



FEDERATION INTERNATIONALE DES LUTTES ASSOCIEES  
INTERNATIONAL FEDERATION OF ASSOCIATED WRESTLING STYLES

## SENIOR EUROPEAN CHAMPIONSHIP

### GRAPPLING GI & NO-GI – PANKRATION – COMBAT GRAPPLING

**Gorlice (POL), 24-26 September 2010**

#### PARTICIPATION

1. Only the National Federations or Committees duly affiliated to FILA for the year 2010 can participate in the Championship. They are fully responsible for entering their athletes within the deadline.
2. National Federations or Committees may enter 1 athlete per weight category.
3. Each competitor must have a valid FILA licence and a valid passport. Those who did not purchase their licence in advance will be able to do so at accreditation. They will be asked a copy of their passport, a picture and the annual licence fee of 100 CHF, 80 EUR or 100 USD.
4. Each competitor must be 20 or older. Competitors aged 18 and 19 will be allowed to participate upon presentation of a medical consent. Age and nationality will be checked with the passport at the weigh-in.
5. The delegations in need of a visa to enter Poland must send their visa application forms to [andrzej.glaz@zapasy.org.pl](mailto:andrzej.glaz@zapasy.org.pl) before **24 June 2010**. The organizer will take care of faxing official invitation letters to the Polish consular representation in their country of residence. Past that date, the Polish Wrestling Federation will not be able to provide any visa support.
6. Final entries must be sent to FILA at [info@fila-grappling.com](mailto:info@fila-grappling.com) before **24 August 2010**.
7. The final list of competitors must be confirmed to the competition secretariat the day before each competition by 2 pm in order to ensure a smooth weigh-in and draw procedure.
8. The delegations that would like to benefit from a full accommodation package from the organizer (i.e., including transport from and to the airport, board, lodging and entry to the championship) will be required to pay the amount of 70 EUR per day. Upon agreement with the organizer, it will be possible for the delegations to transfer the total amount of accommodation fees to the organizer's account. Otherwise, the team leaders will have to settle their financial obligations cash at accreditation.
9. The organizer will take care of booking the hotels for the delegations benefitting from the accommodation package.
10. The delegations that prefer to book their own hotel will have to pay an entry fee of 50 EUR per participant to the organizer.
11. The delegations that send their entries after the deadline, i.e. after **24 August 2010**, will be responsible for finding their own accommodation and will be required to pay 50 EUR per participant as entry fee.
12. In conformity with the FILA regulations, each team that has been entered for the championship but does not turn up, or turns up with fewer competitors than originally announced, will be held responsible for and have to pay half of the hotel costs for all individuals previously entered, unless they can provide official justification such as visa refusal letters or medical certificates.
13. Athletes competing in the Championship are under the exclusive responsibility of their National Federation or Committee through their respective coaches. Any breach of the rules will be sanctioned according to the WPAC/FILA Disciplinary Regulations.
14. The delegations will be welcomed by the organising Committee upon their arrival in **Cracow International Airport, Rzeszow International Airport, and Kosice International Airport** and will be driven to the accreditation place and to their hotels. A shuttle service will transport the participants from the hotels to the competition site. Transport schedules will be posted in each hotel.



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Téléphone : (41.21) 312 84 26 Fax : (41.21) 323 60 73 E-mail : fila@fila-wrestling.com / Internet : www.fila-wrestling.com

## TECHNICAL CONDITIONS

1. Each participating team must be present at the opening ceremony according to the organizing committee's instructions.
2. The competition will be run according to the FILA official rules on 3 FILA approved mats.
3. The competition will take place in the official weight categories and no weight allowance will be accepted: Men 60, 65, 70, 75, 80, 90, 110kg, Absolute and Women 50, 55, 60, 65, 75kg, Absolute.
4. Each competitor will be requested to undergo a medical control before the official weigh-in, during which his/her competition uniforms will be inspected as well.
5. The drawing of lots for position in the brackets will be done manually at the time of weigh-in.
6. The FILA licence covers medical assistance to the grapplers in the event of an accident occurring during the competition. If a competitor wishes to have a medical examination or receive a treatment that is not linked to an accident that happened during the competition, either he/she or his/her National Federation will be entitled to bear the related costs.
7. Each competitor will be allowed to participate in the Grappling Gi and No-Gi divisions, in Pankration, and in Combat Grappling.
8. Each Grappler will be required to wear a FILA approved competition uniform, that is:

**No-Gi:** Board shorts and a tight fitting sleeveless, short sleeve or long sleeve rashguard. The first grappler called shall put on an overall red uniform and the second an overall blue uniform.

**Gi:** The Gi must be made of cotton or similar material and in good condition. It may not be unusually thick or stiff to the point of obstructing the opponent. The jacket must be longer than the hips, but no longer than the thighs. When extending the arms forward, the distance between the sleeves and the wrists must not exceed 5 cm. The pants must be of proper size and reach to the ankles in upright position. The first grappler called shall wear a white Gi and the second one a Gi of color.

9. Each Pankratiast will be required to wear a FILA approved competition uniform, that is:

**Endyma:** Large long-sleeve shirt reaching down to the hips and pants reaching down to the ankles. A meander stripe shall appear around the shirt's neckline and on the outer side of the pants. The first pankratiast called shall wear a white endyma, gloves, and shin guards, and the second pankratiast called shall wear a blue endyma, gloves, and shin guards.

**Gi:** The Gi must be made of cotton or similar material and in good condition. It may not be unusually thick or stiff to the point of obstructing the opponent. The jacket must be longer than the hips, but no longer than the thighs. When extending the arms forward, the distance between the sleeves and the wrists must not exceed 5 cm. The pants must be of proper size and reach to the ankles in upright position. The first grappler called shall wear a white Gi, gloves, and shin guards, and the second one a blue Gi, gloves, and shin guards.

In addition, the Pankratiasts are required to wear a groin guard and an optional mouth guard. Female pankratiasts are also allowed to wear a chest protector.

10. Each Combat Grappler will be required to wear a FILA approved competition uniform, that is:

**No-Gi:** Board shorts and an optional tight fitting sleeveless, short sleeve or long sleeve rashguard of any color. The first grappler called shall wear red helmet, gloves, and shin guards, and the second blue helmet, gloves, and shin guards. In addition, the Combat Grapplers are required to wear a groin guard and a mouth guard. Female competitors are also allowed to wear a chest protector.

**FILA Approved uniforms, helmets, gloves and shin guards will be for sale on site.**



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11. The country's abbreviation (3 capital letters) must appear on the back of the athletes' competition uniform. The athletes who do not comply with this requirement will be able to have their countries' abbreviation pressed on the spot.
12. Individual prizes will be given to each weight category:

1 <sup>st</sup> place	1 gold medal, certificate, and special award
2 <sup>nd</sup> place	1 silver medal, certificate
3 <sup>rd</sup> places	2 bronze medals, certificates
5 <sup>th</sup> –10 <sup>th</sup> places	certificates
13. The first three teams in each style will receive a cup.
14. The national anthem will be played for each individual and team champion.

### **REFEREES**

1. Only the FILA certified referees with a valid 2010 licence may work in the competition.
2. All referees must attend the seminar that will be organized on 23 September 2010.
3. All referees must wear black trousers, black sport shoes, and the official FILA shirt.

### **JOURNALISTS**

1. Only the journalist accredited by the organizing committee are allowed to participate in the competition and the press centre.
2. The journalist who wish to be accredited must send their application form not later than 23 August 2010 to Ms. Kinga Brudzinska email: [POL@fila-grappling.com](mailto:POL@fila-grappling.com)



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## USEFUL INFORMATION

### FILA contact details

Rue du Château 6  
1804 Corsier-sur-Vevey  
Switzerland

Tel.: +41 21 312 84 26  
Fax: +41 21 323 60 73  
Email: [info@fila-grappling.com](mailto:info@fila-grappling.com)  
Web: [www.fila-grappling.com](http://www.fila-grappling.com)

### Organizing Committee

Polish Grappling Committee  
Mr. Grzegorz Brudzinski

Tel.: +48 604 541 689  
Fax: +48 18 351 1379  
Email: [brudzinski@fila-wrestling.com](mailto:brudzinski@fila-wrestling.com)

Local coordinator: Mrs. Kinga Brudzinska  
Email: [POL@fila-grappling.com](mailto:POL@fila-grappling.com)

Visa coordinator: Mr. Andrzej Glaz  
Email: [andrzej.glaz@zapasy.org.pl](mailto:andrzej.glaz@zapasy.org.pl)

### Competition venue

Gorlice Main Sport Hall  
ul. Sportowa 9, 38-300 Gorlice  
Map: <http://tiny.pl/hxz3h>

Tel.: +48 18 352 6970  
Cell: +48 605 232 730  
<http://www.osir.gorlice.pl/kontakt/index.html>

### Hotels

**Hotel Margot** (Main office and accreditation)  
Sportowa Str. 11, 38-300 Gorlice

Tel.: +48 18 355 1500  
Fax: +48 18 355 1550  
<http://www.hotelmargot.pl/en/index.php>

**Hotel Glinik**  
38-316 Wysowa-Zdrój 101

Tel.: +48 18 353 2024  
Fax : +48 18 353 2028  
<http://glinik-wysowa.pl/>

### FILA banking details

UBS SA  
Case Postale  
1002 Lausanne / Switzerland

SWIFT: UBS WCHZH80A  
IBAN CHF: CH27 0024 3243 2950 6401 N  
IBAN USD: CH77 0024 3243 2950 6460 D  
IBAN EUR: CH65 0024 3243 2950 6462 T

### Wapienne Hotel

w Wapiennem k.Gorlic, 38-307 Sękowa

Tel/Fax: +48 18 351 8163  
<http://www.wapienne.pl>

### Jasmin Hotel

Regietów 28, 38-315 Uście Gorlickie

Tel/Fax +48 18 351 0018, +48 18 351 0097  
<http://tiny.pl/hmq4d>  
Rooms: <http://tiny.pl/hxz3x>



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**PROGRAM**

Wednesday 22.09.2010	All day	Arrival of the Delegations & Accreditation
Thursday 23.09.2010	Till 12:00	Arrival of the Delegations & Accreditation
	10:00-12:00	Referees' Course – Theory
	13:00-15:00	Referees' Course – Practice
	Till 14:00	Confirmation of Final Entries – Grappling
	14:00-15:00	Technical Conference – Grappling All Competitors and Coaches
	15:00-16:00	Medical Examination and Uniform Check – Grappling
	16:00-17:30	Weigh-in and drawing of lots – Grappling
	18:00-20:00	Chopin concert in a castle for team leaders and coaches
Friday 24.09.2010	09:00-12:00	Elimination rounds and repechage – No-Gi Grappling
	Till 12:00	Confirmation of Final Entries – Grappling Gi & Pankration
	13:00-18:00	Elimination rounds and repechages – No-Gi Grappling
	14:00-15:00	Technical Conference – Pankration
	15:00-16:00	Medical Examination and Uniform Check – Pankration
	16:00-17:30	Weigh-in and drawing of lots – Pankration
	19:00-21:00	Finals and Award Ceremonies – No-Gi Grappling
Saturday 25.09.2010	09:00-12:00	Palaismata and Polydamas – Pankration Elimination rounds and repechage – Gi Grappling & Pankration
	Till 12:00	Confirmation of Final Entries – Combat Grappling
	13:00-18:00	Elimination rounds and repechage – Gi Grappling & Pankration
	14:00-15:00	Technical Conference – Combat Grappling
	15:00-16:00	Medical Examination and Uniform Check – Combat Grappling
	16:00-17:30	Weigh-in and drawing of lots – Combat Grappling
	18:00-18.30	Opening Ceremony
	19:00-21:00	Finals and Award Ceremonies – Gi Grappling & Pankration
Sunday 26.09.2010	09:00-12:00	Elimination rounds and repechage – Combat Grappling
	13:00-16:00	Elimination rounds and repechage – Combat Grappling
	16.30-19.00	Finals and Award Ceremonies – Combat Grappling
	20:00	Closing Ceremony and Banquet
Monday 27.09.2010	All day	Departure of the Delegations