



TRAMPOLINE & TUMBLING

WORKPLAN



LOULÉ, Portugal, 30 – 31, October 2015



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GENERAL INFORMATION

This Work Plan has been developed in accordance with the following FIG regulations and rules:

1. FIG Statutes;
2. 2013 FIG Technical Regulations;
3. FIG Judges' Rules;
4. FIG Trampoline, Tumbling and Double Mini-Trampoline Code of Points 2013-2016;
5. FIG World Cup Competitions and Series;
6. Medical Organization of the Official FIG Competitions;
7. Doping Control Rules;
8. FIG Media Rules;
9. FIG Apparatus Norms;
10. FIG Advertising and Publicity Rules;
11. FIG Regulations for Awards Ceremonies;
12. And subsequent decisions of the FIG Executive Committee & FIG TRA-TC.

ORGANISING COMMITTEE

João Paulo Rocha	President
Luís Martins	Vice-President
Luís Arrais	Vice-President
Clara Laginha	Finances
Pedro Fernandes/João Marques	Competition Director
Clara Laginha /Lina Brito	Accreditation/Secretariat
Michelle Correia/Cristina Raminhos	Transports
Ângela Correia	Accommodation / Transports
Filipa Dias / Vera Indiano	Catering
Fábio Piçarra / Marco Gonçalves	Volunteers' Coordination
Gizelda Carapeto	Protocol
Pedro Fernandes /João Monteiro	Stage Manager
Elena Rosca	Media
Fernando Brito	Logistic
Publirádio	Video / Internet - Livestream
Way2Inov	Results & Informatics

FIG TECHNICAL DELEGATE

Mr. **Nikolay Makarov** FIG TRA-TC Member

ORGANISING COMMITTEE ADDRESS

Federação de Ginástica de Portugal
Estrada da Luz 30A, 1600 -159 Lisbon / Portugal

Contact person: Luis Arrais Tel: +351 917731207
Pedro Fernandes Tel: +351 911932360
João Marques Tel. +351 918600219
e-mail: gympor@gympor.com

COMPETITION VENUE

Loulé Municipal Sports Hall
Av. Laginha Serafim 8100 Loulé / Portugal
Tel: +351 289 400 845

NATIONAL ANTHEM - FLAG

Delegations are requested to bring a CD of their national anthem and their national flag (approx. size 180 cm x 90 cm). These must be handed to the OC 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 apaginasticaloule@gmail.com

INSURANCE

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 the 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**.

Accreditation will take place at the accreditation room in Loulé Sports Hall. *All delegations will be directed to the accreditation room from the railway station or airport. Delegations travelling by car have to go first to the accreditation room.*

At accreditation, heads of delegation must check the correct names of their complete delegation, verify accommodation requirements, make any necessary payments, hand in their national anthem and national flag as well as their confirmation of insurance. Age control will be completed by Secretariat at the arrival moment.

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

The publicity on the clothes has to be checked in accordance with the FIG Advertising and Publicity Rules, at the same time as age control

TRANSPORTATION

Transfers by bus to and from Loulé Railway Station or Faro Airport as well as to and from the official hotels to the competition hall will be made by dedicated buses for the delegations that book their accommodations and meals through the organization.

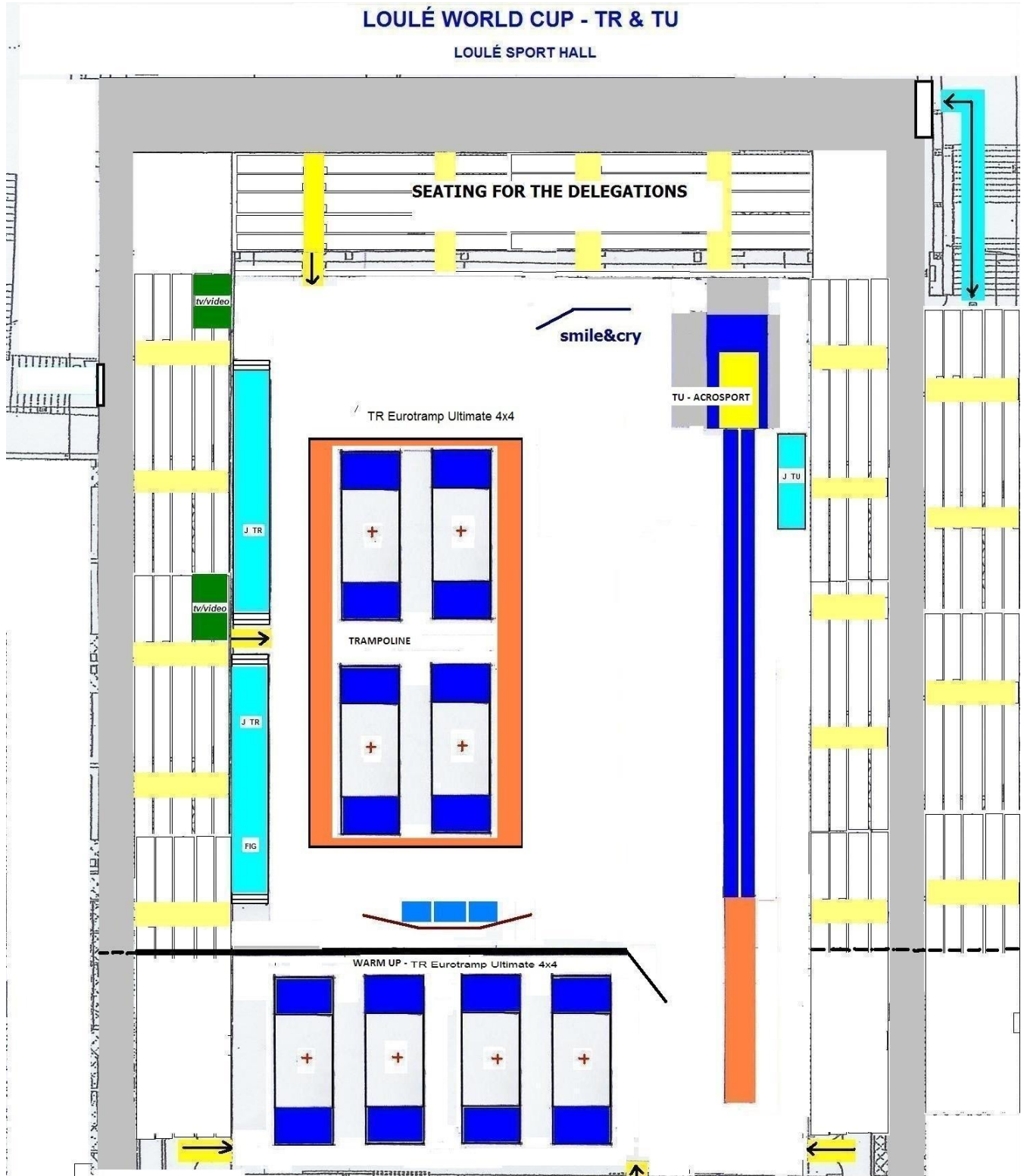
The bus schedule will be handed to the delegations upon arrival and be available at each hotel.

MEALS

Breakfast is included in the accommodation package and is served at each hotel.

Lunch and **Dinner** is included in the accommodation package and is served at Loulé Sports Hall.

GENERAL PROGRAMME



Wednesday, 28th October 2015 - TRAINING

Start	Finish	Trampoline		Tumbling		DMT		
		Warm Up Hall Warm Up	Comp. Hall Competition	Comp. Hall Warm Up	Comp. Hall Competition	Warm Up Hall Warm Up	Comp. Hall Competition	
15h00	19h00	Loulé World Cup Free Training - Warm up and Competition Hall						

Training Groups

Trampoline		Tumbling
G1 - AUS, AZE, BEL, BLR (13M,		G1 - ALG, BEL, GBR (6M, 5W)
G2 - BRA, CAN, CZE, DEN, GBR (13M, 9W)		G2 - BLR, POR, RUS (4M, 2W)
G3 - EGY, ESP, FRA, IRL (13M, 8W)		
G4 - GEO, GER, ITA, SWE, NZL (12M, 7W)		
G5 - POR, SUI, JPN, TUR (13M, 10W)		
G6 - GRE, NED, RUS (12M, 9W)		

Thursday, 29th October 2015 - WARM UP & COMPETITION

Start	Finish	Trampoline		Tumbling		DMT	
		Warm Up Hall Warm Up	Comp. Hall Competition	Comp. Hall Warm Up	Comp. Hall Competition	Warm Up Hall Warm Up	Comp. Hall Competition
Warm Up 1025 Loulé World Cup							
09h30	10h15	G1					
10h15	11h00	G2	G1				
11h00	11h45	G3	G2		G1		
11h45	12h30	G4	G3		G2		
12h30	13h15	G5	G4				
13h15	14h00	G6	G5				
14h00	14h45		G6				

Friday, 30th October 2015 - COMPETITION

		Trampoline		Tumbling		DMT	
Start	Finish	Warm Up Hall Warm Up	Comp. Hall Competition	Comp. Hall Warm Up	Comp. Hall Competition	Warm Up Hall Warm Up	Comp. Hall Competition
2015 Loulé World Cup							
08h45	09h35	G1 M & W TRS					
09h35	10h25	G2 M&W TRS	G1 M & W Prelims				
10h25	11h15	G3 M TRS	G2 M & W Prelims				
11h15	12h05		G3 M Prelims				
2015 Loulé World Cup							
15h00	15h50	G1 M & W TRI		W Warm up			
15h50	16h40	G2 M & W TRI	G1 M & W Prelims		W Prelims		
16h40	17h30	G3 M & W TRI	G2 M & W Prelims	M Warm Up			
17h30	18h20	G4 M & W TRI	G3 M & W Prelims		M Prelims		
18h20	19h10	G5 M & W TRI	G4 M & W Prelims				
19h10	20h00	G6 M TRI	G5 M & W Prelims				
20h00	20h50		G6 M Prelims				

Saturday, 31st October 2015 - FINALS

		Trampoline		Tumbling		DMT	
Start	Finish	Warm Up Hall Warm Up	Comp. Hall Competition	Comp. Hall Warm Up	Comp. Hall Competition	Warm Up Hall Warm Up	Comp. Hall Competition
2015 Loulé World Cup							
14h00	14h30	W Finalists TRS					
14h30	15h00	M Finalists TRS	W Finals TRS				
15h00	15h30		M Finals TRS				
15h30	15h50			W Finalists TU			
15h50	16h20				W Finals TU		
16h20	16h40			M Finalists TU			
16h40	17h10				M Finals TU		
17h10	17h40	W Finalists TRI					
17h40	18h10	M Finalists TRI	W Finals TRI				
18h10	18h40		M Finals TRI				
Award Ceremony 2015 Loulé World Cup							

AGE CONTROL

The OC will check nationality and age of the competitors. The age and nationality control will take place at the same time as accreditation:

The control will be carried out by checking the passports of the participants. The Head of Delegation has to bring passports of all participants to the accreditation.

INFORMATION MEETING

All Heads of Delegation must attend the meeting. One extra official per delegation may also attend. The FIG TRA-TC and the Organizing Committee will provide detailed information regarding the Championships. All information will be in English only. Judges cannot be representatives of their NF at the Orientation Meeting.

MEDAL AWARD CEREMONIES

Only the medal winners are invited to participate and must appear in competition attire.

EQUIPMENT

	Competition Hall	Warm up
Trampoline	4 EUROTRAMP Ultimate with 4x4 mm beds	4 EUROTRAMP Ultimate with 4x4 mm beds
Tumbling	1 ACROSPORTS	
Safety Mats		EUROTRAMP

TRAINING – WARM UP

During training, 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.

The final training schedule will be handed out to the Heads of Delegation upon their arrival in Loulé (if there is any change).

STARTING ORDER – DRAWING OF LOTS

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

The starting order for the finals will be in the order of merit, according to the Technical Regulation.

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

Please note: The World Cup Competition draw, the competition groups, the starting lists, the training groups, the training schedule and the competition schedule are based on the assumption 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 FIG Technical Delegate in consultation with the Organizing Committee reserve the right to make adjustments, which will facilitate the smooth running of the competition.

COMPETITION CARDS

All competition cards must be delivered at the Secretariat before Thursday 29th October until 18:00.

JUDGES DRAW FOR THE QUALIFICATIONS AND INSTRUCTION

The judge meeting, which are compulsory for all judges, will take place on the Loulé Sports Hall.

29th October, at the Sports Hall

18.00 – 18.30 Judges meeting – tumbling
 18.30 – 19.30 Judges meeting – trampoline
 19:30 – 20:00 Practice judging

30th October, at the Sports Hall

13.30 – 14.00 Judges meeting – tumbling
 14.00 – 14.30 Judges meeting - trampoline

The judges draw for the qualifications will take place by the end of each of the judges' instructions.

Please note that the Judges' instruction will be held in English only.

DRAWING OF LOTS FOR JUDGES – FINALS

The drawing of lots for judges will take place during the judge meetings

SUPERIOR JURY AND JURY OF APPEAL

Technical delegate will act as president of the superior jury

SCORES AND RESULTS

The scoring system used is Scoring Gym. The scores will be shown in the competition hall.

A resumed list of results will be distributed to the Heads of Delegation at the end of qualifications.

A detailed list of results, including all judges' marks, will be distributed to the Heads of Delegation at the end of the competition.

VIDEO RECORDING

All routines will be recorded on video by the OC.

SEATING FOR THE DELEGATIONS

Sections in the competition hall are reserved for all delegation members, and all delegation members must take a seat in this area. Special seating will be allocated for the Heads of Delegation.

MEDICAL SERVICES AND MASSAGE

Medical services will be provided by the Medical Centre located in Sports Hall. Massage facilities for accompanying masseurs of the delegations are available in the Sports Hall.

CLOSING BANQUET

There will be a banquet in the Aquashow (21h30 - 01h00).

The banquet is for official delegation members only, and a valid banquet ticket must be presented at the entrance.

The closing banquet is free of charge for the delegations who have booked their accommodation through the Organizing Committee.

Delegations that have made their own arrangements will have to purchase tickets from the Organizing Committee at accreditation. The price is 35 EUR per ticket.

INFORMATION AND CORRESPONDENCE DURING THE WORLD CUP

Every delegation will have a mailbox located at the OC Secretariat in Sports Hall. Access to the mailbox is only provided for those holding an official mailbox card. Each delegation will receive a mailbox card on arrival in Loulé.

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

Loulé, 1 of October 2015