

FEDERATION INTERNATIONALE DE GYMNASTIQUE



PARKOUR WORLD CUP SOFIA (BUL)

08 to 10 September 2023



WORK PLAN

TABLE OF CONTENTS:

0. FOREWORD	3
1. FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE	3
2. HOST FEDERATION AND LOCAL ORGANISING COMMITTEE (LOC)	4
3. PROVISIONAL PROGRAMME	4
4. SITE, PODIUM AND OBSTACLES	5
5. TRANSPORTATION AND VISAS	5
6. ACCREDITATIONS	6
7. MEETINGS AND OTHER EVENTS	6
8. INSURANCE	7
9. ACCOMMODATIONS	7
10. MEALS	8
11. COMPETITION	8
12. ANNOUNCEMENTS DURING COMPETITIONS	8
13. AWARD CEREMONIES	8
14. MEDICAL SERVICES	8
15. ANTI DOPING CONTROL AND THERAPEUTIC USE EXPEMPTIONS	8
16. PRIZE MONEY	9
17. MEDIA AND TV	9
18. ANY OTHER USEFUL INFORMATION	9

0. FOREWORD

The Workplan for the FIG Parkour World Cup in Sofia (BUL) to be held from 08 September 2023 to 10 September 2023 (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 2023):

- 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, age and 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)

Contact Person : Jakub Koslacz, Loic Vidmer
Avenue de la Gare 12 A
Case Postale 630 - CH - 1001 Lausanne
Tel : +41 (0)21 321 55 10 - Direct: +41 (0)21 321 55 91
E-mail : jkoslacz@fig-gymnastics.org, lvidmer@fig-gymnastics.org
Website: <http://www.gymnastics.sport>
<https://parkour.sport/>

FIG Officials

President of the FIG Parkour Commission	Charles Perrière
---	------------------

PK Athletes' Representative

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

FIG Staff

PK Sports Events Manager	Jakub Koslacz
--------------------------	---------------

2. 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

3. PROVISIONAL PROGRAMME

Day 1: Wednesday 06 September 2023

Arrival of Delegations

Day 2: Thursday 07 September 2023

09:00 - 10:00 Orientation Meeting at Multifunctional Sports Hall Arena Sofia 1

10:00 - 11:00 Training Speed Men Group 1

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

12:00 - 13:00 Training Speed Men Group 2

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

14:00 - 15:00 Training Speed Women Group 1

15:00 - 16:00 Training Freestyle Women Group 1

16:00 - 17:00 Training Speed Women Group 2

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

Day 3: Friday 08 September 2023

09:00 - 10:00 Training Speed Women Group 1

10:00 - 11:00 Training Speed Women Group 2

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

12:00 - 13:00 Training Freestyle Men Group 2

13:00 - 13:30 Warm-Up Speed Women

13:30 - 14:00 Qualification Speed Women

14:00 - 14:30 Warm-Up Freestyle Men Group 1

14:30 - 16:30 Qualification Freestyle Men Group 1

16:30 - 17:00 Warm-Up Freestyle Men Group 2

17:00 - 19:00 Qualification Freestyle Men Group 2

Day 4: Saturday 09 September 2023

09:00 - 10:00 Training Freestyle Women

10:00 - 11:00 Training Speed Men Group 1

11:00 - 12:00 Training Speed Men Group 2

12:00 - 12:30 Warm Up Freestyle Women

12:30 - 13:30 Qualification Freestyle Women

13:30 - 14:00 Warm Up Speed Men
14:00 - 15:00 Qualification Speed Men
15:00 - 16:00 Training Speed Women
16:00 - 17:00 Training Freestyle Men
17:00 - 17:15 Touch Warm-Up Speed Women
17:15 - 17:30 Semi-Final Speed Women
17:30 - 17:45 Touch Warm-Up Freestyle Men
17:45 - 18:15 Final Freestyle Men
18:15 - 18:30 Touch Warm-Up Speed Woman
18:30 - 18:45 Final Speed Woman
18:45 - 19:00 Award Ceremony

Day 5: Sunday 10 September 2023

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

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

Day 6: Monday 11 September 2023

Departure

4. SITE, PODIUM AND OBSTACLES

The obstacles are provided by Walltopia.

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 venue, 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 on **Thursday 7 September 2023** at the Multifunctional Sports Hall Arena Sofia.

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 Orientation Meeting held in English will take place on **Thursday 07 September at 09:00 at the Multifunctional Sports Hall Arena Sofia**. The drawing of lots for the starting order will take place at the end of the Orientation meeting.

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

Participation is compulsory for athletes or heads of delegation and judges.

Judges' Instructions, Briefings.

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 Host Federation (which is strongly recommended), the Host Federation 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.

9. ACCOMMODATIONS

Marinela Hotel – Cat. 1– Official Hotel (5*)

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

130,- € (single room, including breakfast and dinner)

110,- € (double room, including breakfast and dinner)

ATM Centre Hotel – Cat. 2 Hotel – Low cost Hotel (3*)

The costs per person /night in this second Hotel are as follows:

110,- € (single room, including breakfast and dinner)

100,- € (double room, including breakfast and dinner)

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

131 Tsarigradsko shose Blvd,
7-Mi Kilometar,
1784 Sofia, Bulgaria

FIG will book hotels for the invited athletes.

10. MEALS

Breakfast and dinner for athletes and 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: 25 EUR per person

Delegations that book their accommodation through the LOC are invited free of charge to the Final Banquet.

Delegations having not booked their accommodation through the LOC may purchase tickets at the price of 30 euros per person.

The tickets for the Final Banquet will be available for purchase at the LOC office and must be paid to the LOC **during the accreditation**.

The Banquet will start at **8 pm on 10 September at the Arena Sofia**. A shuttles bus from the hotels to the restaurant at the venue and then back will be available.

11. COMPETITION

Competitions will be conducted in accordance with the 2022 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

12. ANNOUNCEMENTS DURING COMPETITIONS

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

13. AWARD CEREMONIES

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

14. MEDICAL SERVICES

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

15. ANTI DOPING CONTROL AND THERAPEUTIC USE EXPEMPTIONS

The Local Organizing Committee is in charge of the doping controls. This doping control can take place in any moment between the arrival of the athlete and his departure.

16. PRIZE MONEY

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

17. MEDIA AND TV

Cameras and video recording

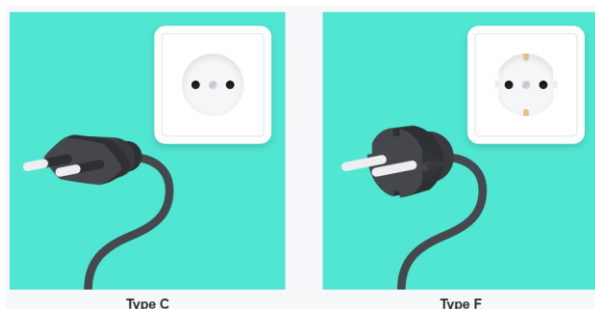
All runs will be recorded in high definition by digital video cameras.

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.

18. 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: Schedule Sofia

Appendix 2: Group Training for Women

Appendix 3: Group Training for Men

Appendix 4: 2023 Table of Tricks