



FIG WORLD CUP COTTBUS 2024 - TRAMPOLINE
LAUSITZ ARENA, COTTBUS (GER)
22-24 MARCH 2024



WORK PLAN

Last update: 17.03.2024

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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
- Framework for safeguarding athletes and other participants from harassment and abuse in sport during events
- 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

2. COMPETITION VENUE

Lausitz Arena Cottbus

Hermann-Löns-Straße 18, 03050 Cottbus, Germany

Tel.: +49 355 486 200

Email: info@scc-cottbus.de

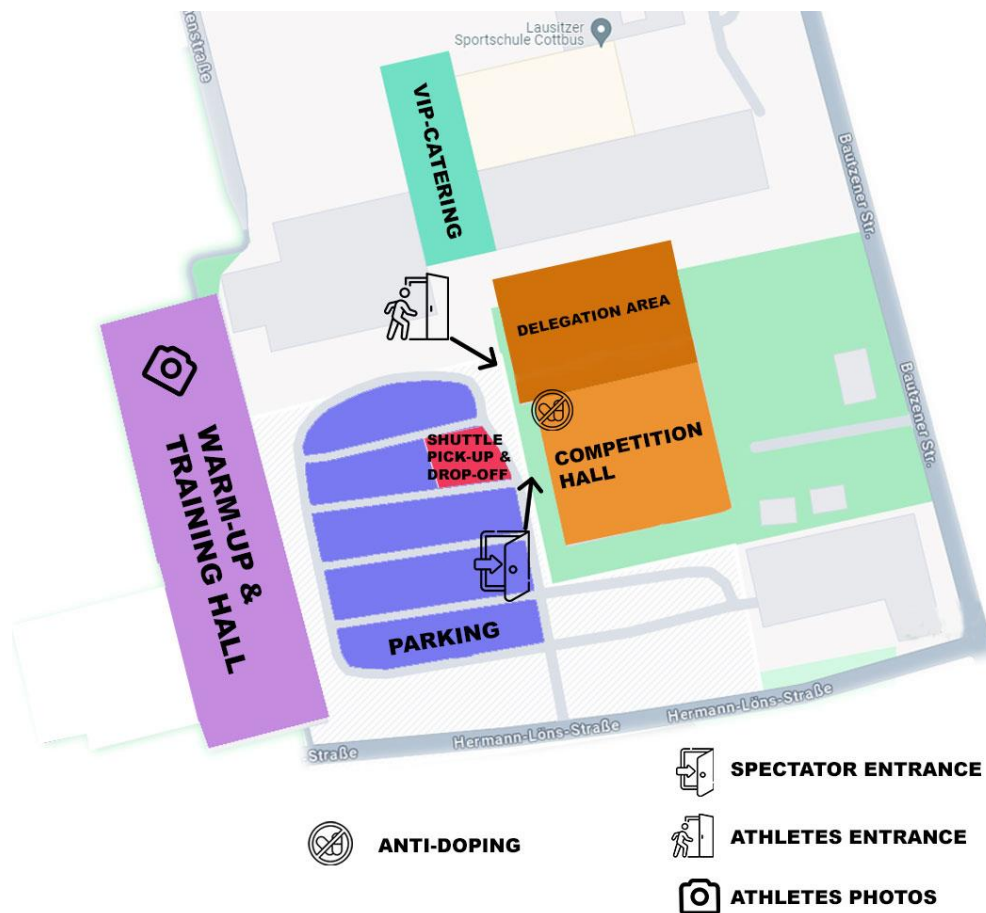
Website: www.lausitzarena-cottbus.de

The training/warm-up hall is next to the competition hall (distance 60m).

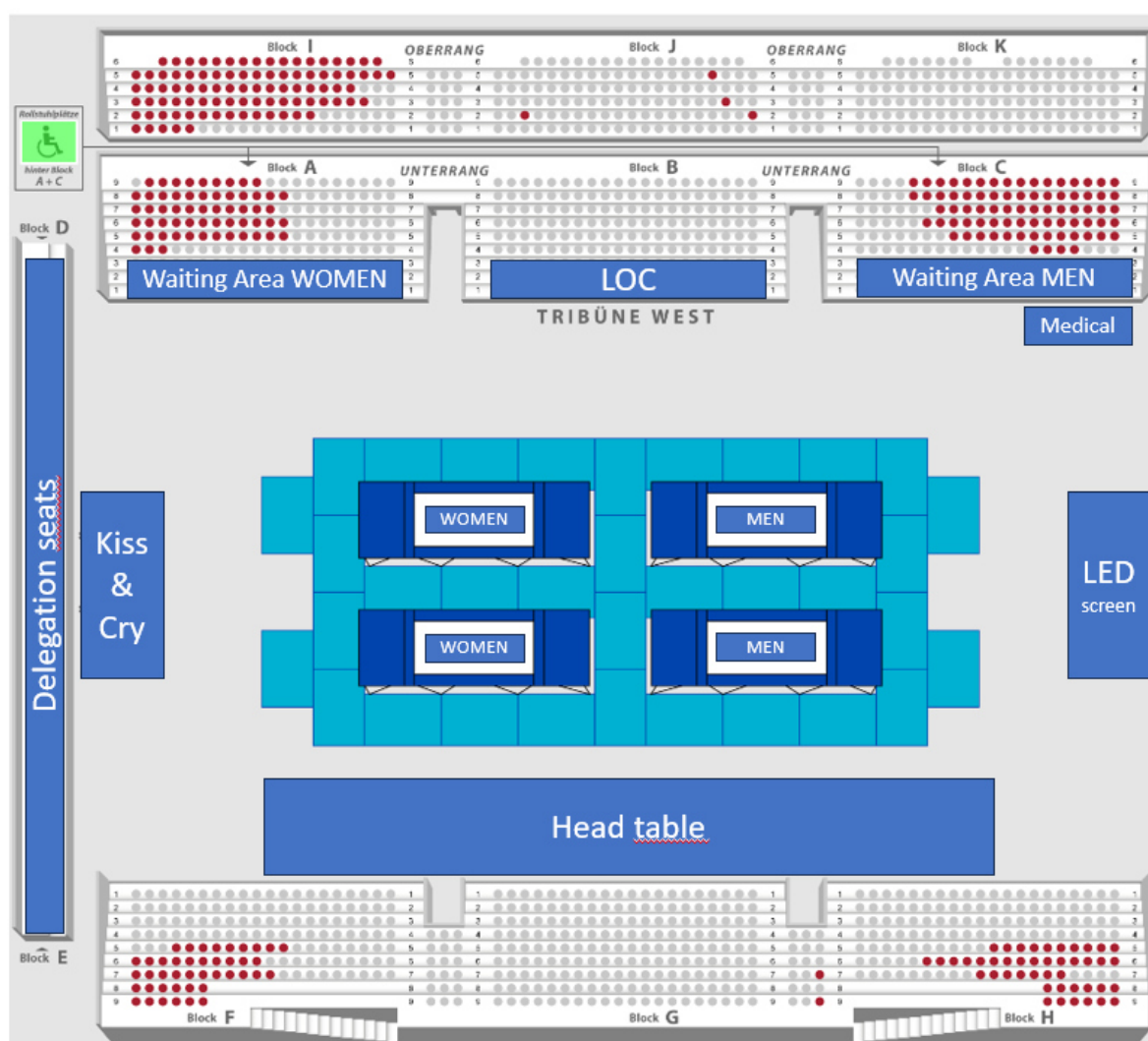
Lausitz Arena



Venue Layout



Competition Hall Layout



3. FEDERATION INTERNATIONALE DE GYMNASTIQUE

Contact Person: Mr. Rui VINAGRE
 Telephone: +41 (0) 21 321 55 32
 E-mail: rvinagre@fig-gymnastics.org
 Website: 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 POLIAROUGH (BLR)
TRA-TC Member	Xing LIU (CHN)

4. LOCAL ORGANISING COMMITTEE

Tournament Directors	Dennis Passig & Mirko Wohlfahrt	dennis.passig@dtb.de wohlfahrt@ospcb.de
Event Manager	Patrick Siegfried	patrick.siegfried@dtb.de
Operations Manager	Philipp Lampe	philipp.lampe@dtb.de
Competition Manager	Uwe Marquardt	marquardtuwe@web.de
NF Delegate	Tatjana Geib	tatjana.geib@dtb.de
Logistics	Johannes Pfeiffer	koex.ip@gmail.com
Secretariat	Norina Befurt & Ute Schmidt-Lezius	norina.befurt@dtb.de ute.schmidt-l@gmx.de
Official Doctor	Marco Scherkus	marco.scherkus@web.de
Safeguarding Officers	Eva & Christopher Jursch	jursch@ospcb.de
Accreditation	Claire Thompson & Norina Befurt	thompsonclaire@hotmail.co.uk norina.befurt@dtb.de
Delegation Management	Roswitha Jachmann & Caro Quos	rojach@gmx.net caro.quos@gmail.com
Transportation	Andreas Kypke & Ulrich Schmidt	stauseebaecker@freenet.de ulrich.schmidt55@gmx.de
Catering	C. Lehmann	office@lehmann-crew-cottbus.de
Head of Media	Torsten Hartmann	torsten.hartmann@dtb.de
Press Office	Katrin Fuhrmeister-Jabbour	katrin.fuhrmeister@maerkischer-turnerbund.de
Social Media Manager	Milena Horstmann & Alicia Keßler	milena.horsmann@dtb.de alicia.kessler@dtb.de
Protocols & Ceremonies	Simone Gypser	simonegypser@web.de
Floor Manager	Francesca Hölzl	francesca.hoelzl@dtb.de
Hospitality Manager	Felix Delf	felix.delf@dtb.de
Official Photographer	Timo Denz	denz@eurotramp.com
Volunteers	Bernd Schaedel	b.schaedel@web.de
Anti-Doping	Felix Schoch & Tabea Frach	felix.schoch@dtb.de tabea.frach@dtb.de

5. IMPORTANT PHONE NUMBERS

Delegation Management	+49 174 2086946
Transport	+49 152 04356954
Organization Office	+49 355 486272
Press Office	+49 355 486276
Safeguarding	+49 157 80417226
Radisson Blu Hotel	+49 355 47610
Lindner Congress Hotel	+49 355 3660
Local Police Station	+49 355 49731224
Police Emergency Call	110
Medical Emergency Call	112

6. DETAILED SCHEDULE

Wednesday, March 20, 2024			
All day		Arrival of Delegations	
10:00	19:00	Accreditations + Competition Cards	Official Hotel
14:00	20:00	Open Training	Warm up / Training /FoP
Thursday, March 21, 2024			
All day		Arrival of Delegations	
10:00	19:00	Accreditations + Competition Cards	Official Hotel
08:00	22:15	Training as per Schedule	Warm up / Training / FoP
17:30	18:45	Judges' meeting and instructions	Official Hotel Meeting room
20:00	21:00	Orientation meeting	Official Hotel
21:00	22:00	Welcome drink for FIG, HoD, Judges and LOC	Official Hotel
Friday, March 22, 2024			
08:30	18:45	Training as per Schedule	Training Hall / Warm up
09:15	10:00	Judges' briefing	FoP
10:00	10:30	Opening	FoP
10:30	11:30	TRA IND Qualifications - Q1 Group 1	FoP
11:30	12:30	TRA IND Qualifications - Q1 Group 2	FoP
12:30	13:30	TRA IND Qualifications - Q1 Group 3	FoP
13:30	14:15	BREAK	Delegation area
14:15	15:15	TRA IND Qualifications - Q1 Group 4	FoP
15:15	16:15	TRA IND Qualifications - Q1 Group 5	FoP
16:15	17:15	TRA IND Qualifications - Q1 Group 6	FoP
17:15	17:45	BREAK	Delegation area
17:45	18:45	TRA IND Qualifications - Q1 Group 7	FoP
18:45	19:15	TRA IND Qualifications - Q1 Group 8	FoP
Saturday, March 23, 2024			
09:30	10:30	Open Training	Training Hall / Warm up

12:15	18:45	Training as per schedule	Training Hall / Warm up
13:30	14:15	Judges' briefing	FoP
14:15	15:15	TRA SYN Qualifications Q1 Group 1	FoP
15:15	16:15	TRA SYN Qualifications Q1 Group 2	FoP
16:15	16:45	TRA SYN Qualifications Q1 Group 3	FoP
16:45	17:45	BREAK	
17:45	18:00	Opening Ceremony	FoP
18:00	18:45	TRA IND Qualifications - Q2 Group 1	FoP
18:45	19:30	TRA IND Qualifications - Q2 Group 2	FoP
Sunday, March 24, 2024			
		<u>FINALS</u>	
09:30	10:30	Open Training	Warm up / FoP
13:55	16:15	Training as per schedule	Warm up
13:30	14:15	Judges' briefing	FoP
14:15	14:30	Opening	FoP
14:30	15:05	TRA IND Women	FoP
		AWARD CEREMONY	FoP
15:05	15:40	TRA IND Men	FoP
		AWARD CEREMONY	FoP
15:40	16:15	TRA SYN Women	FoP
		AWARD CEREMONY	FoP
16:15	16:50	TRA SYN Men	FoP
		AWARD CEREMONY	FoP
19:00	23:30	Final Banquet	Official Hotel
Monday, March 25, 2024			
All day		Departure of Delegations	

7. ACCREDITATION

Accreditation will take place at the accreditation desk in the Radisson Blu Hotel Cottbus, Vetschauer Str. 12, 03048 Cottbus.

The Accreditation desk will be available on March 20 and 21 from 10.00h until 19.00h.

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
- hand in 1 copy of each of the official forms for Competition Cards
- Change of Start List - to the LOC Office, 24 hours before the competition start at the latest
- provide bank details to be used to pay the prize money 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 always to wear their Credential.

Competition cards must be returned to the LOC Office by Thursday **March 21 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

Each 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: norina.befurt@dtb.de
- Facebook: <https://www.facebook.com/trampolinturnen.dtb>

10. OUTSTANDING PAYMENTS

We recommend to exchange money at the airport!

Any outstanding payment must be settled in cash (only in €) on

Wednesday 17:00-19:00

Thursday 17:00–19:00

at the LOC Office in the competition hall (upstairs next to the public entrance).

11. ACCOMMODATION

LOC will provide accommodation in the following hotels:

TOUR PACKAGE Hotel Radisson Blu Hotel Cottbus****, Vetschauer Str. 12, D- 03048 Cottbus, Tel.: +49 355 78440, Email: reception.cottbus@radissonblu.com

Lindner Congress Hotel Cottbus****, Karl-Marx-Straße 68A, D-03046 Cottbus, Tel.: +49 355 3660, Email: info.cottbus@lindner.de

SORAT Hotel Cottbus*** (or similar), Schloßkirchplatz 2, D-03046 Cottbus, Tel.: +49 355 47610, Email: cottbus@sorat-hotels.com

Low-cost hostel: Olympic Base / Sportstättenbetrieb der Stadt Cottbus “House of athletes” (or similar), Dresdener Straße 18, D- 03050 Cottbus, Tel.: +49 355 499 00, Email: friedrich@ssb-cottbus.de

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.

12. MEALS

TOUR PACKAGE:

Full board in the hotel. Only lunch on **Friday** in the competition venue.

NO TOUR PACKAGE:

Breakfast included. No lunch and dinner can be provided at these hotels. There are many restaurants in or close to the hotels. Lunch at the competition venue from Wednesday to Sunday was bookable for 20 EUR per person (Deadline 20 February 2024).

MEALS TIMETABLE

	Breakfast	Lunch	Dinner
Wednesday, March 20	6:00-10:00	11:00-13:30	18:00-21:30
Thursday, March 21	6:00-10:00	11:00-13:30	18:00-21:30
Friday, March 22	6:00-10:00	11:00-13:30 (competition venue)	18:00-21:30
Saturday, March 23	7:00-10:00	11:00-13:30	18:00-21:30
Sunday, March 24	7:00-10:00	11:00-13:30	19:00-23:30 (Final Banquet)
Monday, March 25	6:00-10:00	-	-

13. BANQUET

The Final Banquet will be held on 24 March 2024 at 19:00h at Radisson Blu Hotel and will be free of charge for all delegation members who booked their accommodation through the LOC.

Every delegation will receive an invitation once all financial issues between the LOC and the delegation are duly solved.

The tickets for the Final Banquet will be 75 € per Person for delegations who have not booked through the LOC and must be paid to the LOC by 20 February 2024. Registrations need to be done through the online system under the section "Extra Services".

14. LOCAL TRANSPORTATION

The local transportation from the airports Berlin (BER) and Dresden (DRS) and between the hotel and the venue will be provided at no extra cost for delegations who have booked the Tour Package Hotel (Cat. I).

For delegations who have booked other options, the costs of 50 € (per delegation member) for the local transportation must be paid to the LOC before arrival. Registrations need to be done through the online system under the section "Extra Services".

Any changes in the flight itinerary must be communicated to the contact persons hereafter.

Emails: norina.befurt@dtb.de & stauseebaecker@freenet.de & ulrich.schmidt55@gmx.de

In case of any delay and urgent cases please call Mr. Andreas Kypke: +49 152 04356954

Buses from/to the hotels and the competition venue will be on a shuttle basis for delegations who have booked the Tour Package Hotel (Cat. I) or booked via the online system. A detailed schedule will be provided to delegations upon arrival and will be available at hotels and at the LOC Office at the venue.

TIMETABLE

Sunday, 17.03.2024							
Lindner	Radisson	Lausitz-Arena		Hotel	Group	Persons	Bus
departure	departure	arrival	departure	arrival			
12:45	13:00	13:30			AUS, BRA, COL, UKR		
			15:10				
Monday, 18.03.2024							
Lindner	Radisson	Lausitz-Arena		Hotel	Group	Persons	Bus
departure	departure	arrival	departure	arrival			
13:00	13:15	13:45			BRA, COL, NZL, UKR		
			16:30				
14:30	14:45	15:15			ESP, GER, LAT, POR		
			18:00				
16:00	16:15	16:45			AUS, CAN, USA		
			19:30				

Tuesday, 19.03.2024								
Lindner	Radisson	Lausitz-Arena		Hotel	Group	Persons	Bus	
departure	departure	arrival	departure	arrival				
8:00	8:15	8:45			ESP, GER			
			11:30					
09:30	09:45	10:15			AUS, USA, MEX, UKR			
			13:00					
13:00	13:15	13:45			CAN, CHN			
			16:30					
14:30	14:45	15:15			BRA, LAT, POR, NZL			
			18:00					
16:00	16:15	16:45			COL, USA			
			19:30					
Wednesday, 20.03.2024								
Lindner	Radisson	Lausitz-Arena		Hotel	Group	Persons	Bus	
departure	departure	arrival	departure	arrival				
6:45	7:00	7:30			UKR, CHN, COL			
			10:00					
8:00	8:15	8:45			AIN, POR			
			11:30					
9:30	9:45	10:15			JPN, NZL, USA			
			13:00					
12:45	13:00	13:30					Big bus	
13:45	14:00	14:30	14:35				Big bus	
14:45	15:00	15:30	15:35				Big bus	
15:45	16:00	16:30	16:35				Big bus	
16:45	17:00	17:30	17:35				Big bus	
17:45	18:00	18:30	18:35				Big bus	
			19:35				Big bus	
			20:15				Big bus	
Thursday, 21.03.2024								
Lindner	Radisson	Lausitz-Arena		Hotel	Group	Persons	Bus	
departure	departure	arrival	departure	arrival				
6:45	7:00	7:30	10:00		4			
7:15	7:30	8:00	10:00		5			
8:00	8:15	8:45	10:30		6			
8:45	9:00	9:30	11:15		7			
9:30	9:45	10:15	12:00		8			
10:15	10:30	11:00	12:45		9			

11:00	11:15	11:45	13:30		1			
11:45	12:00	12:30	14:15		2			
12:30	12:45	13:15	15:00		3			
13:15	13:30	14:00	15:45		4			
14:00	14:15	14:45	16:30		5			
14:45	15:00	15:30	17:15		6			
15:30	15:45	16:15	18:00		7			
16:15	16:30	17:00	18:45		8			
17:00	17:15	17:45	19:30		9			
17:45	18:00	18:30	20:15		1			
18:30	18:45	19:15	21:00		2			
19:15	19:30	20:00	22:00		3			
			22:45					
Friday, 22.03.2024								
Lindner	Radisson	Lausitz-Arena		Hotel	Group	Persons	Bus	
departure	departure	arrival	departure	arrival				
7:00	7:15	7:45	12:00		1		Big bus	
8:00	8:15	8:45	13:00		2		Big bus	+ Judges
9:00	9:15	9:45	14:00		3			
10:00	10:15	10:45	15:00					
10:45	11:00	11:30	15:45		4			
11:45	12:00	12:30	16:45		5			
12:45	13:00	13:30	17:45		6			
14:15	14:30	15:00	19:15		7			
15:15	15:30	16:00	19:45		8			
			18:30				Big bus	
			19:30				Big bus	+Judges
Saturday, 23.03.2024								
Lindner	Radisson	Lausitz-Arena		Hotel	Group	Persons	Bus	
departure	departure	arrival	departure	arrival				
8:00	8:15	8:45	10:45		individual			
10:45	11:00	11:30	15:45		1			
11:45	12:00	12:30	16:45		2			
12:45	13:00	13:30					Big bus	+ Judges
12:45	13:00	13:30	17:45		3			
13:15	13:30	11:00	18:15					
14:00	14:15	14:45	18:45					
15:00	15:15	15:45	19:15		1			
16:00	16:15	16:45	19:45		2			

			19:45				Big bus	+ Judges
			20:30				Big bus	+ Judges
Sunday, 24.03.2024								
Lindner	Radisson	Lausitz-Arena		Hotel	Group	Persons	Bus	
departure	departure	arrival	departure	arrival				
8:00	8:15	8:45	11:00		individual			
						Finalist	shuttles	Individual
12:45	13:00	13:30					Big bus	+ Judges
13:15	13:30	14:00					Big bus	
			17:15				2 big busses	
18:30	18:45						Big bus	Lindner ---> RADISSON
19:00	19:15						Big bus	Lindner ---> RADISSON
	23:15			23:30			Big bus	Radisson ---> LINDNER
	23:45			00:00			Big bus	Radisson ---> LINDNER

15. ATHLETES' PHOTO SHOOTING

On 21 March 2024 during podium training a photo shooting for all gymnasts will take place in the training/warm-up hall before the training. **This shooting is mandatory for all gymnasts.** Those photos will be used for the sport presentation in the competition hall on the video walls.

16. 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, LOC staff will guide the athletes.

17. 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.

18. COMPETITION

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

19. KISS & CRY

A Kiss&Cry-area will be set-up for the Q2 on Saturday as well as the finals on Sunday. 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.

20. CHALK

Chalk will be provided for Warm up and Competition Hall.

21. 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 **Thursday, March 21 at 17:30 h.** in the meeting room at the Radisson Blu Hotel Cottbus.

The judges will be provided with lunch on Friday and snacks on Sat & Sun. All other meals will be provided in the hotel.

ORIENTATION MEETING

The Orientation Meeting will take place **Thursday, March 21 at 20:00 h.** in the meeting room at Radisson Blu Hotel Cottbus.

The orientation meeting is compulsory for all Heads of Delegation (max. 2 persons per Federation).

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 organizing committee.

22. DRAWING OF LOTS

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.

23. FIG CERTIFIED APPARATUS

Equipment supplier is EUROTRAMP.

Trampolines: Eurotramp Ultimate 4x4 Trampoline – FIG ID: 610

Trampoline Measurement System Eurotramp – FIG ID: 269

Mats around Trampoline – FIG ID: 548

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

24. 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.

The scoring system used is Sporttech. The scores will be shown in the competition hall and live on the website <https://sporttech.io>

A resumed list of results will be e-mailed to the HoD at the end of qualifications.

A detailed list of results, including all judges' marks, will be e-mailed to the HoD and national federations at the end of the competition.

Link for competition documents and results:



25. CEREMONIES

OPENING CEREMONY

The opening ceremony will be held on **Saturday, March 23 at 17:45 h and Sunday, March 24 at 14:15 h.**

Further detailed information will be given during the Orientation Meeting.

PRESENTATION OF THE FINALISTS

The LOC will make a athletes presentation prior to each respective competition. 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 1st to 3rd place.

26. 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:

Carl-Thiem-Klinikum
Thiemstraße 111
03048 Cottbus
Tel: +49 355 463 838

27. 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 per gender. The contact person is Mrs. Eva Jursch and Mr. Christopher Jursch. Their number is +49 157 80417226 and will be reachable from the accreditation day as well as via What'sApp.

28. DOPING CONTROLS

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

29. VISA

Federations requiring an official invitation to obtain a visa are asked to fill out the visa section in the online registration system.

30. INSURANCE

Federations are obliged to cover the expense of insurance for members of their delegation (illness, accident and repatriation) and to bring the evidence of such insurance. Insurance will be checked and collected during accreditation.

31. LIVESTREAMING & TV HOST BROADCASTER

Qualifications (both Q1 and Q2) will be livestreamed (with geo-blocking) via the following link:



The finals will be fully produced by the Host Broadcaster and showcased on the FIG-platform "figtv.sport". In Germany, the final competition will be livestreamed via the following links:

Saturday



Sunday



32. VIDEO RECORDING

All routines will be recorded.

33. PRIZE MONEY

Prize money will be given as follows:

TRA:

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

TRS (per pair):

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

Prize money will be paid by bank transfer to the National Federation of the awarded gymnasts. Federations are asked to provide bank details via the online registration system.

34. APPENDIX

- Training Schedule
- Competition Cards



FIG World Cup Cottbus 2024 - Trampoline

ADDITIONAL TRAINING | SCHEDULE



Sunday 17.03.		Duration	Training Men	Training Women	Warm up Men	Warm up Women	Competition Men	Competition Women
13:30:00	15:00:00	01:30:00	Empty	Empty	AUS, BRA, COL	AUS, BRA, UKR		

Monday 18.03.		Duration	Training Men	Training Women	Warm up Men	Warm up Women	Competition Men	Competition Women
14:30:00	16:00:00	01:30:00	Empty	Empty	BRA, COL, NZL	BRA, NZL, UKR		
16:00:00	17:30:00	01:30:00	POR	POR, LAT	ESP, GER	ESP, GER		
17:30:00	19:00:00	01:30:00	Empty	Empty	AUS, CAN, USA	AUS, CAN, USA		

Tuesday 19.03.		Duration	Training Men	Training Women	Warm up Men	Warm up Women	Competition Men	Competition Women
09:30:00	11:00:00	01:30:00	Empty	Empty	ESP, GER	ESP, GER		
11:00:00	12:30:00	01:30:00	Empty	Empty	AUS, USA, MEX	AUS, USA, UKR		
12:30:00	14:30:00	02:00:00	BREAK	BREAK	BREAK	BREAK		
14:30:00	16:00:00	01:30:00	Empty	Empty	CAN, CHN	CAN, CHN		
16:00:00	17:30:00	01:30:00	Empty	Empty	BRA, POR, NZL	BRA, POR, NZL, LAT		
17:30:00	19:00:00	01:30:00	Empty	Empty	COL, USA	USA		
Wednesday 20.03.		Duration	Training Men	Training Women	Warm up Men	Warm up Women	Competition Men	Competition Women
08:00:00	09:30:00	01:30:00	Empty	Empty	CHN, COL	CHN, UKR		
09:30:00	11:00:00	01:30:00	Empty	Empty	AIN, POR	AIN, POR		
11:00:00	12:30:00	01:30:00	Empty	Empty	JPN, NZL, USA	JPN, NZL, USA		



FIG World Cup Cottbus 2024 - Trampoline OFFICIAL TRAINING | GROUPS



Group 1	ALG	ARG	TUR	UKR		
Group 2	BUL	CAN	DEN	NAM		
Group 3	CHN	COL	USA			
Group 4	CZE	JPN	KAZ			
Group 5	FRA	GBR	GRE	IRL	ITA	
Group 6	ESP	GER	BRA			
Group 7	LAT	MEX	NED	NZL	POL	POR
Group 8	GEO	AUT	SWE	TUN	AUS	
Group 9	AIN	AZE	UZB			



FIG World Cup Cottbus 2024 - Trampoline OFFICIAL TRAINING | SCHEDULE



Wednesday 20.03.		Duration	Training Men	Training Women	Warm up Men	Warm up Women	Competition Men	Competition Women
14:00:00	20:00:00	06:00:00	Open Training	Open Training	Open Training	Open Training	Open Training	Open Training
Thursday 21.03.		Duration	Training Men	Training Women	Warm up Men	Warm up Women	Competition Men	Competition Women
08:00:00	08:45:00	00:45:00			Group 4	Group 4		
08:45:00	09:30:00	00:45:00			Group 5	Group 5	Group 4	Group 4
09:30:00	10:15:00	00:45:00	Open Training	Open Training	Group 6	Group 6	Group 5	Group 5
10:15:00	11:00:00	00:45:00	Open Training	Open Training	Group 7	Group 7	Group 6	Group 6
11:00:00	11:45:00	00:45:00	Open Training	Open Training	Group 8	Group 8	Group 7	Group 7
11:45:00	12:30:00	00:45:00	Open Training	Open Training	Group 9	Group 9	Group 8	Group 8
12:30:00	13:15:00	00:45:00	Open Training	Open Training	Group 1	Group 1	Group 9	Group 9
13:15:00	14:00:00	00:45:00	Open Training	Open Training	Group 2	Group 2	Group 1	Group 1
14:00:00	14:45:00	00:45:00	Open Training	Open Training	Group 3	Group 3	Group 2	Group 2
14:45:00	15:30:00	00:45:00	Open Training	Open Training	Group 4	Group 4	Group 3	Group 3
15:30:00	16:15:00	00:45:00	Open Training	Open Training	Group 5	Group 5	Group 4	Group 4
16:15:00	17:00:00	00:45:00	Open Training	Open Training	Group 6	Group 6	Group 5	Group 5
17:00:00	17:45:00	00:45:00	Open Training	Open Training	Group 7	Group 7	Group 6	Group 6
17:45:00	18:30:00	00:45:00	Open Training	Open Training	Group 8	Group 8	Group 7	Group 7
18:30:00	19:15:00	00:45:00	Open Training	Open Training	Group 9	Group 9	Group 8	Group 8
19:15:00	20:00:00	00:45:00	Open Training	Open Training	Group 1	Group 1	Group 9	Group 9
20:00:00	20:45:00	00:45:00	Open Training	Open Training	Group 2	Group 2	Group 1	Group 1
20:45:00	21:30:00	00:45:00			Group 3	Group 3	Group 2	Group 2
21:30:00	22:15:00	00:45:00					Group 3	Group 3



FIG World Cup Cottbus 2024 - Trampoline OFFICIAL TRAINING | SCHEDULE



Friday 22.03.		Duration	Training Men	Training Women	Warm up Men	Warm up Women	Competition Men	Competition Women
08:30:00	08:45:00	00:15:00	TRA IND Q1 Group 1	TRA IND Q1 Group 1				
08:45:00	09:00:00	00:15:00						
09:00:00	09:15:00	00:15:00						
09:15:00	09:30:00	00:15:00						
09:30:00	09:45:00	00:15:00	TRA IND Q1 Group 2	TRA IND Q1 Group 2	TRA IND Q1 Group 1	TRA IND Q1 Group 1		
09:45:00	10:00:00	00:15:00						
10:00:00	10:15:00	00:15:00						
10:15:00	10:30:00	00:15:00						
10:30:00	10:45:00	00:15:00	TRA IND Q1 Group 3	TRA IND Q1 Group 3	TRA IND Q1 Group 2	TRA IND Q1 Group 2	Opening	Opening
10:45:00	11:00:00	00:15:00						
11:00:00	11:15:00	00:15:00						
11:15:00	11:30:00	00:15:00						
11:30:00	11:45:00	00:15:00	BREAK	BREAK	TRA IND Q1 Group 3	TRA IND Q1 Group 3	TRA IND Q1 Group 1	TRA IND Q1 Group 1
11:45:00	12:00:00	00:15:00						
12:00:00	12:15:00	00:15:00						
12:15:00	12:30:00	00:15:00						
12:30:00	12:45:00	00:15:00	TRA IND Q1 Group 4	TRA IND Q1 Group 4	TRA IND Q1 Group 2	TRA IND Q1 Group 2	TRA IND Q1 Group 2	TRA IND Q1 Group 2
12:45:00	13:00:00	00:15:00						
13:00:00	13:15:00	00:15:00						
13:15:00	13:30:00	00:15:00						
13:30:00	13:45:00	00:15:00	TRA IND Q1 Group 5	TRA IND Q1 Group 5	TRA IND Q1 Group 3	TRA IND Q1 Group 3	TRA IND Q1 Group 3	TRA IND Q1 Group 3
13:45:00	14:00:00	00:15:00						
14:00:00	14:15:00	00:15:00						
14:15:00	14:30:00	00:15:00						
14:30:00	14:45:00	00:15:00	TRA IND Q1 Group 6	TRA IND Q1 Group 6	TRA IND Q1 Group 4	TRA IND Q1 Group 4	TRA IND Q1 Group 4	TRA IND Q1 Group 4
14:45:00	15:00:00	00:15:00						
15:00:00	15:15:00	00:15:00						
15:15:00	15:30:00	00:15:00						
15:30:00	15:45:00	00:15:00	BREAK	BREAK	TRA IND Q1 Group 5	TRA IND Q1 Group 5	TRA IND Q1 Group 5	TRA IND Q1 Group 5
15:45:00	16:00:00	00:15:00						
16:00:00	16:15:00	00:15:00						
16:15:00	16:30:00	00:15:00						
16:30:00	16:45:00	00:15:00	TRA IND Q1 Group 7	TRA IND Q1 Group 7	TRA IND Q1 Group 6	TRA IND Q1 Group 6	TRA IND Q1 Group 6	TRA IND Q1 Group 6
16:45:00	17:00:00	00:15:00						
17:00:00	17:15:00	00:15:00						
17:15:00	17:30:00	00:15:00						
17:30:00	17:45:00	00:15:00	TRA IND Q1 Group 8		TRA IND Q1 Group 7	TRA IND Q1 Group 7	TRA IND Q1 Group 7	TRA IND Q1 Group 7
17:45:00	18:00:00	00:15:00						
18:00:00	18:15:00	00:15:00						
18:15:00	18:30:00	00:15:00						
18:30:00	18:45:00	00:15:00			TRA IND Q1 Group 8		TRA IND Q1 Group 7	TRA IND Q1 Group 7
18:45:00	19:00:00	00:15:00						
19:00:00	19:15:00	00:15:00						
							TRA IND Q1 Group 8	



FIG World Cup Cottbus 2024 - Trampoline
OFFICIAL TRAINING | SCHEDULE



Saturday 23.03.		Duration	Training Men	Training Women	Warm up Men	Warm up Women	Competition Men	Competition Women			
09:30:00	10:30:00	01:00:00	Open Training	Open Training	Open Training	Open Training					
10:30:00	12:15:00	01:45:00	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK			
12:15:00	12:30:00	00:15:00	TRA SYN Q1 Group 1	TRA SYN Q1 Group 1							
12:30:00	12:45:00	00:15:00									
12:45:00	13:00:00	00:15:00									
13:00:00	13:15:00	00:15:00									
13:15:00	13:30:00	00:15:00	TRA SYN Q1 Group 2	TRA SYN Q1 Group 2	TRA SYN Q1 Group 1	TRA SYN Q1 Group 1					
13:30:00	13:45:00	00:15:00									
13:45:00	14:00:00	00:15:00									
14:00:00	14:15:00	00:15:00									
14:15:00	14:30:00	00:15:00	TRA SYN Q1 Group 3		TRA SYN Q1 Group 2	TRA SYN Q1 Group 2	TRA SYN Q1 Group 1	TRA SYN Q1 Group 1			
14:30:00	14:45:00	00:15:00									
14:45:00	15:00:00	00:15:00									
15:00:00	15:15:00	00:15:00									
15:15:00	15:30:00	00:15:00			TRA SYN Q1 Group 3	TRA SYN Q1 Group 2	TRA SYN Q1 Group 2				
15:30:00	15:45:00	00:15:00									
15:45:00	16:00:00	00:15:00									
16:00:00	16:15:00	00:15:00									
16:15:00	16:30:00	00:15:00			TRA SYN Q1 Group 3						
16:30:00	16:45:00	00:15:00									
16:45:00	17:00:00	00:15:00									
17:00:00	17:15:00	00:15:00									
17:15:00	17:30:00	00:15:00	TRA IND Q2 Group 2	TRA IND Q2 Group 2	TRA IND Q2 Group 1	TRA IND Q2 Group 1					
17:30:00	17:45:00	00:15:00									
17:45:00	18:00:00	00:15:00									
18:00:00	18:15:00	00:15:00									
18:15:00	18:30:00	00:15:00			TRA IND Q2 Group 2	TRA IND Q2 Group 2	TRA IND Q2 Group 1	TRA IND Q2 Group 1			
18:30:00	18:45:00	00:15:00									
18:45:00	19:00:00	00:15:00									
19:00:00	19:15:00	00:15:00									
19:15:00	19:30:00	00:15:00					TRA IND Q2 Group 2	TRA IND Q2 Group 2			
Sunday 24.03.		Duration	Training Men	Training Women	Warm up Men	Warm up Women	Competition Men	Competition Women			
09:30:00	10:30:00	01:00:00			Open Training	Open Training	Open Training	Open Training			
10:30:00	13:55:00	03:25:00	BREAK	BREAK	BREAK	BREAK	BREAK	BREAK			
13:55:00	14:30:00	00:35:00			TRA IND Final		Opening	Opening			
14:30:00	15:05:00	00:35:00			TRA IND Final						
15:05:00	15:40:00	00:35:00			TRA SYN Final		TRA IND Final				
15:40:00	16:15:00	00:35:00			TRA SYN Final			TRA SYN Final			
16:15:00	16:50:00	00:35:00					TRA SYN Final				



FIG Trampoline Gymnastics World Cup
22- 24 March 2024, Cottbus (GER)



Competition Card - INDIVIDUAL

NAME: _____
Gender: _____

Federation: _____
Group: _____
Starting N° _____

TRAMPOLINE INDIVIDUAL - Q1

Q1 - Exercise 1

	Skill, position	Diff.	for judges use only	
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Diff. Total 0

Q1 - Exercise 2

	Skill, position	Diff.	for judges use only	
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Diff. Total 0

Date

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FIG Trampoline Gymnastics World Cup
22- 24 March 2024, Cottbus (GER)



Competition Card - INDIVIDUAL

NAME: _____
Gender: _____

Federation: _____
Group: _____
Starting N° _____

TRAMPOLINE INDIVIDUAL - Q2 / F

Q2

	Skill, position	Diff.	for judges use only	
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Diff. Total 0

FINAL

	Skill, position	Diff.	for judges use only	
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Diff. Total 0

Date

Signature



FIG Trampoline Gymnastics World Cup
22- 24 March 2024, Cottbus (GER)



Competition Card - SYNCHRO

NAME: _____
Gender: _____

Federation: _____
Group: _____
Starting N° _____

TRAMPOLINE SYNCHRO - Q1

Q1 - Exercise 1

	Skill, position	Diff.	for judges use only	
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Diff. Total 0

Q1 - Exercise 2

	Skill, position	Diff.	for judges use only	
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Diff. Total 0

Date

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FIG Trampoline Gymnastics World Cup
22- 24 March 2024, Cottbus (GER)



Competition Card - SYNCHRO

NAME: _____

Federation: _____

Group: _____

Gender: _____

Starting N° _____

TRAMPOLINE SYNCHRO - Q2 / F

Q2

	Skill, position	Diff.	for judges use only	
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Diff. Total 0

FINAL

	Skill, position	Diff.	for judges use only	
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Diff. Total 0

Date

Signature
