

## Rules and Regulations of the Games

### FIFTH ONKO - OLIMPIADA

#### Objectives

Activation and levelling of opportunities of children and teenagers who have suffered cancer by popularization of sports and dissemination of the idea of physical activity, increasing chances for better functioning in the society. Summing-up of sports activities conducted in 2013 and 2014.

Dates: **21 August – 24 August (Thursday, Friday, Saturday, Sunday)**

#### Venue

- Accommodation: Dormitory of AWF Warszawa [*University of Physical Education in Warsaw*]
- Sports competitions: University of Physical Education in Warsaw, 34 Marymoncka Street,
- Opening ceremony: University of Physical Education in Warsaw, 34 Marymoncka Street,

#### Organizer

Fundacja Spełnionych Marzeń, 6 Oleandrów Street, 00-629 Warsaw, tel. 22 621 81 87, fax: 22 621 81 87, e-mail: [magda@spelnionemarzenia.org.pl](mailto:magda@spelnionemarzenia.org.pl), [www.spelnionemarzenia.org.pl](http://www.spelnionemarzenia.org.pl).

#### Partner

University of Physical Education in Warsaw.

#### Participants

270 competitors, 50 guardians, 25 judges, 30 members of the organization committee, 50 volunteers, 15 representation teams from Poland, representation teams from the Russia, Slovakia, Lithuania, Germany, France, Belgium, Turkey, Finland, Sweden, Portugal and Hungary.

#### Sport disciplines

- Athletics
- Football - recreational
- Swimming
- Table tennis
- Archery show
- Badminton

#### Terms and conditions of participation

The Fifth Onko-Olimpiada may be participated in only by competitors who hold a certificate on suffered oncology diseases, who are delegated by oncology centres on special application forms.

#### Documentation of the competitor, constituting the condition for participation in Onko-Olimpiada:

- Ø **Written consent of the doctor conducting the treatment for the competitor's participation in a given olympic discipline** (stamp and signature of the doctor on the application form).

## Sports Rules of Onko – Olimpiada 2012

**EACH COMPETITOR MAY TAKE PART MAXIMUM IN TWO INDIVIDUAL DISCIPLINES AND IN RECREATIONAL FOOTBALL, TAKING INTO ACCOUNT THE FOLLOWING SPECIFICATION:**

- **Swimming + Athletics + Football**
- **Swimming + Table tennis + Football**
- **Badminton + Athletics + Football**
- **Badminton + Table Tennis + Football**

### Explanation:

**DUE TO ORGANIZATIONAL REASONS, A COMPETITOR TAKING PART IN SWIMMING MAY NOT TAKE PART IN BADMINTON, AND A COMPETITOR TAKING PART IN TABLE TENNIS MAY NOT ADDITIONALLY SELECT ATHLETICS.**

Sports competitions will be held according to the Official Sports Rules of Sports Federations binding for a given discipline.

- Ø Age categories with separation of sexes: individual sports: 1. ages 6 - 9; 2. ages 10 - 12; 3. ages 13 - 15, 4. ages 16 and over; football: 1. ages 6 – 12; 2. ages 13 and over. The date of birth in relation to the Opening Ceremony, and not the year of birth, shall determine allocation to a given age group.
- Ø In the event that there is an insufficient number of competitors in a given age category, age categories may be combined.
- Ø Official competition will take place in a given discipline if at least 3 competitors apply. If there are fewer than 3, then the competitors will be offered a possibility of taking part in another discipline, and if this is impossible, then the discipline will take place only as a show and the competitors will receive ribbons for their participation.

### **Sports committees of the games:**

In each sports discipline, Rules and Regulations Committees will be appointed responsible for ensuring that competitions in a given sports discipline are conducted in a proper manner. In the course of the games, such committees will consider any objections which are submitted in writing, on a special form. Objections may be submitted by the Head of the Team maximum within 30 minutes of the time of occurrence of a given situation requiring consideration by the Rules and Regulations Committee. An Appeal Committee will be appointed which will consider any appeals against decisions of the Rules and Regulations Committees. Appeals may be lodged in writing, only by the Head of the Team, within up to 4 days of the end of the games (to the office of the games during the course thereof or to the registered office of the organizer after the end of the games).

### **Awards**

Medals will be given for participation in official disciplines of the games (for 1-3 places) and diplomas for places (4 and up). A disqualified competitor takes part in the Decoration Ceremony and receives a diploma for his/her participation.

We ask competitors, coaches and guardians to ensure that during the decoration ceremony the competitors show enthusiasm, elegance and dignity, as befits competitors of Onko-Olimpiada.

## **Organizational matters**

Organizers provide free participation (accommodation and board at the premises of the University of Physical Education in Warsaw) to all teams, according to confirmed application form, starting with lunch on Thursday, 21 August 2014, and ending with breakfast on 24 August 2014 + a lunch-box for the journey.

- ❑ The participants and their centres provide, at their own cost, a uniform sports outfit for their representation teams.
- ❑ A team from a given centre consists of 15 children who have suffered from cancer and 10 coaches, guardians or parents, as well as one Head of the whole group (doctor/psychologist/person nominated by a given centre).
- ❑ Competitors, coaches, guardians or parents will be equipped with identifiers for the duration of the games.
- ❑ The organizers request that all persons qualified to the team should send the following data: first name, surname, address, personal identification number PESEL, name of team, function: Coach, Guardian, Parent, Head of Team, to the Organizer in Warsaw, including the application forms, and such data will be used to prepare the identifiers and lists for the purpose of providing insurance during the games.
- ❑ Persons who want to participate in the games as fans, guests or audience (family, friends of children from individual centres) should find accommodation and board on their own account, outside the premises of the University of Physical Education in Warsaw.

## **Programme of the Games**

Will be provided at a later stage, upon the receipt of all application forms.

## **GENERAL PROGRAMME OF FIFTH ONKO – OLIMPIADA**

### Thursday, 21 August 2014

By 15.00 - arrival of foreign and domestic teams, checking-in,  
By 15.00 - lunch,  
17.00 - band rehearsal, preparation of Room no. 4 for a disco party  
19.00 - rehearsal of the opening ceremony of the Olympic Games  
20.00 – disco party

### Friday, 22 August 2014.

From 07.30 - breakfast  
10.00 - Olympic Games opening ceremony  
11.30 – swimming, badminton  
12.30 - archery show  
13.00 - hand-out of lunch boxes  
15.00 - football (for willing participants - as a recreational discipline)  
19.00 - dinner

### Saturday, 23 August 2014.

From 07.30 - breakfast  
10.00 - beginning of competitions in the athletics stadium  
11.00 - table tennis

12.30 - archery show  
From 13.00 - hand-out of lunch boxes  
16.00 - official dinner

Sunday, 24 August 2014.

From 07.30 - breakfast  
10.00 - check-out

## **MANNER OF CONDUCTING THE GAMES**

### **ATHLETICS**

#### **SCOPE OF COMPETITION - official disciplines:**

- 60 m run (only for the first and second age categories), 100 m run, 4x100 m relay race.
- Long jump from a take-off place (only for the first and second age categories) long jump with a runway,
- Shot put (men) (4 kg), shot put (women) (3 kg)
- “Palant” ball throw (only for the first and second age categories)

#### **Disciplines for competitors with the lowest level of ability:**

- 25 m assisted walk (walker, crutches, etc., aid from a coach etc. is prohibited)
- 25 m, 50 m wheelchair race, “palant” ball throw from a wheelchair

Competitions for persons with the lowest level of ability and competitions on wheelchairs may be participated in by competitors whose physical disability significantly affects their mobility. Information about physical imparity must be entered in the competitor’s medical certificate.

#### **Each competitor may take part in two disciplines and in one relay race, with the following exceptions:**

- Competitors characterized by the lowest level of abilities may participate only in two disciplines designated especially for them – they may not take part in a relay race.
- Competitors who applied for wheelchair disciplines may not participate in disciplines for persons with the lowest level of abilities. They may take part only in two competitions for persons in wheelchairs.

#### **Sports venue:**

The Games will be held at the athletic stadium of the University of Physical Education in Warsaw. The stadium has an 8-lane running track with a tartan surface. The stands of the stadium are not under roof, but there is a possibility of using a roofed hall to watch the games taking place on the stadium, the site is accessible to wheelchairs.

#### **Manner of conducting the games**

##### **Regulations**

- All athletic disciplines will be carries out according to IAAF regulations.
- In the long jump with a runway, competitors will have to exhibit proper leap from the take-off point. Any objections of coaches requesting acceptance of leaps from the so-called “zone” will not be taken into account.
- Competitors may, but do not have to use spikes with a maximum length of 6 mm, as well as starting blocks.

#### **FOOTBALL - RECREATIONAL - 5-person teams**

**SCOPE OF COMPETITION** - a tournament of 5-person teams  
Each team on the pitch has 5 members (including the goal-keeper).

**Venue:** grass football pitch of the University of Physical Education in Warsaw or indoor pitch, depending on the weather.

## **MANNER OF CONDUCTING THE GAMES**

### **Regulations:**

- The tournament will be organized in accordance with the regulations of the Polish Football Association and FIFA.
- Teams may replace all their players during breaks in the game, without any limitations, i.e. a player already replaced may return to the pitch after having a rest.
- During the tournament, a requirement of proper conduct of coaches and other persons will be strictly enforced. Improper behaviour of the coach or other accompanying persons, inconsistent with the principle of fair play, will lead to them being removed from the pitch area.
- In the event of a draw, no additional time or penalties are anticipated. A place in the ranking is determined by the number of points, and in the event of the same number of points, a direct competition between the teams concerned. If there are a few of such teams, the so-called “small ranking” will be applied, taking into account all encounters of the teams concerned, a more advantageous difference in the number of scored and lost goals, a higher number of scored goals, and in the event that there are no such differences, referees may decide that a series of penalties should take place (5 each).
- A committee of experts will watch the matches all the time, ensuring a proper conduct of competition. The committee, in the event that the teams breach the “fair play” principle or any other rules, may give a warning to the team. After another warning, the committee may decide to impose a penalty on the team – from losing the match by default to exclusion from the tournament.

### **Equipment**

- All competitors must have a uniform sports outfit with visible numbers (on competitors’ backs), shorts, leggings, footballer’s patches. The goalkeeper’s outfit must be in a different colour than outfits of the other players. Numbers on T-shirts must comply with the requirements of the official sports regulations (of the Polish Football Association - PZPN). According to international regulations, the sports equipment may not bear any advertisements, logo of sponsors or other names.
- Each team should have two sets of T-shirts in different colours, or possibly arm bands.
- Football shoes are obligatory - shoes with studs or “cleats” football boots.
- It is forbidden to play in shoes with screw-on studs (metal and hard plastic).
- Competitors may wear glasses during the games at their own risk.

## **SWIMMING**

### **SCOPE OF COMPETITION**

#### **Official disciplines:**

- § freestyle: 25m, 50m,
- § classic style: 25m, 50m,
- § backstroke: 25m, 50m,
- § freestyle relay race: 4x25m.

Each competitor may take part in two disciplines and in relay race.

**Venue:**

- Competitions will be held at the indoor swimming pool of the University of Physical Education in Warsaw with the length of 25 m and with 6 lanes.
- Depth of the swimming pool: 3.50m at the deepest point and 0.80m at the shallowest point. The floor of the swimming pool has a sudden drop between the deep and shallow water.
- During the competition, time will be measured electronically and manually in case it is impossible to take the reading from the electronic system.

**MANNER OF CONDUCTING THE GAMES**

**Regulations, equipment:**

- § All competitors must have suitable outfit, consistent with the regulations.
- § In freestyle, it is permitted to change style in the process of covering the distance.
- § If a competitor, while covering the distance, stops /stands on the floor or gets hold of the rope/ and this does not improve his/her result, then s/he will not be disqualified. If, however, s/he will jump from the bottom or pulled him/herself along the rope, then s/he will be disqualified.
- § During the competition, a referee committee will be appointed who will evaluate the correctness of style and decide upon possible disqualifications of competitors due to the fact that their style is not consistent with the rules applicable to it.

**TABLE TENNIS**

**SCOPE OF COMPETITION**

**Official disciplines:**

- Singles - men and women,
  - Doubles - men and women,
  - Mixed games, these competitions will take place if there is a sufficient number of mixed pairs with similar level of skills, otherwise mixes will be treated as men's doubles.
- Ø A competitor may take part maximum in two disciplines.
  - Ø Each team may register two double pairs.

**Venue:**

Competitions will be held in the sports hall of the University of Physical Education in Warsaw on 10 – 12 tables.

**MANNER OF CONDUCTING THE GAMES**

**Regulations, equipment**

- § The games will be conducted according to the currently-binding regulations of the Polish Table Tennis Association.
- § Each game will be played in the system of up to three sets won, i.e. it is possible to have the following scores in sets: 3:0, 3:1, 3:2. The game continues until 11 points are gained. The serving person changes every 2 points.
- § The tournament will be held according to the “Russian”, “mixed” or “everyone with everyone” system.
- § All competitors must have their own table tennis racket, consistent with the regulations of the Polish Table Tennis Association [PZTS], i.e. black on one side and red on the other side, with layers manufactured by companies approved by ITTF.
- § White balls with a diameter of  $\phi$  40mm will be used in the tournament.
- § Competitors are not allowed to wear white T-shirts.

## **BADMINTON**

### **SCOPE OF COMPETITION**

#### **Official disciplines:**

- Single games of men and women,
  - Double games of men and women (doubles),
  - Mixed games (mixed), in this discipline, competition will take place if there is a sufficient number of mixed pairs with similar possibilities, otherwise mixed games will be treated as men's doubles.
- Ø Each competitor may take part in maximum three competitions.
- Ø Each team is entitled to register two double pairs.

#### **Venue:**

The competitions will take place at the sports hall of the University of Physical Education in Warsaw.

### **MANNER OF CONDUCTING THE GAMES**

#### **Regulations, equipment**

- § The competitions will be conducted according to the currently-binding provisions of the Polish Badminton Association.
- § The games will be played in the system of up to three won sets, i.e. it is possible to gain the following results in sets: 3:0, 3:1, 3:2. The game will go on until 11 points are reached. The serving person is changed every 2 scored points.
- § The tournament is played in a "Russian", "mixed" or "everyone with everyone" system.
- § All competitors must have their own badminton racket, consistent with the provisions of the Polish Badminton Association.
- § Only white shuttle balls will be used in the tournament.
- § Competitors are not allowed to wear white T-shirts.

## **ARCHERY Show**

### **THE SCOPE OF THE SHOW**

#### **Official competitions:**

- a) L - B competition, i.e. 10-metre shield with a diameter of 122 cm for competitors
- b) L – B competition, i.e. 10-metre shield with a diameter of 122 cm for amateurs

#### **Venue of the show:**

The show will be held at the firing ground of the University of Physical Education in Warsaw.

### **MANNER OF CONDUCTING THE SHOW**

#### **Participation**

Registered competitors may take part in the show.  
Competitors delegated by the Polish Archery Association

#### **Regulations, equipment**

The regulations of the Polish Archery Association will apply.  
Safety conditions  
Professional bows  
Recreational bows

**SEE YOU AT ONKO-OLIMPIADA**

*All questions and concerns regarding the Rules and Regulations and participation in the Games should be addressed to:*

**Fundacja Spełnionych Marzeń**

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