

Warsaw, 20-MAR-2026

16th International Actobatic Gymnastics Tournament

“Warsa & Sawa Cup”

September 3rd – 6th 2026

Warsaw

DIRECTIVES





01. General Information

President of the Warsaw – Mazovian Sport Gymnastics Association is pleased to invite you and your delegation to participate in the 16th International Acrobatic Gymnastic Tournament “Wars & Sawa”. This tournament will be organized in the city of Warsaw, Poland from September 3rd to 6th 2026.

16th Wars & Sawa Cup is open to national and regional teams as well as to individual club teams. The competition will take place in the following categories: Pre-Youth, Youth, Junior, Senior.

This competition is being conducted in accordance with the FIG regulations.

PRE YOUTH	Ages 10 - 16
YOUTH	Ages 11 - 18
JUNIOR	Ages 12 - 19
SENIOR	Ages 14+

02. Provisional Schedule

Thursday, 03-Sep-2026	Arrival of the delegations Official trainings
Friday, 04-Sep-2026	Qualifications
Saturday, 05-Sep-2026	Qualifications
Sunday, 06-Sep-2026	Finals
Sunday / Monday, 06-07-Sep-2026	Departure of the delegations

03. Competition Venue

Arena Ursynów, ul. Rotmistrza Witolda Pileckiego 122, 02-781 Warszawa

04. Delegations

Each delegation may include:

1 Head of delegation

At least 1 judge is obligatory - Any team that fails to provide a judge as part of its delegation shall be subject to a fee of 300 EUR

Unlimited number of acrobatic units.

05. Competition Program

Qualifications and Finals in all 5 categories (WP, MP, MXP, WG, MG).

YOUTH/ JUNIOR / SENIOR:

Qualifications: 1 Balance + 1 Dynamic exercise according to FIG rules

Finals: 1 combined exercise – start from zero

PRE-YOUTH

Qualifications: 1 Balance + 1 Dynamic exercise according to FIG rules

Finals: 1 static or 1 dynamic exercise according to FIG rules

MINI YOUTH:

Qualifications 1 Combined exercise

Finals: Combined exercise – the sum of the two Combined exercises: Qualification score + Final score defines the winner.

FINALS: top six/top eight/top twelve of qualifications, depending on the number 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)

The result will be calculated as the total sum of points from the qualifications routines and the final routine.

06. Deadlines for entries

Provisional registration:	by email warsisawa2026@gmail.com 05-Jun-2026
Definitive registration	10-Jul-2026
Nominative registration:	05-Aug-2026

06. Financial obligations

- Entry fee

55 Euro/per gymnast

- Accommodation

All federations must book their accommodation through the LOC.

Breakfast and supper are served at the hotel; lunch is served at the competition venue.

HOTEL O3 ***

Single room with breakfast, lunch and supper 100 EUR per night

Double room with breakfast, lunch and supper 70 EUR per night/person

Hotel Aramis *

Single room with breakfast, lunch and supper 95 EUR per night

Double room with breakfast, lunch and supper 70 EUR per night/person

Triple room with breakfast 60 EUR per night/person

Campus of the Warsaw University of Life Sciences (SGGW)

Ul. Nowoursynowska 166

Price per person in a studio consisting of 4 rooms in case of 6 people per studio; breakfast, lunch and dinner included - EUR 50.

IKAR apartments of the Warsaw University of Life Sciences (SGGW)

Single room with breakfast, lunch and supper 80 EUR per night.

Double room with breakfast, lunch and supper 70 EUR per night.

- Meals

Meals are included in hotel booking.

- Transfer

There is a possibility to order airport transfer and/or transportation from the hotel to competition venue and back.

The costs will be provided in the next directives.

The organizer covers the costs (accommodation/local transport/meals) of 1 Judge per delegation.

Any team that fails to provide a judge as part of its delegation shall be subject to a fee of 300 EUR.

The participating federations are responsible for covering the accommodation/meals/transfers/entry fee expenses of their delegation members.

09. Payment deadline

Payment of entry fee	10-Jul-2026
Payment of 50% accommodation costs (including meals and airport transfer/transport)	10-Jul-2026

Payment of remaining 50% of accommodation costs (including meals and airport transfer/transport)	05-Aug-2026
Payment of the no judge fee	during accreditation

ALL PAYMENTS MUST BE MADE IN ADVANCE BY BANK TRANSFER OR ON ACCREDITATION (if LOC agrees)

Bank info:

Bank name: Bank Handlowy w Warszawie

Bank address: ul. Senatorska 16, 00-923 Warszawa

Branch name: **Warszawsko-Mazowiecki Związek Sportów Gimnastycznych;**

ul. Żołąty 56A, 02-815 Warszawa

IBAN (for transfer within Europe only)

33 1030 0019 0109 7806 0103 0889

SWIFT code: CITIPLPX

Participating Federation is responsible for covering in all bank fees in connection with the bank transfers.

- accommodation/meals/entry and no judge fees/transfer payments submitted to the Warsaw-Mazovian Gymnastics Association shall be non-refundable after 31st July 2026

- All delegations must bring (at least) 1 Judge. NO JUDGE FEE: 300 €

10. Visa

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

11. Insurance

It is a responsibility of each team to ensure that all delegation members are properly insured for participation in this sport event.

12. Medical Services

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

13. Accreditation

Arena Ursynów, ul. Rotmistrza Witolda Pileckiego 122, 02-781 Warsaw

Thursday, September 3rd from 9:00 - 21:00

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.

14. Music

Information regarding music submission will be provided in a separate competition announcement. Regardless of submission procedure, each Head of Delegation must have all music files for their units available on a USB drive exclusively in .mp3 format.

15. Tarif Sheet

Information regarding submission of Tarif Sheet will be provided in a separate competition announcement.

14. Orientation Meeting

The orientation meeting will take place at the Sports Hall on Thursday 3rd 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 gymnast will be requested to participate in the Opening Ceremony on Friday, September 4th. The National or Team tracksuit must be worn.

16. Medal Award Ceremonies

Only the first three places will be requested to participate in the Medal Award Ceremonies. Winning Senior gymnasts will be awarded with additional prize of EUR 100 in the case there are minimum three teams in one category.

17. Additional Information

All competition-related information, including accommodation, meal, transfer forms and updates (regarding music, tariff sheets), will be available via the ITD sport Online platform. Team Registration must be completed through ITD sport Online within the specified deadlines.

<https://online.itdsport.pl/#/strony/strona-glowna> - find 16th Jubilee International Acrobatic Gymnastic Tournament "Wars & Sawa Cup".

Should you have any further questions, please contact the Organizing Committee at warsisawa2026@gmail.com

We look forward to welcoming all teams and wish every participant a successful and memorable competition.

Best Regards,

Michał Bałaga
President of the Warsaw Mazovian Gymnastics Association

Wiesława Milewska
Competition Director

Karolina Kamińska
Responsible for Judges

Joanna Paterek
Secretary General of the Warsaw Mazovian Gymnastics Association

Local Organizing Committee