



WFFA  
PULSE  
SOPOT

Poland | June 8-9, 2024

ATHLETE HANDBOOK



SOPOT  
Tourism Organisation  
visit.sopot.pl



NO  
VO  
TEL  
GDAŃSK  
MARINA





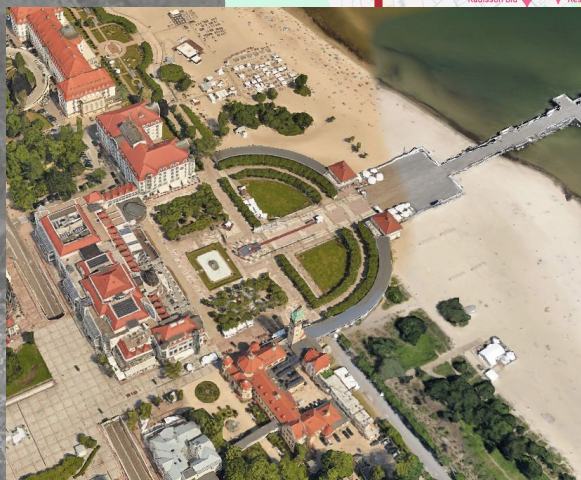
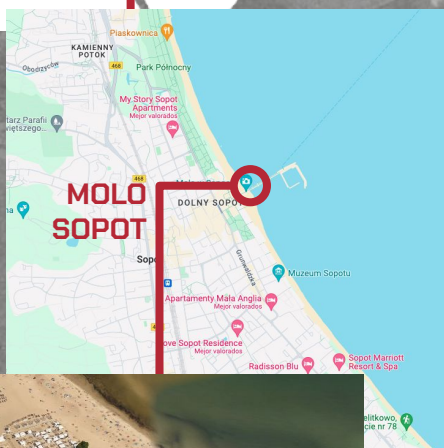


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## GETTING THERE



**SOPOT  
POLAND**



**June 8-9, 2024**



**Sopot, Poland**



**Molo Sopot**



**Plac Zdrojowy 2  
81-723 Sopot**

Options to get to Sopot include:

- **Gdańsk-Lech Wałęsa airport**  
17 km away from the venue
- **Sopot Train Station**  
2km away from the venue

## TRAVEL REGULATIONS

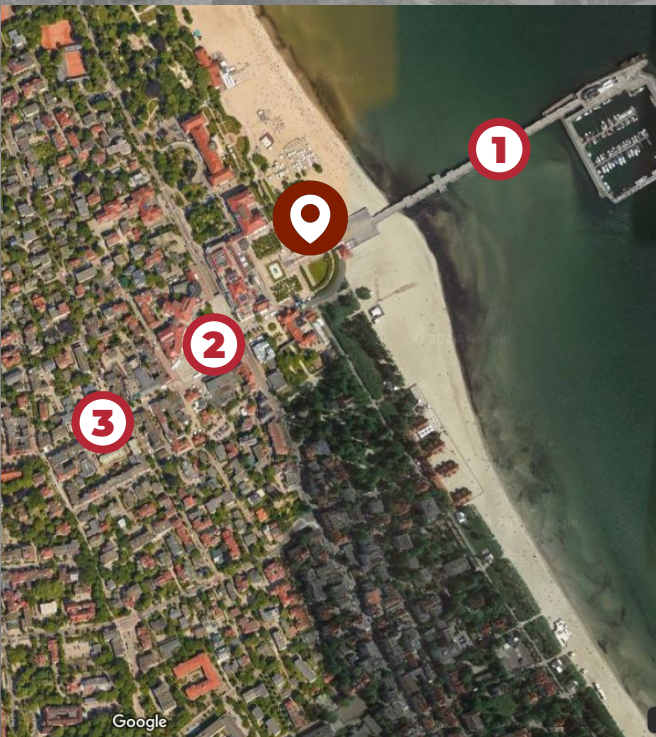
- All European freestylers coming from Schengen-area countries **can access Poland freely**
- Freestylers coming from European countries outside the Schengen area are recommended to check the documents they need in [this link](#)





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## ABOUT THE AREA



**Sopot**, a charming coastal town nestled on the shores of the Baltic Sea in Poland, holds a rich history spanning centuries. The town features notable attractions such as the Sopot Pier, Monte Cassino Street, and the historic Forest Opera. Tourists can immerse themselves in cultural events, museums, and the picturesque nearby landscapes, making it an irresistible spot for travelers.



**1**

### **Sopot Pier**

A symbol of coastal allure, extending a warm welcome to all with its timeless grace



**2**

### **Friends Square**

A gathering place, radiating camaraderie and historical significance



**3**

### **Bohaterów M.C. St.**

A thoroughfare steeped in history and charm, inviting all to explore the heart of Sopot





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## ACCOMMODATION SUGGESTION



**122€**

PER NIGHT

(IN A SINGLE ROOM)



### **Novotel Gdańsk Marina**

Jelitkowska 20, 80-342  
Gdańsk, Poland

**3km away from the venue**

#### **About this hotel**

- Swimming pool
- Air conditioner
- Wi-fi
- Car park
- Fitness centre
- Bar
- 3km away from the Sopot city centre
- 15km away from the Gdańsk airport







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## CITY TRANSPORTATION OPTIONS



### TRAIN AND BUS

- The **Sopot railway station** is barely 1km away from the Pulse Sopot venue, and it connects the town to locations such as the nearby city of Gdańsk and the Lech Wałęsa airport
- European-wide bus companies, such as **Flixbus**, operate in Sopot, connecting the town to all major cities in the region, including Warsaw and Berlin



### TAXIS

- Taxis are readily available in Sopot, and it's possible to either hail them on the street or use ride-hailing apps
- Together with local taxi company **Neptun** (phone **+48 585 111 555**), we've set up a discount code (**SOPOT PULSE**) that all freestylers can use to get lowered prices both for trips inside Sopot and for the route from and to the airport!



### CYCLING AND WALKING

- Sopot is relatively small, so most services are located at a **walking distance** from the venue. It is strongly recommended to discover the beautiful city centre on foot!
- The city also offers several **bike rental** options, including specific bike tours to discover all relevant sightseeing sites



### OTHER OPTIONS

- Renowned car rental companies, such as **Sixt** or **Enterprise**, operate from the nearby airport of Gdańsk - Lech Wałęsa
- With all services in Sopot being so close to one another, though, using public transport is usually easier and cheaper than renting a car





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## EVENT SCHEDULE\*

DAY	START	END	ACTIVITY
08/06	12:45	13:30	Check-in
08/06	13:30	14:00	Opening (introduction, tournament structure, judges)
08/06	14:00	14:40	Female qualification circles
08/06	14:40	16:50	Male qualification circles
08/06	16:50	16:55	Female extra battles n°1
08/06	16:55	18:10	Male extra battles n°1
08/06	18:10	18:30	Female extra battles n°2
08/06	18:30	20:00	Male extra battles n°2
09/06	13:20	13:50	Opening (introduction, tournament structure, judges)
09/06	13:50	15:20	Male Top-32 battles
09/06	15:20	15:30	Break - introducing No Limit battles
09/06	15:30	16:30	Male Top-16 battles
09/06	16:30	17:00	Female quarterfinals
09/06	17:00	17:30	Male quarterfinals
09/06	17:30	18:15	Break - Side Competitions + Start of the main live stream
09/06	18:15	18:30	Female semifinals for 5th spot
09/06	18:30	18:45	Male semifinals for 5th spot
09/06	18:45	18:55	Female final for 5th spot
09/06	18:55	19:05	Male final for 5th spot
09/06	19:05	19:20	Female semifinals
09/06	19:20	19:35	Male semifinals
09/06	19:35	19:45	Female Battle for third place (3rd and 4th spot)
09/06	19:45	19:55	Male Battle for third place (3rd and 4th spot)
09/06	19:55	20:05	Female Grand Final (2nd and 1st spot)
09/06	20:05	20:15	Male Grand Final (2nd and 1st spot)
09/06	20:15	20:25	Celebration of Winners
09/06	20:25	21:00	Award Ceremony
09/06	22:00		Afterparty

\* THIS SCHEDULE MAY BE MODIFIED AS THE EVENT APPROACHES: STAY TUNED TO THE WFFA CHANNELS TO KEEP UP-TO-DATE WITH THE CHANGES!

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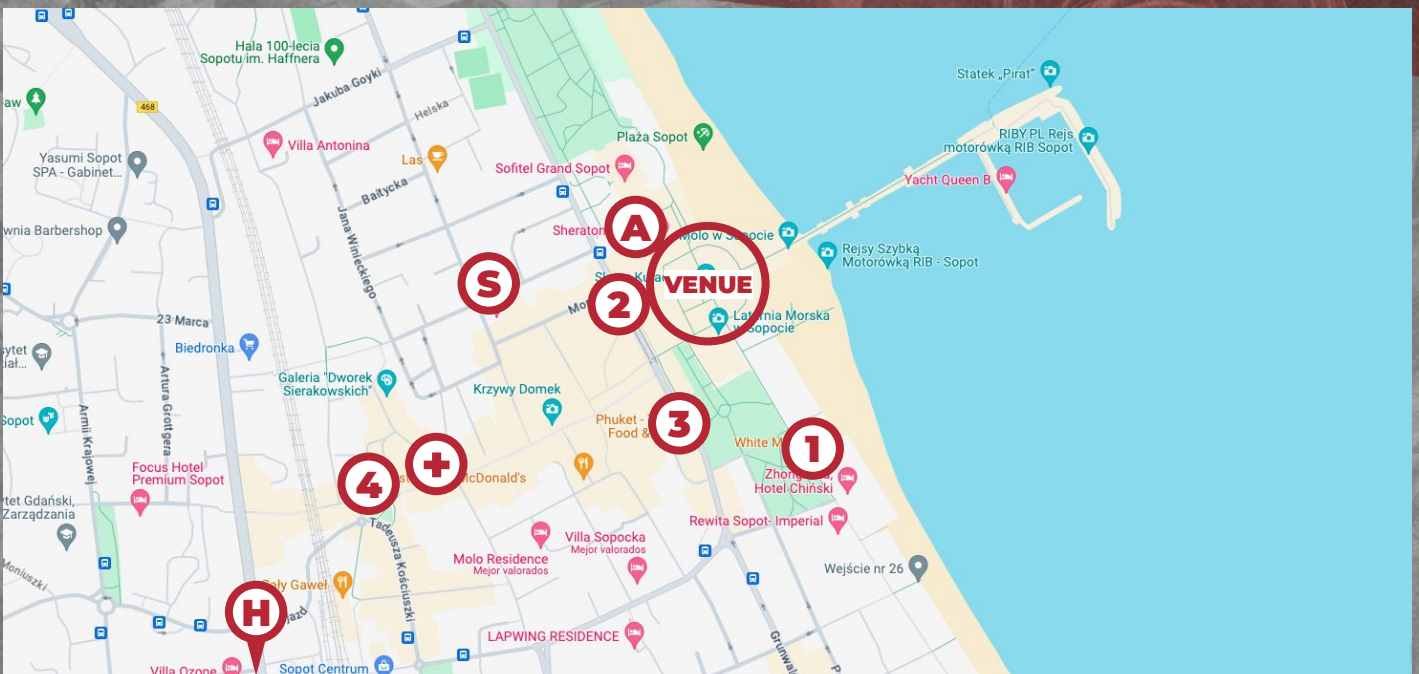
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# WFFA PULSE SERIES

## NEARBY SERVICES



### KEY SERVICES

- H** **Sopmed Medical Centre**  
Bolesława Chrobrego 6/8  
**1,1km from the venue**
- +** **Dom Leków Pharmacy**  
Bohaterów Monte Cassino 37  
**600m from the venue**
- A** **Euronet Polska ATM**  
Hotel Sheraton, Powstańców Warszawy 10  
**100m from the venue**
- S** **Żabka Supermarket**  
Jana Jerzego Haffnera 24  
**500m from the venue**

### RESTAURANTS

- 1** **White Marlin [European food]**  
Aleja Wojska Polskiego 1  
**250m from the venue**
- 2** **Polskie Smaki [Polish food]**  
Powstańców Warszawy 10  
**50m from the venue**
- 3** **Phuket [Thai food]**  
Grunwaldzka 8-10/3  
**250m from the venue**
- 4** **McDonald's [fast food]**  
Bohaterów Monte Cassino 21  
**700m from the venue**






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## SOCIAL MEDIA GUIDELINES

 Competition name: **WFFA Pulse Sopot 2024**

 Venue: **Molo Sopot**

 Website: [www.thewffa.org/event/pulse-sopot-2024](http://www.thewffa.org/event/pulse-sopot-2024)

 Live Stream: [www.youtube.com/c/thewffa](http://www.youtube.com/c/thewffa)



### TAGS

@thewffa  
@visit.sopot.pl  
@molosopot  
@mosir\_sopot  
@novotel\_gdanskmarina  
@miasto\_sopot



### HASHTAGS

#WFFAPulseSopot  
#PulseSeries  
#FreestyleFootball  
#AllYouNeedIsABall  
#Sopot  
#VisitSopot

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





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## COMPETITIVE FORMAT



**JUDGE**  
ILYES



**JUDGE**  
MICHRYC



**JUDGE**  
DAIGORO

### 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 **5 best freestylers** in both the male and female brackets will earn themselves a spot at the **World Freestyle Football Championship Finals**

### 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





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## USEFUL RESOURCES

### WFFA



**Lucaso Skoda**  
Event Director  
+420 775 210 889



**Maël Kevin Fortin**  
Athletes Manager  
+48 884 883 335



**Jordi Mestre**  
Communications Manager  
+34 647 094 896

### SERVICES



**Ambulance**  
Service number  
[22] 999



**Tourism Board**  
Visit Sopot  
[+48] 733 535 205



**Police**  
Service number  
[22] 997



## TOURNIFY

During this event, the WFFA will be using **Tournify**, an easy and intuitive system to follow all schedules and results. All details will be online on **June 7th at 11:59pm CEST**, once the competition draw is done

You will find all schedules and results from this event in the following link:

[www.tournify.uk/live/pulsesopot2024](http://www.tournify.uk/live/pulsesopot2024)

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