



**51st Nissen Cup 2022
Junior Competition
Trampoline
Arosa – Switzerland
1st & 2nd July 2022**



DIRECTIVES

Event ID: 16990

Update March 30, 2022

MEDIA

Dear FIG affiliated Member Federation,

The Swiss Gymnastics Federation has the pleasure to invite your Federation to participate in the aforementioned official FIG International Event.

DISCIPLINE	Trampoline Gymnastics
HOST FEDERATION	SWISS GYMNASTICS FEDERATION Silvia Füglistaler Secretary of elite sport Bahnhofstrasse 38 CH- 5000 Aarau SWITZERLAND Phone: +41 62 837 82 42 E-Mail: silvia.fueglistaler@stv-fsq.ch Website: www.stv-fsq.ch
LOCAL ORGANIZING COMMITTEE	OK NISSEN CUP 2022 Arosa Tourism Sports and Conference Centre CH-7050 Arosa SWITZERLAND Phone: +41 81 378 70 37 Fax: +41 81 378 70 21 E-mail: olivia.diener@arosa.swiss Technical Contact Address: Swiss Gymnastics Federation Daniel Meier, Phone: +41 79 405 75 93 E-Mail: nissencup@swiss-trampoline.org
LOCATION	Arosa, Switzerland
DATE	From 1st to 2nd July 2022
VENUE	Sports and Conference Centre Arosa 7050 Arosa, Switzerland The official training sessions and the warm up for competition take place at the sport facility within the Sports and Conference Centre Arosa
APPARATUS SUPPLIER	Please refer to the attached list
RULES AND REGULATIONS	The event will be organized under the following FIG rules, as valid in the year of the event, except for any deviation mentioned in these directives: <ul style="list-style-type: none">• Statutes• Code of Ethics• Code of Conduct• Technical Regulations• Code of Discipline• Code of Points and relevant Newsletters• General Judges' Rules

	<ul style="list-style-type: none"> • Specific Judges' Rules • Anti-Doping Rules • Licence rules (except for non competitive events) • FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events • FIG Medical Guidelines for FIG Competitions and Events • Media Rules • Apparatus Norms • Rules for Sanctioning (approval) of International Events • Advertising and Publicity Rules • Regulations for Award Ceremonies • Accreditation Rules <p>and subsequent decisions of the FIG Executive Committee</p>				
FEDERATIONS INVITED	<p>The Organizing Member Federation will invite all Member Federations according to the following principles:</p> <p>Gymnasts from FIG affiliated federations and clubs from those federations. If the entries are made by a club of these federations, the acceptance for participation of the respective national federation, according to the FIG rules, is needed.</p> <p>Please note that as per FIG regulations, junior athletes must be between 13 to 16 years old (between 2006 and 2009). Younger athletes will NOT be authorized.</p>				
AGE LIMITS	<p>TRA: Juniors 13 to 16 years old</p> <p>Age Groups:</p> <ul style="list-style-type: none"> • Individual 13-14 Girls • Individual 13-14 Boys • Individual 15-16 Girls • Individual 15-16 Boys • Synchro 13-16 Girls • Synchro 13-16 Boys <p>All gymnasts must have a valid FIG licence until the end of the event.</p>				
JUDGES AND JURIES	<p>All judges must have a current valid FIG brevet at the time of the event.</p> <p>Each federation/club must provide at least the following number of judges with a valid FIG brevet:</p> <p>1-10 competitors = 1 judge 11-20 competitors = 2 judges As from 21 competitors = 3 judges</p> <p>Delegations not complying with these rules are required to pay CHF 450.- upon arrival per missing judge. The judges are to be named on your nominative entry form. All judges must participate in the judges' meetings. If a judge fails to participate in the judges meeting, the delegation has to pay the fine for failure to send a judge.</p> <p>- For Judges Requirements, please see "General Judges Rules"</p>				
REGISTRATION DEADLINES	<p>Definitive and nominative registrations must be completed by entering the respective forms to the host federation and the organizing committee.</p> <table border="1"> <tr> <td>Definitive registration:</td> <td>20th April 2022</td> </tr> <tr> <td>Nominative registration</td> <td>25th May 2022</td> </tr> </table>	Definitive registration:	20th April 2022	Nominative registration	25th May 2022
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ENTRY FEES	<p>The Entry fee for this event will be:</p> <p>Individual: CHF 48.00 per competitor Synchro: CHF 48.00 per synchro pair</p>				
ACCREDITATION	<p>Each delegation will be taken to the accreditation desk upon arrival. The following items will be checked there:</p> <p>- Total payment of costs due to the LOC and / or the FIG</p>				

	<p>- Passports, Names and Date of Birth of the entire delegation - FIG Licence of the athletes - Insurance – every delegation member needs a valid insurance - National anthem (on Memory Stick or CD)</p> <p>Should a gymnast not be able to show his/her FIG Licence at accreditation, the LOC may check on the official FIG website whether the respective gymnast has a valid license or not. If this can be verified in due time by the Organizing Committee, the gymnast may participate in the competition against payment of a fee of CHF 20.- to the Organizing Committee.</p> <p>The accreditation badges will identifies individuals participating in the event and indicates that these individuals are permitted access. Please wear your accreditation visibly at all times.</p>
EVENT FORMAT	<p>Categories</p> <p>Trampoline Individual</p> <ul style="list-style-type: none"> • Junior Girls 13-14 • Junior Boys 13-14 • Junior Girls 15-16 • Junior Boys 15-16 <p>Trampolin Synchro</p> <ul style="list-style-type: none"> • Junior Girls 13-16 • Junior Boys 13-16
PROVISIONAL SCHEDULE	<p>Wednesday June 29th, 2022 All day Arrival of delegations and officials, accreditation 09.00 - 15.50 Free training</p> <p>Thursday June 30th, 2022 All day Arrival of delegations and officials, accreditation 08.00 - 09.30 Junior free training 17.00 - 21.00 Junior free training 19.00 Junior Orientation meeting followed by drawing of lots 19.30 Junior judges meeting and draw 20:30 Welcome Reception (by invitation)</p> <p>Friday July 1st, 2022 08.30 - 10.00 Junior synchro general warm up 10.00 - 11.00 Junior synchro - qualification round 20:00 - 21:00 Junior free training</p> <p>Saturday July 2nd, 2022 08.00 - 10.00 Junior general warming up 10.00 - 12.30 Junior individual - qualification round 12.30 - 13.00 Junior training for finalists 13.00 - 14.30 Junior finals Individual junior girls & junior boys Synchro junior girls & junior boys Junior award ceremony 19.30 Banquet</p> <p>Sunday July 3rd, 2022 All day Departure of delegations and officials</p> <p>The detailed schedule will be sent to you by the beginning of June 2022.</p>
EVENT MANAGER	<p>Competition Director: Daniel Meier, Tel: +41 79 405 75 93 e-mail: nissencup@swiss-trampoline.org</p>
MEDICAL SERVICES	<p>Medical Service will be provided by the organizing committee during training and competitions</p>

VISA	Please verify immediately with your travel agent or the Swiss Embassy or Consulate in your country if a visa is required for your travel to Switzerland. The Organizing Committee will be happy to assist each delegation member with an official invitation letter, provided that the request is made before 20th April 2022 . The request must include the full name, date of birth, gender, function, passport number, passport expiry date, and the arrival and departure dates of the delegation member as well as the city the visa application letter must be sent to.
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 for repatriation for all the members of their Delegation. The LOC will verify the insurance upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy). Delegation members with insufficient insurance cover must inform the LOC in advance. The LOC will subsequently offer insurance at the Federations own charge as follows: CHF 170.- per person.
INTERNATIONAL TRANSPORTATION	The invited participating federations/clubs must pay for the travel costs of their delegation members. The Travel Schedule Form must be returned to the LOC by 25th May 2022.
LOCAL TRANSPORTATION	The LOC will provide organized transportation from Zurich Airport to Arosa and back to Zurich Airport. Cost per person is CHF 115.- and must be added for all team members which require transportation. <u>Important information:</u> Arrival day: The last organized transport from Zurich Airport train station with connection to Chur and Arosa will leave at 21:00h. Departure day: Please note that your flight departure should be after 11:30h. because of the train connection from Arosa* *Early morning transfer by bus to Zurich Airport can be arranged on request (with additional costs to be paid by the requesting federation) How to get to Arosa: Please allow about 3 hours travel time from Zurich Airport to Arosa by train/car/coach. by train: From Zurich Airport – Intercity trains to Chur, then by Rhaetian Railway in 60 minutes to Arosa by car: Motorway A3 direction Sargans (A13) – Chur, then about 45-minute drive up a winding mountain road (30 kilometers). Car Rentals at the Airport possible For route planning see: http://maps.google.ch For federations which wish to organize their own travel to Arosa please take note of the following restrictions for buses/coaches: the maximum width is 2,3m; maximum height is 4m; and the max. weight is 18 tons. Precise arrival and departure schedules for all team members must accompany the Nominative Entry. The deadline for non-reimbursement of the transportation costs is 8th June 2022
ACCOMMODATION	Accommodation is offered in hotels and a low-cost option “Backpackers”. Only a limited number of single and triple rooms are available. Reservations are made on first come first served basis. The LOC is reserving the right to change reservations into other room compositions, in which case the relevant Club/Federation will be informed. They will have to pay the additional costs. Important note: For lodging at the same hotels as the World Cup Competitors, the hotel prices are valid as announced in the “Directives” for the 2022 FIG

	<p>World Cup Competition in Arosa. Please do not hesitate to contact the organizing committee in case of any questions.</p> <p>Accommodation prices include local public transport in Arosa, hotel, breakfast and dinner ("Backpackers" Option: no dinner included).</p> <p><u>3 Star Hotel (Option 1)</u> The costs per room/night in this hotel are as follows: CHF 160.00 single room (including breakfast, dinner and banquet) CHF 276.00 double room (including breakfast, dinner and banquet) CHF 384.00 triple room (including breakfast, dinner and banquet)</p> <p><u>2 Star Hotel (Option 2)</u> The costs per room/night in this hotel are as follows: CHF 135.00 single room (including breakfast, dinner and banquet) CHF 236.00 double room (including breakfast, dinner and banquet) Please note: only a limited number of rooms are available</p> <p><u>Low Cost Option "Backpackers"</u> Only a limited number of beds are available: CHF 63.00 per person/night in double, triple and quadruple rooms (including breakfast only). All rooms are with shared bathrooms.</p> <p>All reservations must be made with the enclosed booking forms.</p> <p>The prices charged for the hotel rooms will not exceed the usual hotel rates. While the Accommodation Form must be returned to the LOC by 20th April 2022 at the very latest, the Hotel rooms will be allocated on a "first come, first serve" basis. The invited participating federations/clubs must pay for the accommodation expenses of their delegation members. The costs for the accommodations must be paid to the LOC by 25th May 2022</p> <p>The accommodation is only refundable, provided cancellations are made at least prior to 8th June 2022.</p>
MEALS	<p>The above-mentioned accommodation prices include breakfast, dinner and banquet. The "low-cost hotel" option only includes breakfast (dinner and banquet can be ordered on special request to the LOC). Additional meals (lunch) can be ordered for CHF 20.- with the entry forms or can be bought at the accreditation desk after arrival. The Meals Form must be returned to the LOC by 25th May 2022 at the very latest and the costs for the meals must be paid to the LOC by 25th May 2022. The invited participating federations/clubs must pay for the meals expenses of their delegation members. The deadline for non-reimbursement of accommodation, meals, and banquet, is 8th June 2022</p>
CANCELTION POLICY	<p>The entry fee is not refundable. The accommodation is only fully refundable, provided cancellations are made at the very latest until 8th June 2022. Late entries and entries without payment of entry fee and accommodation will not be accepted.</p>
FINAL BANQUET	<p>The LOC will inform in due time if a Final Banquet can be hosted under the Covid-19 regulations within Switzerland at the time of the event. On Saturday 2nd July 2022 at 19:30h a banquet is planned. Additional tickets for the banquet can be ordered for CHF 30.00 with the entry forms. Please note: In accommodation option 1 + 2 the banquet is already included. The tickets of the Final Banquet must be paid to the LOC by 25th May 2022</p>

BANK ACCOUNT INFORMATION	<p>At the time of the nominative entry (25th May 2022) 100% of the accommodation, meal & transport costs and 100% of the entry fee must be paid to this bank account:</p> <p>Payment in CHF only</p> <p>Arosa Tourismus Graubündner Kantonalbank, CH-7001 Chur SWIFT-Code: GRKBCH 2270A IBAN: CH53 0077 4210 1941 6900 0</p> <p>Please integrate the payment's purpose as follows: “Nissen Cup Juniors, NAME of participating federation or club”</p> <p>The participating federation is responsible for covering all bank fees in connection with the bank transfers.</p>																								
MARKETING MEDIA	<p>FIG advertising and publicity norms must be respected</p> <p>Local Press Officer: tbd Phone +41 (81) 378 70 20 Email: medien@arosa.ch</p>																								
SOCIAL MEDIA	<p>Facebook: https://www.facebook.com/NissenCup/</p>																								
COVID 19	<p>Besides the FIG medical guidelines for the event, FIG and the Swiss Gymnastics Federation also requires all the participants to follow the standard Covid 19 precautions.</p> <p>Further and up to date information concerning Covid-19 regulations within Switzerland will be communicated by the LOC in due time.</p>																								
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Sincerely Yours,

Aarau, 27th January 2022



Swiss Gymnastics Federation
Béatrice Wertli, Secretary General