



# 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

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Warsaw, 21-June-2022

## 12<sup>th</sup> INTERNATIONAL ACROBATIC GYMNASTICS TOURNAMENT

“WARS & SAWA”

&

1<sup>st</sup> International Acrobatic Gymnastics  
Memorial of Gizela and Konrad Zielińscy

7-9<sup>th</sup> October 2022

Warsaw, Poland

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### DIRECTIVES

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#### 1. HOST FEDERATION

Polish Gymnastic Association

Ratuszowa str. 11

03-450 Warsaw

Wiesława Milewska +(48) 570 990 303, [wmilewska@pzg.pl](mailto:wmilewska@pzg.pl)

Jan Wieteska +(48) 660 407, [jan.wieteska@op.pl](mailto:jan.wieteska@op.pl)

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## 2. LOCAL ORGANIZING COMMITTEE

### **Warsaw-Mazovia Gymnastic Sports Federation**

Żołąny str. 56a

02-815 Warsaw

e-mail: [biuro@gim-akro.waw.pl](mailto:biuro@gim-akro.waw.pl)

### **President: Michał Bałaga**

mob. +48 609 703671 e-mail: [michalbalaga@gmail.com](mailto:michalbalaga@gmail.com)

### **Sport manager: Andrzej Kuteraś**

mob. +48 602 808 727 e-mail: [biuro@gim-akro.waw.pl](mailto:biuro@gim-akro.waw.pl)

### **Professional contact: Karolina Kamińska**

mob. +48 696 091 257 e-mail: [karolina.kaminska@kkbusters.pl](mailto:karolina.kaminska@kkbusters.pl)

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### **Secretary of the tournament: Gabriela Sierocińska-Dec**

mob. 693 071 161 e-mail: [gabrieladec@gmail.com](mailto:gabrieladec@gmail.com)

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## 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

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#### **5. AGE LIMITS**

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

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

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#### **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.

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#### **7. JUDGES AND JURIES**

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

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#### **8. ENTRY FEES**

The entry fees is 45 euro per gymnast.

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#### **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. 1<sup>st</sup> 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](mailto: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](mailto:karolina.kaminska@kkbusters.pl)

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## **12.PROVISIONAL SCHEDULE**

### **06<sup>th</sup> October**

Arrival , training, technical and judges' meetings

### **7<sup>th</sup> October**

Competition, banquet

### **8<sup>th</sup> October**

Competition

### **9<sup>th</sup> October**

Competition

### **10<sup>th</sup> October**

Departures

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## **13.MEDICAL SERVICE.**

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

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## 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.

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## 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](mailto: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.

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## 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

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## 17. LOCAL TRANSPORT

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

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## 18. ACCOMMODATION

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

[www.hotelaramis.pl](http://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 €

### „O<sup>3</sup>” 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](http://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**

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#### **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**

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#### **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.

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#### **21. PRIZES**

Medals, cups. Diplomas for all competitors. Souvenirs.

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#### **22. CANCELLATION POLICY**

Cancellation will only be accepted by e-mail.

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

By 30<sup>th</sup> August 2022: 100% refund

31<sup>th</sup> August – 15<sup>th</sup> September 2022: 50% refund  
From 16<sup>th</sup> 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.

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### **24. SOCIAL MEDIA**

Facebook page: [www.facebook.gim-akro.waw.pl](http://www.facebook.gim-akro.waw.pl)

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### **25. DEADLINES SUMMARY**

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

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## **26. SPECIAL REQUEST**

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

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**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**