

REVISED 14.08.2019

New Training Schedule

WORKPLAN

TRAMPOLINE
TUMBLING
DOUBLE MINI-TRAMPOLINE

WORLD CUP



KHABAROVSK, RUSSIA
21st - 22nd September 2019



GENERAL INFORMATION

This Workplan has been developed in accordance with the following FIG regulations and rules:

1. FIG Statutes;
2. 2019 FIG Technical Regulations;
3. FIG Judges' Rules;
4. FIG Trampoline, Tumbling and Double Mini-Trampoline Code of Points 2017-2020;
5. FIG World Cup Competitions and Series;
6. Medical Organization of the Official FIG Competitions;
7. Doping Control Rules;
8. FIG Media Rules;
9. FIG Apparatus Norms;
10. FIG Advertising and Publicity Rules;
11. FIG Regulations for Awards Ceremonies;
12. And subsequent decisions of the FIG Executive Committee & FIG TRA-TC.

ORGANISING COMMITTEE

Sergei Furgal	President
Semen Ekshenger	Vice-President
Dmitri Chikunov	Vice-President
Irina Filina	Finances
Alexandr Konoshtarov	Competition Director
Vitali Undalov	Accreditation
Olga Elekina	Secretariat
Dmitri Gondurkaev	Transports
Elena Frolova	Accommodation
Alexandr Shelekhov	Equipment
Tatiana Bezgodova	Volunteers' Coordination
Alexei Starodubtsev	Protocol
Vitali Undalov	Video / Internet - Livestream
Sporttech	Results & Informatics

FIG TECHNICAL DELEGATE

Mr. Horst Kunze FIG TRA-TC President

ORGANISING COMMITTEE ADDRESS

The Trampoline Federation of Russia
 Luzhnetskaya naberezhnaya, 8-456, Moscow, Russia
 Tel +74957254717
office@trampoline.ru

COMPETITION VENUE

PLATINUM ARENA

Khabarovsk, Dikopoltseva str., 12 www.platinumarena.ru

NATIONAL ANTHEM - FLAG

Delegations are requested to bring a CD of their national anthem and their national flag (approx. size 180 cm x 90 cm). These must be handed to the OC Secretariat by the head of delegation upon arrival at the time of accreditation.

VISA

Federations requiring an official invitation to obtain a visa are asked to contact the Organizing Committee **immediately** by sending the official visa form to office@trampoline.ru

INSURANCE

Federations are obliged to cover the expense of insurance for members of their delegation (illness, accident and repatriation) and to bring the evidence of such insurance. Insurance will be checked and collected during accreditation.

OFFICIAL LANGUAGE

The official language of the World Cup is English. Announcements will be made in Russian and English only.

Interpretation from and into any other language must be organized by the delegations.

ACCREDITATION AND ID CARDS

Please, use the following for the accreditation of the delegation -

<https://sporttech.io/events/f1102f17-774a-49b9-6016-6640e88ac322>

All delegation members will receive an accreditation ID Card. The accreditation ID Card is personal, non-transferable and compulsory to get access to the training and competition hall, functions, and the bus system. All participants and officials are required to wear the ID Cards **at all times**.

Accreditation will take place at the accreditation room in Platinum Arena. All delegations will be directed to the accreditation room from airport.

Accreditations are managed by **sporttech.io** system. Each Federation will receive an email from LOC with specific instructions early August.

At accreditation, heads of delegation must check the correct names of their complete delegation, verify accommodation requirements, make any necessary payments, hand in their national anthem and national flag as well as their confirmation of insurance. Age control will be completed by Secretariat at the arrival moment.

As far as the number of accreditations per country is concerned, the FIG Rules and the Directives will be strictly applied.

The publicity on the clothes has to be checked in accordance with the FIG Advertising and Publicity Rules, at the same time as age control

TRANSPORTATION

Transfers by bus to and from Khabarovsk Airport as well as to and from the official hotels to the competition hall will be made by dedicated buses for the delegations that book their accommodations and meals through the organization.

The bus schedule will be handed to the delegations upon arrival and be available at each hotel.

MEALS

Breakfast and Dinner is included in the accommodation package and served at each hotel.

Lunch and is included in the accommodation package and served at Platinum Arena.

Breakfast and Dinner time – please, check in your hotels

Lunch time – 12:30 – 14:30

GENERAL PROGRAMME

18th September – arrival of delegations, free training

19th September – training per schedule from 09:00 – 21:00
17:00 – information meeting

20th September – training per schedule from 09:00 – 21:00
10:00 – Judges Meeting -Trampoline
11:00 – Judges Meeting – Tumbling
11:30 – Judges Meeting – Double Mini-Trampoline

21st September – Qualification Trampoline, Tumbling and Double Mini-Trampoline
10:00 – 17:00 Qualification Trampoline
17:00 – 19:00 – Qualifications in tumbling and Double Mini-Trampoline

22nd September – Qualification and Finals
11:00 – 13:00 – Qualification Synchon
14:00 – Opening Ceremony
14:20 - Finals in all disciplines, Awarding Ceremony

19:30 – Closing Banquet (Hotel Intourist)

Please, see the Appendix 1 for details.

AGE CONTROL

The OC will check nationality and age of the competitors. The age and nationality control will take place at the same time as accreditation:

The control will be carried out by checking the passports of the participants. The Head of Delegation has to bring passports of all participants to the accreditation.

INFORMATION MEETING

All Heads of Delegation must attend the meeting on 19th September at 17:00 at the Platinum Arena. One extra official per delegation may also attend. The FIG TRA-TC and the Organizing Committee will provide detailed information regarding the competitions. All information will be in English only. Judges cannot be representatives of their NF at the Orientation Meeting.

MEDAL AWARD CEREMONIES

Only the medal winners will participate (in the national track suits)

EQUIPMENT

	Competition Hall	Warm up
Trampoline	Eurotramp Ultimate 4x4 mm bed THMD- Acrosport	Eurotramp Ultimate 4x4 mm bed
Tumbling	Acrosport Tumbling Track AS-612	
Double Mini-Trampoline	Eurotramp	
Safety Mats		ACROSPORT

TRAINING – WARM UP

The final training schedule will be handed out to the Heads of Delegation upon their arrival to Khabarovsk (if there are any changes).

For the Qualification and Finals, in addition to the allocated warm-up time in the warm-up area, a 30 seconds warm-up period (TRA).

Warm up (TUM & DMT) will be granted to each gymnast on the competition equipment (20 minutes per group in qualifications and 2 passes in finals).

Please, see the Appendix 1 for details.

STARTING ORDER – DRAWING OF LOTS

The drawing of lots and starting order will be made in the FIG office and published on the FIG website.

The starting order for the finals will be in the order of merit, according to the Technical Regulation.

The list of finalists and the two reserves will be distributed to the Heads of Delegation after the qualifications.

Please note: 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 Technical Delegate in consultation with the Organizing Committee reserve the right to make adjustments, which will facilitate the smooth running of the competition.

COMPETITION CARDS

All competition cards must be delivered at the Secretariat before 19th September until 17:00.

JUDGES DRAW FOR THE QUALIFICATIONS AND INSTRUCTION

The judge meeting, which are compulsory for all judges, will take place at the Platinum Arena.

20th September

10:00 – 11:00 Judges meeting –trampoline

11:00 – 11:30 Judges meeting – tumbling

11:30 – 12:00 Judges meeting – double mini-trampoline

The judges draw for the qualifications will take place by the end of each of the judge's instructions.

Please note that the Judge's instruction will be held in English only.

Practice with judging equipment will take place immediately after each judges meeting and organized by SPORTTECH.

21st and 22nd September

Judges meeting – 1 hour before competitions starts

DRAWING OF LOTS FOR JUDGES – FINALS

The drawing of lots for judges will be done by the FIG Technical Delegate after the qualifications

SUPERIOR JURY AND JURY OF APPEAL

Technical delegate will act as president of the superior jury, and TRA TC member as Superior Jury

SCORES AND RESULTS

The scoring system used is SPORTTECH. The scores will be shown in the competition hall.

A resumed list of results will be distributed to the Heads of Delegation at the end of qualifications.

A detailed list of results, including all judge's marks, will be distributed to the Heads of Delegation at the end of the competition.

All results will appear at the web site **www.sporttech.io**

VIDEO RECORDING

All routines will be recorded on video by the OC.

SEATING FOR THE DELEGATIONS

Sections in the competition hall are reserved for all delegation members, and all delegation members must take a seat in this area. Special seating will be allocated for the Heads of Delegation.

MEDICAL SERVICES AND PHYSIOTHERAPIST

Medical services will be provided by the Medical Centre located in Platinum Arena. Massage facilities for accompanying masseurs of the delegations are available in the Training Sports Hall.

CLOSING BANQUET

There will be a banquet in hotel INTOURIST (19:30 – 01:00).

The banquet is for official delegation members only, and a valid banquet ticket must be presented at the entrance.

The closing banquet is free of charge for the delegations who have booked their accommodation through the Organizing Committee.

Delegations that have made their own arrangements will have to purchase tickets from the Organizing Committee at accreditation. The price is 60 EUR per ticket.

INFORMATION AND CORRESPONDENCE DURING THE WORLD CUP

Every delegation will have a mailbox located at the OC Secretariat in Platinum Arena. Access to the mailbox is only provided for those holding an official mailbox card. Each delegation will receive a mailbox card on arrival to the accreditation.

All information, requests and correspondence regarding this World Cup should be addressed to the Organizing Committee.

Moscow, 14th August 2019

Fédération Internationale de Gymnastique



Horst Kunze
TRA TC President

APPENDIX 1

Competitions Schedule

21st September 2019		
TIME	Competitions Hall	Training Hall
09:00 – 10:00		Groups 1 TRA – M & W
10:00 – 11:00	Groups 1 TRA – M & W qualifications	Groups 2 TRA – M & W
11:00 – 12:00	Groups 2 TRA – M & W qualifications	Groups 3 TRA – M & W
12:00 – 13:00	Groups 3 TRA – M & W qualifications	
13:00 – 14:00		Groups 4 TRA – M & W
14:00 – 15:00	Groups 4 TRA – M & W qualifications	Groups 5 TRA – M & W
15:00 – 16:00	Groups 5 TRA – M & W qualifications	Groups 6 TRA – M & W
16:00 – 17:00	Groups 6 TRA – M & W qualifications	
17:00 – 18:00	Groups 1 TUM W & DMT M qualifications	
18:00 – 19:00	Groups 1 TUM M & DMT W qualifications	
22nd September 2019		
10:00 – 11:00		Groups 1 SYN M&W
11:00 – 12:00	Groups 1 SYN M&W	Groups 2 SYN M&W
12:00 – 13:00	Groups 2 SYN M&W	
13:00 – 14:00	Free training – all finalists	
14:00 – 14:20	Opening Ceremony	
14:20 – 14:45	TUM W final	
14:45 – 15:10	DMT M final	TRA W final
15:10 – 15:35	TRA W final	TRA M final
15:35 – 16:00	TRA M final	
16:00 – 16:20	Awarding Ceremony 4 first finals	
16:20 – 16:45	TUM M final	
16:45 – 17:10	DMT W final	SYN W final
17:10– 17:35	SYN W final	SYN M final
17:35 – 18:00	SYN M final	
18:00 – 18:30	Awarding and Closing Ceremony	

TRAINING SCHEDULE

19th September 2019		
TIME	Competitions Hall	Training Hall
08:15 – 09:00		RUS (5+6), FRA (4+2)
09:00 – 09:45	RUS (5+6), FRA (4+2)	GBR (4+4), BLR (4+3), BUL (2+0)
09:45 – 10:30	GBR (4+4), BLR (4+3), BUL (2+0)	CHN (6+6), KAZ (4+0), CZE (0+1),
10:30 – 11:15	CHN (6+6), KAZ (4+0), CZE (0+1),	USA (4+4), AZE (3+0), POL (3+0), SUI (0+1), GRE (0+1)
11:15 – 12:00	USA (4+4), AZE (3+0), POL (3+0), SUI (0+1), GRE (0+1)	AUS (3+4), JPN (4+4), UZB (2+1), ALG (1+0)
12:00 – 12:45	AUS (3+4), JPN (4+4), UZB (2+1), ALG (1+0)	CAN (4+4), NZL (2+2), COL (2+1), GEO (1+1)

12:45 – 13:30	CAN (4+4), NZL (2+2), COL (2+1), GEO (1+1)	GER (4+3), IRI (2+0), ITA (2+1), EGY (1+0), NED (0+2), AUT (1+0)
13:30 – 14:15	GER (4+3), IRI (2+0), ITA (2+1), EGY (1+0), NED (0+2), AUT (1+0)	POR (4+3), TUR (3+1), BRA (1+2), SWE (1+1)
14:15 – 15:00	POR (4+3), TUR (3+1), BRA (1+2), SWE (1+1)	RUS (5+6), FRA (4+2)
15:00 – 15:45	RUS (5+6), FRA (4+2)	GBR (4+4), BLR (4+3), BUL (2+0)
15:45 – 16:30	GBR (4+4), BLR (4+3), BUL (2+0)	CHN (6+6), KAZ (4+0), CZE (0+1),
16:30 – 17:15	CHN (6+6), KAZ (4+0), CZE (0+1),	USA (4+4), AZE (3+0), POL (3+0), SUI (0+1), GRE (0+1)
17:15 – 18:00	USA (4+4), AZE (3+0), POL (3+0), SUI (0+1), GRE (0+1)	AUS (3+4), JPN (4+4), UZB (2+1), ALG (1+0)
18:00 – 18:45	AUS (3+4), JPN (4+4), UZB (2+1), ALG (1+0)	CAN (4+4), NZL (2+2), COL (2+1), GEO (1+1)
18:45 – 19:30	CAN (4+4), NZL (2+2), COL (2+1), GEO (1+1)	GER (4+3), IRI (2+0), ITA (2+1), EGY (1+0), NED (0+2), AUT (1+0)
19:30 – 20:15	GER (4+3), IRI (2+0), ITA (2+1), EGY (1+0), NED (0+2), AUT (1+0)	POR (4+3), TUR (3+1), BRA (1+2), SWE (1+1)
20:15 – 21:00	POR (4+3), TUR (3+1), BRA (1+2), SWE (1+1)	

20th September 2019		
TIME	Competitions Hall	Training Hall
08:15 – 09:00		POR (4+3), TUR (3+1), BRA (1+2), SWE (1+1)
09:00 – 09:45	POR (4+3), TUR (3+1), BRA (1+2), SWE (1+1)	RUS (5+6), FRA (4+2)
09:45 – 10:30	RUS (5+6), FRA (4+2)	GBR (4+4), BLR (4+3), BUL (2+0)
10:30 – 11:15	GBR (4+4), BLR (4+3), BUL (2+0)	CHN (6+6), KAZ (4+0), CZE (0+1)
11:15 – 12:00	CHN (6+6), KAZ (4+0), CZE (0+1)	USA (4+4), AZE (3+0), AUT (1+0), ALG (1+0), SUI (0+1), GRE (0+1)
12:00 – 12:45	USA (4+4), AZE (3+0), AUT (1+0), ALG (1+0), SUI (0+1), GRE (0+1)	AUS (3+4), JPN (4+4), UZB (2+1)
12:45 – 13:30	AUS (3+4), JPN (4+4), UZB (2+1)	CAN (4+4), NZL (2+2), COL (2+1), GEO (1+1)
13:30 – 14:15	CAN (4+4), NZL (2+2), COL (2+1), GEO (1+1)	GER (4+3), IRI (2+0), ITA (2+1), EGY (1+0), NED (0+2)
14:15 – 15:00	GER (4+3), IRI (2+0), ITA (2+1), EGY (1+0), NED (0+2)	POR (4+3), TUR (3+1), BRA (1+2), SWE (1+1)
15:00 – 15:45	POR (4+3), TUR (3+1), BRA (1+2), SWE (1+1)	RUS (5+6), FRA (4+2)
15:45 – 16:30	RUS (5+6), FRA (4+2)	GBR (4+4), BLR (4+3), BUL (2+0)
16:30 – 17:15	GBR (4+4), BLR (4+3), BUL (2+0)	CHN (6+6), KAZ (4+0), CZE (0+1)
17:15 – 18:00	CHN (6+6), KAZ (4+0), CZE (0+1)	USA (4+4), AZE (3+0), AUT (1+0), ALG (1+0), SUI (0+1), GRE (0+1)
18:00 – 18:45	USA (4+4), AZE (3+0), AUT (1+0), ALG (1+0), SUI (0+1), GRE (0+1)	AUS (3+4), JPN (4+4), UZB (2+1)
18:45 – 19:30	AUS (3+4), JPN (4+4), UZB (2+1)	CAN (4+4), NZL (2+2), COL (2+1), GEO (1+1)
19:30 – 20:15	CAN (4+4), NZL (2+2), COL (2+1), GEO (1+1)	GER (4+3), IRI (2+0), ITA (2+1), EGY (1+0), NED (0+2)
20:15 – 21:00	GER (4+3), IRI (2+0), ITA (2+1), EGY (1+0), NED (0+2)	

APPENDIX 2

PLATINUM ARENA SCHEME

