



**International Competition in Rhythmic
Gymnastics
" Friends of Warsaw"
18-20. 10. 2019
Warsaw, Poland**




DIRECTIVES

Event ID: 16133

Dear FIG affiliated Member Federation,

The Gymnastics Federation of POLAND has the pleasure to invite your Federation to participate in the aforementioned official FIG International Event.

DISCIPLINE	Rhythmic Gymnastics
HOST FEDERATION	Polish Gymnastic Association ul. Ratuszowa 11 03-450 Warsaw Wiesława Milewska +(48) 570990303 wmilewska@pzg.pl https://pzg.pl
LOCAL ORGANIZING COMMITTEE	Warsaw-Mazovia Gymnastic Sports Federation ul. Żołą 56 a 02-815 Warszawa tel.: +48 530 907 003 email: biuro@gim-akro.waw.pl President (Event manager) Jan Wieteska E mail: jan.wieteska@op.pl Ph. +48 660 407 407 Sport manager: Adriana Szymańska Ph. +48 606 933 203 E mail: aszymanska@pm.waw.pl Professional contact (ENG): Mrs. Buczyńska Inga, Tel: +48 609 961 818 Email: i.buczynska@legion-warszawa.pl Professional contact (RUS): Mrs. Nylypiuk Kateryna Tel: +48 500 423 477 Email: kateryna.nylypyuk@gmail.com
LOCATION	Warsaw, Poland
DATE	18-20. 10. 2019
VENUE	Competition hall Sport Center - "Kolo" - Osir Wola

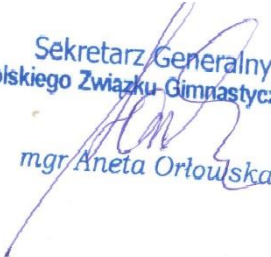
	<p>Obozowa 60, 01-423 Warszawa Tel.: + 22 877 38 06 https://www.osirwola.pl/obiekty/hala-sportowa-ko%C5%82o</p> 
<p>APPARATUS SUPPLIER</p>	<p>Janssen Fritsen: 14 x 14 m RG floor, Reference number RG Floor Ref. 1790280 (former Ref.652+653+658+659+1790580+1790290+1790291+1790292) Warm-up area: 2 floors Competition hall: 1 floor</p> <p>Replacement Apparatus</p> <p>Rope – SASAKI, M-280-F, Size: L, 3 m 1 cm, Quality: nylon Hoop Senior – Pastorelli, Hoop model "Rodeo", 89cm inside diam., weight 302 g, polyethylene Art. 00300FIG Hoop Junior – Pastorelli, Hoop model "Sidney", 85cm inside diam., weight 304 g, polyethylene Art. 00311FIG Ball – SASAKI 18,5cm Ø, Rubber, weight 410 g, +/- 5 g M-207AU-F Clubs – SASAKI 44cm long, 150 g minimum each, Rubber M-34H-F Ribbon Senior – SASAKI Stick without ribbon, with rubber grip, 60cm long, 1cm diam., Fiber glass (standard attachment) M-781H-F Ribbon without stick, 5cm wide, minimum 6m long, weight 40 g, +/- 2 g, Satin rayon (attachment eyelet) M-71-F Ribbon Junior - SASAKI Stick without ribbon, with rubber grip, 57cm long, 9mm diam. M-700JK-F Ribbon without stick for juniors, 5,4 cm wide, 5,5 m long, weight 35g MJ-715F</p>
<p>RULES AND REGULATIONS</p>	<p>The event will be organized under the following FIG rules, as valid in the year of the event, except for any deviation mentioned in these directives:</p> <ul style="list-style-type: none"> ● Statutes ● Technical Regulations ● Code of Points and relevant Newsletters ● General Judges' Rules ● Specific Judges' Rules ● Accreditation Rules ● Anti-Doping Rules ● Licence rules (except for non competitive events) ● Media Rules ● Apparatus Norms ● FIG Rules for Sanctioning (approval) of International Events ● Advertising and Publicity Rules ● Medical Organization of the Official FIG Competitions and Events <p><i>and subsequent decisions of the FIG Executive Committee</i></p>
<p>FEDERATIONS</p>	<p>The Organizing Member Federation will invite all FIG Member Federations</p>

INVITED	and Clubs in good standing. Participation: Individual: 1 coach, 1 judge (compulsory), max 4 seniors, 4 juniors						
AGE LIMITS	RG: Junior: 13-15 Senior: 16 All gymnasts must have a valid FIG licence until the end of the event.						
JUDGES AND JURIES	All judges must have a current valid FIG brevet in the respective discipline If your delegation chooses to participate without a judge, a fee of 50 € must be paid cash upon arrival.						
REGISTRATION DEADLINES	<table border="1"> <tr> <td>Definitive registration</td> <td>15.06.2019</td> </tr> <tr> <td>Nominative registration</td> <td>04.09.2019</td> </tr> <tr> <td>Visa application form</td> <td>04.09.2019</td> </tr> </table>	Definitive registration	15.06.2019	Nominative registration	04.09.2019	Visa application form	04.09.2019
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ENTRY FEES	The Entry fee for this event will be: 40 EUR/gymnast Extra gymnast – 60 €						
ACCREDITATION	Delegations accreditation will take place upon arrival. For accreditation team leaders are required to bring the following documents: -passports of all members of the delegation -proof of medical insurance of all gymnasts of the delegation						
EVENT FORMAT	JUNIORS Individuals Rope-Ball-Clubs-Ribbon - FIG requirements 2017-2020 SENIORS Individuals Hoop-Ball-Clubs-Ribbon - FIG requirements 2017-2020						
PROVISIONAL SCHEDULE	17. 10. 2019 (Thursday): Arrival of the delegations Training and Orientation meeting Judges' meeting 18. 10. 2019 (Friday): Junior Individual All Around Competition /2 app Senior Individual All Around Competition /2 app 19. 10. 2019 (Saturday): Junior Individual All Around Competition /2 app Senior Individual All Around Competition /2 app 20. 10. 2019 (Sunday): Finals Individual Banquet (for judges, coaches) 21. 10. 2019 (Monday): Departures of the delegations						
MEDICAL SERVICES	Medical services provided in the gym by LOC.						
VISA	Please verify immediately with your travel agent or the Poland Embassy or Consulate in your country if a visa is required for your travel to Poland. The LOC will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before 04.09.2019 to the LOC. 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.						
INSURANCE	The Host Federation, the LOC and the FIG will not be responsible for any liabilities in case of accidents, illness, repatriation and the like. The FIG Technical Regulations foresee that all participating Federations are						

	<p>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>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.</p>								
INTERNATIONAL TRANSPORTATION	<p>The invited participating federations must pay for the travel costs of their delegation members</p> <p>The Travel Schedule Form must be returned to the LOC by 15.09.2019.</p>								
LOCAL TRANSPORTATION	<p>local transportation:</p> <p>http://www.ztm.waw.pl</p> <p>http://www.skm.warszawa.pl/schematy-tras.html</p>								
ACCOMMODATION	<p>Aramis Hotel Ul. Mangalii 3 Phone: +48 22 207 80 00 Phone: +48 22 463 63 63 E mail: aramis@starthotel.pl www.hotelaramis.pl</p> <table> <tr> <td>Singiel room per person/per night</td> <td>50E</td> </tr> <tr> <td>Double room per person/ per night</td> <td>40E</td> </tr> <tr> <td>Triple room per person/ per night</td> <td>35E</td> </tr> <tr> <td>Four- person room per person /per night</td> <td>30E</td> </tr> </table>	Singiel room per person/per night	50E	Double room per person/ per night	40E	Triple room per person/ per night	35E	Four- person room per person /per night	30E
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MEALS	Lunch 12 Euro, dinner 12 Euro.								
CANCELATION POLICY	Cancellations or charges in the delegation have to be notified to the LOC before 17.09. 2019. No refund possible if later arrival or early departure.								
FINAL BANQUET	The LOC is pleased to organize in the evening of 19.10.2019 free of charge, final banquet for judges, coaches and head of delegation.								
PRIZE MONEY	<table> <tr> <td>Seniors:</td> <td>Juniors:</td> </tr> <tr> <td>1 150 Euro</td> <td>1 120 Euro</td> </tr> <tr> <td>2 100 Euro</td> <td>2 90 Euro</td> </tr> <tr> <td>3 90 Euro</td> <td>3 80 Euro</td> </tr> </table>	Seniors:	Juniors:	1 150 Euro	1 120 Euro	2 100 Euro	2 90 Euro	3 90 Euro	3 80 Euro
Seniors:	Juniors:								
1 150 Euro	1 120 Euro								
2 100 Euro	2 90 Euro								
3 90 Euro	3 80 Euro								
BANK ACCOUNT INFORMATION	<p>Each participating member Federation is kindly requested to ingrate the payment's purpose as follows.</p> <p>Bank name: Bank Handlowy w Warszawie Bank address: ul. Senatorska 16, 00-923 Warszawa Branch name: Warszawsko-Mazowiecki Związek Sportów Gimnastycznych Ul. Żoły 56A 02-815 Warszawa IBAN (for transfer with Europe only) 33 1030 0019 0109 7806 0103 0889 SWIFT code: CITIPLPX</p> <p>This participating Federation is responsible for cover in gall bank fees in connection with the bank transfers.</p>								
MARKETING	FIG advertising and publicity norms must be respected.								
MEDIA	Local media officer: Krzysztof Stanisławiak								
SOCIAL MEDIA	Facebook page: www.facebook.gim-akro.waw.pl								
DEADLINES SUMMARY	<table border="1"> <tr> <td>Provisional Registration</td> <td></td> </tr> </table>	Provisional Registration							
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	Travel Schedule Form	15.09.2019	
	Visa Request Form	04.09.2019	
	Meals Form	04.09.2019	
ADDITIONAL INFORMATION			

Warsaw Date : 07.05.2019

Sekretarz Generalny
 Polskiego Związku Gimnastycznego

 mgr Aneta Orłowska

General Secretary Polish
 Gymnastic Association