

7th GRAND INTERNATIONAL WUSHU FESTIVAL
14th INTERNATIONAL POLISH OPEN WUSHU CUP
Warsaw, Poland
May 21 – 23, 2010

GENERAL INFORMATIONS

1. Date and location

The 7th Grand International Wushu Festival will be held from Thursday, May 21, 2010 through Monday, May 23, 2010 in Warsaw, capital of Poland.

2. Competition and Training Venue

All competitions and training sessions will take place at the Sport Center “Kolo” in Warsaw.

3. Participation

All Wushu organizations (federations, associations, clubs and schools) are invited to the 7th Grand International Wushu Festival.

a) Members federation of the International Wushu Federation (IWUF)

b) Those Wushu organizations which have been recognized by the member associations of IWUF

c) If IWUF members will not take a part in 7th Grand International Wushu Festival – other Wushu groups from these countries may participate.

Each team is required to bring to following:

- 2 national flags or federation flags (1x2m)
- the copy of all Final Entry Forms
- Waiver of liabilities (one for each team’s participant)
- Health certificates of all athletes (both Taolu and Sanshou)
- Life insurance certificate

4. Composition of team

Each team may consist of:

- one team leader
- one Sanshou coach
- one Qingda coach
- one Taolu coach
- one Sanshou or Qingda judge
- one Taolu judge
- one team doctor or physiotherapist
- Sanshou competitors (no limit)
- Qingda competitors (no limit)
- Taolu competitors (no limit)
- Officials and observers (no limit)

5. Competition events:

I. Modern Wushu:

- | | |
|-------------|-------------|
| - Changquan | - Nandao |
| - Nanquan | - Nangun |
| - Taijiquan | - Taijijian |
| - Jianshu | |
| - Daoshu | |
| - Qiangshu | |
| - Gunshu | |

II. Traditional forms:

- Northern styles
- Southern styles
- Taijiquan
- Long weapons (cudgel, spear, halabard)
- Short weapons (broadsword, sword)
- broadswords, double swords and others)
- three-sections staff, butterfly knives, double
- Other weapons (iron whip, daggers, axes,
- Taiji weapons
- Set-sparring (duilian).

6. Age categories:

I. Taolu (modern and obligatory Wushu and traditional forms):

- under 9 years
- 9-12 years
- 13-15 years
- 16-18 years
- 19-33 years
- 34-49 years (only traditional forms)

Modern Wushu only for age category for seniors (19-33 years) and oldest juniors category (16-18 years).

II. Sanda (light-contact for juniors):

- 11-12 years: -38kg, -42kg, -46kg, -50kg,
- 13-14 years: -42kg, -48kg, -52kg, -56kg, -60kg, **and only for man** -65kg,
- 15-16 years: -48kg, -52kg, -56kg, -60kg, **and only for man** -65kg, -70kg, -75kg, -80kg
- 17-18 years: 48kg, -52kg, -56kg, -60kg, **and only form man** -65kg, -70kg, -75kg, -80kg,

III. Sanda (full-contact) – over 18 years:

Men:

- below (kg): 48, 52, 56, 60, 65, 70, 75, 80, 85, 90
- over 90 kg

Women:

- below: 48, 52, 56, 60, 65, 70, 75

7. Competition Methods.

The competition will be conducted in accordance with the “Rules for International Wushu – Taolu Competition” and “Rules for International Wushu – Sanshou Competition” (IWuF – International Wushu Federation) and rules of European Wushu Federation and Polish Wushu Federation.

Each Taolu competitor may enter a maximum of 6 individual modern Wushu routines and a maximum of 6 traditional Wushu forms.

8. Cost of stay

From 20 May to 24 May 2010 each team member will be charged 80 € euro per day for food, (breakfast, lunch and supper in polish restaurant), accommodation (double room: twin bed or king size bed) and local transportation.

Single room is 110 € euro per person per day.

All participating teams are required to pay for their own round trip international travelling expenses.

At this year the competition fee (entrance fee) is included in hotel price. For those teams who will provide accommodation by themselves the entrance fee is as follow:

Registration fee:

- Taolu – 25 € euro
- Sanshou – 25 € euro
- Qingda – 25 € euro

If competitor will enter two or more divisions (for example Qingda and Taolu) the registration fee is 40 € euro.

If you chose own accommodation there is not registration fee.

9. Preliminary and Final Entries

- The deadline for sending in preliminary entries is **March 15th, 2010** at 24:00 hours (GMT + 01:00)

- The deadline for paying a 100 Euro entrance fee per person on the account of food and accommodation is **20th April, 2010**. If one fails to attend the Festival, one will not be reimbursed the cost of entrance fee.

Polish Wushu Association (**Polskie Zrzeszenie Wushu**)

Address: **Ul. Zagórna 2/4, 00-441 Warszawa**

Bank name: **Millennium Bank S.A. Warszawa**

Bank address: **ul. Stanisława Żaryna 2A, 02-593 Warszawa**

SWIFT: BIGBPLPWXXX

Bank account: 42 1160 2202 0000 0000 8319 3844

IBAN: PL42 1160 2202 0000 0000 8319 3844

- The deadline for sending the final entry back to the Organizational Committee of the 7th Grand International Wushu Festival 2010 is **20th April, 2010** at 24:00 hours (GMT + 01:00).

- The full rate which includes the cost of accomodation and food, transport fees and a registration fee is to be paid at the time of registration in hotel in Warsaw on Thursday, May 21, 2010.

The host organizations of 7th Grand International Wushu Festival

Polish Wushu Federation

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Polish Wushu Association