

FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE



# TRAMPOLINE GYMNASTICS WORLD CUP

and

TRAMPOLINE GYMNASTICS INTERNATIONAL TOURNAMENT

*VARNA, BULGARIA – SEPTEMBER 26-28, 2025*



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## **2. FOREWORD**

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

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

and subsequent decisions of the FIG Executive Committee

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

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

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

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

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

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

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

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

**FIG TRAMPOLINE WORLD CUP TECHNICAL DELEGATE - Mr. Clive Morgan**

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

### **Bulgarian Trampoline Federation**

75 Vasil Levski Blvd., 1040 Sofia, Bulgaria

Contact Person: Mariela Stoycheva  
Telephone: + 359 888 58 59 68  
E-mail: bul\_tramp@abv.bg

## LOCAL ORGANISING COMMITTEE OFFICIALS

President	Stoian DIMITROV
Executive Director	Nikolay IGNATOV
Competitions' & Ceremonies' Director	Bonka DIMITROVA
Transport Manager	Iliya ZAPRYANOV
Head of Accreditation	Evgeni YORDANOV
Head of Secretariat	Boryana MAKSIMOVA
Head of Press	Krastina IVANOVA

## 5. GENERAL PROGRAMME

Wednesday, September 24, 2025			
<b>All day</b>		Arrival of Delegations	
<b>10:00</b>	<b>18:00</b>	Accreditations	LOC Office (PCS)
<b>10:00</b>	<b>14:00</b>	Free Training International Tournament (IT)	Warm up / FoP (PCS)
<b>14:00</b>	<b>19:00</b>	Free Training World Cup (WC)	Warm up / FoP (PCS)
Thursday, September 25, 2025			
<b>All day</b>		Arrival of Delegations	
<b>10:00</b>	<b>18:00</b>	Accreditations	LOC Office (PCS)
<b>10:00</b>	<b>19:00</b>	Training as per Schedule (WC & IT)	Warm up / FoP (PCS)
<b>10:00</b>	<b>16:30</b>	Handing in the Competition cards to the secretariat (IT)	Secretariat (PCS)
<b>16:30</b>	<b>17:00</b>	Orientation meeting (IT)	Press centre (PCS)
<b>17:00</b>	<b>17:30</b>	Judges' meeting and instructions (IT)	Judges room and FoP (PCS)
Friday, September 26, 2025			
<b>09:30</b>	<b>20:30</b>	Training as per Schedule (WC)	Warm up / FoP (PCS)
<b>10:00</b>	<b>18:00</b>	Handing in the Competition cards to the secretariat (WC)	Secretariat (PCS)
<b>11:30</b>	<b>16:45</b>	TRA IND (IT) Qualifications	FoP (PCS)
<b>17:00</b>	<b>18:00</b>	Judges' meeting and instructions (WC)	Judges room and FoP (PCS)
<b>18:00</b>	<b>18:30</b>	Orientation meeting (WC)	Press centre (PCS)
<b>18:30</b>	<b>19:30</b>	Welcome drink for HoD, Judges and Coaches	(PCS)
Saturday, September 27, 2025			
<b>09:55</b>	<b>10:00</b>	<b>Opening speech (Mr. Clive MORGAN)</b>	FoP (PCS)
<b>10:00</b>	<b>12:30</b>	TRA IND (WC) Qualifications 1	FoP (PCS)
<b>12:30</b>	<b>14:30</b>	Free Training International Tournament (IT)	Warm up / FoP (PCS)
<b>15:00</b>	<b>16:30</b>	TRA SYN (IT) FINALS	FoP (PCS)
<b>16:30</b>	<b>17:00</b>	<b>AWARDING CEREMONIES SYN (IT)</b>	FoP (PCS)
<b>17:00</b>	<b>19:30</b>	TRA SYN (WC) Qualifications	FoP (PCS)
Sunday, September 28, 2025			
<b>09:00</b>	<b>10:30</b>	Free Training for World Cup Finalists	Warm up / FoP (PCS)
<b>11:00</b>	<b>12:00</b>	TRA IND (WC) Qualifications 2	FoP (PCS)
<b>12:30</b>	<b>15:00</b>	TRA IND (IT) FINALS	FoP (PCS)
<b>15:00</b>	<b>15:30</b>	<b>AWARDING CEREMONIES IND (IT)</b>	FoP (PCS)
<b>FINALS WORLD CUP - TV</b>			
<b>16:00</b>	<b>16:30</b>	TRA IND Women	FoP (PCS)
<b>16:30</b>	<b>17:00</b>	TRA IND Men	FoP (PCS)
<b>17:00</b>	<b>17:30</b>	TRA SYN Women	FoP (PCS)
<b>17:30</b>	<b>18:00</b>	TRA SYN Men	FoP (PCS)
<b>17:30</b>	<b>18:00</b>	TRA SYN Mixed	FoP (PCS)
<b>18:30</b>	<b>19:00</b>	<b>AWARDING CEREMONIES</b>	FoP (PCS)
Monday, September 29, 2025			
<b>All day</b>		Departure of Delegations	

\* PCS - Palace of Culture and Sports

## **6. COMPETITION VENUE**

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

Address: 115 "Knyaz Boris I" Blvd. 9000 Varna, Bulgaria  
Telephone: +359 52 645 133  
e-mail: [office@palaceofvarna.com](mailto:office@palaceofvarna.com)  
Website: [www.palaceofvarna.com](http://www.palaceofvarna.com)

## **7. ACCREDITATION**

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

Accreditation desk will be available on **September 24 & 25 from 10.00 h. until 18.00**

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

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

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

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

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

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

**Competition cards** must be returned to the LOC Office by:

- For the International Tournament Thursday, **September 25 at the Orientation meeting** at the very latest.
- For the World Cup Friday, **September 26 at the Orientation meeting** at the very latest.

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

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

## **9. CORRESPONDANCE**

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

Contact details for the LOC are as follows:

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

## **10. ACCOMMODATION**

### **HOTELS**

LOC will provide accommodation in the following hotels:

#### **FIG TRAITMENT AND DELEGATIONS**

Poseidon SPA Resort 5\*+  
9007 Golden Sands, Varna, Bulgaria

#### **DELEGATIONS**

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

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

Delegations will begin their package with dinner on the day of arrival and end with lunch on the day of departure.

- **Please note that there will be NO additional payment for early check-in and late check-out until 17:00 from the hotel!!!**

## **11. MEALS**

Breakfast will be served at the Apollo Spa Resort Hotel restaurant from 07:30 to 10:00.

Lunch will be served at the Apollo Spa Resort Hotel restaurant 12:00 until 14:30

Dinner will be served in the respective hotels from 19:00 until 21:00 (Except on September 26, until 21:30)

## **12. BANQUET**

There will be a farewell banquet on Sunday, **September 28, from 21.30 until 00.30 on September 29** at Apollo Spa Resort Hotel. (After the dinner)

The banquet is for official delegation members only.

### **13. LOCAL TRANSPORTATION**

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

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

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

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

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

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

### **15. WARM UP**

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

### **16. COMPETITION**

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

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

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

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

This rule has to be strictly respected.

### **18. CHALK**

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

## **19. MEETINGS**

### **JUDGES MEETING & INSTRUCTION**

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

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

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

The Judges Meeting and Instructions will take place:

- For the International Tournament Thursday, **September 25 at 17:00**
- For the World Cup Friday, **September 26 at 18:00**

### **ORIENTATION MEETING**

The Orientation Meeting will take place:

- For the International Tournament Thursday, **September 25 at 16:30 (Press centre)**
- For the World Cup Friday, **September 26 at 18:00 (Press centre)**

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 TD. The meeting will be held in English only.

After the meeting, all Head of Delegations, Judges and Coaches are invited to a welcome drink by the President of the Bulgarian Trampoline Federation, Mr. Stoian DIMITROV.

## **20. SUPERIOR JURY**

The FIG TRA Technical Delegate Mr. Clive MORGAN will act as a President of the Superior Jury.

## **21. DRAWING OF LOTS**

The draw/start lists took place on September 8, 2025 at the FIG office and were published on the FIG website.

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

## **22. FIG CERTIFIED APPARATUS**

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

## **23. SCORING**

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

## **24. CEREMONIES**

### **OPENING CEREMONY**

The opening ceremony will be held on **September 27th at 09:55**. There will be only Opening speech from the FIG TD Mr. Clive MORGAN.

### **PRESENTATION OF THE FINALISTS**

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

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

### **AWARD CEREMONIES**

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

Individual / Synchro - Individual Gymnasts / Pairs ranked 1<sup>st</sup> to 3<sup>rd</sup> place - Medals

## **25. MEDICAL SERVICES**

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

### **Official Hospital**

Saint Anna Hospital, Varna

9002 "Tsar Osvoboditel" 100 Blvd., Varna Center, Varna

## **26. SAFEGUARDING**

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

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

## **27. DOPING CONTROL**

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

The doping controls may take place at any time.

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

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

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

## **28. PRIZE MONEY (ONLY FOR WORLD CUP COMPETITION)**

The prize money, free of any deductible taxes, will be distributed in **Euro only** as follows:

### **TRA IND:**

1<sup>st</sup> place: 1,350 EURO  
2<sup>nd</sup> place: 900 EURO  
3<sup>rd</sup> place: 400 EURO

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

1<sup>st</sup> place: 1,350 EURO  
2<sup>nd</sup> place: 900 EURO  
3<sup>rd</sup> place: 400 EURO

## **29. LIVE STREAMING & BROADCAST**

The Finals will be broadcasted by the Bulgarian National Television.

## **30. NO SMOKING POLICY**

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

## **31. APPENDICES**

### **TRAINING GROUPS**

GROUP 1	MEN	WOMEN
JPN	4	4
KAZ	4	1
<b>TOTAL:</b>	<b>8</b>	<b>5</b>

GROUP 2	MEN	WOMEN
BRA	2	2
AIN	4	4
<b>TOTAL:</b>	<b>6</b>	<b>6</b>

GROUP 3	MEN	WOMEN
AZE	2	0
BUL	3	2
GEO	0	3
ISR	2	0
<b>TOTAL:</b>	<b>7</b>	<b>5</b>

GROUP 4	MEN	WOMEN
GER	3	0
ITA	0	1
USA	4	4
<b>TOTAL:</b>	<b>7</b>	<b>5</b>

GROUP 5	MEN	WOMEN
GBR	2	2
NED	4	2
POR	1	1
<b>TOTAL:</b>	<b>7</b>	<b>5</b>

## TRAINING SCHEDULES & COMPETITION SCHEDULE INT. TOURNAMENT

25th SEPTEMBER			
TIME		WARM UP HALL	COMPETITION HALL
10:00	12:00	FREE TRAINING WORLD CUP	
12:00	14:00	FREE TRAINING INTERNATIONAL TOURNAMENT	FREE TRAINING WORLD CUP
14:00	16:00		FREE TRAINING INTERNATIONAL TOURNAMENT
15:00	17:00	FREE TRAINING WORLD CUP	
17:00	19:00		

26th SEPTEMBER			
TIME		WARM UP HALL	COMPETITION HALL
09:30	11:30	FREE TRAINING WORLD CUP	FREE TRAINING WORLD CUP
11:30	12:15	COMPETITION Int Tourn M&W 11-12 IND	
12:15	13:00	COMPETITION Int Tourn M&W 13-14 IND	COMPETITION Int Tourn Q - M&W 11-12 IND
13:00	13:45	COMPETITION Int Tourn W 13-14 IND	COMPETITION Int Tourn Q - M&W 13-14 IND
13:45	14:30	COMPETITION Int Tourn 15-16 W IND	COMPETITION Int Tourn Q - W 13-14 IND
14:30	15:15	COMPETITION Int Tourn 15-16 M IND	COMPETITION Int Tourn Q - 15-16 W IND
15:15	16:00	COMPETITION Int Tourn 17-21 M&W IND	COMPETITION Int Tourn Q - 15-16 M IND
16:00	16:45	WC TRAINING GROUP 1	COMPETITION Int Tourn Q - 17-21 M&W IND
16:45	17:30	WC TRAINING GROUP 2	WC TRAINING GROUP 1
17:30	18:15	WC TRAINING GROUP 3	WC TRAINING GROUP 2
18:15	19:00	WC TRAINING GROUP 4	WC TRAINING GROUP 3
19:00	19:45	WC TRAINING GROUP 5	WC TRAINING GROUP 4
19:45	20:30		WC TRAINING GROUP 5

## COMPETITION SCHEDULES WORLD CUP & INT. TOURNAMENT

27th SEPTEMBER			
TIME		WARM UP HALL	COMPETITION HALL
WORLD CUP QUALIFICATIONS 1 IND			
09:10	10:00	WC IND M&W GR. 1	
10:00	10:50	WC IND M&W GR. 2	WC IND M&W GR. 1
10:50	11:40	WC IND M&W GR. 3	WC IND M&W GR. 2
11:40	12:30		WC IND M&W GR. 3
12:30	14:30	Free Training IT SYN	
14:30	15:00	BREAK	
Int. Tournament FINALS SYN			
15:00	15:30	IT SYN W	
15:30	16:00	IT SYN M	IT SYN W
16:00	16:30		IT SYN M
16:30	17:00	Int. Tournament AWARDING SYN	
WORLD CUP QUALIFICATIONS SYN			
16:10	17:00	SYN M&W GR.1	
17:00	17:50	SYN M GR.2	SYN M&W GR.1
17:50	18:40	SYN Mixed	SYN M GR.2
18:40	19:30		SYN Mixed

28th SEPTEMBER			
TIME		WARM UP HALL	COMPETITION HALL
09:00	10:30	Free Training for World Cup Finalists	
WORLD CUP QUALIFICATIONS 2 IND			
10:30	11:00	WC IND M GR. 1	
11:00	11:30	WC IND MGR. 2	WC IND M GR. 1
11:30	12:00		WC IND MGR. 2
Int. Tournament FINALS IND			
12:00	12:30	M&W 11-12	
12:30	13:00	M&W 13-14	M&W 11-12
13:00	13:30	W 15-16	M&W 13-14
13:30	14:00	M 15-16	W 15-16
14:00	14:30	M&W 17-21	M 15-16
14:30	15:00		M&W 17-21
15:00	15:30	Int. Tournament AWARDING IND	
WORLD CUP FINALS - TV			
15:30	16:00	IND WOMEN	
16:00	16:30	IND MEN	IND WOMEN
16:30	17:00	SYN WOMEN	IND MEN
17:00	17:30	SYN MEN	SYN WOMEN
17:30	18:00	SYN Mixed	SYN MEN
18:00	18:30		SYN Mixed
18:30	19:00	WORLD CUP AWARDING	

## 32. VENUE LAYOUT AND OFFICES

