



WARSZAWSKO-MAZOWIECKI ZWIĄZEK SPORTÓW GIMNASTYCZNYCH

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Warsaw, 2-June-2023

13th INTERNATIONAL ACROBATIC GYMNASTICS TOURNAMENT

“WARS & SAWA”

&

2nd International Acrobatic Gymnastics
Memorial of Gizela and Konrad Zielińscy

8-10th September 2023

Warsaw, Poland

DIRECTIVES

HOST FEDERATION

Polish Gymnastic Association

Ratuszowa str. 11

03-450 Warsaw

Wiesława Milewska +(48) 570 990 303, wmilewska@pzg.pl



01. General Information

Warszawsko-Mazowiecki Związek Sportów Gimnastycznych is pleased to invite you and your delegation to participate in the 13th International Acrobatic Gymnastic Tournament "Wars & Sawa" and 2nd International Acrobatic Gymnastics Memorial of Gizela and Konrad Zielinscy

This tournament will be organized in the city of Warsaw, Poland from **September 8th to 10th**, 2023. The Wars & Sawa Cup is open to national and regional teams as well as for individual club teams. In this tournament there will be a competition for YOUTH, AG, AG1, JUN and SENIOR.

This competition is being prepared in accordance with the FIG regulations and rules with the following age groups and categories:

YOUTH	7 years old -14 years old	General rules on page 3
AGE GROUP	10 years old - 16 years old	Rules for 11-16 FIG Age Group
AGE GROUP 1	11 years old - 18 years old	Rules for 12-18 FIG Age Group
JUNIOR	12 years old - 19 years old	Rules for 13-19 FIG Age Group
SENIOR	minimum 14 years old	Rules for Seniors

02. Provisional Schedule

Thursday/Friday, September 7-8	Arrival of the delegations
Friday, September 8	Official Podium Training Judges' instruction Checking of tariff sheets

	Orientation meeting First part of qualifications – Youth
Saturday, September 9	Qualifications
Sunday, September 10	Finals, Departure of the delegations
Monday, September 11	Departure of the delegations

03. Competition Venue

OSiR Polna, ul. Polna7a, 00-625 Warszawa

<https://osir-polna.pl/>

04. Maximum size of delegation

Each delegation may include:

1 Head of delegation

1 Team Manager

At least 1 judge is obligatory (See 18 . Additional Information)

Unlimited number of acrobatic teams

05. Competition Programme

Qualifications and Finals in all 5 categories.

Qualifications (Age Group / Age Group 1/ Junior / Senior):

1 Balance + 1 Dynamic exercise.

Qualifications (Youth): 1 Combined exercise (*Difficulty is calculated just like in FIG 11-16 Age Group*). - 2min 30sec of maximum duration.

General Rules:

Pairs: choose 2 balance elements from 11-16 difficulty tables + 1 optional element from FIG tables and 2 dynamic elements from 11-16 difficulty tables +1 optional element from FIG tables.

Groups: choose 1 pyramid from 11-16 difficulty tables + 1 optional pyramid from FIG tables (only 2 static holds of 3" are required in the routine) and 2 dynamic elements from 11-16 difficulty tables + 1 optional element from FIG tables; the optional pyramid may be selected from one of the same categories used in the compulsory elements.

Individual: 3 individual elements must be executed (SALTO IS NO OBLIGATORY).

Finals: top six or top eight or top twelve of qualifications, depending on the amount of pairs/groups per category (1 to 8 P/G - 6 finalists; 9 to 16 P/G - 8 finalists; more than 16 P/G - 12 finalists)

Youth - Combined (sum of the two Combined exercises — Qualif. + Final -defines the winner).

AG: 1 static or 1 dynamic exercise according FIG rules

AGE GROUP1/JUN/SENIOR: 1 combined exercise

Qualification scores determine the starting order in the finals, but scores in all finals start from zero!!!

06. Deadlines for entries

Provisional registration	June 18th 2023 via https://rejestracja.itdsport.pl
Definitive registration:	July 10th 2023
Nominative registration	August 7th 2023

07. Entry Fee

40 Euro/per gymnast

08. Accommodation / Meals /

Transport

Hotel Category Prices are per night/per person (including breakfast, VAT)

Single room **80** € per night/per person
Double room **60** € per night/per person)
Triple room **50** € per night/per person)
Quadruple room **40** € per night/per person)

CLASS D Hotel *

Double room **45** € per night/per person)
Triple room **40** € per night/per person)

Breakfast will be served at the hotels.

MEALS

Lunch – 10 € ; dinner - 10 € (per person)

All federations to book their accommodation through the LOC.

The prices charged for the hotel rooms will not exceed the usual hotel rates.

The participating federations must pay for the accommodation expenses of their delegation members.

Delegations that book their accommodation through the LOC will be offered free transport from:

- Okęcie or Modlin Airport to the competition venue and back;
- Hotel to the competition/training venue and back.

09. Deadlines for Entries and Finance Obligations

Provisional Registration (on line)	18/06/2023
Definitive Registration (on line)	10/07/2023
Nominative Registration (on line)	7/08/2023
Accommodation	30/06/2023
Travel Schedule Form	15/08/2023
Visa Request Form	as soon as possible
Payment of the Entry Fee	20/08/2023
Payment of the Accommodation Costs – 50 %	30/07/2023
Payment of the Accommodation Costs – 50 %	30/08/2023
Payment of the fine for missing judge	Upon arrival

THE REMAINING PAYMENT MUST BE MADE ON ACCREDITATION OR IN ADVANCE BY BANK TRANSFER

Bank info:

Bank name: Bank Handlowy w Warszawie

Bank address: ul. Senatorska 16, 00-923 Warszawa

Branch name: Warszawsko-Mazowiecki Związek Sportów Gimnastycznych; ul. Żołąty 56A, 02-815 Warszawa

IBAN (for transfer within Europe only)

33 1030 0019 0109 7806 0103 0889

SWIFT code: CITIPLPX

Participating Federation is responsible for covering in all bank fees in connection with the bank transfers.

- The delegations are responsible for covering travel expenses, accommodation, meals and entry fee.
 - The entry fee is not refundable.
 - All delegations must bring (at least) 1 Judge - **NO JUDGE PENALTY: 250 €**
- All participants must be booked through the Wars & Sawa Acro Cup OC.**

10. Visa

If you need an official invitation to obtain a visa to travel to Poland, please contact the OC as soon as possible.

11. Insurance

The Host Federation, the LOC not be held responsible for any liabilities in case of accidents, illness (including COVID-19), repatriation and the like.

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 repatriation for all the members of their Delegation.

If the note has not been sent in advance to the LOC (which is strongly recommended), the LOC will verify the insurance coverage upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy).

The insurance must be valid at least starting from the arrival day of the delegation and must last for the delegations' entire stay. Delegation members with insufficient insurance coverage must inform the LOC in advance. The LOC will subsequently offer insurance coverage at the Federations own charge as follows: 5 Euro per person/day.

12. Medical Services

Medical services during the competition will be provided by a team of paramedics with ambulance service.

13. Accreditation / Tariff sheets / Music

Accreditation at:

OSiR Polna

Friday, September 8th from 9:00 - 21:00

The accreditation system identifies individuals participating in the competition and ensures controlled access to each area. All participants and officials are required to wear accreditation cards at all times.

At accreditation, the Head of Delegation must check the correct names of their complete delegation, verify accommodation requirements, make the necessary payments (including insurance, if necessary) They also have to present the passports of all competitors and judges for control of nationality and age. The definitive competition Schedule will be given to the Head of Delegation.

The accreditation is personal, non-transferable and compulsory to control access to training and competition hall, functions, official transport, lunches and dinners.

Without your accreditation card, you cannot pass the security control and you cannot participate in lunches, dinners, etc. So, if you lose your accreditation card, you will have to buy a new one for the price of 100 €.

Music :

Each participating needs to transmit all the music for its exercises to zabierwoj2@gmail.com by 30/08/2023,

The LOC wishes to receive your music only in MP3format.

How to name MP3 – files:

Levels: **YOUTH**, AG, JUN, JUN+ and SEN

Categories: WP, MP, MxP, WP and MG

Country: 3-letter country code e.g. POL, USA

Gymnasts: first letters of first names of each gymnast of the team. E.g.: a team composed of ANNA, KATARZYNA and WIKTORIA will give: AKW

Routine: Balance: Bal; Dynamie: Dyn; Combined: Com

Example: AG_WG_POL_AKW_Dyn

Please bring along a copy of your music to the W&S Cup, as a back-up in case of a technical problem in the competition area or for your training sessions.

14. Orientation Meeting

The orientation meeting will take place at the Sports Hall on Friday 8th ; 19:00.

This meeting is for Head of Delegation, Team Managers, Judges and Coaches. Each head of delegation will receive the official competition plan.

15. Opening Ceremony

1 gymnasts will be requested to participate in the Opening Ceremony on Saturday, September 9th. The National or Team tracksuit must be worn.

16. Medal Award Ceremonies

Only the first three places will be requested to participate in the Medal Award Ceremonies.

18. Additional Information

Additional payments:

No judge on delegation: 250 €

19. Organizing Committee

Warszawsko-Mazowiecki Związek Sportów Gimnastycznych

Email: warsisawa.acro.cup@gmail.com

President of the
Warsaw – Mazovia Sport Gymnastics Federation


Michał Bałaga