

C o s m o g y m



F e s t i v a l

**COSMOGYM**  
**Gymnastics for All**  
**Contest**

**24 June 2012**

**Athens – HELLAS**



Dear Friends of Gymnastics,

**Sport Cultural Union Yitaneë**, member of the Hellenic Gymnastics Federation, gives you the opportunity to participate in **Cosmogym Gymnastics for All Contest**, which will take place in Athens during **Cosmogym Festival**.

Gymnastics teams or groups from Clubs, Schools, Universities, Municipalities etc, are welcome to participate. The performances may contain elements of artistic, rhythmic, acrobatic, tumbling, trampoline, modern and classic dance, aerobic, jazz dance, folklore and any other kind of gymnastics, with usual or unusual apparatus.

It will be our pleasure to accept our invitation to participate to this new event by sending a group of gymnasts.

Yours in Gymnastics,

Simeon Skouteris  
Head of O.C.

- **Dates – Place**

The Cosmogym Gymnastics for All Contest will take place on the **24 June 2012** in the Municipal Sport Arena of Peristeri.

<b>Important dates</b>	<b>Action</b>
<b>31/01/2012</b>	Deadline for Pre Registration Form
<b>31/03/2012</b>	Deadline for Final Registration Form - payment of 40%
<b>15/05/2012</b>	Payment of remain 60%
<b>24/06/2012</b>	COSMOGYM Gymnastics for All Contest

- **Program**

The provisional program is as follows:

<b>Date</b>	<b>Activity</b>	<b>Time</b>
Sunday 24/6/2012:	Group Leader meeting	9:00
Sunday 24/6/2012:	Group training	10:00
Sunday 24/6/2012:	Preliminary round	12:00
Sunday 24/6/2012:	Preliminary round result	14:00
Sunday 24/6/2012:	<b>Final round</b>	<b>18:00</b>
Sunday 24/6/2012:	Result for the Cosmogym Team of the Year 2012	

The above program is subject to participating teams and may be change without notice.

- **Technical information**

The following Gym Apparatus are available for the Performances:

- 10 Gym mats 200cm x 120cm x 7cm
- 4 Loading mats 200cm x 200cm x 40cm
- 3 Mini Trampolines 112cm x 112cm euro tramp open ends
- 1 Vaulting Box
- 1 Gym Area 14m x 14m (thickness 37 mm)

- **Contest Pass**

The Contest Pass costs 35 euro/per person and includes the following: participation rights, entrances to the sport places, commemorative medal for every team and diploma for all participants, security service, travel assistant and first aid during performances.

For those teams who participate in the Cosmogym Festival also, the **cost is only 10 euro/per person** additional to the Festival passes.

- **Contest Transport Service**

For the participants, the transport service in Athens includes the following:

1. Airport – Hotel – Airport
2. Hotel – Sport Venue – Hotel (only for the Contest)

Contest Transport Package in Athens costs 35 euro/per person. The organizing of transport service will be available for the teams with more than 10 participants.

Athens public transport networks operate from 5 am to midnight. The public transportation is operated by the metro, the yellow trolley buses, the blue city buses, the tram and the taxis. All these can bring you to the most of the city's sightseeing with a rather low fare (daily ticket 4 euro and weekly 14 euro). Airport bus cost 5 euro and 2,5 (until 18yrs) More info on tickets please visit <http://www.oasa.gr>

For those teams who participate in the Cosmogym Festival also, the **cost is only 10 euro/per person** additional to the Festival Transport Service.

- **Medical Care**

In all sport places there will be medical team ready to give you **first aid and paramedical help** in any case. The participating teams are obliged to cover the expense of insurance for their members in case of illness and accident.

- **Security Services**

The Cosmogym Gymnastics for All Contest has made security in a top priority.

The Festival is under responsible of General Police Department. The service includes 24 hours security in all Sports Arenas.

Gymnasts from all over the world can participate in Cosmogym Contest in the knowledge that all are prepared with professional response.

- **Visas**

The Organizing Committee will provide assistance to teams from countries whose citizens need a Visa to enter Greece. We will send an invitation letter to the respective Consulates of Greece informing them about your participation. **We inform you that the final issued of visas is subject to Embassies / Consulates of Greece in your country.** Please follow their suggestions for documentation needed for issued Visas.

- **Bonus**

Bonus of 1 FREE "Contest pass" for every 10 paid passes.

Bonus of 1 FREE "Contest Transport service" for every 15 paid persons

Bonus of 1 FREE person in triple room "Hotel package B/B" for every 25 paid persons

All kinds of Bonus are applied when all registration process is on time. (Pre registration, Final registration, payments of 40% and 60%).

If you apply for both events (festival and contest) you will get the bonus once.

- **Cosmogym Contest Rules**

In generally the rules are based in FIG rules applied in Gym for Life in Dornbirn 2009 with some different.

There will be one category:

1. Small - Large group mix age (from 10 participants and more)

We will accept to participate in the contest max 20 teams from Greece and abroad. In case of more interest the O.C. will decide on it.

Time limit is 5 min. (not include marching in - out and apparatus set up). Penalties will apply for additional time.

There will be preliminary round and final round.

In preliminary round the teams will be evaluated and ranked based on their score in Golden teams (8 teams), Silver teams (7 teams) or Bronze teams (5 teams).

The qualifying Golden teams will pass in final round and they will perform once again and the winner will receive the title of:

**"Cosmogym Team of the Year 2012"**

All Performances will be evaluated on entertainment value, overall impression, innovation, originality, variety and technique (quality & skill safety).

The evaluation will be carried out by a panel of experts. These experts are 1 person / per team (who may also be the coach of team or other person) and represent their team. All these experts can evaluate all other teams except their team. The sum of all experts is the final score of the team.

This panel of 20 team representatives will be in both rounds preliminary and final.

In the Group Leader meeting will be decided the order of performances by a lottery.

- **Award winners**

There will be gold, silver, bronze medals for all groups according their ranking and commemorative diploma to each gymnast depending on the position taken by the group.

The "Cosmogym Team of the Year 2012" will receive a special commemorative cup and a surprise gift that will be established by the sponsor of the Contest.

This gift is a check of ....euro. (It will be known later)

## • Accommodation

Accommodation is provided in 4\*\*\*\* hotels next to the seaside (1, 2, 3, 4 beds rooms), with B/B, H/B or F/B.

**There are a limited number of rooms in each of the following options. The registration will be on 'a first come first serve' basis. The following hotel rates are approximately and valid for registration in the festival dates (See important dates) and after is subject to change.**

Hotel	1 bed room	2 beds room	3 beds room	4 beds room	Lunch	Dinner
Emmantina 4****	55 € B/B	65 € B/B	78 € B/B	Not available	13 €	13 €
Palmyra Beach 4****	55 € B/B	65 € B/B	78 € B/B	90 € B/B	13 €	13 €
<b>The hotel rates are per room/per night with breakfast and include VAT and municipal taxes. B/B with breakfast, H/B with halfboard, F/B with full board.</b>						
Note, that you can arrive before or depart after events days in the same hotel rates.						

You can also book your accommodation with your own travel agency from your country  
For more information about bookings in Athens please visit the web site [www.booking.com](http://www.booking.com)  
In this case you only inform us the name of the hotel and its address in order to arrange your transportation.

## • Payment Schedule

The final acceptance of the participation occurs when you send us the Final Registration Form, with an attached copy of the bank transfer receipt, including the 40% of your total cost until **31/03/2012**.

The remaining 60% must be sending until **15/05/2012**.

**The registration of the teams is not valid until the payment is done.**

Bank Details	
National Bank of Greece	swift code ETHNGRAA
Stadiou str. branch	zip code 080
International bank account number (IBAN):	GR080110080000008094852103
Beneficiary name:	Simeon Skouteris
Details of payment:	Fees for Cosmogym
Informative office	
Sport Cultural Union Yitane	
Latri 10 str. GR 114 76 Athens, Greece	Phone: +30 6972277366 Fax: +30 210 6412 184 E-mail: <a href="mailto:info@yitane.com">info@yitane.com</a> Web site: <a href="http://www.cosmogym.gr">www.cosmogym.gr</a> Web site: <a href="http://www.yitane.com">www.yitane.com</a>
During festival days the secretariat will be in sport venue.	
Festival mobile phone: <b>+30 698 470 6242</b> (available from 15/06/2012 – 28/06/2012). Use this number to come in contact with our travel assistant in case of bus delay from and to the airport etc.	