

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



FIG TRAMPOLINE GYMNASTICS WORLD CUP

ALKMAAR, THE NETHERLANDS | MARCH 13-14, 2024



WORK PLAN

Table of contents

1. GENERAL INFORMATION	3
2. COMPETITION DATES	4
3. ORGANIZATION	4
4. GENERAL PROGRAM	5
5. COMPETITION VENUE LAYOUT AND OFFICES	7
6. ACCREDITATION	9
7. NATIONAL FLAG AND ANTHEM	9
8. CORRESPONDANCE	10
9. HOTELS	10
10. MEALS.....	10
11. BANQUET	10
12. LOCAL TRANSPORTATION	11
SHUTTLEBUS SCHEDULE PER DAY	12
13. MARCH IN & MARCH OUT	16
14. WARM UP	16
15. COMPETITION	16
16. KISS & CRY	16
17. CHALK	16
18. ORIENTATION MEETING.....	16
19. JUDGES INSTRUCTION & MEETING	17
20. SUPERIOR JURY	17
21. DRAWING OF LOTS	17
22. FIG CERTIFIED APPARATUS	17
23. SCORING	18
24. CEREMONIES.....	18
25. MEDICAL SERVICES	18
26. SAFEGUARDING.....	19
27. DOPING CONTROL.....	19
28. PRIZE MONEY	19
29. LIVESTREAM & BROADCAST	19
30. PRIVACY POLICY	19
31. NO SMOKING POLICY	19
32. APPENDICES	20
APPENDIX 1 TRAINING GROUPS	20
APPENDIX 2 TRAINING SCHEDULES	20
APPENDIX 3 COMPETITION SCHEDULES	21
APPENDIX 4 STARTING ORDER	22
APPENDIX 5 JUDGES PANNELS	25
APPENDIX 6 TRAINING SCHEDULES PAST COMPETITION	25

1. GENERAL INFORMATION

The competition will be organized under 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
- Code of Ethics
- Code of Conduct
- Technical Regulations
- License Rules
- Code of Points and relevant Newsletters
- General Judges' Rules
- Specific Judges' Rules for Trampoline Gymnastics
- Medical Organization of the FIG Competitions and Events
- Anti-Doping Rules
- Event Safeguarding Framework
- Media Rules
- Apparatus Norms
- Rules for Advertising and Publicity
- Accreditation Rules
- Rules for Awards Ceremonies
- World Cup Rules for Trampoline Gymnastics

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 language 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.**

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.

2. COMPETITION DATES

13th-14th of March 2024

3. ORGANIZATION

INTERNATIONAL GYMNASTICS FEDERATION (FIG)

Contact Person Mr. Rue Vinagre
Tel. +41 (0) 21 321 55 32
Email rvinagre@fig-gymnastics.org
Website www.gymnastics.sport

EVENT ID 17528



FIG TECHNICAL COMMITTEE

Christophe Lambert (FRA) - President
Tatiana Shuiska (UKR)
Miguel Vicente Marino (ESP)
Mariela Stoycheva (BUL)
Dmitri Poriaroush (BLR)
Liu Xing (CHN)
Muto Shinya (JPN)

HOST FEDERATION	Royal Dutch Gymnastics Federation Mr. H. Jansen Papendallaan 60 (3e verdieping NOC*NSF gebouw) 6816 VD Arnhem Tel. 088-5058800 jansen@kngu.nl www.kngu.nl
LOCAL ORGANIZING COMMITTEE	Stichting Dutch Trampoline Open contact person: Jimmy Demmers full address: p/a Pater Schiphorststraat 25, 1827 NK Alkmaar phone number: 00 31 610169220 e-mail: info@dutchtrampolineopen.com website: www.dutchtrampolineopen.com

Competition Director:	Sven Mooij
Competition Office:	Irene Pronk
Event Management:	Alice Mooij
Scoring:	Irene Pronk
Judges:	Yvette Venema
Technical:	Erik Bakker
Ceremonies:	Marion Sörman
Transportation and Hotels:	Manja Eversdijk
Media:	Jimmy Demmers
Medical & anti doping:	Bo Bet

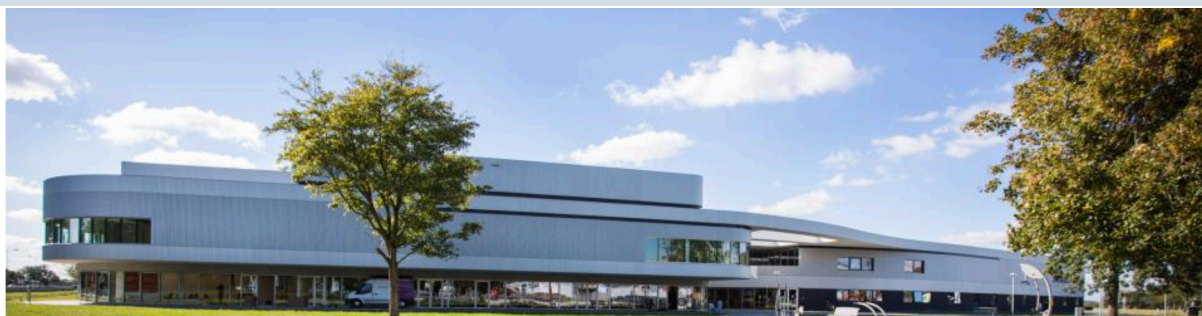
4. GENERAL PROGRAM

Sunday - March 10			
All day		Arrival of Delegations & officials	
10:00	18:00	Assigned pre - Training	Warmup Competition hall
Monday - March 11			
All day		Arrival of Delegations & officials	
10:00	19:00	Assigned pre-training	Warmup Competition hall
16:00	20:00	Accreditation	Competition Office 1 st fl.
17:30	20:00	Dinner	
Tuesday, March 12			
09:00	11:00	Free training	Warmup Competition hall
11:30	14:00	Lunch	
13:30	18:30	Training as per schedule	Warmup Competition hall
10:00	18:00	Accreditation	Competition Office 1 st fl.
10:00	18:00	Handing in the Competition cards	Competition Office 1 st fl.
15:00	15:45	Judges' meeting and instructions	Touch Down 1 st fl.
15:45	16:00	Judges' score instructions	Competition hall
17:30	20:00	Dinner	
18:30	19:30	Orientation meeting	Touch Down 1 st fl.
Wednesday, March 13			
11:00	12:15	TRA SYN Qualifications	Competition hall
12:00	14:00	Lunch	
13:45	14:00	Opening Ceremony	Competition hall
14:00	17:40	TRA IND Qualifications	Competition hall
17:30	19:00	Dinner	
Thursday, March 14			
10:00	12:00	FREE TRAINING	Training hall
12:00	14:00	Lunch	
15:15	15:30	FINALS TRA SYN Women	Competition hall
15:30	15:57	FINALS TRA SYN Men	Competition hall
15:57	16:24	FINALS TRA IND Women	Competition hall
16:24	16:51	FINALS TRA IND Men	Competition hall
16:51	17:21	Awarding ceremonies	Competition hall
19:00	19:30	Transport to the banquet	
Friday, March 15			
All day		Departure of delegations & officials	

Training possibility between departure date WC Alkmaar and arrival date WC GER

Friday, March 15			
09:00	13:00	Training	Warmup hall
10:00	14:00	Training	Competition hall
Saturday, March 16			
All day		Departure of delegations	
19:00	22:00	Training	Warmup hall
20:00	22:00	Training	Competition hall
Sunday, March 17			
All day		Departure of delegations	
14:30	16:00	Training	Warmup hall
16:15	17:00	Training	Competition hall
19:10	21:00	Training	Warmup hall
Monday, March 18			
All day		Departure of delegations	
09:00	21:00	Training	Warmup hall
Tuesday, March 19			
All day		Departure of delegations	
09:00	21:00	Training	Warmup hall
Wednesday, March 20			
All day		Departure of delegations	
09:00	12:00	Training	Warmup hall

5. COMPETITION VENUE LAYOUT AND OFFICES



Venue: **De Meent, Terborchlaan 301, Alkmaar**

phone number: 0031 72 5489310

e-mail: info@alkmaarsport.nl

website: www.demeentalkmaar.nl





6. ACCREDITATION

Accreditation will take place at the accreditation desk on March 11 (see General Program).

At accreditation Heads of Delegation are required to

- verify the names of their entire delegation and present to the LOC the valid passport of all Delegation Members for proof of identity and Nationality
- confirm the NF contact details onsite (email and mobile phone) for proper delivery of the gymnasts' start list, judges' list and results)
- provide proof 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
- provide their confirmation of insurance
- 2 copies of competition cards for each gymnast/synchro pair
- confirm the accuracy of the Federation National Anthem and National Flag presented by the LOC
- provide bank details to be used to pay the money for the awarded gymnasts
- provide a valid phone number (working in The Netherlands) and email address. These contact details will be used during and after the competition to send to delegations any relevant information via WhatsApp and email.

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

In order to accelerate the process of accreditation, each participating Federation is kindly requested to send photos of each member of its delegation until 1st February, 2024.

It is mandatory to send photos of delegation members such as medical staff and HOD that do not have a FIG license to the LOC latest February 25.

The photos (identity colour photo in jpg format) should clearly indicate the corresponding full name in the file title.

In addition, the LOC will distribute information regarding the safeguarding Officer operations plan upon accreditation

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

7. 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.

8. 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:

Email: info@dutchtrampolineopen.com

WhatsApp: Stay up-to-date during the competition. Created to share competition information; join the World Cup Alkmaar 2024 whatsapp group:

9. HOTELS

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

- the earliest check-in time is 15:00 on the day of arrival
- the latest check-out time is 10:30 on the day of departure.

Conditions for early check-in and early check-out from the hotel / Information if you have opportunity to visit Amsterdam on departure day) will be communicated upon receipt of the travel schedule.

10. MEALS

Breakfast will be served in the respective hotels at the following hours:

- Hotel Zuiderduin 07:30-10:30
- Hotel Golfzang 07:00-10:30
- Hotel De Boei 08:00-10:30
- Hostel StayOkay

Dinner on 11th * / Lunch and Dinner on 12th/13rd/14th will be served at the competition venue at times per General Schedule in this Work Plan.

*Arrangements will be made for delegations arriving outside these hours on arrival day

**Meals times on pre- and after training days will be communicated with the delegations

11. BANQUET

The farewell banquet on Thursday, March 14, will be from 19:30 at Boules & Bites, situated in the city-center of Alkmaar. Pick up point will be communicated.

A valid wrist band must be presented at the entrance as well as for the bus transport.

12. LOCAL TRANSPORTATION

Coordinator Manja Eversdijk,
phone: 0031 620533185
e-mail: mapieversdijk@ziggo.nl with cc info@dutchtrampolineopen.com

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

The Organizing Committee will provide bus transportation between Schiphol airport, hotels, and the competition venue between 9-20 March for arrival/departure, training and competition.

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

VAN's are available for extra transport requests.

The transport is for the use of the delegations who have booked their accommodation through the LOC. Bus tickets can also be booked separately at the competition office.

Arrival at Schiphol Airport:

We will welcome you at the airport and guide you to the busstop.



in the red circles you see the exit location and nearby the busstop of your (BAK)Dutch Trampoline Open bus.

Shuttlebus schedule per day

Shuttlebus schedule World Cup 2024						Monday 11 March					
Hotel de Boei		Hotel Golfzang		De Meent							
DEPART		DEPART		ARRIVAL							
15:00 H		15:02 H		15:15 H							
16:00 H		16:02 H		16:15 H							
17:00 H		17:02 H		17:15 H							
18:00 H		18:02 H		18:15 H							
19:00 H		19:02 H		19:15 H							
20:00 H		20:02 H		20:15 H							
De Meent		Hotel Golfzang		Hotel de Boei							
DEPART		ARRIVAL		ARRIVAL							
15:30 H		15:45 H		15:47 H							
16:30 H		16:45 H		16:47 H							
17:30 H		17:45 H		17:47 H							
18:30 H		18:45 H		18:47 H							
19:30 H		19:45 H		19:47 H							
20:30 H		20:45 H		20:47 H							

Shuttlebus schedule World Cup 2024			Tuesday 12 March		
Hotel de Boei		Hotel Golfzang		De Meent	
DEPART		DEPART		ARRIVAL	
08:00 H		08:02 H		08:15 H	
09:00 H		09:02 H		09:15 H	
10:00 H		10:02 H		10:15 H	
11:00 H		11:02 H		11:15 H	
12:00 H		12:02 H		12:15 H	
13:00 H		13:02 H		13:15 H	
14:00 H		14:02 H		14:15 H	
15:00 H		15:02 H		15:15 H	
16:00 H		16:02 H		16:15 H	
17:00 H		17:02 H		17:15 H	
18:00 H		18:02 H		18:15 H	
19:00 H		19:02 H		19:15 H	
19:45 H		19:47 H		20:00 H	
De Meent		Hotel Golfzang		Hotel de Boei	
DEPART		ARRIVAL		ARRIVAL	
08:30 H		08:45 H		08:47 H	
09:30 H		09:45 H		09:47 H	
10:30 H		10:45 H		10:47 H	
11:30 H		11:45 H		11:47 H	
12:30 H		12:45 H		12:47 H	
13:30 H		13:45 H		13:47 H	
14:30 H		14:45 H		14:47 H	
15:30 H		15:45 H		15:47 H	
16:30 H		16:45 H		16:47 H	
17:30 H		17:45 H		17:47 H	
18:30 H		18:45 H		18:47 H	
19:15 H		19:30 H		19:37 H	
20:00 H		20:15 H		20:17 H	
20:30 H		20:45 H		20:47 H	

Shuttlebus schedule World Cup 2024	Wednesday 13 March
---	---------------------------

Hotel de Boei	Hotel Golfzang	De Meent
DEPART	DEPART	ARRIVAL
09:00 H	09:02 H	09:15 H
10:00 H	10:02 H	10:15 H
11:00 H	11:02 H	11:15 H
12:00 H	12:02 H	12:15 H
13:00 H	13:02 H	13:15 H
14:00 H	14:02 H	14:15 H
15:00 H	15:02 H	15:15 H
16:00 H	16:02 H	16:15 H
17:00 H	17:02 H	17:15 H
18:00 H	18:02 H	18:15 H
19:00 H	19:02 H	19:15 H

De Meent	Hotel Golfzang	Hotel de Boei
DEPART	ARRIVAL	ARRIVAL
09:30 H	09:45 H	09:47 H
10:30 H	10:45 H	10:47 H
11:30 H	11:45 H	11:47 H
12:30 H	12:45 H	12:47 H
13:30 H	13:45 H	13:47 H
14:30 H	14:45 H	14:47 H
15:30 H	15:45 H	15:47 H
16:30 H	16:45 H	16:47 H
17:30 H	17:45 H	17:47 H
18:30 H	18:45 H	18:47 H
19:30 H	19:45 H	19:47 H

Shuttlebus schedule World Cup 2024			Thursday 14 March		
Hotel de Boei		Hotel Golfzang		De Meent	
DEPART		DEPART		ARRIVAL	
09:00 H		09:02 H		09:15 H	
10:00 H		10:02 H		10:15 H	
11:00 H		11:02 H		11:15 H	
12:00 H		12:02 H		12:15 H	
13:00 H		13:02 H		13:15 H	
14:00 H		14:02 H		14:15 H	
15:00 H		15:02 H		15:15 H	
16:00 H		16:02 H		16:15 H	
17:00 H		17:02 H		17:15 H	
De Meent		Hotel Golfzang		Hotel de Boei	
DEPART		ARRIVAL		ARRIVAL	
09:30 H		09:45 H		09:47 H	
10:30 H		10:45 H		10:47 H	
11:30 H		11:45 H		11:47 H	
12:30 H		12:45 H		12:47 H	
13:30 H		13:45 H		13:47 H	
14:30 H		14:45 H		14:47 H	
15:30 H		15:45 H		15:47 H	
16:30 H		16:45 H		16:47 H	
17:15 H		17:30 H		17:37 H	
17:45 H		18:00 H		18:02 H	
18:15 H		18:30 H		18:32 H	
Starting the shuttle to the Banquet in "Boules and Bites"					

Shuttlebus schedule World Cup Banquet 2024				Thursday 14 March	
Hotel de Boei	Hotel Golfzang	De Meent	Boules and Bites		
DEPART	DEPART	DEPART	ARRIVAL		
18:35 H	18:37 H	18:50 H	19:00 H	Coach	
18:45 H	18:47 H	19:00 H	19:10 H	Van's	
19:20 H	19:22 H	19:35 H	19:50 H	Coach	
19:30 H	19:32 H	19:45 H	20:00 H	Van's	
Boules and Bites	Hotel Golfzang	Hotel de Boei			
DEPART	ARRIVAL	ARRIVAL			
22:00 H	22:20 H	22:22 H			
22:30 H	22:50 H	22:52 H			
23:00 H	23:20 H	23:22 H			
23:30 H	23:50 H	23:52 H			
00:30 H	00:50 H	00:52 H			
01:00 H	01:20 H	01:22 H			
				if necessary	

13. MARCH IN & MARCH OUT

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

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

14. 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.

15. 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.)

16. 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.

17. CHALK

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

Also individual liquid chalk bottles will be available at the competition office.

18. ORIENTATION MEETING

The Orientation Meeting will take place Tuesday March 12th at 18:30-19:30 in the **Touch Down** at the competition venue | 1st floor

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.

A QR code will be available for delegations to attend the Delegation Group App. The App will be used for announcements from, and requests for information to the LOC during this World Cup. The tel.nr. of the LOC on site during competition is 0031-645253466 (for emergencies and one-way communication only)

19. JUDGES INSTRUCTION & MEETING

The judges' instruction is compulsory for all judges. Please note that the judges' instruction will be held in English only. Judges who do not participate in the judges' instruction may not be authorized to judge and their respective federations may face a penalty fee.

Trampoline judges meeting and score instruction: Tuesday March 12th at 15:00-16:00
In the Touch Down at the competition venue | 1st floor

The judges will be drawn after the judges' instruction.

20. SUPERIOR JURY

The FIG delegate will act as President of the Superior Jury.

21. DRAWING OF LOTS

The drawing of lots and starting order will take place on Februari 22, 2024 in the FIG office and published on the FIG website.

The list of finalists will be provided to the Heads of Delegation after the qualifications. Any withdrawel from the Finals must be declared in writing with the LOC.

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 during warmup and competition will be per the apparatus list published on the FIG website.

23. SCORING

Sporttech.io will provide the official scoring programme for this World Cup. The Sporttech.io programme 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 March 13, at 13:45 – 14:00

Further detailed information will be given during the Orientation Meeting

PRESENTATION OF THE FINALISTS

The LOC will make a presentation of the finalists 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.

The award ceremonies will take place immediately after the last finals, in the same order of the Finals.

Only the medal winners are invited to participate. They must wear their national tracksuit according to FIG rules.

25. MEDICAL SERVICES

Medical services will be provided by the Organising Committee during all training and competition sessions.

Sports therapist: situated in the stretch/relax area | 2nd fl.

Official hospital:

NWZ

Wilhelminalaan 12

1815 JD Alkmaar

Tel. 0031 (0)72 5484444

26. SAFEGUARDING

From the events' 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 email 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 Bo Bet and her number is +31647434481. She will be reachable from the accreditation day as well as via What'sApp.

27. DOPING CONTROL

Doping controls may be made during the World Cup – as per FIG, IOC and WADA regulations.

28. PRIZE MONEY

Prize money will be given as follows:

TRA IND:

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

TRA SYN Men (per pair)*:

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

**No prize money or World Cup ranking points apply to TRA SYN Woman competition, according to FIG Rules concerning number of participating federations.*

29. LIVESTREAM & BROADCAST

The Finals (Thursday March 14) will be broadcasted by SouthFields / Dentsu

30. PRIVACY POLICY

Foto and video footage will be made during training and competition for social media, stock and (after)movie purposes through the official channels of the LOC (Stichting Dutch Trampoline Open).

31. NO SMOKING POLICY

It is strictly forbidden to smoke inside any facility in The Netherlands, including the venue complex (including toilets and changing rooms), hotels and means of transport.

32. APPENDICES

Appendix 1 | TRAINING GROUPS

Group 1	MEN	WOMEN	Group 2	MEN	WOMEN	Group 3	MEN	WOMEN
AZE	3	1	EGY	4	2	GER	3	3
NED	4	2	BEL	4		UZB	2	
MEX		1	EST		1	SUI	1	1
			LAT		1	TUN	1	
TOTAL:	7	4	TOTAL:	8	4	TOTAL:	7	4

Group 4	MEN	WOMEN
UKR	2	4
BRA	1	1
NAM		1
ITA	2	2
TOTAL:	5	8

Appendix 2 | TRAINING SCHEDULES

Before each group the Stretch & Relax hall | 2nd floor is available for the athletes for preparation.

MON 11 th March			
TIME (can be booked at LOC website)		WARM UP HALL	COMPETITION HALL
17:30	20:00	DINNER	

TUE 12 th March			
TIME		WARM UP HALL	COMPETITION HALL
09:00	11:00	FREE TR.	FREE TR.
11:30	14:00	LUNCH	
13:30	14:30	GROUP 1	
14:30	15:30	GROUP 2	GROUP 1
15:30	16:30	GROUP 3	GROUP 2
16:30	17:30	GROUP 4	GROUP 3
17:30	18:30		GROUP 4
17:30	20:00	DINNER	

Appendix 3 | COMPETITION SCHEDULES

Before each group the Stretch & Relax hall | 2nd floor is available for the athletes for preparation.

WED 13 TH March			
TIME		WARM UP HALL	COMPETITION HALL
QUALIFICATION – Q1			
10:20	11:00	SYN W	
10:50	11:30	SYN M	
11:00	11:30		SYN W
11:30	12:15		SYN M
12:00	13:30	LUNCH BREAK	
13:45	14:00	OPENING CEREMONY	
13:20	14:00	IND W GR.1	
14:00	14:40	IND W GR.2	IND W GR.1
14:40	15:20		IND W GR.2
15:20	15:40	BREAK	
15:00	15:40	IND M GR.1	
15:40	16:20	IND M GR.2	IND M GR.1
16:20	17:00	IND M GR.3	IND M GR.2
17:00	17:40		IND M GR.3
17:30	19:00	DINNER	

THU 14 th March			
TIME		WARM UP HALL	COMPETITION HALL
FREE TRAINING			
10:00	12:00	FT	FT
12:00	14:00	LUNCH BREAK	
FINALS			
14:20	15:05	FIN SYNCHR. W	
14:35	15:20	FIN SYNCHR. M	
15:15	15:30		FIN SYNCHR. W
15:30	15:57	FIN IND. Women	FIN SYNCHR. M
15:57	16:24	FIN IND. Men	FIN IND. Women
16:24	16:51		FIN IND. Men
16:51	17:15	AWARDING CEREMONIES	

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE





FIG WORLD CUP DTO ALKMAAR 2024
13-14 March 2024
Alkmaar (NED)



STARTING ORDER

Qualification 1

INDIVIDUAL TRAMPOLINE

IND Men					IND Women				
Group 1					Group 1				
	FIG Lic.	NAME	First Name	NF		FIG Lic.	NAME	First Name	NF
1	41962	VAN TILBORG	Ralph	NED	1	41365	MORET	Lucie	SUI
2	41595	DEKLERCK	Brent	BEL	2	31330	SCHULDT	Christine	GER
3	42923	FEYH	Miguel	GER	3	25418	KAASIK	Krete	EST
4	31225	SWINKELS	Luuk	NED	4	42920	ALAROVA	Sofiia	UKR
5	38246	BILLIET	Darwin	BEL	5	36228	OVCARUKA	Darja	LAT
6	46357	SERRY	Hassan	EGY	6	61339	MOHAMED	Aisha	EGY
7	31259	DUTRA	Rayan	BRA	7	37878	MAHSUDOVA	Seljan	AZE
8	32650	LAVINO	Marco	ITA	8	45228	PELLISSIER	Sofia	ITA
9	55681	SOKOLOV	Andrii	UKR	9	44292	PIATAKOVA	Veronika	UKR
					10	14153	NAVARRO LOZA	Dafne	MEX

Group 2					Group 2				
	FIG Lic.	NAME	First Name	NF		FIG Lic.	NAME	First Name	NF
1	34471	AYARI	Louay	TUN	1	32645	MURGO	Isabella	ITA
2	54262	MUMINOV	Yahyobek	UZB	2	51847	DOVGALYOVA	Anna	UKR
3	19717	GESSWEIN	Tim-Oliver	GER	3	43934	WIJKSTRA	Madelief	NED
4	34535	HUSSEIN	Khaled	EGY	4	48411	EISLOEFFEL	Aurelia	GER
5	36379	ZAYED	Omar	EGY	5	45831	ROZHKOVA	Kateryna	UKR
6	36892	MOL	Jordy	NED	6	29612	VAN ZYL	Carane	NAM
7	51150	MIRZAYEV	Nijat	AZE	7	44546	MOELLER	Maya	GER
8	55193	KHASANBOEV	Mirshokhid	UZB	8	16236	GOMES	Alice	BRA
9	32646	PATISSO COLONNA	Samuele	ITA	9	42383	HAMZA	Malak	EGY
					10	13059	SCHURING	Romana	NED

(cont. IND)

Group 3

	FIG Lic.	NAME	First Name	NF
1	36997	ALVES	Goncalo	SUI
2	46629	THOMSON	Adrian	GER
3	53155	NIKANOROV	Artem	UKR
4	51153	ALIYEV	Mehdi	AZE
5	24381	ABRAHAMS	Michael	NED
6	38083	VANDENBERGHE	Florian	BEL
7	43682	ABBASOV	Huseyn	AZE
8	42385	SOBHY	Ramez	EGY
9	44157	DENOLF	Rien	BEL

SYNCHRONIZED TRAMPOLINE

SYN Men

Group 1

	FIG Lic.	NAME	First Name	NF
1	44157	DENOLF	Rien	BEL
	41595	DEKLERCK	Brent	
2	54262	MUMINOV	Yahyobek	UZB
	55193	KHASANBOEV	Mirshokhid	
3	32650	LAVINO	Marco	ITA
		PATISSO		
	32646	COLONNA	Samuele	
4	36892	MOL	Jordy	NED
	41962	VAN TILBORG	Ralph	
5	53155	NIKANOROV	Artem	UKR
	55681	SOKOLOV	Andrii	
6	42923	FEYH	Miguel	GER
	46629	THOMSON	Adrian	
7	38083	VANDENBERGHE	Florian	BEL
	38246	BILLIET	Darwin	
8	31225	SWINKELS	Luuk	NED
	24381	ABRAHAMS	Michael	
9	43682	ABBASOV	Huseyn	AZE
	51150	MIRZAYEV	Nijat	

SYN Women

Group 1

	FIG Lic.	NAME	First Name	NF
1	43934	WIJKSTRA	Madelief	NED
	13059	SCHURING	Romana	
2	42920	ALAROVA	Sofiia	UKR
	44292	PIATAKOVA	Veronika	
3	48411	EISLOEFFEL	Aurelia	GER
	44546	MOELLER	Maya	
4	45831	ROZHKOVA	Kateryna	UKR
	51847	DOVGALYOVA	Anna	

Finals

IND FINAL			
MEN		WOMEN	
St. Order	Rk Q2	St. Order	Rk Q2
1	3	1	2
2	2	2	5
3	1	3	7
4	8	4	1
5	6	5	6
6	4	6	3
7	7	7	8
8	5	8	4

SYN FINAL			
MEN		WOMEN	
St. Order	Rk Q1	St. Order	Rk Q1
1	4	1	3
2	7	2	1
3	3	3	2
4	6		
5	1		
6	2		
7	5		

Lausanne, 22 February 2024

(end of document)

Appendix 5 | JUDGES PANNELS

Judges pannels will be formed at the Judges meeting.

Appendix 6 | TRAINING SCHEDULES PAST COMPETITION

The LOC offers delegations the opportunity to train on the official warmup and competition equipment

- prior to the DTO 2024 Alkmaar World Cup and also
- **between departure date WC Alkmaar and arrival date WC GER (schedule below)**

FRI 15 th March			
TIME		WARM UP HALL	COMPETITION HALL
09:00	10:00	GROUP 1	
10:00	11:00	GROUP 2	GROUP 1
11:00	12:00	GROUP 3	GROUP 2
12:00	13:00	GROUP 4	GROUP 3
13:00	14:00		GROUP 4
	PM	Delegations lunch	
17:00	20:30	Delegation dinner	

SAT 16 th March			
TIME		WARM UP HALL	COMPETITION HALL
12:00	14:00	Delegations lunch	
17:00	20:30	Delegations dinner	
19:00	20:00	GROUP 1	
20:00	21:00	GROUP 2	GROUP 1
21:00	22:00	FREE	GROUP 2

SUN 17 th March			
TIME		WARM UP HALL	COMPETITION HALL
11:30	14:30	Delegations lunch	
14:30	16:00	FREE	
16:15	17:00		FREE
17:00	19:30	Delegations dinner	
19:10	21:00	FREE	

MON 18 th March			
TIME		WARM UP HALL	
09:00	11:00	GROUP 1	
11:00	13:00	GROUP 2	
13:00	15:00	GROUP 3	
15:00	17:00	GROUP 1	
17:00	19:00	GROUP 2	
19:00	21:00	GROUP 3	
		Lunch	
		Dinner	

TUE 19 th March			
TIME		WARM UP HALL	COMPETITION HALL
09:00	11:00	GROUP 1	pm
11:00	13:00	GROUP 2	pm
13:00	15:00	GROUP 3	pm
15:00	17:00	GROUP 1	pm
17:00	19:00	GROUP 2	Pm
19:00	21:00	GROUP 3	Pm
		Lunch	pm
		Dinner	pm

WED 20 th March			
TIME		WARM UP HALL	
09:00	11:00	GROUP 1	
11:00	13:00	GROUP 2	
13:00	15:00	GROUP 3	