



AALEN  
19 JUNE  
21  
ULRICH-PFEIFLE-HALLE



LIMES WORLD & JUNIORS CUP

# WORK PLAN

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## 1) FOREWORD

This competition will be organized under the following FIG rules, as valid in the year of the competition, except for any deviation mentioned in these World Cup Rules for Acrobatics Gymnastics:

- Statutes
- Code of Ethics
- Technical Regulations
- License Rules
- Code of Points and relevant Newsletters
- General Judges' Rules
- Specific Judges' Rules for Acrobatic Gymnastics
- Medical Organization of the Official FIG Competitions
- Doping Control Rules
- Media Rules
- Apparatus Norms
- Advertising and Publicity Rules
- Accreditation 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 (such as accommodation, meals, etc.) 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 may be organized by the Delegations. Announcements will be made in English and German. This Work Plan is available in English ONLY.

## 2) ORGANIZATION

**FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE**  
 Avenue de la Gare, 12A 1001 Lausanne  
 SWITZERLAND  
 Phone : +41 (0) 21 321 55 10  
 Fax : +41 (0) 21 321 55 19  
 E-mail: [rvinagre@fig-gymnastics.com](mailto:rvinagre@fig-gymnastics.com)  
 URL: [www.gymnastics.sport](http://www.gymnastics.sport)

FIG Technical Delegate on site:  
**Bernardo Tomás - FIG ACRO TC Member**

**Deutscher Sportakrobatik Bund e.V.**  
 Mörchinger Str. 53 D  
 14169 Berlin  
 GERMANY  
[geschaeftsstelle@sportakrobatikbund.de](mailto:geschaeftsstelle@sportakrobatikbund.de)

**LOCAL ORGANIZING COMMITTEE (LOC)**  
 Contact Person: Mrs. Dana Kohn  
 phone: +49 170 9081015  
 E-mail: [dana.kohn@limes-acro.com](mailto:dana.kohn@limes-acro.com)  
 URL: <https://limes-acro.com/>

FUNCTION	Name
President	Oliver STEGEMANN
Executive Director	Dana KOHN
<b>ADMINISTRATIVE MANAGEMENT</b>	
Head of Finance	Thomas WIERER
<b>COMPETITION   EVENT MANAGEMENT</b>	
Competition Manager	Bernd HEGELE
Infrastructure Manager	Sascha KOHN
Technical Manager	Markus PFEIFFER
Judges Manager	Frank BÖHM
Floor Manager	Petra VITERA
Warm-up and Trainings control	Dennis STACH
Award Ceremonies	Tamara STEINER
Speaker	Niels DANIEL
Scoring Provider	Lander BEEUWSAERT, Acro Companion
<b>TRANSPORTATION   ACCOMMODATION   MEALS</b>	
Transportation	Karl-Heinz HEGELE
Accommodation	Dana KOHN
Meals and Catering	Tobias HEGELE
<b>OTHER SECTORS</b>	
Safeguarding Officer	Lisa-Emilia NERGER
VIP Guests relations	Oliver STEGEMANN
Volunteers Manager	Markus BIEHLER
Doctor	Dr. Peter SCHMIDT, MBA
Youth Promotion	Albert Jung

### Competition Venue

Ulrich-Pfeifle-Halle Aalen  
Parkstrasse 15  
73430 Aalen  
Phone: 07361 961600



### Warm-up Hall

Jahnturnhalle  
Parkstrasse 11  
73430 Aalen

### 3) TRANSPORTATION

Transfers by bus to and from Stuttgart airport or Aalen train station to the official hotels, as well as from the official hotel to the training and competition venue will be provided to the delegations that booked their accommodation through the LOC. The transport schedule will be given upon arrival. Nevertheless, shuttle buses will leave the Competition Venue and the Hotels according to the schedule they will follow strictly. Please be on time.

#### 4) LOC Office

The LOC Office will be located at the competition venue and will be in operation from June 17<sup>th</sup> until June 22<sup>nd</sup> 2025.



+49 170 9081015

No hard copies of any documents (start list, results & other relevant documents) will be available for distribution. The relevant documents will be distributed electronically via LOC / Acro Companion.

All starting orders, intermediate results and Final results' book will be sent ONLY via email to the National Federations' official email and Head of Delegations' (or his/her representative) email. Delegations will be requested to inform the LOC about the correct email address upon arrival.

In addition, all the necessary information will be communicated via WhatsApp group (mobile phone numbers of HoD will be collected at the accreditation for this purpose). Information, including transport, will also be set up in boards at the venue.

#### 5) PROGRAMME (subject to change)

Sunday, June 14 <sup>th</sup> , 2025		
All day	Deadline to submit Tariff Sheets	Acro Companion
Tuesday, June 17 <sup>th</sup> , 2025		
All day	Arrival of Delegations	
All day	Accreditations	Ulrich-Pfeifle-Halle
All day	Deadline to submit Tariff Sheets	
Wednesday, June 18 <sup>th</sup> , 2025		
All day	Training and Podium Training as per schedule	Ulrich-Pfeifle-Halle
All day	Athlete portrait photo session after training	Ulrich-Pfeifle-Halle
09:00 – 10:00	Judges' Meeting <b>WORLD CUP</b>	VIP-Room, UPH
10:00 – 11:00	Orientation Meeting	Ulrich-Pfeifle-Halle
16:00 – 17:00	Judges' Meeting <b>JUNIORS CUP</b>	VIP-Room, UPH
from 17:30	Athlete Measurements (after World Cup training)	Ulrich-Pfeifle-Halle
Thursday, June 19 <sup>th</sup> , 2025		
08:45 – 09:15	Judges' Briefing Juniors Cup	Judges Room, UPH
Qualifications		
09:30 – 11:30	Pre-Youth: Balance (W3), Dynamic (MX2, W2, M2)	Ulrich-Pfeifle-Halle
11:30 – 13:30	Youth: Dynamic (W3), Balance (W2, MX2)	Ulrich-Pfeifle-Halle
13:30 – 14:30	Juniors: Dynamic (W3), Balance (W2, M4)	Ulrich-Pfeifle-Halle
15:00 – 16:15	Seniors: Balance (W3), Dynamic (MX2, W2, M2)	Ulrich-Pfeifle-Halle
16:15 – 17:15	DSAB Youth Program	Ulrich-Pfeifle-Halle
17:15 – 17:40	Judges' Briefing World Cup	Judges Room, UPH
17:45 – 18:00	Opening Ceremony	Ulrich-Pfeifle-Halle
18:00 – 19:45	Limes World Cup	Ulrich-Pfeifle-Halle

**Friday, June 20<sup>th</sup>, 2025**

08:45 – 09:15	Judges' Briefing	Judges Room, UPH
<b>Qualifications</b>		
09:30 – 11:30	Pre-Youth: Dynamic (W3), Balance (MX2, W2, M2)	Ulrich-Pfeifle-Halle
11:30 – 13:30	Youth: Balance (W3), Dynamic (W2, MX2)	Ulrich-Pfeifle-Halle
13:30 – 14:30	Juniors: Balance (W3), Dynamic (W2, M4)	Ulrich-Pfeifle-Halle
14:45 – 16:00	Seniors: Dynamic (W3), Balance (MX2, W2, M2)	Ulrich-Pfeifle-Halle
16:00 – 17:15	Aspire: Combined	Ulrich-Pfeifle-Halle
17:30 – 17:55	Judges' Briefing World Cup	Judges Room, UPH
18:00 – 19:45	Limes World Cup	Ulrich-Pfeifle-Halle

**Saturday, June 21<sup>st</sup>, 2025**

09:45 – 10:15	Judges' Briefing	Judges Room, UPH
<b>Finals</b>		
10:30 – 11:15	Aspire: Combined	Ulrich-Pfeifle-Halle
11:15 – 12:30	Pre-Youth: Balance (MX2, W3), Dynamic (M2,W2)	Ulrich-Pfeifle-Halle
12:45 – 13:50	Youth: Combined	Ulrich-Pfeifle-Halle
14:15 – 14:50	Juniors: Combined	Ulrich-Pfeifle-Halle
15:15 – 16:00	Seniors: Combined	Ulrich-Pfeifle-Halle
16:00 – 16:30	Award Ceremonies Juniors Cup	Ulrich-Pfeifle-Halle
16:30 – 16:55	Judges' Briefing World Cup	Judges Room, UPH
17:00 – 18:30	Limes World Cup	Ulrich-Pfeifle-Halle
18:30 – 19:00	Award Ceremonies World Cup	Ulrich-Pfeifle-Halle
followed by	Group Photo on the podium	Competition Floor
from 20:30 to 00:00	Farewell Banquet	Ulrich-Pfeifle-Halle

**Sunday, June 22<sup>nd</sup>, 2025**

All day	Official Departure of Delegations	From Hotels
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**6) ACCREDITATION**

Ulrich-Pfeifle-Halle Aalen

LOC OFFICE

Tuesday June 17<sup>th</sup> 2025

➔ Delegation arriving later than 20:00 must contact the LOC

Please note that only the Head of Delegation and one other team member are allowed to be present at the accreditation.

The accreditation system identifies individuals participating in the competition and ensures controlled access to each area. All participants and officials are required to wear accreditation cards at all times.

At accreditation, the Head of Delegation must check the correct names of their complete delegation, verify accommodation requirements, make the necessary payments (including insurance, if necessary). They also have to present the passports / ID of all competitors and judges for the control of nationality and age. If there was any change of what is on FIG website, the definitive competition schedule will be given to the Head of Delegation.

The accreditation is personal, non-transferable and compulsory to control access to training and competition hall, functions, official transport, lunches and dinners. Without your accreditation card, you cannot pass the security control and you cannot participate in lunches, dinners, etc. So if you have lost your accreditation card, you must purchase a new one for the price of 150 Euro.

When all the commitments are fulfilled, all delegation members will receive their accreditations. All participants and officials are required to wear the accreditations at all times. Federations will receive accreditation based on nominative entry upon arrival at the Competition Venue.

**In order to accelerate the accreditation procedure, please make sure to upload a photo of each delegation member – NO LATER THAN June 10th!**

- The specification of the photo should be as follows:
- File format; JPG, JPEG, PNG, TIFF
- Dimensions: 190 pixels wide x 250 pixels high
- File name: NF\_Surname\_Firstname (example: GER\_Kohn\_Dana.jpg)

If no photo is sent before the accreditation, the price for taking the photo is 15 EUR / photo at accreditation.

## 7) TARIFF SHEETS

Tariff sheets must be made on Acro Companion software and uploaded by 14/06/2025. Changes on tariff sheets will be allowed according to the CoP (until 17/06/2025, accreditation day).

Please be sure that all tariff sheets are correct, so you may avoid any penalties. In principle, no changes can be made to the Tariff Sheets after arrival. Changes will be accepted only in case of injuries/minor accidents or for other important reasons subject to approval by the FIG Superior Jury President.

## 8) MUSIC

Music must be uploaded on the tariff sheet in Acro Companion until June 16<sup>th</sup> 2025.

The LOC is responsible for complying with the local laws of music copyright, to obtain the broadcast and online rights, and to secure and retain all clearances required with respect to any and all music or sounds played during any phase of the event.

Keep in your possession a specimen of your music on a USB Key in case of a technical problem in the Competition area or for your training sessions.

### **Identify the MUSIC TRACKS as follows:**

TOP NAME\_SPECIALITY\_EXERCISE\_COUNTRY

Example: CAMOES\_M4\_BAL\_POR.mp3

**For World Cup ONLY:**

The ClickNClear system will be used for the Limes World Cup to upload the music of all units, to inform on the music data, and to assist NFs to ensure that all music is appropriately licensed for use in competition.

While the ClickNClear “How To” document (Event File Download at FIG homepage) will guide NFs, the procedure to be completed by June 16th 2025 23:59 CET at the very latest can be summarized as follows:

- The link to access the ClickNClear system for these is:  
<https://verification.clicknclear.com/my-events/event/155/invite?token=e5fa0c66b7d75b891b0>
- NFs will be required to create an account and add their unit(s).
- NFs will be asked to upload the music for their unit(s)
- NFs will be able to provide a music license agreement and supporting information for each of their unit(s)
- Information will be given to check whether the unit's music has been properly licenced.

For technical support, contact support@clicknclear.com.

During podium training, NFs will be able to verify that the music for their units is correctly played.

**9) INSURANCE**

The host Federation, the Organizing Committee and the FIG will not be held responsible for any liabilities in case of accidents, illness or repatriation. The FIG Technical Regulations (Section 1, Article 12.10) foresees that all participating Federations are obliged to cover the expenses for all members of their Delegation for the necessary insurance coverage against accidents and illness.

The Organizing Committee will verify the insurance of all federations at accreditation.

**10) OFFICIAL LANGUAGE**

The official language is English. Interpretations from and into other language must be organized by the delegations. Announcements will be made in English and German. The Work Plan and all other documents are available in English only.

**11) VISAS**

Please check immediately with your travel agent or the German Embassy or Consulate in your country, if a visa is required for your travel to Germany.

## 12) TRAINING

Training as per schedule.

The training schedules for the event are provisional and can be adjusted until the event. Changes to the official scheduled training hours will not be accepted and delegations must respect the designated training times and the allocated areas.

### **JUNIORS CUP:**

The available training slots are between 09:00 – 15:30 and, if needed, 17:30 – 21:00. Detailed schedule will be published in time.

### **WORLD CUP:**

PODIUM TRAINING															Measurement & Photo			
Wednesday, June 18th 2025															Measurement & Photo			
GENERAL WARM UP			WARM UP 1			TRANSFER		WARM UP 2			WAITING ZONE			PODIUM				
Stretching Area			Floor 1			Floor 2		NO MUSIC			5 min			Competition Floor				
Group	National Federation	#teams	IN	OUT	IN	OUT	Departure	IN	OUT	IN	OUT	IN	OUT	IN	OUT			
Group 1	FIN, GBR, SUI	6	15:30	16:00	16:00	16:30	16:30	16:40	17:10	17:10	17:15	17:15	17:45	17:45				
Group 2	AUT, POR	6	16:00	16:30	16:30	17:00	17:00	17:10	17:40	17:40	17:45	17:45	18:15	18:15				
Group 3	AUS, FRA, NED	5	16:30	17:00	17:00	17:30	17:30	17:40	18:10	18:10	18:15	18:15	18:45	18:45				
Group 4	GER, POL	6	17:00	17:30	17:30	18:00	18:00	18:10	18:40	18:40	18:45	18:45	19:15	19:15				

After the podium training: Measurement & Photo

## 13) Meals

Meals are provided as booked via Acro Companion. The Head of Delegation will receive meal tickets upon arrival at accreditation.

**To ensure smooth process in the food area please make sure to bring along your meal tickets and your accreditation. No ticket, no meals! No accreditation, no meals!**

Breakfast will be served at the hotel. Lunch and dinner will be served at the Competition Hall (foyer).

DAY	LUNCH	DINNER
Thursday, June 17th	-	17:30 – 20:00 *upon request
Wednesday, June 18th	11:30 – 14:30	17:30 – 20:30
Thursday, June 19th	11:30 – 14:30	17:30 – 20:30
Friday, June 20th	11:30 – 14:30	17:30 – 20:30
Saturday, June 21st	11:30 – 14:30	Banquet from 20:30

In between will be snacks available.

## 14) ORIENTATION MEETING

The orientation meeting will take place on Wednesday, June 18th beginning at 10:00 in Competition Hall (VIP room). The meeting can be attended by Head of Delegations, Team Managers, and Coaches.

## 15) JUDGES MEETING

### WORLD CUP:

The **Judges Meeting for the Limes World Cup** will take place on Wednesday, June 18<sup>th</sup> at 09:00 in the Competition Hall (VIP room).

### JUNIORS CUP:

The **Judges Meeting for the Limes Juniors Cup** will take place on Wednesday, June 18<sup>th</sup> at 16:00 in the Competition Hall (VIP room).

## 16) THE DRAW FOR JUDGES

The drawing of lots of the Judges' Panels for the Qualification and Finals will be conducted by the FIG Technical Delegate during the judge's meetings on:

DAY	JUNIORS CUP	WORLD CUP
Thursday, June 19th	08:45	17:15
Friday, June 20th	08:45	17:30
Saturday, June 21st	09:45	16:30

## 17) MEDICAL SERVICES & ROOM

The Organizing Committee will provide medical services. A special room is marked with "Medical Room".

Paramedics will be present on the Competition Area.

## 18) JUDGES PRESENTATION

Before the beginning of each competition, JUDGES are asked to be ready on their seats on their panel places.

Judges are requested to remain in their places during the awards ceremony following Finals.

## 19) NO SMOKING POLICY

Please note that it is strictly forbidden to smoke in the venue hall as well as in the warm-up hall.

## 20) CEREMONIES

### Award Ceremonies

The award ceremonies will take place on Saturday, June 21st. Competitors must appear in their national tracksuit.

The national flags of the best 3 units per category will be hoisted and the national anthem of the winner will be played.

#### Closing

After the last award ceremony it is planned to take a group photo with all participants on the podium.

### **21) FINAL BANQUET**

The banquet will take place on Saturday, June 21<sup>st</sup> from 20:30 at the foyer of the Competition Hall.

### **22) FIG CERTIFIED APPARATUS**

Manufacturer Supplier: BAENFER GmbH

FIG ID: 634

### **23) SCORING and LIVESTREAM**

Acro Companion will provide the official scoring equipment.

The LOC will provide a livestream. The platform will be announced immediately before the event.

### **24) SAFEGUARDING OFFICER**

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

LOC Safeguarding Officer:

Ms. Lisa-Emilia Nerger, +49 171 5275275

In addition, posters of the “10 Golden Rules of Gymnastics”, the FIG campaign to raise awareness about youth protection in Gymnastics, are displayed in several locations, including training and warm-up halls and public zones.

### **25) DOPING CONTROL**

Anti-doping control will be organized by the National Anti-Doping Agency (NADA) on behalf of the FIG and according to the WADA Code, Standards and FIG Anti-Doping Rules.

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).

**26) SUMMARY FOR IMPORTANT DEADLINES**

DAY	DEADLINE	TIME
Deadline to submit tariff sheets	14.06.2025	23:59
Deadline to upload music	16.06.2025	23:59
Judges' Meeting WORLD CUP	18.06.2025	09:00
Orientation Meeting	18.06.2025	10:00
Judges' Meeting JUNIORS CUP	18.06.2025	16:00

*- The Work Plan is provisional and may be subject to future changes. -*