

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



***WOLD CUP***  
***RZESZÓW - POLAND***

**RZESZÓW, POLAND – MAY 29<sup>th</sup> – JUNE 2<sup>nd</sup> 2024**

[www.akrobatykarzeszow.com](http://www.akrobatykarzeszow.com)



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## 1. GENERAL INFORMATION

This competition will be organized under the following FIG rules, as valid in the year of the competition, except for any deviation mentioned in these World Cup Rules for Acrobatics Gymnastics:

- Statutes
- Code of Ethics
- Technical Regulations
- License Rules
- Code of Points and relevant Newsletters
- General Judges' Rules
- Specific Judges' Rules for Acrobatic Gymnastics
- Medical Organization of the Official FIG Competitions
- Doping Control Rules
- Media Rules
- Apparatus Norms
- Advertising and Publicity Rules
- Accreditation Rules
- Regulations for Awards Ceremonies
- and subsequent decisions of the FIG Executive Committee

## 2. COMPETITION VENUE

Hala Sportowa "Podpromie"

Podpromie 10

35-045 Rzeszów

+48 17 8536868

e-mail: [hala@erzeszow.pl](mailto:hala@erzeszow.pl)

web site: [www.hala.rzeszow.pl](http://www.hala.rzeszow.pl)



### 3. ORGANIZATION

#### International Federation

##### **FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE**

Avenue de la Gare, 12A 1001 Lausanne  
SWITZERLAND

Phone : +41 (0) 21 321 55 10  
Fax : +41 (0) 21 321 55 19  
E-Mail: [rvinagre@fig-gymnastics.com](mailto:rvinagre@fig-gymnastics.com)  
URL: [www.gymnastics.sport](http://www.gymnastics.sport)

- Technical Delegate: **Nikolina HRISTOVA**

#### Local Organizing Committee

Podkarpacki Okręgowy Związek Akrobatyki Sportowej  
Pułaskiego 13a, 30-011 Rzeszów  
Contact person: Eliza Kaplita-Wójcik  
Phone: +48 605 080 226  
E-mail: [acro2024.rzeszow@gmail.com](mailto:acro2024.rzeszow@gmail.com)  
Website: [www.akrobatykarzeszow.pl](http://www.akrobatykarzeszow.pl)

### 4. RESPONSIBLE PERSONS

Mr. Tadeusz Kaplita	OC President
Mrs. Eliza Wójcik	Competition Manager
Mr. Maciej Stopa	Head of Media
Mrs. Wanessa Kamińska	Office / Accreditations
Mrs. Eliza Wójcik	Accommodation and Transports
Mr. David Kuś	Results Software
Mr. Daniel Woźniak	Video Manager
Mrs. Agnieszka Dziadosz -Wójcik	Opening and Award Ceremonies

### 5. GENERAL PROGRAMME

Wednesday, 29th May	All day	Delegations arrival  11:30 – 20:30 Free Training (Warm Up floor – <u>no music</u> )
Thursday, 30th May	10:30	Judges meeting  10:30 – 14:45 Training Per Schedule  17:00 – 17:30 Orientation Meeting – Sport Hall

Friday, 31st May	15:00	Start Warm-up
	16:00	Qualification 1 <sup>st</sup> exercise
	WP / MXP	– Balance   MP / WG / MG - Dynamic
Saturday, 1st June	15:00	Start Warm-up
	16:00	Qualification 2 <sup>nd</sup> exercise
	WP / MXP	– Dynamic    MP / WG / MG - Balance
Sunday, 2nd June	12:30	Start Warm-up
	14:00	FINALS
	16:00	Award Ceremony
	20:30	Dinner & Farewell Party
Monday, 3rd June		Departure of all delegations

## 6. TRANSPORTATION

Transfers by bus to and from the training and competition hall to official hotels, as well as from the official hotel to the training and competition hall will be provided to the delegations that booked their accommodation through the Organizing Committee. The transport schedule will be published on the website <https://online.itdsport.pl/>.

Nevertheless, shuttle buses will leave the Competition Venue and the Hotels according to the schedule they will follow strictly. **Please be on time!!!**

## 7. ACCREDITATION

Hala Sportowa "Podpromie" - OC OFFICE

Wednesday, 29<sup>th</sup> May from 10:00 – 20:00  
(Delegation arriving later than 20:00 must contact the LOC)

Each participating NF needs to send a photos to accreditation cards - acro2024.rzeszow@gmail.com by 17/05/2024,

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  
WORKPLAN – RZESZÓW FIG ACRO WORLD CUP 2024

delegation, verify accommodation requirements, make the necessary payments (including insurance, if necessary) They also have to present the passports / ID of all competitors and judges for the 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 have lose your accreditation card, you must purchase a new one for the price of 150 Euro.**

When all the commitments are fulfilled, all delegation members will receive their accreditations. All participants and officials are required to wear the accreditations at all times.

Federations will receive accreditation based on nominative entry upon arrival at the Competition Venue.

## **8. TARIFF SHEETS**

Tariff Sheets must be submitted on AcroCompanion until the day of arrival.

All Tariff Sheets must use AcroCompanion software (the delegations will be contacted in order to use the software).

## **9. INSURANCE**

The host Federation, the Organizing Committee and the FIG will not be held responsible for any liabilities in case of accidents, illness or repatriation.

The FIG Technical Regulations (Section 1, Article 12.10) foresees that all participating Federations are obliged to cover the expenses for all members of their Delegation for the necessary insurance coverage against accidents and illness.

The Organizing Committee will verify the insurance of all federations at accreditation. Federations who cannot provide proof will have to purchase the insurance offered by the OC at their own cost. The Organizing Committee will subsequently offer insurance at the Federations own charge as follows: 50 Euro per person/day (except judges and gymnasts).

## **10. OFFICIAL LANGUAGE**

The official language is English. Interpretations from and into other language must be organized by the delegations. Announcements will be made in English. The Work Plan and all other documents are available in English only.

## **11. VISAS**

Please check immediately with your travel agent or the Polish Embassy or Consulate in your country, if a visa is required for your travel to Poland.

## **12. HOTELS**

HOTEL BRISTOL **** Address: <b>Rynek 20-23, 35-064 Rzeszów</b>	HOTEL AMBASADORSKI **** Address: <b>Rynek 13-14, 35-064 Rzeszów</b> Website: <a href="http://www.ambasadorski.com">www.ambasadorski.com</a>
HOTEL HOTEL BEST WESTERN PLUS (BEFORE HETMAN) *** Address: <b>Langiewicza 29b, 35-085 Rzeszów</b> Website: <a href="http://www.hotelhetman.rzeszow.pl">www.hotelhetman.rzeszow.pl</a>	HOTEL ISKRA ** Address: Dąbrowskiego 75, 35-040 Rzeszów Website: <a href="http://www.hoteliskra.pl">www.hoteliskra.pl</a>
HOTELZIMOWIT *** Address: Al. Armii Krajowej 4b, 35-307 Rzeszów Website: <a href="http://www.hotel-zimowit.pl">www.hotel-zimowit.pl</a>	HOTEL HILTON INN <b>Address: Kopisto 1, Rzeszów</b>

### 13. MEALS

Full board is included in the accommodation packages booked through the OC. Breakfast will be served at the hotel. Lunch and dinner will be served close to the Competition Venue, inside the Sports Complex.

The Head of Delegation will receive meal tickets upon arrival at accreditation.

**NO TICKET—NO MEALS!!! - NO ACCREDITATION—NO MEALS!!!**

DAY	LUNCH	DINNER
<b>Wednesday, 29 May</b>	<b>11:30 – 15:00</b>	<b>18:00 – 21:00</b>
<b>Thursday, 30 May</b>	<b>11:30 – 15:00</b>	<b>18:00 – 21:00</b>
<b>Friday, 31 May</b>	<b>11:30 – 15:00</b>	<b>18:00 – 21:30</b>
<b>Saturday, 1 June</b>	<b>11:30 – 15:00</b>	<b>18:00 – 21:30</b>
<b>Sunday, 2 June</b>	<b>11:30 – 15:00</b>	<b>Banquet 20:30</b>

### 14. ORIENTATION MEETING

The orientation meeting will take place on Thursday, **May 30** beginning **at 17:00 in the Podpromie Hall**. The meeting can be attended by Head of Delegations and Team Managers. Daily information and results and live stream will be will be published on the website <https://online.itdsport.pl/>.

### 15. TRAINING BY SCHEDULE AND MEASUREMENTS –May 30

#### FIG Acrobatic World Cup - Training Schedule

##### FIG Acrobatic World CUP - Rzeszów - Poland, 30th May - 2nd June

##### Training Schedule (Thursday, 30th May)

#	Country (number of temas)	Warm Up 20 minutes		Floor 1 30 minutes		Floor 2 (music) 30 minutes		Competition Floor 60 minutes	
		in	out	in	out	in	out	in	out
1	Ukraine (7), Austria (2), Hungary (1)	9:40	10:00	10:00	10:30	10:30	11:00	11:00	12:00
2	Great Britain (3), Belgium (2), Israel (5)	10:40	11:00	11:00	11:30	11:30	12:00	12:00	13:00
3	Portugal (4), Azerbaijan (4), Spain (2)	11:40	12:00	12:00	12:30	12:30	13:00	13:00	14:00
4	USA (3), Poland (4), Canada (1), Estonia (2)	12:40	13:00	13:00	13:30	13:30	14:00	14:00	15:00
5	Germany (5), Georgia (2), France (1), Irleand (1)	13:40	14:00	14:00	14:30	14:30	15:00	15:00	16:00

Gymnasts' measurement will be made immediately after the podium training on MAY 30<sup>th</sup>

## **16. EQUIPEMENT**

Competition Floor: Spieth (blue spring floor)

Training Floor: Spieth (blue spring floor)

## **17. JUDGES MEETING**

The Judges Meeting will take place on Thursday, 30<sup>th</sup> May **at 10:30** in the Sports Hall (Judges room – Competition Venue).

All participating federations must provide at least one judge with a valid FIG Brevet. Failure to do so will result in a fine of Swiss Francs 2 000,00.

## **18. THE DRAW FOR JUDGES**

The drawing of lots of the Judges' Panels for the Qualification and Finals will be conducted by the FIG Technical Delegate during the judge's meetings on Thursday, 30<sup>th</sup> May.

## **19. NO SMOKING POLICY**

Please note that it is strictly forbidden to smoke in the venue complex.

## **20. MEDICAL SERVICES & ROOM**

The Organizing Committee will provide medical services. A special room is marked with "Medical Room". Red Cross will be present on the Competition Area.

Doping controls will be made according FIG Anti-Doping Rules.

## **21. MARCH IN**

On the beginning of each Competition, JUDGES are asked to be ready to march in on to their panel places so they can be called by the official speaker.

Judges are requested to remain in their places during the awards ceremony following Finals

## **22. VIDEO RECORDING**

All routines and passes will be recorded.

## **23. AWARD CEREMONIES**

The award ceremonies will take place on Sunday, 2<sup>nd</sup> June.

## **24. FINAL BANQUET**

The banquet will take place on Sunday, 2nd June at 20:30

## **25. DELEGATIONS SEATS**

A special area will be reserved for delegations in the competition area. Please note that all delegations members must sit in this designated area. Do not leave backpacks marking spots.

## **26. MUSIC**

Each participating NF needs to transmit all the music for its exercises to [music.wc2024@gmail.com](mailto:music.wc2024@gmail.com) by 17/05/2024,

The LOC wishes to receive your music only in MP3format.

How to name MP3 – files:

Routine: Balance: BAL, Dynamic: DYN Combined :COM

**Example: SEN\_WP1\_POL\_DYN.mp3**

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

## **27. NATIONAL FLAG AND ANTHEM**

Please bring a National Flag and the National Anthem to deliver upon arrival on Accreditation.

## **28. RIAC INTERNATIONAL ACRO CUP 2024 CONNECTION**

The Rzeszów FIG Acro World Cup 2024 is held in close connection with the Rzeszów International Acro Cup 2024. All the facilities, transportations and services provided to the RIAC'24 Delegations can be fully used by the World Cup Delegations that booked their accommodation through the OC.