

**FIG ARTISTIC GYMNASTICS
APPARATUS WORLD CUP
AGF TROPHY
March 7-10, 2024**



WORK PLAN

BAKU, AZERBAIJAN

Revised: 01.03.2024

Dear Friends,

We will be glad to see you all here at the FIG Artistic Gymnastics Apparatus World Cup to be held on March 7-10, 2024. This year, we have 70 participating countries which is a record number in comparison with the previous competitions held in Baku.

Providing you with the below information, we are confident that it will help us to have smooth running of competitions with your kind cooperation.

Looking forward to meet you here in Baku!

With best regards,
LOC

**GENERAL
INFORMATION**

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**COMPETITION
VENUE**

MGA – Milli Gimnastika Arenasi (National Gymnastics Arena)

178 Heydar Aliyev Avenue
AZ1029 Baku, Azerbaijan

Tel: +99412 566 9699

Email: info@mga.az

Website: www.mga.az

The MGA was officially opened in April 2014. This gymnastics specialized Arena has already hosted many different international sport events. The Arena has the ability to stretch from 5,000 to 9,600 seats, depending on the size and the nature of the event it hosts. This sports facility has become a favorite training camp venue of many gymnasts all over the world.

Training and Warm-up facilities will be located within the MGA.

PROVISIONAL SCHEDULE

March 05 - Tuesday

All day	Arrival of delegations Free training upon request (administration@aqf.az)
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March 06 - Wednesday

08:00-14:30	Accreditation	MGA (Floor -2)
08:00-14:00	WAG Free Training	MGA (Training & Warm-up Hall)
09:00-14:00	MAG Free Podium Training	MGA (FoP, -2)
12:30-14:00	WAG Judges' Instruction & Draw	MGA (Judges' Room, -2)
14:00-14:15	Scoring system training for WAG Judges	MGA (FoP, -2)
15:00-16:00	Orientation meeting	Artistic Lounge, 1 floor
16:15-17:15	MAG Judges' Instruction & Draw	MGA (Judges' Room, -2)
16:30-20:30	MAG Free Training	MGA (Training & Warm-up Hall, -2)
16:00-22:00	WAG Podium Training per schedule	MGA (FoP, -2)
17:15-17:30	Scoring system training for MAG Judges	MGA (FoP, -2)

March 07 - Thursday

09:00-18:30	Free training - MAG & WAG	MGA (Training & Warm-up Hall, -2)
09:00-10:30	Free podium training - MAG & WAG	MGA (FoP, -2)
11:00-12:00	MAG & WAG Judges' Meeting	MGA (Judges' Room, -2)

Qualification, Day 1

11:45-12:00	Opening Ceremony	MGA (FoP, -2)
12:00-12:30	Rotation 1 MAG: Floor / Parallel Bars / Rings WAG: Vault / Uneven Bars	MGA (FoP, -2)
12:30-13:00	Rotation 2 MAG: Floor / Parallel Bars / Rings WAG: Vault / Uneven Bars	MGA (FoP, -2)
13:00-13:30	Rotation 3 MAG: Floor / Parallel Bars / Rings WAG: Vault / Uneven Bars	MGA (FoP, -2)
13:30-14:00	Rotation 4 MAG: Floor / Parallel Bars / Rings WAG: Vault / Uneven Bars	MGA (FoP, -2)

14:00-15:00	Break		
15:00-15:30	Rotation 5	MAG: Floor / Parallel Bars / Rings WAG: Vault / Uneven Bars	MGA (FoP, -2)
15:30-16:00	Rotation 6	MAG: Floor / Parallel Bars / Rings WAG: Vault / Uneven Bars	MGA (FoP, -2)
16:00-16:30	Rotation 7	MAG: Floor / Parallel Bars / Rings WAG: Vault / Uneven Bars	MGA (FoP, -2)
16:30-17:00	Rotation 8	MAG: Floor / Parallel Bars / Rings WAG: Vault / Uneven Bars	MGA (FoP, -2)
17:00-17:30	Rotation 9	MAG: Floor / Parallel Bars / Rings WAG: Vault / Uneven Bars	MGA (FoP, -2)
17:30-18:00	Rotation 10	MAG: Floor / Parallel Bars WAG: Vault / Uneven Bars	MGA (FoP, -2)
18:00-18:30	Rotation 11	MAG: Floor / Parallel Bars WAG: Vault / Uneven Bars	MGA (FoP, -2)
18:30-19:00	Rotation 12	MAG: Floor WAG: Uneven Bars	MGA (FoP, -2)
March 08 - Friday			
09:00-17:30	Free training - MAG & WAG		MGA (Training & Warm-up Hall, -2)
09:00-10:30	Free podium training - MAG & WAG		MGA (FoP, -2)
11:00-12:00	MAG & WAG Judges' Meeting		MGA (Judges' Room, -2)
<i>Qualification, Day 2</i>			
12:00-12:30	Rotation 1	MAG: Vault / Pommel Horse / Horizontal Bar WAG: Balance Beam / Floor	MGA (FoP, -2)
12:30-13:00	Rotation 2	MAG: Vault / Pommel Horse / Horizontal Bar WAG: Balance Beam / Floor	MGA (FoP, -2)
13:00-13:30	Rotation 3	MAG: Vault / Pommel Horse / Horizontal Bar WAG: Balance Beam / Floor	MGA (FoP, -2)
13:30-14:00	Rotation 4	MAG: Vault / Pommel Horse / Horizontal Bar WAG: Balance Beam / Floor	MGA (FoP, -2)
14:00-15:00	Break		
15:00-15:30	Rotation 5	MAG: Vault / Pommel Horse / Horizontal Bar WAG: Balance Beam / Floor	MGA (FoP, -2)
15:30-16:00	Rotation 6	MAG: Vault / Pommel Horse / Horizontal Bar WAG: Balance Beam / Floor	MGA (FoP, -2)
16:00-16:30	Rotation 7	MAG: Vault / Pommel Horse / Horizontal Bar WAG: Balance Beam / Floor	MGA (FoP, -2)
16:30-17:00	Rotation 8	MAG: Vault / Pommel Horse / Horizontal Bar WAG: Balance Beam / Floor	MGA (FoP, -2)
17:00-17:30	Break		
17:30-18:00	Rotation 9	MAG: Vault / Pommel Horse / Horizontal Bar WAG: Balance Beam / Floor	MGA (FoP, -2)
18:00-18:30	Rotation 10	MAG: Vault / Pommel Horse / Horizontal Bar WAG: Balance Beam / Floor	MGA (FoP, -2)
18:30-19:00	Rotation 11	MAG: Vault / Pommel Horse / Horizontal Bar WAG: Balance Beam / Floor	MGA (FoP, -2)
19:00-19:30	Rotation 12	MAG: Pommel Horse WAG: Balance Beam / Floor	MGA (FoP, -2)
19:30-20:00	Rotation 13	MAG: Pommel Horse WAG: Balance Beam	MGA (FoP, -2)

20:00-20:30	Rotation 14 WAG: Balance Beam	MGA (FoP, -2)
March 09 - Saturday		
09:00-14:00	Free training - MAG & WAG	MGA (Training & Warm-up Hall, -2)
09:00-10:30	Free podium training - MAG (Floor, Parallel Bars, Rings) Free podium training - WAG (Vault, Uneven Bars)	MGA (FoP, -2)
11:00-12:00	MAG & WAG Judges' Meeting and Draw	MGA (Judges' Room, -2)
<i>Apparatus Finals</i>		
12:00-12:40	MAG: Floor	MGA (FoP, -2)
12:40-13:40	MAG: Parallel Bar / WAG: Vault	MGA (FoP, -2)
13:40-14:40	MAG: Rings / WAG: Uneven Bars	MGA (FoP, -2)
14:40-14:55	Award Ceremony (+ AGF Trophy)	MGA (FoP, -2)
15:30-17:00	City Sightseeing Tour (departure from MGA, arrival to official hotel)	
March 10 - Sunday		
09:00-14:00	Free training – MAG & WAG	MGA (Training & Warm-up Hall, -2)
09:00-10:30	Free podium training - MAG (Vault, Pommel Horse, Horizontal Bar) Free podium training - WAG (Balance Beam, Floor)	MGA (FoP, -2)
11:00-12:00	MAG & WAG Judges' Meeting & Draw	MGA (Judges' Room, -2)
<i>Apparatus Finals</i>		
12:00-13:00	MAG: Vault / WAG: Balance Beam	MGA (FoP, -2)
13:00-14:00	MAG: Pommel Horse / WAG: Floor	MGA (FoP, -2)
14:00-14:40	MAG: Horizontal Bar	MGA (FoP, -2)
14:40-14:55	Award Ceremony	
15:30-17:00	City Sightseeing Tour (departure from MGA, arrival to official hotels)	
19:00-22:30	Banquet	
March 11 - Monday		
All day	Departure of delegations	

ARRIVAL INFORMATION	Official delegations` members will be met at Heydar Aliyev International Airport (GYD), bus or railway station upon arrival in Baku and transferred to the event's official hotels where they reserved their accommodation through the LOC. The delegations will be informed of the time fixed for their accreditation upon arrival.
ACCREDITATION	<p>Accreditation Center is located within the competition venue - Milli Gimnastika Arenasi (MGA, National Gymnastics Arena). There is no need for all delegation members to be present at the accreditation center. One/two responsible persons from the delegation possessing all the necessary information is enough to get accreditation for all its members.</p> <p>The following items will be checked/submitted by a responsible person:</p> <ul style="list-style-type: none"> • Passports of gymnasts and judges including all members of the delegations • Licenses • Transport – Departure details • Settlement of all outstanding payments

	<ul style="list-style-type: none"> • The medical insurance for the members of the delegations • BIB numbers • WAG - 2 sets of Audio CD's of the music and a form with the duration and the author of the music has to be filled in; official titles/interpreters have to be indicated • National anthem and national flag • Possible submission of other forms • Submission of e-mail address and WhatsApp number of one responsible person
<p>INFORMATION DISTRIBUTION</p>	<p>No hard copies of any documents (start list, results & other relevant documents) will be available for distribution.</p> <p>All the necessary information will be communicated via email and WhatsApp group (email addresses and mobile phone numbers of HoD/responsible person will be collected for this purpose). Information desks and boards, including transport, will also be set up at each official hotel's lobby.</p> <p>All STARTING ORDERS, intermediate RESULTS and FINAL RESULTS` BOOK will be sent ONLY via email to the National Federations` official email. Delegations will be requested to inform the LOC about the correct email address upon arrival.</p> <p>Moreover, by scanning QR Code placed on the Accreditation card, you will be able to find all necessary competition information.</p>
<p>TRANSPORT</p>	<p>Bus schedule from the official hotels to the Competition Venue & back will be provided to the delegations at the accreditation center / LOC room. In addition, transport will be available for the participants to get to the place of the farewell banquet.</p>
<p>HOTELS</p>	<p>Baku Marriott Boulevard Hotel 5* Address: Khagani Rustamov street 4C, AZ1010, Baku, Azerbaijan Tel.: +99412 310 00 10 Website: www.boulevardhotelbaku.com</p> <p>The Hotel is located close to the city center.</p> <p><u>Distances</u> Airport – 25 km (25 min. drive) Training/competition venue – 10 km (10min. drive)</p> <p>Courtyard Baku by Marriott 4* Address: 300-303 quarter, intersection of M. Fuzuli and A. Topchubashov streets, Nasimi district, Baku, AZ1009 Tel.: +99412 310 40 40 Website: https://www.marriott.com/hotels/travel/gycy-courtyard-baku/</p> <p>The Hotel is located close to the city center.</p> <p><u>Distances</u> Airport – 26.6 km (31 min. drive) Training/competition venue – 14.6 km (21 min. drive)</p>

Sport Plaza Hotel & Apartments 3* (low cost)

115 Heydar Aliyev Avenue, Building 187 C, Baku AZ1029

Tel: +99412 565 05 55

Website: www.sportplaza.org

This sport hotel located within the area of the Athletes` Village used during the Baku 2015 First European Games, offers rooms like at the Olympic Village standard with single and twin occupancy with separate and shared bathroom. It is just opposite the MGA.

Distances

Airport – 17,5 km (18 min. drive)

Training/competition venue – 4,7 km (6 min. drive)

Note:

Breakfast is included into the accommodation reservation. Wi-Fi is available at the above-mentioned hotels.

The delegations, who reserved meals for its members, will get meal coupons at the Accreditation Centre.

Meal schedule for the delegations booked meals at hotels/MGA (breakfast is included into the accommodation reservation) is as follows:

Location	Breakfast	Lunch	Dinner
Baku Marriott Boulevard Hotel	06:00-10:00	13:00-15:30	19:00-22:00
Courtyard Baku by Marriott	06:00-10:00	13:00-15:30	19:00-22:00
Sport Plaza Hotel & Apartments	06:00-10:00	13:00-15:30	19:00-22:00
MGA	N/A	13:00-15:30	N/A

Those delegations ordered lunches at the official hotel but having training and competition at that time, may request the LOC to have their lunches prepared in the “lunch boxes” no later than 24 hours before the day concerned. This concerns only to the lunches reserved at the official hotels.

MEALS

VIP LOUNGES & ATHLETES LOUNGES

VIP Lounge and Athletes` Lounge are located on Level 1. The participants can spend their free time from trainings and competitions at the Athletes` Lounge where they can enjoy themselves with some table games, Wi-Fi access & soft drinks.

The delegations` seats are located on the Level 0.


ORIENTATION MEETING

The Orientation Meeting will be held at MGA (Level 1, Lounge – Artistic) **at 15:00 on March 6, 2024.**

Please note that attendance is compulsory for every delegation with maximum 2 representatives, one being the Head of Delegation (or his representative).

<p>FORMS</p>	<p>A responsible person from each delegation must submit the following forms to the Organizing Committee's Office/OC representatives by the below mentioned deadlines:</p> <ul style="list-style-type: none"> • New Elements – at the Orientation Meeting at the latest. • Request to Change Apparatus Measurements – at the Orientation Meeting at the latest. • Vault Number – 60 min. prior to the start of the competition to the LOC Office at the latest. • Change of Start List - to the OC Office, 24 hours before the competition start at the latest. • Request for Accreditation Changes – if necessary, the form should be submitted to the FIG and OC immediately for the FIG approval. • Gymnast's Withdrawal from Apparatus Finals - at the very latest, 24 hours prior to the start of MAG and WAG Apparatus Final to the LOC Office. • WAG Music Check Form – at the Podium Training. • Request to Remove BIB no. on FLOOR - at the Orientation Meeting at the latest.
<p>JUDGES' MEETING & SCORING SYSTEM INSTRUCTIONS</p>	<p>Men's Artistic Gymnastics</p> <p>The Judges' Instruction and Draw will be held in the Judges' Room (Level -2) at 16:15-17:15 on March 6.</p> <p>Technical Scoring System Instruction for MAG judges will be held at 17:15 on March 6, immediately after the completion of Judges' Meeting.</p> <p>Women's Artistic Gymnastics</p> <p>The Judges' Instruction and Draw will be in the Judges' Room (Level -2) at 12:30-14:00 on March 6.</p> <p>Technical Scoring System Instruction for WAG judges will be held at 14:00 on March 6, immediately after the completion of Judges' Meeting.</p> <p>The judges must respect the dress code mentioned in the Code of Points.</p> <p>All judges are required to take part in the judges' meetings, technical scoring system instructions in accordance with the schedule and location indicated in the present Work Plan.</p> <p>The drawing of lots of the Judges' Panels for the Qualification and Finals will be conducted by Technical Delegates both for Men's and Women's Artistic Gymnastics as scheduled (see Daily Schedule above).</p>
<p>SCORING</p>	<p>Scoring will be carried out by local SmartScoring brand. Video Control system will be provided.</p> <p>Competition results will be available at Information Desks and will be sent to the e-mail addresses of a responsible person of each delegation provided at the Accreditation.</p>
<p>TRAINING</p>	<p>The training sessions will take place at the training & warm-up hall adjacent to the Field of Play.</p>

<p>COMPETITION FORMAT</p>	<p>The Apparatus World Cup competitions consist of:</p> <p>Qualifications and Apparatus Finals</p> <p><u>Qualifications:</u></p> <ul style="list-style-type: none"> ▪ Participation is limited to 2 gymnasts per NF on each apparatus. ▪ FIG rules for Apparatus Final will be applied for vault. ▪ In case of a tie at any place (i.e. for gymnasts with the same final score), the tie-breaking rules as set up in the Technical Regulations, Section 2 shall be applied. <p><u>Finals:</u></p> <ul style="list-style-type: none"> ▪ The best eight gymnasts per apparatus from the qualifications qualify for the Finals ▪ Participation is limited to 2 gymnasts per NF on each apparatus. ▪ FIG Rules for Apparatus Final will be applied for Vault.
<p>APPARATUS FINAL</p>	<p>Gymnasts qualified for the Finals have to take their place in Apparatus Final unless they withdraw their place by using appropriate form attached.</p>
<p>AGF TROPHY</p>	<p>There will be held awarding of the AGF Trophy Cup to one man and one woman gymnast who have the highest execution result shown at the Qualifications provided that athlete has performed min. at 3 Apparatus at MAG events and 2 apparatus at WAG competitions.</p>
<p>AWARD CEREMONIES</p>	<p>Award Ceremonies</p> <p>The award ceremonies will be held as per the detailed competition schedule and carried out in accordance with the FIG Regulations for Award Ceremonies. Please ensure that your Federation's medalists are in time for the line-up prior to the ceremonies.</p> <p>The competitors requested to attend the award ceremonies will be as follows: Gymnasts ranked 1st to 3rd on each apparatus.</p> <p>Gymnasts will be required to wear the National track suit according to the FIG Rules. The national flags of the countries represented by the best 3 gymnasts will be hoisted and the national anthem of the country taken the 1st place will be played.</p>
<p>PRIZE MONEY</p>	<p>The organizing committee will transfer the Prize Money to the bank account of the countries' concerned in accordance with Article 10 of the Rules for the FIG Artistic Gymnastics Apparatus World Cup after the competitions.</p>
<p>MEDICAL SERVICES & DOPING CONTROLS</p>	<p>The LOC will provide first aid medical services. Physiotherapists will be present during the competitions.</p> <p>The Organizing Member Federation will provide at its own charge of 6 doping controls for Artistic Gymnastics (men 3, women 3).</p> <p>Appropriate medical premises will be provided to carry out above mentioned number of doping controls by AMADA (National Anti-Doping Agency).</p>
<p>TV & MEDIA COVERAGE</p>	<p>Host Broadcaster is Idman TV (Sports Channel of Azerbaijan Television and Radio Broadcasting Closed Joint-Stock Company).</p>

	<p>Local media representatives covering the events will be accredited according to the FIG Media Rules.</p> <p><u>Social media</u> https://www.facebook.com/azegymnastics https://www.youtube.com/c/AzerbaijanGymnasticsFederation/featured https://twitter.com/azegymnastics https://www.instagram.com/azegymnastics/ https://www.tiktok.com/@azerbaijanguymnastics?lang=ru-RU https://t.me/azegymnastics</p>
<p>OTHER INFORMATION</p>	<p>Currency: The currency in Baku is Azerbaijani Manat (AZN). For more information, please, visit: http://www.cbar.az/</p> <p>GMT: UTC + 4h</p> <p>Temperature: Average minimum: 4 °C Average maximum: 9 °C</p> <p>Power Supply: Voltage 220 volts; frequency 50 Hz. An adapter might be needed.</p>  <p>Information About Azerbaijan:</p> <ol style="list-style-type: none"> 1. Top day trips in Azerbaijan https://www.tripadvisor.com/Attraction_Products-g293934-t11889-zfq11867-Baku_Absheron_Region.html 2. Top attractions in Baku https://www.tripadvisor.com/Attractions-g293934-Activities-oa0-Baku_Absheron_Region.html 3. Top shopping malls in Baku https://www.tripadvisor.com/Attractions-g293934-Activities-c26-t143-Baku_Absheron_Region.html
<p>Appendices</p>	<p>Appendix 1 - New elements Appendix 2 - Request to Change Apparatus Measurements Appendix 3 - Vault Number Appendix 4 - Change of Start List Appendix 5 - Request for Accreditation Changes Appendix 6 - Gymnast's Withdrawal from Apparatus Final Appendix 7 - Request to Remove BIB no. on FLOOR Appendix 8 - WAG Podium Training</p>

Appendix 9 - Layout
Appendix 10 - AGF Medical COVID-19 Incident Response Protocols

With Best Wishes,



Nurlana Mammadzada
LOC Executive Director