



WORLD GYMNASTICS



PARKOUR WORLD CUP Istanbul (TUR)

04TH June – 07TH June 2026

WORK PLAN

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0. FOREWORD

The Workplan for the FIG Parkour World Cup in Istanbul (TUR) to be held from 04^h June 2026 to 07th June 2026 has been developed between the FIG Headquarters, the Parkour Commission and the LOC in accordance with the following FIG regulations and rules (as valid in 2026):

- Statutes
- Technical Regulations
- Judge's Rules (General and Specific)
- PK Code of Points
- Apparatus Norms
- Advertising and Publicity Rules
- Rules for Accreditation
- Medical Organisation of the Official FIG Competitions
- Anti-doping Rules
- Media Guideline
- License Rules
- Code of Ethics
- Code of Discipline
- and subsequent decisions of the FIG Executive Committee and Parkour Commission

All participating Federations and athletes commit to respect the Statutes and all FIG Regulations, especially with regards to the license, the age and the nationality of the athletes, as well as the respective Regulations concerning "Insurance" art. 11.10 of the Technical Regulations.

1. FÉDÉRATION INTERNATIONALE DE GYMNASTIQUE (FIG)

Fédération Internationale de Gymnastique (FIG)
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1003 Lausanne
Switzerland
Tel: +41 (0) 21 321 55 10 / Direct +41 (0) 21 321 55 44
E-Mail: jkoslacz@worldgymnastics.sport
Website: <http://www.gymnastics.sport/site/>

FIG Officials

President of the FIG Parkour Commission	Charles Perrière
Technical Delegate	Aimene Boustilla

FIG Staff

PK Sports Events Manager	Jakub Koslacz
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2. HOST FEDERATION AND LOCAL ORGANISING COMMITTEE (LOC)

Turkish Gymnastics Federation
Contact Person: Yiğit ERSOY
Oğuzlar Mah. 1543. Sokak / Etimesgut / Ankara / Türkiye
Telephone: +90 312 310 44 70 /126
Mobile: +90 533 666 31 47
E-Mail: istanbulpk@tcf.gov.tr
Website: www.tcf.gov.tr

3. PROVISIONAL PROGRAMME

Note: No athlete may enter the field of play outside of his/her designated training or competition times. There is also no training permitted once the event is concluded. Non-compliance could lead to disqualification from the competition and/or FIG disciplinary action.

Wednesday 03th June 2026

Arrival of Delegations

Thursday 04th June 2026

08:00-09:00 Orientation meeting

10:00-11:00 Training Speed Men Group 1

11:00-12:00 Training Freestyle Men Group 1

12:00-13:00 Training Speed Men Group 2

13:00-14:00 Training Freestyle Men Group 2

14:00-15:00 Training Speed Women Group 1

15:00-16:00 Training Freestyle Women Group 1

16:00-17:00 Training Speed Women Group 2

17:00-18:00 Training Freestyle Group 2

Friday 05th June 2026

09:00-10:00 Training Speed Women Group 1

10:00-11:00 Training Speed Women Group 2

11:00-12:00 Training Freestyle Men Group 1

12:00-13:00 Training Freestyle Men Group 2

13:00-13:30 Warm-up Speed Women

13:30-14:30 Qualification Speed Women

14:30-15:00 Warm-Up Freestyle Men Part 1

15:00-16:45 Qualification Freestyle Men Part 1
16:45-17:15 Warm-Up Freestyle Men Part 2
17:15-19:00 Qualification Freestyle Men Part 2

Saturday 06th June 2026

09:00 - 10:00 Training Speed Men Part 1
10:00 - 11:00 Qualification Speed Men Part 1
11:00 - 12:00 Training Speed Men Part 2
12:00 - 13:00 Qualification Speed Men Part 2

14:00 - 14:45 Training Speed Women
14:45 - 15:30 Training Freestyle Men
15:30 - 15:45 Touch Warm-Up Speed
15:45 - 16:15 Semi-Final Speed Women
16:15 - 16:30 Touch Warm-Up Freestyle Men
16:30-17:15 Final Freestyle Men
17:15-17:30 Touch Warm-Up Speed
17:30-17:45 Final Speed Woman
17:45-18:00 Award Ceremony

Sunday 07th June 2026

10:00-10:45 Warm-Up Freestyle Women
10:45-12:00 Qualification Freestyle Women

14:00-14:45 Training Speed Men
14:45-15:30 Training Freestyle Women
15:30-15:45 Touch Warm-Up Speed Men
15:45-16:15 Semi-Final Speed Men
16:15-16:30 Touch Warm-Up Freestyle Women
16:30-17:15 Final Freestyle Women
17:15-17:30 Touch Warm-Up Speed Men
17:30-17:45 Final Speed Men
17:45-18:00 Award Ceremony

Monday 08th June 2026

Departure

4. SITE, PODIUM AND OBSTACLES

One podiums for Speed and Freestyle.

The apparatus supplier for the event is HELIX.

A warm-up and stretching area will be located next to the competition podiums.

The competition venue is located at Galataport Clock Tower Square in the heart of Istanbul.

5. TRANSPORTATION AND VISAS

Local Transportation

Transportation between Istanbul Airport (IST), Sabiha Gökçen Airport (SAW), official hotels and the competition venue will be provided free of charge for federations booking accommodation through the LOC.

Public Transportation in Istanbul

- T1 Tram Line – Tophane Station
- F1 Funicular – Kabataş Connection
- Ferry access via Karaköy and Kabataş ports

Visa Information

<https://www.evisa.gov.tr/en/>

6. ACCREDITATIONS

Access to the area Field of Play dedicated to Parkour will be given only to authorized persons (accreditation).

All participants and officials are required at all times, to wear Accreditation Cards and respect those personnel responsible for monitoring entry.

The FIG Accreditation Rules will be strictly applied, notably as far as the number of accreditations per federations is concerned. Any additional person is considered as a spectator. Accreditations will not be delivered unless all financial and insurance obligations have been met.

Please present to the accreditation with your passport or ID. Please refer to the FIG license rules for further information.

Accreditation will take place at the information desks located in each official hotel upon arrival, as well as at the information desk tent at the venue.

Required documents:

- Passport or national ID

- Insurance documents
- Proof of payment to the LOC

7. MEETINGS AND OTHER EVENTS

Orientation Meeting

Orientation meeting will take place at the official hotel which is Burdock Hotel İstanbul Thursday 04 June 2026 at 08:00.

The drawing of lots for the starting order will take place at the end of the Orientation Meeting.

Important and detailed information concerning the organisation will be provided by the FIG.

Participation is compulsory for 1 representative maximum per National Federation (athletes, heads of delegation or coaches).

Judges' Instructions, Briefings.

All the judges are required to take part in this instruction and in all subsequent briefings. Judges who do not participate will not be authorised to judge.

8. INSURANCE

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.

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 repatriation for all the members of their Delegation.

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: 35 € per person/day

9. ACCOMMODATIONS

Burdock Hotel İstanbul, Autograph Collection. Hacımimi, Kemeraltı Cd. No.33, 34425 Beyoğlu/İstanbul



the costs of the National Federations for their participants (except the athletes invited by the FIG).

For the invited athletes, rooms are booked and paid by FIG.

10. NATIONAL IDENTIFICATION

All competitors must show an identification of their country on their competition attire. This identification must be according to the following guidelines:

- be in the form of a flag (in official colors) or the country name (not to be combined). The country name can be abbreviated with the FIG 3-letter federation code or in full
- the minimum overall area is 30 sq.cm
- the national emblem or crest, if the country has one, or its coat of arms, may be worn in addition to the required flag or country name
- the uniform may be designed in national colors and portray the national identity in addition to the required flag or country name
- National identification must appear on the athlete at least one time, with no limit to frequency
- Placement is optional
- The athlete's name may not appear on the uniform
- be in the form of a badge, sewn on, or affixed by numerous other methods in a safe and secure manner

The identification may appear as follows:

- Men's competition shirt: anywhere
- Men's shorts or pants: anywhere
- Women's competition shirt: anywhere
- Women's shorts or tights: anywhere

National identification is not advertising. The national identification size on the track suit is not regulated

11. COMPETITION

Competitions will be conducted in accordance with the 2026 FIG Technical Regulations including Section 7 for PK, the current PK COP and other technical directives of the FIG.

Athletes' drawing of lots

The drawing of lots will take place during the Orientation meeting.

Timing and Scoring

The scoring system is provided by RawMotion.

12. ANNOUNCEMENTS DURING COMPETITIONS

During the competitions, the announcements will be made in Turkish and in English.

13. AWARD CEREMONIES

The awards ceremonies will be held immediately after the finals. The athletes are requested to attend.

14. MEDICAL SERVICES

Medical services will be fully guaranteed by the Organizing Committee.

Official Hospital

Eyüp Sultan Devlet Hastanesi
Merkez, Silahtarağa Cd. No:53-57-57/1
34050 Eyüpsultan / İstanbul

15. ANTI DOPING CONTROL AND THERAPEUTIC USE EXEMPTIONS

The Local Organizing Committee is in charge of doping controls. This doping control can take place at any moment between the arrival of the athlete and his departure.

16. PRIZE MONEY

During the FISE Montpellier, the Prize Money will be paid by the FIG as follows:

Speed Running		Freestyle	
Ranking	Total of 15 000	Ranking	Total of 15 000
1	7000	1	7000
2	5000	2	5000
3	3000	3	3000

17. MEDIA AND TV

Cameras and video recording

All runs will be recorded in high definition by digital video cameras.

In order to protect television rights, personal video or TV cameras and recording is prohibited. The only exceptions are the host broadcaster.

Photos may be taken.

Social Media

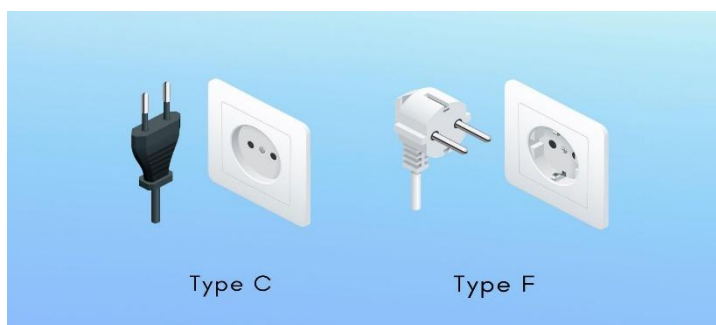
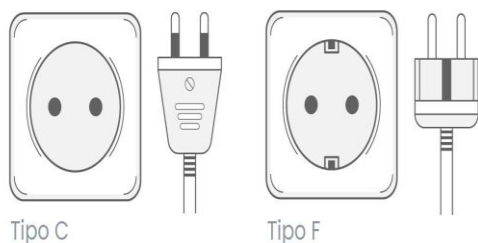
Facebook: <https://www.facebook.com/TurkCimFed/>

Twitter/X: <https://twitter.com/turkcimfed>

YouTube: <https://www.youtube.com/channel/UCneNJjXZoKZTbqH5QYdirvg>

18. ANY OTHER USEFUL INFORMATION

Plugs / sockets used in France



Currency

Turkish Lira (TRY)

Weather in Istanbul

Min 18°C – Max 28°C

Weather: generally warm and pleasant, with a mix of sun and light clouds. The climate is moderately dry, though occasional short rain showers can occur (around 30–40 mm over a few days).

GMT – +3 hour

Nearby Landmarks

- Galata Tower
- Karaköy
- Taksim Square
- Dolmabahçe Palace
- Bosphorus Waterfront

Appendices

Appendix 1: Schedule Istanbul

Appendix 2: Table of tricks 2026

Appendix 3: Men's training group

Appendix 4: Women's training group