



24TH INTERNATIONAL SPRING TOURNAMENT IN ACROBATIC GYMNASTICS TO COMMEMORATE HENRYK CHMIELEWSKI ŚWIDNICA, 28.02 – 01.03.2020

DIRECTIVES

DATE

28.02 – 01.03.2020

VENUE

Poland, Sports Gym OSIR, Galla Anonima Street 1a, 58-100, Świdnica (Osiedle Zawiszów)

ORGANIZER

MKS POLONIA ŚWIDNICA 58-100 Świdnica, Pionierów Street 29

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FOREIGN TEAMS: Roksana DOPART mobile: +48 535 807 520 e-mail: ostrowska-roksana@wp.pl

www.facebook.com/akrobatykamkspolonia

COORGANIZER

SPORTS ASSOCIATION „ALTIUS” WROCŁAW

CITY HALL IN ŚWIDNICA

POLISH GYMNASTICS ASSOCIATION

TOURNAMENT PATRONAGE

PRESIDENT OF ŚWIDNICA CITY – Beata Moskal - Słaniewska

TOURNAMENT PROGRAMME - PROJECT

28.02.2020 (Friday):

Open training (according to training schedule)

Head of delegation, judges and coaches meeting (all details will be published soon)

29.02.2020 (Saturday):

program according to the competition schedule; Opening ceremony

01.03.2020 (Sunday):

program according to the competition schedule; Awards ceremony

In case of too many participants in Youth Category, they will compete on Friday.

Finals will count overall – qualifications plus final exercise.

The best 12 units in each age group and categories go to the finals, it doesn't matter how many will be compete.

AGE CATEGORIES

There will be 5 disciplines:

- WP, MP, MIX, WG and MG

according to the FIG rules in four age categories and additional in YOUTH categories:

- YOUTH (7-15 years, age difference between partners can not be more than 6 years, according to PZG rules for 2020)
- AGE GROUP 11-16 (10-16)
- AGE GROUP 12-18 (11-18)
- AGE GROUP 13-19 (12-19)
- Senior (min. 14 years old)

Each athlete may compete in one discipline only and in one age category only.

In AGE GROUP: 11-16; 12-18; 13-19 it is allowed to compete 1 year younger athletes than it is in the rules.





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Main rules for Youth:

Pairs: 2 balance elements from Compulsory Elements for Age Group 11-16 + one optional balance element from Tables of Difficulty FIG – min. value 3 max. value 9 and 2 dynamic elements from Compulsory Elements for Age Group 11-16 + one optional dynamic element from Tables of Difficulty FIG min. value 3 max. value 14.

Groups: 1 balance pyramid from Compulsory Elements for Age Group 11-16 + one optional balance pyramid (optional pyramid may be chosen from the same category as compulsory pyramid – min. value 5 – max. value 16 – unsupported handstand is compulsory) from Tables of Difficulty FIG (only 2 static 3' holds) and 2 dynamic elements from Compulsory Elements for Age Group 11-16 + one optional dynamic element from Tables of Difficulty FIG – min. value 3 – max. value 14. MG – min. value 3, max. value 10.

Individuals: 3 elements individual including salto (**salto is compulsory**)

(At the tournament in the YOUTH class according to the PZG rules for youth 2020 (elements of the TUMBLING category) - the salto is compulsory. If you perform RF there will be penalty 0.5.)

If optional elements have less value there will be 1.0 penalty. If there is no unsupported handstand, penalty 1.0 will be given.

ACCOMMODATION

Team accommodation you need to book through website ITDSport together with provisional entry. We have limited places.

1. Hotel RED BARON **** ul. Lwa Tołstoja Street 2, 58-100, Świdnica - 40 €/per person/per night (about 2,5 km from the venue)
2. Hotel POD WIERZBAMI *** ul. Częstochowska Street 1, 58-100, Świdnica - 35 €/per person/per night (about 2,6 km from the venue)
3. Hotel SPORTOWY ** ul. Śląska Street 31, 58-100, Świdnica - 30 €/per person/per night (about 4,2 km from the venue)
4. Tourist House OSiR ul. Śląska Street 37, 58-100, Świdnica - 30 €/per person/per night (about 4,4 km from the venue) /breakfast and dinner in the hotel/
5. School Youth Hostel ul. Kanonierska Street 3, 58-100, Świdnica - 30 €/per person/per night (2 km from the venue) /breakfast and dinner as catering/
6. Boarding House of The Mechanic School, ul. Władysława Sikorskiego Street 41, 58-100, Świdnica - 30 €/ per person/per night (about 2,5 km from the venue) /breakfast and dinner as catering/

Organizer will not provide local transport.

(breakfast and dinner in the staying place, lunch in the school canteen in the venue)

ENTRY FEES

1. Each team is responsible for its travel costs.
2. Entry fee 20 € per athlete.
3. Withdrawal athlete after deadline 22.02.2020 without medicine certificate – penalty 20 €.

Paid to the organizer's bank account or paid cash during accommodation

Bank account: SANTANDER 80 1090 2369 0000 0001 3014 5907
MKS POLONIA ŚWIDNICA, Pionierów Street 29, 58-100 Świdnica





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ENTRIES

Competition entries should be done by internet system:

**DEADLINE 07.02.2020 up to an hour 23:59, <http://rejestracja.itdsport.pl>
(ANY CHANGES DEADLINE 22.02.2020 r)**

for login and password please ask through kontakt@itdsport.pl (there should be your name, name of the club for which you need access). **In case of any problems with entry please contact with Dawid Kuś or Daniel Woźniak.**
You find all contacts on website: www.itdsport.pl

Music files in MP3 format please send to **22.02.2020** to the e-mail waldemarkurek@wp.pl
Deadline and e-mail address for tariff sheets will be known later.

INSURANCE

Each team should have their own adequate insurance coverage. Each athlete needs current medicine certificate for accreditation.

Organizer provides first aid service during competition 28.02-01.03.2020 r.

JUDGE

All participating federations must provide at least 1 judge in good standing for ACRO. All judges must participate in judges meetings. Judge is obligatory – 100 € penalty fee. Name of the judge please send to this email: ostrowska-roksana@wp.pl (until 07.02.2020)

AWARDS

1. Medals for 1-3 places
2. Diplomas for everyone
3. There will be also clubs awards.

| place -> | 1 | 2 | 3 | 4 | 5 | 6 and futher places |
|-----------|----|----|----|---|---|---------------------|
| points -> | 16 | 13 | 10 | 7 | 4 | 1 |

ACCREDITATION

28.02.2020, during teams' training hours

Sports Gym OSIR, Galla Anonima Street 1a, 58-100, Świdnica (Osiedle Zawiszów)

ADDITIONAL INFORMATION

1. **All actual information and start lists will be published on website: www.online.itdsport.pl Please check them systematically.**
2. You will need insurance and actual medical athletes' examinations during the accreditation. The clubs' and athletes' licences are not necessary.
3. During the competition we will use SPIETH gymnastics floor.


President of Management
MKS Polonia Świdnica
Tomasz Mojsa

