



2025 Artistic Gymnastics Senior Pan American Championship
Panama City (PAN)
June 12-15, 2025

Updated_Event Format
Updated_Provisional Schedule

DIRECTIVES

Provisional document, awaiting FIG approval

Event ID:

Dear PAGU affiliated Member Federation,

The Pan American Gymnastics Union (PAGU) through the Gymnastics Federation of Panama has the pleasure to invite your Federation to participate in the afore mentioned official FIG and PAGU international event. This competition will also serve as qualifying event for the XXV Central American and Caribbean Games 2026.

| | |
|--------------------------------------|---|
| DISCIPLINE | Men's Artistic Gymnastics Women's Artistic Gymnastics |
| PAN AMERICAN GYMNASTICS UNION | Pan American Gymnastics Union Tenayuca 55, Oficina 403 Colonia Letran Valle, C.P. 03650 Ciudad de México, MEX Tel.: +52 55 8984-7848 E-mail: info@upag-pagu.org |
| HOST FEDERATION | Gymnastics Federation of Panama Address: Apartado 0831-02630 Panamá City - Panama Tel.: +507 64803929 E-mail: presidencia@fpgimnasia.org Website: http://www.fpgimnasia.com/ Carlos Antonio Herrera, President |
| EVENT MANAGER | Contact: Viviana Andrade Alvarez E-mail: panapanama.art2025@gmail.com |
| LOCATION | Panama City, PAN |
| DATE | From 12 to 15 June, 2025 |
| VENUE | Competition venue Centro de Convenciones Atlapa Address: Av. 5B Sur – Ciudad de Panamá Link to go to the map: https://maps.app.goo.gl/hVVwC1AG7UvxGz4H8 |
| APPARATUS SUPPLIER | Please refer to the attached apparatus list. For training, warm-up and competition, identical apparatus will be used. |
| RULES AND REGULATIONS | The event will be organized under the following FIG rules, as valid in the year of the event, and PAGU Technical Regulations: <ul style="list-style-type: none">• Statutes• Code of Ethics• Code of Conduct• Technical Regulations• Code of Discipline |

| | <ul style="list-style-type: none">• MAG and WAG Code of Points and relevant Newsletters / WAG Helpdesk• General Judges' Rules• Specific Judges' Rules for Men's and Women's Artistic Gymnastics• Anti-Doping Rules• Medical organization of FIG competitions and events• FIG Framework for safeguarding athletes and other participants from harassment and abuse in sport during events• License Rules• Media Rules• Apparatus Norms• Rules for sanctioning (approval) of International Events• Advertising and Publicity Rules• Regulations for Award Ceremonies• Accreditation Rules <p><i>and subsequent decisions of the FIG and PAGU Executive Committee</i></p> | | | | | | | | | |
|--------------------------------|---|--|----------------|--|-------------------------|-----------------|--|-------------------------|--------------|--|
| FEDERATIONS INVITED | The Pan American Gymnastics Union invites all Federations affiliated to the PAGU and the FIG and which are up to date in their obligations. | | | | | | | | | |
| AGE LIMITS | <p>WAG: as per 2025 FIG Technical regulations*</p> <p>MAG: as per 2025 FIG Technical regulations*</p> <p><i>*Ages as of December 31, 2025</i></p> <p>All gymnasts must have a FIG license valid until the end of the event.</p> <p><i>Note: For MAG: NFs must declare on the FIG Database whether their 18-year-old gymnasts will compete as junior or senior prior to their first competition for the year concerned</i></p> | | | | | | | | | |
| QUALIFICATION FOR OTHER EVENTS | <p>This Championship will serve as qualifier event for the following competition:</p> <ul style="list-style-type: none">• XXV Central American and Caribbean Games 2026 | | | | | | | | | |
| JUDGES AND JURIES | <p>All judges must have a current valid FIG brevet at the time of the event, for the respective discipline.</p> <p>Each Federation must register 1 judge if participates with 1-2 gymnasts (individuals) and 2 judges if participates with 3-5 gymnasts (teams).</p> <p>The Federations can register a second judge (for individuals) or a third judge (for teams), different from the PAGU TC Member as additional accredited person, with no cost for this accreditation. Provision of max. 1 judge per NF per panel.</p> <p>The fine for not registering the required number of judges in each discipline is USD\$1,000.00 per missing judge.</p> <p>The Federations with a PAGU TC Member can register that Member in addition to their official judges.</p> <p>The fines for not registering the required number of judges must be paid to PAGU by April 14, 2025 at the latest and it does not apply to those Federations that do not have FIG brevet judges in the respective discipline (MAG, WAG) and that this is the first cycle in which they participate in PAGU competitions.</p> <p>The National Federation must inform PAGU at the time of the definitive registration (April 14, 2025) to allow the appointment of invited neutral judges.</p> | | | | | | | | | |
| REGISTRATION DEADLINES | <table><tr><td>Provisional registration</td><td>March 14, 2025</td><td>upag.vercel.app</td></tr><tr><td>Definitive registration</td><td>April 14, 2025</td><td>upag.vercel.app</td></tr><tr><td>Nominative registration</td><td>May 13, 2025</td><td>upag.vercel.app</td></tr></table> | Provisional registration | March 14, 2025 | upag.vercel.app | Definitive registration | April 14, 2025 | upag.vercel.app | Nominative registration | May 13, 2025 | upag.vercel.app |
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| ENTRY FEES | The entry fee for this event is USD\$100.00 per gymnast (including the reserve gymnast) and per discipline. It must be paid to the Local Organizing Committee ("LOC") by April 14, 2025 at the latest. | | | | | | | | | |
| DELEGATION SIZE | <table><tr><th>Function</th><th>WAG</th><th>MAG</th><th>Mixed</th></tr><tr><td>Gymnasts (Team)</td><td>3-5</td><td>3-5</td><td>Max.10</td></tr></table> | Function | WAG | MAG | Mixed | Gymnasts (Team) | 3-5 | 3-5 | Max.10 | |
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| Gymnasts (Team) | 3-5 | 3-5 | Max.10 | | | | | | | |

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|----------------------|---|--|--|--------|
| | Reserve gymnast only for full teams | 1 | 1 | 2 |
| | Gymnast (Individuals) | 1-2 | 1-2 | Max. 4 |
| | Coaches (the quantity can not exceed the number of gymnasts) | 1 (1-2 gym.) 2 (3-5 gym.) | 1 (1-2 gym.) 2 (3-5 gym.) | 2/4 |
| | Judges category 1, 2 or 3 (in addition to PAGU TC Members) | 1 compulsory with 1-2 gymnasts 2 compulsories with 3-5 gymnasts | 1 compulsory with 1-2 gymnasts 2 compulsories with 3-5 gymnasts | 2/4 |
| | Medical personnel | 1 | 1 | 2 |
| | Head of delegation | 1 | 1 | 1 |
| | <p>The cost of the accreditation for additional Delegation Members is USD\$100.00 per person and must be paid to the LOC by April 14, 2025 at the latest.</p> <p>Only the following persons can receive an additional accreditation: Coach (as per PAGU TR), Doctor, Physiotherapist, Team Manager.</p> <p>The accreditations of the second judge (individuals) or third judge (teams) different from PAGU TC Member have no cost.</p> | | | |
| ACCREDITATION | <p>Once the definitive registration period has ended (April 14, 2025) the COL will deliver to each registered Federation the user and the SportEvents password (https://sportevents.com.co).</p> <p>Along with the nominative registration all the Federations must upload to the PAGU intranet a copy of the passport and a photograph of each delegation member: upag.vercel.app</p> <p>Additionally, the Federations must upload the information of their delegation (names, function, photos, etc.) to SportEvents.</p> <p>Requirements for the photos:</p> <ul style="list-style-type: none"> • File format: JPEG • Dimensions: min 210 x 270 pixels; max 420 x 540 pixels • 3.5 cm width x 4.5 cm high • File size: no more than 1 MB • White background <p>Each document must be identified with the Country Code, Last name, First Name, Competition (MAG, WAG) and function of each member. Example: PAN_FERNANDEZ_Ana_WAG_gymnast</p> <p>This documentation must be uploaded on SportEvents and on the PAGU intranet no later than May 13, 2025.</p> <p>In case of not uploading the photograph as requested, the Local Organizing Committee can take the photograph during the registration and will have an additional cost of USD\$10.00 for each one.</p> <p>In case of theft or loss of accreditation, it must be informed immediately to the Local Organization Committee for the cancellation of the accreditation.</p> <p>The replacement of stolen or lost accreditation will cost USD\$50.00 to be covered by the accreditation holder.</p> <p>Accreditation will be distributed upon arrival at the registration desk.</p> <p>More information on the access zones for each accreditation will be given in the Work Plan.</p> <p>In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan.</p> | | | |
| EVENT FORMAT | <p>The competition will follow the FIG rules for Senior category.</p> <p>3 days of competition per discipline</p> <ul style="list-style-type: none"> • Day 1: MAG & WAG Qualification (All-Around awards) • Day 2: MAG & WAG Apparatus Finals (Apparatus awards) • Day 3: MAG & WAG Teams Finals (Teams awards) | | | |

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| PROVISIONAL SCHEDULE | <p>7/June Arrival of PAGU MAG and WAG TC Presidents and other PAGU representatives</p> <p>8/June Arrival of delegations</p> <p>9/June Delegates' Technical Meeting MAG Judges' briefing MAG/WAG training as per schedule</p> <p>10/June WAG Judges' briefing MAG Podium Training WAG training as per schedule</p> <p>11/June WAG Podium Training MAG training as per schedule</p> <p>12/June Opening Ceremony MAG Qualification competition MAG All-Around Awards Ceremonies WAG training as per schedule</p> <p>13/June WAG Qualification competition WAG All-Around Awards Ceremonies MAG training as per schedule</p> <p>14/June MAG & WAG Apparatus Finals MAG & WAG Apparatus Awards Ceremonies</p> <p>15/June MAG & WAG Teams Finals MAG & WAG Teams Awards Ceremonies</p> <p>16/June Departure of the Delegations</p> |
| MEDICAL SERVICES | The Local Organizing Committee will provide first aid services and ambulance at the competition and training sites during the official activities. |
| ANTI-DOPING | <p><u>Doping controls</u> Doping controls will be organized by the International Testing Agency (ITA) on behalf of the FIG and according to the World Anti-Doping Code (WADC), the international standards enacted by the World Anti-doping Agency (WADA) and FIG Anti-Doping Rules.</p> |
| COVID-19 | <p>The LOC should follow local guidelines in management of COVID-19. The LOC must facilitate COVID-19 testing for delegations when it is required to have a negative test for return to their country.</p> |
| VISA | <p>Please verify immediately with your travel agency or with the Embassy or Consulate of Panama in your country if a visa is required for your travel to Panama. The LOC will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before <u>May 13, 2025</u> to the LOC.</p> <p>The request must include the function, full name, gender, date of birth, citizenship and passport number, passport expiry date, the arrival and departure dates of the Delegation member as well as the city the visa application support letter must be sent to.</p> <p>The request can be made at SportEvents after the definitive registration and no later than <u>May 13, 2025</u>.</p> |

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| INSURANCE | <p>The host Federation, the LOC, the PAGU and the FIG will not be held responsible for any liabilities in case of accidents, illness (including COVID-19), repatriation and the like.</p> <p>The FIG Technical Regulations foresee that all participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation for all the members of their Delegation.</p> <p>In order to benefit from the subsidiary insurance coverage of the FIG IMSSA, it is compulsory to have basic insurance in the country of residence (illness, accident and repatriation).</p> <p>Please also refer to https://www.gymnastics.sport/site/pages/medical-insurance.php for additional information regarding the FIG IMSSA insurance for Athletes and Judges.</p> <p>The LOC will verify the insurance upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy). Delegation members with insufficient insurance cover must inform the LOC in advance, no later than May 13, 2025.</p> <p>The LOC will offer insurance to the Federations, at their expense, at a cost of: USD\$150.00 per person for all the official days of the event. This insurance covers accidents during training and competition, and does not cover illnesses, pre-existing conditions, injuries in activities outside the event or administrative situations.</p> <p>The request can be made at SportEvents after the definitive registration on April 14, 2025.</p> |
| SAFEGUARDING | <p>From the official event day of arrival until the official day of departure, participants (gymnasts, coaches, judges and any other delegation members) have the possibility to contact by phone or e-mail the LOC Safeguarding Officer in case of harassment and abuse of any type or if they are worried and do not feel comfortable.</p> <p>The information regarding the LOC Safeguarding Officer will be communicated upon arrival of the delegations on site.</p> <p>In addition, posters of the “10 Golden Rules of Gymnastics”, the FIG campaign to raise awareness about youth protection in Gymnastics, will have to be displayed in several locations, including training and warm-up halls and public zones.</p> |
| INTERNATIONAL TRANSPORTATION | <p>The invited participating Federations must pay for the international travel costs of their delegation members.</p> <p>International Airport of arrival Tocumen International Airport (PTY)</p> <p>Travel itinerary information must be provided to LOC via SportEvent no later than May 13, 2025.</p> |
| LOCAL TRANSPORTATION | <p>Local transportation will be offered to and from the airport, provided that the delegations stay in one of the official hotels and book their accommodation through the Local Organizing Committee.</p> <p>The Local Organizing Committee will provide local transportation from the airport to the hotel and vice versa, only on the official arrival day of Sunday, June 8 and on the official departure day of Monday, June 16 (except for PAGU representatives arriving or departing on different days).</p> <p>The request for local transport on the official dates can be made at SportEvents after the definitive registration and no later than May 13, 2025.</p> <p>For delegations that arrive or return on non-official days, transportation to their accommodation (official hotels) or to the airport will cost USD\$40.00 per person per trip (airport-hotel or hotel-airport). The request must be made at SportEvents and paid no later than May 13, 2025.</p> |
| ACCOMMODATION MEALS AND TRANSPORTATION | <p><u>OFFICIAL HOTELS</u></p> <p>Option 1: Hotel Sheraton Grand Panama</p> |

Address: Vía Israel y calle 77
Panama City, PAN

| Occupancy | Price per person per night | Includes (per person) |
|-------------|----------------------------|--------------------------|
| Single room | USD\$ 131.00 | Breakfast |
| Single room | USD\$ 177.80 | Breakfast, lunch, dinner |
| Double room | USD\$ 73.25 | Breakfast |
| Double room | USD\$ 120.05 | Breakfast, lunch, dinner |

Rates include all taxes

Option 2: Hotel Alof Panama

Address: Vía Israel y calle 75
Panama City, PAN

| Occupancy | Price per person per night | Includes (per person) |
|-------------|----------------------------|--------------------------|
| Single room | USD\$ 120.00 | Breakfast |
| Single room | USD\$ 166.80 | Breakfast, lunch, dinner |
| Double room | USD\$ 67.75 | Breakfast |
| Double room | USD\$ 114.55 | Breakfast, lunch, dinner |

Rates include all taxes

Note:

- The meal service begins with dinner on the day of arrival and ends with breakfast on the day of departure.
- Both hotels are 300 meters from the Atlapla convention center where the competition is held, therefore, internal transportation is not required.

Accommodation and meals request must be completed in SportEvents no later than **April 14, 2025**. The hotel rooms and meals will be distributed in the order in which the applications and payments are received.

The participating Federations must cover the accommodation and/or meals expenses of all the members of their delegation. Accommodation and meals costs must be paid to the Local Organizing Committee by **April 14, 2025** at the latest.

Note: Rooms and meals and their prices cannot be guaranteed if requests and/or payments are received after the deadlines.

CANCELATION POLICY

Cancellation policy: The PAGU and the Local Organizing Committee strongly recommend that each Federation take cancellation insurance for their accommodation and meal reservations.

| Date of cancellation | Reimbursement for cancellation |
|-------------------------------|--------------------------------|
| No later than April 14 2025 | 100% reimbursement |
| From April 15 to May 16, 2025 | 50% reimbursement |
| From May 14, 2025 | No reimbursement |

BANK ACCOUNT INFORMATION

The following payments must be made directly to the bank account of the Local Organization Committee:

Registration

Accommodation and meal

Additional accreditations

Insurance

Airport-hotel or hotel-airport transportation (if applicable)

Payments must be made only after the Local Organizing Committee sends the corresponding invoice to the Federation, where the total amount and bank account details are reported.

The participating Federation is responsible for covering all bank fees related to bank transfers.

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|---|--|--------------------------|----------------|-------------------------|----------------|-------------------------|--------------|---------------------------------------|----------------|------------|--------------|--|--------------|--------------------------|----------------|--------------------------------------|----------------|--|----------------|------------------------------------|----------------|---|--------------|---|--------------|---|--------------|---|--------------|
| | <p>Each participating Federation is request to send the payment reference to send the payment reference to the LOC as follows: Country – Discipline - #Invoice</p> <p>Beneficiary Information: Name: FEDERACIÓN PANAMEÑA DE GIMNASIA Savings Account Number: 04-81-99-556195-0 Address: Avenida Broberg, Edif 403, Urb. Albroom, Ancón, Panama, Panama Mailing Address: P.O. BOX 0831-02630, Panama, Panama Phone: + (507) - 6480-3929 / + (507) 224-6865 Beneficiary Bank through Intermediary/Correspondent: CITIBANK NEW YORK, N.Y. ABA 021000089 To credit the Beneficiary Bank account: BANCO GENERAL. S. A. - PANAMA SWIFT Code: BAGEPAPA Address: Avenida Centenario, Costa Del Este, Panama, Panama Branch Telephone: (507) 6676-0771</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MARKETING | FIG advertising and publicity norms must be respected. | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MEDIA | <p>The media representatives, as well as the communications staff of the federations that are interested in covering the event, may apply for registration to PAGU (info@upag-pagu.org) by May 13, 2025 at the latest. In addition, the National Federations are requested to send a letter of confirmation to PAGU. Photos for accreditations must be submitted to the Local Organizing Committee by May 13, 2025.</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SOCIAL MEDIA | <p>Information about the event will be posted on the following sites:</p> <p>PAGU Instagram: @upagpagu Twitter: @UPAG_PAGU Facebook: UPAG.PAGU.ORG</p> <p>Gymnastics Federation of Panama Instagram: https://www.instagram.com/gimnasiapanama/ Facebook: https://www.facebook.com/profile.php?id=100063511870339 Youtube: https://www.youtube.com/@gimnasiapanama7176</p> | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DEADLINES SUMMARY | <p>To PAGU (info@upag-pagu.org o upag.vercel.app)</p> <table border="1"> <tr><td>Provisional Registration</td><td>March 14, 2025</td></tr> <tr><td>Definitive Registration</td><td>April 14, 2025</td></tr> <tr><td>Nominative Registration</td><td>May 13, 2025</td></tr> <tr><td>Payment of the fine for missing judge</td><td>April 14, 2025</td></tr> <tr><td>Music Form</td><td>May 13, 2025</td></tr> <tr><td>Upload in PAGU intranet passports and photos</td><td>May 13, 2025</td></tr> </table> <p>To the Local Organizing Committee (panapanama.art2025@gmail.com)</p> <table border="1"> <tr><td>Payment of the entry fee</td><td>April 14, 2025</td></tr> <tr><td>Payment for additional accreditation</td><td>April 14, 2025</td></tr> <tr><td>Registration of Accommodation and Meals in SportEvents</td><td>April 14, 2025</td></tr> <tr><td>Payment of Accommodation and Meals</td><td>April 14, 2025</td></tr> <tr><td>Registration of Travel Itinerary in SportEvents</td><td>May 13, 2025</td></tr> <tr><td>Request and payment for transportation from/to the airport in non-official dates in SportEvents</td><td>May 13, 2025</td></tr> <tr><td>Registration of information for accreditation (passports and photos) in SportEvents</td><td>May 13, 2025</td></tr> <tr><td>Upload the Visa letter request in SportEvents</td><td>May 13, 2025</td></tr> </table> | Provisional Registration | March 14, 2025 | Definitive Registration | April 14, 2025 | Nominative Registration | May 13, 2025 | Payment of the fine for missing judge | April 14, 2025 | Music Form | May 13, 2025 | Upload in PAGU intranet passports and photos | May 13, 2025 | Payment of the entry fee | April 14, 2025 | Payment for additional accreditation | April 14, 2025 | Registration of Accommodation and Meals in SportEvents | April 14, 2025 | Payment of Accommodation and Meals | April 14, 2025 | Registration of Travel Itinerary in SportEvents | May 13, 2025 | Request and payment for transportation from/to the airport in non-official dates in SportEvents | May 13, 2025 | Registration of information for accreditation (passports and photos) in SportEvents | May 13, 2025 | Upload the Visa letter request in SportEvents | May 13, 2025 |
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| Registration of information for accreditation (passports and photos) in SportEvents | May 13, 2025 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Upload the Visa letter request in SportEvents | May 13, 2025 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

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| | Request and payment of insurance in SportEvents | May 13, 2025 |
| | Upload the Music Form and music in mp3 format in SportEvents | May 13, 2025 |
| ADDITIONAL INFORMATION | <p>National Anthem The COL will send a DRIVE link where the National Anthem file of the country should be sent.</p> <p>National Flag National Flag of your country must be handed in onsite during the registration. The size of the flag shall be 1.2 mts x 2.1 mts.</p> <p>WAG Music While the LOC guarantees respect for copyright and the dissemination of musical works, each National Federation must verify that the music of its WAG athletes does not infringe any copyright and that can be disseminated in the media. This confirmation must be sent to PAGU (info@upag-pagu.org) along with the nominative registration, no later than May 13, 2025. Each Federation will be asked to report on the duration, composer, artist and title of the music to be used for each exercise. The Federation must upload the music form and music in SportEvents, no later than May 13, 2025. Requirements of the music files:</p> <ul style="list-style-type: none"> - Max size: 10 MB - File format: mp3 - File name: LastName_FirstName_CountryCode.mp3 <p>Examples:</p> <ul style="list-style-type: none"> - PEREZ_Ana_PAN.mp3 | |

Sincerely Yours,



Kenia Herrera García
Interim President of PAGU




Carlos Antonio Herrera
President of the Gymnastics Federation of Panama



Mexico City, February 21, 2025