



TRAMPOLINE WORLD CUP 2026 & COIMBRA GYM FEST

WORK PLAN



4-5 JULY 2026

COIMBRA | PORTUGAL
PAVILHÃO M. M. MÁRIO MEXIA

INDEX

| | |
|---|----|
| GENERAL INFORMATION | 2 |
| ORGANIZATION | 2 |
| LOCAL ORGANIZING COMMITTEE (LOC) | 3 |
| COMPETITION VENUE | 3 |
| NATIONAL ANTHEM AND FLAG | 3 |
| VISA | 4 |
| LOC SAFEGUARDING OFFICER | 4 |
| INSURANCE | 4 |
| OFFICIAL LANGUAGE | 4 |
| ACCREDITATION AND ID CARDS | 4 |
| TRANSPORTATION | 5 |
| ACCOMMODATION AND MEALS | 5 |
| GENERAL PROGRAMME | 6 |
| SPORTS HALL LAYOUT and ZONES | 9 |
| ORIENTATION MEETING | 9 |
| WELCOME DINNER | 9 |
| VENUE ACCESS | 9 |
| AWARDS CEREMONIES | 9 |
| EQUIPMENT | 9 |
| WARM UP | 10 |
| MARCH IN | 10 |
| STARTING ORDER – DRAWING OF LOTS | 10 |
| COMPETITION CARDS | 10 |
| JUDGES MEETINGS – Drawing of Lots | 10 |
| SUPERIOR JURY | 10 |
| SCORES AND RESULTS | 11 |
| VIDEO RECORDING | 11 |
| MEDICAL SERVICES | 11 |
| DOPING CONTROL | 11 |
| BANQUET AND FAREWELL PARTY | 11 |
| INFORMATION AND CORRESPONDENCE DURING THE WORLD CUP | 11 |

GENERAL INFORMATION

This Work Plan has been developed in accordance with the following World Gymnastics (hereinafter WGYM) regulations and rules, as valid in the year of the competition, except for any deviations mentioned in these directives:

- Accreditation Rules
- Advertising and Publicity Rules
- Anti-Doping Rules
- Apparatus Norms
- Code of Conduct
- Code of Discipline
- Code of Ethics
- Code of Points and relevant Newsletters
- Framework for Safeguarding during Events
- General Judges' Rules
- Licence Rules
- Media Rules
- Medical Organization of the WGYM Competitions and Events
- Rules for Award Ceremony
- Specific Judges' Rules for Trampoline Gymnastics
- Statutes
- Technical Regulations
- World Cup Rules for Trampoline Gymnastics

And subsequent decisions of the WGYM Executive Committee.

ORGANIZATION

- **WORLD GYMNASTICS (WGYM)**
Contact Person Mr. Rui VINAGRE
Tel. +41 (0) 21 321 55 32
E.mail rvinagre@worldgymnastics.sport
Website www.gymnastics.sport
- **WGYM Delegate** Ms. Tetiana SHUISKA (TRA-TC Member)
- **Host Federation: GYMNASTICS FEDERATION OF PORTUGAL (FGP)**
Contact Person Mr. João MARQUES
Tel. +351 926 241 178
E.mail joao.marques@ginastica.org
Website www.ginastica.org

- Associação Académica de Coimbra | Gymnastics Department (AAC)
 Contact Person Mr. Jorge ABRANTES
 Tel. +351 918 733 044
 Email: worldcup@coimbragymfest.org
 Website: <http://coimbragymfest.org/en/home>

LOCAL ORGANIZING COMMITTEE (LOC)

| | |
|--|---|
| President | Luis Arrais |
| Executive Director | Jorge Abrantes |
| Executive Director Deputy | Mariana Pombo Sofia Teixeira |
| NF Delegate | João Marques |
| Local Technical Director | João Marques |
| Logistics | Mário Abrantes João Salustiano Ruben Pereira |
| Secretariat | Maria João Dinis Etelvina Simões Paula Macedo Joana Cunha |
| Official Doctor & Safeguarding Officer | Maria António Castro |
| Official Doctor Deputy | Catarina Silva Mariana Anjos |
| Accommodation | Filipa Nobre |
| Transportation | Mário Amaro Pedro Amaro |
| Meals | Vânia Henriques Joana Almeida |
| Operational Manager | João Paulo Dias Rui Magalhães |
| Technical Program | Mariana Pombo Sofia Teixeira Patricia Amendoeira Rita Oliveira |
| Security | Paulo Oliveira Afonso Mateus |
| Head of Media | Mónica Wolters Márcia Sobral |
| Social Media Manager | Rui Sousa |
| IT | Paulo Rodrigues |
| Protocol & VIPs | Joana Nobre |
| Official Photographer | Sandra Couceiro Helder Cruz |
| Speaker | Rui Magalhães |
| Volunteers | Joana Nogueira Mariana Capela Fátima Paulino |
| Sustainability | Laura Santos |
| Flip Area | Édi Mamede Ana Cláudia Guedes |

COMPETITION VENUE

Pavilhão Municipal Multidesportos Mário Mexia
 Address: Praça Heróis do Ultramar
 3030-327 Coimbra

NATIONAL ANTHEM AND FLAG

Delegations are requested to bring their national flag and in digital format their national anthem. These must be handed to the LOC 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.

LOC SAFEGUARDING OFFICER

Mrs. Maria António Castro

- +351 919 909 518
- macastro@netcabo.pt

INSURANCE¹

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 this 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**. Access to the venue, transportation or meal sites will be refused if a valid accreditation ID Card is not presented.

Accreditation will take place at the LOC Accreditation Office in the competition venue. All delegations will be directed to the accreditation procedures from the airport. Delegations travelling by car must go first to the LOC Accreditation Office.

¹ The WGYM 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 repatriation for all the members of their Delegation.

Basic insurance (sickness, accident, and repatriation) in your country of residence is compulsory in order to be able to benefit from coverage by WGYM IMSSA subsidiary insurance. Please also refer to <https://www.gymnastics.sport/site/pages/medical-insurance.php> for additional information regarding the WGYM 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.

HoD are requested to provide a valid **phone number** (working in Portugal) and **e-mail address**. These contact details will be used as mailboxes to inform all competition results, information and occurrences during and after the competition.

At accreditation, HoD must check the correct **names** of their complete delegation, verify **accommodation** requirements, make any necessary **payments**, hand in their national **flag**, the national **anthem** in a digital format and, a proof/certificate of **insurance**.

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

The LOC will verify the ID and nationality of the gymnasts. This control will be carried out by checking the passports of the participants. The Head of Delegation must collect and bring the **passports** of all the Delegation members to the accreditation.

TRANSPORTATION

The Organizing Committee will provide shuttle bus transportation between Porto airport, hotels and competition venue between arrival and departure for training and competition. Transport will be arranged based on training and competition schedule. Only people involved in specific training/competition groups will be allowed to access a specific time bus.

ACCOMMODATION AND MEALS

The Organizing Committee is not responsible for any damage to the hotel rooms, costs for mini bars, pay for TV or the like. This is the responsibility of each delegation.

Breakfast is included in the Full Pack and is served at each hotel.

Lunch and **Dinner** are included in the Full Pack and are served near competition venue, 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 18:00 until 21:30

GENERAL PROGRAMME

Training Groups:

| | TR Male | Nr | TR Female | Nr |
|---------|------------------------------------|----|------------------------------------|----|
| Group 1 | CAN (4); CHN (6); POL (2) | 11 | CAN (4); CHN (6); POL (1) | 11 |
| Group 2 | AUS (4); BUL (1); ESP (4); NZL (3) | 12 | AUS (1); BUL (3); ESP (4); NZL (4) | 12 |
| Group 3 | AZE (2); EST (1); GER (4); USA (4) | 11 | AZE (1); GER (3); JPN (4); USA (4) | 12 |
| Group 4 | BRA (3); GBR (2); KAZ (3); MEX (3) | 11 | BRA (3); GBR (2); KAZ (2); MEX (2) | 9 |
| Group 5 | BLR (4); POR (4); RUS (4) | 12 | BLR (4); POR (3); RUS (4) | 11 |

| | TUM | Nr | DMT | Nr |
|---------|------------------------------------|----|---------------------------|----|
| Group 1 | CHN (4); FRA (8) | 12 | CHN (2); ESP (7); NZL (2) | 11 |
| Group 2 | BEL (4); USA (8) | 12 | EST (1); USA (8) | 9 |
| Group 3 | CAN (7); JPN (5) | 12 | CAN (7); GER (5) | 12 |
| Group 4 | AZE (3); DEN (6); GBR (2); POL (1) | 12 | GBR (8); JPN (2) | 10 |
| Group 5 | GRE (1); POR (8); RUS (3) | 12 | POR (8); RUS (4) | 12 |

| Per country | TRA | TUM | DMT |
|-------------|---------|---------|---------|
| AUS | Group 2 | | |
| AZE | Group 3 | Group 4 | |
| BEL | Group 2 | | |
| BLR | Group 5 | | |
| BRA | Group 4 | | |
| BUL | Group 2 | | |
| CAN | Group 1 | Group 3 | Group 3 |
| CHN | Group 1 | Group 1 | Group 1 |
| DEN | Group 4 | | |
| ESP | Group 2 | Group 1 | |
| EST | Group 3 | | Group 2 |
| FRA | | Group 1 | |
| GBR | Group 4 | Group 4 | Group 4 |
| GRE | | Group 5 | |
| GER | Group 3 | | Group 3 |
| JPN | Group 3 | Group 3 | Group 4 |
| KAZ | Group 4 | | |
| MEX | Group 4 | | |
| NZL | Group 2 | | Group 1 |
| POL | Group 1 | Group 4 | |
| POR | Group 5 | Group 5 | Group 5 |
| RUS | Group 5 | Group 5 | Group 5 |
| USA | Group 3 | Group 2 | Group 2 |

Training Days

29th, 30th June & 1st July

| Trampoline Warm Up Hall | | Trampoline Competition Hall | | | | | | | Tumbling | DMT |
|-------------------------|----------------|-----------------------------|--------------------|-------|-------|--------|----------------------------------|---------|----------------------------------|-----|
| Warm Up Male | Warm Up Female | Competition Male | Competition Female | Time | Start | Finish | Comp. Hall Warm Up + Competition | | Comp. Hall Warm Up + Competition | |
| Slot 1 | Slot 1 | | | 00:45 | 09:00 | 09:45 | Slot 1 | Slot 1 | | |
| Slot 2 | Slot 2 | Slot 1 | Slot 1 | 00:45 | 09:45 | 10:30 | Slot 2 | Slot 2 | | |
| Slot 3 | Slot 3 | Slot 2 | Slot 2 | 00:45 | 10:30 | 11:15 | Slot 3 | Slot 3 | | |
| Slot 4 | Slot 4 | Slot 3 | Slot 3 | 00:45 | 11:15 | 12:00 | Slot 4 | Slot 4 | | |
| Slot 5 | Slot 5 | Slot 4 | Slot 4 | 00:45 | 12:00 | 12:45 | Slot 5 | Slot 5 | | |
| | | Slot 5 | Slot 5 | 00:45 | 12:45 | 13:30 | Slot 6 | Slot 6 | | |
| | | | | 01:00 | 13:30 | 14:30 | | | | |
| Slot 6 | Slot 6 | | | 00:45 | 14:30 | 15:15 | Slot 7 | Slot 7 | | |
| Slot 7 | Slot 7 | Slot 6 | Slot 6 | 00:45 | 15:15 | 16:00 | Slot 8 | Slot 8 | | |
| Slot 8 | Slot 8 | Slot 7 | Slot 7 | 00:45 | 16:00 | 16:45 | Slot 9 | Slot 9 | | |
| Slot 9 | Slot 9 | Slot 8 | Slot 8 | 00:45 | 16:45 | 17:30 | Slot 10 | Slot 10 | | |
| Slot 10 | Slot 10 | Slot 9 | Slot 9 | 00:45 | 17:30 | 18:15 | Slot 11 | Slot 11 | | |
| Slot 11 | Slot 11 | Slot 10 | Slot 10 | 00:45 | 18:15 | 19:00 | Slot 12 | Slot 12 | | |
| Slot 12 | Slot 12 | Slot 11 | Slot 11 | 00:45 | 19:00 | 19:45 | Slot 13 | Slot 13 | | |
| | | Slot 12 | Slot 12 | 00:45 | 19:45 | 20:30 | Slot 14 | Slot 14 | | |

Each country must submit their training requests, via the form present in this link: <https://forms.gle/j2vrW3MqYDovz9Lt9>

A maximum of 12 gymnasts in each slot will be able to train, per apparatus (TR F; TR M; TUM; DMT)

Schedule will be set on a first come, first served basis and sent to the delegations, no further than 28th June.

Thursday, 2nd July

Thursday, 2nd July

| | | | Trampoline Warm Up Hall | | | | Trampoline Competition Hall | | | | | | | Tumbling | DMT | Other |
|-------|-------|--------|-------------------------|--------------------|--------------------|--------------------|-----------------------------|-------|--------|-----------------------|-----------------------|--|--------------------|----------------------------------|----------------------------------|------------------------------|
| Time | Start | Finish | Warm Up Male | Warm Up Female | Competition Male | Competition Female | Time | Start | Finish | Warm Up + Competition | Warm Up + Competition | | | Comp. Hall Warm Up + Competition | Comp. Hall Warm Up + Competition | |
| 00:30 | 08:00 | 08:30 | CAN; CHN; POL | CAN; CHN; POL | | | 00:00 | 08:00 | 08:00 | | | | | | | |
| 00:30 | 08:30 | 09:00 | AUS; BUL; ESP; NZL | AUS; BUL; ESP; NZL | CAN; CHN; POL | CAN; CHN; POL | 00:40 | 08:00 | 08:40 | | | | CHN; FRA | CHN; ESP; NZL | | |
| 00:30 | 09:00 | 09:30 | AZE; EST; GER; USA | AZE; GER; JPN; USA | AUS; BUL; ESP; NZL | AUS; BUL; ESP; NZL | 00:40 | 08:40 | 09:20 | | | | BEL; USA | EST; USA | | |
| 00:30 | 09:30 | 10:00 | BRA; GBR; KAZ; MEX | BRA; GBR; KAZ; MEX | AZE; EST; GER; USA | AZE; GER; JPN; USA | 00:40 | 09:20 | 10:00 | | | | CAN; JPN | CAN; GER | | |
| 00:30 | 10:00 | 10:30 | BLR; POR; RUS | BLR; POR; RUS | BRA; GBR; KAZ; MEX | BRA; GBR; KAZ; MEX | 00:40 | 10:00 | 10:40 | | | | AZE; DEN; GBR; POL | GBR; JPN | | |
| 00:30 | 10:30 | 11:00 | | | BLR; POR; RUS | BLR; POR; RUS | 00:40 | 10:40 | 11:20 | | | | GRE; POR; RUS | POR; RUS | | |
| 00:30 | 11:00 | 11:30 | | | | | 00:10 | 11:20 | 11:30 | | | | | | | |
| 00:30 | 11:30 | 12:00 | | | | | 00:30 | 11:30 | 12:00 | | | | | | | |
| 00:30 | 12:00 | 12:30 | | | | | 00:30 | 12:00 | 12:30 | | | | | | | |
| 00:30 | 12:30 | 13:00 | | | | | 00:30 | 12:30 | 13:00 | | | | | | | |
| 00:30 | 13:00 | 13:30 | | | | | 00:30 | 13:00 | 13:30 | | | | | | | |
| 00:30 | 13:30 | 14:00 | | | | | 00:30 | 13:30 | 14:00 | | | | | | | |
| 00:30 | 14:00 | 14:30 | | | | | 00:30 | 14:00 | 14:30 | | | | | | | |
| 00:30 | 14:30 | 15:00 | | | | | 00:30 | 14:30 | 15:00 | | | | | | | |
| 00:30 | 15:00 | 15:30 | | | | | 00:30 | 15:00 | 15:30 | | | | | | | |
| 00:10 | 15:30 | 15:40 | | | | | 00:10 | 15:30 | 15:40 | | | | | | | |
| 00:30 | 15:40 | 16:10 | CAN; CHN; POL | CAN; CHN; POL | | | 00:00 | 15:40 | 15:40 | | | | | | | |
| 00:30 | 16:10 | 16:40 | AUS; BUL; ESP; NZL | AUS; BUL; ESP; NZL | CAN; CHN; POL | CAN; CHN; POL | 00:40 | 15:40 | 16:20 | | | | CHN; FRA | CHN; ESP; NZL | | |
| 00:30 | 16:40 | 17:10 | AZE; EST; GER; USA | AZE; GER; JPN; USA | AUS; BUL; ESP; NZL | AUS; BUL; ESP; NZL | 00:40 | 16:20 | 17:00 | | | | BEL; USA | EST; USA | | |
| 00:30 | 17:10 | 17:40 | BRA; GBR; KAZ; MEX | BRA; GBR; KAZ; MEX | AZE; EST; GER; USA | AZE; GER; JPN; USA | 00:40 | 17:00 | 17:40 | | | | CAN; JPN | CAN; GER | | |
| 00:30 | 17:40 | 18:10 | BLR; POR; RUS | BLR; POR; RUS | BRA; GBR; KAZ; MEX | BRA; GBR; KAZ; MEX | 00:40 | 17:40 | 18:20 | | | | AZE; DEN; GBR; POL | GBR; JPN | | 19h15 WC Orientation Meeting |
| 00:30 | 18:10 | 18:40 | | | BLR; POR; RUS | BLR; POR; RUS | 00:40 | 18:20 | 19:00 | | | | GRE; POR; RUS | POR; RUS | | 20h00 WC Welcome Event |

Official Trainings Day:

| Friday, 3rd July | | | | | | | Friday, 3rd July | | | | | | |
|------------------|-------|--------|-------------------------|--------------------|-----------------------------|--------------------|------------------|-------|--------|----------------------------------|----------------------------------|--------------------------------|--|
| Time | Start | Finish | Trampoline Warm Up Hall | | Trampoline Competition Hall | | Time | Start | Finish | Tumbling | DMT | Other | |
| | | | Warm Up Male | Warm Up Female | Competition Male | Competition Female | | | | Comp. Hall Warm Up + Competition | Comp. Hall Warm Up + Competition | | |
| 00:30 | 08:00 | 08:30 | BLR; POR; RUS | BLR; POR; RUS | | | 00:00 | 08:00 | 08:00 | | | | |
| 00:30 | 08:30 | 09:00 | CAN; CHN; POL | CAN; CHN; POL | BLR; POR; RUS | BLR; POR; RUS | 00:40 | 08:00 | 08:40 | GRE; POR; RUS | POR; RUS | | |
| 00:30 | 09:00 | 09:30 | AUS; BUL; ESP; NZL | AUS; BUL; ESP; NZL | CAN; CHN; POL | CAN; CHN; POL | 00:40 | 08:40 | 09:20 | CHN; FRA | CHN; ESP; NZL | | |
| 00:30 | 09:30 | 10:00 | AZE; EST; GER; USA | AZE; GER; JPN; USA | AUS; BUL; ESP; NZL | AUS; BUL; ESP; NZL | 00:40 | 09:20 | 10:00 | BEL; USA | EST; USA | 9h45 CGF Orientation Meeting | |
| 00:30 | 10:00 | 10:30 | BRA; GBR; KAZ; MEX | BRA; GBR; KAZ; MEX | AZE; EST; GER; USA | AZE; GER; JPN; USA | 00:40 | 10:00 | 10:40 | CAN; JPN | CAN; GER | 10h30 CGF Judges Meeting | |
| 00:30 | 10:30 | 11:00 | | | BRA; GBR; KAZ; MEX | BRA; GBR; KAZ; MEX | 00:40 | 10:40 | 11:20 | AZE; DEN; GBR; POL | GBR; JPN | | |
| 00:45 | 10:35 | 11:20 | | | | | 00:00 | 11:20 | 11:20 | | | DMT 2 | |
| 00:45 | 11:20 | 12:05 | | | | | 00:45 | 11:20 | 12:05 | | | | |
| 00:45 | 12:05 | 12:50 | | | | | 00:45 | 12:05 | 12:50 | | | | |
| 00:45 | 12:50 | 13:35 | | | | | 00:45 | 12:50 | 13:35 | | | | |
| 00:45 | 13:35 | 14:20 | | | | | 00:45 | 13:35 | 14:20 | | | | |
| 00:45 | 14:20 | 15:05 | | | | | 00:45 | 14:20 | 15:05 | | | | |
| 00:30 | 15:40 | 16:10 | BLR; POR; RUS | BLR; POR; RUS | | | 00:35 | 15:05 | 15:40 | | | | |
| 00:30 | 16:10 | 16:40 | CAN; CHN; POL | CAN; CHN; POL | BLR; POR; RUS | BLR; POR; RUS | 00:40 | 15:40 | 16:20 | GRE; POR; RUS | POR; RUS | | |
| 00:30 | 16:40 | 17:10 | AUS; BUL; ESP; NZL | AUS; BUL; ESP; NZL | CAN; CHN; POL | CAN; CHN; POL | 00:40 | 16:20 | 17:00 | CHN; FRA | CHN; ESP; NZL | | |
| 00:30 | 17:10 | 17:40 | AZE; EST; GER; USA | AZE; GER; JPN; USA | AUS; BUL; ESP; NZL | AUS; BUL; ESP; NZL | 00:40 | 17:00 | 17:40 | BEL; USA | EST; USA | 17h00 World Cup Judges Meeting | |
| 00:30 | 17:40 | 18:10 | BRA; GBR; KAZ; MEX | BRA; GBR; KAZ; MEX | AZE; EST; GER; USA | AZE; GER; JPN; USA | 00:40 | 17:40 | 18:20 | CAN; JPN | CAN; GER | | |
| 00:30 | 18:10 | 18:40 | | | BRA; GBR; KAZ; MEX | BRA; GBR; KAZ; MEX | 00:40 | 18:20 | 19:00 | AZE; DEN; GBR; POL | GBR; JPN | | |

Competition Days:

| Saturday, 4th July | | | | | | | Saturday, 4th July | | | | | | |
|--------------------|-------|--------|-------------------------|----------------|-----------------------------|--------------------|--------------------|-------|--------|----------------------------------|----------------------------------|------------------------|--|
| Time | Start | Finish | Trampoline Warm Up Hall | | Trampoline Competition Hall | | Time | Start | Finish | Tumbling | DMT | Other | |
| | | | Warm Up Male | Warm Up Female | Competition Male | Competition Female | | | | Comp. Hall Warm Up + Competition | Comp. Hall Warm Up + Competition | | |
| 00:50 | 12:40 | 13:30 | Q1 - Gr 1 | Q1 - Gr 1 | | | 00:50 | 12:40 | 13:30 | | | | |
| 00:50 | 13:30 | 14:20 | Q1 - Gr 2 | Q1 - Gr 2 | Q1 - Gr 1 | Q1 - Gr 1 | 00:50 | 13:30 | 14:20 | W - Gr 1 | M - Gr 1 | | |
| 00:50 | 14:20 | 15:10 | Q1 - Gr 3 | Q1 - Gr 3 | Q1 - Gr 2 | Q1 - Gr 2 | 00:50 | 14:20 | 15:10 | W - Gr 2 | M - Gr 2 | | |
| 00:50 | 15:10 | 16:00 | Q1 - Gr 4 | Q1 - Gr 4 | Q1 - Gr 3 | Q1 - Gr 3 | 00:50 | 15:10 | 16:00 | W - Gr 3 | M - Gr 3 | | |
| 00:50 | 16:00 | 16:50 | Q1 - Gr 5 | Q1 - Gr 5 | Q1 - Gr 4 | Q1 - Gr 4 | 00:50 | 16:00 | 16:50 | M - Gr 1 | W - Gr 1 | | |
| 00:50 | 16:50 | 17:40 | | | Q1 - Gr 5 | Q1 - Gr 5 | 00:50 | 16:50 | 17:40 | M - Gr 2 | W - Gr 2 | | |
| 00:35 | 18:25 | 19:00 | Q2 - Gr 1 | Q2 - Gr 1 | | | 00:50 | 17:40 | 18:30 | M - Gr 3 | W - Gr 3 | | |
| 00:35 | 19:00 | 19:35 | Q2 - Gr 2 | Q2 - Gr 2 | Q2 - Gr 1 | Q2 - Gr 1 | 00:30 | 18:30 | 19:00 | | | 18h30 Opening Ceremony | |
| 00:35 | 19:35 | 20:10 | | | Q2 - Gr 2 | Q2 - Gr 2 | 00:35 | 19:00 | 19:35 | Q2 W - Gr 1 | | | |
| 00:00 | 20:10 | 20:10 | | | | | 00:35 | 19:35 | 20:10 | Q2 W - Gr 2 | | | |

Note: DMT & TUM have a 15-minute warm up, in the competition apparatus, directly followed by competition.

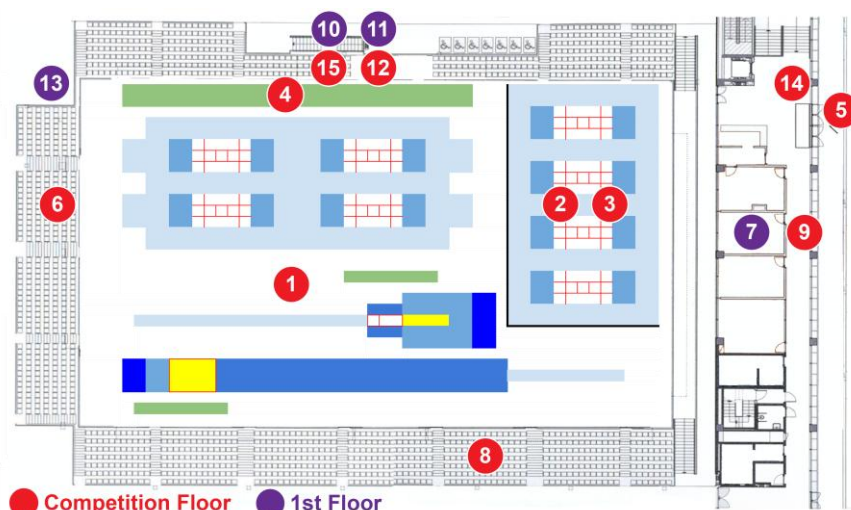
| Sunday, 5th July | | | | | | | Sunday, 5th July | | | | | | |
|------------------|-------|--------|-------------------------|----------------|-----------------------------|--------------------|------------------|-------|--------|----------------------------------|----------------------------------|---------------|--|
| Time | Start | Finish | Trampoline Warm Up Hall | | Trampoline Competition Hall | | Time | Start | Finish | Tumbling | DMT | Other | |
| | | | Warm Up Male | Warm Up Female | Competition Male | Competition Female | | | | Comp. Hall Warm Up + Competition | Comp. Hall Warm Up + Competition | | |
| 00:45 | 10:10 | 10:55 | TRS M Gr1 | TRS W Gr1 | | | 00:45 | 10:10 | 10:55 | | | | |
| 00:45 | 10:55 | 11:40 | TRS M Gr2 | TRS W Gr2 | TRS M Gr1 | TRS W Gr1 | 00:45 | 10:55 | 11:40 | | | | |
| 00:45 | 11:40 | 12:25 | | | TRS M Gr2 | TRS W Gr2 | 00:45 | 11:40 | 12:25 | | | | |
| | | | | | | | | | | | | | |
| | | | | | | | 00:35 | 14:00 | 14:35 | Final W | | | |
| 00:30 | 14:40 | 15:10 | | Final W | | | 00:35 | 14:35 | 15:10 | | Final M | | |
| 00:30 | 15:10 | 15:40 | Final M | | | Final W | 00:30 | 15:10 | 15:40 | | | | |
| 00:30 | 15:40 | 16:10 | | | Final M | | 00:30 | 15:40 | 16:10 | | | | |
| 00:35 | 16:10 | 16:45 | | | | | 00:35 | 16:10 | 16:45 | Final M | | | |
| 00:35 | 16:45 | 17:20 | | Final SYN | | | 00:35 | 16:45 | 17:20 | | Final W | | |
| 00:35 | 17:20 | 17:55 | Final SYN | | | Final SYN | 00:35 | 17:20 | 17:55 | | | | |
| 00:35 | 17:55 | 18:30 | | | Final SYN | | 00:35 | 17:55 | 18:30 | | | | |
| 00:40 | 18:30 | 19:10 | | | Award Ceremonies | | 00:40 | 18:30 | 19:10 | Award Ceremonies | | 20h00 Banquet | |

Note: DMT & TUM have a 10-minute warm up, in the competition apparatus, directly followed by competition.

SPORTS HALL LAYOUT and ZONES

Zones

- 1 Competition Area
- 2 Training Hall
- 3 Warm-up Hall
- 4 Competition Management and Judges' seating
- 5 Judges' meeting rooms and Judges' break area
- 6 Delegation seating
- 7 LOC Offices
- 8 FIG Offices
- 9 Doping Control Zone
- 10 Media
- 11 Media Grandstands
- 12 TV Compound
- 13 Photographers Positions
- 14 Mixed Zone
- 15 VIP



ORIENTATION MEETING

All Heads of Delegation must attend the meeting. One extra Official per delegation may also attend. The WGYM TRA-TC and the LOC will provide detailed information regarding the event. All information will be in English only. Judges cannot be representatives of their NF at the Orientation Meeting: **2nd of July at 19:15**

WELCOME DINNER

All HoD are invited by the Coimbra Municipality for a World Cup Welcome Dinner that will take place, right after the Orientation Meeting. Shuttles will take the invited people to dinner, on the **2nd of July at 20:00**

VENUE ACCESS

The access to the Arena will be limited to the training/competing group. Besides gymnasts, access will be allowed only to accredited people.

AWARDS CEREMONIES

Only the medal winners are invited to participate, and they must wear the National tracksuits, according to WGYM rules.

EQUIPMENT

| | | |
|------------------------|---------------|--------|
| Trampoline | 8 WGYM ID 545 | Gaofei |
| Double Mini-Trampoline | 1 WGYM ID 802 | Gaofei |
| Tumbling | 1 WGYM ID 465 | Skakun |
| HDTMD | WGYM ID 681 | Gaofei |

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 and the identified zones at the accreditation card.

MARCH IN

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

STARTING ORDER – DRAWING OF LOTS

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

The starting order for the finals will be in accordance with the Code of Points.

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

Any withdrawal from the Finals must be declared in writing with the LOC.

Please note: The World Cup Competition draw, the competition groups, the starting lists, the training groups, the training schedule, and the competition schedule assume 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 WGYM Technical Delegate in consultation with the LOC reserves the right to make adjustments, which will facilitate the smooth running of the competition.

COMPETITION CARDS

This competition will act as a test for the future.

No competition cards will be required.

JUDGES MEETINGS – Drawing of Lots

The judges' meeting, which is compulsory for all judges, will take place at the Meeting Room, outside the Competition Venue:

- 3rd of July at: 17:00 (TRA); 17:30 (TUM) and 18:00 (DMT)

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.

Judges who don't participate in the judges' instruction may not be authorized to judge and their respective federations may face a penalty fee.

SUPERIOR JURY

Technical delegate will act as president of the Superior Jury,

SCORES AND RESULTS

The scoring system used is Sporttech. The scores will be shown in the competition hall and live on the website <https://sporttech.io>.

A detailed list of results, including all judges' marks, will be e-mailed to the HoD and national federations at the end of the competition.

VIDEO RECORDING

All routines will be recorded on video by the LOC.

LIVESTREAMING & TV HOST BROADCASTER

The Qualifications will be livestreamed, with geoblocking for Portugal (<https://www.ginastica.tv>). The Finals will be live transmitted at «RTP Play» channel: <https://www.rtp.pt/play/>

MEDICAL SERVICES

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

DOPING CONTROL

Doping Controls will be carried out during the World Cup, as per the WGYM regulation. Doping Controls can take place during training and / or Competition.

BANQUET AND FAREWELL PARTY

There will be a banquet on Sunday, **5th July, between 20:00 and 22:30.**

The banquet is for official delegation members only, and a valid banquet ticket must be presented at the entrance. This closing banquet is free of charge for the delegations who have booked their accommodation through the LOC.

INFORMATION AND CORRESPONDENCE DURING THE WORLD CUP

Each delegation will receive all information via the HoD email communicated at the time of accreditation.

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

Coimbra, 2nd of June 2026