



**53rd International Trampoline
Competition of Friendship 2026**
(Youth Olympic Hopefuls' Competition)
Jablonec nad Nisou (CZE), 8th-10th October 2026



DIRECTIVES

Event ID: 18635

Dear FIG affiliated Member Federation,

The Gymnastics Federation of Czechia has the pleasure to invite your Federation to participate in the aforementioned official FIG International event.

DISCIPLINE	Trampoline Gymnastics TRA Individual and Synchro Competition
HOST FEDERATION	Czech Gymnastics Federation Zátopkova 100/2, 160 17 Praha 6, Czechia Contact person : Vladimír Zeman Phone: (+ 420) 606 711 323 E-mail : trampoliny@gymfed.cz Website : http://gymfed.cz
LOCATION	Jablonec nad Nisou, Czechia
DATE	From 8 th to 10 th October, 2026
VENUE	City Sports Hall Jablonec nad Nisou U Prehrady 4747/20 , 466 02 Jablonec nad Nisou, Czechia Tel.: +420 483 368 740 E-mail: hala.recepce@sportjablonec.cz Website: www.sportjablonec.cz
APPARATUS SUPPLIER	Please refer to the attached apparatus list
RULES AND REGULATIONS	The event will be organized under the following FIG rules, as valid in the year of the event, except for any deviation mentioned in these directives: • Statutes • Code of Ethics • Code of Conduct • Technical Regulations • Code of Discipline • Code of Points and relevant Newsletters • General Judges' Rules • Specific Judges' Rules • Anti-Doping Rules • License rules • Policy and Procedures for Safeguarding and Protecting Participants in gymnastics • FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events • Medical Organization of FIG Competitions and Events • Media Guidelines • Apparatus Norms • Rules for Sanctioning (approval) of International Events • Rules for Advertising and Publicity • Rules for Awards Ceremonies • Accreditation Rules

	<i>and subsequent decisions of the FIG Executive Committee</i>																																										
FEDERATIONS INVITED	The Organizing Member Federation will invite all Member Federations according to the following principles: Gymnasts from the FIG affiliated federations and/or their clubs in good standing may participate. The clubs have to respect their national eligibility rules for participation in the international events.																																										
CAPACITY LIMIT	600 gymnasts																																										
AGE LIMITS	A. Sanctioned - men & women, junior boys & junior girls, as per FIG Technical Regulations: - Senior individual - Senior synchro - Senior mix synchro - Junior individual - Junior synchro - Junior mix synchro Remarks : - Seniors and juniors may compete in both the male/female synchro category and the mix synchro category. - Difficulty limit per element in junior category as per valid Code of Points. All gymnasts must have a valid FIG licence until the end of the event. Gymnasts without the licence will be not allowed to start. B. Not sanctioned: For Age Group categories AG1 (11-12) & AG2 (13-14) (not sanctioned) see the part Additional information at the end of Directives.																																										
JUDGES AND JURIES	All judges must have a current valid FIG brevet at the time of the event, for the respective discipline (TRA). All participating delegations have to provide 1 judge for 1-8 gymnasts, 2 judges for 9-16 gymnasts, etc. Higher entry fee (EUR 50 per gymnast / EUR 30 per pair / mix pair), will be applied for federations / clubs with more than two (2) gymnasts for the number of gymnasts with missing judge. Examples: <table><tr><th>Gymnasts</th><th>Pairs</th><th>mix Pairs</th><th>judges</th><th>Ind.fee</th><th>Syn.fee</th><th>mix Syn.fee</th></tr><tr><td>2</td><td>1</td><td>1</td><td>0</td><td>(2x 40 EUR)</td><td>(1x 20 EUR)</td><td>(1x 20 EUR)</td></tr><tr><td>8</td><td>4</td><td>4</td><td>0</td><td>(8x 50 EUR)</td><td>(4x 30 EUR)</td><td>(4x 30 EUR)</td></tr><tr><td>8</td><td>4</td><td>4</td><td>1</td><td>(8x 40 EUR)</td><td>(4x 20 EUR)</td><td>(4x 20 EUR)</td></tr><tr><td>16</td><td>8</td><td>8</td><td>1</td><td>(8x 40 EUR) (8x 50 EUR)</td><td>(4x 20 EUR) (4x 30 EUR)</td><td>(4x 20 EUR) (4x 30 EUR)</td></tr><tr><td>16</td><td>8</td><td>8</td><td>2</td><td>(16x 40 EUR)</td><td>(8x 20 EUR)</td><td>(8x 20 EUR)</td></tr></table>	Gymnasts	Pairs	mix Pairs	judges	Ind.fee	Syn.fee	mix Syn.fee	2	1	1	0	(2x 40 EUR)	(1x 20 EUR)	(1x 20 EUR)	8	4	4	0	(8x 50 EUR)	(4x 30 EUR)	(4x 30 EUR)	8	4	4	1	(8x 40 EUR)	(4x 20 EUR)	(4x 20 EUR)	16	8	8	1	(8x 40 EUR) (8x 50 EUR)	(4x 20 EUR) (4x 30 EUR)	(4x 20 EUR) (4x 30 EUR)	16	8	8	2	(16x 40 EUR)	(8x 20 EUR)	(8x 20 EUR)
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REGISTRATION DEADLINES	<table><tr><td>Provisional registration:</td><td>15.07.2026</td><td>entry form attached</td></tr><tr><td>Definitive registration:</td><td>15.08.2026</td><td>entry form attached</td></tr><tr><td>Nominative registration:</td><td>15.09.2026</td><td>entry form attached</td></tr></table> LOC contact - email : trampoliny@gymfed.cz	Provisional registration:	15.07.2026	entry form attached	Definitive registration:	15.08.2026	entry form attached	Nominative registration:	15.09.2026	entry form attached																																	
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ENTRY FEES	Entry fee EUR 40,- per gymnast, EUR 20,- per synchronised pair, EUR 20,- per mix synchronised pair, EUR 50,- per gymnast and EUR 30,- per pair / mix pair from federations / clubs with more than two (2) gymnasts for the number of gymnasts / pairs with missing judge. Double entry fee for additional gymnasts' / synchro pairs' entries after Definitive registration deadline. Entry fees are non-refundable.																																										
ACCREDITATION	Accreditation will be held at the competition venue. During accreditation the following will be checked as well: - delegation members participation																																										

	- proof of the cover notes or photocopy of the valid insurance policy - payments (entry fees, accommodation, Prague transfers) - licence, passport, personal ID, etc. may be requested. The Competition Cards should be handed in during the accreditation. In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan.
EVENT FORMAT	Valid FIG Trampoline Code of Points and Junior and WAGC Rules will be applied. Qualification (Q1): - <u>Seniors</u>: 2 voluntary exercises, better counts (A) - <u>Juniors</u>: first exercise with requirements + voluntary routine (B) Semi-Finals (Q2) for senior and junior individual categories only: - top 24 gymnasts from qualification (Q1) if 48 or more definitive entries - top 16 gymnasts from qualification (Q1) if 32 or more definitive entries - no semi-final if less than 32 definitive entries in the category Finals will start from zero. 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 / semi-final. Insufficient participation: if less than 3 participants in a category, the category can be cancelled. Difficulty limit per element as per valid Code of Points (junior categories).
PROVISIONAL SCHEDULE	Tuesday 6.10.2026 Arrivals to Jablonec or Prague Wednesday 7.10.2026 Arrivals to Jablonec or Prague Scheduled trainings (10.00-18.00) Free training (18.00-20.00) Thursday 8.10.2026 Orientation meeting, Judges instruction Competition Day 1 (Synchro Qualifications Q1) Friday 9.10.2026 Competition Day 2 (Individual Qualifications Q1) Saturday 10.10.2026 Competition Day 3 (Qualification Q2, Finals) Closing Evening Party Sunday 11.10.2026 Departures from Jablonec/Prague Definitive time schedule will be sent with the Work Plan and handed out upon arrival.
MEDICAL SERVICES	Medical services will be provided by the LOC during trainings and competitions. Closest hospital is Nemocnice Jablonec nad Nisou, Nemocniční 4446, 466 01 Jablonec nad Nisou.
VISA	Please verify immediately with your travel agent or the Czech Embassy or Consulate in your country if a visa is required for your travel to Czechia. The LOC will be happy to assist each Delegation member with an official invitation letter, provided that the request is made before 15.08.2026 to the LOC. The request must include full name, function, gender, date of birth, citizenship and passport number, passport expiry date, the arrival and departure dates of the Delegation Member as well as the city the visa application support letter must be sent to. Please ensure that all information is complete and accurate to avoid delays in visa processing.
INSURANCE	The Host Federation, the LOC and the FIG will not be held responsible for any liabilities in the event of accidents, illness (including COVID-19), repatriation, or similar occurrences. In accordance with the FIG Technical Regulations, all participating Federations and Clubs are responsible for ensuring that all Delegation Members have valid insurance coverage for illness, accidents, and repatriation during the entire duration of their stay. It is mandatory that Delegation Members are covered by basic insurance (covering sickness, accident, and repatriation) in their country of residence, in order to benefit from coverage by the FIG IMSSA subsidiary insurance. For

	detailed information regarding FIG IMSSA insurance for Athletes and Judges, please refer to: https://www.gymnastics.sport/site/pages/medical-insurance.php The LOC will verify insurance coverage upon arrival. Each Delegation must present either a cover note or a photocopy of the valid insurance policy. The policy must be valid starting from the day of arrival and must remain valid for the entire duration of the stay. If a Federation cannot provide proof of valid insurance, the LOC will offer insurance coverage available on the Czech insurance market at the Federation's own expense. Czech Gymnastics Federation and the LOC recommend that each delegation takes travel insurance including Covid-19 as illness and an eventual needed quarantine period and appropriate cancellation insurance also for the travel and accommodation.
SAFEGUARDING	From the official day of arrival until the official day of departure, all participants — including gymnasts, coaches, judges, and other Delegation Members — will have the possibility to contact the LOC Safeguarding Officer by phone or email in case of: • Harassment • Abuse of any kind • Any situation where they feel uncomfortable or unsafe The contact information for the LOC Safeguarding Officer will be provided to all Delegations upon arrival on site. As part of the FIG's commitment to athlete welfare and youth protection, posters of the "10 Golden Rules of Gymnastics", part of the FIG's awareness campaign, must be clearly displayed in several key areas, including: • Training Halls • Warm-Up Areas • Public Zones These measures are in place to ensure a safe, respectful, and supportive environment for all participants throughout the event.
INTERNATIONAL TRANSPORTATION	The participating federations and clubs must pay for the travel costs of their delegation members. Czech Gymnastics Federation and the LOC recommend that each delegation takes appropriate cancellation insurance for the international transportation. The Travel Schedule Form must be returned to the LOC by 15.09.2026.
LOCAL TRANSPORTATION	Prague transfers The city of Jablonec nad Nisou is situated 120 km of Czech capital Prague. The Organizing Committee will provide the transportation from Prague Airport / train station / bus station to Jablonec nad Nisou and back to Prague Airport / train station / bus station for all those who have ordered this in the Definitive entry. Cost per person (return) is EUR 60,-. Local shuttle service Shuttle bus service between the official hotel(s) and Sports Hall will operate from Wednesday October 7th, 2026 to Saturday October 10th, 2026 with priority for all those who have selected the accommodation in the official hotel(s).
ACCOMMODATION	The invited participating federations and clubs must pay for the accommodation and meals expenses of their delegation members. Full package 5 nights Tuesday-Sunday with breakfast, dinner on Tuesday, Wednesday, Thursday and Friday, lunch on Wednesday, Thursday, Friday and Saturday, banquet with dinner on Saturday, hotel - venue transfers. Full package 4 nights Wednesday-Sunday with breakfast, dinner on Wednesday, Thursday and Friday, lunch on Thursday, Friday and Saturday, banquet with dinner on Saturday, hotel - venue transfers.

Full package 3 nights Thursday-Sunday with breakfast, dinner on Thursday and Friday, lunch on Friday and Saturday, banquet with dinner on Saturday, hotel - venue transfers.

Official hotel Option A:

Hotel Brízky***, Průběžná 22, 466 04 Jablonec nad Nisou, Czechia, tel.: +420 483 737 240, e-mail: hotel@brizky.cz, web site: www.brizky.cz, free parking, 1 km walking to the sports hall.

Prices for <u>whole stay per person</u> :	5 nights	4 nights	3 nights
in single room	620,- EUR	510,- EUR	400,- EUR
in double room	500,- EUR	410,- EUR	320,- EUR
(in triple room - limited capacity)	500,- EUR	410,- EUR	320,- EUR

For any necessary adjustment of the package or for urgent special request for triple room(s) please contact us on trampoliny@gymfed.cz if necessary.

Cancellation policy:

- cancellation after September 25th or no show of the team : cancelation fee of EUR 130,- per person in single room and EUR 105,- per person in double / triple room will be applied. Small changes may be accepted without cancelation fee.

Official hotels option B:

Hotel Rehavital***, Jugoslávská 30/11, 466 01 Jablonec nad Nisou, Czechia, Tel.: +420 483 317 591, e-mail: info@rehavital.cz, web site: www.rehavital.cz, in the city center, 1,5 km walking to the sports hall.

Hotel Zlatý Lev***, Kostelní 19/1, 466 01 Jablonec nad Nisou, Czechia, tel.: +420 483 333 000, e-mail: info@zlatylevijbc.cz, web site: www.zlatylevijbc.cz, free parking, 2 km walking to the sports hall.

Hotel Petřín***, Petřínská 6, 466 06 Jablonec nad Nisou, Czechia, tel.: +420 606 068 799, e-mail: info@hotelpetrin.cz, web site: <https://hotelpetrin.cz>, free parking, 3 km walking to the sports hall (10-15 min drive).

Prices for <u>whole stay per person</u> :	5 nights	4 nights	3 nights
in single room	540,- EUR	440,- EUR	340,- EUR
in double room	485,- EUR	390,- EUR	295,- EUR
(in triple room - limited capacity)	485,- EUR	390,- EUR	295,- EUR

For any necessary adjustment of the package or for urgent special request for triple room(s) please contact us on trampoliny@gymfed.cz if necessary.

Cancellation policy :

- cancellation after September 25th or no show of the team : cancelation fee of EUR 110,- per person in single room and EUR 95,- per person in double / triple room will be applied. Small changes may be accepted without cancelation fee.

Official hotel option C:

Hotel Merkur***, Anenské náměstí 8, 466 04 Jablonec nad Nisou, Czechia, tel.: +420 483 312 741, e-mail: recepce@hotelmerkur.cz, web site: www.hotelmerkur.cz, in the city center, 2 km walking to the sports hall.

Prices for <u>whole stay per person</u> :	5 nights	4 nights	3 nights
in single room	500,- EUR	410,- EUR	320,- EUR
in double room	430,- EUR	350,- EUR	270,- EUR
(in triple room - limited capacity)	430,- EUR	350,- EUR	270,- EUR

For any necessary adjustment of the package or for urgent special request for triple room(s) please contact us on trampoliny@gymfed.cz if necessary.

Cancellation policy :

- cancellation after September 25th or no show of the team : cancelation fee of EUR 105,- per person in single room and EUR 90,- per person in double / triple room will be applied. Small changes may be accepted without cancelation fee.

The prices charged for hotel rooms will not exceed the standard rates typically applied by the respective hotels.

The official accommodation capacity is limited and will be handled on the "first come first serve" basis. The teams will be allocated to the hotels with regards to the efficient use of hotel capacity booked by LOC and the efficient planning of the shuttle bus transport schedule. In the case of exceeding the limit the

	appropriate alternative accommodation will be offered by the LOC by individual way. General check-in: from 15:00, check-out: until 11:00. For early check-in and late check-out please request on Travel form and request will be handled according hotel rooms availability. Extra fee may be applied. Cancellation insurance: Czech Gymnastics Federation and the LOC strongly recommend that each delegation takes appropriate cancellation insurance also for the accommodation.
MEALS	Meals are included into the official accommodation packages A, B and C. Participants not using the official accommodation package may order extra lunch in Sports Hall restaurant on Wednesday, Thursday, Friday and/or Saturday for EUR 18,- each. Cancellation policy : - extra lunches cancelled after September 25th are not refundable.
FINAL BANQUET	Closing party with dinner is included into the accommodation packages A, B and C. Participants not using the official accommodation package may order extra banquet for EUR 45,- per person (capacity limit 400 people total). Cancellation policy : - extra banquets cancelled after September 25th are not refundable.
BANK ACCOUNT INFORMATION	Payment for entry fees + accommodation + extra meals + extra banquet + Prague-Jablonec return transfer should be done after confirmation of the Definitive registration and based on the invoice issued by the Czech Gymnastics Federation. Payment has to be transferred to: Moneta Money Bank, Vítězné náměstí 2, Praha 6 IBAN CZ33 0600 0000 0002 6104 2911 BIC / SWIFT AGBACZPP Payment purpose Friendship Cup - NF (club) - invoice / specification Beneficiary Czech Gymnastics Federation, Zátokova 100/2, 169 00 Praha 6, Czechia The participating federation / club is responsible for covering all bank fees in connection with the bank transfers. On request, the LOC can accept the cash payment upon arrival.
MARKETING MEDIA	FIG advertising and publicity norms must be respected Contact for Media : Czech Gymnastics Federation Zátokova 100/2, 169 00 Praha 6, Czechia Contact person : Vladimír Zeman Phone / Fax : (+ 420) 606 711 323, E-mail : trampoliny@gymfed.cz
CZECH TV	Czech TV will broadcast the competition highlights. 2025 broadcast highlights can be found here: https://tinyurl.com/yefuxhep.
WEB STREAMING SOCIAL MEDIA	Will be available on the Czech Gymnastics GymTV: https://www.gymtv.cz/. Czech Gymnastics Federation (CGF) website: https://www.gymfed.cz/ Event documents on the CGF website: https://www.gymfed.cz/kalendar/detail/3728 CGF Facebook: https://www.facebook.com/CeskaGymnastickaFederace Czech Trampoline Team on Facebook: https://www.facebook.com/czechtrampolineteam CGF Instagram: https://www.instagram.com/czechgymnasticsfederation/ Czech Trampoline Team on Instagram: https://www.instagram.com/czechtrampolineteam/ CGF YouTube: https://www.youtube.com/c/GymfedCz 2025 Aftermovie: https://www.youtube.com/watch?v=5mkhkhQm0l8
MISCELLANEOUS	For the additional services (additional accommodation, special travel arrangements etc.) do not hesitate contact us please. To enjoy also beautiful Prague, we offer the transfer to Prague centre on Sunday morning (departure from Jablonec at ca 08:30) to the teams with late afternoon or evening or Monday flights. If interested, please reserve your Prague city centre transfer in the Travel Form.

DEADLINES SUMMARY	Provisional Registration	15.07.2026
	Definitive Registration (incl. accommodation, extra meals, extra banquet, Prague transfers, T-shirts)	15.08.2026
	Visa Request Form	15.08.2026
	Payment (entry fees, accommodation, extra meals, extra banquet, Prague transfers)	according the CGF invoice
	Nominative Registration	15.09.2026
	Rooming list (for official accommodation only)	15.09.2026
	Travel form	15.09.2026
ADDITIONAL INFORMATION	<u>Age Group Competition (not sanctioned)</u> individual (TRI) & Synchro (TRS): - individual girls AG1 11-12 years (born 2014-2015) - individual boys AG1 11-12 years (born 2014-2015) - synchro AG1 11-12 years (born 2014-2015) - individual girls AG2 13-14 years (born 2012-2013) - individual boys AG2 13-14 years (born 2012-2013) - synchro AG2 13-14 years (born 2012-2013) Note: in synchro AG category the pair may be composed by: girl+girl or boy+boy or boy+girl. Remarks: - In Age Group AG1 and AG2 synchronised competitions, the age of the older gymnast determines the category in which the pair must enter. - Requirements for first routine as per FIG Junior and WAGC Rules (AG1, AG2) = no first routine in synchro - Difficulty limit per element in AG1 & AG2 category as per valid FIG Junior and WAGC Rules. <u>For Age Group Competition only:</u> - FIG licence is recommended for the gymnasts. Delegations have to prove the age of the gymnasts (FIG licence, national licence, passport, personal ID, insurance, etc.), if requested by LOC. - If 5 or less participants/pairs in the category, qualification may be cancelled (final only). If 3 or less participants/pairs in the category, the category may be joined to another category or cancelled. - Also, national judges with highest national category may be accepted for Age Group Competition (not sanctioned). The LOC may require the proof of the national judging brevet or ask respective NF for confirmation the national category.	

Sincerely Yours,

Prague, 15 June 2026



Roman Slavík
Secretary General of the
Czech Gymnastics Federation