athletes and coaches must be strictly athletic.</li> <li>❖ The Organizing Committee will decide the resolution of issues that are not listed in these directives.</li> <li>❖ The Hellenic Gymnastics Federation reserves the right to modify, cancel or add to these directives for improving the organization of the event.</li> </ul>																			

Athens, 05/03/2024

  
Athanasios STATHOPOULOS  
President



  
Konstantinos PANTAZIS  
Secretary General



**HELLAS GYM FESTIVAL & HELLAS GYM FOR LIFE CHALLENGE 2024**

**16-19 & 20-23 June 2024,  
DEFINITIVE REGISTRATION**

**Deadline: March 30<sup>th</sup>, 2024**  
email to [ego@otenet.gr](mailto:ego@otenet.gr)

**Name of Group :** .....

**Name of contact person :** .....

**Tel. number :** .....

**e-mail :** .....

- Participation for (yes/no):  
HELLAS GYM FOR LIFE CHALLENGE 2024 .....  
HELLAS GYM FESTIVAL 2024 .....  
BOTH EVENTS .....

- Total number of participants: .....

**REGISTRATION**

By submitting registration, the groups and participants agree to the processing of personal data contained for logistical purposes related to this event and the publication of photos and/or videos for educational or communication purposes.

Με σχόλια [AT1]: ??

Date & Signature

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