

FEDERATION INTERNATIONALE DE GYMNASTIQUE



PARKOUR WORLD CUP SOFIA (BUL)

10-12 September 2021



WORK PLAN

IMPORTANT INFORMATION REGARDING THE COVID-19 PANDEMIC

Anyone not complying with the conditions of participation described in these outlines will not be eligible to take part in the event

The fundamental principle during the SOFIA PK World Cup 21 during the Covid-19 pandemic is to Protect and Be Protected by wearing a mask, sanitizing, distancing, and respecting the recommendations of "FIG Official Medical Guidelines" as well as the requirements of the Bulgarian Health Ministry.

It is the responsibility of the NF and the athletes to verify the up-to-date travel information before departure to Bulgaria on: <https://www.traveldoc.aero/>

GREEN ZONE AND ORANGE ZONE		
Age	Requirements	
Children up to 12 years old	No requirements	
Youths and Seniors	EU certificate or similar document for vaccine (completed vaccination scheme depending on the vaccine at least 14 days before entering Bulgaria) or having recovered from COVID (between the 11th and 180th day as of the date of the conducted test entered in the document) or negative PCR test taken up to 72 hours before entering Bulgaria or Rapid Antigen Test taken up to 48 hours before entering Bulgaria	
RED ZONE		
Age	Requirements	
Children up to 12 years old	No requirements	
Youths - 12 to 18 years old	Negative PCR test taken up to 72 hours before entering Bulgaria. No vaccine is requested.	
Seniors – 18+ years old	EU certificate or similar document for Vaccine (completed vaccination scheme depending on the vaccine at least 14 days before entering Bulgaria) or having already recovered from COVID (between the 11th and 180th day as of the date of the conducted test entered in the document) plus negative PCR test taken up to 72 hours before entering Bulgaria	

It is the responsibility of the National Federations to ensure that in addition to their normal insurance they have sufficient insurance in place to cover any COVID-19-related costs for all their member delegations. The LOC of the event accepts no liability for any claims relating to the cancellation of the event due to COVID-19 or medical costs for any COVID-19 related illness that may affect a National Federation delegation member during the event.

- FIG's IMSSA insurance covers Covid19 as illness (including all treatments, possible repatriation, etc.) for athletes and judges. However, an eventually needed quarantine period (or need to stay on-site as accompanying person) of a "not ill" person is NOT covered. The national federation must take care of the appropriate coverage and financial planning themselves.

- For all other members of the delegations, the NF are requested to present insurance, and stating that it covers the consequences of Covid19; as for the Covid-19 related quarantine costs, if it is not included in the insurance coverage, the federation assumes the financial risk themselves.

Masks in the venue are mandatory for all accredited persons. It is the responsibility of the delegations to bring a sufficient number mask.

It is highly recommended to stay only within the controlled event zones (venue, hotel, official transport) at all times. The use of public transport is not allowed.

Due to restrictions caused by the Covid-19 pandemic all side events such as the welcome receptions, city tours, banquet have been canceled.

A negative PCR test result (done max. 72h before arrival), readable in English, must be provided for all participants at accreditation at the latest. To speed up the accreditation process, please send all test results by email prior to your arrival to gymnasticsevents@gmail.com

In case your team members need PCR tests made in Bulgaria to enter your country, a request needs to be made during the accreditation. The cost of 1 PCR test is **70 EUR**, to be borne by each NF concerned.

In accordance with the orders of the Bulgarian Ministry of Health the following measures are mandatory when conducting competitions:

- Persons with symptoms like colds, runny nose, sneezing, sore throat, mild cough, and fever are not allowed in the venue.
- It is mandatory for employees, staff, coaches, judges, and officials to wear a protective mask or other means covering the nose and mouth, while in the venue.
- It is only allowed for the performing athletes to be without a mask, but only while training and performing.
- The participants should try and keep 1,5 m (or as much as possible) at all times.
- The participants should disinfect their hands and shoe soles upon entering the venue.

The LOC bears responsibility for the following organizational matters in the venue:

- Placing these instructions on visible places in all premises.
- Measuring the temperature of everyone upon entering the venue. People with high temperature (above 37 C) will not be allowed inside the venue.
- Making sure that everyone disinfects their hands with medically approved disinfectant, upon entering the venue.
- It is not allowed to exchange personal items – bottles, towels, etc.
- Mandatory disinfection of all touchable surfaces in the whole venue – before the beginning of each day and between each group
- The staff and employees wear masks and gloves.
- The staff and employees are instructed to watch out for symptoms by athletes, coaches, and officials and how to react if such symptoms occur.
- Avoiding gathering of many people around and at the venue entrances.

The venue staff and employees keep the following measures:

- Keeping safe distance at all times;
- Sneezing or coughing is done in the elbow, not in the palm. If a tissue is used, it is immediately thrown away.
- wash their hands as much as possible with soap and water.
- Disinfect regularly the contact surfaces and the user equipment.
- The toilets, dressing rooms, trash bins, common parts, apparatus, premises, and all equipment is disinfected as regularly as possible.

The athletes, coaches, judges, and officials keep the following measures:

- Respect the hygiene measures and conditions in the venue.
- Persons with flu-like symptoms are not allowed in the venue.
- Follow these instructions, the FIG Medical Guidelines, and all other instructions by Medical personnel and LOC.
- Disinfect their hands and shoe soles upon entering the venue.

- Provide their own protective masks.
- Provide their own magnesium for each **athlete**.

In case of a suspected COVID-19 case, the person is isolated and then sent for additional examinations and diagnosis in the medical center, proposed by the health authorities. The LOC is not responsible for the costs, resulting from the examinations.

In case of confirmed COVID-19, laboratory examinations of all contact persons should be made, in accordance with the health authorities. The LOC is not responsible for the costs, resulting from the examinations. In such cases, the Bulgarian health authorities are contacted and if they decide that the whole team should be quarantined, then the respective team immediately ceases its participation in the competition and follows the recommendations of the Bulgarian health authorities.

Requirements for award ceremonies:

- 1st to 3rd place for Finals;
- The athletes are keeping 1.5 m between each other
- The athletes do not shake hands, nor touch anyone involved in the award ceremony
- The athletes take their medals and prizes themselves.
- The persons who award are wearing masks and gloves.

In addition to this, please note that no separate transportation will be arranged.

For those of you, who have received invitations from the Bulgarian Ministry of Youth and Sports, please also remember to bring a copy of the invitation for the Border control.

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0. FOREWORD

The Workplan for the FIG Parkour World Cup in Sofia (BUL) to be held from 10th September to 12 September 2021 (competition days) has been developed between the FIG Headquarters, the Parkour Commission and the LOC in accordance with the following FIG regulations and rules (as valid in 2021):

- Statutes
- Technical Regulations
- Judge's Rules (General and Specific)
- PK Code of Points
- Apparatus Norms
- Advertising and Publicity Rules
- Rules for Accreditation
- Medical Organisation of the Official FIG Competitions
- Anti-doping Rules
- Media Guideline
- License Rules
- Code of Ethics
- Code of Discipline
- and subsequent decisions of the FIG Executive Committee and Parkour Commission

All participating Federations and athletes commit to respect the Statutes and all FIG Regulations, especially with regards to the license, the age and the nationality of the athletes, as well as the respective Regulations concerning "Insurance" art. 11.10 of the Technical Regulations.

1. FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE (FIG)

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Case Postale 630 - CH - 1001 Lausanne
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E-mail : jkoslacz@fig-gymnastics.org
Website: <http://www.gymnastics.sport>

FIG Officials

President	Morinari Watanabe
President of the FIG Parkour Commission	Charles Perrière

PK Athletes' Representative

Athletes' Representative and member of the PK Commission	Micaela Bueno-Pugh
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FIG Staff

PK Sports Events Manager	Jakub Koslacz
PK Sports Events Manager	Loïc Vidmer

HOST FEDERATION AND LOCAL ORGANISING COMMITTEE (LOC)

Bulgarian Gymnastics Federation

75 Vassil Levski blvd.

1040 Sofia

Bulgaria

Mr. Krasimir Dunev

Tel.: +359 879 000 649 (mobile)

+359 2 9300 614 (office)

Fax: +359 2 9800 626

E-mail: gymnasticsevents@gmail.com and bulgym@yahoo.com

2. PROVISIONAL PROGRAMME

Day 1 – 08.09.2021 - Arrival of Delegations

Day 2 – 09.09.2021

09:00-10:00 Training Speed Women

10:00-11:00 Training Freestyle Women

11:00-12:00 Training Speed Men Group 1

12:00-13:00 Training Freestyle Men Group 1

13:00 - 14:00 Training Speed Men Group 2

14:00-15:00 Training Freestyle Men Group 2

15:00-16:00 Training Speed Women

16:00-17:00 Training Freestyle Men Group 1

17:00-18:00 Training Freestyle Men Group 2

20:00-21:00 Orientation meeting (Online)

Day 3 – 10.09.2021

09:00-10:00 Training Speed Women

10:00-11:00 Training Freestyle Men

11:00-11:30 Warm-Up Speed Woman

11:30-12:00 Qualification Speed Woman

12:30-13:00 Warm-Up Freestyle Men Gr1

13:00-15:00 Qualification Freestyle Men Gr1

15:00-15:30 Warm-Up Freestyle Men Gr2

15:30-17:30 Qualification Freestyle Men Gr2

20:00-21:00 Athletes Meeting (Online)

Day 4 – 11.09.2021

09:00 - 10:00 Training Freestyle Women

10:00 – 11:00 Training Speed Men

11:00-11:30 Warm-Up Freestyle Women

11:30-12:30 Qualification Freestyle Women

12:30-13:00 Warm-Up Speed Men

13:00-14:00 Qualification Speed Men
14:00-14:30 Warm-Up Speed Women
14:30-15:00 Warm-up Freestyle Men
15:00-15:15 Touch Warm-Up Speed Women
15:15-15:30 Semi-Final Speed Women
15:30-15:45 Touch Warm-Up Freestyle Men
15:45-16:15 Final Freestyle Men
16:15-16:30 Touch Warm-Up Speed Woman
16:30-16:45 Final Speed Woman
16:45-17:00 Award Ceremony
17:00-17:15 Interview

Day 5 – 12.09.2021

10:00-11:00 Training Freestyle Women
11:00-12:00 Training Speed Men

14:00-14:30 Warm-Up Speed Men
14:30-15:00 Warm-up Freestyle Women
15:00-15:15 Touch Warm-Up Speed Men
15:15-15:30 Semi-Final Speed Men
15:30-15:45 Touch Warm-Up Freestyle Women
15:45-16:15 Final Freestyle Women
16:15-16:30 Touch Warm-Up Speed Men
16:30-16:45 Final Speed Men
16:45-17:00 Award Ceremony
17:00-17:15 Interview

Day 6 – 13.09.2021 - Departure

4. SITE, PODIUM AND OBSTACLES

The podium has a dimension of 40 x 10 m.
The obstacles are provided by Walltopia.
A warm-up / stretching area is located next to the podium.

5. TRANSPORTATION AND VISAS

Please refer to the directives for details on International Transportations and Visas.

Arrivals/Departures

Airport transfers to and from official hotels booked through the LOC will be organised by the LOC based on flight details for all participants.

Ground transportation between the official hotels and the venue will be provided by the LOC.

The schedules will be available at the hotel's hospitality desk and at the venue. Ground transportation will be organised only between official hotels and the venue.

6. ACCREDITATIONS

Access to the area Field of Play dedicated to Parkour will be given only to authorized persons (accreditation).

The accreditation is personal, non transferable and compulsory to control access to training, competition hall, functions and official transport. It identifies individuals participating in the Parkour World Cup and ensures controlled access to each area. All participants and officials are required at all times, to wear Accreditation Cards and respect those personnel responsible for monitoring entry.

Accreditation will take place upon arrival at the National Palace of Culture.

Heads of Delegations are requested to bring:

- Passports of all members of the delegation
- Insurances of all members of the delegation
- Proof for full payment of the costs due to the LOC
- Transport – Departure

The FIG Accreditation Rules will be strictly applied, notably as far as the number of accreditations per federations is concerned. Any additional person is considered as a spectator. Accreditations will not be delivered unless all financial and insurance obligations have been met.

Copies of the delegation member's valid passport will be made by the OC. Please refer to the FIG license rules for further information.

In case of lost or stolen accreditation, the Organising Committee must be informed immediately to block the accreditation. Lost or stolen accreditations may be replaced at the charge of the card holder (€ 50).

The FIG Accreditation rules have to be strictly respected. This accreditation may not be transferred during an event.

7. MEETINGS AND OTHER EVENTS

Orientation Meeting

The Virtual Orientation Meeting held in English will take place **09 September 2021 at 20:00**. The drawing of lots for the starting order will take place at the end of the Orientation meeting. (Link to participate to the Orientation Meeting will be send as soon as possible).

Important and detailed information concerning the organisation will be provided by the FIG.

Participation is compulsory all athletes or heads of delegation (for the athletes being part of the delegation) and judges.

Judges' Instructions, Briefings and Draw

All the judges are required to take part in this instruction and in all subsequent briefings. Judges who do not participate will not be authorised to judge.

8. INSURANCE

The Host Federation, the LOC and the FIG will not be held responsible for any liabilities in case of accidents, illness (including COVID-19), repatriation and the like.

The FIG Technical Regulations foresee that all participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and repatriation for all the members of their Delegation.

Basic insurance (sickness, accident and repatriation) in your country of residence is compulsory in order to be able to benefit from coverage by FIG IMSSA subsidiary insurance. Please also refer to <https://www.gymnastics.sport/site/pages/medical-insurance.php> for additional information regarding the FIG IMSSA insurance for Athletes and Judges.

If the note has not been sent in advance to the LOC (which is strongly recommended), the LOC will verify the insurance coverage upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy).

The insurance must be valid at least starting from the arrival day of the delegation and must last for the delegations' entire stay.

Delegation members with insufficient insurance coverage must inform the LOC in advance. The LOC will subsequently offer insurance coverage at the Federations own charge.

9. ACCOMMODATIONS

Hotel Marinela – HB (breakfast & dinner)

Blvd "James Bourchier" 100, 1407 g.k. Lozenets, Sofia, Bulgarie

Tel.: +359 2 969 2222

<http://www.hotel-marinela.com/>

The costs per person/night in this first hotel are as follows:

110 EUR – single room (HB)

90 EUR – in a double/twin room (HB)

ATM Hotel – Low-cost Hotel – HB (breakfast and dinner)

131 Tsarigradsko shose blvd. 1784 Sofia, Bulgaria

Tel.: +359 2 9658481

<https://www.atm-hotel.com/>

The costs per person/night in this low-cost hotel are as follows:

90 EUR – single room (HB)

80 EUR – in a double/twin room (HB)

FIG will book hotels for the invited athletes in Hotel Marinela.

10. MEALS

Breakfast and dinner for athletes, team officials will be provided at the hotel

Delegations that book their accommodation through the LOC have accommodation, breakfast and dinner in their package.

Lunch tickets can be purchased through the LOC.

Lunch price: 20 EUR per person

11. CLOSING EVENING

Information will be given during the Orientation meeting.

12. TRAINING

Please refer to the official detailed training schedules (see point 3).

13. COMPETITION

Competitions will be conducted in accordance with the 2021 FIG Technical Regulations including Section 7 for PK, the current PK COP and other technical directives of the FIG.

Athletes' drawing of lots

The drawing of lots will take place during the Orientation meeting, **09 September at 21:00**.

Timing and Scoring

The scoring system is provided by RawMotion.

Details for scoring freestyle see Appendix 2 and 3.

14. ANNOUNCEMENTS DURING COMPETITIONS

During the competitions, the announcements will be made in Bulgarian and in English.

15. AWARD CEREMONIES

The awards ceremonies will be held immediately after the finals. The athletes are requested to attend.

16. MEDICAL SERVICES

The medical service is provided by the Local Organizing Committee according to the FIG Rules "MEDICAL ORGANISATION OF THE FIG COMPETITIONS".

17. ANTI DOPING CONTROL AND THERAPEUTIC USE EXEMPTIONS

The LOC will organize 6 doping controls, 3 for Women and 3 for Men. The collection of the samples will be organized by NADO:

Bulgarian Anti-Doping Centre

1 Nikola Gabrovski Str.

1172 Sofia, Bulgaria

Tel.: +359 2 962 56 35

Fax: +359 2 862 60 54

E-mail: anti-doping.centre@anti-doping.government.bg

Skype: anti-doping.centre

The analysis will be made in a WADA recognized laboratory.

18. PRIZE MONEY

During the WUG, the Prize Money will be paid by the FIG as follows:

Speed Running		Freestyle	
Ranking	Total of 15 000	Ranking	Total of 15 000
1	7000	1	7000
2	5000	2	5000
3	3000	3	3000

19. MEDIA AND TV

Cameras and video recording

All runs will be recorded in high definition by digital video cameras.

In order to protect television rights, personal video or TV cameras and recording is prohibited. The only exceptions are the host broadcaster, and the 2 video cameras for judging purpose.

Photos may be taken.

20. ANY OTHER USEFUL INFORMATION

Plugs / sockets used in Bulgaria



Currency

The currency in Bulgaria is the Lev.

Weather in Sofia September

Min 10°C - Max 23°C

Weather: Basically fine

GMT – +1 hour

Appendices

Appendix 1: Judging Form

Appendix 2: Free style calculation of final score

Appendix 3: Result and scoring fact sheet

Appendix 4: Covid 19 policy

Appendix 5: Declaration of travelling at own risk