



**VIII Gdynia Rhythmic Stars**  
**Gdynia, Poland**  
**May 08 - May 10, 2026**



## DIRECTIVES

**Event ID: 18466**

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. Wieslawa Milewska 11 Ratuszowa St., 03450 Warsaw, Poland +(48) 793 005 241 <a href="mailto:wmilewska@pzg.pl">wmilewska@pzg.pl</a> <a href="http://pzg.pl">http://pzg.pl</a>
<b>Local Organizing COMMITTEE</b>	<b>Fundacja Corda</b> Ms. Anna Mrozinska Al. Zwycięstwa 255, 81-525 Gdynia +(48) 503 113 846 <a href="mailto:kontakt@fundacjacorda.pl">kontakt@fundacjacorda.pl</a>
<b>LOCATION</b>	<b>Gdynia, Poland</b>
<b>Date</b>	<b>May 08 – May 10, 2026</b>
<b>Venue</b>	<b>Polsat Plus Arena Gdynia</b> Kazimierza Gorskiego 8, 81-302 Gdynia, Poland +48 (58) 783 55 00 <a href="http://www.gdyniaarena.pl">http://www.gdyniaarena.pl</a>   <u>Additional information:</u> - 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> <p><i>and subsequent decisions of the FIG Executive Committee</i></p>						
<b>federations invited</b>	The Host Federation will invite all Member Federations in good standing.						
<b>AGE LIMITS</b>	<b>Junior, as per FIG technical regulations - Individual</b> <b>Senior, as per FIG technical regulations - Individual and Group</b> <b>All gymnasts must have a valid FIG licence until the end of the event</b>						
<b>JUDGES AND JURIES</b>	<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> The participating Member Federations must send minimum one qualified judge. Failure to do so will result in a 300€ fine to be paid to the LOC during the accreditation.						
<b>REGISTRATION DEADLINES</b>	<table border="1"> <tr> <td>Provisional registration</td> <td><b>January 31, 2026</b></td> </tr> <tr> <td>Definitive registration:</td> <td><b>February 28, 2026</b></td> </tr> <tr> <td>Nominative registration</td> <td><b>March 31, 2026</b></td> </tr> </table>	Provisional registration	<b>January 31, 2026</b>	Definitive registration:	<b>February 28, 2026</b>	Nominative registration	<b>March 31, 2026</b>
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<b>ENTRY FEES</b>	The entry fee for this event will be: - <b>60€</b> for an individual gymnast; and - <b>200€</b> for a group. - <b>80€</b> per person (incl. gymnasts, coaches, staff) who have not booked their accommodation through LOC)						
<b>ACCREDITATION</b>	<p>The accreditation procedure will take place at the competition hall.</p> <p><b>Heads of delegation have to bring to the accreditation office:</b></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><b>Please send all music for routines for each gymnast before April 1, 2026</b> 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 RGI (FIG Rules)</u></b></p> <p>ALL-AROUND TEAM COMPETITION AND QUALIFICATION FOR FINALS:</p> <p>The Federations participating with 2-4 gymnasts will join the Team Competition. They must present 4 exercises according to the junior program. In a team competition, a gymnast may participate with 1-3 exercises. No more than 4 exercises can be executed per Federation (except host NF). The team result will be calculated based on all 4 presented exercises. If a NF participates with only 1 gymnast, she must present an exercise with each of the 4 apparatus and can qualify with each apparatus for the Apparatus Finals. However, she won't be ranked in the team ranking and won't get a medal/certificate for AA.</p> <p>APPARATUS FINAL: The best 8 gymnasts per apparatus – max 1 per Federation</p> <p><b><u>Senior RGI (FIG Rules)</u></b></p> <p>ALL-AROUND AND QUALIFICATION FOR FINALS:</p> <p>Each gymnast performs 4 exercises</p> <p>Each Federation can participate with max. 2 gymnasts (except host NF)</p> <p><b><u>Senior RGG (FIG Rules)</u></b></p> <p>ALL-AROUND AND QUALIFICATION FOR FINALS:</p> <p>Each Group performs 2 exercises.</p>						

	<p>APPARATUS FINAL: The best 8 Groups per apparatus – max 1 per Federation</p> <p>Host country has no limit regarding individual gymnasts, but only two seniors and one junior gymnast can qualify to the apparatus finals.</p>
<b>PROVISIONAL Schedule</b>	<p><b>May 07, 2026 (Thursday)</b></p> <p><b>May 08, 2026 (Friday)</b></p> <p><b>May 09, 2026 (Saturday)</b></p> <p><b>May 10, 2026 (Sunday)</b></p> <p><b>May 11, 2026 (Monday)</b></p> <ul style="list-style-type: none"> <li>- Arrival of the delegations</li> <li>- Podium Training</li> <li>- Orientation meeting</li> <li>- Judges drawing for AA</li> <li>- All around: RGI, RGG</li> <li>- Judges drawing for Finals</li> <li>- Finals: RGI, RGG</li> <li>- Gala Show</li> <li>- Departure of the delegations</li> </ul>
<b>event manager</b>	<b>Mrs Maria Mrozińska</b> +48604286362
<b>MEDICAL SERVICES</b>	First aid staff will be available at the venue, and will assist with further needs.
<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 1, 2026</b> to the LOC.</p> <p>To request an invitation letter, please send the following information to the LOC:</p> <p>Full Name, Gender, Date of Birth, Citizenship, Passport Number, Passport Expiry Date, Function/Role within the Delegation, Arrival and Departure Dates, City where the visa application support letter should be sent.</p> <p>Please ensure that all information is complete and accurate to avoid delays in visa processing.</p>
<b>INSURANCE</b>	<p>The Host Federation, the LOC and the FIG will not be held responsible for any liabilities in the event of accidents, illness (including COVID-19), repatriation, or similar occurrences.</p> <p>In accordance with the <b>FIG Technical Regulations</b>, all participating Federations are responsible for ensuring that all Delegation Members have valid insurance coverage for illness, accidents, and repatriation during the entire duration of their stay.</p> <p>It is mandatory that Delegation Members are covered by <b>basic insurance</b> (covering sickness, accident, and repatriation) in their country of residence, in order to benefit from coverage by the <b>FIG IMSSA subsidiary insurance</b>.</p> <p>For detailed information regarding the FIG IMSSA insurance for Athletes and Judges, please refer to:</p> <p> <a href="https://www.gymnastics.sport/site/pages/medical-insurance.php">https://www.gymnastics.sport/site/pages/medical-insurance.php</a></p> <p>The LOC will verify insurance coverage upon arrival. Each Delegation must present either a <b>cover note</b> or a <b>photocopy of the valid insurance policy</b>. The policy must be valid starting <b>from the day of arrival</b> and must remain valid for the <b>entire duration of the stay</b>.</p> <p>The LOC will subsequently offer insurance at the Federations own charge as follows: 20€ per person/day.</p>
<b>SAFEGUARDING</b>	<p>From the <b>official day of arrival</b> until the <b>official day of departure</b>, all participants — including <b>gymnasts, coaches, judges, and other Delegation Members</b> — will have the possibility to <b>contact the LOC Safeguarding Officer</b> by phone or email in case of:</p> <ul style="list-style-type: none"> <li>• Harassment</li> <li>• Abuse of any kind</li> <li>• Any situation where they feel uncomfortable or unsafe</li> </ul> <p>The <b>contact information</b> for the LOC Safeguarding Officer will be <b>provided to all Delegations upon arrival</b> on site.</p>

	<p>As part of the FIG's commitment to athlete welfare and youth protection, <b>posters of the “10 Golden Rules of Gymnastics”</b>, part of the FIG's awareness campaign, must be <b>clearly displayed</b> in several key areas, including:</p> <ul style="list-style-type: none"> <li>• Training Halls</li> <li>• Warm-Up Areas</li> <li>• Public Zones</li> </ul> <p>These measures are in place to ensure a safe, respectful, and supportive environment for all participants throughout the event.</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>	<p>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 during arrival and departure days as well as from/to the hotel and the Competition Hall. Additional transportation from/to Airport outside official arrival and/or departure days will be subject to an extra charge of 10 euro per person.</p>
<b>ACCOMMODATION</b>	<p>The invited participating federations must pay for the accommodation expenses of their delegation members.</p> <p><b>Hotel My Story 4***</b></p>  <p>Distance from the hotel to the Venue: 1,4 km 8 min bus 20 min walking distance</p> <p>The costs <b>per person and per night</b> or Accommodation including breakfast are as follows:</p> <ul style="list-style-type: none"> <li>- 120€ (single room)</li> <li>- 80€ (double room)</li> <li>- 70€ (triple room)</li> </ul> <p><b>The number of rooms is limited.</b></p> <p><b>Hotel Mercure 3 **</b></p> 

	<p>Distance from the hotel to the Venue: 3,4 km  15 min bus  35 min walking distance</p> <p>The costs <b>per person and per night</b> for Accommodation including breakfast are as follows:</p> <ul style="list-style-type: none"> <li>- 135€ (single room)</li> <li>- 85€ (double room)</li> <li>- 75€ (triple room)</li> </ul> <p><b>The number of rooms is limited.</b>  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 <b>February 28, 2026</b> at the very latest, the hotel rooms will be allocated on a "first come, first served" basis.  100% for the Accommodations costs must be paid to the LOC at the time of the Nominative entry – <b>31st March 2026</b></p> <p><b>In case of the cancelation, costs will be refunded as follows:</b>  Up until 10th April 2025: 50% of the total amount  After 10th April 2025: no refund  Only written cancellation sent by e-mail will be accepted.</p>																														
<b>MEALS</b>	<p>Dinner - 25 euro (in the hotel)  Lunch will be served <b>for Judges</b> during competition days free of charge.</p>																														
<b>PRIZE MONEY</b>	<p>The Prize Money, free of any deductible taxes, will be distributed in Euros as follows:</p> <p><b>Individual All-Around Competition - Seniors</b></p> <table border="1" data-bbox="446 1035 906 1388"> <thead> <tr> <th colspan="2">Prize Money in Euros</th> </tr> <tr> <th>Ranking</th> <th></th> </tr> </thead> <tbody> <tr> <td>1</td> <td>2000</td> </tr> <tr> <td>2</td> <td>1500</td> </tr> <tr> <td>3</td> <td>1000</td> </tr> <tr> <td>4</td> <td>500</td> </tr> <tr> <td>5</td> <td>400</td> </tr> <tr> <td>6</td> <td>300</td> </tr> <tr> <td>7</td> <td>200</td> </tr> <tr> <td>8</td> <td>100</td> </tr> </tbody> </table> <p><b>Group All – Around Competitions – Seniors</b></p> <table border="1" data-bbox="446 1439 906 1635"> <thead> <tr> <th colspan="2">Prize Money in Euros</th> </tr> <tr> <th>Ranking</th> <th></th> </tr> </thead> <tbody> <tr> <td>1</td> <td>1500</td> </tr> <tr> <td>2</td> <td>1000</td> </tr> <tr> <td>3</td> <td>500</td> </tr> </tbody> </table> <p>Grand total of the Prize Money: <b>EUR 9000.-</b></p>	Prize Money in Euros		Ranking		1	2000	2	1500	3	1000	4	500	5	400	6	300	7	200	8	100	Prize Money in Euros		Ranking		1	1500	2	1000	3	500
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<b>BANK ACCOUNT INFORMATION</b>	<p>All payments must be paid by bank transfer before arrival.</p> <p><b>BANK ACCOUNT INFORMATION</b></p> <p>Beneficiary: Fundacja Corda  Adress: Al.Zwyciestwa 255, 81- 525 Gdynia, Poland  Bank Name: Santander Bank Polska  IBAN: PL 8110901102000000157159500  SWIFT Code: WBKPPLPPXXX</p> <p>Each participating member Federation is kindly requested to integrate the payment's purpose as follows: <u>Gdynia Rhythmic Stars 2026</u>.</p>																														

	The participating federations are responsible for covering all bank fees in connection with the bank transfers.																		
<b>Marketing</b>	FIG advertising and publicity norms must be respected.																		
<b>website &amp; Social Media</b>	www: <a href="http://www.gdyniargstars.pl">www.gdyniargstars.pl</a> Instagram: <a href="https://www.instagram.com/gdyniargstars">www.instagram.com/gdyniargstars</a>																		
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*Sincerely Yours,*



Maciej Szafran  
Secretary General  
of the Polish Gymnastic Association

Warsaw, November 27, 2025