

# European Union of Gymnastics



## WORK PLAN

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**2<sup>nd</sup> European Team Championships  
in Acrobatics Gymnastics  
Seniors and Juniors**

**5<sup>th</sup> European Age Group Games  
in Acrobatics Gymnastics**

**18 - 24 October 2010  
Rzeszow – Poland**

## **SUMMARY**

### Page

1. General Information	3
2. Competition Venue	4
3. Organisers	4
4. Responsible Persons	4-5
5. Official Hotels	5-6
6. Meals	6
7. General Programme	7-9
8. Transport	10
9. Accreditation and FIG Licences	10
10. Passport Photo	11
11. Media and Media Conferences	11
12. Orientation Meeting	11
13. Judges Instruction	11
14. Judges Panels	12
15. Training Plan – Warm Up	12
16. Competition Schedule – Rotations	12
17. Equipment	12
18. Opening Ceremony	12
19. Medal Award Ceremonies	12
20. Competition Attire - Publicity	12
21. Athletes Measuring	12
22. Music	13
23. Pictorial Declarations of Exercises	13
24. Insurance	14
25. Medical Services	14
26. Doping Control	14
27. Video Recording	14
28. Visa	14
29. Farewell Party	14

## **1. GENERAL INFORMATION**

All participating Federations commit to respect the UEG Statutes and all rules and regulations, especially with regards to the age and nationality of the gymnasts as well as the respective regulations concerning "Insurance".

This Work Plan will be available in English which will be the language for these Competitions. Translation to any other language must be organized by the Delegations. Announcements will be made in English.

### **1.1 The competition will be in accordance with:**

- FIG Technical Rules and Regulations 2009 edition,
- FIG Code of Points 2009 edition,
- FIG Tables of Difficulty 2009 edition
- FIG International Age Group Competition 2010
- FIG Regulations for Awards Ceremonies
- UEG Regulations 2005 European Team Championships. [see item 3]
- UEG Media Guidelines
- Medical Organization of the official FIG competitions
- Doping Control Rules

And subsequent decisions of the UEG Executive Committee and TC-ACRO/UEG.

### **1.2 ACROBATIC AGE GROUP 11 – 16 PROGRAMME / only individual competition**

The 11 – 16 years European Age Group Games will be run in accord with the 2010 – 2012 rules and 2009 FIG Code of Points. Only one partnership from each Federation, in each category can proceed to the final.

### **1.3 ACROBATIC SENIORS and JUNIORS TEAM CHAMPIONSHIPS**

See the UEG TECHNICAL REGULATIONS 2005 EUROPEAN TEAM CHAMPIONSHIPS IN ACROBATIC GYMNASTICS Seniors and Juniors. [Amendment newsletter No. 1 February 2010 composition of team i.e 2 Groups and 1 pair or 2 pairs and 1 group].

#### **1.3a Judging, in accord with the:**

FIG Technical Regulations, Code of Points, Tables of difficulty, Judge's Charter.

#### **1.3b Each team may have one or two qualified FIG Brevet judges:**

- 2 judges EUROPEAN AGE GROUP GAMES
- 2 judges EUROPEAN TEAM CHAMPIONSHIPS SENIORS
- 2 judges EUROPEAN TEAM CHAMPIONSHIPS JUNIORS
- **or** 2 judges seniors + juniors together.

The TC ACRO/UEG appoints the Chairs of Judges Panel [travel and accommodation paid by the Organisers]

The cost for judges will be paid by the respective federations.

## 2. COMPETITION VENUE

Hala Sportowa „Podpromie”  
Podpromie 10  
35 - 045 Rzeszów, Poland  
Phone/fax: +48 17 853 68 68  
E-mail: hala@rzeszow.pl  
Website: <http://www.hala.rzeszow.pl>

## 3. ORGANISERS

### European Union of Gymnastics

Avenue de Rhodanie 2, Case postale 188  
1000 Lausanne 6, Switzerland  
Phone: + 41 21 613 73 32, Fax: + 41 21 613 73 31  
E-mail: info@ueg.org  
Website: <http://www.ueg-gymnastics.com>



### Polish Sports Acrobatics Federation

Marymoncka 34  
01-813 Warszawa  
Phone: + 48 22 834 64 86  
Fax: + 48 22 834 69 89  
E-mail: pzas@ocx.pl  
Website: <http://www.pzas.org.pl>



### Local Organising Committee

Podkarpacki Okręgowy Związek Sportowej  
Pulaskiego 13a  
35 – 011 Rzeszów – Poland  
Tele/FAX + 48 17 853 68 68  
E-mail: hala@rzeszow.pl / echacroteam2010@gmail.com  
Website: <http://www.rzeszow.pl>

**European Acrobatics  
Gymnastics Team  
Championships**

## 4. RESPONSIBLE PERSONS

### 4a UEG

- Georges Guelzec / FRA	President
- Paul Garber / GBR	Vice-president
- Malin Eggertz Forsmark / SWE	Vice-president
- Rudolf Hediger / SUI	Vice-president
- Dr. Solignac	Official Doctor
- Danielle Duchoud / SUI	Head of Press



### 4b UEG Acrobatics Technical Committee

- Laurie Colton / GBR	President
- Carine Peridy / FRA	Vice President /Secretary
- Kerstin Hoffman	Member
- Galina Kovalchuk / UKR	Member
- Urszula Wojtkowiak / POL	Member
- Dimitry Vinnikov / RUS	Member
- Bernardo Tomas / POR	Member

## **4c Organising Committee**

I.p.	Name and Surname	tasks	Phone Number	e-mail
1.	ARKADIUSZ SZYMCZAK	competition director	791588919	<a href="mailto:szyarek@pzas.org.pl">szyarek@pzas.org.pl</a>
2.	TADEUSZ KAPLITA	The head of the OC	608335660	<a href="mailto:tkaplita@poczta.onet.pl">tkaplita@poczta.onet.pl</a>
3.	-BRYGIDA SAKOWSKA- KAMIŃSKA -KONRAD BOJAOWSKI	accreditation	607270727 607050714	<a href="mailto:sasbrygida@gmail.com">sasbrygida@gmail.com</a> <a href="mailto:echacroteam2010@gmail.com">echacroteam2010@gmail.com</a>
4.	ELIZA KAPLITA	accommodation	605080226	<a href="mailto:dezab7@wp.pl">dezab7@wp.pl</a>
5.	EWELINA FIJOLEK	Catering	605175205	<a href="mailto:efijolek@wp.pl">efijolek@wp.pl</a>
6.	GRZEGORZ BIELEC	Sports hall	696999000	<a href="mailto:grzegorzbielec@o2.pl">grzegorzbielec@o2.pl</a>
7.	KRZYSZTOF BRUDNY	transport	607155917	<a href="mailto:jbrudny@interia.eu">jbrudny@interia.eu</a>
8.	ROBERT SOKOŁOWSKI	Transport of equipment	607930079	<a href="mailto:robertsokolowski@poczta.onet.pl">robertsokolowski@poczta.onet.pl</a>
9.	PAWEŁ RAK	Sound system	504606626	<a href="mailto:pablo.rzeszow@gmail.com">pablo.rzeszow@gmail.com</a>
10	WORSZTYNOWICZ ŁUKASZ	Medical care	503409045	<a href="mailto:lukaszworsztynowicz@op.pl">lukaszworsztynowicz@op.pl</a>
12	FILIP PEZDAN	Volunteers	721781195	<a href="mailto:filip.pezdan@poczta.onet.pl">filip.pezdan@poczta.onet.pl</a>
13	KINGA TRONINA-RAK	Sports equipment	503666865	<a href="mailto:kingatronina@o2.pl">kingatronina@o2.pl</a>
14	ANDRZEJ SOKOŁOWSKI	security	693322405	<a href="mailto:andrzejakro@poczta.onet.pl">andrzejakro@poczta.onet.pl</a>
15	MAREK SZELA	Contacts with the media	604615944	<a href="mailto:marekszela@neotrada.pl">marekszela@neotrada.pl</a>
16	JOLANTA SZELA	Advertising and marketing	694786071	<a href="mailto:jola.szela@interia.eu">jola.szela@interia.eu</a>
17	EWELINA BULSA	finances	503095119	<a href="mailto:biurobelfast@interia.pl">biurobelfast@interia.pl</a>
18	EWA POLAK	Opening and closing ceremony	504172470	<a href="mailto:ewpol@op.pl">ewpol@op.pl</a>
19	MAŁGORZATA BILSKA	Decoration ceremony	605824442	<a href="mailto:m-bilska@o2.pl">m-bilska@o2.pl</a>

## **4d ORGANISERS OFFICE**

The OC Office will be located in the competition venue and will be in operation from half an hour before the start of all training, warm-up, and competition times until half an hour after the last training session and one hour after the competition.

## **5. OFFICIAL HOTELS**

### **Hotel "AMBASADOR"**

Rynek 14,  
35-064 Rzeszów /  
Phone: +48 17 250 24 44;  
Fax: +48 17 250 24 45

### **Hotel "PREZYDENCKI"**

Podwisłocze 48,  
35-309 Rzeszów  
Phone: +48 17 862 68 35;  
Fax: +48 17 862 77 41

**Hotel "HATMAN"**

Langiewicza 29B,  
35-085 Rzeszów  
Phone: +48(017)850 71 91/100;  
Fax: +48(017)850 71 91/321

**Hotel ISKRA**

Dąbrowskiego 75,  
35-040 Rzeszów  
Phone: +48 17 854 97 40;  
Fax: +48 17 850 45 85

**Hotel „FORUM” (reserve)**

Lisa Kuli 19,  
35-089 Rzeszów  
Phone: +48 17 859 40 38;  
Fax: +48 17 859 40 38

**6. MEALS**

The price of hotel include:

- Accommodation;
- Breakfast;
- Lunch at the Podpromie sports hall;
- Transport from and to "Jasionka Airport";
- Transport from a hotel to the "Podpromie Hall";
- Farewell party

Dinners are not included in the price: **50 PLN extra**

## 7. GENERAL PROGRAMME

<b>Monday 18th October</b>	Age Group - delegations arrive		
	Accreditation	All day	Sports hall
	Hand in Tariff sheets		
	Hand in Music 2 copies		
	Check FIG License		
	Open training		
END OF DAY 1			
<b>Tuesday 19th October</b>			
	Training	See training schedule	Sports hall
	Measuring athletes	After training	Medical room
	Check competition attire - <b>advertising only</b>	09:00 – 10:00	Judges room
	Judge's instruction	10:00 – 13:30	Judges room
	Tariffing continues	14:00 -	Judges room
	Orientation meeting	14:00 – 15:00	Conference room
END OF DAY 2			
<b>Wednesday 20th October</b>	Senior and Junior – delegations arrive	All day	
	Accreditation	All day	Sports hall
	Hand in Tariff sheets		
	Hand in Music 2 copies		
	FIG License		
	Qualification European Age Group Games		
	Judges' meeting	09:30 – 10:00	Judges room
<b>Session 1</b>	Women's pair – balance Mixed pair - dynamic	10:00 – 10:50	Sports hall
	Break/judges meeting	10:50 – 11:15	Judges room
<b>Session 2</b>	Mens' pair - balance Women's group - dynamic	11:15 – 12:15	Sports hall
	Men's group - balance		
	Lunch / Free training	12:15 – 15:30	Sports hall
	Break/Judges meeting	15:30 – 16:00	Judges room
	Opening ceremony	16:00 – 16:30	Sports hall
<b>Session 3</b>	Women's pair -dynamic Mixed Pair - balance	16:30 – 17:20	Sports hall
	Break/Judge's meeting	17:20 – 17:45	Judges room
<b>Session 4</b>	Mens' pair - dynamic Women's group - balance	17:45 – 18:45	Sports hall
	Men's group - dynamic		
	Break/Judge's meeting	18:45 – 19:00	Judges room
	Free training Jun and Sen	19:00 – 21:30	Sports hall
END OF DAY 3			

<b>Thursday 21st October</b>	Training- Sen and Jun	08:30 – 16:00	Sports hall
	Measuring Athletes	After training	Medical room
	Check competition attire - <b>advertising only</b>	09:00 – 10:00	Judges room
	Check tariff sheets	09:00 – 16:00	Judges room
	Judges instruction	10:00 – 13:30	Judges room
	Orientation meeting	14:00 – 15:00	Conference room
	Finals European Age Group Games		
	Judge's meeting	16:30 – 17:00	Judges room
<b>Session 5</b>	Women's pair Mixed pairs	17:00 – 17:35	Sports hall
	Judge's Meeting	17:35 – 17:50	Judges room
	Men's pair		
<b>Session 6</b>	Women's group Men's pair	17:50 – 18:30	Sports hall
	Awards ceremony Closing ceremony	18:30 – 19:10	Sports hall
	Farwell party	20:00 - Midnight	Classic hotel
<b>END OF DAY 4</b>			
<b>Friday 22nd October</b>	Age Group depart Team Championships	All day	
	<b>Junior – Session 7</b>		
	Judge's meeting	09:30 – 10:00	Judges room
	Men's pair Mixed pair <span style="border: 1px solid black; padding: 2px;">Balance</span> Women's pair	10:00 – 11:05	Sports hall
	Women's group Men's group <span style="border: 1px solid black; padding: 2px;">Dynamic</span>		
	<b>Senior – Session 8</b>		
	Judge's meeting	11:05 – 11:20	Judges room
	Men's pair Mixed pair <span style="border: 1px solid black; padding: 2px;">Balance</span> Women's pair	11:20 – 12:40	Sports hall
	Women's group Men's group <span style="border: 1px solid black; padding: 2px;">Dynamic</span>		
	Break	12:40 – 15:35	
	Judge's meeting	15:35 – 16:00	Judges room
	Opening ceremony	16:00 – 16:30	Sports hall



<b>Friday 22nd October</b>	<b>Junior – Session 9</b> Men's pair Mixed pair <input type="checkbox"/> Dynamic Women's pair	16:30 – 17:35	Sports hall	
	Women's group Men's group <input type="checkbox"/> Balance			
	Break	17:35 – 17:50		
	<b>Senior – Session 10</b> Men's pair Mixed pair <input type="checkbox"/> Dynamic Women's pair	17:50 – 19:10	Sports hall	
	Women's group Men's group <input type="checkbox"/> Balance			
END OF DAY 5				
<b>Saturday 23rd October</b>	Judge's meeting	13:30 – 14:00	Judges room	
	<b>Junior – Session 11</b> Men's pair Mixed pair <input type="checkbox"/> Combined Women's pair	14:00 – 15:05	Sports hall	
	Women's group Men's group <input type="checkbox"/> Combined			
	Break	15:05 – 15:35		
	<b>Senior – Session 12</b> Judge's meeting	15:35 – 16:00	Judges room	
	Men's pair Mixed pair <input type="checkbox"/> Combined Women's pair	16:00 – 17:15	Sports hall	
	Women's group Men's group <input type="checkbox"/> Combined		Sports hall	
	Awarding ceremony	17:15 – 18:00	Sports hall	
	Closing ceremony		Sports hall	
	Farewell party	20:00 - Midnight	Classic Hotel	
	END OF DAY 6			
	<b>Sunday 24th October</b>	Teams depart		

## **8. TRANSPORT**

The travel to Rzeszów will be at each delegation's own expenses.

Accredited team delegations who will book their accommodation through the Organizing Committee and who will fill in their travel schedule form /arrivals and departures by the deadline of 28<sup>th</sup> September, 2010 will be provided with local transport from the official arrival place /airport [Rzeszow-Jasionka Airport], train station, bus station/ to the official hotels and back.

**A regular transport – Hotel to venue – for all participant will be organized by means of buses or mini-buses /by “Marcel” Company/.**

Transport will be available for UEG Officials, UEG ACRO TC.

**Federations who do not book their accommodation through the Organizing Committee will NOT be entitled to use the transportation system and will be responsible to be on time. No lunch and no banquet are included either.**

## **9. ACCREDITATION AND FIG LICENCES**

The accreditation system identifies individuals participating in the Championships and ensures controlled access to each area. All participants and officials are required to wear Accreditation Cards at all times, failure to do so may cause participants to be refused entry.

The FIG Licences must be presented at accreditation. Gymnasts who do not present a valid FIG Licence are not allowed to compete. Should a gymnast not be able to show his Licence at accreditation, a member of the UEG may check on the official FIG Website if the respective gymnast has a valid Licence or not. Should a gymnast present an invalid licence or the validity of the forgotten Licence may not be verified by the UEG, the gymnast shall not be allowed to compete.

At accreditation the Heads of Delegation must,

- check the correct names of their complete delegation
- verify accommodation requirements
- make the necessary payments
- hand in the music cd's of the competitors
- hand in tariff sheets [pictorial declarations for all competitors]
- present the passports of all competitors and judges for the control of Nationality and age
- FIG license details

The accreditation is,

- personal
- non transferable and compulsory to gain access to training and competition hall, functions and official transport.

As far as the number of accreditations per federations is as shown in the FIG Technical Rules and Regulations, and confirmed in the Invitation.

## 10. PASSPORT PHOTOS

Together with the Nominative registration, the Delegations must forward one passport photo of each delegation member to the Organising Committee. Passport photos are accepted in digital format only and must be sent directly to the Organising Committee. The specification of the photo must be as follows: [echacroteam2010@gmail.com].

- File format: .jpg, jpeg or tiff
- Dimensions; 210 pixels wide x 270 pixels high (portrait ratio 7: 9)
- File name; NOC\_Surname\_Firstname (eg GBR\_Smith\_John.jpg)

Please forward the passport photo as soon as possible, but no later than 1<sup>st</sup> October 2010.

**An earlier receipt would be much appreciated. If a photo has to be taken in Rzeszow because none has been sent, there will be a charge to the federation of 30 PLN per person.**

## 11. MEDIA AND MEDIA CONFERENCES

Media representatives (journalists, photographers, TV) must request a special accreditation from the OC. Please contact the OC as soon as possible. The media will be assigned special seating and working conditions.

## 12. ORIENTATION MEETINGS

The orientation meeting for the

- **Age Group** competition will take place on **Tuesday, October 19<sup>th</sup>**.
- **Juniors and Seniors** will take place on **Thursday, October 21<sup>st</sup>**.

These meetings are for the Heads of delegation and team managers. The presence of the participating national federations to the orientation meeting is mandatory. A maximum of 3 members per delegation is recommended, at the federation's choice.

Meetings will take place in the Conference Room of the Competition Hall.

Further meetings of the OC with the Heads of Delegations and the UEG / TC ACRO may be called if necessary.

## 13. JUDGE'S INSTRUCTIONS

- The **Age Group Games** judge's instructions will take place on **Tuesday, 19<sup>th</sup> of October in the Judges Room**.
- The **Juniors and Seniors** Judges' instructions will take place **on Thursday, 21<sup>st</sup> of October in the Judges Room**. This is compulsory, judges not participating will not be allowed to judge.
- Judge's meeting will also take place before each session, and a brief meeting may be called at the end of competition.

#### **14. JUDGES PANELS**

Superior Jury and Jury of Appeal will be established before the competition. Chairs of Judges Panels and Difficulty Judges will be established before the competition.

#### **15. TRAINING PLAN-WARM UP**

The training schedule will be given to the Heads of Delegation upon arrival.

#### **16. COMPETITION SCHEDULE-ROTATIONS**

The detailed competition schedule including the rotations will be given upon arrival.

#### **17. EQUIPMENT**

SPIETH Gymnastic floor. Colour: blue

#### **18. OPENING CEREMONY**

- **Age Group Games – Wednesday, 20<sup>th</sup> of October** - Competition Hall.
- **Juniors and Seniors – on Friday, 22<sup>nd</sup> of October** - Competition Hall.
- Competitors and coaches will be requested to participate at the Opening Ceremony. Seniors and Juniors must wear National tracksuit. Further details will be given at the Orientation Meeting.

#### **19. MEDAL AWARD CEREMONY**

The medal winners only will be invited to participate in the medal award ceremony. They are requested to appear in competition attire.

**Team – All medal winning teams / 7 or 10 competitors / plus 2 coaches.**

#### **20. COMPETITION ATTIRE – PUBLICITY**

Please pay attention to the technical regulations (National emblem) and the Guidelines for Advertising and Publicity. Please note that publicity on the competition attire must be approved by the UEG. An opportunity will be given to the Heads of Delegation to present their competition attire for **Publicity** approval on.

- **Age Groups on Tuesday 19<sup>th</sup> of October, in the conference room.**  
**Seniors and Juniors on Thursday 21<sup>st</sup> of October, in the conference room.**

#### **21. ATHLETES MEASURING**

The athletes measuring will take place on

- Age Groups Tuesday, 19<sup>th</sup> of October.
- Seniors and Juniors on Thursday 21<sup>st</sup> of October.

All competitors are requested to present themselves at the **Medical Room** immediately before or after their training session / UEG TC - OC Doctor.

**Athletes failing to cooperate with the measuring procedure will incur the penalty as shown in article 6.19 FIG Code of points.**

## 22. MUSIC

The music compact discs two (CD, MD) must be given to the Organising Committee upon arrival **at accreditation** as per the norms given in the FIG Code of Points.

The following information must be written on the CDs:

- Federation (Country abbreviation)
- Name of competitors
- Category (MP–WP–MXP–MG–WG)
- Type of Exercise (Balance–Dynamic–Combined)
- Type of recording (mono/stereo)
- Title of the music
- The composer(s) of the music used
- Total time (in minutes and seconds) from the first to the last tone of the music.
- The Head of Delegation must sign the form (sent with the directives) on behalf of the competitor:
- Approval of the technical criteria for playing the tape by the OC.
- Confirmation that the music used does not violate any copyrights and that it can be broadcast within sports.
- For training in the training locations, the competitors will have to bring their personal (third) copy of their music CDs.

## 23. PICTORIAL DECLARATIONS OF EXERCISES

Pictorial declarations must be handed in by the Heads of Delegation at accreditation. They must be completed,

- in the order in which the elements will be performed,
- showing the **page, number and value**,
- **incomplete sheets will be returned to the team judge.**
- **ONE** copy is required
- The deadline for Age Groups is **at accreditation**
- The deadline for Senior and Junior Teams is **at accreditation**
- Late submission will incur a **penalty** in accordance with FIG Code of Points.

## VERY IMPORTANT

Please note that only elements in the FIG Tables of Difficulty 2009 or approved supplement are allowed. Elements not meeting this criteria will not be given value at these Championships.

## **24. INSURANCE**

The FIG Technical Regulations foresees that all participating Nations are responsible by themselves for having the necessary insurance coverage of all participants against accidents and illness.

The Organizing Committee will verify the insurance of all countries at accreditation.

## **25. MEDICAL SERVICES**

The Organizing Committee will provide medical services. A doctor will be at your service during training and competitions.

## **26. DOPING CONTROL**

Doping controls will be made during the Championships as per FIG and IOC regulations. The appropriate authority under supervision of the UEG will carry these out. The doping controls can take place during the training, qualifications and/or the finals.

## **27. VIDEO RECORDING**

All routines will be recorded on video.

## **28. VISA**

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

## **29. FAREWELL PARTY**

On Saturday, 23<sup>rd</sup> of October. Invitation and venue to be informed later.

EUROPEAN UNION OF GYMNASTICS

Georges Guelzec - UEG President

EUROPEAN UNION OF GYMNASTICS

To be named - UEG Director

EUROPEAN UNION OF GYMNASTICS

Laurie COLTON

UEG ACRO-TC President

POLISH ACROBATICS FEDERATION

Urszula WOJTKOWIAK

ORGANIZING COMMITTEE President

Lausanne, September 2010