

**Cape Town is ready for you!**



CITY OF CAPE TOWN | KEBON SUKSESAMA | SAKU KANUPISAM  
THIS CITY WORKS FOR YOU

**SAGF**



**GYM FOR LIFE**  
2ND WORLD CHALLENGE *Cape Town*  
10 - 14 July 2013

**NEWSLETTER 1**

**1. LOCAL ORGANISING COMMITTEE..... 3**

**2. FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE (FIG)..... 3**

**3. LOCATION OF THE CONTEST, GALA AND WARM-UP HALLS ..... 4**

**4. SHOW PERFORMANCES/COMMUNITY PERFORMANCES AND WORKSHOPS ..... 5**

**5. PROVISIONAL PROGRAM (SUBJECT TO CHANGES) ..... 6**

**6. PARTICIPATION RIGHTS AND ACCREDITATIONS..... 7**

**7. AGE LIMIT OF GYMNASTS ..... 9**

**8. REGISTRATIONS AND ENTRY FEES ..... 9**

**9. EVALUATION, RESULTS & FEEDBACK ..... 9**

**10. CONTEST FORMAT AND PROGRAMME ..... 10**

**11. BIOGRAPHIES ..... 10**

**12. EQUIPMENT ..... 10**

**13. VISA..... 11**

**14. TRANSPORTATION..... 12**

**15. ACCOMMODATION ..... 12**

**A. OFFICIAL HOSTEL ACCOMODATION ..... 13**

**B. OFFICIAL HOTEL ACCOMODATION ..... 15**

**16. MEALS..... 16**

**17. INSURANCE ..... 16**

**18. MUSIC ..... 17**

**19. FAREWELL PARTY ..... 17**

**20. DEADLINES SUMMARY..... 17**

## 1. LOCAL ORGANISING COMMITTEE

---

### SOUTH AFRICAN GYMNASTICS FEDERATION (SAGF)

39 Boshof Avenue, Newlands,

7700, CAPE TOWN

SOUTH AFRICA

TEL: +27 (0)21 674 2377

FAX: +27 (0)21 671 4094

E-MAIL: [info@gymforlife2013.com](mailto:info@gymforlife2013.com)

WEBSITE: [www.gymforlife2013.com](http://www.gymforlife2013.com); [www.gymforlife2013.co.za](http://www.gymforlife2013.co.za)

FACEBOOK: [www.facebook.com/GymforLifeWorldChallengeCapeTown](https://www.facebook.com/GymforLifeWorldChallengeCapeTown)

TWITTER: <https://twitter.com/#!/GymForLife2013>

CONTACT: Aletta Johnson

## 2. FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE (FIG)

---

### FEDERATION INTERNATIONALE DE GYMNASTIQUE

Avenue de la Gare 12

1003 Lausanne

Switzerland

TEL: +41 (0)21 321 55 10 / Direct: +41 (0)21 321 55 18

FAX: +41 (0)21 321 55 29

EMAIL: [acola@fig-gymnastics.org](mailto:acola@fig-gymnastics.org)

WEBSITE: <http://www.fig-gymnastics.com>

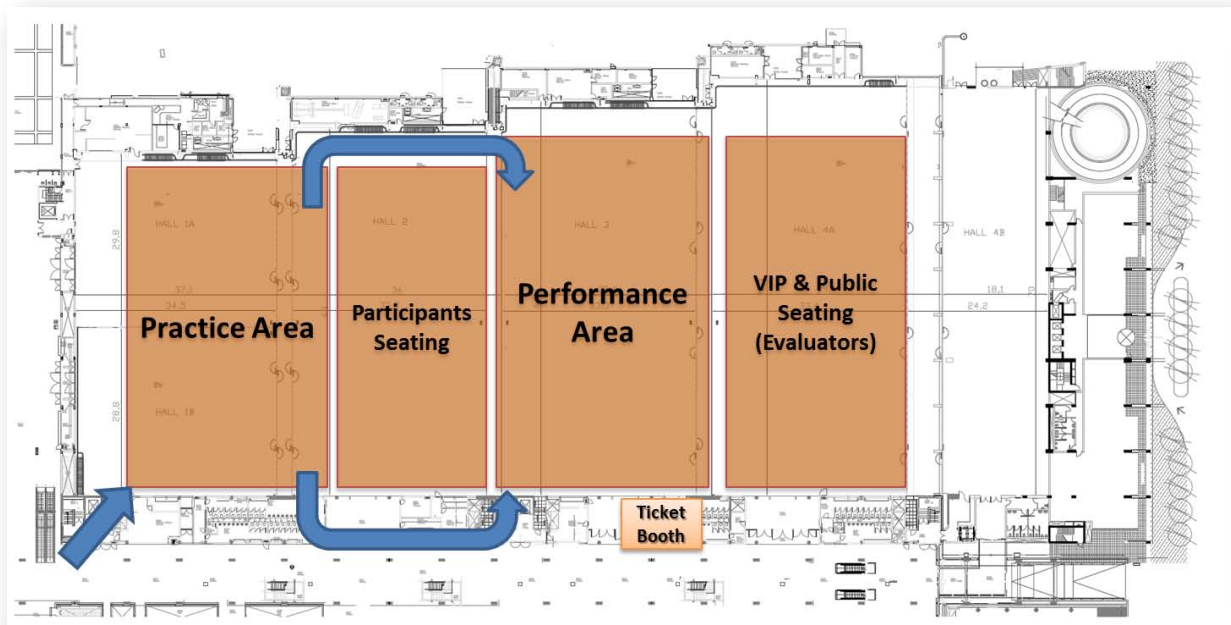
CONTACT: Alexandre Cola

### 3. LOCATION OF THE CONTEST, GALA AND WARM-UP HALLS

#### CAPE TOWN INTERNATIONAL CONVENTION CENTRE (CTICC)



- Host of the Contest & Gala
- Located in the City Centre and close to city attractions such as the V&A Waterfront
- Seating Capacity = 5000
- Catering services available
- Walking distance from the local train/bus station



For more information on this venue, visit: <http://www.cticc.co.za>



#### 4. SHOW PERFORMANCES/COMMUNITY PERFORMANCES AND WORKSHOPS

##### SHOW PERFORMANCES:

- Due to the fact that it is winter during the 2<sup>nd</sup> World Gym for Life Challenge, the show performances will be done in nearby shopping malls
- These shopping malls are situated within walking distance from the local bus and train station
- The number of performances areas will depend on the requests. Information about which shopping malls will be used will be communicated later
- The performance area is limited in space and with a hard surface. More details will be presented in the next newsletter.



##### COMMUNITY PERFORMANCES:



- Groups will engage with the Official Community Based Legacy Program for the World Gym for Life Challenge.
- Groups will have the possibilities to run workshops with the local participants and also give show performances in the selected communities.

**WORKSHOPS:**

A variety of practical Workshops focusing on the Gymnastics for All areas like Gymnastics & Dance, Fitness, Health and working on or with apparatus will be offered.

These Workshops will be for all participants (coaches, leaders, observers and gymnasts) and will serve as a way of spreading the values of Fun, Fitness, Fundamentals and Friendship.

Each participating Federation will be able to sign-up to present one or more workshops during the event.

Workshops can be presented either at selected community centres or at the University of Cape Town Sport Hall.

**5. PROVISIONAL PROGRAM (SUBJECT TO CHANGES)**

---

**OPTIONAL PRE-EVENT PROGRAM**

- The intention of the Pre-event program is to give delegates an opportunity to acclimatise to the Cape Town environment and to also give greater opportunity to experience the Cape Town’s attractions

<b>Date 2013</b>	<b>Programme Detail</b>
<b>Sunday, 07 July</b>	Optional arrival day for delegates
<b>Monday, 08 July</b>	Optional Activities
<b>Tuesday, 09 July</b>	Optional Activities

**PLEASE NOTE: All costs for earlier arrival are not included in the Participant Card.**

## OFFICIAL WORLD GYM FOR LIFE CHALLENGE 2013 PROGRAM

Date 2013	Programme Detail
Wednesday, 10 July	Official arrival day for delegates
	Official training for teams
	South African Welcome Evening
Thursday, 11 July	<b>Opening Ceremony</b>
	Gym For Life Challenge
	Show / Community Performances-Workshops
Friday, 12 July	Gym for Life Challenge
	Show / Community Performance-Workshops
Saturday, 13 July	Gym For Life Workshops
	Practice for Gym for Life Gala
	Gym For Life Gala
	Closing Ceremony & Party
Sunday, 14 July	Departure of all delegates

**PLEASE NOTE: Schedule is *provisional* and may be adjusted after entries are received**

## 6. PARTICIPATION RIGHTS AND ACCREDITATIONS

---

Delegates will be accredited upon arrival in Cape Town. Accreditation grants access to various services for the duration of the official event program 10-14 July 2013.

### PARTICIPATION CARD FEES

*Please note that (1 Euro ~ 10 South African Rand – March 2012)*

- **Participation Card per person attending:**
  - Official Guide
  - Local Transport

- Entrance to the opening and closing ceremony
- Entrance to the contest, workshops & show performances
- Discounted entrance price to the Gala and South African evening
  
- Cost = **R1 650**
  
- **VIP Participation Card:**
  - Official Guide
  - Local Transport
  - Entrance to the contest, workshops & show performances
  - Entrance price to the Gala & South African Evening
  - Entry to VIP room, including snacks, a meal & refreshments in the VIP room
  
  - Cost = **R2 650**
    - 1 VIP participation card will be issued per federation for free
  
- **Gala Ticket Cost:**
  - Cost = **R100**
    - **The reduced cost for accredited delegates is R75**

<b>BENEFICIARY</b>	SOUTH AFRICAN GYMNASTICS FEDERATION - <b>(SAGF)</b>	39 BOSHOF AVENUE, NEWLANDS, CAPE TOWN, 7700, SOUTH AFRICA.  TELEPHONE: + 27 21 671 4818
<b>BANK</b>	NEDBANK	SHOP G40, BANKING HALL, CLAREMONT, 7700, CAPE TOWN, SOUTH AFRICA.  TELEPHONE: +27 21 670 5900
<b>BRANCH CODE</b>	104609	
<b>ACCOUNT NUMBER</b>	1046520423	
<b>SWIFT CODE</b>	NED.SZAJJ	
<b>IBAN NUMBER</b>	1046091046520423	

**All bank fees in connection with the bank transfers must be covered by the payee. Please state the name of the federation, the contact person and the payment purpose on the transfer. The payment must be made in South African Rands only.**

50% of the participation card is to be paid with the submission of the definitive entry, by latest **23 January 2013** and the remaining 50 % by 10 May 2013

Registrations without the appropriate payment of the registration fees within the given deadline cannot be guaranteed, (i.e. the gymnasts will not be allowed to participate).



Federations which have not fulfilled their financial obligations towards the FIG (e.g. annual membership fees, unpaid invoices etc.) and towards the Local Organizing Committee will not be allowed to participate in the World Gym for Life Challenge.

## 7. AGE LIMIT OF GYMNASTS

---

According to the World Gym for Life Challenge Regulation Article 6.2, there are no age restrictions for participating in the World Gym for Life Challenge. FIG Member Federations are fully responsible for the supervision and welfare of all their participants for the duration of their stay at the World Gym for Life Challenge. Special supervision must be provided for all minors. Participants under the age of 16 years must be organised in groups of up to ten (10) under the care of a named adult. Participants with disabilities may require a higher ratio of assistance.

## 8. REGISTRATIONS AND ENTRY FEES

---

Registrations from all participating Groups must be done through their FIG Member Federation to the FIG and LOC. Registrations will not, in any instance, be accepted unless coming through the FIG Member Federation.

Registrations can only be made by FIG affiliated federations in good standing.

The registration will be done on-line via a secured area for every FIG Member Federation. The invitation, the forms and the Newsletters can be found on both the FIG Intranet site and the LOC web site.

### Provisional Registration

The provisional registrations must be completed online by **10 July 2012**

### Definitive Registration

The definitive registrations must be completed online by **23 January 2013**

### Final Payment

Final payment must be completed by entering the composition of the delegation online by **10 May 2013**

## 9. EVALUATION, RESULTS & FEEDBACK

---

All information concerning the evaluation, result and feedback of the Contest and Gala can be found in the World Gym for Life Challenge Regulation, Art 5.2.10, Art 5.2.11, Art 5.2.12 and Art 5.3.3.

The Regulation is published on [www.fig-gymnastics.com](http://www.fig-gymnastics.com) under Rules/Gymnastics for All.

## 10. CONTEST FORMAT AND PROGRAMME

---

The Contest will be divided into the different Categories (see Art 5.2.9 of the World Gym for Life Challenge Regulations for more detail) and depending on number of groups' registered in each category, scheduled over the day.

The starting order will be included in the Official Guide. (See Art 6.4.6 of the World Gym for Life Challenge Regulations for more detail).

All groups will start in warm-up area, move to the waiting area and then proceed to the performance area. After the performance, they will move back to the warm-up area, and then back into the main public area and then proceed to seating.

No participant will be allowed to remain on the floor (Field of Play) other than when they are performing.

## 11. BIOGRAPHIES

---

We will require that groups send their biographies and general information about the group by the latest 10 May 2013, for media & publicity purposes. A special web platform will be used for this.

## 12. EQUIPMENT

---

The following equipment will be provided by the LOC:

### Equipment List:

ITEM	NO OF ITEMS
Men's Parallel –bars	4
Boxes	4
Mini Trampolines	4
Springboards	4
Vaulting Table	1
Air Track	1
Rollable Floor exercise mats	10
School Mats	58
Happy Landing Mats	4
Landing Mats	4
Landing Mats Foam Core	4

## Apparatus

At the World Gym for Life Challenge only gymnastics apparatus approved by the FIG will be provided.

If apparatus not mentioned in the FIG Apparatus norms is to be used it must be of high standard and approved before for the event by the FIG-GfA Committee.

If a group plans to bring their own apparatus, the LOC must be informed in advance and the group must register the equipment with the LOC by the provisional registration date (10 July 2012).

The FIG Member Federation is then responsible for this apparatus. Any advertising or manufacture's name on the apparatus must be covered.

If a federation would like to use extra equipment that does not appear on the list, the LOC will supply the federation, on request, with a contact list of local clubs that the apparatus can be hired from.

## Transportation and storage of brought apparatus

FIG Member Federations must pay the cost of transporting any apparatus they bring, including any import costs. The LOC can only provide a limited amount of storage facilities for additional apparatus.

PLEASE NOTE: that SA customs can take up to 6 weeks to clear large couriered packages.

## 13. VISA

---

Please verify with your travel agent or the South African Embassy or Consulate in your country if a visa is required for your travel to South Africa.

The Local Organizing Committee will be happy to assist each delegation member with an official invitation letter, provided that the request is made before the Definitive Registration date; 23 January 2013. The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, and the arrival and departure dates of the delegation member.'

General visa information can be obtained at:

<http://www.dha.gov.za/Applying%20for%20a%20South%20African%20visa.html>

## 14. TRANSPORTATION

---

### International Transportation

The international travel to Cape Town International Airport will be at each delegation's own expenses. The FIG and the Local Organising Committee strongly recommend that each Federation take cancellation insurance for their transportation.

There are direct flights to Cape Town and there are numerous connection flights that pass through Johannesburg at the OR Tambo International Airport and King Shaka (Durban) International Airport. Low cost domestic airlines also operate from Johannesburg and Durban to Cape Town.

Please take note to check out your luggage from the international flight on arrival at OR Tambo and King Shaka International Airport and personally check it in with to the respective domestic flight. We cannot guarantee the safety of your luggage otherwise.

### Local Transportation

Accredited team delegations who stay at one of the official hotels/accommodation and book their accommodation through the Local Organizing Committee can have transfers organised at an extra cost to and from the airport as per the delegates travel schedule. The cost will be communicated in the next newsletter. This service will only be available from 7 – 14 July 2013. This service from the airport to the official hotels/accommodation and back will be guaranteed by the Local Organizing Committee.

There is a My City Bus (Local shuttle bus service) that runs from the airport to Cape Town city centre for participants arriving before 7 July 2013.

A bus service as well as a train service will be available for the local transportation of all accredited persons from the official accommodation to the training, warm-up, contest, Gala and workshop venues as well as to any other official activities and back as needed.

Access to these services will only be granted to accredited individuals.

## 15. ACCOMMODATION

---

Accommodation bookings without the appropriate payment of the accommodation fees within the given deadline cannot be guaranteed, (i.e. the delegates will not be allocated to the official accommodation and cannot be guaranteed space within the official accommodation).

All official accommodation bookings must be carried out by the LOC.

a. OFFICIAL HOSTEL ACCOMODATION



**UNIVERSITY OF CAPE TOWN – HOSTEL ACCOMODATION**

LOWER CAMPUS, UNIVERSITY OF CAPE TOWN, RONDEBOSCH, CAPE TOWN

Hostel Accommodation includes breakfast which will be served at the respective hostel unless otherwise stated

- Single/Shared accommodation
  - (max 3 people per room, but mostly single or 2 sharing)
- Average ratio of 8 beds to 1 bathroom facility (approx. 3 showers & basins)
- Total of 5 hostels with a cumulative total of **1570** beds
- Some residences are wheel chair friendly
- Some have elevators
- Equipped with bed, pillow, blanket and sheet
- Cost :
  - R320\* per person per night

\*(1 Euro = R10 – March 2012)





**CAPE PENINSULA UNIVERSITY OF TECHNOLOGY – HOSTEL ACCOMODATION**

CATSVILLE + ST PETERS in OBSERVATORY, CAPE TOWN

CITY EDGE + SANDERPLEASE NOTEURGH in CENTRAL CAPE TOWN

Hostel Accommodation includes breakfast which will be served at the respective hostel unless otherwise stated

- Single/Shared accommodation
  - (max 3 people per room, but mostly single or 2 sharing)
- Average ratio of 8 beds to 1 bathroom facility (approx. 3 showers & basins)
- Total of 4 hostels with a cumulative total of **2106** beds
- Equipped with bed, pillow, blanket and sheet
- Cost :
  - R320\* per person per night

\*(1 Euro = R10 – March 2012)

**b. OFFICIAL HOTEL ACCOMODATION**

More detailed information about the hotels will be presented in the next Newsletter. The name of the FIG hotel will then also be made known.



<p><b>HOTELS</b></p> <p>Numerous Hotels are in close vicinity to the City Centre where the Event venue is located. The city hotels are close to city centre attractions and close to the local bus route.</p>
<p>Hotel Accommodation includes breakfast which will be served at the respective hotel unless otherwise stated</p> <ul style="list-style-type: none"> <li>• Range from 3 to 5 star accommodation</li> <li>• Single or shared accommodation available</li> <li>• Cost:             <ul style="list-style-type: none"> <li>– Category A (Four Star)                 <ul style="list-style-type: none"> <li>Single – R 860.00 per person per night</li> <li>Double – R 460.00 per person per night</li> </ul> </li> <li>– Category B (Three Star)                 <ul style="list-style-type: none"> <li>Single – R 700.00 per person per night</li> <li>Double – R 400.00 per person per night</li> </ul> </li> </ul> </li> </ul> <p>*(1 Euro = R10 – March 2012)</p>

## 16. MEALS

---

### Breakfast:

- Included in the cost of the accommodation, and this will be served at the respective accommodation i.e. both hostel & hotel accommodation.

### Meals:

- A hot meal will be available at the Main Contest Venue at lunch time. Water is included. Additional beverages will be at the delegates own cost.
- Meal tickets are to be ordered by the definitive entry 23 January 2013. If you have not ordered meals by the stated date, we cannot guarantee that delegates will be able order meals on the day.

**PLEASE NOTE:** Limited tickets will be available for purchase on the day.

- Cost will be communicated in the next newsletter.
- Delegates will be required to arrange additional meals at their own cost.
- Various restaurants can be found in close vicinity of the hotels and university hostels.

## 17. INSURANCE

---

Participating FIG Member Federations must provide insurance coverage for all members of their delegation. The insurance must cover illness, accident and repatriation cost during the entire stay at the World Gym for Life Challenge. The insurance can be organised by the FIG Member Federations own insurance company or bought in advance or at arrival through the LOC.

A participant without insurance will not receive a Participant card and will not, therefore, be allowed to participate in the World Gym for Life Challenge.

For participants without insurance the LOC will offer insurance coverage for the event in advance or upon arrival.

The cost of this insurance coverage will be communicated in the next newsletter and must be paid by the participant.

The LOC is required to verify the validity of each participant's insurance. The FIG Member Federation must provide the name of their Insurance Company and the policy number for each participant with their Definitive registration.

## 18. MUSIC

---

Music used for the Contest must be sent digitally by 10 April 2013. More detailed information about this will be found in the next Newsletter.

## 19. FAREWELL PARTY

---

All accredited participant have free entry to the farewell party.

Non accredited individuals can purchase tickets at cost of R 100.00

Payment details as stated in section 5 above. Please follow the instruction carefully as stated.

## 20. DEADLINES SUMMARY

---

**Provisional Registration: Open 10 April - 10 July 2012**

- Information required must include:
  - Expected number of groups per category
  - Expected number of gymnasts per-group
  - Expected number of participants with disability
  - Expected number of workshop presentations
  - Expected number of Show Performances/Community Performances and Workshops
  - Expected Accommodation requirements, hostel or hotel
  - Expected extra apparatus list

**Definitive Registration: Open 10 July 2012 - 23 January 2013**

- 50% deposit due for Participants Card
- 50% deposit due for Accommodation
- Submit request for visa letters
- Order of meal tickets required
- Order of Gala and South African Evening tickets
- Order extra farewell party tickets

**Final Payment: 23 January 2013 - 10 May 2013**

- Deadline for digital music to be sent to the LOC
- Full payment due for Participant Card
- Full payment due for Accommodation
- Full Payment for requested meal Tickets
- Full Payment for Gala, South African evening and extra Farewell tickets