

SAVE THE DATE



GCP LISBON **INTERNATIONAL** **TOURNAMENT 2018** Rhythmic Gymnastics

SENIORS AND JUNIORS | **PRE-JUNIORS AND AGE GROUPS**
INDIVIDUALS AND GROUPS | INDIVIDUALS AND GROUPS

8-11.MARCH LISBON - PORTUGAL
CASAL VISTOSO MUNICIPALITY SPORTS COMPLEX



www.lisbonrg.pt

First Announcement

December 2017

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WELCOME to GCP LISBON RHYTHMIC GYMNASTICS 2018



**Manuel Cavaleiro de
Ferreira**

President of Ginásio
Clube Português
and
Chairperson of the GCP
Lisbon International
Rhythmic Gymnastics
Tournament 2018

Dear Gymnastic Friends!

On behalf of the Local Organizing Committee and Ginásio Clube Português it is with great pleasure that I welcome you to the GCP Lisbon International Rhythmic Gymnastics Tournament 2018.

This year's edition will be welcoming some of the best gymnasts from Rhythmic Gymnastics national federations and clubs around the world making this such a meaningful event.

Our Country has gathered great experience skills in hosting major international events, and it is with no doubt that I say Lisbon will meet, if not exceed, the expectations of all the participants and guests of the this Rhythmic Gymnastics Tournament.

The chosen Venue for the GCP Lisbon International Rhythmic Gymnastics Tournament 2018 will be the Casal Vistoso Sports Hall which is one of the main Halls in the city, and has host the Lisbon FIG World Cup in past few years.

It is located in the Lisbon Oriental area between the City Centre and Lisbon International Airport and it stands less than 10 minutes away from both places.

Lisbon has attractions and sights to suit every taste and interest – and most of them are within walking distance, being some of the most famous attractions in the city you can find the largest European Oceanarium (EXPO 1998 Park), the Lisbon Casino and some of largest shopping areas.

But Lisbon has a lot more to offer. With a history that dates back to eight hundred years ago, it emerged as a nation in the early 12th century and Lisbon was ranked as one of the world's longest founded cities full of historic landmarks, great buildings and interesting sights and museums. The local gastronomy is among the world's most distinguished and innovative cuisines and is based on the Mediterranean kitchen in a friendly atmosphere.

I assure you that we will do everything we can to make Lisbon a hospitable home for all the participants in the GCP Lisbon International Rhythmic Gymnastics Tournament 2018, where you can not only test your new routines on an international event, but also interact with like-minded people and make new friends.

I look forward to seeing you in Lisbon in March.

Manuel Cavaleiro de Ferreira

President of Ginásio Clube Português

and

Chairperson of Lisbon International Rhythmic Gymnastics Tournament 2018

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AMAZING LISBON

Why Lisbon?

If you're dreaming about your next trip to Europe, come and discover Lisbon, a historical city full of stories to tell, where the sun shines 290 days a year and the temperature rarely drops below 15° C. A city where you feel safe wandering around day or night, and where you'll find hotels and restaurants to suit every taste, budget and requirement. Discover Lisbon, a city full of authenticity where old customs and ancient history intermix with cultural entertainment and hi-tech innovation.

Also It will be a unique opportunity for the Clubs, Gymnasts and Spectators to be a part of the most remarkable Rhythmic Gymnastics Tournaments in 2018. We have made all the necessary preparations for the GCP Lisbon International Rhythmic Gymnastics Tournament 2018 so that gymnasts, coaches and all guests are comfortably housed, provided with quality food and transportation and above all have a great time and competition in Lisbon.

After all, Lisbon is world famous for its hospitality and the family-like way it welcomes visitors.

Only in Lisbon

Lisbon is the perfect city break, not just because it combines a European capital, the beach and nature all into one, but because it also offers a set of characteristics you won't find anywhere else. You won't find art below your feet in any other city, for example, and even less so in the impressive shape of *calçada portuguesa*, the art of stone paving which visitors find so impressive. And if you can manage to raise your eyes from ground level to the walls around you, you will also see that the amazing art of tile making (*azulejaria*) has plenty to be proud of: in almost every building or street you can find worthy representatives of the geometric or figurative art that found its zenith in Portugal. The intermixing of urban art by world famous artists, such as Vhils, with Manueline-style ornamental art can only be seen in this sunny corner of Europe. Come and see for yourself. [\(read more\)](#)



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LISBON REGION

SIGHTSEEING & ACTIVITIES

You may love Lisbon for the monuments, ideal conditions for the practice of sport or delicious gastronomy. Even for all these reasons and more. One thing is certain: all the time in the world won't be enough to enjoy all to do and see in the capital. Make your choice and let Lisbon blow your heart away. ([read more](#))

NATURE

The Serra de Sintra and the sea bring all the beauty of the region powerfully together to delight the senses. Due to these influences, the region boasts particularly rich flora and fauna, not to mention physical geography.

GASTRONOMY

The sea is fundamental to this region therefore, most popular dishes are based on fish and seafood. Fish is frequently caught with the rodby solitary fishermen or bought from the daily catch at Lisbon Region and seafood is meticulously bred along the rocky coast. The region's winemaking tradition dates back to Roman times where ecological microsystems made it possible to produce a full-bodied wine in Carcavelos rivalling the more traditional Port.

CULTURE

The Lisbon Region has a rich historical past. A fantastic range of historical buildings, museums and other sites of cultural interest all lie within easy reach.

SPORTS

The proximity of the sea and mountains, the unpolluted air and the mildness of the climate throughout the year, make the Lisbon Region an ideal place for pursuing a variety of sports. There are clubs and companies with the facilities, equipment and specialized coaches to support almost any kind of sport, from sailing to extreme sports.

GOLF

The Estoril & Sintra Coast has an enormous variety of golf courses. Most of these courses were designed by architects with an international reputation. There is a wide choice of tempting rounds of every level of difficulty up to the highest international standard.

SEA

For Sea lovers, there are innumerable other attractions: one can hire yachts and dinghies and - why not? - take a sailing tour of the coast, enjoying the landscape, including the hills, from a fascinating new perspective. Additionally, all along the coast the wind and waves are perfect for surfing, windsurfing, kitesurfing and bodyboarding.



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PROGRAMME AT A GLANCE

March 7th

Early arrival of delegations

March 8th

Arrival of Delegations

Trainings

Competition possibility according to the number of registrations

Orientation Meeting for Heads of Delegation

March 9th

Opening Ceremony

Individual competition:

Age Group 1 (one): 1 exercise (without apparatus)

Age Group 3 (three): 1 exercise (without apparatus)

Pre-Juniors: 1 apparatus (Clubs)

Juniors: 2 apparatus (Hoop & Ball)

Seniors: 2 apparatus (Hoop & Ball)

March 10th

Individual competition:

Age Group 2 (two): 1 exercise (without apparatus)

Age Group 3 (three): 1 apparatus (Hoop)

Pre-Juniors: 2 exercises (Without apparatus & Hoop)

Juniors: 2 apparatus (Clubs & Ribbon)

Seniors: 2 apparatus (Clubs & Ribbon)

Awards Ceremonies

March 11th

Group Competition:

Age Group 2 (two): 1 exercise (without apparatus)

Finals and Awards Ceremonies:

Junior Individuals (8 best gym. per apparatus, 2 per country)

Senior Individuals (8 best gym. per apparatus, 2 per country)

International Gala and Closing Ceremony

March 12th

Delegations departure



CREDITS: www.zimbio.com

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COMPETITION FORMAT

Age Group 1: Individual (born 2010)

1 exercise: without apparatus
Medals of participation for all gymnasts

Age Group 2: Individual (born 2009)

CI/Individual Qualification;
1 exercise: without apparatus

Age Group 2: Groups Competition (born 2009, 2010 and 2011)

CI/Group Qualification;
1 exercise: without apparatus

Age Group 3: Individual (born 2007, 2008)

CI/Individual Qualification;
2 exercises: without apparatus and hoop

Pre-Juniors: Individual (born 2005, 2006)

CI/Individual Qualification;
3 exercises: without apparatus ; hoop and clubs

Juniors: Individual Competition

CI/Individual Qualification; CIII/Individual Finals (8 best gymnasts after CI,
two per Country).
FIG competition rules 2017-2020.

Juniors: Groups Competition

Competition I: Group competition with two presentations of a free exercise
with 10 Clubs. The results of these two presentations will be added. After
this competition, the best eight groups are qualified for Competition III.
Competition III: Medals Final (competition III)

Seniors: Individual Competitions

Qualifications/All-Around Competition (CI/CII); and Finals (CIII).
FIG competition rules 2017-2020.

Seniors: Group Competitions

All around and Finals (5 hoops/3 balls & 2 Ropes)

Guidelines

Juniors and Seniors: [\(Click Here\)](#)

Pre-Juniors and Age Groups: [\(Click Here\)](#)



CREDITS: stuttgartcitizen.com

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THE SPORTS HALL

MUNICIPALITY SPORTS COMPLEX CASAL VISTOSO

Our sports centre is located at the heart of Lisbon. Just a mere 20 minutes walking distance from the Official Hotels and 10 minutes from Subway which makes this the perfect place for the GCP Lisbon International Rhythmic Gymnastics Tournament 2018.

It is also one of the premier sporting venues in the Lisbon area and has hosted several major sporting events.

The competition area is 45 meters long, 30 meters wide and 15 meters high, with a top-quality maple strip sprung floor. This hall is overlooked by spectator area on the first floor. It has a seating capacity of 1,300.

The facility complies with national and international competition standards for several sports, including, basketball, volleyball and gymnastics, among others. A secondary hall and a swimming pool also make this venue a perfect one for receiving a wide range of competitions and sports.

Address:

Rua João da Silva 1900 - 271

Tel.: 218 170 107

Fax: +351 218 171 344



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ACCESSIBILITY

BY AIR

Lisboa International Airport, 7 km from the city centre, has daily flights to and from the major cities in Europe and the world. When you arrive to Lisboa, easily you can reach the Venue of the Competition and the Official Hotels. It's just a 15 minutes distance. The Portuguese airlines TAP – Air Portugal and PGA – Portugal Airlines, as well as major international airlines and low cost company, fly to and from Lisboa.

BY RAIL

It is just as easy to reach the centre of the city. National and international trains arrive every day at Santa Apolónia station, which is very close to all the traditional neighbourhoods and Terreiro do Paço. But if you would like to add a unique architectural experience to your arrival, get off at Gare do Oriente, whose Calatrava-designed lines impress even those who see it every day.

BY SEA

Lisbon has a modern, well-equipped marina in the Tagus Estuary, close to the Lisbon airport and city center. Those arriving by sea have one of the best views of Lisbon – from the river – and can moor in 3 different places, all near the centre. If you come by cruise ship, you can dock at Alcântara, Rocha Conde de Óbidos or Santa Apolónia. If you arrive by yacht, there are several marinas as you sail up the river.

BY ROAD

The best ways to enter Lisbon are via the A1 and A2, which both have national and international connections along their course. The landscape is beautiful and mobility around the region compensates the long hours of driving. After all, there is more to Lisbon than just city.

AEROBUS & TAXI

When you arrive to Lisboa, you will have an Aerobus linking the Airport to Cais do Sodré Station (every 20 minutes from 7 a.m. to 9 p.m.).

Taxis Available right outside the Arrival and Departure halls. Uber or Cabify is also an option.



Flight times to Lisbon from some European Cities:

Amsterdam	2h50
Kiev	4h50
Prague	2h25
Brussels	2h40
London	2h50
Rome	2h45
Barcelona	1h45
Luxembourg	2h40
Sofia	4h20
Budapest	3h50
Madrid	1h05
Stockholm	4h15
Copenhagen	3h30
Milan	2h30
Stuttgart	2h50
Dublin	2h40
Moscow	5h25
Vienna	3h20
Frankfurt	2h55
Munich	3h05
Warsaw	4h00
Geneva	2h25
Oslo	3h55
Zurich	2h40
Paris	2h20

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REGISTRATION

GENERAL INFORMATION

All clubs/ teams should register via official webpage – www.lisbonrg.pt

It is not possible to register during the event.
For greater efficiency and expedience, on-line registration is highly recommended.

The organisation reserves the right to alter the venue if necessary.

Major Force Events: If the event is cancelled the organisers shall not be responsible for airfare, hotel or other costs incurred by the participants. Insurance on this matter is recommended.

Confirmation: After the LOC has received your registration, it will acknowledge its receipt. Your registration will then be processed and confirmation sent back to you as soon as your payment is confirmed.

REGISTRATION FORMS

Definitive Registration:	Click here	until January 8th, 2018
Accommodation Form:	Click here	until January 8th, 2018
Visa Request Form:	Click here	until January 8th, 2018
Nominative Registration:	Click here	until February 8th, 2018

COMPETITION FEE'S

AGE GROUPS | PRE-JUNIOR (INDIVIDUAL GYMNASTS)
20,00 € per gymnast individual

AGE GROUP 2 (GROUPS)
60,00 € per group

JUNIOR|SENIOR (INDIVIDUAL GYMNASTS)
35 euros per gymnast

JUNIOR|SENIOR (GROUPS)
80 euros per group

Note: The participating Member Federations must send minimum one qualified Judge, as mentioned in the Directives. Failure to do so will result in a fine of 250 EUR - to be paid to the Organizing Member Federation.

PAYMENTS

Payment of the Entry Fee	January 8th, 2018
50% Payment of the Accommodation Package Costs	January 8th, 2018
Payment of the fine for missing judge	January 8th, 2018
Remain Payment of the Accommodation Package Costs	February 8th, 2018

All payments must be processed in Euros.

All expenses in connection with transferring must be paid by the participant Club.

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ACCOMMODATION

A number of rooms have been reserved GCP Lisbon International Rhythmic Gymnastics Tournament 2018 in some hotels close to the venue.

We must stress that as we are not a travel agency all our hotel selections are based on objective analysis of the properties and on a quality-cost basis.

All the chosen hotels are of a very high standard at excellent discounted rates. Prices will range from 95 € (**** hotels) to 65 € (*** hotels). **Full-Board Accommodation Rates per person/day.**

Detailed prices and categories can be found on the official webpage menu item "Accommodation" to assist you in your selection.

Prices are in Euro (€) and include VAT and Full-Board (except where otherwise specified).

To ensure that you get your preferred accommodation from this list, we advise you to book your room(s) as soon as possible. Should you have any doubts please contact the event secretariat lisbonrg@gcp.pt



Find all the information regarding booking accommodation at www.lisbonrg.pt

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SOCIAL PROGRAMME



The Local Organising Committee will prepared a detailed social programme which, in addition to providing an insight into Portugal's love affair, will also provide memorable moments for all the participants and accompanying persons as well as an enriching cultural experience.

WELCOME RECEPTION – Thursday 8th, March 2018

During the Welcome Reception you will have a chance to catch up with old friends or meet new ones... Connecting & Networking is the key to Success... an opportunity to Convene, Connect and Commit.

Dress Code: Smart Casual



FINAL PARTY & DINNER – Sunday 11th, March 2018

This Very Special Evening has been conceived to allow you to get to know Portugal and the Portuguese through your senses. The Dinner will be a very grand affair. A specially designed menu will connect you to your emotions and senses. You will be able to taste, see, smell, touch, hear, and feel all the aspects that make this country a feast for the senses. This special moment will include entertainment, prizes and other surprises.

Dress Code: Smart Casual

Price: 30 euros



TOURS & SIGHTSEEING

A number of social events have been organised exclusively for GCP Lisbon International Rhythmic Gymnastics Tournament 2018 participants.

The Lisbon City and the Lisbon Region (Sintra & Cascais) offers a large variety of entertainment, scenery and culture. The social programme we have drawn up offers participants and accompanying persons the opportunity to sample the atmosphere and hospitality for which Portugal is famous worldwide. These tours can be purchased on your registration form.

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SPONSORSHIP OPPORTUNITIES

GENERAL INFORMATION

Sponsorship opportunities are available at various levels, including a limited number of Major Sponsor opportunities. Major Sponsors will be offered the highest profile at this Sports Event, including funding events such as reception, meals, others, and maximum visibility through printed materials and on the website. Please contact the event secretariat to discuss how your organization can benefit from sponsoring an event at the GCP Lisbon International Rhythmic Gymnastics Tournament 2018 .



SPONSORSHIP WITH EXHIBITION AREA

For sponsorship opportunities please contact the event secretariat.

At your request the GCP Lisbon International Rhythmic Gymnastics Tournament 2018 secretariat will provide a copy of the call for sponsors. There are a variety of sponsorship categories available. For each category there are a limited number of sponsors, so we encourage you to complete your application earlier so we may guarantee your preference.

Should you wish we can organise a skype call at your convenience to give you further information or details on the Event.

SPONSORSHIP KIT

There are many possibilities to raise your company profile before, during and after the GCP Lisbon International Rhythmic Gymnastics Tournament 2018.

For detailed information on all sponsorship categories and opportunities, as well as any other enquiry, please request the sponsorship kit from the event secretariat using the following contacts:

Email: lisbonrg@gcp.pt

Telephone: (+351) 213 841 580

Fax: (+351) 213 841 589

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TOURS AND ACTIVITIES

(Pre and Post Event Tours)

ÉVORA



Set off for Évora, the capital of the Alto Alentejo, which was declared World Heritage by UNESCO. Apart from its heritage, you may also enjoy its fine cuisine, as well as its really magnificent surrounding area.

The Alqueva Dam deserves special attention as it is the largest artificial lake in Europe. Monsaraz is known for its town inside the fortifications.

Including: Entrances fees in Capela dos Ossos in Évora

Duration: Full Day

Minimum Nº of Persons: 25

FÁTIMA / ÓBIDOS / BATALHA / ALCobaÇA / NAZARÉ



On this tour, you will visit Fátima, the centre of the Catholic faith. Visit the basilica, and the chapel of the apparitions.

Be dazzled by the Batalha Monastery, a monument that is considered one of the highlights of Portuguese Gothic monuments.

You will also visit Portugal's major church, the Santa Maria de Alcobaca Church. Next, discover one of the most beautiful Portuguese towns, Óbidos, and the traditional fishing town of Nazaré, with its BIG WAVES.

Including: Entrances fees in Gothic Churches of Alcobaca and Batalha Monastery

Duration: Full Day

Minimum Nº of Persons: 25

SESIMBRA / ARRÁBIDA / SETÚBAL



Visit the National Park of the Arrábida Mountain Range which stretches along the coast between Sesimbra and Setúbal. Visit the wide beaches of the Caparica Coast, ending in Sesimbra, where you will stop for a free lunch time to taste one of the many freshly caught gastronomical treasures. Climbing the mountain range of Arrábida, participants will observe the beautiful contrast between sea and land, and its fantastic beaches. The tour carries onto Setúbal, an important industrial city and Portugal's third largest port. Return to Lisbon.

Including: Entrances fees in José Maria da Fonseca Cellars with a taste of wine (Glass)

Duration: Full Day

Minimum Nº of Persons: 25

SINTRA / CASCAIS / ESTORIL

We suggest a walk through the famous town of Sintra, a town of charms, recognized by UNESCO as a cultural scenery and global heritage.

In Sintra, the natural beauty is inseparable from the art of its palaces. Participants will cross the most western bridge in Europe, the Cabo da Roca, and drive through Colares, a wine region.

Continuing along the coast, you will be able to see the unforgettable scenery near Cascais, and the fantastic Boca do Inferno (Hell's Mouth). Return to Lisbon via the seaside.

Including: Entrances fees in Sintra National Palace

Duration: Half Day

Minimum Nº of Persons: 25

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TOURS AND ACTIVITIES

(Pre and Post Event Tours)

COME AND DISCOVER LISBON



A very welcoming, modern city, that will reveal bits of Portugal's history and traditions as you cross its most characteristic quarters, and visit its monuments, viewpoints, squares, museums, and parks.

Discover the Jerónimos Monastery, the Belém Tower, St George's Castle, the National Pantheon, and the Discoveries' Monastery.

Duration: Half Day

Minimum Nº of Persons: 25

MAFRA / ERICEIRA / SINTRA



Visit Mafra, where you will find the most important baroque monument in Portugal, the Mafra Convent.

On the way, participants will visit José Franco's museum village in Sobreiro.

Then participants will visit some of the magnificent beaches of the National Park of Sintra-Cascais.

Including: Entrances fees in Mafra National Palace

Duration: Half Day

Minimum Nº of Persons: 25

Booking a tour lisbonrg@gcp.pt

LISBON BY NIGHT

Start with a walk past various illuminated monuments and squares: the Jerónimos Monastery, the Belém Tower, 25 de Abril Bridge, the Avenida da Liberdade, the Marquês de Pombal Square... ending in a nice, typical restaurant, with the enticing traditional Portuguese fado, and folklore.

Return to Official Hotels after the dinner.

Including: Dinner with drinks – Mineral water (1/2 bottle p.p.), wine (1/2 bottle p.p.) and coffee.

Tradicional Fado and Folklore show in "Pateo de Alfama" or similar.

Duration: 04:00 hours

Minimum Nº of Persons: 25

Other Options (any day)

DIVING

If you would like to dive but are not a certified diver, now is your opportunity to do it in Cascais. A dive master for each two persons.

If you are a certified diver and you would like to dive in Portugal we have great diving spots in Cascais, Sesimbra, Peniche (Berlengas islands) or even in the Algarve. Tech dive and wreck dive are still available for certified divers.

These activities can take place pre, post, and during the event free time. You can bring your own equipment or rent it at the diving place. Nitrox is available in most of the places.

Prices are dependent on place, number of persons, equipment needed, amongst others.

In order to get an estimate rate please contact the GCP Lisbon International Rhythmic Gymnastics Tournament 2017 secretariat in advance as soon as possible.

Note: This activity is subject to weather and water conditions.

Duration: 02:00 hours (Cascais)

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USEFUL INFORMATION

CLIMATE AND CLOTHING

Portugal has a mild climate without extremes of temperature. Winters are never too cold and summers are always moderately hot. Lisbon climate is strongly influenced by the Gulf Stream and is one of the warmest European capitals. Spring and summer months are usually sunny. Even in winter, temperatures seldom fall below 10°C.

For the latest weather click [here](#)

CURRENCY AND BANKING

The unit of currency is the Euro (€). Some banks have automatic exchange machines. Reception in most hotels will change money and they are entitled to charge a small extra amount to cover fluctuation exchange rates. Traveller cheques and Eurocheques are accepted by all Portuguese banks and exchange bureaus. Visa, Amex, Eurocard, Diner Club and Master Card are the most useful credit cards.

PASSPORT AND VISA INFORMATION

No visa requirements for EU passport holders. All non-EU citizens should contact their local embassies for specific requirements.

OFFICIAL INVITATION

An official letter designed to assist in meeting administrative requirements in some countries, will be sent to any participating team upon request. However, this invitation implies no obligation, financial or otherwise, by the GCP Lisbon International Rhythmic Gymnastics Tournament 2017 Local Organising Committee.

SMOKING BAN

With effect from 1 January 2008, smoking is forbidden in almost all indoor public places, with the exception of some restaurants and bars that can designate 30 percent of their space for smokers if they are larger than 100 square metres.

Smoking will not be permitted indoors in the meeting area.

Non-compliance with this ban can lead to prosecution and a fine of up to 1.000,00 Euros.

ELECTRICITY

The current is 220 volts AC, with a continental round pin plug.

EMERGENCY PHONE NUMBERS

For Police and Ambulance emergency dial 112.

TIME ZONE

GMT (Greenwich Mean Time)

OPENING HOURS

Banks: Are open from 08:30 a.m. to 03:00 p.m. Monday to Friday, closing on public holidays.

Shops: From 09:00 a.m. to 01:00 p.m. and 03:00 p.m. to 07:00 p.m. (working days). On Saturdays most shops close at 01:00 p.m., even though there are some open in the afternoon.

Shopping Centres: are open from 10:00 a.m. to 11:00 p.m. or midnight, every day of the week.

EVENT ORGANISERS & SECRETARIAT



**GINÁSIO
CLUBE
PORTUGUÊS**

If you need to get in touch with us please use the following contacts:

Praça Ginásio Clube Português, n.º 1
1250 - 111 Lisboa | Portugal

T.: (+351) 213 841 580

F.: (+351) 213 841 589

E-mail: lisbonrg@gcp.pt

Event webpage: www.lisbonrg.pt

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OFFICIAL WEBPAGE

Find all the informations about the GCP Lisbon International Rhythmic Gymnastics Tournament 2018 at the Event webpage.

Try it on your desktop or on your mobile phone.

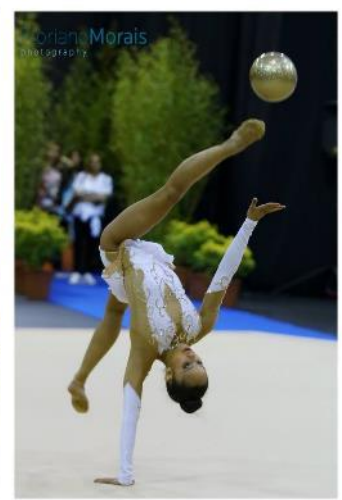


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MOMENTS 2017



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