

GENERAL RULES

VI BALTIC SEA YOUTH GAMES

Baltic Sea Youth Games are a traditional sports event in the countries and regions of the Baltic Sea. Objective of the Games is to know the young people and the networking of teachers, trainers and sports activists. Games are not sports championship.

ORGANIZERS

- Town Office in Koszalin on the order of the Marshal's Office in Szczecin.
- Pomeranian Sports Association in Koszalin as a direct professional organizer

DATE AND PLACE

Games will take place from 03 - 05 July 2009 in Koszalin and Kolczewo, Kolobrzeg, Mielno, Sianow, Walcz.

SPORTS

Games will be held in 18 sports disciplines and age groups agreed at a technical conference in Koszalin on 10-12 September 2008.

Detailed rules of the various disciplines will be placed on the website www.baltic-games.com and in the newsletter, which all participants will receive the Games.

PARTICIPATION

To participate in the Games have been invited countries: Belarus, Denmark, Estonia, Finland, Lithuania, Latvia and regions - Germany (Brandenburg, Mecklenburg-Western Pomerania, Schleswig-Holstein), Russia (Kaliningrad and Leningrad), Sweden (Scania), Polish (Lubusz, Pomerania, Western Pomerania).

PRIZES AND AWARDS

The best three players in the individual disciplines and team games will receive medals. In all disciplines will be conducted scoring team.

APPLICATION

*The notifications by name please send to: Pomeranian Sports Association (polmasters@onet.pl or baltic_games@op.pl) - **deadline: 15.05.2009***

FOOD AND LODGING

*All participants will be accommodated in the students hostels and young hostels. **Cost of meals and lodging per person per day is 20 Euro** (there is a possibility of accommodation in school for the lower rate - **15 Euro**). All countries should pay the appropriate amount on account of Pomeranian Sports Association (**deadline: 31.05.2009**)*

PROGRAM

BOXING

Age category: Boys under 16 years old (1993 and younger)
Weight-classes: 46 kg, 48 kg, 50 kg, 52 kg, 54 kg, 57 kg, 60 kg, 63 kg, 66 kg, 70 kg, 80 kg,
Mach-mode: 3 rounds at 2 minutes each, 1 min. break In between
Team: 8 athletes
2 additional person (trainers, team-leader or others)

GOLF

Age category: Girls and boys under 16 years old (1993 and younger)
Mach-mode: Stroke play – gross.
Team: 4 athletes (1 girls and 3 boys)
1 additional person (trainer, team-leader or other)
Special Regulations: The matches take place in Kołczewo

JUDO

Age category: Girls under 15 years old (1994 and younger) and boys under 16 years old (1993 and younger)
Weight-classes: Girls: 48, 52, 57, 63, 70, +70 kg,
Boys: 46, 50, 55, 60, 66, 73, +73 kg,
1 athlete per weight-class
Team: Girls:
6 athletes and 2 additional person (trainers, team-leader or others)
Boys:
7 athletes and 2 additional person (trainers, team-leader or others)

CANOE

Age category: Girls and boys under 16 years old (1993 and younger)
Boat-classes: Girls: K1, K2, K4
Boys: K1, K2, K4 i C1, C2, C4
Mach-mode: Distance 200 and 500 m on 6 tracks
Team: 23 athletes (8 girls and 15 boys)
5 additional person (trainers, team-leader and others)
Special Regulations: The matches take place in Walcz

CYCLING (ROAD)

Age category: Girls and boys under 18 years old (1991 and younger)
Mach-mode: Individual races
Team: 8 athletes (4 girls and 4 boys)
3 additional person (trainers, team-leader and others)
Special Regulations: The matches take place in Kolobrzeg

BASKETBALL

Age category: Boys under 16 years old (1993 and younger)
Mach-mode: The game-mode will be fixed after the entrance of the notification.
Team: 10 athletes
2 additional person (trainers, team-leader and other)
Rules: Valid FIBA rules

ATHLETICS

Age category: Girls and boys under 17 years old (1992 and younger)
Disciplines: Girls: 100, 400, 800 and 1500 m, long jump , high-jump , shot-putting, javelin, 100m hurdles.
Boys: 100, 400, 800 and 1500 m, long jump , high-jump , shot-putting, javelin, 110m hurdles.
Team: 18 athletes (9 girls and 9 boys)
4 additional person (trainers, team-leader and others)

FOOTBALL

Age category: Girls and boys under 16 years old (1993 and younger)
Match – mode: The game-mode will be fixed after the entrance of the notification.
Team: Girls:
16 athletes and 3 additional person (trainers, team-leader or others)
Boys:
18 athletes and 3 additional person (trainers, team-leader or others)

HANDBALL

Age category: Girls and boys under 15 years old (1994 and younger)
Match – mode: The game-mode will be fixed after the entrance of the notification.
Team: Girls:
12 athletes and 2 additional person (trainers, team-leader or others)
Boys:
12 athletes and 2 additional person (trainers, team-leader or others)
Rules: Valid IHF rules

VOLLEYBALL

Age categories: Girls under 16 years old (1993 and younger)
Team: Girls:
10 athletes + 2 additional person (trainers, team-leader or others)
Boys:
10 athletes + 2 additional person (trainers, team-leader or others)
Match – mode: The game-mode will be fixed after the entrance of the notification.
Rules: Valid FIVB rules

SWIMMING

Age categories: Girls and boys under 16 years old (1993 and younger)
Disciplines: 100, 200 frst., 100, 200 brstr., 100, 200 bckstr., 100, 200 btfl., 200 medl.
Match – mode: The game-mode will be fixed after the entrance of the notification.
Team: 12 athletes and 3 additional person (trainers, team-leader or others)

WEIGHTLIFTING

Age categories: Boys under 17 years old (1992 and younger)
Weight-classes: 50, 56, 62, 69, 77, 85, 94, +94 kg
Match – mode: Boys will be compete in weight-classes
Team: 8 athletes and 2 additional person (trainers, team-leader or others)

RUGBY „7”

Age categories: Boys under 17 years old (1992 and younger)
Match – mode: The game-mode will be fixed after the entrance of the notification.
Team: 12 athletes and 2 additional person (trainers, team-leader or others)

TEAKWONDO WTF

Age categories: Girls and boys 15-17 years old (1994-1992)
Weight-classes: Boys: 55, 59, 63, 68, +68 kg.
Girls: 44, 52, 63, +63 kg.
Match – mode: The game-mode will be fixed after the entrance of the notification.
Team: 9 athletes (4 girls and 5 boys) and 2 additional person (trainers, team-leader or others)

TABLE TENNIS

Age categories: Girls and Boys under 15 years old (1994 and younger)
Disciplines: Individual, doubles and mixed doubles
Match – mode: The match-mode will be fixed after the entrance of the notification.
Team: 4 athletes (2 girls and 2 boys) and 2 additional person (trainers, team-leader or others)
Special Regulations: The matches take place in Sianów.

ROWING

Age categories: Girls and boys under 17 years old (1992 and younger)
Boat-classes: Boys: 1x , 2x , 4x+ , 4+ , 8+
Girls: 1x , 2x , 4x+
Distance: 500 m on 6 tracks
Team: 15 athletes (5 girls and 10 boys) and 3 additional person (trainers, team-leader or others)
Special Regulations: The matches take place in Wałcz.

WRESTLING FRESTYLE

Age categories: Girls under 17 years old (1992 and younger) and boys under 18 year old (1991 and younger)
Weight-classes: Girls: 46, 49, 52 kg.
Boys: 46, 50, 55, 60, 66, 74, 84, +84 kg.
1 athlete per weight-class
Team: 11 athletes (3 girls and 8 boys) and 3 additional person (trainers, team-leader or others)

SAILING

Age categories: Girls and boys under 17 years old (1992 and younger)
Boat-classes: Cadet i Laser 4.7
Match – mode: 5 races, closer regulation done by the sailor instruction
Team: 6 athletes and 3 additional person (trainers, team-leader or others)
Special Regulations: The matches take place in Mielno.