



## DIRECTIVES

**Event ID:17346**

Dear FIG affiliated Member Federation,

Polish Gymnastic Association 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> Ms. Khrystyna Hnitetska ul. Ratuszowa 11, 03-450 Warsaw, Poland +(48) 736 179 035 <a href="mailto:k.hnitetska@pzg.pl">k.hnitetska@pzg.pl</a> <a href="http://pzg.pl">http://pzg.pl</a>
	
<b>LOCAL ORGANIZING COMMITTEE</b>	<b>SGA Gdynia</b> Ms. Anna Mrozinska Wladyslawa IV 54,81-384 Gdynia, Poland +(48) 503 113 846 <a href="mailto:maricruzdance@gmail.com">maricruzdance@gmail.com</a>
<b>LOCATION</b>	<b>Gdynia, Poland</b>
<b>DATE</b>	<b>May 5 - May 7, 2023</b>
<b>VENUE</b>	<b>Gdynia Arena</b> Kazimierza Gorskiego 8, 81-302 Gdynia, Poland +48 (58) 783 55 00 <a href="http://www.gdyniaarena.pl">http://www.gdyniaarena.pl</a>  <b>Additional information:</b> - two training floors - one competition floor - state-of-the-art sound system - impressive acoustic of the hall
<b>APPARATUS SUPPLIER</b>	<b>Please refer to the attached apparatus list</b>
<b>RULES AND REGULATIONS</b>	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: <ul style="list-style-type: none"> <li>• Statutes</li> <li>• Code of Ethics</li> <li>• Code of Conduct</li> <li>• Technical Regulations</li> <li>• Code of Discipline</li> <li>• Code of Points and relevant Newsletters / Helpdesk</li> <li>• General Judges' Rules</li> <li>• Specific Judges' Rules</li> <li>• Anti-Doping Rules</li> <li>• Medical Organization of FIG Competitions and Events</li> <li>• Framework for safeguarding athletes and other participants from harassment and abuse in sport during events</li> <li>• License Rules</li> <li>• Media Rules</li> <li>• Apparatus Norms</li> <li>• Rules for Sanctioning (approval) of International Events</li> </ul>

	<ul style="list-style-type: none"> <li>• Advertising and Publicity Rules</li> <li>• Regulations for Award Ceremonies</li> <li>• Accreditation Rules</li> </ul> <i>and subsequent decisions of the FIG Executive Committee</i>						
<b>FEDERATIONS INVITED</b>	The Host Federation will invite all Member Federations in good standing.						
<b>AGE LIMITS</b>	<p><b>Junior Individual and Group: 13-15 years (2010-2008)</b>  <b>Senior Individual and Group: 16+ years (2007 and older)</b></p> <p><b>All gymnasts must have a valid FIG licence until the end of the event.</b></p>						
<b>JUDGES AND JURIES</b>	<p><b>All judges must have a current valid FIG brevet at the time of the event, for the respective discipline (RGI and/or RGG).</b></p> <p>The participating Member Federations must send minimum one qualified judge. Failure to do so will result in a 200€ fine to be paid to the LOC during the accreditation.</p>						
<b>REGISTRATION DEADLINES</b>	<table border="1"> <tr> <td>Provisional registration</td> <td><b>January 31, 2023</b></td> </tr> <tr> <td>Definitive registration:</td> <td><b>February 28, 2023</b></td> </tr> <tr> <td>Nominative registration</td> <td><b>March 31, 2023</b></td> </tr> </table>	Provisional registration	<b>January 31, 2023</b>	Definitive registration:	<b>February 28, 2023</b>	Nominative registration	<b>March 31, 2023</b>
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Nominative registration	<b>March 31, 2023</b>						
<b>ENTRY FEES</b>	<p>The entry fee for this event will be:</p> <ul style="list-style-type: none"> <li>- <b>50€</b> for an individual gymnast; and</li> <li>- <b>80€</b> for an extra person.</li> </ul>						
<b>ACCREDITATION</b>	<p>The accreditation procedure will take place at the competition hall. Heads of delegation have to bring to the accreditation office:</p> <ul style="list-style-type: none"> <li>- The passports of all participants</li> <li>- The national flag</li> <li>- One CD or USB stick with the music for routines</li> <li>- Certification of insurance for all delegation members covering illness, accidents and repatriation</li> <li>- Proof of full payment towards the LOC (a SWIFT copy given to the LOC).</li> </ul> <p>Please <u>send all music for routines for each gymnast before April 1, 2023</u> together with the nominative registration, at: <a href="mailto:rgmusic@wp.pl">rgmusic@wp.pl</a></p> <p>In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan.</p>						
<b>EVENT FORMAT</b>	<p><b><u>Junior Individual All – Around Competition</u></b></p> <p><b><u>Junior Team (2-4 gymnasts) Competition</u></b>  2 x Hoop, 2 x Ball, 2 x Clubs, 2 x Ribbon</p> <p><b><u>Junior Individual – Apparatus Finals</u></b></p> <p><b><u>Junior Group All – Around Competition</u></b>  <b><u>Junior Group Apparatus Finals</u></b></p> <p><b><u>Senior Individual All – Around Competition</u></b>  <b><u>Senior Individual Apparatus Finals</u></b></p> <p><b><u>Senior Group All – Around Competition</u></b>  <b><u>Senior Group Apparatus Finals</u></b></p> <p><u>Delegations' size:</u></p> <table> <tr> <td>Senior Individual – 2</td> <td>Junior Individual – 4</td> </tr> <tr> <td>Senior Group – 1</td> <td>Junior Group – 1</td> </tr> </table> <p>Host country has no limit regarding individual gymnasts, but only two can qualify to the apparatus finals.</p>	Senior Individual – 2	Junior Individual – 4	Senior Group – 1	Junior Group – 1		
Senior Individual – 2	Junior Individual – 4						
Senior Group – 1	Junior Group – 1						
<b>PROVISIONAL SCHEDULE</b>	<b>May 3, 2023 (Wednesday)</b> - Arrival of the delegations						

	<p><b>May 4, 2023 (Thursday)</b></p> <ul style="list-style-type: none"> <li>- Arrival of the delegations</li> <li>- Training from 16.00 to 22.00</li> <li>- Orientation meeting</li> </ul> <p><b>May 5, 2023 (Friday)</b></p> <ul style="list-style-type: none"> <li>- Judges drawing for AA</li> <li>- All around: Junior, Senior, Junior Group, Senior Group</li> </ul> <p><b>May 6, 2023 (Saturday)</b></p> <ul style="list-style-type: none"> <li>- All around: Junior, Senior, Junior Group, Senior Group</li> </ul> <p><b>May 7, 2023 (Sunday)</b></p> <ul style="list-style-type: none"> <li>- Judges drawing for Finals</li> <li>- Finals: Junior, Senior, Junior Group, Senior Group</li> </ul> <p><b>May 8, 2023 (Monday)</b></p> <ul style="list-style-type: none"> <li>- Departure of the delegations</li> </ul>
<b>MEDICAL SERVICES</b>	First aid staff will be available at the venue, and will assist with further needs.
<b>COVID 19</b>	<p>The <a href="#">FIG Medical Guidelines for FIG Competitions and Events</a> are still effective and they should be used according to the situation with COVID-19 pandemic in your country.</p> <p>Considering the current situation as it is written in the guideline, it is the health situation in your country that prevails.</p> <p><b>"These guidelines can be adapted according to the health situation related to the COVID-19 pandemic in the host country and the city."</b></p>
<b>VISA</b>	<p>Please verify immediately with your travel agent or the Polish 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>February 10, 2023</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 held 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>Basic insurance (sickness, accident and repatriation) in your country of residence is compulsory in order to be able to benefit from coverage by FIG IMSSA subsidiary insurance. Please also refer to <a href="https://www.gymnastics.sport/site/pages/medical-insurance.php">https://www.gymnastics.sport/site/pages/medical-insurance.php</a> for additional information regarding the FIG IMSSA insurance for Athletes and Judges.</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> <p>NOTE: In case of any medical services in the hospital, the cost must be covered by the delegation.</p>
<b>INTERNATIONAL TRANSPORTATION</b>	<b>The invited participating federations must pay for the travel costs of their delegation members.</b>
<b>LOCAL TRANSPORTATION</b>	The <b>only</b> airport is Gdansk-Rebiechowo "Lech Walesa" Airport (GDN). The LOC will provide free transportation from/to Gdansk airport, Gdynia railway and bus stations as well as from/to the hotel and the Competition Hall.
<b>ACCOMMODATION</b>	<b>Hotel Mercure</b>



Armii Krajowej 22  
81-372 Gdynia, Poland  
+48 (58) 666 30 40

<https://all.accor.com/hotel/3417/index.en.shtml>

Prices per room/night – including breakfast – are as follows:

- 95€ for a single room
- 140€ for a double room
- 170€ for a triple room

**The number of rooms is limited.**

The prices charged for the hotel rooms will not exceed the usual hotel rates. While the Accommodation Form must be returned to the LOC by **March 31, 2023** at the very latest, the hotel rooms will be allocated on a “first come, first served” basis.

The costs for the accommodations must be paid to the LOC upon arrival at the latest or by bank transfer before arrival.

The invited participating federations must pay for the accommodation expenses of their delegation members.

**MEALS**

During the competition, the lunch will be served in the Sport Hall. The lunch is 15€ per person per day.

**BANK ACCOUNT INFORMATION**

All payments must be paid in cash in Euro upon arrival or by bank transfer before arrival.

*Beneficiary:* SGA Gdynia  
*Address:* ul. Wladyslawa IV 54, 81-384 Gdynia, Poland  
*Bank name:* ING Bank Slaski  
*IBAN:* PL 69 1050 1764 1000 0092 0030 0888  
*SWIFT Code:* INGBPLPW

Each participating member Federation is kindly requested to integrate the payment's purpose as follows: Gdynia Rhythmic Stars 2023.

The participating federations are responsible for covering all bank fees in connection with the bank transfers.

**MARKETING**

FIG advertising and publicity norms must be respected.

**WEBSITE & SOCIAL MEDIA**

www: [www.gdyniargstars.pl](http://www.gdyniargstars.pl)  
Instagram: [www.instagram.com/gdyniargstars](https://www.instagram.com/gdyniargstars)

**DEADLINES SUMMARY**

Provisional registration	<b>January 31, 2023</b>
Visa request form	<b>January 31, 2023</b>
Definitive registration	<b>February 28, 2023</b>
Nominative registration	<b>March 31, 2023</b>
Accommodation form	<b>March 31, 2023</b>
Travel schedule form	<b>March 31, 2023</b>
Payment of the entry fee	<b>Upon arrival/Bank transfer</b>
Payment of the accommodation costs	<b>Upon arrival/Bank transfer</b>
Payment of the fine for missing judge	<b>Upon arrival</b>

Sincerely Yours,

**Piotr Dec**  
Secretary General  
Polish Gymnastic Association  
Warsaw, December 12<sup>th</sup>, 2022

