WORLD GYMNASTICS TRAMPOLINE & TUMBLING

Trampoline Gymnastics World Championships Nanjing 2026

39th Trampoline & Tumbling World Championships

NANJING (CHN) / 05 November - 08 November 2026

Version 01.11.2026

TRAINING GROUPS

TRA

Group 1	M	W	SYN *
BLR	4	4	6
~~ISR~~	~~0~~	~~0~~	~~0~~
TUR	3	3	4
3	*7*	*7*	*10*

24

Group 2	M	W	SYN *
AUS	3	2	5
BEL	1	0	0
BRA	4	4	6
3	*8*	*6*	*11*

25

Group 3	M	W	SYN *
CAN	4	3	6
CZE	3	3	4
GRE	2	1	1
3	*9*	*7*	*11*

27

Group 4	M	W	SYN *
CHN	4	4	6
GER	2	0	1
2	*6*	*4*	*7*

17

Group 5	M	W	SYN *
AZE	1	1	2
FRA	4	4	6
UKR	3	3	3
3	*8*	*8*	*11*

27

Group 6	M	W	SYN *
ARG	3	0	1
GBR	4	3	4
KAZ	4	1	3
BUL	0	2	1
SWE	1	0	0
5	*12*	*6*	*9*

27

TUM

Group 1	M & W
CHN	8

1 *8*

Group 2	M & W
DEN	8

1 *8*

Group 3	M & W
FRA	8
MEX	1

2 *9*

Group 4	M & W
GBR	8

1 *8*

Group 5	M & W
ARG	3
GRE	3
POL	3

3 *9*

Group 6	M & W
POR	8

1 *8*

DMT

Group 1	M & W
CHN	8

1 *8*

Group 2	M & W
CAN	8
UKR	1

2 *9*

Group 3	M & W
AUS	7
NZL	2

2 *9*

Group 4	M & W
GBR	8
POL	1

2 *9*

Group 5	M & W
ESP	8
MEX	1

2 *9*

Group 6	M & W
POR	8

1 *8*

Edited 01/11/2026 - 09:05

39th Trampoline & Tumbling World Championships

NANJING (CHN) / 05 November - 08 November 2026

Version 01.11.2026

TRAINING GROUPS

TRA			
Group 7	**M**	**W**	**SYN ***
GEO	0	2	0
AUT	3	0	1
JPN	4	4	6
NED	4	1	3
TJK	1	0	0
~~NAM~~	~~0~~	~~0~~	~~0~~
6	*12*	*7*	*10*

TUM	
Group 7	**M & W**
RUS	8
1	*8*

DMT	
Group 7	**M & W**
RUS	8
1	*8*

29

Group 8	**M**	**W**	**SYN ***
COL	2	1	2
ITA	2	1	2
RSA	1	1	0
RUS	4	4	6
4	*9*	*7*	*10*

Group 8	**M & W**
USA	8
1	*8*

Group 8	**M & W**
USA	8
1	*8*

26

Group 9	**M**	**W**	**SYN ***
ALG	1	0	0
EST	0	1	0
HKG	2	1	2
SUI	2	1	2
USA	4	4	6
4	*9*	*7*	*10*

Group 9	**M & W**
AZE	4
BEL	4
2	*8*

Group 9	**M & W**
ARG	4
JPN	4
2	*8*

26

Group 10	**M**	**W**	**SYN ***
DEN	1	0	0
ESP	4	4	4
NZL	3	4	5
3	*8*	*8*	*9*

Group 10	**M & W**
CAN	4
AUS	5
2	*9*

Group 10	**M & W**
GER	6
RSA	2
2	*8*

25

Group 11	**M**	**W**	**SYN ***
MEX	3	4	5
POL	0	0	0
POR	4	3	5
ISR	1	0	0
4	*8*	*7*	*10*

Group 11	**M & W**
ESP	4
JPN	6
2	*10*

Group 11	**M & W**
SWE	4
BEL	2
NED	2
3	*8*

25

40	**96**	**74**	**108**

17	**93**

19	**92**

* includes Men, Women and Mixed SYN

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39th Trampoline & Tumbling World Championships

/ 05 November - 08 November 2026

TRAINING SCHEDULE

Version **08.10.2026**

Sunday 01 November 2026

TRA Trampoline

Time		Warm-up Hall	Competition Hall	Training Hall
09:00	19:00	Closed	Closed	Open Training

TUM Tumbling

Time		Warm-up Hall	Competition Hall	Training Hall
09:00	19:00	Closed	Closed	Open Training

DMT Double Mini-Trampoline

Time		Warm-up Hall	Competition Hall	Training Hall
09:00	19:00	Closed	Closed	Open Training

Monday 02 November 2026

TRA Trampoline

Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	10:00	Group 1		
10:00	11:00	Group 2	Group 1	Group 6
11:00	12:00	Group 3	Group 2	Group 7
12:00	13:00	Group 4	Group 3	Group 8
13:00	14:00	Group 5	Group 4	Group 9
14:00	15:00	Group 6	Group 5	Group 10
15:00	16:00	Group 7	Group 6	Group 11
16:00	17:00	Group 8	Group 7	Group 1
17:00	18:00	Group 9	Group 8	Group 2
18:00	19:00	Group 10	Group 9	Group 3
19:00	20:00	Group 11	Group 10	Group 4
20:00	21:00		Group 11	Group 5

TUM Tumbling

Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	10:00	Group 1		
10:00	11:00	Group 2	Group 1	Group 6
11:00	12:00	Group 3	Group 2	Group 7
12:00	13:00	Group 4	Group 3	Group 8
13:00	14:00	Group 5	Group 4	Group 9
14:00	15:00	Group 6	Group 5	Group 10
15:00	16:00	Group 7	Group 6	Group 11
16:00	17:00	Group 8	Group 7	Group 1
17:00	18:00	Group 9	Group 8	Group 2
18:00	19:00	Group 10	Group 9	Group 3
19:00	20:00	Group 11	Group 10	Group 4
20:00	21:00		Group 11	Group 5

DMT Double Mini-Trampoline

Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	10:00	Group 1		
10:00	11:00	Group 2	Group 1	Group 6
11:00	12:00	Group 3	Group 2	Group 7
12:00	13:00	Group 4	Group 3	Group 8
13:00	14:00	Group 5	Group 4	Group 9
14:00	15:00	Group 6	Group 5	Group 10
15:00	16:00	Group 7	Group 6	Group 11
16:00	17:00	Group 8	Group 7	Group 1
17:00	18:00	Group 9	Group 8	Group 2
18:00	19:00	Group 10	Group 9	Group 3
19:00	20:00	Group 11	Group 10	Group 4
20:00	21:00		Group 11	Group 5

*Access to the Stretching Area is permitted 30 minutes in advance of the time indicated, for a general warm-up period prior to the allocated session using the apparatus

Tuesday 03 November 2026

TRA Trampoline

Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	10:00	Group 6		
10:00	11:00	Group 7	Group 6	Group 1
11:00	12:00	Group 8	Group 7	Group 2
12:00	13:00	Group 9	Group 8	Group 3
13:00	14:00	Group 10	Group 9	Group 4
14:00	15:00	Group 11	Group 10	Group 5
15:00	16:00	Group 1	Group 11	Group 6
16:00	17:00	Group 2	Group 1	Group 7
17:00	18:00	Group 3	Group 2	Group 8
18:00	19:00	Group 4	Group 3	Group 9
19:00	20:00	Group 5	Group 4	Group 10
20:00	21:00		Group 5	Group 11

TUM Tumbling

Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	10:00	Group 6		
10:00	11:00	Group 7	Group 6	Group 1
11:00	12:00	Group 8	Group 7	Group 2
12:00	13:00	Group 9	Group 8	Group 3
13:00	14:00	Group 10	Group 9	Group 4
14:00	15:00	Group 11	Group 10	Group 5
15:00	16:00	Group 1	Group 11	Group 6
16:00	17:00	Group 2	Group 1	Group 7
17:00	18:00	Group 3	Group 2	Group 8
18:00	19:00	Group 4	Group 3	Group 9
19:00	20:00	Group 5	Group 4	Group 10
20:00	21:00		Group 5	Group 11

DMT Double Mini-Trampoline

Time		Warm-up Hall*	Competition Hall	Training Hall*
09:00	10:00	Group 6		
10:00	11:00	Group 7	Group 6	Group 1
11:00	12:00	Group 8	Group 7	Group 2
12:00	13:00	Group 9	Group 8	Group 3
13:00	14:00	Group 10	Group 9	Group 4
14:00	15:00	Group 11	Group 10	Group 5
15:00	16:00	Group 1	Group 11	Group 6
16:00	17:00	Group 2	Group 1	Group 7
17:00	18:00	Group 3	Group 2	Group 8
18:00	19:00	Group 4	Group 3	Group 9
19:00	20:00	Group 5	Group 4	Group 10
20:00	21:00		Group 5	Group 11

*Access to the Stretching Area is permitted 30 minutes in advance of the time indicated, for a general warm-up period prior to the allocated session using the apparatus

39th Trampoline & Tumbling World Championships

/ 05 November - 08 November 2026

TRAINING SCHEDULE

Version **08.10.2026**

Wednesday 04 November 2026

TRA Trampoline

Time		Warm-up Hall	Competition Hall	Training Hall*
09:20	10:00	Closed	Closed	
10:00	10:40	Closed	Closed	Group 6
10:40	11:20	Closed	Closed	Group 7
11:20	12:00	Closed	Closed	Group 8
12:00	12:40	Closed	Closed	Group 9
12:40	13:20	Closed	Closed	Group 10
13:20	14:00	Closed	Closed	Group 11
14:00	14:40	Closed	Closed	Group 1
14:40	15:20	Closed	Closed	Group 2
15:20	16:00	Competition	Competition	Group 3
16:00	16:40	Competition	Competition	Group 4
16:40	17:20	Competition	Competition	Group 5

TUM Tumbling

Time		Warm-up Hall	Competition Hall	Training Hall*
09:20	10:00	Closed	Closed	
10:00	10:40	Closed	Closed	Group 6
10:40	11:20	Closed	Closed	Group 7
11:20	12:00	Closed	Closed	Group 8
12:00	12:40	Closed	Closed	Group 9
12:40	13:20	Closed	Closed	Group 10
13:20	14:00	Closed	Closed	Group 11
14:00	14:40	Closed	Closed	Group 1
14:40	15:20	Closed	Closed	Group 2
15:20	16:00	Competition	Competition	Group 3
16:00	16:40	Competition	Competition	Group 4
16:40	17:20	Competition	Competition	Group 5

DMT Double Mini-Trampoline

Time		Warm-up Hall	Competition Hall	Training Hall*
09:20	10:00	Closed	Closed	
10:00	10:40	Closed	Closed	Group 6
10:40	11:20	Closed	Closed	Group 7
11:20	12:00	Closed	Closed	Group 8
12:00	12:40	Closed	Closed	Group 9
12:40	13:20	Closed	Closed	Group 10
13:20	14:00	Closed	Closed	Group 11
14:00	14:40	Closed	Closed	Group 1
14:40	15:20	Closed	Closed	Group 2
15:20	16:00	Competition	Competition	Group 3
16:00	16:40	Competition	Competition	Group 4
16:40	17:20	Competition	Competition	Group 5

***Access to the Stretching Area is permitted 30 minutes in advance of the time indicated, for a general warm-up period prior to the allocated session using the apparatus**

Thursday 05 November 2026 to Sunday 08 November 2026

TRA Trampoline

Time	Warm-up Hall	Competition Hall	Training Hall
Refer to Competition Schedule	Refer to Competition Schedule	Refer to Competition Schedule	**Open Training** **Refer to Competition Schedule**

TUM Tumbling

Time	Warm-up Hall	Competition Hall	Training Hall
Refer to Competition Schedule	Refer to Competition Schedule	Refer to Competition Schedule	**Open Training** **Refer to Competition Schedule**

DMT Double Mini-Trampoline

Time	Warm-up Hall	Competition Hall	Training Hall
Refer to Competition Schedule	Refer to Competition Schedule	Refer to Competition Schedule	**Open Training** **Refer to Competition Schedule**

(end of document) ***Access to the Stretching Area is permitted 30 minutes in advance of the time indicated, for a general warm-up period prior to the allocated session using the apparatus**