



Arosa



WORK PLAN

FIG WORLD CUP
FIG Event ID: 16779

REVISED 24.06.2024
➤ Page 10 Training Times



TRAMPOLINE WORLD CUP COMPETITION
AROSA - SWITZERLAND – 28th & 29th June 2024

Updated: 24th June 2024

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1. GENERAL INFORMATION

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
- Code of Ethics
- Code of Conduct
- Technical Regulations
- License Rules
- Code of Points and relevant Newsletters
- General Judges' Rules
- Specific Judges' Rules for Trampoline Gymnastics
- Medical Organization of the FIG Competitions and Events
- Anti-Doping Rules
- Framework for safeguarding athletes and other participants from harassment and abuse in sport during events
- Media Rules
- Apparatus Norms
- Rules for Advertising and Publicity
- Accreditation Rules
- Rules for Awards Ceremonies
- World Cup Rules for Trampoline Gymnastics

and subsequent decisions of the FIG Executive Committee

2. COMPETITION VENUE

Sports and Conference Center Arosa

Poststrasse 27

7050 Arosa

SWITZERLAND

3. COMPETITION DATES

28th & 29th June 2024

4. RESPONSIBLE PERSONS

4.1 ORGANIZING COMMITTEE

President:	Roland Schuler
President Deputy:	Lisa Rüegg
Competition Director:	Daniel Meier
Floor Manager:	Karin Schmidt
Accreditation:	Dario Neuhäusler
Accommodation:	Lisa Rüegg
Media:	Matthias Schlageter
Finances:	Roland Schuler, Lisa Rüegg
Infrastructure:	Rochus Caluori
Food & Beverage:	Thomas Geson
Ceremonies:	Chantal Baron
Speaker:	Andreas Vogt / Cedric Jeannerat
Recorderers Office:	Dario Neuhäusler

4.2 FIG TRA-TC & REPRESENTATIVE

FIG Representative: Tetiana Shuiska

5. ORGANIZING COMMITTEE ADDRESS

OK NISSEN CUP 2024

Arosa Tourism

Sports and Conference Center, Poststrasse 27

7050 Arosa

SWITZERLAND

Phone: +41 81 378 70 29

Fax: +41 81 378 70 21

E-Mail: event@arosa.swiss
nissencup@swiss-trampoline.org (for technical issues)

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

Web <http://www.arosa.swiss>

6. 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 for repatriation for all the members of their Delegation.
- Basic insurance (sickness, accident, and repatriation) in your country of residence is compulsory to be able to benefit from coverage by FIG IMSSA subsidiary insurance. 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.
- If the note has not been sent in advance to the LOC (which is strongly recommended), 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: CHF 170.- per person.

7. WELCOME – OFFICIAL LANGUAGE

- The delegations will be welcomed on behalf of the Organizing Committee upon arrival in Arosa at the accreditation desk at the Sports and Conference Center, Poststrasse 27, 7050 Arosa.
- The official language of this world cup is English. Interpretation from and into any other language must be organized by the delegations. Announcements will be made in German and English only. The Work Plan and all other documents are available in English only.

8. TRANSPORTATION

- All delegations must arrange their own transportation to Zurich Airport - Arosa and back to Zurich Airport.
- The organizing committee will take care of the transportation of the delegations from Zurich Airport to Arosa if transportation was ordered and paid in due time and notification of flight or train details have been given.
- Car rental is available at Zurich Airport.

9. ACCREDITATION

- The accreditation system identifies individuals participating in the event and indicates that these individuals are permitted access. The Heads of Delegation are required to verify the names of their entire delegation and the accommodation requirements. They must pay any outstanding amounts due to the LOC and / or the FIG and hand in their national anthem during accreditation. For communication purposes between the LOC and the delegation in an environmentally friendly way, the Head of Delegation is requested to announce two E-Mail addresses to the LOC.

10. HOTELS

- 17th April 2024 was the last date for definitive booking with the LOC and deadline for payment of 50% of the accommodation packages to the OC. The remaining 50% must be paid at the latest on 22nd May 2024.
- Most of the hotels are within walking distance of the competition venue. For all delegations which have booked the accommodation through the LOC, public transport is free of charge. The buses run on a regular schedule.
- Please note that the latest check-out time is 11.00h on the day of departure.

11. CANCELLATION

- The accommodation is only refundable, provided cancellations are made at least prior to 5th June 2024.

12. MISCELLANEAOUS

- Please note that the Organizing Committee is not liable for any damages in the hotel rooms, costs for mini-bars, pay-tv, or the like. This is the responsibility of each delegation.

13. MEALS - INFORMATION

- Breakfast and dinner are normally served at the respective hotels; lunch (if ordered) will be served at the competition venue when vouchers are handed in. Unused vouchers will not be refunded.
- Lunch will be served 11.00h-14.00h at the competition venue in the Congress + Conference Room.
- Dinner: please check with your hotel for dinner times.

14. ORIENTATION MEETING

- The Orientation Meeting will take place on Thursday June 27th, 2024, at 15.00h in the Meeting Room at the competition venue
- The orientation meeting is **compulsory for all Heads of Delegation**.
- At this meeting all information concerning the detailed organization of the World Cup will be presented by the LOC and the FIG. **The meeting will be held in English only.**

15. DRAWING OF LOTS

- The draw for the starting order for the event was done beforehand at the FIG headquarters.
- The final starting order will be established and distributed to the delegations directly following the Orientation Meeting.

16. EQUIPMENT

- Trampolines as per FIG Norms will be used during competition.
- The manufacturers are:

Trampolines:	EUROTRAMP ULTIMATE 4x4mm FIG ID 610
ToF/Synchro/HD device:	EUROTRAMP Trampoline Measurement System FIG ID 269

17. MUSIC

- The organizing committee would like to point out that **during the competition**, background music will be played at a low volume. Please let your gymnasts know this in advance.

18. JUDGES INSTRUCTION AND MEETING

- The judges' instruction, which is **compulsory for all judges**, will take place on Thursday June 27th, 2024, at 15.30h in the Meeting Room at the competition venue. Please note that the judges' instruction will be held in English only. Judges who don't participate in the judges' instruction may not be authorized to judge and their respective federations may face a penalty fee of up to 2.000 CHF.

19. DRAWING OF LOTS FOR JUDGES

- The judges will be drawn at the judges' instruction on Thursday, from those that were put forward by the federations. Judges must be duly licensed (valid FIG license with the appropriate requested category).

20. COMPETITION CARDS

- Competition cards and athletes' profiles must be returned to the competition secretariat at the Orientation Meeting at the latest.

21. PUBLICATION OF THE SCORES

- A detailed list of results, including judges' marks, will be electronically distributed to the Head of Delegation after the finals. During the competition, all results will be published in the venue, sent electronically to each delegation's contacts (defined at the accreditation) and will also be published on the official website and sporttech.io.

22. CHANGING ROOMS

- There are changing rooms for athletes and coaches, situated in the main venue. They are equipped with showers, toilets, and hangers. Do not leave any valuables in the changing rooms.

23. NO SMOKING POLICY

- Please note that it is strictly forbidden to smoke in the venue complex (including toilets and changing rooms).
- The government of the canton Graubünden put the partial revision of the health law on 1st March 2008 into effect. This means that in all publicly accessible, closed areas prohibition of smoking exists. Offences against the prohibition of smoking become in accordance with art. 49 paragraph 3 of the health law with penalty up to CHF 100.00, in the instance of repetition up to CHF 500.00 punished. We thank you for the adherence to the prohibition of smoking.

24. MEDICAL SERVICES & ROOM

- The Organizing Committee will provide medical services. A special room with a massage table is marked with 'Medical + Massage Room'.

25. DOPING CONTROL

- Doping controls may be made during the Nissen Cup FIG World Cup - as per FIG, IOC, and WADA regulations - by the organizing committee under supervision of the FIG. The doping controls can take place during training and / or competition.

26. MARCH IN

- The competitors are asked to assemble in the assembly area 5 minutes prior to each competition. The athletes must wear their national competition dress.
- The Judges are asked to be on their panel places and welcome the competitors during each march in.

27. WARM UP

- Immediately prior to all competition phases, each gymnast/pair will be allowed one (1) touch on the competition apparatus for a maximum of 45 seconds., one gymnast after the other following the starting order.
- In the event that a gymnast abuses this time limit, the CJP will deduct a penalty of 0.3 points from the total score of the following exercise.

28. COMPETITION ATTIRE

- The competition dress is as per Code of Points

29. VIDEO RECORDING

- All routines and passes will be recorded electronically.

30. OPENING CEREMONY

- The short opening will take place Friday June 28th, 2024, at 10.10h.

31. AWARD CEREMONIES AND PRIZE MONEY

- The award ceremonies will take place immediately after the last final in the following order:
 - Individual Women / Men
 - Synchro Women / Men
- **Only the medal winners are invited to participate.** For the award ceremonies all the gymnasts **must wear their national tracksuits**. In case of infractions the respective NF will receive **only 50% of the prize money**.
- The prize money will be paid in CHF and given to the Head of Delegations during the banquet.

32. BANQUET

- The banquet will take place on Saturday June 29th, 2024, at 19:30h at the competition venue in the Congress + Conference Room. Admission by invitation only. All delegations which booked the accommodation through the LOC or have booked and paid the banquet separately are invited.

33. MORE INFORMATION

- If you require more information about public transport, taxis, or other things, please do not hesitate to contact our information desk.

34. INFORMATION AND CORRESPONDANCE

- The LOC will provide information through electronic channels, wherever possible. For information which cannot be provided electronically, every delegation will receive this information at the competition office in the competition hall.
- All information requests and correspondence should be addressed to the Organizing Committee.

35. TV & MEDIA and PRESS CONFERENCE

Our host TV producer will be present for the finals on Saturday and will record all the finals for international broadcast.

The following rules must be followed by all delegations:

- Please be ready for your routine immediately after the last competitor has finished its routine
- After finishing the routine, the athlete and its coach will be guided to the “Kiss and Cry Area” by our staff
- No dressing and undressing are allowed at the competition area.
- The winners of the competition might be interviewed by the TV directly after the competition. Please be ready for the interview.



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52nd Nissen Cup 2024

FIG World Cup Trampoline Schedule

Wednesday

All day Arrival of delegations and officials, accreditation

09:00 - 14:50	Free Training
15:00 - 19:00	World Cup free training
19:00	Meeting OC & FIG

Thursday

All day Arrival of delegations and officials, accreditation

09:00 - 16:30	World Cup training by schedule
13:00	Meeting OC & FIG
15:00	World Cup orientation meeting
15:30	World Cup judges meeting and draw

Friday

08:30 - 10:05	World Cup general warm up - qualification 1
10:15 - 14:25	World Cup individual - qualification 1
14:35	Meeting OC & FIG
17:00 - 17:50	World Cup synchro general warm up
18:00 - 20:00	World Cup synchro - qualification

Saturday

09:40 - 10:20	World Cup qualification 2 general warm up
10:30 - 11:40	World Cup individual - qualification 2
15:30 - 16:00	World Cup training for finalists
16:10 - 18:00	World Cup finals
	Individual women & men
	Synchro women & men
	World Cup award ceremony
19:30	Banquet

Sunday

All day Departure of delegations and officials

Last updated 17.06.2024/dm



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52nd Nissen Cup 2024

World Cup Training Plan

Version 09.02.2024/12:00h

Wednesday 26.06.2024		
Time	Competition Hall	Training Hall
09:00	Free Training	
14:50	End of Free Training	
15:00	World Cup Free Training	
19:00	End of World Cup Free Training	

Thursday 27.06.2024		
Time	Competition Hall	Training Hall
09:00		AIN (6/5) ITA (2/0) JPN (4/4) LAT (0/1)
09:50	AIN (6/5) ITA (2/0) JPN (4/4) LAT (0/1)	CAN (4/3) CHN (4/4) FRA (3/2) GBR (2/2)
10:40	CAN (4/3) CHN (4/4) FRA (3/2) GBR (2/2)	CZE (2/2) ESP (2/2) KAZ (4/1) POL (1/1)
11:30	CZE (2/2) ESP (2/2) KAZ (4/1) POL (1/1)	UKR (4/4) AUT (4/1) AZE (0/1) COL (1/0) GER (4/3) HKG (0/3) SUI (2/1) UZB (2/0)
12:20	UKR (4/4) AUT (4/1) AZE (0/1) COL (1/0) GER (4/3) HKG (0/3) SUI (2/1) UZB (2/0)	AIN (6/5) ITA (2/0) JPN (4/4) LAT (0/1)
13:10	AIN (6/5) ITA (2/0) JPN (4/4) LAT (0/1)	CAN (4/3) CHN (4/4) FRA (3/2) GBR (2/2)
14:00	CAN (4/3) CHN (4/4) FRA (3/2) GBR (2/2)	CZE (2/2) ESP (2/2) KAZ (4/1) POL (1/1)
14:50	CZE (2/2) ESP (2/2) KAZ (4/1) POL (1/1)	UKR (4/4) AUT (4/1) AZE (0/1) COL (1/0) GER (4/3) HKG (0/3) SUI (2/1) UZB (2/0)
15:40	UKR (4/4) AUT (4/1) AZE (0/1) COL (1/0) GER (4/3) HKG (0/3) SUI (2/1) UZB (2/0)	
16:30	End of Training	



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Friday 28.06.2024

Version 16.06.2024/14:00h

	Competition Hall		Warm Up Hall
Time	A	B	
08:30	General Warm Up World Cup Q1		
09:25	General Warm Up World Cup Q1		Group 1
10:05	End of Warm Up		
	Individual Men Q1	Individual Ladies Q1	
10:15	Group 1	Group 1	Group 2
11:05	Group 2	Group 2	Group 3
11:55	Group 3	Group 3	Group 4
12:45	Group 4	Group 4	Group 5
13:35	Group 5		
14:25	End of Competition		
17:00	General Warm Up World Cup Synchro Qualification		Group 1
17:50	End of Warm Up		
	Synchro Men	Synchro Ladies	
18:00	Group 1	Group 1	Group 2
19:00	Group 2		
20:00	End of Competition		



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52nd Nissen Cup 2024

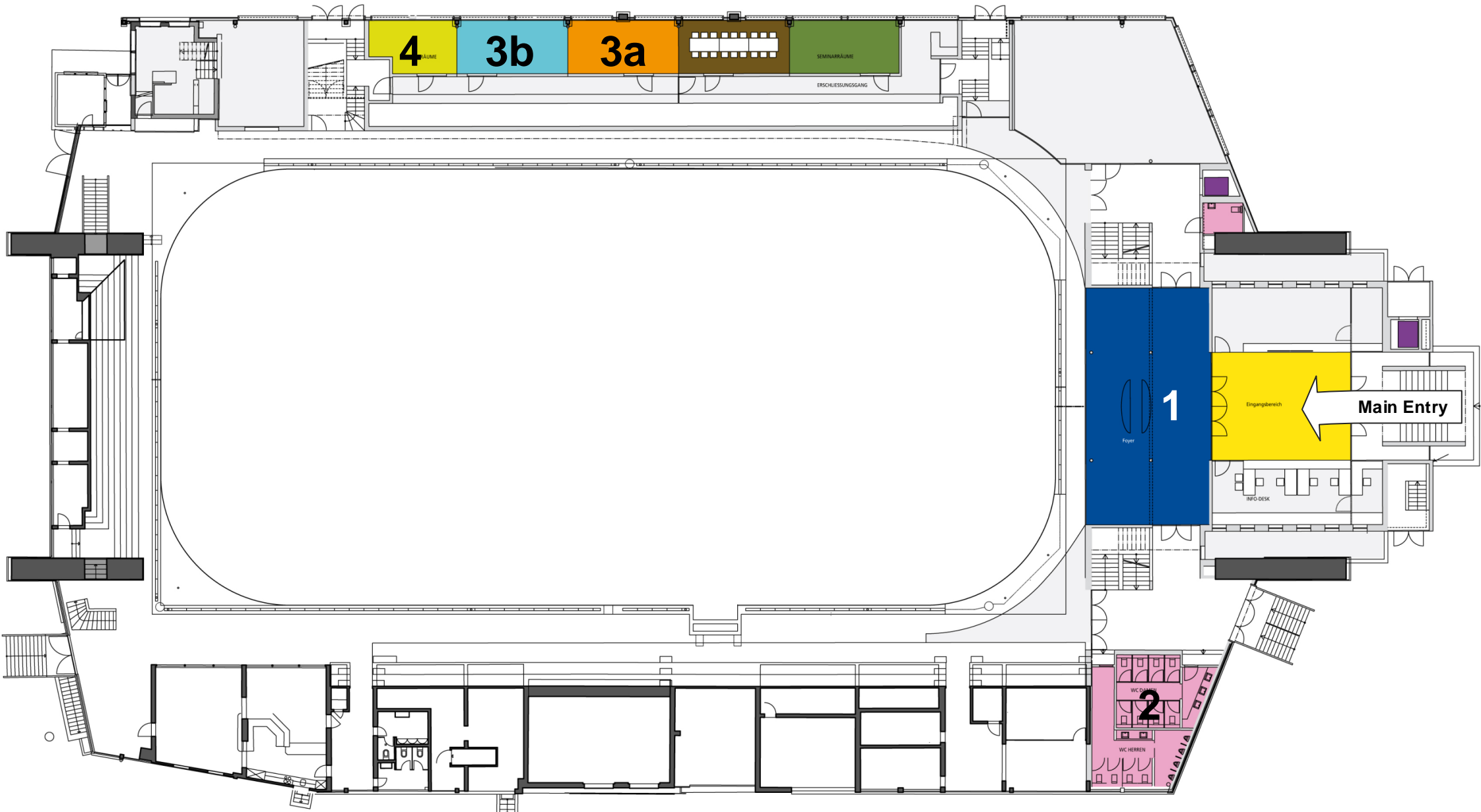
Saturday 29.06.2024

Version 09.02.2024/12:00h

	Competition Hall		Warm Up Hall
Time	A	B	
09:40	General Warm Up World Cup Q2		Group 1 Q2
10:20	End of Warm Up		
	Individual Men Q2	Individual Ladies Q2	
10:30	Group 1	Group 1	Group 2 Q2
11:05	Group 2	Group 2	
11:40	End of Competition		
Finals World Cup			
15:30	Training Finalists		Women
16:00	End of Training		
16:10		Finals Woman	Men
16:30	Finals Men		Synchro Women
16:50		Finals Synchro Women	Synchro Men
17:10	Finals Synchro Men		
17:30	Award Ceremony		
18:00	End of Award Ceremony		

Nissen Cup Arosa 2024

Ground Level



1: Accreditation
2: Toilets
3a: Judges Room

3a+b: Judges & Orientation Meeting
4: LOC Competition Director
+ FIG TC Delegate Office

Nissen Cup Arosa 2024

Intermediate Level



1: Ladies Changing Room
2: Doping Control Station
3: Mens Changing Rooms

4: Medical + Massage Room
5: Competition Office
6: Doctor + First Aid