



53rd Nissen Cup 2026
Junior Competition
Trampoline
Arosa – Switzerland
25th to 27th June 2026



DIRECTIVES

Event ID: 18495

Dear FIG affiliated Member Federation,

The Swiss Gymnastics Federation has the pleasure to invite your Federation to participate in the aforementioned official FIG International Event.

DISCIPLINE	Trampoline Gymnastics
HOST FEDERATION	Swiss Gymnastics Federation Jazmin Hegglin Olympic Mission Desk Bahnhofstrasse 38 5000 Aarau Switzerland Phone: +41 62 837 82 96 E-Mail: om-desk@stv-fsg.ch Website: www.stv-fsg.ch
LOCAL ORGANIZING COMMITTEE	LOC Nissen Cup 2026 Arosa Tourism, Sports and Conference Centre, 7050 Arosa Phone: +41 81 378 70 20 Fax: +41 81 378 70 21 E-mail: event@arosa.swiss Technical Contact Address: Swiss Gymnastics Federation Daniel Meier, Phone: +41 79 405 75 93 E-Mail: nissencup@swiss-trampoline.org
LOCATION	Arosa, Switzerland
DATE	From 25th to 27th June 2026
VENUE	Sports and Conference Centre Arosa 7050 Arosa, Switzerland The official training sessions and the warmup for competition take place at the sport facility within the Sports and Conference Centre Arosa
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: <ul style="list-style-type: none">• 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• Licence rules (except for non-competitive events)• FIG Framework for Safeguarding Athletes and other Participants from Harassment and abuse in Sport during Events• FIG Medical Guidelines for FIG Competitions and Events

	<ul style="list-style-type: none"> • Media Rules • Apparatus Norms • Rules for Sanctioning (approval) of International Events • Advertising and Publicity Rules • Regulations for Award Ceremonies • Accreditation Rules <p>and subsequent decisions of the FIG Executive Committee</p>						
FEDERATIONS INVITED	<p>The Organizing Member Federation will invite all Member Federations according to the following principles:</p> <p>Gymnasts from FIG affiliated federations and clubs from those federations. If the entries are made by a club of these federations, the acceptance for participation of the respective national federation, according to the FIG rules, is needed.</p>						
AGE LIMITS	<p>TRA: Juniors, as per FIG technical regulations</p> <p>All gymnasts must have a valid FIG licence until the end of the event.</p>						
JUDGES AND JURIES	<p>All judges must have a current valid FIG brevet at the time of the event.</p> <p>Each federation/club must provide at least the following number of judges with a valid FIG brevet:</p> <table> <tr> <td>1-10 gymnasts</td> <td>= 1 judge</td> </tr> <tr> <td>11-20 c gymnasts</td> <td>= 2 judges</td> </tr> <tr> <td>As from 21 gymnasts</td> <td>= 3 judges</td> </tr> </table> <p>Delegations not complying with these rules are required to pay CHF 450.- upon arrival per missing judge. The judges are to be named on your nominative entry form. All judges must participate in the judges' meetings. If a judge fails to participate in the judges meeting, the delegation must pay the fine for failure to send a judge.</p> <p>- For Judges Requirements, please see "General Judges Rules"</p>	1-10 gymnasts	= 1 judge	11-20 c gymnasts	= 2 judges	As from 21 gymnasts	= 3 judges
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REGISTRATION DEADLINES	<p>Definitive and nominative registrations must be completed by entering the respective forms to the host federation and the organizing committee.</p> <table border="1"> <tr> <td>Definitive registration:</td> <td>15th April 2026</td> </tr> <tr> <td>Nominative registration</td> <td>20th May 2026</td> </tr> </table>	Definitive registration:	15th April 2026	Nominative registration	20th May 2026		
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ENTRY FEES	<p>The Entry fee for this event will be:</p> <p>Individual: CHF 48.00 per gymnast</p> <p>Synchro: CHF 48.00 per synchro pair</p>						
ACCREDITATION	<p>Each delegation will be taken to the accreditation desk upon arrival. The following items will be checked there:</p> <ul style="list-style-type: none"> - Total payment of costs due to the LOC and / or the FIG - Passports, Names and Date of Birth of the entire delegation - FIG Licence of the athletes - Insurance – every delegation member needs a valid insurance - National anthem (on Memory Stick or CD) <p>Should a gymnast not be able to show his/her FIG Licence at accreditation, the Organizing Committee may check on the official FIG website whether the respective gymnast has a valid license or not. If this can be verified in due time by the Organizing Committee, the gymnast may participate in the competition against payment of a fee of CHF 20.- to the Organizing Committee.</p> <p>The accreditation cards will identify individuals participating in the event and indicates that these individuals are permitted access. Please always wear your accreditation visibly.</p> <p>In addition, the LOC will distribute information regarding the gymnasts' safeguarding plan.</p>						
EVENT FORMAT	<p>Categories</p> <p>Trampoline Individual</p> <ul style="list-style-type: none"> • AG2 (13-14) Girls • AG2 (13-14) Boys 						

	<ul style="list-style-type: none"> • Junior (15-16) Girls • Junior (15-16) Boys • Trampoline Synchro <ul style="list-style-type: none"> • AG2 - Junior Girls • AG2 - Junior Boys
PROVISIONAL SCHEDULE	<p>Wednesday June 24th, 2026 All day Arrival of delegations and officials, accreditation 09.00 - 15.50 Free training</p> <p>Thursday June 25th, 2026 All day Arrival of delegations and officials, accreditation 08.00 - 08.50 Free training 14.00 Orientation meeting 14.30 Judges meeting and draw 16:40 - 17:20 General warmup 17:30 - 22:00 AG2 + Junior individual - qualification</p> <p>Friday June 26th, 2026 14:35 - 15:25 Training & general warm up 15:35 – 17:20 AG2 + Junior synchro – qualification</p> <p>Saturday June 27th, 2026 12:00 - 12:40 Training for finalists 12:50 - 15:20 Finals AG2 + Junior individual AG2 + Junior synchro Award ceremony 19.30 Banquet</p> <p>Sunday June 28th, 2026 All day Departure of delegations and officials</p> <p>The detailed schedule will be sent to you by the beginning of June 2026.</p>
EVENT MANAGER	Competition Director: Daniel Meier, Tel: +41 79 405 75 93 e-mail: nissencup@swiss-trampoline.org
MEDICAL SERVICES	Medical Service will be provided by the organizing committee during training and competitions
VISA	<p>Please verify immediately with your travel agent or the Swiss Embassy or Consulate in your country if a visa is required for your travel to Switzerland. The Organizing Committee will be happy to assist each delegation member with an official invitation letter, provided that the request is made before 15th April 2026. To request an invitation letter, please send the following information to the LOC:</p> <p>Full Name, Gender, Date of Birth, Citizenship, Passport Number, Passport Expiry Date, Function/Role within the Delegation, Arrival and Departure Dates, City where the visa application support letter should be sent.</p> <p>Please ensure that all information is complete and accurate to avoid delays in visa processing.</p>
INSURANCE	<p>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.</p> <p>In accordance with the FIG Technical Regulations, all participating Federations are responsible for ensuring that all Delegation Members have valid insurance coverage for illness, accidents, and repatriation during the entire duration of their stay.</p>

	<p>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.</p> <p>For detailed information regarding the FIG IMSSA insurance for Athletes and Judges, please refer to:</p> <p>https://www.gymnastics.sport/site/pages/medical-insurance.php</p> <p>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.</p> <p>The LOC will subsequently offer insurance at the Federations own charge as follows: CHF 237.- per person.</p>
SAFEGUARDING	<p>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:</p> <ul style="list-style-type: none"> • Harassment • Abuse of any kind • Any situation where they feel uncomfortable or unsafe <p>The contact information for the LOC Safeguarding Officer will be provided to all Delegations upon arrival on site.</p> <p>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:</p> <ul style="list-style-type: none"> • Training Halls • Warm-Up Areas • Public Zones <p>These measures are in place to ensure a safe, respectful, and supportive environment for all participants throughout the event.</p>
INTERNATIONAL TRANSPORTATION	<p>The invited participating federations/clubs must pay for the travel costs of their delegation members.</p> <p>The Travel Schedule Form must be returned to the LOC by 20th May 2026.</p>
LOCAL TRANSPORTATION	<p>The LOC will provide organized transportation from Zurich Airport to Arosa and back to Zurich Airport. Cost per person age 16 years and over is CHF 125.- and cost per person under 16 years of age is CHF 40.-. These costs must be added for all team members which require transportation. Complete information on the age (date of birth) of the persons under 16 years of age must be provided in the respective forms.</p> <p><u>Important information:</u></p> <p>Arrival day: The last organized transport from Zurich Airport train station with connection to Chur and Arosa will leave at 21:00h.</p> <p>Departure day: Please note that your flight departure should be after 11:30h. because of the train connection from Arosa*</p> <p>*Early morning transfer by bus to Zurich Airport can be arranged upon request (with additional costs to be paid by the requesting federation)</p> <p>How to get to Arosa:</p> <p>Please allow about 3 hours travel time from Zurich Airport to Arosa by train/car/coach.</p> <p>by train: From Zurich Airport – Intercity trains to Chur, then by Rhaetian Railway in 60 minutes to Arosa</p> <p>by car: Motorway A3 direction Sargans (A13) – Chur, then about 45-minute drive up a winding mountain road (30 kilometres). Car Rentals at the Airport possible</p> <p>For route planning see: http://maps.google.ch</p>

	<p>For federations which wish to organize their own travel to Arosa please take note of the following restrictions for buses/coaches: the maximum width is 2,3m; maximum height is 4m; and the max. weight is 18 tons.</p> <p>Precise arrival and departure schedules for all team members must accompany the Nominative Entry.</p> <p>The deadline for non-reimbursement of the transportation costs is 3rd June 2026</p>
ACCOMMODATION	<p>Accommodation is offered in hotels and a low-cost option “Backpacker’s”. Only a limited number of single and triple rooms are available. Reservations are made on first come first served basis. The Organizing Committee is reserving the right to change reservations into other room compositions, in which case the relevant Club/Federation will be informed. They will have to pay the additional costs.</p> <p>Important note: For lodging at the same hotels as the World Cup Competitors, the hotel prices are valid as announced in the “Directives” for the 2026 FIG World Cup Competition in Arosa. Please do not hesitate to contact the organizing committee in case of any questions.</p> <p>Accommodation prices include local public transport in Arosa, hotel, breakfast, and dinner (“Backpacker’s” Option: no dinner included).</p> <p>4 Star Hotel (Option 1) The costs per person/night in this hotel are as follows: CHF 200.- single room (including breakfast, dinner, and banquet) CHF 165.- double room (including breakfast, dinner, and banquet) Triple rooms on request</p> <p>3 Star Hotel (Option 2) The costs per person/night in this hotel are as follows: CHF 175.- single room (including breakfast, dinner, and banquet) CHF 150.- double room (including breakfast, dinner, and banquet) CHF 140.- triple room (including breakfast, dinner, and banquet)</p> <p>“Low-Cost Option” Backpacker’s (Only a limited number of beds are available on request): CHF 70.- per person/night in double, triple, quadruple rooms all with shared bathrooms (including breakfast only).</p> <p>All reservations must be made with the enclosed booking forms.</p> <p>The prices charged for the hotel rooms will not exceed the usual hotel rates. While the Accommodation Form must be returned to the LOC by 15th April 2026 at the very latest, the Hotel rooms will be allocated on a “first come, first serve” basis.</p> <p>The invited participating federations/clubs must pay for the accommodation expenses of their delegation members. The costs for the accommodations must be paid to the LOC by 20nd May 2026</p> <p>The accommodation is only refundable, provided cancellations are made at least prior to 3rd June 2026.</p>
MEALS	<p>The above-mentioned accommodation prices include breakfast, dinner, and banquet.</p> <p>The “low-cost hotel” option only includes breakfast (dinner and banquet can be ordered on special request to the LOC).</p> <p>Additional meals (lunch) can be ordered for CHF 25.- with the entry forms or can be bought at the accreditation desk after arrival.</p> <p>The Meals Form must be returned to the LOC by 20th May 2026 at the very latest and the costs for the meals must be paid to the LOC by 20th May 2026.</p>

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CANCELTION POLICY	<p>The entry fee is not refundable. The accommodation is only fully refundable, provided cancellations are made at the very latest until 3rd June 2026. Late entries and entries without payment of entry fee and accommodation will not be accepted.</p>																								
FINAL BANQUET	<p>On Saturday 27th June 2026 at 19:30h a banquet is planned. Additional tickets for the banquet can be ordered for CHF 30.- with the entry forms. Please note: In accommodation option 1 + 2 the banquet is already included. The tickets of the Final Banquet (if not included in the accommodation option) must be paid to the LOC by 20th May 2026</p>																								
BANK ACCOUNT INFORMATION	<p>At the time of the nominative entry (20th May 2026) 100% of the accommodation, meal & transport costs and 100% of the entry fee must be paid to this bank account: Payment in CHF only</p> <p>Arosa Tourismus Graubündner Kantonalbank, CH-7001 Chur SWIFT-Code: GRKBCH 2270A IBAN: CH53 0077 4210 1941 6900 0</p> <p>Please integrate the payment's purpose as follows: "Nissen Cup Juniors, NAME of participating federation or club"</p> <p>The participating federation is responsible for covering all bank fees in connection with the bank transfers.</p>																								
MARKETING MEDIA	<p>FIG advertising and publicity norms must be respected</p> <p>Local Press Officer: TBC, Arosa Tourismus Phone +41 (81) 378 70 20 Email: medien@arosa.swiss</p>																								
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Sincerely Yours,

Aarau, January 6, 2026



Stefan Riner
Swiss Gymnastics Federation
Director of the FIG affiliated NF