

37th Suzuki World Cup 2026
18th – 19th April 2026, Tokyo Japan



WORKPLAN

Apr 8th, 2026

Event ID: 18231

Dear Friends,

We are happy to welcome all participating federations for the 37th Suzuki World Cup 2026 - World Gymnastics World Cup Series Competition which will be held from 18th and 19th of April 2026 in Tokyo, Japan and provide you with all information concerning the participation at the above-mentioned events.

Participating Gymnastic Federations:

Australia / Bulgaria / Chinese Taipei / Fiji / France / Germany / India / Italy / Japan / Lithuania / Mexico / New Zealand / Peru / Slovakia / Spain / Türkiye / Ukraine / Uruguay / Vietnam / AIN 2

1. HOST FEDERATION / LOCAL ORGANIZING COMMITTEE

Japan Aerobic Federation (JAF)

Crest One Bldg.3F, 5-7-10 Higashi-Oi, Shinagawa-Ku, Tokyo JAPAN 140-0011

Tel.: +81 3 5796-7521 / Fax.: +81 3 5796-7527

e-mail: jaf-kokusai@aerobic.or.jp

Contact person: Masa KAWAGUCHI – Secretary General

2. COMPETITION VENUE

Ota City General Gymnasium, Tokyo JAPAN

1-11-1 Higashi-Kamata, Ota-Ku, Tokyo JAPAN 144-0031

Tel.: +81-3-5480-6688 / Fax.: + 81-3-5480-1105

Website: <https://www.ota.esforta.jp/pdf/english.pdf>

3. COMPETITION DATES

18th and 19th of April, 2026 (the detailed schedule is provided below)

4. FIG Rules

The competition must be organized under the following FIG rules, as valid in the year of the competition, except for any deviation mentioned in this workplan:

- Statutes
- Code of Ethics
- Code of Conduct
- Technical Regulations
- Code of Discipline
- Code of Points and relevant Newsletters
- General Judges' Rules
- Specific Judges' Rules for Aerobic Gymnastics
- Anti-Doping Rules
- License rules
- Policy and Procedures for Safeguarding and Protecting Participants in gymnastics
- FIG Framework for Safeguarding Athletes and other Participants from harassment and abuse in Sport during Events
- Medical Organization of the FIG Competitions and Events
- Media Guidelines Apparatus Norms
- Rules for Advertising and Publicity
- Rules for Awards Ceremonies
- Accreditation Rules
and subsequent decisions of the FIG EC

5. World Gymnastics OFFICIAL REPRESENTATIVE

The official World Gymnastics Technical Delegate appointed for the competitions who will act as a President of the Superior Jury is Ms. Cristina Casentini – World Gymnastics AER TC member.

6. JURIES

A Jury will consist of: 1 Chair of Judge’s Panel; 2 Difficulty Judges; 4 Artistry Judges; 4 Execution Judges; 1 Time Judge; 2 Line Judges.

Each participating Federation must provide a minimum of 1 judge (Category 1, 2 or 3) with a valid FIG Brevet for the current cycle (2025-2028). Failure to do so will result in a fine of CHF. 2,000. - to be paid to the organizing federation.

The position of the judges will be decided by a draw before the competitions.

7. APPARATUS SUPPLIED

FIG ID: 668

8. AGE LIMITS:

Senior: 18 years (as of Dec. 31, 2026)

9. PARTICIPATION

The maximum size of delegation is as follows:

Head of Delegation	1
Team Manager	1
- 4 to 7 units	1
- if 8 and more units	2
Coach	1
- 1 unit	1
- 2 to 7 units	2
- 8 and more units	3
Units 2 per category	
Medical Doctor	1
Mental Health Professional	1
Paramedical staff	1
- 1 to 3 units	1
- 4 and more units	2
Judge	2

10. COMPETITION FORMAT

The World Series Competition consists of Qualifications and Finals in all 5 categories. (See “Special Rules”) If the host federation has not qualified in any category for the Finals, the host country may nominate 1 participation in max. 1 category of its choice.

Maximum participation in the Finals is therefore 8+1 participants in 1 category and 8 in the other 4 categories. Such “Wild Card Participant” must have participated in the respective category in the qualification. “Wild Card Participants” will receive medals and prize money, but they will not receive any World Series Points.

11. AWARDS

The Prize Money, free of any deductible taxes, will be distributed in **Japanese Yen** as follows:

Total: 2,106,000JPY (approx. CHF12’027 as of April 2026)

	IW/IM/MP*/TRIO*
1 st place	108,000 JPY (approx. 617 CHF)
2 nd place	63,000 JPY (approx. 360 CHF)
3 rd place	27,000 JPY (approx. 154 CHF)

*

	GROUP*
1 st place	72,000 JPY (approx. 411 CHF)
2 nd place	45,000 JPY (approx. 257 CHF)
3 rd place	27,000 JPY (approx. 154 CHF)

: for MP/TRIO/GROUP, the prize money is divided among the members

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

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, and no medals will be given, if there are less than 4 participating units per category
"Wild Card Participants" will receive medals and prize money.
"Hors concours competitors" will not receive prize money.

12. DETAILED SCHEDULE (as of April 6th)

Thursday, 16 April 2026 (Provisional)

All day Arrival of Delegations and Accreditation @Shinagawa Prince Hotel, Main tower, 2F

Friday, 17 April 2026 (Provisional)

9:30 - 10:15	Orientation Meeting – For Head of Delegation, Judges, and either a Coach or a TM
10:15 - 10:45	REHEARSAL FOR THE OPENING CEREMONY - ALL GYMNASTS
10:30 - 13:30	Judge's meeting / Scoring system training for all judges
13:35 - 13:50	Anniversary photo session
13:55 - 14:40	Judge's PC Orientation
9:30 - 20:20	Training sessions

Saturday, 18 April 2026 (Provisional)

8:00 - 9:00	Judges Draw for Qualification
9:30 - 9:45	Opening Ceremony
(Qualifications)	
13:25 - 14:30	Senior MP
14:30 - 14:45	Intermission(15min.)
14:45 - 15:45	Senior Trio
15:45 - 16:00	Intermission(15min.)
16:00 - 16:40	Senior GR
16:40 - 16:55	Intermission(15min.)
16:55 - 18:10	Senior IW / Senior IM
18:10 - 18:25	Intermission(15min.)
18:25 - 19:30	Senior IW / Senior IM
19:30 - 19:40	Intermission(10min.)
19:40	Announcement of the Finalists
19:50	Closing

Sunday, 19 April 2026 (Provisional)

8:00 - 9:00	Judges Draw for Finals
9:10	Photo session for judges
9:30 - 9:55	Opening Ceremony
(Finals)	
13:55 - 14:25	Senior MP
14:25 - 14:40	Intermission(15min.)
14:40 - 15:10	Senior Trio
15:10 - 15:25	Intermission(15min.)
15:25 - 15:55	Senior IW
15:55 - 16:10	Intermission(15min.)
16:10 - 16:40	Senior GP
16:40 - 16:55	Intermission(15min.)
16:55 - 17:25	Senior IM
17:25 - 17:35	Intermission(10min.)
17:35 - 18:05	Award Ceremony(Senior)
18:05	Closing
19:30 - 21:30	Farewell Party @ TKP GARDEN CITY PREMIUM SINAGAWA 6F HALL6A

Monday, 20 April 2026

All day Departure of the delegations

13. INSURANCE

The Host Federation, the LOC and the World Gymnastics will not be held responsible for any liabilities in case of accidents, illness (including COVID-19), repatriation and the like. The 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 repatriation for all the members of their Delegation. Basic insurance (sickness, accident and repatriation) in your country of residence is compulsory in order 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. The LOC will verify the insurance coverage upon

arrival of the delegation members (e.g. cover note or photocopy of the valid policy). The insurance must be valid at least starting from the arrival day of the delegation and must last for the delegations' entire stay. 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: 2,250JPY per person/ 5 days, 2,700JPY per person/ 6 days.

13.1. Medical Services

During all days – official trainings and competition, official medical persons who will be in the training and competition venue will be provided by the LOC.

14. DOPING CONTROLS

Anti-Doping control will be organized by the International Testing Agency (ITA) on behalf of the World Gymnastics 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 World Gymnastics Events, any gymnast in need of a TUE is responsible, together with his/her Federation, to submit his/her request to the World Gymnastics 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 World Gymnastics at antidoping@worldgymnastics.sport.

15. TRANSPORTATION

15.1 International transportation

The delegations have to cover by themselves the costs for their international transportation.

15.2 Local transportation

The LOC provides Pick-up Service & local transportation to all delegation members from Narita or Haneda International Airport to the hotel and back at the following costs provided that LOC receives the Flight and Accommodation Form before February 11 2026. This fee includes train between the hotel and the venue during the event (April 18th, 19th and 20th).

Transportation will be provided only on the official arrival (April 16) and departure (April 20) dates at the prices listed in the table below. Requests for transportation on other dates will require additional fees.

Departure Arrival	Narita	Haneda
Narita	10,000JPY/person	5,000JPY/person
Haneda	5,000JPY/person	3,000JPY/person

In the case if your flight arrives at Narita airport at 8:00 pm or later and **you are unable to catch public transportation** due to the flight schedule, delay or any other personal reasons, regardless of whether you arrive at Haneda or Narita airport in Japan, the delegation are required to pay the actual Taxi fees on your own. In that case, KNT will reimburse the above-mentioned transportation fee.

16. ACCOMMODATION (Official Hotel)

■ SHINAGAWA PRINCE HOTEL

Address: 10-30 Takanawa 4-chome, Minato-ku Tokyo, 108-8611 JAPAN

tel: +81-(0)3-3440-1111

<https://www.princehotels.com/shinagawa>

-Check-in: 15:00pm.

-Check-out: 11:00am.

■ HOTEL ROUTE-INN TOKYO KAMATA

Address: 3-18-2 Kamata, Otaku, Tokyo, 144-0052 JAPAN

tel: +81-(0) 50-5837-2020

https://www.route-inn.co.jp/hotel_list/tokyo/index_hotel_id_656/?gad_source=1&qclid=CjwKCAjw47i_BhBTEiwAaJfPpkXoUVCXCIWhYBR20zwKJ1q8N_dO28ApGMDs-1UHOfoKNrb6rECluNRoCFYQQAvd_BwE

-Check-in: 15:00pm.

-Check-out: 10:00am.

Room changes due to personal reasons will incur an additional charge.

Early check-in and/or late check-out will be charged accordingly.

17. ACCREDITATION

The accreditation desk will be open on 16th April, 2026 at 9:00 AM and is situated in the 2nd floor of the Shinagawa Prince Hotel Main Tower. For those of you who will be arriving to Japan before April 16th, please come to the desk between 9:00 AM to 18:00 PM on 16th April.

During the Accreditation the Head of Delegation has to be ready to present the following:

- Passports of each member of the delegation
- Insurances for each member of the delegation
- Agreement Form for No-Smoking (It will only be collected on site if not submitted in advance).
- Release Music/Portrait/Injury (It will only be collected on site if not submitted in advance).
- One back up flash drive for each routine with the federation, category and name of the competitor (No submission required).

The federation groupings and order for podium training will be confirmed during accreditation.

18. MUSIC PREPARATION

Please prepare all competition music in MP3 format as a backup.

Please submit your music by April 8th, 2026 at the latest, to the following World Gymnastics World Cup 2026:

<https://verification.clicknclear.com/my-seasons/season/91849/invite?token=edcbc9122d0aa60a8a60ac4b284adb96&lp=fig>

Release Form:

Please submit it via the link below (if not yet submitted):

<https://www.dropbox.com/request/TD7Td20p0afOzaTAbLNf>

Please be reminded that there is nothing we, LOC, can do in case the music didn't start playing and the result will show "DNS" (did not start) accordingly.

To ensure smooth accreditation procedures, music for all delegation members must be submitted electronically prior to arrival and ALSO brought on a flash drive physically as well for backup purpose.

If you have any music changes, please inform the staff at the time of accreditation.

Please note that no changes to the music will be accepted after the podium training.

19. TRAINING VENUE

We have arranged a practice venue on April 16 (Official Arrival Day). On that day, the Tour Desk will provide guidance to the practice venue for federations whose accreditation has been completed.

Venue: Shinagawa Health Center Hall

3-11-22 Kitashinagawa, Shinagawa-ku, Tokyo 140-0001, Japan

Opening Hours: 13:00 – 21:30

Website: <https://www.shinagawa.esforta.jp/>

20. ADDITIONAL INFORMATION

• Orientation Meeting

The Orientation Meeting will be held on 17 April 2026 at 9:30 at Ota City General Gymnasium, where detailed information regarding the competitions will be provided.

Participation is limited to a maximum of 2–3 participants per federation, including the Head of Delegation, Judges, and either a Coach or a Team Manager. Athletes are not permitted to attend.

• Communication During the Event

During the event period, official communications will be conducted via WhatsApp. Each representative is kindly requested to check messages regularly and share the relevant information with their delegation as necessary.

• Non-Smoking Policy

Smoking is strictly prohibited inside Ota City General Gymnasium, including outdoor areas of the venue. Please also note that smoking is prohibited on the surrounding streets in accordance with Ota City regulations.

The LOC cannot be held responsible for any issues, troubles, or accidents arising from smoking on or around the venue. A fine of JPY 10,000 may be imposed for littering or smoking-related violations in accordance with local regulations.

If you need some more information in advance, please do not hesitate to contact us.

Looking very much forward to welcoming you in Tokyo!!!

Sincerely,

 



Kenji NISHIMURA
Secretary General
Japan Gymnastics Association

Kaoru Chinen
President
Japan Aerobic Federation

Masa Kawaguchi
Secretary General
Japan Aerobic Federation