



SUDS 2023 EUROPEAN CHAMPIONSHIPS

For Athletes with Down Syndrome

Padova, Italy

3-10 September 2023

Team Handbook





Greeting by the President of the L.O.C.

Dear Sport friends,

I am really pleased to host you in Padova, and I am sure that will remain forever in your memories. My staff and I will make sure to welcome you with enthusiasm and friendliness.

We are getting ready so this European Championship competitions take place in the best way as possible for the athletes and staff of each national delegation.

We involved so many people to support and satisfy your needs and requirements.

We will give you the opportunity to discover Padova in all its artistic splendour and its warmth.

I hope that your staying in Padova will be rich in personal and sporting satisfactions.

Please let us as soon as possible your needs, curiosity or anything else could be useful.

We are looking forward to seeing you in Padova!

LAURA RIGATO





Organisation

FISDIR - Federazione Italiana Sport Paralimpici degli Intellettivo Relazionali

ASD A.S.P.E.A. PADOVA

Municipality of PADOVA

Events Sanctioned By

SU-DS – Sport Union for Athletes with Down Syndrome

IAADS – International Athletics Association for Persons with Down Syndrome

IBA 21 – International Basketball Association for Down Syndrome

FIFDS – Football International Federation for players with Down Syndrome

JUDOWN – Down Syndrome International Judo Organisation

DSISO – Down Syndrome International Swimming Organisation

ITTADS – International Table Tennis Association for persons with Down Syndrome

Dates

3-10 SEPTEMBER 2023

How to reach Padova

The closest airport is in Venezia (Aeroporto Internazionale Marco Polo di Tessera VCE). It is located at a distance of about 53 km from Padova and 60 Km from Abano Terme, and is connected to Padova by the A4 freeway.

If you wish to reach Padova by train, it is linked to Venice by a regional train service with a frequency of about 30 minutes.





LOCAL TRANSPORT

The Organization will take care of:

- all transfers between Venezia Airport or Padova Station and the hotels of the Delegations.
- all transfers between the hotels of the Delegations and the Competition venues.

SPORTS

1. Athletics/Track and Field
2. Artistic Swimming
3. Basketball (4x4)
4. Futsal
5. Judo
6. Swimming
7. Tennis
8. Table Tennis

COMPETITION VENUES

- | | |
|-----------------------------------|---------------------|
| 1. Stadio Daciano Colbachini | Athletics |
| 2. Palazzetto dello sport Gozzano | Basketball |
| 3. Palazzetto Salboro | Futsal and Judo |
| 4. Palazzetto Palantenore | Table Tennis |
| 5. Impianti Sportivi Padovanuoto | Swimming and Tennis |
| 6. Piscine Plebiscito | Artistic Swimming |



VISAS

Each participating national delegation is responsible for arranging for the necessary visas for own delegation.

If it needed, the LOC will issue a letter of invitation to participating national delegation. We ask you to inform us as soon as possible if you need to apply visas.

SPORT RULES AND REGULATIONS

The event will be governed by the rules of:

IAADS – International Athletics Association for Persons with Down Syndrome;

IBA 21 – International Basketball Association for Down Syndrome;

FIFDS – Football International Federation for players with Down Syndrome;

JUDOWN – Down Syndrome International Judo Organisation;

DSISO – Down Syndrome International Swimming Organisation;

ITTADS – International Table Tennis Association for persons with Down Syndrome.

ELIGIBILITY AND ACCREDITATION

All athletes entering the event should already be registered with the SU-DS.

Please visit the www.su-ds.org website for the SU-DS Registration Policy.

We ask you to send us a passport photo for each member of your delegation.

The photos must adhere to the following requirements:

- JPEG format (.jpg, .jpeg extensions)
- Dimensions must be in a 1:1 ratio
- The background must be as homogeneous as possible
- The minimum resolution must be 600 x 600 px
- The filename must be in the [Country]_[Surname]_[Given name].jpg format

INSURANCE

The Organising Committee ensures satisfactory arrangements in respect of public liability and professional indemnity. Participating member organisations are responsible for their own insurance requirement for travel, personal accident, liability and medical matters.

REGISTRATION DEADLINES

- Intention of Participation: 10 April 2023
- Entry by numbers and first 30% down payment: 08 May 2023
- Entry by names, competition forms, travel info and final payment: 18 July 2023

In case the event is cancelled for health/pandemic reasons, or if the Delegation withdraws its entry before or on 10 August 2023, the Organization will keep 10% of the total entry fee; after that deadline the Organization will keep 100% of the total entry fee.

ENTRY FEES/ ACCOMMODATION – PACKAGE “A”:

This entry fee per person for all delegation members (athletes and officials) includes seven nights' accommodation, all meals (from lunch on September 3 to breakfast on September 10), transportation to and from Venezia airport/ Padova train station, transportation to all competitions venues, training sessions and key events, and SUDS competition tax. This package is only available for Athletics, Artistic Swimming, Basketball, Futsal, Swimming, Table Tennis.

- € 1025,00 per person for a double/ triple (or more bedrooms) room accommodation
- € 1125,00 per person for a single room accommodation

ENTRY FEES/ ACCOMMODATION – PACKAGE “B”:

This entry fee per person for all delegation members (athletes and officials) includes five nights' accommodation, all meals (from lunch on September 5 to breakfast on September 10), transportation to and from Venezia airport/ Padova train station, transportation to all competitions, training sessions and key events, and SUDS competition tax. This package is only available for Judo and Tennis.

- € 645,00 per person for a double/ triple (or more bedrooms) room accommodation
- € 725,00 per person for a single room accommodation

single rooms are subject to availability; therefore, we cannot guarantee we will be able to satisfy all requests for single rooms. Requests will be treated on a first come, first serve basis.

If you need extra nights, please contact us at delegazioni.europeansuds2023@gmail.com; we will be glad to provide you with a customised quote.

SUPPORTERS

Family members, supporters etc will have to take care of their accommodation needs by themselves; they may contact us at familymember.europeansuds2023@gmail.com, where we will be glad to help them with their bookings.

They may travel on the Delegation's bus to and from the Airport at an additional cost of € 40,00 per person. The bus will only stop at the Accreditation Venue; the Organization will not be responsible for transfers to other places or for transportation to and from the competition venues.

PAYMENT

The bank details will be transmitted together to the invoice, successively after submitting the registration forms.

FLAGS AND NATIONAL ANTHEMS

Every delegation will have to bring a suitable number of flags:

- a minimum of one flag for each team sport
- a minimum of three flags for each individual sport if the delegation has a minimum of two athletes competing in it.

The suggested size is 80 x 120 cm.

All delegation must send to the LOC their National Anthem in .mp3 format before they arrive in Padova. They will also be required to bring a USB drive with the anthem on it for use during Official Ceremonies. The Anthem must not be longer than 1 minute and 20 seconds.

Official Language

The official language of the event is English. All materials and information will be available in English.

PREVISIONAL PROGRAMME

SPORTS	3/9 - SUN	4/9 - MON	5/9 - TUE	6/9 WED	7/9 THU	8/9 FRI	9/9 SAT	10/9 SUN
ATHLETICS	Arrival, Accreditation	Technical Meeting-Training	Opening Ceremony	Training	Competition	Social Prog	Competition	Competition
FUTSAL	Arrival, Accreditation	Technical Meeting-Training		Competition	Competition	Social Prog	Competition	Competition
JUDO				Arrival, Accreditation	Training	Technical Meeting-Training or Social Progr	Competition	Competition
SWIMMING	Arrival, Accreditation	Technical Meeting-Training		Competition	Competition	Social Prog	Competition	Competition
ARTISTIC SWIMMING	Arrival, Accreditation	Technical Meeting-Training		Training	Competition	Social Prog.	Competition	Competition
BASKETBALL	Arrival, Accreditation	Technical Meeting-Training		Competition	Competition	Social Prog	Competition	Competition
TENNIS				Arrival, Accreditation	Training	Technical Meeting-Training or Social Progr	Competition	Competition
TABLE TENNIS	Arrival, Accreditation	Technical Meeting-Training		Competition	Competition	Social Prog	Competition	Competition
				Final Party				Delegation Depart

As soon as possible, on the official web site you will find all information about the sport competition program.



ATHLETICS

Competition Venue

Stadio Daciano Colbachini Piazzale Azzurri D'Italia 35134 Padova



COMPETITION SCHEDULE

Monday 4 September 2023:	Training session
Tuesday 5 September 2023:	Training session
Wednesday 6 September 2023:	Competition Day
Thursday 7 September 2023:	Rest/Social Programme
Friday 8 September 2023:	Competition Day
Saturday 9 September 2023:	Competition Day

Event List

Running: 100 m, 200 m, 400 m, 800 m, 1500 m, 4x100 relay, 4x400 relay
Race walking: 800 m, 1500 m
Jumps: long jump
Throws: shot put, discus throw, javelin throw
Triathlon (100 m, long jump, shot put)





FUTSAL

COMPETITION VENUE

Palazzetto dello Sport Salboro Luigi De Michiel Via Ponchia1/a Quartiere 4 Padova, 35124



COMPETITION SCHEDULE

Monday 4 September 2023: Training session
Tuesday 5 September 2023: Competition Day
Wednesday 6 September 2023: Competition Day
Thursday 7 September 2023: Rest/Social Programme
Friday 8 September 2023: Competition Day
Saturday 9 September 2023: Competition Day



JUDO

Competition Venue

Palazzetto dello Sport Salboro Luigi De Michiel Via Ponchia1/a Quartiere 4 Padova, 35124



COMPETITION SCHEDULE

Wednesday 6 September 2023:	Training session
Thursday 7 September 2023:	Training or Social Programme
Friday 8 September 2023:	Competition Day
Saturday 9 September 2023:	Competition Day

WEIGHT CATEGORIES

Men: -60kg, -66kg, -73kgs, -81kgs, -90kgs, -100kgs, + 100kgs

Women: -48kgs, -52kgs, -57kgs -63kgs, -70kgs, -78kgs, + 78kgs

MIXED TEAMS COMPETITION

Men: -66kg, -81kgs, + 81kgs

Women: -57kgs,-70kgs, + 78kgs





SWIMMING

COMPETITION VENUE

Impianti Sportivi Padovanuoto Via Decorati al Valore Civile 2 35142 Padova
The Competition will be held in a 50 m pool (short course)



COMPETITION SCHEDULE

Monday 4 September 2023:	Training session
Tuesday 5 September 2023:	Competition Day
Wednesday 6 September 2023:	Competition Day
Thursday 7 September 2023:	Rest/Social Programme
Friday 8 September 2023:	Competition Day
Saturday 9 September 2023:	Competition Day

Event list

All events, unless otherwise specified, will feature separate competitions for both male and female athletes.

Freestyle: 50 m, 100 m, 200 m, 400 m, 800 m, 1500 m

Backstroke: 50 m, 100 m, 200 m

Breaststroke: 50 m, 100 m, 200 m

Butterfly: 50 m, 100 m, 200 m

Individual medleys: 200 m, 400 m

Relays:

- Freestyle: 4x100 m, 4x200 m
- Medley: 4x100 m
- Mixed (2M+2F) 4x100 m Freestyle and 4x100m Medley



ARTISTIC SWIMMING

Competition Venue

Centro Sportivo Plebiscito Via Guglielmo Geremia 2/2 35133 Padova



COMPETITION SCHEDULE

Monday 4 September 2023:	Training Session
Tuesday 5 September 2023:	Training Session
Wednesday 6 September 2023:	Competition day
Thursday 7 September 2023:	Rest/Social Programme
Friday 8 September 2023:	Competition day
Saturday 9 September 2023:	Competition day

Event list

will be announced as soon as possible



BASKETBALL

COMPETITION VENUE

Palazzetto dello Sport Gozzano Via Guido Gozzano, 64 35125 Padova



COMPETITION SCHEDULE

Monday 4 September 2023:	Training session
Tuesday 5 September 2023:	Competition Day
Wednesday 6 September 2023:	Competition Day
Thursday 7 September 2023:	Rest/Social Programme
Friday 8 September 2023:	Competition Day
Saturday 9 September 2023:	Competition Day



TABLE TENNIS

COMPETITION VENUE

Palantenore Palasport Arcella Piazzale Azzurri D'Italia 35134 Padova



COMPETITION SCHEDULE

Monday 4 September 2023:	Training session
Tuesday 5 September 2023:	Competition Day
Wednesday 6 September 2023:	Competition Day
Thursday 7 September 2023:	Rest/Social Programme
Friday 8 September 2023:	Competition Day
Saturday 9 September 2023:	Competition Day

EVENT LIST

Individual: Single Men and Women
Double: Double and Mixed, Men and Women ù
The team matches: Men and Women



TENNIS

COMPETITION VENUE

Impianti Sportivi Padovanuoto Via Decorati al Valore Civile 2 35142 Padova



COMPETITION SCHEDULE

Wednesday 6 September 2023:

Training session

Thursday 7 September 2023:

Training or Social Programme

Friday 8 September 2023:

Competition Day

Saturday 9 September 2023:

Competition Day

EVENT LIST

Female singles; Male singles;

Female Doubles; - Male Doubles;

Mixed Doubles



INTENTION OF PARTICIPATION

PLEASE SEND IT BEFORE 10 APRIL 2023

To: delegazioni.europeansuds2023@gmail.com;

COUNTRY:	
CONTACT PERSON	
E-MAIL:	
NUM. MOB.	

SPORTS	ATHELTES N.	STAFF N.
ARTISTIC SWIMMING		
ATHLETICS		
BASKETBALL		
FUTSAL		
SWIMMING		
TABLE TENNIS		
TENNIS		
ALL SPORTS		
TOTAL PERSON		

Stamp, date and signature

ENTRY BY NUMBERS FORM

PLEASE SEND IT BEFORE 8 MAY 2023

To: delegazioni.europeansuds2023@gmail.com;

COUNTRY:	
CONTACT PERSON	
E-MAIL:	
NUM. MOB.	

ACCOMMODATION "package A" (from lunch on September 3 to breakfast on September 10)

Room Type	Single	Double or more
No.of people		
Price per preson	€ 1125,00	€ 1025,00
Amount		
Accomondation Total		

ACCOMMODATION "package B" (from lunch on September 5 to breakfast on September 10)

Room Type	Single	Double or more
No.of people		
Price per preson	€ 725,00	€ 645,00
Amount		
Accomondation Total		

Athletics		Basketball		Futsal		Judo		Swimming	
Athletes	Staff	Athletes	Staff	Athletes	Staff	Athletes	Staff	Athletes	Staff
Art. Swimming		Table Tennis		Tennis		Staff All Sports			
Athletes	Staff	Athletes	Staff	Athletes	Staff				

Total Amount due	
30% of the total amount, to be paid by 8 May 2023	€
70% of the total amount, to be paid by 18 July 2023	€

Stamp, date and signature