



# WORK PLAN

WORLD CUP  
FIG Event ID: 14338



**TRAMPOLINE WORLD CUP COMPETITION**  
**AROSA - SWITZERLAND - 24<sup>th</sup> & 25<sup>th</sup> June 2016**

Updated: 12<sup>th</sup> June 2016

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## 1. GENERAL INFORMATION

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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
- Technical Regulations
- Code of Points
- Licenses Rules
- World Cup Rules for Trampoline Gymnastics
- General Judges Rules
- Specific Judges' Rules for Trampoline Gymnastics
- Medical Organization of the Official FIG Competitions
- Doping Control Rules
- Media Rules
- Apparatus Norms
- Advertising and Publicity Rules
- Regulations for Awards Ceremonies

and subsequent decisions of the FIG Executive Committee

## 2. COMPETITION VENUE

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**Sports and Conference Center Arosa** (Ice Hall)

Poststrasse

7050 Arosa

SWITZERLAND

## 3. COMPETITION DATES

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24th & 25<sup>th</sup> June 2016

## 4. RESPONSIBLE PERSONS

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### 4.1 ORGANIZING COMMITTEE

President:	Pascal Jenny
Competition Director:	Daniel Meier
Administration/Accreditation:	Silvia Kuster/Dorothea Mattli
Accommodation:	Silvia Kuster
Media:	Jannine Kamm
Finances:	Jann Butzerin
Infrastructure:	Roland Schuler
Food & Beverage:	Jan Masson
Ceremonies:	Jannine Kamm
Speaker:	Andreas Vogt
Recorderers Office:	Manuela Pargätzi

### 4.2 FIG TRA-TC & REPRESENTATIVE

FIG Representative:	Nikolai Makarov
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## 5. ORGANIZING COMMITTEE ADDRESS

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### OK NISSEN CUP 2016

Arosa Tourism, Sport Office

Poststrasse

7050 Arosa

SWITZERLAND

Phone:

+41 81 378 70 29

Fax:

+41 81 378 70 21

e-mail:

kuster@arosa.ch

nissencup@swiss-trampoline.org (for technical issues)

Facebook

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

Web

<http://www.arosa.ch>

## 6. INSURANCE

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- The Host Federation, the Organizing Committee and the FIG will not be held responsible for any liabilities in case of accidents, illness, 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.
- The LOC will verify the insurance upon arrival of the delegation members (e.g. cover note or photocopy of the valid policy).
- Delegation members with insufficient coverage must inform the LOC in advance. The LOC will subsequently offer insurance at the Federations' own charge as follows: CHF 170.- per person.

## 7. WELCOME – OFFICIAL LANGUAGE

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- 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, 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

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- All delegations must arrange their own transportation to Zurich Airport - Arosa.
- The organizing committee will take care of the transportation of the delegations from Zurich Airport to Arosa, provided that 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

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- The accreditation system identifies individuals participating in the event and indicates that these individuals are permitted access. Heads of Delegation are required to verify the names of their entire delegation and the accommodation requirements. They have to pay any outstanding amounts due to the OC and / or the FIG and hand in national anthem and national flag at the moment of accreditation.

## 10. HOTELS

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- 13<sup>th</sup> April 2016 was the last date for definitive booking to the OC and deadline for payment of 50% of the accommodation packages to the OC. The remaining 50% have to be paid at latest at 18<sup>th</sup> May 2016.
- 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 which will be handed out at the accreditation. A list of the hotels will be handed out to the head of delegation at the moment of accreditation.

- Please note that the latest check-out time is 11.00h at the day of departure.

## 11. CANCELLATION

- The accommodation is only refundable, provided cancellations are made at least prior to 1<sup>st</sup> June 2016.

## 12. MISCELLANEOUS

- 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 will be served in 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. GENERAL PROGRAMME

### Wednesday June 22<sup>nd</sup> 2016

All day	Arrival of delegations and officials, accreditation	
09.00 – 20.00	Free training	Competition Hall
19.00	Meeting OC & FIG	Meeting Room

### Thursday June 23<sup>rd</sup> 2016

All day	Arrival of delegations and officials, accreditation	
09.30 – 17.00	Training per schedule	Competition Hall
17.00	Meeting OC & FIG	Meeting Room
18.00	Orientation meetings	Meeting Room
18.30	Judges meeting and draw	Meeting Room
20.30	Welcome Reception (by invitation)	Foyer/VIP Lounge

### Friday June 24<sup>th</sup> 2016

11.00 – 13.00	General Warm Up	Competition Hall
13.00 – 17.00	Individual Trampoline – Qualification Round	Competition Hall
17.00 – 18.00	Synchro - Warm Up	Competition Hall
18.00 – 20.00	Synchro – Qualification Round	Competition Hall
20.00	Meeting OC & FIG TRA-TC	Meeting Room

### Saturday June 25<sup>th</sup> 2016

15.00 – 16.00	Training for finalists	Competition Hall
16.00 – 18.00	Finals Individual women & men Synchro women & men Award ceremony	Competition Hall
19.30	Banquet & Party	Congress & Conference Room

### Sunday June 26<sup>th</sup> 2016

All day	Departure of delegations and officials	
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## 15. ORIENTATION MEETING

- The Orientation Meeting will take place on Thursday June 23<sup>rd</sup> 2016 at 18.00h 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 given by the Organizing Committee and the FIG. **The meeting will be held in English only.**

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## 16. DRAWING OF LOTS

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

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## 17. EQUIPMENT

- Six trampolines as per FIG Norms will be used during competition.
- The manufacturers are:  
**Trampolines: EUROTRAMP ULTIMATE 4x4mm**

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## 18. 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. This has been approved by the FIG TD.

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## 19. JUDGES INSTRUCTION AND MEETING

- The judges' instruction, which is **compulsory for all judges**, will take place on Thursday June 23<sup>rd</sup> 2016 at 18.30h 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.

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## 20. DRAWING OF LOTS FOR JUDGES

- The judges will be drawn after the judges' instruction on Thursday June 23<sup>rd</sup> 2016 from those that were put forward by the federations. Judges must be duly licensed (valid FIG license with the appropriate requested category).

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## 21. COMPETITION CARDS

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

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## 22. PUBLICATION OF THE SCORES

- A detailed list of results, including judges' marks, will be distributed to the Heads of Delegation after the finals. During the competition, all results will be published in the venue, placed in each delegation's information box and will also be published on the official web-site.

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## 23. 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.

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## 24. 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 ask you for information and thank for the adherence to the prohibition of smoking.

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## 25. MEDICAL SERVICES & ROOM

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

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## 26. DOPING CONTROL

- Doping controls may be made during the World Cup - as per the 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.

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## 27. MARCH IN

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

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## 28. WARM UP

- Immediately prior to the **Qualifying Round** the competitors will have **10 minutes warm-up** on the competition apparatus.
- Immediately prior to the **Finals** each competitor/pair will be allowed **30 seconds** of warm-up on the competition apparatus.

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## 29. COMPETITION ATTIRE

- The competition dress is as per Code of Points

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## 30. VIDEO RECORDING

- All routines and passes will be recorded on videotapes.

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## 31. OPENING CEREMONY

- The short opening will take place Friday June 24<sup>th</sup> 2016 at 13.00h.

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## 32. AWARD CEREMONIES AND PRIZE MONEY

### 31.1 AWARD CEREMONIES

- The award ceremonies will take place immediately after the last final in the following order:
  - Trampoline Women / Men
  - Synchronised Women / Men
- Only the medal winners are invited to participate. They must appear in their **competition attire**.

### 31.2 PRIZE MONEY

- Prize money will be given as below.

TRA Individual:	1 <sup>st</sup> place	1'500 CHF
	2 <sup>nd</sup> place	1'000 CHF
	3 <sup>rd</sup> place	500 CHF
TRA Synchronised (per pair):	1 <sup>st</sup> place	1'500 CHF
	2 <sup>nd</sup> place	1'000 CHF
	3 <sup>rd</sup> place	500 CHF

- The prize money will be paid in CHF and given to the Head of Delegations at the banquet.

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**33. WELCOME RECEPTION**

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- A Welcome Reception for the head of delegation and the judges will take place on Thursday June 23<sup>rd</sup> 2016 in the Foyer/VIP Lounge at the competition venue
- Admission by invitation only. All head of delegations, FIG members and judges are invited to the reception.

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**34. BANQUET**

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- The banquet will take place on Saturday June 25<sup>th</sup> 2016 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.

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**35. MORE INFORMATION**

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

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**36. INFORMATION AND CORRESPONDANCE**

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- Every delegation will have a mail box located at the competition office in the competition hall.
- All information requests and correspondence should be addressed to the Organizing Committee.

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**37. TV & MEDIA and PRESS CONFERENCE**

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The TV producer Teleclub AG will be present for the finals on Saturday and will record all the finals "Live on Tape"

The following rules have to be followed by all delegations:

- Please be ready for your routine immediately after the last competitor has finished its routine
- No dressing and undressing is 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.



# World Cup – 49<sup>th</sup> Nissen Cup 2016

## Wednesday

All day Arrival of delegations and officials, accreditation

09:00 - 15:50	Free Training
16:00 - 20:00	World Cup free training
19:00	Meeting OC & FIG

## Thursday

All day Arrival of delegations and officials, accreditation

09:30 - 17:00	World Cup training per schedule
17:00	Meeting OC & FIG
18:00	World Cup Orientation meeting followed by drawing of lots
18:30	World Cup judges meeting and draw
20:30	Welcome Reception (by invitation)

## Friday

11:00 - 13:00	World Cup general warm up
13:00 - 17:00	World Cup individual - qualification round
17:00 - 18:00	World Cup synchro general warm up
18:00 - 20:00	World Cup synchro - qualification round
20:00	Meeting OC & FIG

## Saturday

15:00 - 16:00	World Cup training for finalists
16:00 - 18:00	World Cup finals
	Individual women & men
	Synchro women & men
	World Cup award ceremony
19:30	Banquet

## Sunday June

All day Departure of delegations and officials

*Last updated 12.06.2016/dm*



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## 49th Nissen Cup 2016

### World Cup Training Plan

Version 12.06.16/09:45h

Wednesday 22.06.2016		
Time	Competition Hall	Training Hall
09:00	Free Training	
20:00	End of Training	

Thursday 23.06.2016		
Time	Competition Hall	Training Hall
09:30		AUS (4/4) CHN (4/4) POR (3/0) NZL (2/0)
10:20	AUS (4/4) CHN (4/4) POR (3/0) NZL (2/0)	RUS (4/4) JPN (4/3) ITA (4/0) CZE (1/1)
11:10	RUS (4/4) JPN (4/3) ITA (4/0) CZE (1/1)	CAN (4/4) SUI (4/2) BRA (2/1) KAZ (2/0)
12:00	CAN (4/4) SUI (4/2) BRA (2/1) KAZ (2/0)	GER (4/2) POL (4/0) UZB (2/2) GEO (1/4) TUR (1/0)
12:50	GER (4/2) POL (4/0) UZB (2/2) GEO (1/4) TUR (1/0)	AUS (4/4) CHN (4/4) POR (3/0) NZL (2/0)
13:40	AUS (4/4) CHN (4/4) POR (3/0) NZL (2/0)	RUS (4/4) JPN (4/3) ITA (4/0) CZE (1/1)
14:30	RUS (4/4) JPN (4/3) ITA (4/0) CZE (1/1)	CAN (4/4) SUI (4/2) BRA (2/1) KAZ (2/0)
15:20	CAN (4/4) SUI (4/2) BRA (2/1) KAZ (2/0)	GER (4/2) POL (4/0) UZB (2/2) GEO (1/4) TUR (1/0)
16:10	GER (4/2) POL (4/0) UZB (2/2) GEO (1/4) TUR (1/0)	
17:00	End of Training	



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# 49th Nissen Cup 2016

## World Cup Competition Detail Plan

### Friday 24.06.2016

Version 11.06.16/17.30h

Time	Competition Hall		Warm Up Hall
	A	B	
11:00	General Warm Up		General Warm Up
12:15	General Warm Up		Group 1
13:00	End of Warm Up		
	<b>Individual Men</b>	<b>Individual Ladies</b>	
13:00	Warm Up Group 1	Warm Up Group 1	
13:15	Group 1	Group 1	Group 2
14:00	Warm Up Group 2	Warm Up Group 2	
14:15	Group 2	Group 2	Group 3
15:00	Warm Up Group 3	Warm Up Group 3	
15:15	Group 3	Group 3	Group 4
16:00	Warm Up Group 4		
16:15	Group 4		
17:00	End of Competition		
17:00	General Warm Up Synchro		Group 1
18:00	End of Warm Up		
	<b>Synchro Men</b>	<b>Synchro Ladies</b>	
18:00	Warm Up Group 1	Warm Up Group 1	
18:15	Group 1	Group 1	Group 2
19:00	Warm Up Group 2		
19:15	Group 2		
20:00	End of Competition		



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## 49th Nissen Cup 2016

### Finals World Cup Finals

**Saturday 28.06.2014**

Version 09.06.14/19.00h

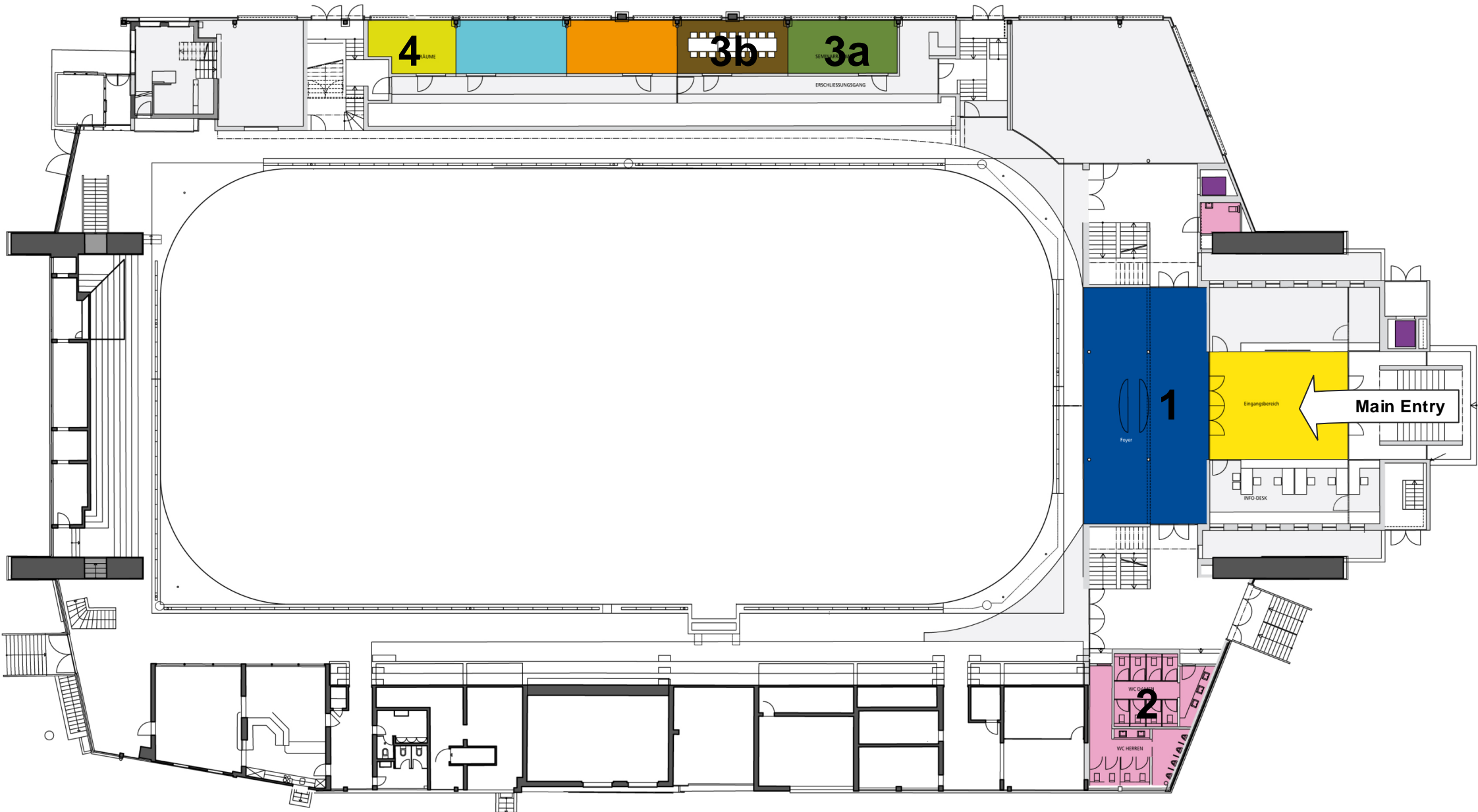
Finals World Cup			
Time	A	B	Warm Up Hall
15:00	Training Finalists		
16:00	End of Training		Women
16:10		<b>Finals Woman</b>	Men
16:30	<b>Finals Men</b>		
16:50	Warm Up Synchro Finals		Synchro Women
17:00		<b>Finals Synchro Women</b>	Synchro Men
17:20	<b>Finals Synchro Men</b>		
17:40	Award Ceremony		

The floor plan illustrates the layout of the 2012 Summer Olympics Gymnastics Venue. The central area is a large rectangular space with a curved top edge. At the top, two yellow rectangular rooms are labeled '1'. Below these, a large rectangular area is divided into two sections by a vertical line. The left section contains two rows of equipment, each with a 'Trampolin' and two 'Mat tent isch' units. The right section contains two rows of equipment, each with a 'Trampolin' and two 'Mat tent isch' units. Below these sections is a long, narrow rectangular area labeled 'Judges Podium'. To the right of the Judges Podium is a large rectangular area labeled 'Competition Entry'. To the left of the Judges Podium is a large rectangular area labeled 'Warm Up Entry'. At the bottom, a long, narrow rectangular area is divided into four yellow rectangular rooms labeled '5', '4', '3', and '2'. The entire plan is surrounded by various rooms, corridors, and service areas.

- 4: Competition Office**  
**5: Doctor + First Aid**

# Nissen Cup Arosa 2016

## Ground Level



1: Accreditation  
2: Toilets  
3a: Judges Room

3a+b: Judges Meeting Room  
4: LOC Competition Director  
+ FIG TC Delegate