

REGULATIONS
20TH INTERNATIONAL GYMNASTICS AND DANCE FESTIVAL "GIM-SHOW 2026"
FOR THE GRAND PRIX AWARD OF THE MAYOR OF THE CITY OF GDYNIA
May 23, 2026

ORGANIZER

Youth Cultural Center in Gdynia – Młodzieżowy Dom Kultury w Gdyni (**MDK Gdynia**)
81-265 Gdynia, 2 Grabowo Street

Organizer's office:

phone no: +48 512 496 277, +48 58 698 86 18,

e-mail address: gimshow@mdk.gdynia.pl

FESTIVAL GOALS

- Promotion of various gymnastics and dance forms
- Development of cultural and artistic activities among children and youth
- Shaping the skills of positive competing
- Creating conditions for the exchange of ideas and experiences in working with children and youth

DATE AND PLACE

- **May 23, 2026 (SATURDAY)**
Gdynia

CATEGORIES AND RULES OF PARTICIPATION

1. The festival is intended for extracurricular and school institutions as well as individuals who are involved in amateur artistic gymnastics, sports gymnastics, acrobatics, and other forms of gymnastics and dance.
2. The Festival will consist of three competitions: acrobatics, gymnastics and dance in the following age categories and forms.

ACROBATIC COMPETITION

(choreographies containing elements of acrobatic and sports gymnastics without the requirement to use gymnastic equipment or dance props)

- up to 9 years old (born in 2017 and younger)
- 10-13 years old (born between 2016 and 2013)
- 14-25 years old (born between 2012 and 2001)

Forms:

- Duets
- Mini Formations (3-7 people)
- Formations (8-50 people max.)

GIMNASTICS COMPETITION

(choreographies containing elements of artistic and sports gymnastics, using artistic gymnastics equipment or dance props).

- up to 9 years old (born in 2017 and younger)
- 10-13 years old (born in 2016-2013)
- 14-25 years old (born in 2012-2001)

Forms:

- Duets
- Mini formations (3-7 participants)
- Formations (8-50 participants max.)

DANCE COMPETITION

(choreographies containing elements of jazz, modern, hip-hop, ballroom, folk, disco dance, and others)

- up to 9 years old (born in 2017 and younger)
- 10-13 years old (born in 2016-2013)
- 14-25 years old (born in 2012-2001)

Forms:

- Duets
- Mini formations (3-7 participants)
- Formations (8-50 participants)

The year of birth of the majority of participants determines the assignment to the age category. If the number of older participants in a formation, mini formation or a duet is equal to the number of younger participants, they should be registered in the older age category.

3. Participants and guardians are required to have a valid identity document or other document confirming the participant's age (school/student ID).
4. Each institution or individual may register any number of duets, mini formations and formations in each competition and age category.
5. In a gymnastics or dance competition, a given duet, mini-formation or formation may present only one choreography in its age category.
6. The Organizer has the right to combine age categories and dance forms.
7. Duration of the performances:
 - duets performances: up to 2 minutes maximum
 - mini formation performances: from 2 minutes to 3 minutes maximum
 - formation performances: from 2 minutes to 5 minutes maximum
8. Music

The recording (WAV or MP3 format) should be labeled with:

- surnames of the duo members/name of the mini formation/formation
- name of the institution
- age category
- acrobatic/gymnastic/dance competition

(e.g.: Muszelki formation – MDK Gdynia – up to 9 years old – gymnastics competition) and should be sent by e-mail **by April 27, 2026** to the following address: gimshow@mdk.gdynia.pl (additionally, it is necessary to have a copy of the recording of the music on the USB pen drive in WAV or MP3 format on the day of the Festival).

9. The cost of accreditation for participation in the "Gim-Show 2026" Festival is:
 - **PLN 130 zł for the participant's first performance**
 - **PLN 100 zł for the participant's each subsequent performance**

The accreditation does not apply to instructors and guardians.

The accreditation must be paid **by March 28th, 2026** to the account of the Młodzieżowy Dom Kultury w Gdyni (MDK Gdynia): swift BPKOPLPW
46 1440 1026 0000 0000 1253 0625 as:

"Gim-Show 2026" accreditation, name of the institution, surnames and names of the duets members, name of the mini-formation or formation, number of people in the team, competition (acrobatic/ gymnastics/ dance), age category.

10. In order to participate in the Festival, the participant must send via e-mail, from January 1st 2026 to the address: gimshow@mdk.gdynia.pl **no later than March 28th, 2026** the following documents:
 - correctly completed and signed "Registration Form"
 - confirmation of accreditation payment

IMPORTANT!!!

- **Applications must be sent by e-mail with the name of the applying institution in the subject of the message.**
 - **Each performance of a duet, mini-formation or formation must be reported on a separate Registration Form.**
 - **Incomplete documents and attachments may result in rejection of the application.**
11. The originals of the Registration Forms, consents and declarations of the participant/instructor/applicant signed by hand must be delivered to the Organizer no later than on the day of the Festival when registering the teams. Consents and declarations in the case of minor participants should be signed by their parents or legal guardians, and in the case of adult participants, by themselves.
 12. Signing the declaration and expressing the consents attached to the Registration Form is voluntary, but necessary to participate in the Festival.
 13. Incorrectly filled out Registration Form or failure to properly sign the consents and declarations regarding the protection of personal data will result in disqualification of the participant.
 14. In case of resignation from participation in the Festival, the accreditation cost is not refundable.
 15. The Festival performances will take place on a gymnastics carpet. All performances will only be allowed in ballet flats, toe shoes, socks, barefoot or alternative sports footwear.

JURY

1. The performances will be evaluated by a jury selected by the Organizer.
2. In its evaluation, the Jury will take into account:
 - gymnastics and acrobatics elements,
 - dance elements,
 - difficulty and execution of elements
 - use of gymnastic equipment or dance props
 - choreography,
 - variety of formations,
 - synchronization of movements,
 - expression and dynamics of movements,
 - artistic expression.
 - overall artistic impression
3. The Jury's decisions are final and indisputable.

PRIZES

1. The jury may award:
 - Grand Prix of the festival "Gim-Show 2026" with a financial prize of PLN 20 000.
 - 1st, 2nd and 3rd places and distinctions in each competition and age category
 - special prizes
2. Each participant and instructor will receive a commemorative T-shirt with the "Gim Show 2026" Festival logo

ORGANIZATIONAL RULES

1. A detailed program of the Festival, including the order of performances will be posted on the website of the MDK Gdynia www.mdk.gdynia.pl no later than 3 days before the Festival.
2. Institutions or persons delegating participants are obliged to insure each delegated participant for the duration of their travel and stay at the Festival.
3. Festival participants arrive at their own expense.
4. The Organizer does not provide accommodation or meals.
5. The Organizer provides sound equipment.
6. The Organizer reserves the right to present, free of charge, photos and videos taken during the Festival via the media channels and on the website, Facebook and YouTube channel of the MDK Gdynia, as well as to publish the names and surnames of trainers and Festival participants, no longer than 2 years from the following year after the competition ends. Appropriate consents and declarations are included on the Registration Form.
7. A person registering a formation for the Festival is obliged to correctly provide the author of the lyrics and music composer as well as the titles of the songs used during the performance in the Registration Form. Providing unreliable, incomplete information (in particular the authors of music and lyrics) will result in rejection of the application. The accuracy of the data is the responsibility of the person filling out the form.
8. The Organizer obliges Festival participants to use works, artistic performances and phonograms in compliance with the copyright or related rights of their creators, performers and producers.
9. The Organizer is not responsible for items left in the dressing rooms or lost in the Polsat Plus Arena Gdynia.
10. The Organizer reserves the right to change the regulations, change the date or cancel the Festival without giving a reason.
11. Everyone attending the Festival is obliged to follow the Organizer's recommendations, fire safety regulations as well as health and safety regulations.
12. Information regarding the protection of personal data is included in the Information Clause attached to this Regulations document – Annex No. 1 to the Regulations.

Annex No. 1

Information regarding the processing of personal data

INFORMATION CLAUSE

1. The Data Controller, i.e., the entity deciding which personal data will be processed, for what purpose, and by what means, is MDK (Youth Cultural Center) located in Gdynia, 2 Grabowo Street, phone: (58) 698 86 18, email: biuro@mdk.gdynia.pl.
2. For all matters related to the protection of personal data, you have the right to contact our Data Protection Officer at the Controller's address or via email: iod.edukacja@gdynia.pl.
3. The legal basis for processing your personal data is consent for personal data processing – Article 6(1)(a) of the GDPR. Your data will be processed for the purpose of organizing, preparing, conducting, and promoting the event:– 20th INTERNATIONAL GYMNASTICS AND DANCE FESTIVAL "GIM-SHOW 2026" FOR THE GRAND PRIX AWARD OF THE MAYOR OF THE CITY OF GDYNIA.
4. Your personal data will be processed in the following scope:
 - o personal data of Participant (child/adult participant), such as: name and surname, date of birth, image, address of the institution attended by the participant;
 - o personal data of Instructor/Submitter, such as: name and surname, contact email address, phone number, bank account number (for accreditation payment).
5. If you provide an email address or phone number, it may be used by the organizer to contact you regarding matters related to the Festival.
6. Providing your personal data is voluntary, but necessary to achieve the purposes for which it was collected. Without providing this data, participation in the Festival will not be possible.
7. Your personal data will be processed for the period necessary to fulfill the processing purpose in accordance with the institution's JRWA (Unified Material List of Records) resulting from the Act of July 14, 1983 on the National Archival Resources and Archives, but no longer than 2 years from the year following the conclusion of the Festival or until consent is withdrawn. Data related to accreditation payments will be stored for 5 years from the end of the fiscal year following the payment year.
8. Personal data, including Participants' and Instructors' images, may be disclosed in connection with announcing Festival results and awarding prizes as well as promoting the Festival on websites of Gdynia City Hall and MDK's websites, during events organized by MDK's director (e.g., public disclosure of laureates' personal data or public presentation of images – photos or festival videos), and on social media platforms such as YouTube and Facebook. Please note that YouTube and Facebook servers are located in the United States of America, where different regulations regarding personal data protection apply.
9. The processed personal data may be transferred to entities that must receive such data to fulfill a legal obligation or entities entrusted with processing tasks necessary to achieve processing purposes (e.g., accounting and financial service providers or IT solution providers, postal operators).
10. The personal data obtained will not be processed automatically or subjected to profiling.
11. You have the right to: access your data and receive a copy, rectify your data if it is incorrect or outdated, restrict its processing at any time. Withdrawal of consent does not affect the lawfulness of prior processing.
12. You have the right to lodge a complaint with **the President of the Personal Data Protection Office.**