



9 -11 JUNE 2023 – RZESZÓW – POLAND

01. General Information

Podkarpacki Okręgowy Związek Akrobatyki is pleased to invite you and your delegation to participate in the Rzeszów International Acro Cup.

This tournament will be organized in the city of Rzeszów, Poland from **June 7th to 11th**, 2023. The Rzeszów International Acro Cup is open to national and regional teams as well as for individual club teams. In this tournament there will be a competition for YOUTH, AG, AG1, JUN and SENIOR.

During this tournament a FIG World Cup will be organized.

This competition is being prepared in accordance with the FIG regulations and rules with the following age groups and categories:

YOUTH	7 years old -14 years old	General rules on page 3
AGE GROUP	10 years old - 16 years old	Rules for 11-16 FIG Age Group
AGE GROUP 1	11 years old - 18 years old	Rules for 12-18 FIG Age Group
JUNIOR	12 years old - 19 years old	Rules for 13-19 FIG Age Group
SENIOR	minimum 14 years old	Rules for Seniors

02. Provisional Schedule

Wednesday, June 7	Arrival of the delegations, training
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Thursday, June 8	Official Podium Training Measurement Judges' instruction Checking of tariff sheets Orientation meeting
Friday, June 9	Qualifications
Saturday, June 10	Qualifications
Sunday, June 11	Finals
Monday, June 12	Departure of the delegations

03. Competition Venue



**Sport Hall in Rzeszów,
Podpromie Street 10**

04. Maximum size of delegation

Each delegation may include:

1 Head of delegation

1 Team Manager

At least 1 judge is obligatory (See 18. *Additional Information*)

Unlimited number of acrobatic teams

05. Competition Programme

Qualifications and Finals in all 5 categories.

Qualifications (Age Group / Age Group 1/ Junior + / Senior): 1 Balance + 1 Dynamic exercise.

Qualifications (Youth): 1 Combined exercise (*Difficulty is calculated just like in FIG 11-16 Age Group*). - 2min 30sec of maximum duration. **General Rules:**

Pairs: choose 2 balance elements from 11-16 difficulty tables + 1 optional element from FIG tables and 2 dynamic elements from 11-16 difficulty tables +1 optional element from FIG tables.

Groups: choose 1 pyramid from 11-16 difficulty tables + 1 optional pyramid from FIG tables (only 2 static holds of 3" are required in the routine) and 2 dynamic elements from 11-16 difficulty tables + 1 optional element from FIG tables; the optional pyramid may be selected from one of the same categories used in the compulsory elements.

Individual: 3 individual elements must be executed (SALTO IS NO OBLIGATORY).

Finals: top six or top eight or top twelve of qualifications, depending on the amount of pairs/groups per category (1 to 8 P/G - 6 finalists; 9 to 16 P/G - 8 finalists; more than 16 P/G - 12 finalists)

Youth - Combined (**sum** of the two Combined exercises — *Qualif. + Final* -defines the winner).

AG: 1 static or 1 dynamic exercise according FIG rules

AGE GROUP1/JUN/SENIOR: 1 combined exercise

Qualification scores determine the starting order in the finals, but scores in all finals start from zero!!!

06. Deadlines for entries

Provisional registration	February 15 th 2023 via https://rejestracja.itdsport.pl
Definitive registration:	April 1 st 2023
Nominative registration	May 1 st 2023

07. Entry Fee

35 Euro/per gymnast

08. Accommodation / Meals / Transport

Hotel Category Prices are per night/per person (including breakfast, lunch, dinner, VAT, airport transfer from Rzeszow and daily shuttle transfer from the hotel in the area of Rzeszow to the competition hall).

CLASS A Hotel ****

Single room **140 €** per night/per person
Double room **120 €** per night/per person)

CLASS B Hotel ***

Single room **120 €** per night/per person
Double room **110 €** per night/per person)

CLASS C Hotel ***

Single room **105 €** per night/per person)
Double room **80 €** per night/per person)
Triple room **75 €** per night/per person)

CLASS D Hotel **

Single room **85 €** per night/per person
Double room **75 €** per night/per person)
Triple room **65 €** per night/per person)

Breakfast and dinner will be served at the hotels. Lunch will be served at the venue. The price for breakfast, lunch and dinner is included in the cost of each hotel booking.

All federations to book their accommodation through the LOC.

The prices charged for the hotel rooms will not exceed the usual hotel rates.

All Delegations booked the hotel by on-line system via the <https://forms.gle/mqVUY98MFJvqcYUw8> before **April 1st, 2023**, all hotel rooms will be allocated on a "first come, first serve" basis.

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

Delegations that book their accommodation through the LOC will be offered free transport from:

- Rzeszow Airport to the competition venue and back;
- Hotel to the competition/training venue and back.

For delegations arriving at other airports the LOC offers the following transport services (at the charge of the federations):

Transport from Chopin Airport (Warszawa) and Balice Airport (Kraków) can be provided by the LOC. The price will depend on the number of people.

09. Deadlines for Entries and Finance Obligations

Provisional Registration (on line)	15/02/2023
Definitive Registration (on line)	1/04/2023
Nominative Registration (on line)	1/05/2023
Accommodation (on line)	1/04/2023
Travel Schedule Form	1/05/2023
Visa Request Form	as soon as possible
Payment of the Entry Fee	1/04/2023
Payment of the Accommodation Costs – 50 %	1/04/2023
Payment of the Accommodation Costs – 50 %	1/05/2023
Payment of the fine for missing judge	Upon arrival

THE REMAINING PAYMENT MUST BE MADE *ON ACCREDITATION OR IN ADVANCE BY BANK TRANSFER*

Bank info:

BANK PKO BP, Oddział 1 Rzeszów, ul. 3 – go Maja 23

SWIFT – BPKOPLPW

IBAN – PL 04 1020 4391 0000 6102 0074 5083

BENEFICIARY NAME – Podkarpacki Okręgowy Związek Akrobatyki Sportowej w Rzeszowie

- The delegations are responsible for covering travel expenses, accommodation, meals and entry fee.

- The entry fee is not refundable.

- All delegations must bring (at least) 1 Judge - **NO JUDGE PENALTY: 250 €**

-All participants must be booked trough the Rzeszów International Acro Cup OC.

10. Visa

If you need an official irwitation to obtain a visa to travel to Poland, please contact the OC as soon as possible.

11. Insurance

The Host Federation, the LOC not be held responsible for any liabilities in case of accidents, illness (including COVID-19), repatriation and the like.

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 repatriation for all the members of their Delegation.

If the note has not been sent in advance to the LOC (which is strongly recommended), the LOC will verify the insurance coverage upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy).

The insurance must be valid at least starting from the arrival day of the delegation and must last for the delegations' entire stay. Delegation members with insufficient insurance coverage must inform the LOC in advance. The LOC will subsequently offer insurance coverage at the Federations own charge as follows: 5 Euro per person/day.

12. Medical Services

Medical services during the competition will be provided by a team of paramedics with ambulance service.

13. Accreditation / Tariff sheets / Music

Accreditation at:

PODPROMIE SPORTS HALL

Thursday, June 8th from 9:00 - 22:00

The accreditation system identifies individuals participating in the competition and ensures controlled access to each area. All participants and officials are required to wear accreditation cards at all times.

At accreditation, the Head of Delegation must check the correct names of their complete delegation, verify accommodation requirements, make the necessary payments (including insurance, if necessary) They also have to present the passports of all competitors and judges for control of nationality and age. The definitive competition Schedule will be given to the Head of Delegation.

The accreditation is personal, non-transferable and compulsory to control access to training and competition hall, functions, official transport, lunches and dinners.

Without your accreditation card, you cannot pass the security control and you cannot participate in lunches, dinners, etc. So, if you loose your accreditation card, you will have to buy a new one for the price of 100 €.

Music :

Each participating needs to transmit all the music for its exercises to 2023.riac@gmail.com by 14/05/2023,

The LOC wishes to receive your music only in MP3format.

How to name MP3 – files:

Levels: YOUTH, AG, JUN, JUN+ and SEN

Categories: WP, MP, MxP, WP and MG

Country: 3-letter country code e.g. POL, USA

Gymnasts: first letters of first names of each gymnast of the team. E.g.: a team composed of ANNA, KATARZYNA and WIKTORIA will give: AKW

Routine: Balance: Bal; Dynamie: Dyn; Combined: Com

Example: AG_WG_POL_AKW_Dyn

Please bring along a copy of your music to the RIAC, as a back-up in case of a technical problem in the competition area or for your training sessions.

14. Orientation Meeting

The orientation meeting will take place at the Sports Hall on Thursday 8th ; 19:00.

This meeting is for Head of Delegation, Team Managers, Judges and Coaches. Each head of delegation will receive the official competition plan.

15. Opening Ceremony

1 gymnasts will be requested to participate in the Opening Ceremony on Friday, June 9th. The National or Team tracksuit must be worn.

16. Prize Money & Medal Award Ceremonies

Only the first three places will be requested to participate in the Medal Award Ceremonies. They are requested to appear in competition suit.

PRIZE MONEY will be given for the **AG1, JUN and SENIOR competition** if, per category, at least 6 teams are in the finals **and** teams from at least 4 different countries entered the competition (qualifications) in that category.

AG1/JUN

1st place - 60 Euro (for each partner of the Pair/Group)

2nd place - 40 Euro (for each partner of the Pair/Group)

3rd place - 20 Euro (for each partner of the Pair/Group)

SENIOR

1st place -120 Euro (for each partner of the Pair/Group)

2nd place - 80 Euro (for each partner of the Pair/Group)

3rd place - 40 Euro (for each partner of the Pair/Group)

17. Farewell Party

A farewell dinner will be organized and will be followed by a farewell party.

Extra tickets will be available at the LOC office at 25 Euro per person.

18. Additional Information

Additional payments:

No judge on delegation: 250 €

All participants must be booked through the Rzeszów International Acro Cup'22 OC.

19. Organizing Committee

Podkarpacki Okręgowy Związek Akrobatyki Sportowej

Contact: Pułaskiego Street 13 a, 35-011 Rzeszów

Email: acro2023.rzeszow@gmail.com

SEE YOU IN RZESZÓW!!!