



WARSZAWSKO-MAZOWIECKI ZWIĄZEK SPORTÓW GIMNASTYCZNYCH

02-815 WARSZAWA, ul. Żołny 56A
www.gim-akro.waw.pl e-mail biuro@gim-akro.waw.pl
Nr konta: 68 1030 0019 0109 8530 0042 8318

Warsaw, 21-June-2022

12th INTERNATIONAL ACROBATIC GYMNASTICS TOURNAMENT

“WARS & SAWA”

&

1st International Acrobatic Gymnastics
Memorial of Gizela and Konrad Zielińscy

7-9th October 2022

Warsaw, Poland

DIRECTIVES

1. HOST FEDERATION

Polish Gymnastic Association

Ratuszowa str. 11

03-450 Warsaw

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

Jan Wieteska +(48) 660 407, jan.wieteska@op.pl

2. LOCAL ORGANIZING COMMITTEE

Warsaw-Mazovia Gymnastic Sports Federation

Żołąny str. 56a

02-815 Warsaw

e-mail: biuro@gim-akro.waw.pl

President: Michał Bałaga

mob. +48 609 703671 e-mail: michalbalaga@gmail.com

Sport manager: Andrzej Kuteraś

mob. +48 602 808 727 e-mail: biuro@gim-akro.waw.pl

Professional contact: Karolina Kamińska

mob. +48 696 091 257 e-mail: karolina.kaminska@kkbusters.pl

Secretary of the tournament: Gabriela Sierocińska-Dec

mob. 693 071 161 e-mail: gabrieladec@gmail.com

3. VENUE

Arena Ursynów

Rotmistrza Witolda Pileckiego 122, 02-781 Warszawa

Phone numer: +48 22 334 62 00



4. APPARATUS SUPPLIER

Janssen Fritsen Landing mats Rotterdam reference numer 2240521 blue

5. AGE LIMITS

Senior 14+; cat. 12-19; cat. 11-18, cat. 10-16.

Observe the maximum difference of 6 years between the partners in the unit.

6. PARTICIPATION

All competitors must take part in qualifications. The top 6 units qualify to the final. If there are more than 12 units, then top 8 will proceed to the final.

The sum of three exercises: balance, dynamic and combined gives the final result.

7. JUDGES AND JURIES

1 judge for team of 20 competitors, 2 judges above 20 competitors in team.

8. ENTRY FEES

The entry fees is 45 euro per gymnast.

9. ACCREDITATION

Accreditation will take place upon arrival in Arena Ursynów.

During accreditation, the head of a delegation is required to present:

- passports for all members of the delegation,
 - insurance,
 - Covid-19 statement.
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10. 1st International Acrobatic Gymnastics Memorial of Gizela and Konrad Zielinscy

During the International Acro Tournament "Wars & Sawa Cup", will be held the accompanying event entitled "Memorial of Gizela and Konrad Zieliński" The tournament is organized for the first time and its purpose is to commemorate the outstanding "legendary" coaches and founders of Polish and International acrobatic gymnastics – Gizela and Konrad Zieliński.

The tournament is open to hosting the National and Regional teams as well as individual club teams in category **"YOUTH" 7th - 14 years old**.

TECHNICAL REGULATIONS

Observe the maximum difference of 6 years between the partners.

COMPETITION STRUCTURE

- **QUALIFICATION**

Each pair/group performer one Combined exercise with music a maximum duration of 2,30 minutes.

- **FINAL**

To the final will enter no more than two units of the team from one country.

20 or more participated pairs/groups per discipline – the best 12 proceed to the final

11 -19 participated pairs/groups per discipline – the best 8 proceed to the final

10 or less participated pairs/groups per discipline – the best 6 proceed to the final

COMPOSITION OF EXERCISES & SPECIAL REQUIRMENTS

The exercise must contain 6 pair/group elements and 4 individual elements. For each missing element a special requirement penalty of 1,0 is applied.

11.MUSIC

MUSIC in the mp3 format must be sent (at latest 10 days before team's arrival) to the following address:

zabierwoj2@gmail.com

File name scheme:

Country Code_age category_discipline_exercise_Gymnast name

eg. POL_12_18_WP_balance_Kowalska_Nowak

TARIFF SHEETS (10 days before competition) to be sent to:

karolina.kaminska@kkbusters.pl

12.PROVISIONAL SCHEDULE

06th October

Arrival , training, technical and judges' meetings

7th October

Competition, banquet

8th October

Competition

9th October

Competition

10th October

Departures

13.MEDICAL SERVICE.

Medical service will be available on the sport arena during trainings and competition.

14. INSURENCE

The LOC will not be responsible for any liabilities in case of accidents, illness, repatriation and like. Participating teams are responsible for making their own arrangements to have the necessary valid insurance for all the members of a delegation.

15. VISA

If a visa is required for your travel to Poland, please send us the list of members of delegation by 30-Jun-2022 at biuro@gim-akro.waw.pl.

We will send the request to the Polish Embassy or Consulate. The request must include the function, full name, gender, date of birth, citizenship and passport number, expiry date, the arrival and departure dates.

16. INTERNATIONAL TRANSPORT

Teams bear the travel costs of their delegations members.

Travel Schedule Form must be returned to the LOC by 10-Sep-2022

17. LOCAL TRANSPORT

Local transport will be provided by LOC according to the prepared schedule.

18. ACCOMMODATION

„Aramis” Hotel * - Mangalii str. 3 ph. +48 22 207 65 67

www.hotelaramis.pl

- double room per person/per night 45 €
- triple room per person/per night 40 €
- four person room per person/per night 35 €

„O³” Hotel** - Mangalii str.3

- single room per person/per night 55 €
 - double room per person/per night 50 €
 - triple room per person/per night 40 €
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- „De Silva” *** www.desilva.pl

ul. Puławska 42, Piaseczno

- single room per person/per night 55 €
 - double room per person/per night 45 €
 - triple room per person/per night 40 €
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Accommodation Form to be returned to the LOC by 01-Sep-2022

19. MEALS

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

The meals plan starts with dinner on the arrival day and ends with breakfast on the departure day.

The Meals Form must be returned to the LOC by 15-Sep-2022

20. BANQUET

The LOC is pleased to invite you, in the evening of 8-Oct-2022, a banquet for judges, coaches, and heads of delegations, free of charge.

21. PRIZES

Medals, cups. Diplomas for all competitors. Souvenirs.

22. CANCELLATION POLICY

Cancellation will only be accepted by e-mail.

In case of cancellation, costs will be refunded as follows:

By 30th August 2022: 100% refund

31th August – 15th September 2022: 50% refund
From 16th September 2022: no reimbursement
No refund will be made after the deadline of the Nominative Registration.

23. BANK ACCOUNT INFORMATION

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.

24. SOCIAL MEDIA

Facebook page: www.facebook.gim-akro.waw.pl

25. DEADLINES SUMMARY

1. Definitive Registration	15.08.2022
2. Nominative Registration	1.09.2022
3. Accommodation Form	1.09. 2022
4. Travel Form	10.09. 2022
5. Visa Form	31.07.2022
6. Meals Form	15.09.2022

26. SPECIAL REQUEST

Each participant must sign a special entry declaration of consent under pandemic conditions.

President of the

Warsaw – Mazovia Sport Gymnastics Federation

Michał Bałaga

FIG Acro TC Member

Wiesława Milewska

Vice President of the Polish Gymnastic Association

Jan Wieteska