



# FIG TRAMPOLINE GYMNASTICS WORLD CUP

*VARNA, BULGARIA – OCTOBER 7-8, 2023*



# W O R K P L A N

# **1. TABLE OF CONTENTS**

## **Content**

1. TABLE OF CONTENTS .....	2
2. FOREWORD .....	3
3. FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE (FIG) .....	3
4. LOCAL ORGANISING COMMITTEE (LOC) .....	4
5. GENERAL PROGRAMME .....	4
6. COMPETITION VENUE .....	5
7. ACCREDITATION .....	5
8. NATIONAL FLAG AND ANTHEM .....	6
9. CORRESPONDANCE .....	6
10. ACCOMMODATION .....	6
11. MEALS .....	6
12. BANQUET .....	6
13. LOCAL TRANSPORTATION .....	7
14. MARCH IN & MARCH OUT .....	7
15. WARM UP .....	7
16. COMPETITION .....	7
17. KISS & CRY .....	7
18. CHALK .....	7
19. MEETINGS .....	8
20. SUPERIOR JURY .....	8
21. DRAWING OF LOTS .....	8
22. FIG CERTIFIED APPARATUS .....	9
23. SCORING .....	9
24. CEREMONIES .....	9
25. MEDICAL SERVICES .....	9
26. SAFEGUARDING .....	9
27. DOPING CONTROL .....	10
28. PRIZE MONEY .....	10
29. LIVESTREAMING & BROADCAST .....	10
30. NO SMOKING POLICY .....	10
31. APPENDICES .....	10
32. VENUE LAYOUT AND OFFICES .....	11

## **2. FOREWORD**

The Work Plan has been developed in accordance with the following FIG rules, as valid in the year of the competition, except for any deviations mentioned in these directives or in the FIG World Cup Rules for Trampoline Gymnastics:

- Statutes
- Technical Regulations
- Code of Points
- Licenses Rules
- World Cup Rules for Trampoline Gymnastics
- General Judges Rules
- Specific Judges' Rules for Trampoline Gymnastics
- Medical Organization of the Official FIG Competitions
- Doping Control Rules
- Media Rules
- Apparatus Norms
- Advertising and Publicity Rules
- Regulations for Awards Ceremonies

and subsequent decisions of the FIG Executive Committee

All participating Federations commit to respect the FIG Statutes and all FIG rules and regulations, especially with regards to the age and nationality of the gymnasts as well as the respective regulations concerning "Insurance" (Art. 11.6 of the Technical Regulations).

Federations which have not fulfilled their financial obligations towards the FIG (e.g. annual membership fees, unpaid invoices, non-refundable entry fee, etc) and the LOC will not be allowed to participate in this World Cup.

The official languages of this World Cup will be English. Interpretation from and into any other language must be organized by the Delegations. Announcements will be made in English and Bulgarian.

**This Work Plan is available in English ONLY.**

If there are any changes, a revised work plan, starting order(s), and schedules will be sent to the Head of Delegations via email addresses and WhatsApp numbers provided at the Accreditation.

**The Head of Delegation/delegation members have to bring his/her/their own work plan and all appendices.**

## **3. FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE (FIG)**

Contact Person: Mr. Rui VINAGRE  
Telephone: +41 (0) 21 321 55 32  
E-mail: [rvinagre@fig-gymnastics.org](mailto:rvinagre@fig-gymnastics.org)  
Website: [www.gymnastics.sport](http://www.gymnastics.sport)

### **FIG TRAMPOLINE TECHNICAL COMMITTEE (TRA-TC) and SUPERIOR JURY**

TRA-TC President	Christophe LAMBERT (FRA)
TRA-TC 1st Vice-president	Tatiana SHUISKA (UKR)
TRA-TC 2nd Vice-president	Miguel VICENTE (ESP)
TRA-TC Member	Mariela STOYCHEVA (BUL)
TRA-TC Member	Dmitri POLIAROUH (BLR)
TRA-TC Member	Xing LIU (CHN)

#### **4. LOCAL ORGANISING COMMITTEE (LOC)**

##### **Bulgarian Trampoline Federation**

75 Vasil Levski Blvd.

1040 Sofia, Bulgaria

Contact Person: Mariela Stoycheva

Telephone: + 359 888 58 59 68

E-mail: bul\_tramp@abv.bg

#### **LOCAL ORGANISING COMMITTEE OFFICIALS**

President

Stoian DIMITROV

Executive Director

Nikolay IGNATOV

Competitions' & Ceremonies' Director

Bonka DIMITROVA

Transport Manager

Iliya ZAPRYANOV

Head of Accreditation

Evgeni YORDANOV

Head of Secretariat

Boryana MAKSIMOVA

Head of Press

Antoaneta ILIEVA

#### **5. GENERAL PROGRAMME**

<b>Wednesday, October 4, 2023</b>			
<b>All day</b>		Arrival of Delegations	
<b>10:00</b>	<b>19:00</b>	Accreditations	LOC Office (PCS)
<b>10:00</b>	<b>19:00</b>	Training	Warm up / FoP (PCS)
<b>Thursday, October 5, 2023</b>			
<b>All day</b>		Arrival of Delegations	
<b>10:00</b>	<b>18:00</b>	Accreditations	LOC Office (PCS)
<b>10:00</b>	<b>20:00</b>	Training as per Schedule	Warm up / FoP (PCS)
<b>Friday, October 6, 2023</b>			
<b>10:00</b>	<b>20:00</b>	Training as per Schedule	Warm up / FoP (PCS)
<b>10:00</b>	<b>18:00</b>	Handing in the Competition cards to the secretariat	Secretariat (PCS)
<b>16:30</b>	<b>17:45</b>	Judges' meeting and instructions	Meeting room (PCS)
<b>18:00</b>	<b>18:30</b>	Orientation meeting	Meeting room (PCS)
<b>18:30</b>	<b>19:30</b>	Welcome drink for HoD and Judges	Meeting room (PCS)
<b>Saturday, October 7, 2023</b>			
<b>10:00</b>	<b>17:30</b>	TRA IND Qualifications - Q1	FoP (PCS)
<b>17:30</b>	<b>18:00</b>	<b>Opening Ceremony</b>	FoP (PCS)
<b>18:50</b>	<b>20:30</b>	TRA SYN Qualifications	FoP (PCS)
<b>Saturday, October 8, 2023</b>			
<b>11:00</b>	<b>12:00</b>	TRA IND Qualifications - Q2	FoP (PCS)
		<b><u>FINALS</u></b>	
<b>16:00</b>	<b>16:30</b>	TRA IND Women	FoP (PCS)
<b>16:30</b>	<b>17:00</b>	TRA IND Men	FoP (PCS)
<b>17:00</b>	<b>17:30</b>	TRA SYN Women	FoP (PCS)
<b>17:30</b>	<b>18:00</b>	TRA SYN Men	FoP (PCS)
<b>18:00</b>	<b>18:30</b>	<b>AWARDING CEREMONIES</b>	FoP (PCS)
<b>Sunday, October 9, 2023</b>			
<b>All day</b>		Departure of Delegations	

\* PCS - Palace of Culture and Sports

## **6. COMPETITION VENUE**

### **PALACE OF CULTURE AND SPORTS**

Address: 115 "Knyaz Boris I" Blvd. 9000 Varna, Bulgaria

Telephone: +359 52 645 133

e-mail: office@palaceofvarna.com

Website: www.palaceofvarna.com

Warm up Hall - Palace of Culture and Sports

## **7. ACCREDITATION**

Accreditation will take place at the accreditation desk in the Palace of Culture and Sports.

Accreditation desk will be available on **October 4 from 10.00 h. until 19.00 h.** and **October 5 from 10.00 h. until 18.00 h.**

If a delegation decides to complete the accreditation procedure at another moment, the LOC will try to help as soon as possible. The LOC however will give priority to those countries who arrive at the agreed time and those delegations who fulfilled their financial obligations.

Upon accreditation Heads of Delegations or their substitutes (max 2 persons) will be requested to:

- check the correct names of their complete Delegation members and present to the LOC the valid passport of all Delegation Members for proof of identity and Nationality.
- confirm the NF contact details onsite (e-mail and mobile phone) for proper delivery of the gymnasts' start lists, judges' lists and results)
- prove of the fulfilment of all financial obligations to the LOC and finalize the necessary payments if needed (i.e. insurance, additional accreditation, etc.)
- verify the accommodation and meal requirements
- verify the return flight schedules
- confirm the accuracy of the Federation National Anthem and National Flag presented by the LOC
- if possible hand in 1 copy of each of the official forms for Difficulty - Competition Cards
- provide bank details to be used to pay the money prize for the awarded gymnasts.

HoDs are requested to provide a valid phone number and e-mail address. These contact details will be used during and after the competition to send to delegations any relevant information via WhatsApp and e-mail.

The FIG Rules and the Directives will be strictly applied as far as the number of accreditations per country.

All delegation members will receive an accreditation card. The accreditation card is personal, non-transferable and mandatory to get access to the training and competition hall, functions, and the bus system. All participants and officials are required to wear their Credential at all times.

**Competition cards** must be returned to the LOC Office by Friday, **October 6 at 18:00h.** at the very latest.

## **8. NATIONAL FLAG AND ANTHEM**

Delegations will be requested to check their national anthem and their national flag upon accreditation. It is not required to bring these.

## **9. CORRESPONDANCE**

Every delegation will receive all relevant information via email and WhatsApp to the contact handed in upon accreditation.

Contact details for the LOC are as follows:

- E-mail: bul\_tramp@abv.bg
- WhatsApp: + 359 888 58 59 68

## **10. ACCOMMODATION**

### **HOTELS**

LOC will provide accommodation in the following hotels:

#### **FIG TRA TC AND DELEGATIONS**

Apollo SPA 4\*+  
9007 Golden Sands, Varna, Bulgaria

#### **DELEGATIONS**

Helios SPA 4\*  
9007 Golden Sands, Varna, Bulgaria

Please note that the Organizing Committee is not liable for any damages in the hotel rooms, costs for mini-bars, pay-TV or the like. This is the responsibility of each delegation.

**Please note that there will be no additional payment for early check-in and early check-out from the hotel.**

## **11. MEALS**

Breakfast will be served in the respective hotels from 07:30 h. until 10:00 h.

Lunch will be served at the competition venue from 11:30 h. until 14:30 h.

Dinner will be served in the respective hotels from 19:00 h. until 22:00 h.

## **12. BANQUET**

There will be a farewell banquet on Sunday, **October 8, from 20.30 h. until 23.30 h.** at Apollo Spa Resort.

The banquet is for official delegation members only, and a valid banquet ticket must be presented at the entrance.

### **13. LOCAL TRANSPORTATION**

Please refer to the directives for details on Visas, International Transportation, Local Transportation, Shuttle Services and Deadlines. For earlier or later departures or different airport, please contact directly the LOC in order to discuss the local transportation possibilities.

The Organizing Committee will provide transfers from the airport to the hotels upon arrival and from the hotels to the airport upon departure.

Buses from/to the hotels and the competition venue will be on a shuttle basis. A detailed schedule will be provided to delegations upon arrival and will be available at hotels and at the LOC Office at the venue.

### **14. MARCH IN & MARCH OUT**

The gymnasts are asked to assemble in the staging area 5 minutes prior to each competition.

All gymnasts must leave the FoP at the same time through the exit leading to the Mix Zone.

### **15. WARM UP**

Immediately prior to the Qualifying Rounds and Finals each gymnast/pair will be allowed 45 seconds of warm-up on the competition apparatus, per FIG regulations.

### **16. COMPETITION**

The Competition Director and the Floor Manager will be in charge of the Competition and Warm up areas. All instructions given by them must be strictly observed, especially during TV broadcast (i.e. in relation with the marching in and out, Kiss & Cry, etc.).

### **17. KISS & CRY**

The number of persons authorized in the Kiss & Cry is:

- 1 gymnast and 1 official for Individual Competition.
- 2 gymnasts and 1 official for Synchronized Competition.

This rule has to be strictly respected.

### **18. CHALK**

Chalk will be provided for Warm up Hall and Competition Hall.

## **19. MEETINGS**

### **JUDGES MEETING & INSTRUCTION**

All registered judges are required to take part in the judge's meetings and instructions. Judges who do not participate in the judges' meetings and instructions will not be authorized to judge; they will receive warnings and possibly other sanctions as well.

The draws of the Judges' Panels for the Qualifications and Finals will be conducted by the Superior Jury.

The judges must respect the FIG dress code during competition days.

The Judges Meeting and Instructions will take place **Friday, October 6 at 16:30 h.** in the meeting room at the Palace of Culture and Sports.

### **ORIENTATION MEETING**

The Orientation Meeting will take place **Friday, October 6 at 18:00 h.** in the meeting room at the Palace of Culture and Sports.

The orientation meeting is compulsory for all Heads of Delegation.

At this meeting all information concerning the detailed organization of the World Cup will be given by the Organizing Committee and the FIG. The meeting will be held in English only.

After the meeting, all those present are invited to a welcome drink by the President of the Bulgarian Trampoline Federation, Mr. Stoian DIMITROV.

## **20. SUPERIOR JURY**

The FIG TRA TC President Christophe LAMBERT will act as a President of the Superior Jury.

### **Members of the Superior Jury**

Tatiana SHUISKA

Miguel VICENTE

Mariela STOYCHEVA

Dmitri POLIAROUSH

Xing LIU

Shinya MUTO

## **21. DRAWING OF LOTS**

The drawing of lots will take place on **September 19th, 2023** at the FIG office and published on the FIG website.

The World Cup Competition draw, the competition groups, the starting lists, the training groups, the training schedule, and the competition schedule are based on the assumption that all registered federations will participate in accordance with their nominative registrations. Should there be any changes to participating numbers at the time of the competition, the FIG TRA TC in consultation with the LOC reserve the right to make adjustments which will facilitate the smooth running of the competition.



## **22. FIG CERTIFIED APPARATUS**

All equipment used during Warm up Hall and Competition Hall will be per the apparatus list published on the FIG website.

## **23. SCORING**

Sporttech.io will provide the official scoring equipment for this World Cup. The Sporttech.io equipment will be used for the data management of the list of participants, start lists as well as scores and results.

## **24. CEREMONIES**

### **OPENING CEREMONY**

The opening ceremony will be held on **October 7th at 17:30 h.**  
Further detailed information will be given during the Orientation Meeting.

### **PRESENTATION OF THE FINALISTS**

The LOC will make a presentation of the finalists (in all categories) before the respective finals. Dress code is competition attire.

More information about meeting point and circulation will be given at the orientation meeting.

### **AWARD CEREMONIES**

All award ceremonies will take place according to the General Programme and will be carried out in accordance with the FIG Regulations for Award Ceremonies. On the podium, awards will only be presented to the medal winners as follows:

Individual / Synchro - Individual Gymnasts / Pairs ranked 1<sup>st</sup> to 3<sup>rd</sup> place - Medals  
Winners of the World Cup series – Individual / Synchro – Trophy Cup

## **25. MEDICAL SERVICES**

The medical service is provided by the Local Organising Committee according to the Medical Organization of the FIG Competitions and Events.

### **Official Hospital**

Saint Anna Hospital, Varna  
9002 "Tsar Osvoboditel" 100 Blvd., Varna Center, Varna

## **26. SAFEGUARDING**

From the event's official date of arrival until the official day of departure, participants (gymnasts, coaches, judges and any other delegation members) have the opportunity to contact by phone or e-mail a Safeguarding Officer in case of harassment, abuse of any type, if they are worried or do not feel comfortable.

There will be one LOC Safeguarding Officer. The contact person is Mr. Nikolay Ignatov and his number is +359 89 721 1165 will be reachable from the accreditation day as well as via What'sApp.

## **27. DOPING CONTROL**

Under the supervision of the FIG, doping controls will be organized according to the current WADA Code, WADA International Standards and FIG Anti-Doping Rules, ITA Testing Guidelines for in Competition Testing.

The doping controls may take place at any time.

As per the applicable FIG Therapeutic Use Exemption (TUE) procedure in effect concerning the participation at FIG Events, any gymnast in need of a TUE is responsible, together with his/her Federation, to submit his/her request to the FIG no later than 30 days before the start of this competition.

No TUE request will be accepted nor approved on spot, except for duly justified emergency cases.

Should you need further assistance about TUE requests, please contact the FIG at [antidoping@fig-gymnastics.org](mailto:antidoping@fig-gymnastics.org)

## **28. PRIZE MONEY**

Prize money will be given as follows:

### **TRA IND:**

1st place: 1,500 CHF  
2nd place: 1,000 CHF  
3rd place: 500 CHF

### **TRA SYN (per pair):**

1st place: 1,500 CHF  
2nd place: 1,000 CHF  
3rd place: 500 CHF

## **29. LIVESTREAMING & BROADCAST**

The Finals will be broadcasted by the Bulgarian National Television.

## **30. NO SMOKING POLICY**

It is strictly forbidden to smoke inside any facility in Bulgaria, including the venue complex (including toilets and changing rooms) and at the hotels.

## **31. APPENDICES**

### **TRAINING GROUPS**

GROUP 1	MEN	WOMEN
ALG	1	0
ARG	2	2
AUS	2	3
AUT	3	1
BRA	2	2
GRE	1	1
AZE	0	1
TOTAL:	11	10

GROUP 2	MEN	WOMEN
BUL	3	2
CAN	4	4
CHN	4	4
TOTAL:	11	10

GROUP 3	MEN	WOMEN
COL	2	0
DEN	3	1
GEO	0	4
ESP	4	4
IRL	1	0
KAZ	1	1
TOTAL:	11	10

GROUP 4	MEN	WOMEN
FRA	4	4
GBR	3	3
GER	4	2
LAT	0	1
TOTAL:	11	10

GROUP 5	MEN	WOMEN
IND	3	3
ITA	2	0
JPN	4	4
NED	1	1
NZL	1	1
EST	0	1
TOTAL:	11	10

GROUP 6	MEN	WOMEN
MEX	3	2
POL	2	0
POR	4	4
TUR	1	4
TOTAL:	10	10

GROUP 7	MEN	WOMEN
UKR	4	4
USA	4	4
TUN	1	0
UZB	1	0
CZE	0	2
TOTAL:	10	10

## TRAINING SCHEDULES

<b><u>5th OCTOBER</u></b>			
TIME		WARM UP HALL	COMPETITION HALL
10:00	10:40	GROUP 1	
10:40	11:20	GROUP 2	GROUP 1
11:20	12:00	GROUP 3	GROUP 2
12:00	12:40	GROUP 4	GROUP 3
12:40	13:20	GROUP 5	GROUP 4
13:20	14:00	GROUP 6	GROUP 5
14:00	14:40	GROUP 7	GROUP 6
14:40	15:20	GROUP 1	GROUP 7
15:20	16:00	GROUP 2	GROUP 1
16:00	16:40	GROUP 3	GROUP 2
16:40	17:20	GROUP 4	GROUP 3
17:20	18:00	GROUP 5	GROUP 4
18:00	18:40	GROUP 6	GROUP 5
18:40	19:20	GROUP 7	GROUP 6
19:20	20:00		GROUP 7

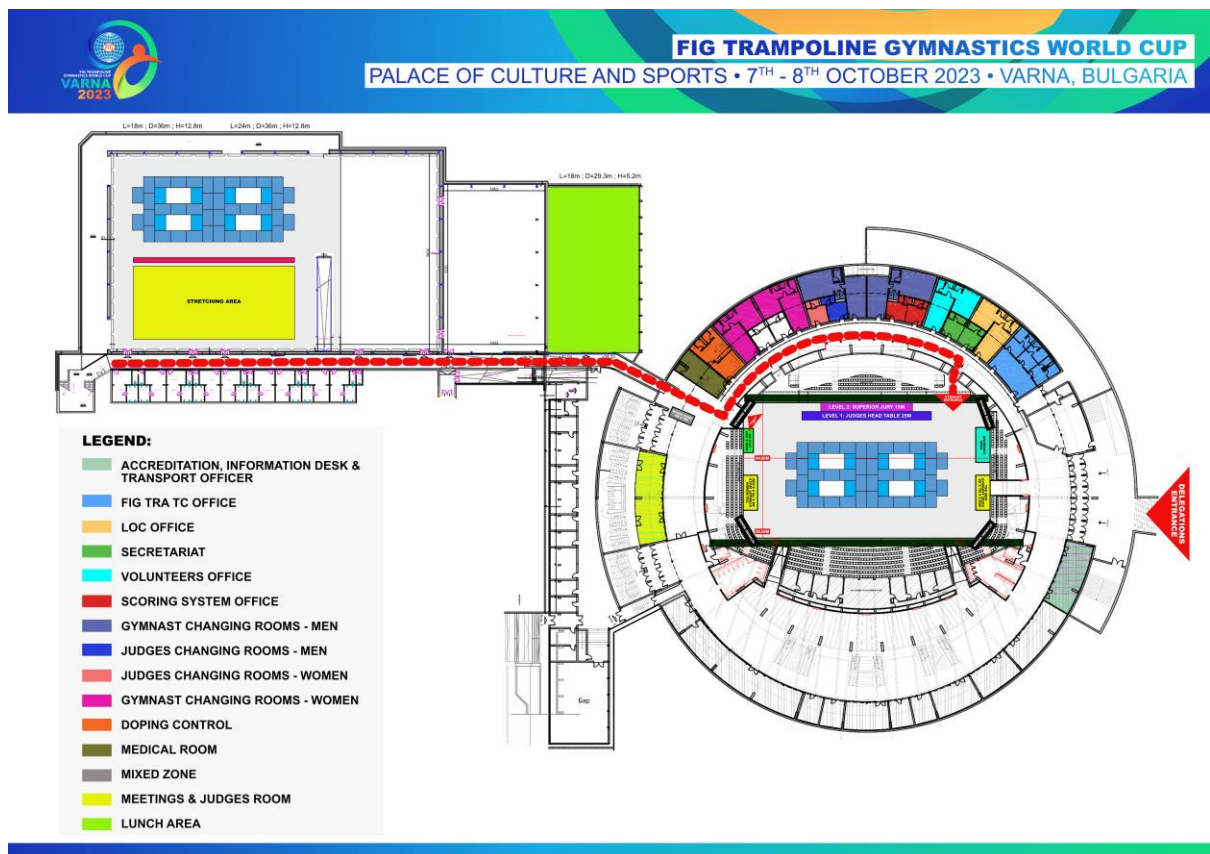
<b><u>6th OCTOBER</u></b>			
TIME		WARM UP HALL	COMPETITION HALL
10:00	10:40	GROUP 7	
10:40	11:20	GROUP 6	GROUP 7
11:20	12:00	GROUP 5	GROUP 6
12:00	12:40	GROUP 4	GROUP 5
12:40	13:20	GROUP 3	GROUP 4
13:20	14:00	GROUP 2	GROUP 3
14:00	14:40	GROUP 1	GROUP 2
14:40	15:20	GROUP 7	GROUP 1
15:20	16:00	GROUP 6	GROUP 7
16:00	16:40	GROUP 5	GROUP 6
16:40	17:20	GROUP 4	GROUP 5
17:20	18:00	GROUP 3	GROUP 4
18:00	18:40	GROUP 2	GROUP 3
18:40	19:20	GROUP 1	GROUP 2
19:20	20:00		GROUP 1

## COMPETITION SCHEDULES

<b><u>7th OCTOBER</u></b>			
TIME		WARM UP HALL	COMPETITION HALL
		QUALIFICATION - Q1	
09:10	10:00	IND GR. 1	
10:00	10:50	IND GR. 2	IND GR. 1
10:50	11:40	IND GR. 3	IND GR. 2
11:40	12:30	IND GR. 4	IND GR. 3
12:30	13:20		IND GR. 4
13:20	14:10	LUNCH BREAK	
14:10	15:00	IND GR. 5	
15:00	15:50	IND GR. 6	GROUP 5
15:50	16:40	IND GR. 7	GROUP 6
16:40	17:30		GROUP 7
		QUALIFICATION	
18:00	18:50	SYN GR. 1	
18:50	19:40	SYN GR. 2	SYN GR. 1
19:40	20:30		SYN GR. 2

<b><u>8th OCTOBER</u></b>			
TIME		WARM UP HALL	COMPETITION HALL
		QUALIFICATION - Q2	
10:30	11:00	IND GR. 1	
11:00	11:30	IND GR. 2	IND GR. 1
11:30	12:00		IND GR. 2
12:00	14:30	LUNCH BREAK	
		FINALS	
15:30	16:00	IND WOMEN	
16:00	16:30	IND MEN	IND WOMEN
16:30	17:00	SYN WOMEN	IND MEN
17:00	17:30	SYN MEN	SYN WOMEN
17:30	18:00		SYN MEN
18:00	18:30	AWARDING	

## 32. VENUE LAYOUT AND OFFICES



Lausanne 19 September 2019

(end of document)