

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



FIG TRA WORLD CUP – 53RD NISSEN CUP AROSA - SWITZERLAND 26TH & 27TH JUNE 2026



DIRECTIVES TRAMPOLINE

EVENT ID: 18300

Dear FIG Affiliated Member Federation,

Following the decision of the Executive Committee, the **Swiss Gymnastics Federation** has the pleasure to provide information related to the organization of the **53rd Nissen Cup 2026, FIG World Cup Trampoline**

FIG	Fédération Internationale de Gymnastique (FIG) Contact Person: Rui Vinagre 12 Avenue de la Gare 1003 Lausanne Switzerland Tel: +41 21 321 55 10 / Direct: +41 21 321 55 32 Fax: +41 21 321 55 19 / Sports department: +41 21 321 55 29 e-mail: rvinagre@fig-gymnastics.org website: www.fig-gymnastics.com
HOST FEDERATION	Swiss Gymnastics Federation Jazmin Hegglin Olympic Mission Desk Bahnhofstrasse 38 5000 Aarau Switzerland Phone: +41 62 837 82 96 E-Mail: om-desk@stv-fsq.ch Website: www.stv-fsq.ch
ORGANIZING COMMITTEE	OC Nissen Cup 2026 Arosa Tourism, Sports and Conference Centre, 7050 Arosa Phone: +41 81 378 70 20 Fax: +41 81 378 70 21 E-mail: event@arosa.swiss nissencup@swiss-trampoline.org (for technical questions) Website: www.arosa.swiss
LOCATION	Arosa, Switzerland
DATE	From 26th to 27th June 2026
VENUE	Sports and Conference Centre Arosa 7050 Arosa, Switzerland The official training sessions and the warmup for competition take place at the sport facility within the Sports and Conference Centre Arosa
APPARATUS SUPPLIER	A detailed list of Apparatus supplied to be used for this world cup will be published on the FIG website.

PROVISIONAL SCHEDULE	<table border="1"> <tr> <td>Wednesday 24th June</td><td>Arrival of Delegations, accreditation 10:00 - 20:00h free training</td></tr> <tr> <td>Thursday 25th June</td><td>Training and Podium Training by schedule 18:00h Orientation Meeting 18:30h Judges' Meeting and Instruction</td></tr> <tr> <td>Friday 26th June</td><td>Q1 TRA Individual and TRA Synchro</td></tr> <tr> <td>Saturday 27th June</td><td>Q2 TRA Individual Finals TRA IND W TRA IND M TRA SYN W TRA SYN M</td></tr> <tr> <td>Sunday 28th June</td><td>Departure of Delegations</td></tr> </table>	Wednesday 24 th June	Arrival of Delegations, accreditation 10:00 - 20:00h free training	Thursday 25 th June	Training and Podium Training by schedule 18:00h Orientation Meeting 18:30h Judges' Meeting and Instruction	Friday 26 th June	Q1 TRA Individual and TRA Synchro	Saturday 27 th June	Q2 TRA Individual Finals TRA IND W TRA IND M TRA SYN W TRA SYN M	Sunday 28 th June	Departure of Delegations
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PARTICIPATION	<p>The World Cup competition will consist of Qualifications and Finals.</p> <p><u>Participation in the Qualifications:</u></p> <ul style="list-style-type: none"> • All competitors must take part in the qualifications. • No qualifications will be held if there are less than 9 participants per discipline. • In case of a tie at any place, the tie-breaking rules as set up for the World Championships shall be applied. Nevertheless, the gymnasts not qualified for the finals and with the same final score will receive the same world cup points. <p><u>Participation in the Finals:</u></p> <ul style="list-style-type: none"> • The top eight gymnasts or pairs from the qualifications qualify for the finals. • Max. 2 individuals or 1 pair per NF per discipline. • In case of a tie at any place, the tie-breaking rules as set up for the World Championships shall be applied. • If there are less than 4 countries registered in a category after the definitive deadline, no medals, prize money and World Cup points will be awarded. 										
FEDERATIONS INVITED	<p>The Organizing Member Federation invites all FIG Member Federations who have paid their annual membership fee for Trampoline Gymnastics.</p>										
SIZE OF DELEGATION AND FIG LICENCE	<p>Only senior gymnasts in good standing with the correct age and holding a valid FIG Licence at the time of the nominative registration until the end of the competitions may participate.</p>										
AGE LIMITS	<p>The maximum size of each delegation is as per FIG Rules for Accreditation.</p> <p>Participating gymnasts must be at least 17 years (born in 2009 or before) in all disciplines.</p>										
JUDGES AND JURIES	<p>The number of Judges' panels may be decided by the organizing member federation depending on the number of participating competitors and judges. The Judges' panels will be set up by a draw – directed by the FIG Technical Delegate – from the judges present at the event.</p> <p>Each participating federation must provide minimum one judge per discipline in which they participate, according to the requirements in force. Failure to do so will result in a fine of CHF 2'000.- to be paid to the organizing member federation for the cost of providing another judge.</p> <p>The organizing federation is responsible that there is enough FIG brevetted judges present with the appropriate category of brevet for their function. For categories and eligibility, please refer to the FIG General Judges Rules, Art 5.</p>										

COACHES	No coaches will be accepted in this World Cup without a valid coach-sport profile at the deadline of the Nominative Registration. In order to be considered, the coach-sport profile (including all relevant documents) must be submitted in FIG Database on 6th May 2026 at the very latest (two weeks prior to the deadline for Nominative Registration).															
FIG TECHNICAL DELEGATE AND EC MEMBER	The FIG Technical Delegate and EC member (if applicable) will be designated by the FIG. The FIG Technical Delegate will serve as President of the Superior Jury.															
REGISTRATION DEADLINES	Provisional, Definitive and Nominative registrations must be completed by entering the composition of the delegation on-line on: https://database.gymnastics.sport/login These registrations will only be accepted from FIG Gymnastics Member Federations. <table><tr><td>Provisional registration</td><td>25th February, 2026</td><td>(4 months prior to the event)</td></tr><tr><td>Definitive registration:</td><td>15th April, 2026</td><td>(2 months prior to the event)</td></tr><tr><td>Nominative registration</td><td>20th May, 2026</td><td>(4 weeks prior to the event)</td></tr></table> Late registrations and registrations which are not accompanied by the requested payments (if any) are subject to fines as follows: <table><tr><td>Fine for missing or late Provisional Registration</td><td>CHF 500.-</td></tr><tr><td>Fine for missing or late Definitive Registration</td><td>CHF 750.-</td></tr><tr><td>Fine for missing or late Nominative Registration</td><td>CHF 500.-</td></tr></table> Registrations made after the gymnasts' drawing of lots will not be accepted and the Delegations will not be authorized to participate.	Provisional registration	25th February, 2026	(4 months prior to the event)	Definitive registration:	15th April, 2026	(2 months prior to the event)	Nominative registration	20th May, 2026	(4 weeks prior to the event)	Fine for missing or late Provisional Registration	CHF 500.-	Fine for missing or late Definitive Registration	CHF 750.-	Fine for missing or late Nominative Registration	CHF 500.-
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DRAWING OF LOTS	The drawing of lots will take place at the FIG Headquarters in Lausanne (SUI) two weeks after the closing date of the nominative registration.															
ENTRY FEES	The cost for the entry fee is CHF 150.- per gymnast. The invited participating federations must pay for all entry fees. At the time of the Definitive registration (2 months prior to the event) 100% of the entry fee must be paid to the LOC. The entry fee is not refundable. <i>Exception is if because of low number of participants, the event is no longer a FIG World Cup.</i> Entries without payment of the entry fees will be considered as invalid and will be refused.															
ACCOMMODATION	4 Star Hotel (Option 1) The costs per person/night in this hotel are as follows: CHF 200.- single room (including breakfast, dinner, and banquet) CHF 165.- double room (including breakfast, dinner, and banquet) Triple rooms on request 3 Star Hotel (Option 2) The costs per person/night in this hotel are as follows: CHF 175.- single room (including breakfast, dinner, and banquet) CHF 150.- double room (including breakfast, dinner, and banquet) CHF 140.- triple room (including breakfast, dinner, and banquet) “Low-Cost Option” Backpacker’s (Only a limited number of beds are available on request): CHF 70.- per person/night in double, triple, quadruple rooms all with shared bathrooms (including breakfast only). The prices charged for the hotel rooms will not exceed the usual hotel rates. While the Accommodation Form must be returned to the LOC by 15th April															

	<p>2026 at the very latest, the Hotel rooms will be allocated on a “first come, first serve” basis.</p> <p>The invited participating federations must pay for their accommodation costs. At the time of the Definitive registration (2 months prior to the event) 50% of the accommodation costs must be paid to the LOC. Entries without the payment of the 50% of the accommodation costs will be considered as invalid and will be refused. The remaining 50% of the accommodation costs must be paid by 20th May 2026.</p> <p>The accommodation is only refundable, provided cancellations are made at least prior to 3rd June 2026</p>
MEALS	<p>The above-mentioned accommodation prices for option 1 and 2 include breakfast, dinner, and banquet.</p> <p>The “low-cost hotel” option only includes breakfast (dinner and banquet can be ordered on special request to the LOC).</p> <p>Additional meals (lunch) can be ordered for CHF 25.- with the entry forms or can be bought at the accreditation desk after arrival.</p> <p>While the Meals Form must be returned to the LOC by 15th April 2026 at the very latest, the costs for the meals must be paid to the LOC by 20th May 2026.</p> <p>The deadline for non-reimbursement of accommodation, meals, and banquet, is 3rd June 2026</p>
FINAL BANQUET	<p>The above-mentioned accommodation prices include the banquet on Saturday evening. (except “Low-Cost Hotel”)</p> <p>The deadline for non-reimbursement of accommodation, meals, and banquet, is 3rd June 2026</p>
INTERNATIONAL TRANSPORTATION	<p>The invited participating federations must pay for the travel costs of their delegation members.</p> <p>The Travel Schedule Form must be returned to the LOC by 20th May 2026.</p>
LOCAL TRANSPORTATION	<p>The organizing committee will provide organized transportation from Zurich Airport to Arosa and back to Zurich Airport. Cost per person is CHF 125.- and must be added for all team members which require transportation.</p> <p><u>Important information:</u></p> <p>Arrival day: The last organized transport from Zurich Airport train station with connection to Chur and Arosa will leave at 21.00h</p> <p>Departure day: Please note that your flight departure should be after 11.30 a.m. because of the train connection from Arosa*</p> <p>*Early morning transfer by bus to Zurich Airport can be arranged on request (with additional costs to be paid by the requesting federation)</p> <p>For federations which wish to organize their own travel to Arosa please take note of the following restrictions for buses/coaches: the maximum width is 2,3m; maximum height is 4m; and the maximum weight is 18 tons.</p> <p>Precise arrival and departure schedules for all team members must accompany the Nominative Entry.</p> <p>The deadline for non-reimbursement of the transportation costs is 3rd June 2026</p>
VISA	<p>Please verify immediately with your travel agent or the Swiss Embassy or Consulate in your country if a visa is required for your travel to Switzerland. The Organizing Committee will be happy to assist each delegation member with an official invitation letter, provided that the request is made before 15th April 2026. The request must include the full name, date of birth, gender, function, passport number, passport expiry date, and the arrival and departure dates of the delegation member as well as the city the visa application letter must be sent to.</p>
INSURANCE	<p>The Host Federation, the LOC and the FIG will not be held responsible for any liabilities in case of accidents, illness (including COVID-19), repatriation and the like.</p>

	<p>The FIG Technical Regulations foresee that all participating Federations are responsible for making their own arrangements to have the necessary valid insurance coverage against illness, accidents and for repatriation for all the members of their Delegation.</p> <p>Basic insurance (sickness, accident, and repatriation) in your country of residence is compulsory to be able to benefit from coverage by FIG IMSSA subsidiary insurance. Please also refer to https://www.gymnastics.sport/site/pages/medical-insurance.php for additional information regarding the FIG IMSSA insurance for Athletes and Judges.</p> <p>If the note has not been sent in advance to the LOC (which is strongly recommended), the LOC will verify the insurance coverage upon arrival of the delegation members (e.g., cover note or photocopy of the valid policy).</p> <p>The insurance must be valid at least starting from the arrival day of the delegation and must last for the delegations' entire stay.</p> <p>Delegation members with insufficient insurance coverage must inform the LOC in advance. The LOC will subsequently offer insurance coverage at the Federations own charge as follows: CHF 237.- per person.</p>
ACCREDITATION	<p>Each delegation will be taken to the accreditation desk upon arrival. The following items will be checked there:</p> <ul style="list-style-type: none"> - Total payment of costs due to the LOC and / or the FIG - Passports, Names and Date of Birth of the entire delegation - Insurance – every delegation member needs a valid insurance - National anthem (on memory stick) <p>The accreditation badges will identify individuals participating in the event and indicates that these individuals are permitted access. Please always wear your accreditation visibly.</p> <p>In addition, the LOC will distribute information regarding the safeguarding Officer operations plan upon accreditation.</p>
FINANCIAL OBLIGATIONS	<p>Federations which have not fulfilled their financial obligations towards the FIG (e.g., annual membership fee, unpaid invoices, etc) or the LOC will not be allowed to participate in these World Cups.</p> <p>Federations which have not fulfilled their financial obligations towards the LOC by the given deadline in the Invitation/Directives, may still have the possibility to participate, but the LOC will not guarantee the hotel booking, meals, and local transportation.</p>
BANK ACCOUNT INFORMATION	<p>Arosa Tourismus Graubündner Kantonalbank, CH-7001 Chur SWIFT-Code: GRKBCH 2270A IBAN: CH53 0077 4210 1941 6900 0 Payment in CHF only.</p> <p>Please integrate the payment's purpose as follows: "World Cup: Name of the Federation"</p> <p>The participating federation is responsible for covering all bank fees in connection with the bank transfers.</p>
CANCELATION POLICY	<p>The deadline for non-reimbursement of local transport, accommodation, meals, and banquet, is 3rd June 2026.</p> <p>Local transport, accommodation, meals, and banquet cancelled from 4th June 2026 until the arrival of the delegations on site or "no show" will be subject to a cancellation fee of 100% to be paid by the Federation concerned.</p>
TIE BREAKING RULES	<p>In case of a tie at any place, the tie-breaking rules as set up for the World Championships shall be applied.</p> <p>The gymnasts with same final score will receive the same World Cup points.</p> <p>If there is still a tie, the points of the respective ranking are added and divided by the number of tied gymnasts / pairs.</p> <p>Example: 1, 1, 3 (points for rank 1 and 2 is added and divided by 2) 1, 2, 2, (points for rank 2 and 3 is added and divided by 2)</p> <p>The same principle applies to the prize money.</p>

PRIZE MONEY

The organising member federation will pay the following minimum prize money per discipline (amounts in Swiss Francs – CHF) - “discipline” means every final: individual trampoline men, individual trampoline women, synchro men, etc. The prize money, free of any deductible taxes, will be distributed in CHF as follows:

Ranking	Prize money (CHF)
1	1’500
2	1’000
3	500

Grand total: 12’000 CHF

In case of a tie, the prize money will be added and divided by the number of gymnasts:

1, 1, 3 (prize money for rank 1 and 2 is added and divided by 2)

1, 2, 2, (prize money for rank 2 and 3 is added and divided by 2)

No prize money, medals and World Cup Series Ranking Lists points will be given, if there are less than 4 participating federations in a category at the time of the Definitive Registration.

Assignment of WORLD CUP SERIES RANKING POINTS

In principle, the official results and the updated FIG World Cup Series Ranking List will be published on the FIG web site within one working day after the competition.

Separate World Cup Series Ranking Lists are established for every discipline, beginning with the first World Cup event of the year, and ending with the last World Cup event of the year as follows:

- Trampoline Individual Men / Trampoline Individual Women
- Trampoline Synchro Men / Trampoline Synchro Women
- Tumbling Men / Tumbling Women
- Double Mini-Trampoline Men / Double Mini-Trampoline Men

For individual Trampoline, Tumbling and Double Mini-Trampoline, World Cup points are assigned to the competitors by name.

Trampoline Synchro pairs are listed by name but considered as an entity. In case of change of a Synchro partner, the Synchro Pair is considered as a new pair.

World Cup Points will be assigned to the competitors as follows:

Rank	Points	Rank	Points
1	60	16	15
2	55	17	14
3	50	18	13
4	44	19	12
5	38	20	11
6	32	21	10
7	28	22	9
8	25	23	8
9	22	24	7
10	21	25	6
11	20	26	5
12	19	27	4
13	18	28	3
14	17	29	2
15	16	30	1

In the case that less than four federations participate per category, no World Cup points, no medals and no prize money will be given.

Winner of the annual Word Cup	The winner of the annual World Cup per category is the individual gymnast / pair with the highest number of points of the World Cup Series Ranking List after the last event of the year: A special award ceremony will be held at the last World Cup Competition of the year in which the World Cup winner will receive the World Cup.
EVENT MANAGER	Competition Director: Daniel Meier Phone: +41 79 405 75 93 Email: nissencup@swiss-trampoline.org
MEDIA	Local Press Officer: TBC, Arosa Tourismus Phone +41 81 378 70 20 Email: medien@arosa.swiss
SOCIAL MEDIA	Facebook: https://www.facebook.com/NissenCup/
MEDICAL	Medical Service will be provided by the organizing committee during training and competitions
OFFICIAL HOSPITAL	Kantonsspital Graubünden Hauptstandort Loëstrasse 170 CH-7000 Chur
ANTI-DOPING	<u>Doping controls</u> Doping controls will be organised by the International Testing Agency (ITA) on behalf of the FIG and according to the World Anti-Doping Code (WADC), the international standards enacted by the World Anti-Doping Agency (WADA) and FIG Anti-Doping Rules. <u>Host federation WADC compliance</u> The exploitation of any rights related to the hosting of an event is subject, at all times, to the compliance with the WADC and the international standards enacted by WADA. Regardless of whether the event has already been allocated or not, the FIG may terminate any collaboration with the host federation or the LOC, immediately and without paying any penalty and/or compensation or incurring liability of any kind, under the following circumstances: (i) if the National Anti-Doping Organisation (NADO) in charge in the concerned country is declared non-compliant by WADA (ii) if the relevant country has been ruled ineligible to host the event. In such cases, the FIG is entitled to reassign the event to any other host federation in another country where the WADC and the WADA international standards are fully respected.
SAFEGUARDING	(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. The information regarding the LOC Safeguarding Officer will be communicated upon arrival of the delegations on site. In addition, posters of the "10 Golden Rules of Gymnastics", the FIG campaign to raise awareness about youth protection in Gymnastics, will have to be displayed in several locations, including training and warm-up halls and public zones. The information regarding the LOC Safeguarding Officer will be communicated upon arrival of the delegations and at the Orientation meeting.
MARKETING	The FIG advertising and publicity norms will be respected.
TELEVISION	Television coverage will be provided. Host Broadcaster: TBC Contact: TBC The Organizing Member Federation will guarantee the production of a basic feed (international signal) at least for the Final rounds.

SCORING RESULT SERVICE AND VIDEO CONTROL SYSTEM	<p>The Organising Member Federation must provide a scoring and result service with outputs as provided by the official scoring/data handling provider at FIG World Championships, including a high-quality video system which allows the recording, storage and provision of compilation of the recorded images for the President of the Superior Jury (FIG Technical Delegate). The videos with music integrated must be sent to the FIG Offices within one week after the competition.</p> <p>Name: Sporttech.io Contact person: Pavel Sholukha E-mail: support@sporttech.io</p> <p>Throughout the competition, the system must be able to redisplay in real time, normal speed, slow motion or fixed image, the different sequences and the registered scores of every exercise performed for the President of the Superior Jury. The scoring and result system must include a TV graphics generator. The presentation of the TV graphics on the international signal must be identical to those used at the FIG World Championships.</p>																						
RULES AND REGULATIONS	<p>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:</p> <ul style="list-style-type: none"> – 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 <p>and subsequent decisions of the FIG Executive Committee</p>																						
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Sincerely Yours,

Aarau, 23rd June 2025

TRA World Cup 2026



Signature of the Secretary General of the FIG affiliated NF