



COMPETITION REGULATIONS

The place of the event:

Athletics stadium Sprint, Bielsko-Biała Sports and Recreation Centre, Jaworzańska 120 street

The date of the event:

1.07.2023 r.

GENERAL PROVISIONS:

I. The event takes place as part of the Erasmus + Sport program and is founded by the European Union.

II. Organizer: The Education through Sport Foundation, Potocka 33a/26 street, 01-631 Warsaw

III. Event partners:

- Youth for Equality, Slovakia
- Palestra, The Czech Republic

IV. The event includes the organization of a training conference and an athletic competitions.

OBJECTIVE:

The main goal of the project is to promote voluntary by reversing roles of volunteers from supporters to active participants, which will give better and deeper understanding of role of volunteers in the sport event. Project "all stars volunteering", in its creation, is an innovative and breaking point in promoting volunteering and social inclusion.

FRAMEWORK PROGRAMME:

10-11 training conference (1. round)

11-12 training conference (2. round)

12:30-15:30 lunch break

4:00 p.m. official opening of the event

4:05-7:30 p.m. athletics competitions

RUNNING COMPETITION	HOURS p.m.	TECHNICAL COMPETITION	HOURS p.m. athletical jump A	HOURS p.m. Athletical jump B	TECHNICAL COMPETITION	HOURS
100m W	4:05-4:35	Long jump W	4:30-7:30		Shot put M	4:05-6:00
100m M	4:35-5:05	Long jump M		4:30-7:30	Shot put W	6:00-8:00
400m W	5:05-5:40					
400m M	5:40-6:15					
800m W	6:15-6:55					
1500m M	6:55-7:40					
Relay12x200mix	7:40-8:00					

from 5:15 p.m. winners decorations

8:00 p.m. official end of the event

COMPETITIONS, CATEGORIES and LIMITS:

I. The limit of the starting participants is 360 people, divided into:

- Polish national team 120 participants - including 20 women aged 18-30, 20 women aged 31-49, 20 women aged 50+, 20 men aged 18-30, 20 men aged 31-49, 20 men aged 50+
- representation of the Czech Republic 120 participants - including 20 women aged 18-30, 20 women aged 31-49, 20 women aged 50+, 20 men aged 18-30, 20 men aged 31-49, 20 men aged 50+
- representation of Slovakia - including 20 women aged 18-30, 20 women aged 31-49, 20 women aged 50+, 20 men aged 18-30, 20 men aged 31-49, 20 men aged 50+

II. Each participant starts in two competitions - 1 running + 1 technical OR 2 running

III. CATEGORIES AND COMPETITIONS:

1. Age category 18-30

Running competitions to choose from:

Women's 100m

100m Men

Women's 400m

400 Men

Women's 800m

1500m Men

Technical competitions to choose from:

Long Jump Women + Men

Shot Put Women 3kg + Men 5kg

2. Age category 31-49

Running competitions to choose from:

Women's 100m

100m Men

Women's 400m

400 Men

Women's 800m

1500m Men

Technical competitions to choose from:

Long Jump Women + Men

Shot Put Women 3kg + Men 5kg

3. Age category 50+

Running competitions to choose from:

100m Women + Men

400m Women + Men

Women's 800m

1500m Men

Technical competitions to choose from:

Long Jump Women + Men

Shot Put Women 3kg + Men 5kg

4. Team competitions:

12x200m mixed relay

Only people from the national team of a given country take part in relay races:

- 2 women aged 18-30
- 2 men aged 18-30
- 2 women aged 31-49
- 2 men aged 31-49
- 2 women aged 50+
- 2 men aged 50+

In each competition there is a limit of participants, according to the following division. The order of applications determines the start.

	POLAND			CZECH REPUBLIC			SLOVAKIA		
COMPETITIONS	Aged 18-30	Aged 31-49	Aged 50+	Aged 18-30	Aged 31-49	Aged 50+	Aged 18-30	Aged 31-49	Aged 50+
100m W	10 participants	10 participants	10 participants	10 participants	10 participants	10 participants	10 participants	10 participants	10 participants
100m M	10 participants	10 participants	10 participants	10 participants	10 participants	10 participants	10 participants	10 participants	10 participants
400m W	8 participants	8 participants	8 participants	8 participants	8 participants	8 participants	8 participants	8 participants	8 participants
400m M	8 participants	8 participants	8 participants	8 participants	8 participants	8 participants	8 participants	8 participants	8 participants
800m W	8 participants	8 participants	8 participants	8 participants	8 participants	8 participants	8 participants	8 participants	8 participants
1500m M	8 participants	8 participants	8 participants	8 participants	8 participants	8 participants	8 participants	8 participants	8 participants
Long jump W	7 participants	7 participants	7 participants	7 participants	7 participants	7 participants	7 participants	7 participants	7 participants
Long jump M	7 participants	7 participants	7 participants	7 participants	7 participants	7 participants	7 participants	7 participants	7 participants
Shot put W	7 participants	7 participants	7 participants	7 participants	7 participants	7 participants	7 participants	7 participants	7 participants
Shot put M	7 osób	7 participants	7 participants	7 participants	7 participants	7 participants	7 participants	7 participants	7 participants

ELECTRONIC REGISTRATION

I. Registration will take place from April 21, 2023, at 4:00 p.m. until stock lasts.

II. Applications via the ELECTRONIC FORM.

III. Confirmation of registration for the competition is the receipt of an e-mail confirmation of registration and assigning a starting number.

IV. After closing the registration, in case of vacancies, the Organizer may extend the deadline for registration

V. In the process of electronic registration, one person can be registered to one e-mail address.

TERMS OF PARTICIPATION:

I. Competitors are required to participate in the competition with a bib number - it must be pinned on the front of the shirt at the height of the stomach or chest. One starting number is assigned to each person participating in individual competitions. Relay runners receive separate starting numbers.

II. The captain of each country's national team registers the team for the relay races - the line-up is supplemented on the day of the start at the competition office.

III. Only adults (from 18 years of age) can participate in the competition

IV. All adult competitors must be verified in the competition office on the basis of a photo ID and sign the declaration of participation in the competition at their own risk.

V. The participant takes part solely at his own risk and bears any consequences. All Participants acknowledge that participation in sports competitions involves physical effort and entails a natural risk and threat of accidents, the possibility of bodily injury and physical injuries (including death). Personal confirmation of participation in the competition means that the participant has considered and assessed the nature, scope and degree of risk associated with participation in the competition and has voluntarily decided to take this risk by participating in selected events.

VI. The participant is obliged to sign a declaration of no health contraindications to participate in the competition. In the event of failure to sign a statement on the absence of health contraindications, the participant will not be allowed to participate in the competition by the Organizer.

BENEFITS FOR PARTICIPANTS:

All participants will receive:

- a starting shirt and a representative shirt
- gadget
- water
- starting number with safety pins.

PRIZES AND AWARDS:

In running competitions:

The first three people (places I-III) in each competition in each age category (with the best time among all series) will be awarded.

There will be no final series in running events.

In technical competitions:

Three people (places I-III) in each age category will be awarded, who will obtain the best result. Each participant makes 3 attempts.

There will be no final trials in technical competitions.

OTHER PROVISIONS:

It is allowed to start in athletic spikes - the maximum length of the screws - 7mm.

Licensed judges will watch over the correct course of each competition.

The interpretation of these regulations belongs solely to the Organizer of the Competition.

The Organizer is insured against civil liability towards the participants of the Competition. The Organizer reserves the right to allow medical and paramedical personnel employed on behalf of the Organizer to provide first aid or perform other medical procedures, including transport of the injured Participant to a safe place.

The organizer is not responsible for items left by competitors in places other than the designated place.

Participants agree to the processing of personal data for the needs of the organizer and the use of their image for the purpose of promotion and documentation of the competition.

Participants agree to the use of personal data contained in the application form (in accordance with the conditions set out in Regulation (EU) 2016/679 of the European Parliament and of the Council of 27 April 2016 on data protection and repealing Directive 95/46 / EC) by the Organizer to the extent and for the period necessary for the organization, conduct and promotion of the competition entitled AllStars Volunteering. Data processing also includes the publication of the participant's image, name and surname along with the date of birth - any way in which such information will be published or disseminated for the purposes of organizing the competition.

Consent to the use of personal data as well as publication is voluntary, but not agreeing to it makes it impossible to participate in the competition. The participant has the right to withdraw consent at any time (data is processed until the consent is withdrawn) by sending information to the following address: fundacja@wychowaniethroughsport.pl or to the foundation's address details. The participant has the right to: a) access to data, b) rectification, c) deletion or limitation of processing, d) the right to object, e) the right to lodge a complaint with the supervisory body - the President of the Office for Personal Data Protection or f) data transfer.

The Organizer reserves the right to change the Regulations at any time.