



**XII INTERNATIONAL RHYTHMIC  
GYMNASTICS TOURNAMENT – IRINA CUP  
24 - 26/ 04 / 2020  
Warsaw, Poland**




**DIRECTIVES**

**Event ID: 16379**

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.

<b>DISCIPLINE</b>	<b>Rhythmic Gymnastics</b>
<b>HOST FEDERATION</b>	<b>Polish Gymnastic Association</b> ul.Ratuszowa11 03-450 Warsaw Wiesława Milewska <b>+(48) 570990303</b> <a href="mailto:wmilewska@pzg.pl">wmilewska@pzg.pl</a> , <a href="https://pzg.pl">https://pzg.pl</a>
<b>LOCAL ORGANIZING COMMITTEE</b>	<b>UKS Irina Warszawa</b> L. Narbutta 14, 02-541 Warsaw <a href="http://www.uksirina.pl">www.uksirina.pl</a> <a href="mailto:lord1108@hotmail.com">lord1108@hotmail.com</a>  <b>Event director:</b> Mr. Sławomir Kardaszewski Tel. +48 602 696 675 Email: <a href="mailto:s.kardaszewski@gmail.com">s.kardaszewski@gmail.com</a>  <b>Professional Contact:</b> Mrs. Irina Lortkipanidze Tel. +48 608 300 832 Email: <a href="mailto:lord1108@hotmail.com">lord1108@hotmail.com</a>
<b>LOCATION</b>	<b>Warsaw, Poland</b>
<b>DATE</b>	<b>24-26 /04 /2020</b>
<b>VENUE</b>	<b>Sport Center –Arena Ursynów</b> Pileckiego 122, 00-001 Warsaw Tel: <b>22 334 62 00</b> <a href="https://www.ucsir.pl/ucsir/obiekty/57-hala-widowiskowo-sportowa-arena-ursynow.html">https://www.ucsir.pl/ucsir/obiekty/57-hala-widowiskowo-sportowa-arena-ursynow.html</a>  



<p><b>APPARATUS SUPPLIER</b></p>	<p>Janssen Fritsen 14mX14mRG floor, Reference number 1790280          Warm-up area: 2 floors          Competition hall: 1 floor  <b>Replacement Apparatus</b>  <b>Rope:</b> Sasaki / Art. M-280-F  <b>Hoop / Junior:</b> PASTORELLI Sidney 85 / 85cm inside diam., weight 304 g polyethylene, Art. 00311FIG  <b>Ball:</b> Sasaki / Art. M-20A-F  <b>Clubs:</b> Sasaki / Art. M-34H-F  <b>Ribbon / Junior:</b> Sasaki / Stick – Art. M-781-F  <b>Ribbon junior</b> – Art. MJ-715-F  <b>Ribbon senior:</b> Sasaki, M-781T-F          The changes of the Apparatus Norms for the Hand Apparatus valid for Apparatus Manufacturers and Gymnasts enter into force from 01 January 2019.</p> <p>The list of the RG Hand Apparatus with valid certificates is published on the FIG website (here) and updated regularly. Make sure that your gymnasts use only FIG certified Hand Apparatus for this event and for any other FIG recognized competitions, as they will not be allowed to compete with an Apparatus which does not comply with the norms.</p> <p><b>Random checks on the FIG and Manufacturers’ Logos will be carried out at any time during the Event.</b></p>
<p><b>RULES AND REGULATIONS</b></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"> <li>• Statutes</li> <li>• Technical Regulations</li> <li>• Code of Points and relevant Newsletters</li> <li>• General Judges’ Rules</li> <li>• Specific Judges’ Rules</li> <li>• Doping Control Rules</li> <li>• Licence rules (except for non competitive events)</li> <li>• Media Rules</li> <li>• Apparatus Norms</li> <li>• FIG Rules for Sanctioning (approval) of International Events</li> <li>• Advertising and Publicity Rules</li> <li>• Medical Organization of the Official FIG Competitions and Events</li> <li>• Accreditation Rules</li> </ul> <p><i>and subsequent decisions of the FIG Executive Committee</i></p>
<p><b>SIZE OF DELEGATION</b></p>	<p>The maximum size of the invited delegation is as follows:          Coach Individual -1 or 2          Judges 1 or 2  <b>Gymnasts:</b>          Senior - 2; (FIG program)          Junior – max 2 team 8 gymnast); (FIG program)</p>
<p><b>FEDERATIONS INVITED</b></p>	<p>All FIG Member Federations in good standing are invited.</p>
<p><b>AGE LIMITS</b></p>	<p>Juniors:13-15 Seniors: 16 (born 2004 and earlier)</p>

	<b>All gymnasts must have a FIG licence, valid until the end of the event.</b>									
<b>JUDGES AND JURIES</b>	<p><b>All judges must have a current valid FIG brevet at the time of the event. or the respective discipline RGI</b></p> <p>The number of Apparatus Juries (judges' panels) may be decided by the organizing federation depending on the number of participating competitors and judges.</p> <p><b>The participating Member Federations must send one qualified judge with a minimum Category IV with current valid FIG brevet</b></p> <p>If your delegation chooses to participate without a judge, a fee of <b>100 €</b> must be paid cash upon arrival</p>									
<b>REGISTRATION DEADLINES</b>	<p>Please insert the deadlines for your event. Please note that the provisional registration is not compulsory, only the definitive and nominative deadlines are compulsory.</p> <table border="1"> <tr> <td>Provisional registration:</td> <td>January 24th,2020</td> <td>(3 months prior to the event)</td> </tr> <tr> <td>Definitive registration:</td> <td>February 24th,2020</td> <td>(2 months prior to the event)</td> </tr> <tr> <td>Nominative registration</td> <td>March 24<sup>th</sup>,2020</td> <td>(4 weeks prior to the event)</td> </tr> </table>	Provisional registration:	January 24th,2020	(3 months prior to the event)	Definitive registration:	February 24th,2020	(2 months prior to the event)	Nominative registration	March 24 <sup>th</sup> ,2020	(4 weeks prior to the event)
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<b>ENTRY FEES</b>	<p><b>The Entry fee for this event will be:</b></p> <p><b>50 €</b> per Individual gymnast</p> <p><b>Extra persons – 70 €</b></p>									
<b>ACCREDITATION</b>	<p>Accreditation will be given to all members of the delegation upon arrival and when all costs have been paid.</p> <p>the passports of all participants</p> <ul style="list-style-type: none"> <li>• the national anthem</li> <li>• the national flag</li> <li>• 1 CDs per music</li> <li>• Certification of insurance for all delegation members covering illness, accidents and repatriation</li> <li>• Proof for full payment towards the LOC (copy of the SWIFT to be given to the LOC)</li> </ul>									
<b>EVENT FORMAT</b>	<p><b>Senior individual All-Around competition</b></p> <p>Hoop – Ball – Clubs – Ribbon</p> <p><b>Junior Team competition</b></p> <p>2 x Rope, 2 x Ball, 2 x Clubs, 2 x Ribbon</p> <p><b>Individual Junior /Senior Apparatus Finals</b></p> <p>Apparatus final (4 apparatus) of the 8 best gymnasts from Qualification (max. 1 gymnast per federation) per apparatus. 2 gymnasts from the host country will be allowed into the Apparatus Finals.</p>									
<b>PROVISIONAL SCHEDULE</b>	<p><b>April 24:</b> Arrival of delegations,</p> <p>Training (FIG) (18.00-22:00)</p> <p>Orientation meeting 20:00</p> <p>Judges' meeting 20:45 (FIG)</p> <p><b>April 25:</b></p> <p>Training (FIG)13.00-14.00</p> <p>OPENING CEREMONY – 14:00</p> <p><b>Competition</b> Juniors Team/Individual Qualifications (FIG) 15.00- 17.00</p> <p>Individual Senior Qualifications ( 2 apparatus) FIG Program 17.00-19.30</p> <p>Banquet (for judges, coaches) 20.30</p> <p><b>April 26:</b></p> <p>Judges' meeting 12.00</p> <p>Individual Senior Qualifications (2 apparatus) FIG Program 13.00-15:00</p> <p>Juniors/ Senior - Apparatus Finals 16.00-20.00</p> <p><b>April 27:</b> Departure of Delegations</p>									
	<p>Accreditation of all delegations will take place at their arrival in the sports hall.</p> <p><b>Heads of delegations have to bring to the accreditation office:</b></p> <ul style="list-style-type: none"> <li>- 1 CD of the national anthem</li> <li>- The national flag</li> </ul>									

	- 2 audio format CDs per gymnast per apparatus
<b>MEDICAL SERVICES</b>	Medical services will be available, if needed, on the sports hull during trainings and competition
<b>VISA</b>	<p>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 <b>24/02/2020</b> to the LOC.</p> <p>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.</p>
<b>INSURANCE</b>	<p>The Host Federation, the LOC and the FIG will not be responsible for any liabilities in case of accidents, illness, repatriation and the like.</p> <p>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 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>
<b>INTERNATIONAL TRANSPORTATION</b>	<p>The invited participating federations must pay for the travel costs of their delegation members from Chopin international Airport to the hotel in Warsaw and back – 20€ per person.</p> <p>The Travel Schedule Form must be returned to the LOC by 24/03/2020</p>
<b>LOCAL TRANSPORTATION</b>	Local transportation to the hotel and the Event and Training Halls will be provided by LOC.
<b>ACCOMMODATION</b>	<p>The costs per person and per night (including the local transportation) are as follows.</p> <div style="text-align: right;">  </div> <p><b>HOTEL RESIDENCE HOTEL ***</b>  ul. Puławska 361, 02-801 Warszawa  tel. 22 241 75 00  fax 22 241 75 99</p> <p><b>Guaranteed hotel price from 24th to 27th April</b></p> <p>BB (bed and breakfast):  80 EUR per person in single room  60 EUR per person in double room  Price for more gymnast or outer guests:  85 €/person/night – single room  70 €/person/night – double room</p> <p><b>Room prices from 23/24 and from 27/28 April</b></p> <p>BB (bed and breakfast):  100 EUR per person in single room  80 EUR per person in double room</p> <p>The invited participating federations must pay for the accommodation expenses of their delegation members.</p> <p>The costs for the accommodations must be paid to the LOC by 24/03/2020</p> <p><b>The LOC does not guarantee the hotel reservation if the payment is after the deadline. Only written cancellations sent by e-mail or fax will be</b></p>

**accepted but before 15<sup>th</sup> April 2020**

<b>MEALS</b>	<p>The costs per person and per meal are as follows: Lunch: 10 EUR Dinner: 10 EUR</p> <p>The meal plan starts by the dinner on the delegations' official arrival day and ends with the breakfast on the official departure day.</p> <p>The invited participating federations must pay for the meals expenses of their delegation members.</p>																				
<b>CANCELATION POLICY</b>	<p>Cancellations or changes in the delegation have to be notified to the LOC before <b>24/03/2020</b>. Afterwards all costs will have to be paid and accommodation cannot be guaranteed. No refund possible if later arrival or early departure.</p>																				
<b>FINAL BANQUET</b>	<p>The Local Organizing Committee is pleased to organize in the evening of 25 April 2020 free of charge final banquet for judges, coach and head of delegation.</p> <p>Banquet dinner (25.04.2020.) is 30€/person, for those not accommodated in Hotel.</p>																				
<b>PRIZE MONEY</b>	<p>The Prize Money, free of any deductible taxes, will be distributed in <b>Euro</b> as follows:</p> <table border="1"><thead><tr><th colspan="2"><b>Prize Money in euro</b></th></tr></thead><tbody><tr><td><i>Ranking Junior team</i></td><td></td></tr><tr><td>1</td><td>300</td></tr><tr><td>2</td><td>200</td></tr><tr><td>3</td><td>100</td></tr><tr><td>Seniors individuals all round</td><td></td></tr><tr><td>1</td><td>200</td></tr><tr><td>2</td><td>150</td></tr><tr><td>3</td><td>100</td></tr><tr><td></td><td></td></tr></tbody></table>	<b>Prize Money in euro</b>		<i>Ranking Junior team</i>		1	300	2	200	3	100	Seniors individuals all round		1	200	2	150	3	100		
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<b>BANK ACCOUNT INFORMATION</b>	<p>1.**Each participating member Federation is kindly requested to integrate the payment's purpose as follows: Bank Name: ALIOR BANK SA ul.Postępu18B , 02-676 Warszawa Branch Name; Irina Lortkipanidze ( if necessary)</p> <p>IBAN (for transfers within Europe only) :PL 98 2490 0005 0000 4100 9358 1112 (euro)</p> <p>SWIFT Code (BIC+): ALBPPLPW</p> <p>The participating federation is responsible for covering all bank fees in connection with the bank transfers.</p>																				
<b>MARKETING</b>	<p>FIG advertising and publicity norms must be respected</p>																				
<b>MEDIA</b>	<p>Local Media Officer: Sławomir Kardaszewski +48602696675</p>																				
<b>SOCIAL MEDIA</b>	<p><a href="https://www.facebook.com/RG-Tournament-IRINA-CUPWarsaw-Poland-218770728314493/?ref=bookmarks">https://www.facebook.com/RG-Tournament-IRINA-CUPWarsaw-Poland-218770728314493/?ref=bookmarks</a></p>																				
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<b>ADDITIONAL INFORMATION</b>	100%)		
<p>The following age categories are part of the event but do not need FIG licences as the ages are not according to FIG ages for RG.  <b>Age categories</b> (according to the FIG rules developed for junior program)  <b>/max 6 gymnasts/</b>  2011 and younger-<u>1 routines</u> (W/A )  2010-<u>2 routines</u> (hoop + 1 app)  2009 -<u>2 routines</u>(ball + 1 app)  2008 <u>2 routines</u> (clubs + 1 app)  Junior <u>2 routines by choice</u>  Senior <u>2 routines by choice</u></p> <p style="text-align: center;"><b>IMPORTANT : Until 30 March 2020:</b>  Please also send the music in MP3 file by e-mail  <a href="mailto:muzyka.uksirina@gmail.com">muzyka.uksirina@gmail.com</a></p>			

Sincerely Yours

Place and date:  
Warsaw, 10.12.2019



Sekretarz Generalny  
Polskiego Związku Gimnastycznego  
  
mgr Aneta Orłowska

Signature of the President or  
Secretary General of the FIG affiliated NF