




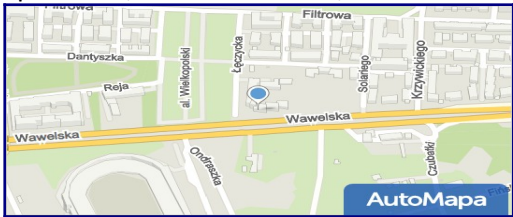
**XVI INTERNATIONAL RHYTHMIC  
GYMNASTICS TOURNAMENT – IRINA CUP- Warsaw Mermaid**  
**26.04-28.04. 2024**  
**Warsaw, Poland**



**DIRECTIVES**

Dear Friends!

UKS Irina Warsaw and FSG Magia has the pleasure to invite you to participate in the International Event.

<b>DISCIPLINE</b>	<b>Rhythmic Gymnastics</b>
<b>LOCAL ORGANIZING COMMITTEE</b>	<b>Director of the competition</b> Irina Lortkipanidze (48) 608300832 UKS Irina Warszawa Ul. L.Narbutta 14, 02-541 Warsaw <a href="http://www.uksirina.pl">www.uksirina.pl</a> <a href="mailto:lord1108@hotmail.com">lord1108@hotmail.com</a>
<b>LOCATION</b>	<b>Warsaw, Poland</b>
<b>DATE</b>	<b>26.04-28.04.2024</b>
<b>VENUE</b>	 <p>Sport Hall ,Wawelska str. 46, 02-067 Warsaw, Poland</p>  <p><b>Additional information:</b></p> <ul style="list-style-type: none"> <li>- very good sound system-unique acoustic of hall</li> <li>- 2 training carpet</li> <li>- 1 competition carpet</li> </ul>
<b>COMPETITION/ AWARDS</b>	<b>Each gymnast receives a participation commemorative medal, present and certificate.</b> <b>All-around competition: First 3 gymnasts receive cup, medal, and</b>

	<p><b>certificate.</b>  <b>Separate award for each Apparatus (Level Golog) First 3 gymnasts receive medal, and certificate.</b></p>						
<b>Delegation</b>	<p><i>max. 8 gymnasts, 1 coach and 1 judge.</i>  <i>(Delegations without judge must pay 200 €)</i></p>						
<b>AGE LIMITS</b>	<p><b>Junior Individual : 13-15 years (2009-2010)</b>  <b>Senior Individual: 16+ years (2008 and older)</b></p>						
<b>Category GOLD ( A Level)</b>	<p><b>Children 2014 - 2 exercises ball &amp; App. by choice</b>  <b>Pre-juniors 2011-2013 - 2 exercises: Clubs &amp; App. by choice</b>  <b>Juniors 2009-2010 - 3 exercises: App. by choice: Ball/Hoop/Clubs/Ribbon</b>  <b>Seniors 2008 and older - 3 exercises: App. by choice: Ball/Hoop/Clubs/Ribbon</b></p>						
<b>Category SILVER (B Level)</b>	<p><b>Babies 2016 - 1 exercise without app.</b>  <b>Babies 2015 -1 exercises with apparatus</b>  <b>Children 2014 - 2 exercises by choice</b>  <b>Pre-juniors 2011-2013-2 exercises by choice</b>  <b>Juniors 2009-2010 -2 exercises by choice:Hoop/Ball/Clubs/Ribbon</b>  <b>Seniors 2008 and older - 2 exercises by choice:Hoop/Ball/Clubs/Ribbon</b></p>						
<b>REGISTRATION DEADLINES</b>	<table border="1"> <tr> <td>Provisional registration</td> <td><b>31.01.2024</b></td> </tr> <tr> <td>Definitive registration:</td> <td><b>20.02.2024</b></td> </tr> <tr> <td>Nominative registration</td> <td><b>15.03.2024</b></td> </tr> </table>	Provisional registration	<b>31.01.2024</b>	Definitive registration:	<b>20.02.2024</b>	Nominative registration	<b>15.03.2024</b>
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<b>ENTRY FEES</b>	<p>The Entry fee for this event will be:  - <b>50 €</b> (gymnast, which does only WA)  - <b>60€</b> per individual gymnasts  - <b>70€</b> for an extra person.</p>						
<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>• 1 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 for full payment towards the LOC (copy of the SWIFT to be given to the LOC)</li> </ul> <p>Please send all <b>music</b> for routines for each gymnast and group <b>before 30.03.2024</b> together with the nominative registration, to the following address:  <a href="mailto:muzyka.uksirina@gmail.com">muzyka.uksirina@gmail.com</a></p>						
<b>PROVISIONAL SCHEDULE</b>	<p><b>April 26:</b> Arrival of delegations,  16.00-19.00 - Competitions Babies/ Children B categories  20.15 -Orientation meeting and Judges meeting RGI</p> <p><b>April 27:</b>  09.30 Judges drawing for RGI  10.30-15:30 General Competitions (Children A cat. , Pre- Juniors A/B categories) Warsaw Mermaid –Irina CUP.  16.00-OPENING CEREMONY  16.30-21.00 General Competitions Junior/Senior Individual A/B cat .</p> <p><b>April 28:</b></p>						

	<p>09.30 Judges drawing</p> <p>10.30-14:30 General Competitions(age categories) Warsaw Mermaid –Irina CUP.</p> <p>15.30-20.00 General Competitions Junior/Senior Individual A/B cat</p> <p>20.30 Party (for judges, coaches)</p>
<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>10.02.2023</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>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. 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. The LOC will verify the insurance coverage upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy). The 4insurance 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 cover must inform the LOC in advance. The OC will subsequently offer insurance at the Federations own charge as follows: 10 EUR per person/day</p>
<b>INTERNATIONAL TRANSPORTATION</b>	<p><b>The invited participating federations must pay for the travel costs of their delegation members.</b></p> <p>The Travel Schedule Form must be returned to the LOC by <b>05.04.2024</b></p>
<b>LOCAL TRANSPORTATION</b>	<p>The <b>only</b> airports - Warsaw Chopin.</p> <p>Airport to Hotel, Hotel to Airport and Hotel to Sports hall ,Sports hall to hotel transportation: <b>20 Euro/</b> per person for 3/4 days.</p> <p>The fee payable to the organizers directly by the delegates.</p>
<b>ACCOMMODATION</b>	<p><u>Hotel Arche Poloneza</u> ★★ ★</p> <p><b>The hotels' prices are per person and per night, including breakfast.</b></p> <p>-Triple room, 65,00 EUR (limited number of rooms)          -Double room, 65,00 EUR          -Single room, 100,00 EUR(these rates are only valid for 4 nights from 25/04/2024 until Monday 29/04/2024)</p> <p>Cancellations or changes in the delegation should be notified to the LOC before 10.03.2024. Afterwards all costs must be paid and accommodation cannot be guaranteed.While the Accommodation Form must be returned to the LOC by 28.02.2024 at the very latest, the hotel rooms will be allocated on a "first come,</p>

	<p>first serve” basis. The prices charged for the hotel rooms will not exceed the usual hotel rates. Proof of payment must be shown to the LOC upon arrival. All delegations must stay in the official hotel of this event, to make it possible to organise the transport and meals</p>																		
<b>MEALS</b>	<p>During the competition, the lunch will be served in Sport Hall The costs per person and per meal are as follows:</p> <p>Lunch 20 EUR</p> <p>The meal plan starts by the dinner on the delegations’ official arrival day and ends with the breakfast on the official departure day. The invited participating federations must pay for the meals expenses of their delegation members.</p>																		
<b>BANK ACCOUNT INFORMATION</b>	<p>*Each participating member Federation is kindly requested to integrate the payment’s purpose as follows: Bank Name: ALIOR BANK SA ul. Postępu 18B , 02-676 Warszawa Branch Name; Irina Lortkipanidze ( if necessary) IBAN (for transfers within Europe only) :PL 98 2490 0005 0000 4100 9358 1112 (euro)</p> <p>SWIFT Code (BIC+): ALBPPLPW The participating federation is responsible for covering all bank fees in connection with the bank transfers.</p>																		
<b>MARKETING</b>	FIG advertising and publicity norms must be respected																		
<b>SOCIAL MEDIA</b>	<p><a href="https://www.facebook.com/RG-Tournament-IRINA-CUPWarsaw-Poland-218770728314493/?ref=bookmarks">https://www.facebook.com/RG-Tournament-IRINA-CUPWarsaw-Poland-218770728314493/?ref=bookmarks</a></p> <p>Direct coverage of the competition on <a href="http://www.rell.pl">www.rell.pl</a></p>																		
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