

## **01. General Information**

Warszawsko-Mazowiecki Związek Sportów Gimnastycznych is pleased to invite you and your delegation to participate in the 14<sup>th</sup> International Acrobatic Gymnastic Tournament "Wars & Sawa" and 3<sup>rd</sup> International Acrobatic Gymnastics Memorial of Gizela and Konrad Zielinsky

This tournament will be organised in the city of Warsaw, Poland from **September 5<sup>th</sup>** to **7<sup>th</sup>**, 2024. 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:

<b>YOUTH</b>	7 years old - 15 years old	General rules on page 3
<b>AGE GROUP</b>	10 years old - 16 years old	Rules for 11-16 FIG Age Group
<b>AGE GROUP 1</b>	11 years old - 18 years old	Rules for 12-18 FIG Age Group
<b>JUNIOR</b>	12 years old - 19 years old	Rules for 13-19 FIG Age Group
<b>SENIOR</b>	minimum 14 years old	Rules for Seniors

## **02. Provisional Schedule**

Wednesday/Thursday, September 4-5	Arrival of the delegations
Thursday, September 5	Official Podium Training Judges' instruction

	Checking of tariff sheets Orientation meeting First part of qualifications – Youth
Friday, September 6	Qualifications
Saturday, September 7	Finals, Departure of the delegations
Sunday, September 8	Departure of the delegations

### **03. Competition Venue**

Centrum Sportu Wilanów, Wiertnicza 26A Warszawa  
<https://sport.um.warszawa.pl/waw/csw>

### **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**

<b>Provisional registration:</b>	<b>June 7<sup>rd</sup> 2024 via <a href="mailto:warsisawa2024@gmail.com">warsisawa2024@gmail.com</a></b>
Definitive registration: new deadline	<b>July 19th 2024 <a href="http://www.rejestracja.itdsport.pl">www.rejestracja.itdsport.pl</a></b>
Nominative registration:	<b>August 10<sup>th</sup> 2024</b>

## **07. Entry Fee**

**45 Euro/per gymnast**

## **08. Accommodation / Meals /**

### **Transport**

#### **Accommodation:**

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

Single room **90** € per night/per room including breakfast

Double room **120** € per night/per room including breakfast

Triple room **150** € per night/per room including breakfast

Breakfast will be served at the hotels.

Anybody who would like to prolong their stay in the hotel before or after the tournament, please let us know as soon as possible.

#### **Parking:**

Car: 10 € 24h

Mini bus: 20 € 24h

Coach: 30 € 24h

#### **Transfer:**

The total cost of transfers between arrival – hotel – competition venue – departure - 10 € (per person)

#### **Meals:**

Lunch (at the competition venue)- 15 € (per meal)

Dinner (at the hotel)- 15 € (per meal)

### **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:

- Warsaw Chopin Airport 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)	<b>07/06/2024</b>
Definitive Registration (on line ) <b>new deadline</b>	<b>19/07/2024</b>
Nominative Registration (on line)	<b>10/08/2024</b>
Accommodation Form <b>new deadline</b>	<b>19/07/2024</b>
Travel Schedule Form <b>new deadline</b>	<b>10/08/2024</b>
Meals Form	<b>15/08/2024</b>
Visa Request Form	<b>as soon as possible</b>
Payment of the Entry Fee	<b>20/08/2024</b>
Payment of the Accommodation Costs – 50 % <b>new deadline</b>	<b>20/07/2024</b>
Payment of the Accommodation Costs – 50 %	<b>30/08/2024</b>
Payment of the fine for missing judge	<b>Upon arrival</b>

## **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. Żołą 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.

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- 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, is not 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:

**Centrum Sportu Wilanów**

Thursday, September 5<sup>th</sup> 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](mailto:zabierwoj2@gmail.com) by 20/08/2024,

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.

**Tarif Sheett:**

Please send by mail in PDF [Karolina.kaminska@kkbusters.pl](mailto:Karolina.kaminska@kkbusters.pl) the deadline by 26.08.2024.

## **14. Orientation Meeting**

The orientation meeting will take place at the Sports Hall on Thursday 5<sup>th</sup> ; 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 Friday, September 6<sup>th</sup>. 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: [warsisawa2024@gmail.com](mailto:warsisawa2024@gmail.com)

President of the  
Warsaw – Mazovia Sport Gymnastics Federation  
Michał Bałaga