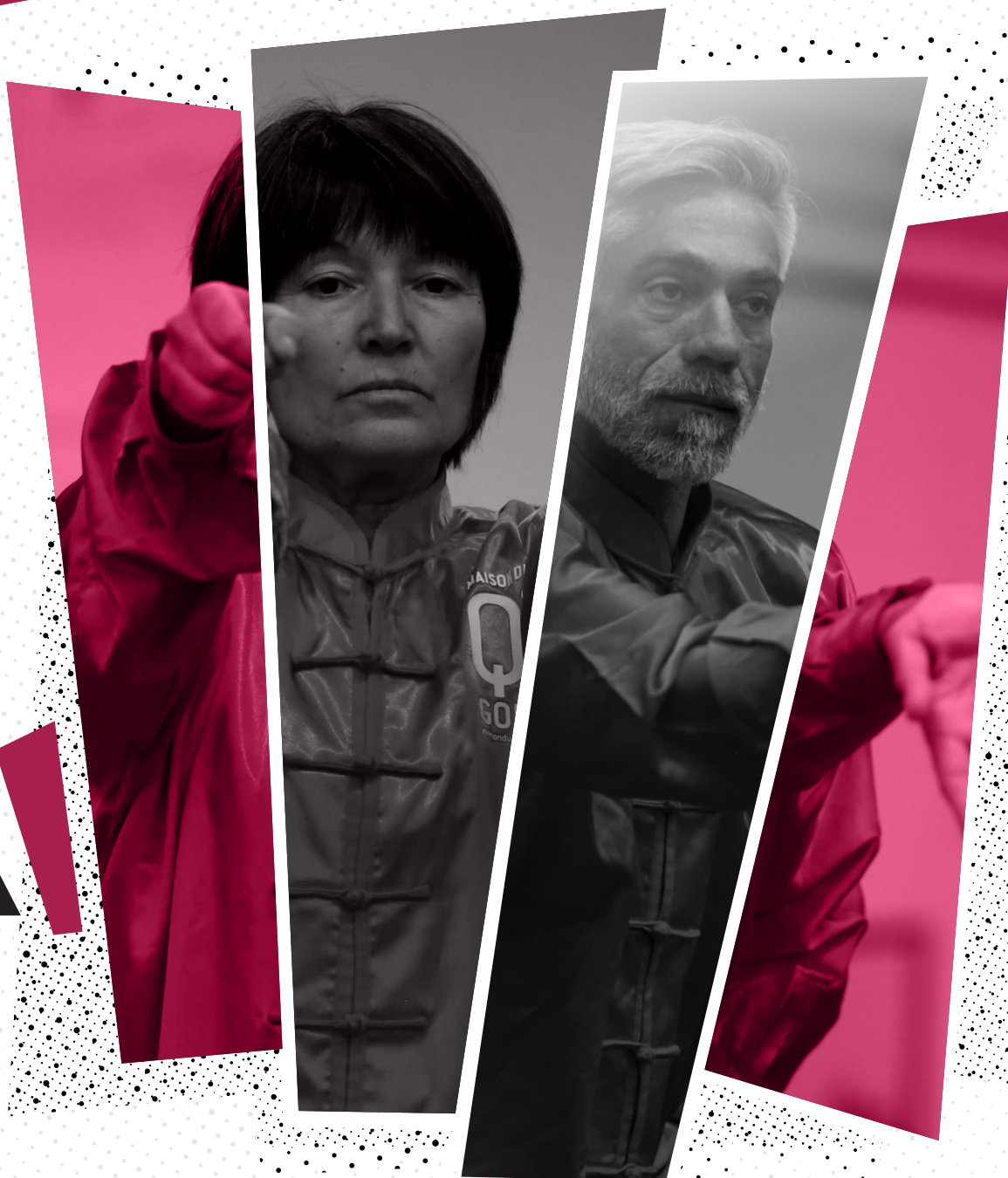


DIM. 6 MARS 2022

**OPEN
DE FRANCE**

QI GONG



**STADE PIERRE DE COUBERTIN
PARIS 16^e**

+ d'infos sur ffkarate.fr



**WUSHU
FFK**

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1 Introduction

The French Wushu Kungfu Association is proud to announce the organization of the 1st French Health Qigong Open “Open de France Qigong Santé”.

The French Wushu Kungfu Association, with the support of the French Karate Federation, is responsible for organizing the 1st French Health Qigong Open.

For more information on this event, please visit the official website: www.ffkarate.fr/wushu-arts-martiaux-chinois

2 General provisional program

Sunday 6 th March	
09:00 - 11:00	Qigong referee workshop
09:30 - 10:30	Teams' Arrival & Registration
10:45 - 11:00	Technical Meeting Coach and team leader
11:00	Qigong Competition
INDIVIDUAL Qigong competition: by age group order (female then male athlete) then by event ①Yi Jin Jing ; ②Wu Qin Xi ; ③Liu Zi Jue ; ④Ba Duan Jin ; ⑤Da Wu ; ⑥Ma Wang Dui Dao Yin Shu ; ⑦Shi Er Duan Jin ; ⑧Dao Yin Yang Sheng Gong Shi Er Fa ; ⑨Taiji Yang Sheng Zhang ; ⑩Free Gong Fa	
TEAM Qigong competition: by event ①Yi Jin Jing ; ②Wu Qin Xi ; ③Liu Zi Jue ; ④Ba Duan Jin ; ⑤Da Wu ; ⑥Ma Wang Dui Dao Yin Shu ; ⑦Shi Er Duan Jin ; ⑧Dao Yin Yang Sheng Gong Shi Er Fa ; ⑨Taiji Yang Sheng Zhang ; ⑩Free Gong Fa	
Medal ceremony in the end of day	

3 General information

3.1 General contact

French Wushu Kungfu Association Secretariat

Email: secretariat@wushuffk.fr

Telephone: +33-141-174-492

Address: Fédération Française de Karaté

39, rue Barbès - 92120 Montrouge

3.2 International Airports

- Charles de Gaulle Airport (Code: CDG)
- Orly Airport (Code: ORY)

3.3 Railways

The six big train stations of the Parisian city:

- Gare du Nord.
- Gare de l'Est.
- Gare de Lyon.
- Gare Saint-Lazare.
- Gare Montparnasse.
- Gare d'Austerlitz.

3.4 Weather

Average temperatures for Paris in March range from 5°- 13°C to (41°-55°F).

3.5 Currency

The French currency is the Euro (abbreviated €).

3.6 Electricity

The French electricity standard is 230 volts/50 Hz.

3.7 Telephones

To call France from abroad, dial +33 (or your country's international exit code followed by 33).

4 Dates

Competition dates	Preliminary Entry Deadline	Final Entry Deadline
2022.3.6	2022.01.25	2022.02.25

5 Venue

5.1 Venue introduction



“Pierre de Coubertin sporthall” is a multi-use indoor/outdoor sporting arena that is located in the 16th arrondissement of Paris.

5.2 Training & Competition Venue

Stade Pierre de Coubertin

82 avenue Georges Lafont
Lafont
75016 PARIS

France

Métro : Porte de Saint-Cloud
ligne 9



6 Competition events

6.1 Number of events

	MEN	WOMEN	GROUP Event	Sub-Total
Health Qigong Routines	9	9	9	27
“Free Gong Fa” Forms	1	1	1	3

Maximum number of event per athlete per competition:

- **Individual event** = each athlete can present 2 events, either:
 - 2 events in « Health Qigong Routines »
 - 1 event in « Health Qigong Routines » and 1 event in « Free Gong Fa Forms »
- **Group event** = each association can present several teams, each team can present 2 events, either:
 - 2 events in « Health Qigong Routines »
 - 1 event in « Health Qigong Routines » and 1 event in « Free Gong Fa Forms »

6.2 Health Qigong events

HEALTH QIGONG Individual ROUTINES	“FREE GONG FA” Individual FORMS	HEALTH QIGONG Group ROUTINES	“FREE GONG FA” Groupe FORMS
Yi Jin Jing	<ul style="list-style-type: none"> • Traditional Gong Fa from Shaolin • Traditional Gong Fa from Wudang • Other forms • Modern forms 	Yi Jin Jing	<ul style="list-style-type: none"> • Traditional Gong Fa from Shaolin • Traditional Gong Fa from Wudang • Other forms • Modern forms
Wu Qin Xi		Wu Qin Xi	
Liu Zi Jue		Liu Zi Jue	
Ba Duan Jin		Ba Duan Jin	
Da Wu		Da Wu	
Ma Wang Dui Dao Yin Shu		Ma Wang Dui Dao Yin Shu	
Shi Er Duan Jin		Shi Er Duan Jin	
Dao Yin Yang Sheng Gong Shi Er Fa		Dao Yin Yang Sheng Gong Shi Er Fa	
Taiji Yang Sheng Zhang		Taiji Yang Sheng Zhang	

7 Competition rules

Unless otherwise stated within these regulations, the competition will be conducted in accordance with the:

- French Wushu Kungfu Association | Health Qigong Competition Rules & Judging Methods 2021-2022

In the event of language discrepancies in the Rules and Methods, the English text shall prevail.

7.1 Routine duration

	Routine duration
Health Qigong Routines	
Yi Jin Jing - Wu Qin Xi - Liu Zi Jue - Ba Duan Jin	6 minutes 11 seconds
Tai Ji Yang Sheng Zhang	7 minutes 40 seconds
Da Wu - Ma Wang Dui Dao Yin Shu	7 minutes 29 seconds
Shi Er Duan Jin	7 minutes 24 seconds
Dao Yin Yang Sheng Gong	7 minutes 22 seconds
Free Gong Fa Forms	~6 minutes

7.2 Health Qigong Competition Requirements

Each athlete shall wear Health Qigong competition uniforms that conform to the requirements as stipulated in the Rules during all events. All athletes must provide their own uniform(s).

All weaponry must conform to the requirements as stipulated in the Rules. All athletes must provide their own weaponry.

7.3 Clothing Requirements for Awards Ceremony

Medallists are expected to attend the Awards Ceremony in their Health Qigong competition uniforms

Athletes are expected to take off caps/hats during the ceremony.

Athletes and officials are not allowed to take any religious symbols to or onto the podium.

7.4 Compliance Check at Roll Call Center

Uniform and weapons checks will be conducted at the Roll Call Center in accordance with stated regulations and requirements. Uniforms and weapons checks are conducted by the Chief Register and the Roll-Call Officials as stipulated in the Rules. Non-compliance may be subject to disqualification from the competition.

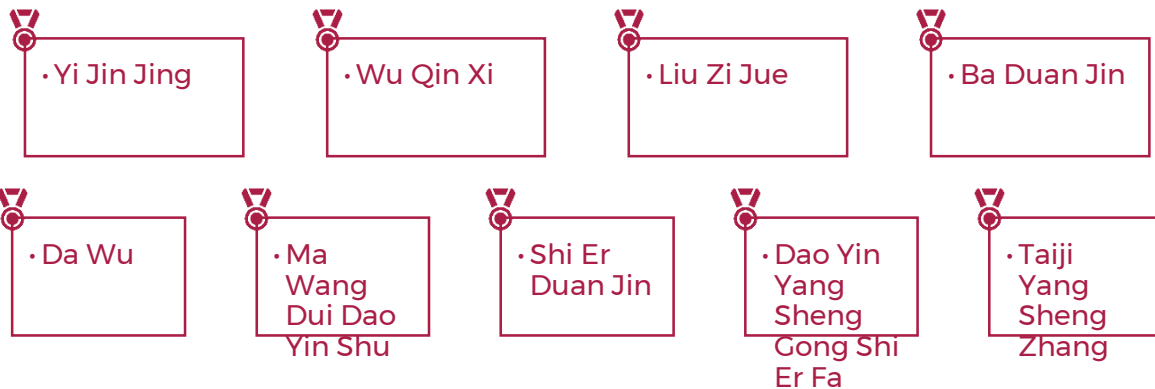
All athletes are required to attend the initial roll call thirty (30) minutes prior to the start of their competition event and be present for all subsequent roll calls. Failure to be present for three (3) roll calls will result in forfeit.

8 Placing and awards

8.1 Placing

HEALTH QIGONG	1 st place	Gold Medal & Certificate
	2 nd place	Silver Medal & Certificate
	3 rd place	Bronze Medal & Certificate

- In Individual Health Qigong Routines



- In Individual “Free Gong Fa” Forms



- In Group Health Qigong Routines



- In Group “Free Gong Fa” Forms



8.2 Awards ceremony

Athletes having won a medal are required to attend the Awards Ceremony to receive their medals in person. In case a medallist is unable to attend the ceremony for a valid reason, his/her medal may be presented to an official of the relevant delegation. Absence without a valid reason will forfeit the right to receive a medal.

Team leaders, coaches, doctors, observers, and members must stay at the designated area and are prohibited from entering the awarding platform area and/or interrupting the Awards Ceremony.

Athletes having won a medal are advised to observe and follow the IWUF Awards Ceremony Procedure.

8.3 Participation certificats

All members of each Team (only athletes) will receive a 1st French Health Qigong Open participation certificate.

9 Registration

9.1 Preliminary & Final Entry

Preliminary Entry Deadline	Final Entry Deadline
2022.01.25	2022.02.25

The Preliminary Entry Form and formal request for a French visa invitation letter must reach the French Wushu Kungfu Association Secretariat by email (secretariat@wushuffk.fr) no later than January 25th, 2021.

All final entries must be submitted through the French Wushu Kungfu Association Online Registration

Each Team is required to print a copy of the submitted entry and present it during accreditation upon arrival in France.

All sections of the online entry must be completed in full

9.2 Registration fees

€50 (fifty euros) per athlete

By entering through the French Wushu Kungfu Association Online Registration system, you, your parent / guardian if under 18 and your coach have agreed and understood the competition rules and regulations.

All entries must be made through the online registration system available here <https://www.ffkarate.fr/calendrier/open-de-france-qi-gong-4/>

9.3 Payment Methods

Participating teams are requested to pay the relevant participation fees by international bank transfer at the latest by February 25th, 2022. Proof of which should be sent to the organizing committee by email and brought along to the 1st French Health Qigong Open by the team leader.

Organizing Committee Banking Details:

Account Name: FEDERATION FRANCAISE DE KARATE ET DISCIPLINES ASSOCIEES

Address Owner: 39 RUE BARBES - 92120 MONTROUGE

IBAN: FR7610278061160002021190154 (payment in EUR)

BIC: CMCIFR2A

Bank Name: CREDIT MUTUEL

9.4 Post-deadline Entries or Changes

After the final entry deadline, any information change (including late entry) will be handled as follows:

- Late entries are subject to the approval of the French Wushu Kungfu Association and, if accepted, are subject to a late-entry fee of € 100 per athlete.
- Replacing athletes is subject to approval of the French Wushu Kungfu Association and, if accepted, is subject to a replacement fee of € 100 per athlete.
- Changes due to incorrect or missing registration information are subject to the approval of the French Wushu Kungfu Association and, if accepted, are subject to a change fee of € 100.
- The above fees must be paid in cash to the French Wushu Kungfu Association Secretariat before the start of the competition.

Late Entry	Replacement	Information Change
€ 100	€ 100	€ 100

10 Arrival and accreditation

10.1 Arrival

All Teams are required to register with the 1st French Health Qigong Open Organizing Association at the designated Accreditation Center

- All age group category (male & female) Health Qigong: no later than 10:30am on Sunday March 6th, 2022

10.2 Accreditation

Accreditation Center will open at 09:30 on Sunday March 6th, 2022.

Upon arrival at the Accreditation Center, the Team leader is required to complete the following process with the Organizing Committee:

1.	Present each team member's passport
2.	Submit a paper copy of a signed and stamped Final Entry Form and confirm the registration information
3.	Complete the table "Team List"
4.	Submit the signed Wavier of Liabilities (Appendix 5)

The training schedule will be announced after accreditation has concluded.

10.3 Covid Safety

Since January 24, 2022, the vaccination pass is mandatory to access certain places that are open to the public, such as cinemas, museums, cafés, restaurants and sporthall, or interregional transportation for persons 16 years and older.

The vaccination pass consists of presenting, in digital format (via « My Booklet » of the "TousAntiCovid" app) paper, a health proof, of the following 3 (one of these 3 proof is sufficient):

- The vaccination certificate, provided that persons have a complete vaccination plan (booster dose made within the time limit for persons aged 18 and 1 month who are eligible for it).
- The result of a positive RT-PCR or antigenic test attesting to the recovery of Covid, more than 11 days and less than 6 months.
- The certificate of contraindication to vaccination.

Except for the exception, the vaccine pass no longer incorporates as evidence the result of a negative Covid-19 test.

Regarding the Covid-19 evolution, the last covid rules for the competition in our federation is available here <https://www.ffkarate.fr/>

To facilitate your access to your team in France:

- Please complete the table in attachment ASAP
- Please confirm the accommodation you will use with your team (please look the last page)
- Please confirm when you will arrive in France and when you leave France
- **If required** with the Covid safety rules in place, following our request, the French Ministry of Sports will issue a letter of recognition of “compelling reason”.

The full description of the following covid-19 safety is available here in English <https://www.interieur.gouv.fr/Actualites/L-actu-du-Ministere/Certificate-of-international-travel>

11 Technical meeting

The Technical Meeting will take place at 10:45am on Sunday March 6th, 2022. Each Team should send 1-3 representatives to attend the meeting.

The Technical Meeting content will be presented as follows:

- Event Logistics Information (Organizing Committee representatives)
- Event Technical Details (French Wushu Kungfu Association Technical Committee representatives)
- Other matters

12 Accommodation

12.1 Booking

Teams must ensure to book accommodations by themselves accordingly to participate at the 1st French Health Qigong Open.

12.2 Hotels

Hôtel Mercure Paris Boulogne ★★☆☆

Address: 37 Pl. René Clair, 92100 BOULOGNE-BILLANCOURT

Tel: +33 1 49 10 49 00

Website: all.accor.com

Distance to Sport Hall: 200m, 3 minutes by walk

Radisson Blu Hotel, Paris Boulogne ★★☆☆

Address: 31-33 Av. Edouard Vaillant, 92100 PARIS

Tel: +33 1 46 08 85 00

Website: www.radissonhotels.com

Distance to Sport Hall: 300 m, 4 minutes by walk

Ibis Paris Issy-les-Moulineaux Val de Seine ★★☆☆

Address: 213 Rue Jean Jacques Rousseau, 92130 ISSY-LES-MOULINEAUX

Tel: +33 1 47 36 42 00

Website: all.accor.com

Distance to Sport Hall: 2.4 km, 8 minutes by car