48th International Trampoline Friendship Cup 2021 (Olympic Hopefuls Competition)



WORK PLAN

v.04.10.2021













1. Covid-19

Basic requirements for the participation in 48. International Trampoline Friendship Cup 7.-10.10.2021 with regards to protection against Covid-19 based on current Protective Measures of the Ministry of Health of the Czech Republic:

- a) All participants older than 6 years must submit at the accreditation
 - either the vaccination certificate (min. 14 days after finishing the full vaccination)
 - **or** recovery certificate (after completed required quarantine, max. 180 days after first positive test)
 - or negative PCR test (taken max. 72 hrs before the arrival)
 - **and** Pre-event Health Questionnaire signed by the participant or by the parent / legal representative in the case of minors (self-reporting).
- b) All participants must respect the Event Covid-19 Guidelines and the regulations and protective measures of Czech authorities.
- c) All Heads of delegations are responsible for the members of their delegations and all Coaches are responsible for their gymnasts.

Nose-mouth face masks (minimum FFP2 or KN95) are compulsory inside the buildings and public transport in the Czech Republic. **Exceptions:** inside hotel rooms, during consuming food and meals including drinks, for gymnasts performing and their coaches during the training, warm-up and competition and judges during the competition.

Vaccination / recovery / negative test certificates are compulsory for accommodation, restaurants and events in the Czech Republic.

All gymnasts need to have own magnesia.

2. Competition Venue

City Sports Hall Jablonec nad Nisou, U Přehrady 4747/20, 466 02 Jablonec nad Nisou, Czech Republic, Tel. (+ 420) 483 368 740, website : www.sportjablonec.cz

Nose-mouth face masks (minimum FFP2 or KN95) are compulsory in the venue.

3. Accommodation

Hotel Břízky, Průběžná 22, 466 04 Jablonec nad Nisou, Czech Republic

Tel.: (+420) 483 737 240, e-mail: hotel@brizky.cz, Website: www.brizky.cz

Hotel Merkur, Anenské náměstí 8, 466 01 Jablonec nad Nisou, Czech Republic

Tel.: (+420) 483 312 741, e-mail: recepce@hotelmerkur.cz, Website: www.hotelmerkur.cz Hotel Rehavital, Jugoslávská 30/11, 466 01 Jablonec nad Nisou, Czech Republic

Tel.: +420 483 317 596, e-mail: info@rehavital.cz, Website: www.rehavital.cz

Hotel Liberec, Šaldovo náměstí 1345/6, 461 01 Liberec, Czech Republic

Tel.: +420 482 710 028, e-mail: recepce@hotel-liberec.cz, Website: https://hotel-liberec.eu Hotel Sport ***, U Stadionu 9, 466 01 Jablonec nad Nisou, Czech Republic

Tel.: (+420) 483 312 270, e-mail: info@hotelsportjablonec.cz, www.hotelsportjablonec.cz Hotel Zlatý Lev, Kostelní 19/1, 466 01 Jablonec nad Nisou, Czech Republic

Tel.: +420 483 333 000, e-mail: info@zlatylevjbc.cz, Website: https://www.zlatylevjbc.cz/

Dedicated shuttle / bus service between the hotels Merkur, Zlatý Lev, Rehavital and Břízky and Sports Hall will operate on Thursday 07 October 2021, Friday 08 October 2021 and on Saturday 09 October 2021 (see the timetable in the separate paragraph) for official accommodation Packages only. Nose-mouth face masks (minimum FFP2 or KN95) are compulsory in the shuttle buses.

4. Meals (in official hotels & pre-ordered only)

Dinner on Thursday 07 October 2021

19.30-22.00 Hotels

Lunch on Friday 08 October 2021

Dinner on Friday 09 October 2021

Lunch on Saturday 10 October 2021

Dinner on Saturday 10 October 2021

Dinner on Saturday 10 October 2021

Lunch and Dinner tickets are obligatory.

11.00-15.00

Sports Hall restaurant

11.00-15.00

Sports Hall restaurant

19.00-21.30

Hotels

5. Insurance

The Organising Committee and the Czech Gymnastic Federation cannot be held responsible for any liabilities in the case of accidents, illness and the like. Therefore, all competitors and officials must make their own arrangements for an appropriate insurance (health, accident, etc.). The Insurance has to be presented during the Accreditation.

6. Accreditation

The Accreditation Office will be open in the Sports Hall Jablonec nad Nisou, U Přehrady 4747/20, Jablonec nad Nisou:

- on Thursday 07 October 2021 14.00-20.30 - on Friday 08 October 2021 08.30-10.00

One representative per team should proceed the accreditation.

During the accreditation, following documents have to be handed-in:

- Health Questionnaires vaccination and vaccination certificates / recovery certificates / negative PCR test certificates of all delegation members
- Copy of health insurance covering the accidents and illness
- Competition cards and Athletes profiles (if not possible at the arrival, on Thursday to 20.30 hrs at the latest).

Financial obligations will be checked during the accreditation as well.

7. Competition Cards and Athletes' Profiles

The competition cards and Athletes' Profiles have to be handed over at the accreditation in the Sports Hall on Thursday 07 October 2021 until 20.30 hrs at the latest.

8. Information Meeting

Brief Information Meeting will be organised for the Heads of Delegations + max. 1 other official per delegation in the Sports Hall (meeting room) on **Friday 08 October 2021 at 10.00 hrs**.

9. Equipment

6x Eurotramp Ultimate Trampolines with 4x4 mm beds kindly provided by Eurotramp

- Trampolines 1&2 : junior 15-16 & senior female individual + junior & senior female synchro
- Trampolines 3&4: junior 15-16 & senior male individual + junior & senior male synchro
- Trampolines 5&6: junior 13-14 & AG 11-12 male & female individual & synchro

3x Eurotramp HDTS Measurement Devices (Horizontal Displacement, Time and Synchro) kindly provided by Eurotramp.

10. Competition Rules

Valid FIG Trampoline Code of Points including Time of Flight & Horizontal Displacement, FIG tie-break rules for Qualifying Round and FIG requirements for first routine(s) will be applied.

Eight (8) finalists (6 finalists if 7-8 participants, 4 finalists if 5-6 participants, 3 finalists if 3-4 participants in category). In addition, the host CZE federation is allowed one gymnast / pair in any competition / category in case if it is not represented at respective final.

Finals will start from zero, FIG tie-break rules will be applied. First routines:

- Seniors: requirements for first routine for FIG events (FIG A)
- <u>Juniors</u>: requirements for first routine for FIG events (FIG B)
- AG 11-12: requirements for first routine for WAGC (FIG 11-12), no first routine in synchro.

Difficulty limit per element as per valid FIG Code of Points (junior categories) and FIG WAGC Rules (11-12 age groups categories).

If 5 participants / pairs or less in a category, the competition format of the category can be changed or the category can be cancelled or joined to another category.

11. Judges

All participating delegations have to provide 1 judge for 1-8 gymnasts, 2 judges for 9-16 gymnasts, etc. Higher entry fee (EUR 45,- per gymnast) will be applied to delegations with more than two (2) gymnasts for the number of gymnasts / pairs with missing judge.

All judges must have a current valid FIG brevet or highest national category. The LOC may require the proof of the national judging brevet at the accreditation.

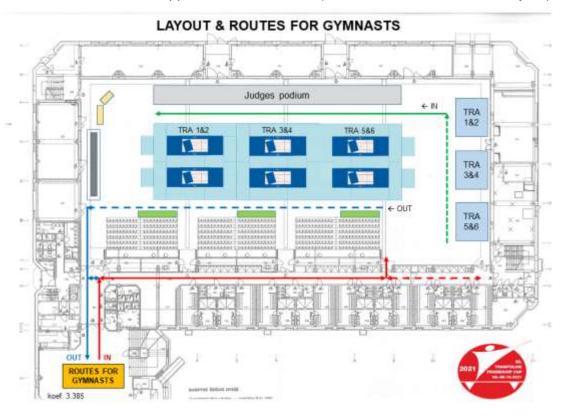
Judges panels will be published at the Information meeting on Friday 08 October 2021 at 10.00 at the latest. The CJPs are invited to practice with the HDTS measurement system in advance. Judges Trial scoring will be organised on Friday 08 October 2021 at 10.30 hrs. All judges are requested to participate in the trials.

12. Access to venue areas and routes for gymnasts

Accreditation cards are compulsory for all participants to access the areas in the venue.

The participants may access the warm-up and competition areas according the training, warm-up or competition area according the schedule only. They leave after finishing the training or competition group and may follow the event from the delegation seats on tribunes.

All gymnasts are asked to follow defined routes to entry to warm-up area and competition area on one side and leave on the opposite side of the hall (see the routes shown in the layout).



04.10.2021 4

13. Training Schedule and General Warm-up

Thursday 07 October 2021

14.00 - 21.00 - training, organizer may limit number of participants in warm-up and competition areas

Friday 08 October 2021

08.50 - 10.50 - General Warm-up Competition Groups 1-3 (warm-up area 08.30 - 10.10)

Area / Group	Group i	Group 2	Group 3
warm-up area (floor)	08.30 - 08.50	09.10 - 09.30	09.50 - 10.10
competition area (trampolines)	08.50 - 09.30	09.30 - 10.10	10.10 - 10.50

13.40 - 14.20 - Free training Age Group 11-12 (all 3 sets of trampolines can be used)

14.20 - 16.20 - General Warm-up Competition Groups 4-6 (warm-up area 14.00 - 15.40)

Area / Group	Group 4	Group 5	Group 6
warm-up area (floor)	14.00 - 14.20	14.40 - 15.00	15.20 - 15.40
competition area (trampolines)	14.20 - 15.00	15.00 - 15.40	15.40 - 16.20

Saturday 09 October 2021

08.50 - 10.50 - General Warm-up Competition Groups 7-9 (warm-up area 08.30 - 10.10)

Area / Group	Group 7	Group 8	Group 9
warm-up area (floor)	08.30 - 08.50	09.10 - 09.30	09.50 - 10.10
competition area (trampolines)	08.50 - 09.30	09.30 - 10.10	10.10 - 10.50

14.50 - 15.50 - General Warm-up Finalists

14. Competition Schedule

Friday 08 October 2021

11.00 - 13.30 - Qualifying Round Groups 1-3

		Trampolines 1&2	Trampolines 3&4	Trampolines 5&6	warm-up area
11.00-11.50	Gr.1	Ind Girls 15-16 (1) 11	Ind Boys 15-16 (1) 9	Ind Girls 13-14 (1) 10	10.40-11.00
11.50-12.40	Gr.2	Ind Girls 15-16 (2) 11	Ind Boys 15-16 (2) 9	Ind Girls 13-14 (2) 10	11.30-11.50
12.40-13.30	Gr.3	Syn Girls 11-12 (1) 3	Ind Boys 15-16 (3) 8	Ind Girls 13-14 (3) 9	12.20-12.40

16.30 - 19.30 - Qualifying Round Groups 4-6

		Trampolines 1&2	Trampolines 3&4	Trampolines 5&6	warm-up area
16.30-17.30	Gr.4	Ind Sen Women (1) 10	Ind Sen Men (1) 12	Ind Boys 13-14 (1) 11	16.10-16.30
17.30-18.30	Gr.5	Ind Sen Women (2) 10	Ind Sen Men (2) 12	Ind Boys 13-14 (2) 10	17.10-17.30
18.30-19.30	Gr.6	Ind Sen Women (3) 10	Ind Sen Men (3) 12	Ind Boys 13-14 (3) 10	18.10-18.30

Saturday 09 October 2021

11.00 - 13.40 - Qualifying Round Groups 7-9

			Trampolines 1&2	Trampolines 3&4	Trampolines 5&6	warm-up area	
	11.00-11.50	Gr.7	Syn Girls 13-16 (1) 6	Syn Boys 13-16 (1) 6	Ind Girls 11-12 (1) 11	10.40-11.00	1
	11.50-12.40	Gr.8	Syn Girls 13-16 (2) 5	Syn Boys 13-16 (2) 5	Ind Girls 11-12 (2) 11	11.30-11.50	1
	12.40-13.40	Gr.9	Syn Sen Women (1) 7	Syn Sen Men (1) 10	Ind Boys 11-12 (1) 14	12.20-12.40	ì
16	00 - 19 00 -	Finals	Trampolines 1&2	Trampolines 3&4	Trampolines 5&6 w	arm-un area	

6.	00 - 19.00	- Finals	Trampolines 1&2	Trampolines 3&4	Trampolines 5&6	warm-up area
	16.00-16.10		Opening ce	remony (track suit & mask	s)	
	16.10-16.35	Gr.1	Ind Junior Girls 15-16		Ind Girls 11-12	15.50-16.10
	16.35-17.00	Gr.2		Ind Junior Boys 15-16	Ind Boys 11-12	16.15-16.35
	17.00-17.25	Gr.3	Ind Senior Women		Ind Junior Girls 13-14	16.40-17.00
	17.25-17.50	Gr.4		Ind Senior Men	Ind Junior Boys 13-14	17.05-17.25
	17.50-18.15	Gr.5	Syn Junior Girls 13-16	Syn Junior Boys 13-16		17.30-17.50
	18.15-18.40	Gr.6	Syn Senior Women	Syn Senior Men		17.55-18.15
	18.40-19.00		Winner cerem	ony (track suit, medalists	only)	

The times can subject to changes according the course of competition. In Qualifying Round, 50 respective 60 min. for every standard starting group (20 min. warm-up + 30 respective 40 min. competition). In Finals, one max. 30 seconds warm-up per competitor / pair.

04.10.2021 5

15. Delegation seats

The delegations can sit on the spectators' tribunes in 2nd and 3rd floor. The distances between the delegations should be 1.5-2 m, if possible. No spectators are planed for the event.

16. Starting order

The starting order is decided by draw provided by scoring program. The starting order is published in separate document, the final starting order will be available after the accreditation. Link to starting order and online results on the Trampolinescore, the scoring system provider: tsco.re/48ifc.

17. Ceremonies

The participants of Opening Ceremony (2 participants per delegation, preferably male & female) and the participants of Winners Ceremony (medalists only) are asked to wear the national / team track suit and nose-mouth face masks.

All countries participating in the Opening Ceremony are asked to appoint one flag-bearer.

Judges are asked to take part in the Opening Ceremony (on their judges seats) as well.

The participants are asked to assemble in the Assembly Area (next to warm-up area prior Opening / Winner Ceremony.

18. Competition March-In

The competitors are asked to assemble in their dedicated warm-up area prior each Competition March In. They have to march-in in the competition attire.

The judges are asked to be on their panel places and welcome the competitors during each Competition March-In.

19. Floor Managers

Floor Managers are appointed to assembly the participants / competitors / pairs, organise the opening ceremony, competition and winner ceremony March-In and organise the competitors / pairs in the competition area and during the competition.

20. Medical Care

The physician will be present during the official training and competition.

21. Covid-19 testing

PCR / POC antigen testing on demand will be available in the Sports Hall on:

- Thursday 07 October 2021 14.00 18.00 (if your arrival is delayed, inform us immediately) (PCR test results will be available during the night)
- Saturday 09 October 2021 14.00 15.00

Arriving via Prague on Thursday 07 October 2021 the PCR tests can be done close to the Prague Airport at NL-BioLAB testing place, Ke Kopanině 406, Tuchoměřice (next to Go Parking). Registration via Czech Gymnastics Federation, standard opening hours 08.00-18.00. If your arrival is delayed, inform us immediately please.

Price EUR 50 per PCR test, EUR 13 per POC antigen test to be paid at the Accreditation or in the competition secretariat.

04.10.2021 6

22. Shuttle Service Schedule (for Accommodation Package A & B only)

Dedicated shuttle bus service between the hotels Merkur, Rehavital and Břízky and Sports Hall will operate on Thursday 7 October 2021, Friday 8 October 2021 and on Saturday 9 October 2021.

Nose-mouth face masks (minimum FFP2 or KN95) are compulsory in the shuttle buses.

	Thursday 7 October 2021									
	Merkur, Zlatý Lev	14.00	15.00	16.00	17.00	18.00	19.00	20.00		
	Rehavital	14.03	15.03	16.03	17.03	18.03	19.03	20.03		
ΊĹ	Sports Hall	14.10	15.10	16.10	17.10	18.10	19.10	20.10	20.50	
\vee	Břízky	14.14	15.14	16.14	17.14	18.14	19.14	20.14	20.54	
П	Břízky	14.15	15.15	16.15	17.15	18.15	19.15	20.15		
	Sports Hall	14.19	15.19	16.19	17.19	18.19	19.19	20.19	20.59	
Ϋ́	Horní náměstí	14.23	15.23	16.23	17.23	18.23	19.23	20.23	21.03	
V	Merkur, Zlatý Lev	14.29	15.29	16.29	17.29	18.29	19.29	20.29	21.09	

			Fri	day 8 Oc	tober 20	21				
	Merkur, Zlatý Lev	8.00	8.30	9.00	9.30	10.30	11.30	12.30	13.30	14.00
	Rehavital	8.03	8.33	9.03	9.33	10.33	11.33	12.33	13.33	14.03
IJĻ	Sports Hall	8.10	8.40	9.10	9.40	10.40	11.40	12.40	13.40	14.10
	Břízky	8.14	8.44	9.14	9.44	10.14	11.44	12.44	13.44	14.14
	Břízky	8.15	8.45	9.15	9.45	10.15	11.45	12.45	13.45	14.15
	Sports Hall	8.19	8.49	9.19	9.49	10.19	11.49	12.49	13.49	14.19
IJĻ	Horní náměstí			9.23	9.53	10.23	10.53	12.53	13.53	14.23
\vee	Merkur, Zlatý Lev			9.29	9.59	10.29	10.59	12.59	13.59	14.29
	Morkey Zlotý Lov	14.30	15.00	16.00	17.00	18.00			l	
	Merkur, Zlatý Lev									
	Rehavital	14.33	15.03	16.03	17.03	18.03				
ĮΙ	Sports Hall	14.40	15.10	16.10	17.10	18.10	19.10	19.40	20.10	
	Břízky	14.44	15.14	16.14	17.14	18.14	19.14	19.44	20.14	
	Břízky	14.45	15.15	16.15	17.15	18.15				
	Sports Hall	14.49	15.19	16.19	17.19	18.19	19.19	19.49	20.19	
Η̈́	Horní náměstí	14.53	15.23	16.23	17.23	18.23	19.23	19.53	20.23	
	Merkur, Zlatý Lev	14.59	15.29	16.29	17.29	18.29	19.29	19.59	20.29	

	Saturday 9 October 2021									
	Merkur, Zlatý Lev	8.00	8.30	9.00	9.30	10.30	11.30	12.30	13.30	14.00
	Rehavital	8.03	8.33	9.03	9.33	10.33	11.33	12.33	13.33	14.03
ΉĻ	Sports Hall	8.10	8.40	9.10	9.40	10.40	11.40	12.40	13.40	14.10
	Břízky	8.14	8.44	9.14	9.44	10.14	11.44	12.44	13.44	14.14
	Břízky	8.15	8.45	9.15	9.45	10.15	11.45	12.45	13.45	14.15
	Sports Hall	8.19	8.49	9.19	9.49	10.19	11.49	12.49	13.49	14.19
ΉĻ	Horní náměstí			9.23	9.53	10.23	10.53	12.53	13.53	14.23
	Merkur, Zlatý Lev			9.29	9.59	10.29	10.59	12.59	13.59	14.29
	na	4400	45.00	45.00		I				
	Merkur, Zlatý Lev	14.30	15.00	15.30						
	Rehavital	14.33	15.03	15.33						
IJĻ	Sports Hall	14.40	15.10	15.40			18.50	19.20	19.50	
\vee	Břízky	14.44	15.14	15.44			18.54	19.24	19.54	
	Břízky	14.45	15.15	15.45						
	Sports Hall	14.49	15.19	15.49			18.59	19.29	19.59	
Η̈́	Horní náměstí	14.53	15.23	15.53	·		19.03	19.33	20.03	
\bigvee	Merkur, Zlatý Lev	14.59	15.29	15.59			19.09	19.39	20.09	

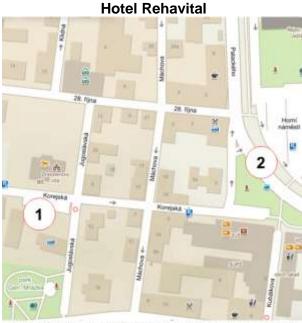
Shuttle bus stops:

- Hotel Merkur, Hotel Zlatý Lev public bus stop Jablonec n.N., Lázně
- Hotel Rehavital to Sports Hall in the front of the hotel in Korejská street, for return at Horní náměstí

- Hotel Břízky at the crossing with Průběžná street
- Sports Hall public bus stop Jablonec n.N., Plavecký bazén

Hotel Merkur, Hotel Zlatý Lev

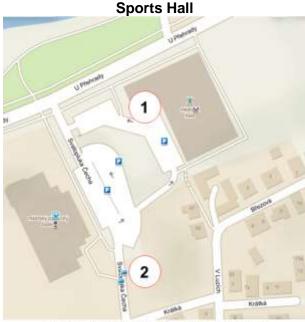
1-Hotel Merkur, 2-Hotel Zlatý Lev, 3-public bus stop Lázně



1-Hotel Rehavital and Rehavital temporary bus stop, 2-Horni náměstí



1-Hotel Břizky, 2-Břizky temporary bus stop



1-Sports Hall, 2-public bus stop Plavecký bazén

23. Information delivery

All necessary information will be provided electronically to the delegations. The delegations are asked to provide the respective on-site phone number and email address to the LOC during the accreditation.

The running results will be available on the Trampolinescore website tsco.re/48ifc.

24. General Program

Thursday 7 October	⁻ 2021		
all day	Arrivals		
14.00-20.30	Accreditation	Sports Hall	
14.00-18.00	PCR tests on demand. Results available during the night, For later arrivals contact LOC.	Sports Hall	
14.00-21.00	Training (number of people may be limited in warm-up and competition areas)	Sports Hall	
-20.30	Competition cards, Profiles	Sports Hall	
19.30-22.00	Dinner	Hotels	
Friday 08 October 2	021		
07.00-09.00	Breakfast	Hotels	
08.30-10.00	Accreditation	Sports Hall	
08.50-10.50	General Warm-up per schedule - 08.50-09.30 competition group no. 1 - 09.30-10.10 competition group no. 2 - 09.10-10.50 competition group no. 3	Sports Hall - competition area	
10.00	Information meeting for delegations	Sports Hall meeting room	
10.30	Judges Trial Scoring	Sports Hall judges' podium	
11.00-13.30	Qualifying Round Groups 1-3	Sports Hall - competition area	
11.00-15.00	Lunch	Sports Hall (with lunch ticke	
13.40-14.20	Free training Age Group 11-12	Sports Hall - competition area	
14.20-16.20	General Warm-up per schedule - 14.20-15.00 competition group no. 4 - 15.00-15.40 competition group no. 5 - 15.40-16.20 competition group no. 6	Sports Hall - competition area	
16.30-19.30	Qualifying Round Groups 4-6	Sports Hall - competition area	
19.00-21.30	Dinner	Hotels	
Saturday 9 October	2021		
07.00-09.00	Breakfast	Hotels	
08.50-10.50	General Warm-up per schedule - 08.50-09.30 competition group no. 7 - 09.30-10.10 competition group no. 8 - 09.10-10.50 competition group no. 9	Sports Hall - competition area	
11.00-13.40	Qualifying Round Groups 7-9	Sports Hall - competition area	
11.00-15.00	Lunch	Sports Hall (with lunch ticket)	
14.00-15.00	Antigen testing on demand	Sports Hall	
14.50-15.50	General Warm-up (Finalists)	Sports Hall - competition area	
16.00-19.00	Opening Ceremony, Finals, Awards	Sports Hall - competition area	
19.00-21.30	Dinner	Hotels	
Sunday 10 October	20219		
07.00-09.00	Breakfast	Hotels	
all day	Departures		

25. TV coverage, web streaming and results

Czech TV will broadcast the highlights from the event on its sport channel (ČT4) on Friday October 15th at 15h45 and on Sunday October 17th at 08h55. The recording will be available on the Czech TV web site after the first broadcasting.

(https://www.ceskatelevize.cz/porady/14477015610-mezinarodni-zavod-pratelstvi/221471291104201/).

The finalists will be asked to provide the information about the face direction of their final routine start for the TV.

Event web streaming will be available on GymTV.cz (http://www.gymtv.cz/) on Friday 08 October and Saturday 09 October 2021.

The results will be available on the Czech Gymnastics Federation website after the event (https://www.gymfed.cz/kalendar/detail/2123).

26. Event T-shirts

The Friendship Cup 2021 T-Shirts will be handed out to all those who have sent their order with the Definitive Entry. Limited number of the T-shirts can be bought á EUR 10,- (CZK 250,-).

27. Organising Committee Message

The Czech Gymnastics Federation, Organising Committee and all supporters and organisers are wishing the success to all participating delegations in the competition and pleasant stay in the city of Jablonec nad Nisou and in the Czech Republic.

28. Organising Committee Emergency Number

(+420) 606 711 323