TRAMPOLINE & TUMBLING

WORK PLAN

Coimbra (POR), 7th and 9th July 2016

INDEX

GENERAL INFORMATION 2

ORGANISING COMMITTEE 3

FIG TECHNICAL DELEGATE 4

COMPETITION VENUE 4

NATIONAL ANTHEM AND FLAG 4

VISA 4

INSURANCE 4

OFFICIAL LANGUAGE 4

ACCREDITATION AND ID CARDS 5

TRANSPORTATION 5

ACCOMMODATION AND MEALS 5

GENERAL PROGRAMME 6

ORIENTATION MEETING 9

AWARD CEREMONIES 9

EQUIPMENT 9

WARM UP 10

MARCH IN 10

STARTING ORDER – DRAWING OF LOTS 10

COMPETITION CARDS 10

DRAWING OF LOTS FOR JUDGES 11

SUPERIOR JURY 11

SCORES AND RESULTS 11

VIDEO RECORDING 11

MEDICAL SERVICES 11

DOPING CONTROL 11

BANQUET AND FAREWELL PARTY 12

INFORMATION AND CORRESPONDENCE DURING THEWORLD CUP 12

GENERAL INFORMATION

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

The competition will be organized under 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

ORGANISING COMMITTEE

President:	João Paulo Rocha
General Coordination:	Jorge Abrantes
Operation Director:	João Paulo Dias
	Rui Magalhães
Secretariat:	Maria João Dinis
	Etelvina Simões
	Paula Macedo
Technical Program:	Isabel Falcão
	Sofia Teixeira
	Mariana Pombo
	João Marques
	Francisco Pinto
Accomodation:	Filipa Nobre
Meals:	Vânia Henriques
	Patrícia Amendoeira
Transportation:	Mário Amaro
Logistics:	Mário Abrantes
	João Salustiano
IT and Image:	Vasco Dias
	Rui Pedro Borges
Media:	Helena Rosca
	Ana Rita Marques
	Édi Mamede
Protocol:	José Carlos Manaças
	Joana Nobre
Medical Support:	Maria António Castro
	Catarina Silva
Security:	Nuno Dinis
Volunteers:	Inês Coelho

Host Federation	**Organizing Committee**
Gymnastics Federation of Portugal	Associação Académica de Coimbra
Estrada da Luz, n.º 30-A	Secção de Ginástica
1600-159 Lisboa, Portugal	R. Padre António Vieira, 1
Contact Person: Paula Araújo	3000-315 Coimbra, Portugal
Tel: (+351) 21 814 11 45	Contact Person: Jorge Abrantes
Fax: (+351) 21 814 29 50	Mobile: (+351) 918 733 044
e-mail: gympor@gympor.com	e-mail: worldcup@coimbragymfest.org
website: www.fgp-ginastica.pt	website: www.coimbragymfest.org/en

FIG TECHNICAL DELEGATE

Mr. **Christophe Lambert** FIG TRA-TC Member

COMPETITION VENUE

Pavilhão Multidesportos Dr. Mário Mexia
Praça Heróis do Ultramar
3030-327 Coimbra, Portugal
Tel.: +351 239 796 625

NATIONAL ANTHEM AND FLAG

Delegations are requested to bring in digital format their national anthem and their national flag. 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 worldcup@coimbragymfest.org.

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

ACCREDITATION AND ID CARDS

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 Coimbra Sports Hall. *All delegations will be directed to the accreditation room from the airport. Delegations travelling by car have to go first to the accreditation room.*
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 flag as well as their confirmation of insurance.
As far as the number of accreditations per country is concerned, the FIG Rules and the Directives will be strictly applied.
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.

TRANSPORTATION

Transfers by bus to and from the 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 will be available at each hotel.

ACCOMMODATION AND MEALS

The organizing committee is not responsible for any damages in the hotel rooms, costs for mini bars, pay TV or the like. This is responsibility of each delegation.
Breakfast is included in the accommodation package and is served at each hotel.

Lunch and **Dinner** is included in the accommodation package and is served at Avelar Brotero School (on the side of the Sports Hall) when vouchers are handed in. Unused vouchers will not be refundable.
Lunch will be served from 12:00 until 15:00
Dinner will be served from 18:30 until 21:30

GENERAL PROGRAMME

Tuesday, 5th July 2016 - WARM UP

	Trampoline		Tumbling	DMT	Other
Start Time	Warm Up Hall Warm Up	Comp. Hall Competition	Comp. Hall Warm Up + Competition	Comp. Hall Warm Up + Competition	
10:00 22:00	Free Training				

Wednesday, 6th July 2016 - WARM UP

	Trampoline		Tumbling	DMT	Other
Start Time	Warm Up Hall Warm Up	Comp. Hall Competition	Comp. Hall Warm Up + Competition	Comp. Hall Warm Up + Competition	
09:00 11:00	**Coimbra World Cup** Free Training - Warm up and Competition Hall				
11:30 14:00					
15:00 18:00	**Coimbra World Cup** Free Training - Warm up and Competition Hall				
18:30 19:30 20:00 22:00					**WC Technical Meeting** **Welcome Dinner**

Thursday, 7th July 2016 - WARM UP

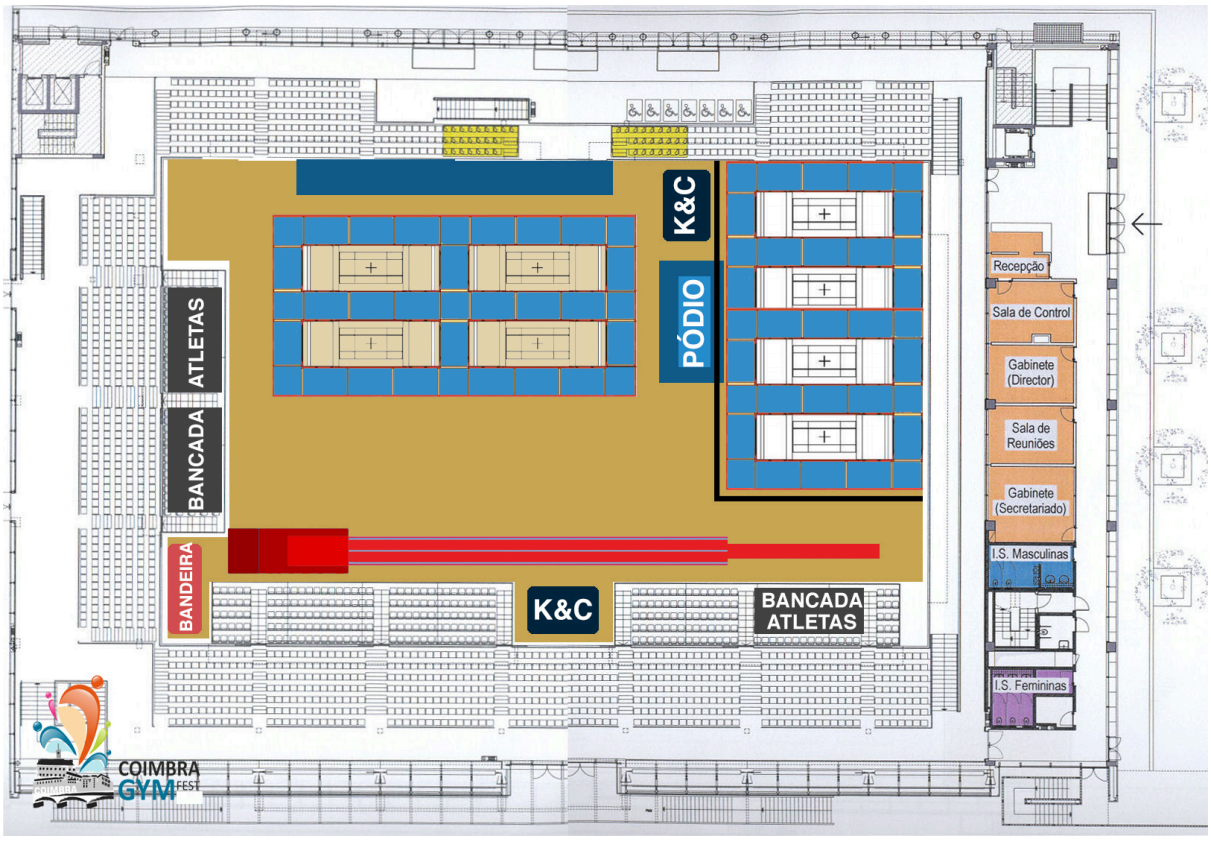
Start Time	Trampoline		Tumbling	DMT	Other
	Warm Up Hall Warm Up	Comp. Hall Competition	Comp. Hall Warm Up + Competition	Comp. Hall Warm Up + Competition	
	2016 Coimbra World Cup				
9:00	G1 BLR, BRA, DEN 7W + 8M				
9:15					
9:30					
9:45	G2 ESP, FRA, GEO 9W + 7M	G1 BLR, BRA, DEN 7W + 8M			
10:00					
10:15					
10:30	G3 GER, JPN, POR 8W + 7M	G2 ESP, FRA, GEO 9W + 7M	G1 RUS, POR. GBR 5W + 6M		
10:45					
11:00					
11:15	G4 CAN, RUS, UZB 10M + 6W	G3 GER, JPN, POR 8W + 7M	G2 FRA, JPN, BEL, ESP, CAN 5W + 5M		
11:30					
11:45					
12:00		G4 CAN, RUS, UZB 10M + 6W	G3 DEN, ALG 3W + 6M		
12:15					
12:30					
15:15		**Opening Ceremony**			
15:30					
15:45					**FIG Judges meeting**

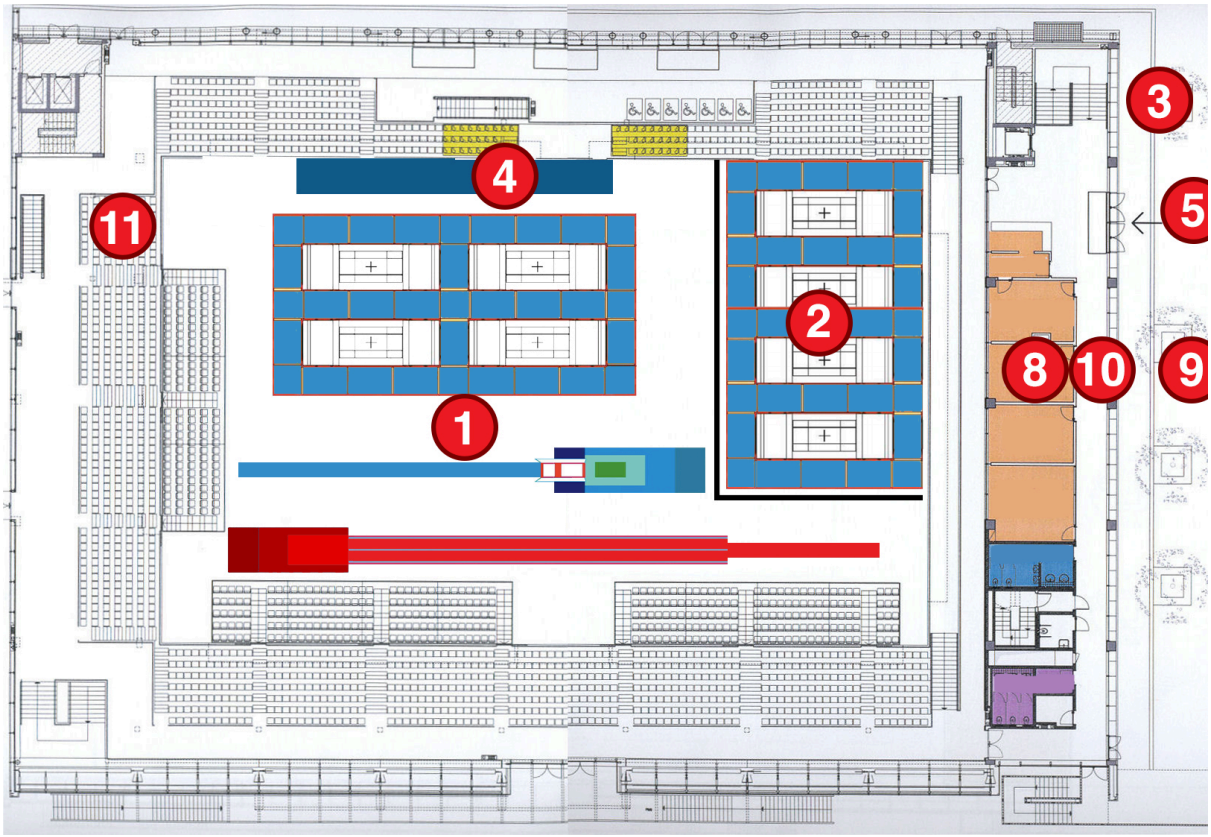
Friday, 8th July 2016 - COMPETITION

Start Time	Trampoline		Tumbling	DMT	Other
	Warm Up Hall Warm Up	Comp. Hall Competition	Comp. Hall Warm Up + Competition	Comp. Hall Warm Up + Competition	
	2016 Coimbra World Cup				
8:50	G1 M & W TRS				
9:40	G2 M & W TRS	G1 M & W TRS Prelims			
10:30		G2 M & W TRS Prelims			
15:00	G1 M & W TRA		W Warm up		
15:50	G2 M & W TRA	G1 M & W TRA Prelims	W Prelims		
16:40	G3 M & W TRA	G2 M & W TRA Prelims	M Group 1 Warm up		
17:30		G3 M & W TRA Prelims	M Group 1 Prelims		
18:20			M Group 2 Warm up		
19:10			M Group 2 Prelims		

Saturday, 9th July 2016 - COMPETITION

Start Time	Trampoline		Tumbling	DMT	Other
	Warm Up Hall Warm Up	Comp. Hall Competition	Comp. Hall Warm Up + Competition	Comp. Hall Warm Up + Competition	
	2016 Coimbra World Cup				
14:00	W Finalists TRS				
14:15					
14:30	M Finalists TRS	W Finals TRS			
14:45					
15:00		M Finals TRS			
15:15					
15:30	Award Ceremony TRS				
15:45			W Finalists TUM		
16:00					
16:15			W Finals TUM		
16:30					
16:45			M Finalists TUM		
17:00					
17:15	W Finalists TRA		M Finals TUM		
17:30					
17:45	M Finalists TRA	W Finals TRA			
18:00					
18:15		M Finals TRA			
18:30					
18:45	Award Ceremony TRA + TUM				
19:00	**Award Ceremony World Cup Series 2016**				
20:30	Banquet and farewell party				





ORIENTATION MEETING

All Heads of Delegation must attend the meeting. One extra official per delegation may also attend. The FIG TRA-TC and the Organizing Committee will provide detailed information regarding the Championships. All information will be in English only. Judges cannot be representatives of their NF at the Orientation Meeting.

AWARD CEREMONIES

Only the medal winners are invited to participate and must appear in competition attire.

EQUIPMENT

	Competition Hall	Warm up
Trampoline	4 EUROTRAMP Ultimate 03100	4 EUROTRAMP Ultimate 03100
Tumbling	1 GYMNOVA Ref. 6296 "Novatrack One Evolution"	
Satefy Mats	SPIETH	GYMNOVA

WARM UP

During warm up, it is permitted – only – to set foot on the floor of the competition and training hall for the competitors, and physiotherapists/doctors in conformity with the training schedule.

MARCH IN

The competitors are asked to assemble in the assembly area, 5 minutes prior to each competition. The gymnasts have to wear the competition attire (as per Code of Points).

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 Thursday 07th July until 18:00.

DRAWING OF LOTS FOR JUDGES

The judges meeting, which are compulsory for all judges, will take place on the Coimbra Sports Hall.

7th July at 15:45
9th July at 11:30

The judges draw will take place at the end of each of the judges' instructions.
Please note that the Judges' instructions will be held in English only.

SUPERIOR JURY

Technical delegate will act as president of the superior jury

SCORES AND RESULTS

The scoring system used is ScoreGym. 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 judges' marks, will be distributed to the Heads of Delegation at the end of the competition.

VIDEO RECORDING

All routines will be recorded on video by the OC.

MEDICAL SERVICES

Medical services will be provided by the Medical Centre located in Sports Hall.

DOPING CONTROL

Doping Controls will be made during the World Cup – as per the FIG regulation. The Doping Controls can take place during training and / or Competition.

BANQUET AND FAREWELL PARTY

There will be a banquet in the São Francisco Congress Center starting at 20:30.
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 40€ per ticket.

INFORMATION AND CORRESPONDENCE DURING THEWORLD CUP

Every delegation will have a mailbox located at the OC Secretariat in the Sports Hall. Access to the mailbox is only provided for those holding an official mailbox card. Each delegation will receive a mailbox card on arrival in Coimbra.
All information, requests and correspondence regarding this World Cup should be addressed to the Organizing Committee.

Coimbra, 26th of June 2016