



WFFA
PULSE
SERIES

RIGA

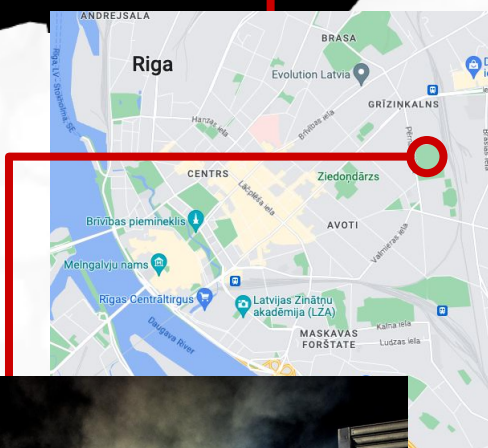
JULY 28-29, 2023

ATHLETE HANDBOOK

GETTING THERE



**GHETTO
GAMES ARENA**



July 28th-29th, 2023



Riga, Latvia



Ghetto Games Arena



Pērnavas iela 42, Latgales priekšpilsēta,
Rīga, LV-1009

Options to get to Riga include:

- **Riga International Airport (RIX)**
10km away from the city
- **Liepāja International Airport (LPX)**
200km away from the city

TRAVEL REGULATIONS

All travelers entering Latvia from other countries will need the following:

- **Passport** of current validity; a valid ID may be enough if coming from an EU country
- After April 1st, 2022, Covid tests are **no longer required** to enter Latvia



CITY TRANSPORTATION OPTIONS



PUBLIC TRANSPORT

- Riga's public transportation network includes **buses, trams** and **trolleybuses**
- The transport system is operated by **Rīgas Satiksme** and covers the city and its suburbs
- **Tickets** can be purchased from ticket vending machines, or through mobile apps, and must be validated upon boarding



TAXIS

- Taxis are readily available in Riga, and you can either hail them on the street or use ride-hailing apps such as **Bolt, Taxify** or **Forus**
- It's advisable to use **official taxis** with clearly displayed company logos and fare meters, and to confirm the fare before starting your ride



CYCLING AND WALKING

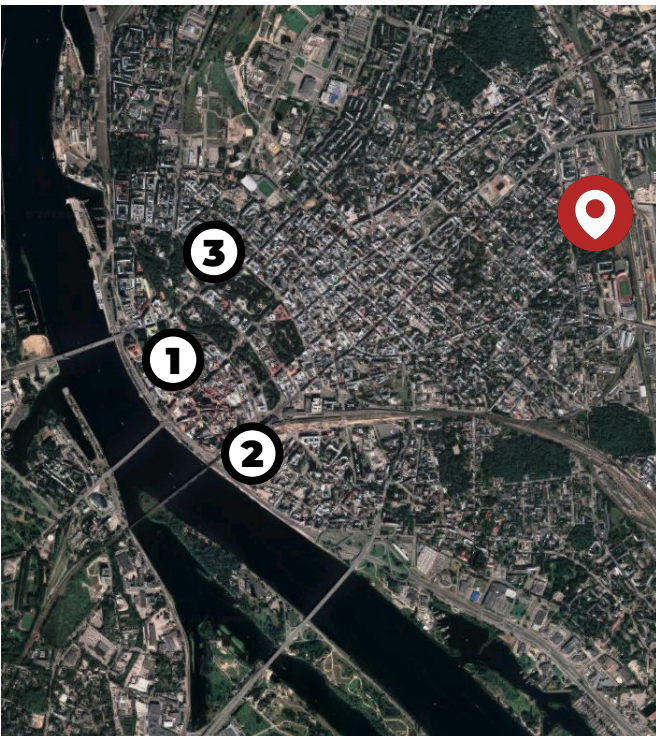
- Riga has a growing network of **cycling lanes and paths**, making it a bike-friendly city
- You can rent bicycles from various rental companies or use the city's bike-sharing system, called **Rīga Bike**
- The compact size of the city and the multiple pedestrian areas make it also very attractive to explore **on foot**



OTHER OPTIONS

- Electric scooters, offered by companies like **Bolt** and **Lime**, are becoming increasingly popular in Riga
- Car rental is also possible from one of the agencies available in Riga, such as **Citybee** and **Boltdrive**. However, note that parking can be challenging and expensive in the city center, and some areas may have restricted traffic zones

ABOUT THE CITY



Riga is the capital and most populated city of Latvia, located on the eastern shore of the Baltic Sea. With a history dating back over 800 years, the city has been shaped by German, Swedish, Russian, and Soviet influences. Riga's Old Town is a UNESCO World Heritage Site, featuring stunning Gothic and Art Nouveau architecture. Other landmarks include Riga Castle, the Central Market, and the Freedom Monument. Riga is known for its lively cultural scene, hosting various festivals and events throughout the year.



1

Riga Old Town

UNESCO World Heritage Site with historic architecture and charming cobblestone streets



2

Riga Central Market

A vibrant and bustling market, full of fresh produce from the region and local delicacies



3

Art Nouveau District

An area of stunning architectural style with ornate facades and a myriad of intricate details

ACCOMMODATION SUGGESTIONS*



DISCOUNT AVAILABLE
USING THE CODE
GHETTOGAMES

85€
PER NIGHT



Semarah Hotel Metropole

Aspazijas Blvd. 36/38
Riga, Latvia

3.6km away from the venue

About this hotel

- Air conditioner
- TV and wi-fi
- 24-hour front desk
- 700m away from the city centre
- 10km away from the airport



150€
PER NIGHT



Semarah Hotel Grand Poet

Aspazijas Blvd. 36/38
Riga, Latvia

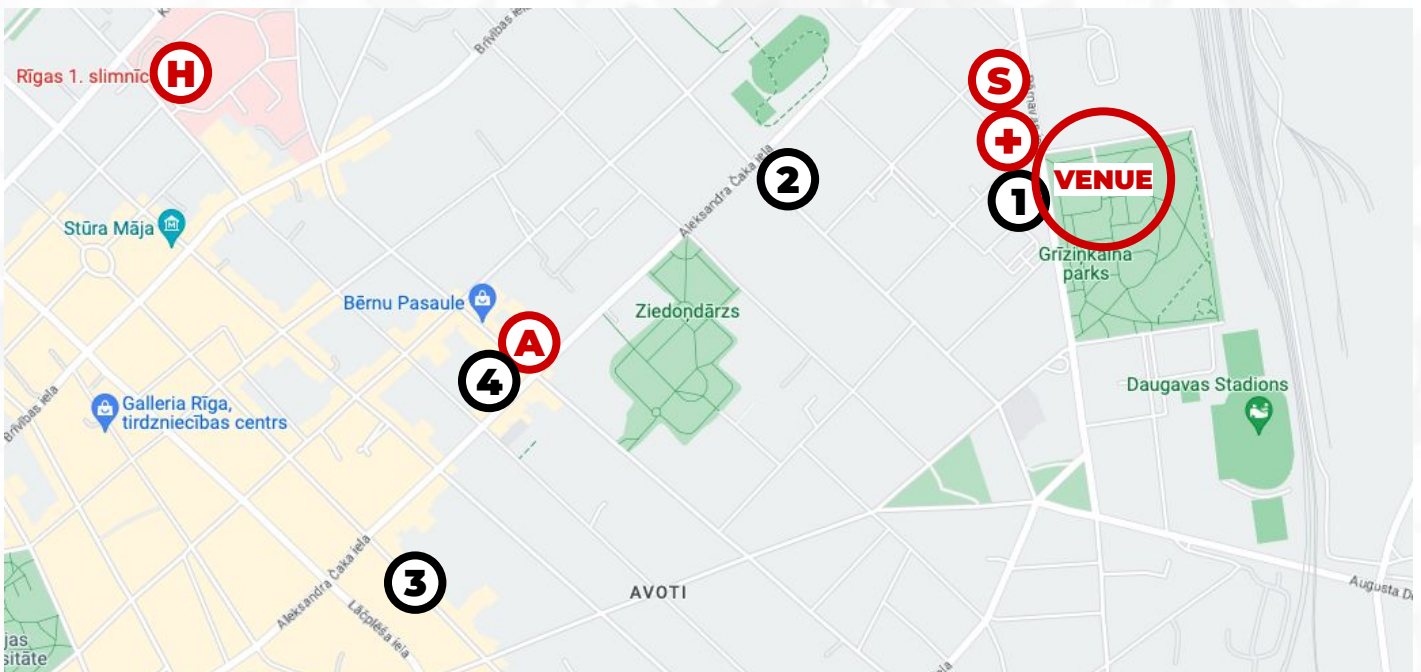
4.3km away from the venue

About this hotel

- Air conditioner
- TV and wi-fi
- Wellness centre
- Fitness suite
- 24-hour front desk
- 900m away from the city centre
- 10km away from the airport

* ACCOMMODATION IN THESE HOTELS IS NOT COMPULSORY; FREESTYLERS ARE ENCOURAGED TO FIND THE HOTEL THAT BEST SUITS THEIR NEEDS AND BUDGET

NEARBY SERVICES



KEY SERVICES

- H** **Rīga First Hospital**
Bruņinieku iela 5, Centra rajons
2.4km from the venue
- +** **Mēnes Aptieka**
Pērnavas iela 38, Latgales priekšpilsēta
100m from the venue
- S** **Rimi Express Pērnavas Supermarket**
Pērnavas iela 36, Latgales priekšpilsēta
150m from the venue
- A** **Luminor ATM**
Matīsa iela 25, Centra rajons
1.6km from the venue

RESTAURANTS

- 1** **Ghetto Burger (International cuisine)**
Pērnavas iela 42, Latgales priekšpilsēta
50m from the venue
- 2** **Jia Jia Jia Restaurant (Chinese cuisine)**
Tallinas iela 54A, Latgales priekšpilsēta
800m from the venue
- 3** **LIDO Gertrūde (Latvian cuisine)**
Gertrūdes iela 54, Latgales priekšpilsēta
1.8km from the venue
- 4** **Vistinas Bistro (Takeaway)**
Matīsa iela 32, Centra rajons
1.5km from the venue



EVENT SCHEDULE

DAY	START TIME	END TIME	ACTIVITY
28/07	15:00	15:45	Check-in at the Ghetto Games Arena
28/07	15:45	16:15	Day 1 Opening (<i>introduction, tournament structure, judges...</i>)
28/07	16:15	16:45	Female qualification circles
28/07	16:45	18:45	Male qualification circles
28/07	18:45	19:00	Female extra battles n°1
28/07	19:00	20:00	Male extra battles n°1
28/07	20:00	20:15	Female extra battles n°2
28/07	20:15	21:00	Male extra battles n°2
29/07	14:00	14:30	Day 2 Opening (<i>introduction, tournament structure, judges...</i>)
29/07	14:30	16:00	Male Top-32 battles
29/07	16:00	16:10	Break (<i>introducing no time limit battles</i>)
29/07	16:10	17:10	Male Top-16 battles
29/07	17:10	17:40	Female quarterfinals
29/07	17:40	18:10	Male quarterfinals
29/07	18:10	18:25	Female semifinals for 5th spot
29/07	18:25	18:40	Male semifinals for 5th spot
29/07	18:40	18:50	Female final for 5th spot
29/07	18:50	19:00	Male final for 5th spot
29/07	19:00	19:15	Female semifinals
29/07	19:15	19:30	Male semifinals
29/07	19:30	19:40	Female Battle for third place (<i>3rd and 4th spot</i>)
29/07	19:40	19:50	Male Battle for third place (<i>3rd and 4th spot</i>)
29/07	19:50	20:00	Female Grand Final (<i>2nd and 1st spot</i>)
29/07	20:00	20:10	Male Grand Final (<i>2nd and 1st spot</i>)
29/07	20:10	20:20	Celebration of Winners
29/07	20:20	21:00	Award Ceremony
29/07	22:00-...		Afterparty at FIRST Club Riga



COMPETITIVE FORMAT



JUDGE
JAVI SANZ



JUDGE
KITTI SZÁSZ



JUDGE
TOBIAS BECS

RULES

- The regular **WFFA rules** apply: no hands, no props, 1 ball, no adjusting or changing clothes and no audience on stage during the performance
- In the **Circles** round, each athlete will have **3 rounds of 30 seconds** to perform; from the **Top 16** on, battles will have **no time limit**
- When an athlete is performing, **inappropriate interferences** (i.e. invading personal space) by the other athlete are forbidden
- Athletes may be marked down by judges for **making mistakes**, any **unfair play** or **bad attitude**, **repetition** and **violating the rules**
- The **10 best freestylers** (5 women and 5 men) will earn themselves a spot at the **World Freestyle Football Championship Finals** in Nairobi, Kenya

CRITERIA

The judges evaluate battles according to five criteria: **Difficulty**, **Originality**, **Control**, **Execution** and **All-round**

- **Difficulty**: difficult moves, flow, execution, dynamics
- **Originality**: original composition of tricks, unique execution of moves, use of new, unusual or unexpected tricks
- **Control**: general control of the ball on stage
- **Execution**: cleanness, flow, style, dynamics, musicality and attitude
- **All-round**: general ability to perform all parts of sport the best way possible

[CLICK HERE TO DOWNLOAD THE](#)
OFFICIAL RULES
[OF THE SPORT OF FREESTYLE FOOTBALL](#)



USEFUL RESOURCES

WFFA



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Gaby Massif
On-site Project Manager
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Daniël Rooseboom
Social Media Manager
+46 73-979 21 75

SERVICES



Police & Ambulance
Emergency number
112



Tourism Board
Riga Tourism Information
+371 67229522



Venue
Ghetto Games Arena
+371 25233156



THE TOURNIFY APP

During this event, the WFFA will be using **Tournify**, an easy and intuitive App to follow all schedules and results. The event information will be online on **July 27th at 11:59pm**, once the competition draw is done.

Download Tournify for iPhone or Android using the links below and type **Pulse Riga 2023** in the search bar:





SOCIAL MEDIA GUIDELINES



Competition name: **WFFA Pulse Riga 2023**



Venue: **Ghetto Games Arena**



Website: **www.thewffa.org/event/pulseriga2023/**



Live Stream: **www.twitch.tv/thewffa**



TAGS

@thewffa

@ghettofootball

@ghettogames



HASHTAGS

#WFFAPulseRiga

#PulseSeries

#FreestyleFootball

#AllYouNeedIsABall

**Please remember to add the tags
and hashtags listed above to all
your social posts and Stories!**



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